

The Pace Setter

June 2012

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





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for pictures

CLUB RUNNING APPAREL

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Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
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— **Senior Running**

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— **Profile of a Runner**

Joe Hein

— **Short Circuits**

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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@gscallen.com). All other matters should be directed to the editors.

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Photos in this issue by Bill Meehan, Jack Berkery



HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRC exists.

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

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President's Message

by John Parisella

Welcome to June! You may recall some of the special ups and downs we experienced weather-wise this past spring. There was an unusually warm early April and, of course, the wicked hot Boston Marathon where Scott Mindel made headlines as he cracked the top 20 with his 2:27:15! The Hudson Mohawk Road Runners Club would like to congratulate Scott on a fine performance under substantially challenging conditions. The 2011 Stockade-a-thon winner Tim Chichester finished 11th overall with an impressive 2:21:10.

Closer to home, the 2012 HMRRRC Distinguished Service Award was given this year the Ed Gillen, who has volunteered many hours of service to the running community and who has directed the Runnin' of the Green Island 4-mile race. Ed will be honored at this year's 41st Distinguished Service Race, which will be held at the University at Albany on June 10th at 9:00 a.m. There were 149 finishers in 2011. We hope to exceed that number this year. Let's gather to show Ed how much we appreciate his numerous contributions to the Capital District running

community!

June is the month to race. As I look at the schedule there are an amazing number of races far and wide. We start with the Freihofer's Run for Women on June 2nd. On June 9th the USATF Grand Prix Series continues with the hugely successful and popular OK 5K in Kinderhook. Then, right on the heels of the Distinguished Service 8-miler on the 10th, the HMRRRC Colonie Summer Track Series opens up its summer series on the 12th at 6:00 p.m. The following weekend, on June 17th, is the HMRRRC Father's Day Race at the Crossings, which goes off at 9:30 a.m. On June the 23rd is the Tri City Valley Cats Home Run 5k at "The Joe" at Hudson Valley Community College. Capping the month is the ever-popular Adirondack Distance Run from Lake George to Bolton Landing. Better get up early because that one starts at 7:30 a.m. What a month! There are many more races in the month of June, so check out the race schedule at www.hmrrc.com to find one that meets your needs.

I'll see you at quite a few of these! Good luck and have fun. ☐

New HMRRRC Members

Nancy Behrens
Samantha Behrens
Kurt Benedict
Eileen Borden
Emily Borden
James Bradshaw
Sarah Bradshaw
Susan Bradshaw
Cecelia Broomhead
Jenifer Campbell
Mark Canary
Jennifer Charles
Ed Chaszczewski
Christine DeMare
Vince DeMare
Melissa DeSantis
Anthony Donohue
Deborah Donohue
Jake Donohue
Maggie Donohue
Ryan Donohue
Darrell Everts
Anna Falotico

Gerard Falotico
Melissa Feltman
Noel Fletcher
Tony Fletcher
Peter Goutos
Victoria Graf
Mary Griffith
Philip Guarrant
Margaret Hatch
Hugh Johnson
Philip M. Jordan
Katie Kurtessis
Jennifer LaBreche
Marcy MacKissock
Emily McCabe
Gerri Moore
Rita Moore
Lisa Morin
Andrew Mueller
Daniel Mueller
Janet Mueller
Nathan Mueller
Kathe O'Shaughnessy

Keara Papa
Holly Roberts
Ted Rydzewski
Brad Shear
Cheryl Smith
Posie Strenz
Mark Sweeney
Robert Tinney
Carrie Trant
Chelsea Trant
Patrick Trant
Shannon Trant
Jennifer Vener
Sarah Vener
Lucas Vogel
Edward Walsh
Jeffrey Walsh
Thomas Walsh
Liliya Warner
Victor Warner
Ron Wygant
Su Yang



What's Happening in June

by Al Maikels

The June club race calendar has something for everyone, as three great events can be found on the schedule. Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRRC special. The 41st Distinguished Service Race is set for Sunday, June 10 at 9 a.m. at UAlbany. This race is 8 miles long, a good test of speed and endurance. Before the start of the race there is a brief ceremony where the past recipients are called up before the current winners receive their award. The award is given to club members for long and distinguished service to the club and this year's honorees are very deserving. Come join us this year as we honor Ed Gillen for his years of hard work on the club's behalf.

The next club race in the June lineup is the Father's Day 5k, set for Sunday, June 17 at 9:30 a.m. at the Crossings of Colonie. The Crossings is a great spot for a race with a flat fast USATF certified course that makes its way through the beautiful park. There are a variety of father/child prize categories making this race a great event for the whole family.

The Valley Cats Home Run 5k is at the bottom of the lineup of the HMRRRC June schedule. This is a nice race that wends its way around the neighborhoods near HVCC and finishes at Joe Bruno Stadium, with each runner receiving 4 free tickets for a Valley Cats' August home game. The race is set for Saturday, June 23 at 9 a.m. at Joe Bruno Stadium.

The Queen of all local 5k races is also on the June calendar this year. The 34th Freihofer's Run for Women will be held on Saturday, June 2 with a 10:00 a.m. start at the Empire State

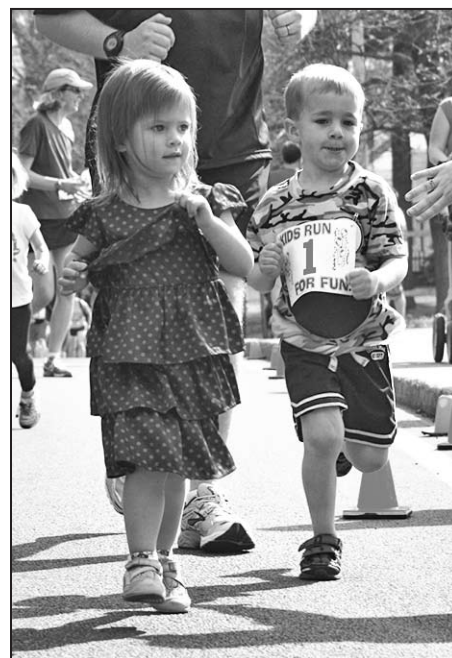
Plaza in Albany. This is a first rate running event with world class talent and is a great race to run, volunteer or watch.

Looking for more races? Races of note this month include the 14th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 9 at 9 a.m. at the Village Square in Kinderhook. This race is a favorite of mine and has a flat, fast course. Our friends to the west, the Fulmont Runners hold the 29th Mule Haul 5 mile race on Sunday, June 17 on Main Street in Fort Hunter. Fans of mud will enjoy the Tawasentha Mud Mania races, set for Saturday, June 16 at 11:30 at Tawasentha Park in Guilderland.

If you need more than a 5k race there is a good race on the June schedule this year. The Adirondack Distance Run has moved from July to the last Sunday in June. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 24 at 7:30 a.m. at the Lake George Fire House.

June is also the month for the start of the summer track series at Colonie High School. The 45th season of meets starts on Tuesday, June 12 and run through August. The first race (the mile) starts at 6:15 and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 13 at 7:30 at the Point of Woods clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings. □



Submissions for the August Issue of *The Pace Setter*

Articles:

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

Advertisements:

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


Ads should be sent to:

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

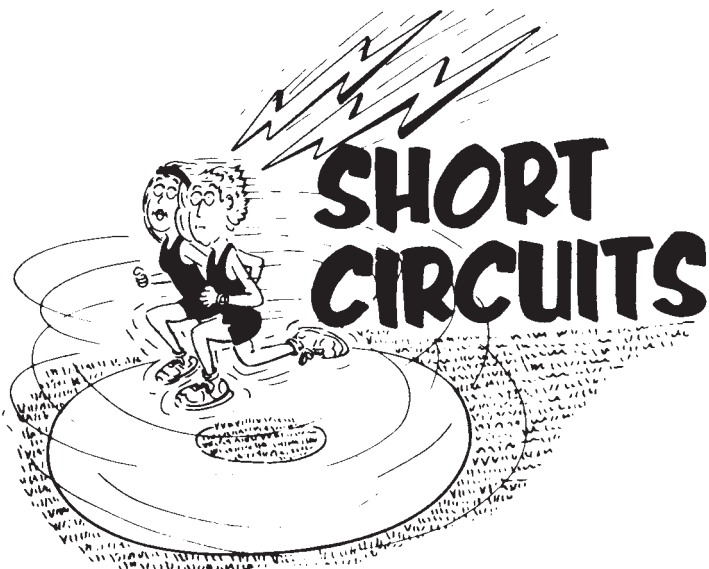
High resolution black & white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



**August/September
Home Game!**

Registration, Packet Pick-up:	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
Entry Fees:	Pre-registered HMRRRC members \$13.00	All other pre-registered \$16.00	Day of race registration \$20.00	Pre-race registration deadline June 20, 2012
Course:	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
Running Shirts:	First 250 pre-registered runners			
Refreshments:	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
Awards:	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at 10:30 AM	<i>No Duplicates</i>	
Kids:	A ¼ mile race will start at 10:00 AM. Day of race registration only. Entry fee – \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at www.tcvalleycats.com .			

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Matthew Loddy, 46, of Berkhamstead, England had never run a marathon. Actually, he had never run more than a mile. But after a close friend died of cancer, Matthew decided to run a marathon in his honor. But not just one marathon. Incredibly, Matthew ran 100 marathons on 100 consecutive days, with a total of 2620 miles and \$200,000 in fundraising for cancer patients. His fastest marathon, the London Marathon, 3:09:33, was his last on day 100.



Celebrating No. 100

research with mice, exercise enhances the connections between pre-existing nerve cells in the brain and enhances the formation and survival of new nerve cells. That explains why Einstein rode his bicycle all the time! – Jason Karp, PhD., Exercise Physiologist



This summer, Adams State College in Alamosa, Colorado is offering high altitude training for college runners. The training center is providing an HPPE (Human Performance and Physical Education) class on how to train at altitude and the physiological benefits of it. It will provide practical experience because students will be able to live in the on-campus apartments for the duration of the classes and train at 7,544 feet above sea level. Alamosa is a historical town located at the southern end of Colorado and is home to the Adams State College Grizzlies. The running history in the town dates back to 1968, when Alamosa was the first to host the Olympic trials for the marathon.



View from Adams State



Want to get smarter? Go for a run. A number of studies have shown that exercise improves fluid intelligence, which includes problem-solving ability, memory, learning, and pattern recognition. Improvements in cognitive function with exercise are even more observable as people age. Based on

Joshua Katzman completed a two county doubleheader recently. He ran the Ice Breaker Challenge 5K in Albany at 9 a.m. and then zipped over the Hudson River to West Sand Lake and ran the Robert Parker 5K trail race at 10 a.m.. Josh actually ran faster to and from

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

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

his car than he did during the races. □



Katzman and Co.



"BEEN THERE, DONE THAT"

by Mike Becker



June 1972...Forty Years Ago

- Club race entry fees are 50 cents, annual dues are \$3, and club T-shirts are selling for \$2.
- Tom Robinson ran a 9:05 two-miler on the SUNYA track in one of the fastest two miles ever run in the Capital District.
- Just eight participants ran a six-mile race at SUNYA, including Don Wilken and Ed Thomas.

June 1977...Thirty Five Years Ago

- The second annual Bethlehem Road Races were held in Delmar on the 19th with distances ranging from 1.3 miles to nine miles. Winners were Paul Rosenberg (three miles), Tom Dalton (six miles) and Dennis Northrup (nine miles). As usual in those days just a couple of females ran out of 122 participants.
- A five-mile Uncle Sam Run was held in Troy on a hilly course at Frear Park. Tom Dalton won with a 28:05. Also running good times were Paul Rosenberg, Dan Egy, Dale Broomhead, and Mike Brinkman.

June 1982...Thirty Years Ago

- Grand Prix races of three point five and seven miles were held in Cohoes on the sixth and directed by Bill Robinson. Frequent race winners Dale Keenan and Ellen Weglarz-Mindel won the seven-miler and Brian Boyero and Denise Herman won the three point five-miler.
- A three point five-mile Father's Day race was held in Delmar, and Dennis Northrup won with a 17:16. Fifty-year-old Anny Stockman was the top female with a 22:21. Nearly 300 runners finished, and the pizza ran out early!
- The first of two Manufacturers Hanover Challenge series three point five-mile races was held on the 29th under very humid conditions. Dennis Northrup won with a 17:30, and Diane Myers was the top female with a 20:40. Siena College was the top male team with Dalton, Bulger, and Murray, and the top female team was from GE. This was the last year (of three) that there were two corporate challenge races in the same year.

June 1987...Twenty Five Years Ago

- Rich Cummings and Denise Herman won the Bagel Run 10K with times of 32:06 and 36:57, respectively. Dave Twarog ran a 15:19 to take the 5K, and Laurel Sutliff won the female division with an 18:29.
- Dale Keenan and Julie Wilcox won the Troy Road Race 10K, while Dave Twarog and Stacie Hebert took the 5K.
- The club Pentathlon was held at SUNYA on the 25th and directed by Pete Giunta. This event included a five-miler, 800, 3200, 400, and 1600 meters, in that order. Tom Rest was the overall winner and Laurel Sutliff was the female winner. A total of 31 runners completed all five events including three females.

June 1992...Twenty Years Ago

- Mike Brinkman was profiled. His PRs in-
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clude a 33:48 10K and 2:37 marathon. His favorite racing distance is 30K. He typically runs 2,700 miles per year with his longest weeks starting in January.

- Carmen De Oliveira won the Freihofer's Run For Women 5K with a 15:38. Lori Hewig was the top local finisher with a PR of 16:00, good for sixth overall. A total of 1,724 females finished the race.

- Troy was the setting for 5K and 10K races on Father's Day. The 10K was a club Grand Prix and was won by Vinny O'Brien with a 31:58, followed by Dale Keenan and Rick Bennett. Amy Herold-Russom won the female division with a 37:51 followed by Terrie Maguire and Anny Stockman. The 5K was won by Jeff Thompson and Rebecca Pollock.

June 1997...Fifteen Years Ago

- Eighteen pages of 60-page *Pace Setter* were devoted to photos and results of the Freihofer's Run for Women 5K, won by Elva Dryer with a 15:29. Lynn Jennings finished second, and former Saratoga HS standout Cheri Goddard finished third. Forty-year old Ruth Wysocki set a new world record for Master's women in any 5K with a 16:06, good for tenth overall.

- Steve Cammisa won the Distinguished Service eight-miler with a 44:01, with Amy Herold winning the female division with a 46:41, good for seventh overall. Sharon Boehlke and Jim Burnes were the honorees.

- Zach Yannonne won the Third Annual Tour Du Parc 5K cross country race at Bethlehem Town Park with a 16:44. Eleven-year old Katie Parafinczuk was the top female with a 20:27.

- Club officers included Mike Fazioli – President, Doug Nolder – VP, Bert Soltysiak – VP for Finance, Elaine Humphrey – Secretary, and Lori Christina – Treasurer.

June 2002...Ten Years Ago

- Marla Runyan took home the top prize of \$7,000 by winning the Freihofer's Run for

Women 5K with a 15:27. Colleen DeReuck and Sylvia Mosqueda finished two-three. The top local finisher was 14-year old Nicole Blood with a 17:57, good for 46th overall. A total of 3,247 runners finished.

- Jamie Rodriguez ran a 43:43 to beat Chuck Terry by about two minutes in the Distinguished Service eight-mile race. A total of ten men ran sub 50 minutes. Karen Dolge ran a 54:11 for top female honors, edging Jeannine Salvo and Martha DeGrazia. Lori Christina was the honoree, being the first to also have won this race in the past.

- Jamie Rodriguez and Lori Hewig were winners of the fourth Annual Run For The Arts 5K on Father's Day in Troy with times of 15:33 and 17:49, respectively. Ben Greenberg and Karyn Delay were runners up. Mark and Scott Mindel were the top father-child team with a combined 37:24.

June 2007...Five Years Ago

- Australian Benita Johnson pocketed \$10,000 for winning the Freihofer's Run for Women 5K with a brisk 15:22, nine seconds ahead of Asmae Leghzaoui. The top local finisher was 16-year old Hannah Davidson with a 17:41, good for 21st overall.

- Nick Conway won the 24th Annual Mule Haul 8K in Fort Hunter with a 25:47, 12 seconds ahead of Andy Allstadt. Emily Bryans ran a 30:04 for top female honors and 12th overall.

- Anthony Giuliano won the Father's Day 5K at The Crossings with a 16:29, 17 seconds ahead of Jim Sweeney. Ada Lauterbach was the top female with a 19:58. Age group winners included Jessica Sherry, Rich Cummings, Derrick Staley, Rick Munson, Paul Forbes, and Eiko Bogue.

- Bob Irwin and Meghan Davey won the Schoolcraft 5K Trail Race on a hilly Tawasen-tha Park course with times of 17:08 and 21:15, both course records. □

On the Web!

The Hudson Mohawk Road
Runners Club is on the Web



- Complete Race Schedule
 - Grand Prix Update
 - Race Applications
 - Race Results in a flash
- www.hmrrc.com**



Indian Ladder Trail Runs-2012



15K, 3.5 Mile Trail Races & 1/2 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 5, 2012

9:00 am – 15K

11:00 am – 3.5 mile

11:30 – 1/2 mile Kid's Run (free)

Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile &

1 Mile Kid's Run

HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with 15k or 3.5 mile race entry

*No-Fee ONLINE
REGISTRATION
AVAILABLE AT*

WWW.HMRRC.COM

Questions? Email mjkhhome@verizon.net

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

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

What you pay ...

Pre-Registration [postmark by July 22]: \$17 – Member; \$20 – Nonmember/Guest
July 23 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 28)

What you get ...

Race entry; Shirt to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; 1/2 BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course
15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional
3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills–recommended for HS/College XC runners & novice trail runners of all ages

Sponsors



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

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

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

featuring the 17th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

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

NO AWARDS MAILED & NO AWARD DUPLICATION

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

Name (print)				Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)				Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City		State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email		DOB m m dd yyyy	Age on 7/31/2011	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 22 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest				Total enclosed \$ _____	
Pre-registration July 23 to July 28, and Day of Race Registration <input type="checkbox"/> \$20.00 All					
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>					
Signature of applicant required [parent or guardian ,must sign for applicant under 18]					

2012 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

Race #1: COLONIE MILE

6:15 p.m., Tuesday, July 3

Location: South Colonie H.S. track

Fee: FREE

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

Race #2: TWO PERSON RELAY

6:15 p.m., Thursday, July 12

Location: South Colonie H.S. track

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

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

Race #3: HOUR RUN

6:15 p.m., Thursday, July 19

Location: South Colonie H.S. track

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

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

Race #4: PENTATHLON

6:15 p.m., Thursday, July 26

Location: South Colonie H.S. track

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

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

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

Summer Series Contact: Ken Skinner, 489-5311

E-mail: kennyskin@earthlink.net

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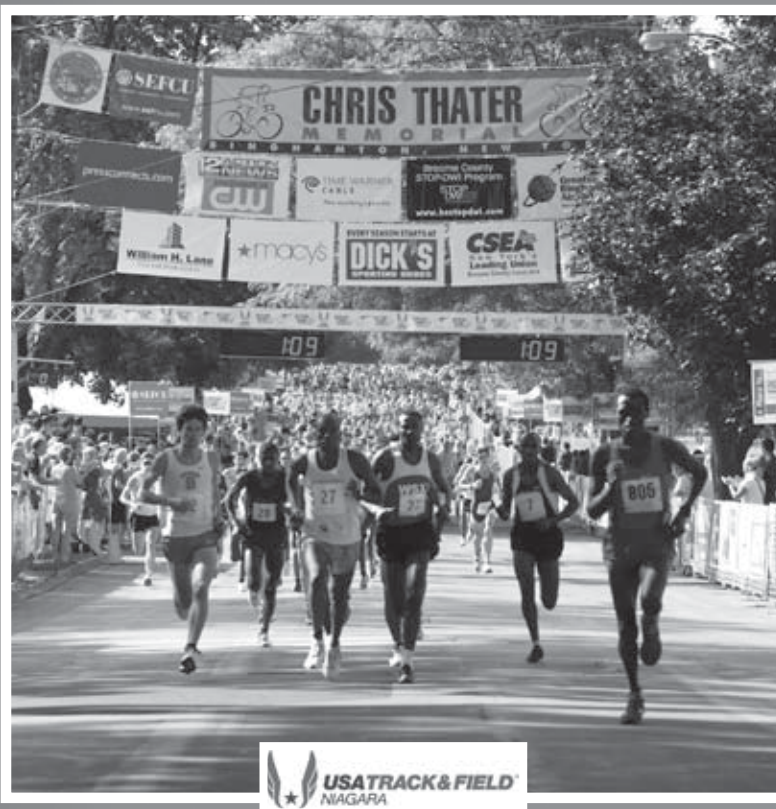
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August 26, 2012

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Profile of a Runner

VERONICA SNYDER

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

I am a 41 year old married mom of a 12 year old daughter and work full time as a dental hygienist. When not working or running, I love to read and travel, especially to Disney and cruises.

When and how did you get started running?

I started running in 2007 in order to lose weight. When I heard about the races at Walt Disney World, I made it my goal to run the half marathon by my 40th birthday. I did, and haven't stopped since.

Do you have a favorite race or races?

The Disney races are super, they are such a lot of fun. But we have tons of terrific local races, like the Bill Robinson Masters 10k and the Mohawk Hudson River Half and full.

What are your most memorable races?

I think the Disneyland Half Marathon is memorable because that is my half marathon PR. And this past Mohawk Hudson River Half Marathon, as my running coach surprised me by coming from California to run with me.

How do you train? Do you have training partners?

I am a solo runner, running in the early morning hours. I run without music and usually end up finding someone to talk to while out on the Zim Smith trail or where ever I am running.

What are your current goals?

To run my first full marathon, the Mohawk Hudson in October. Then it's the Goofy Challenge at Disney in January (Half Marathon on Saturday, full Marathon on Sunday!!)

Do you have any future running goals?



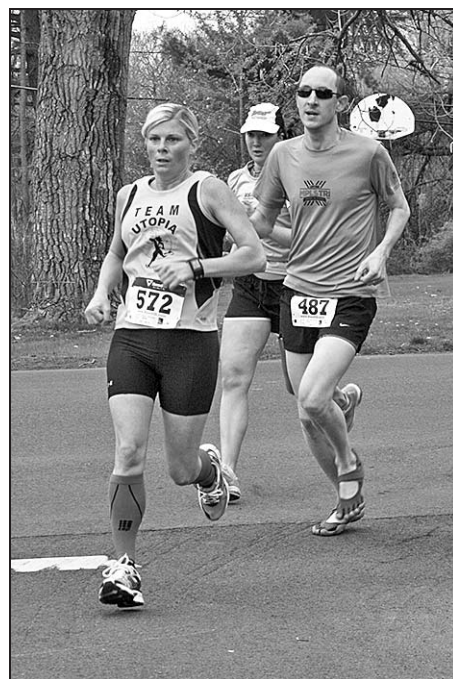
To be able to keep running and improving my times.

Do you have a philosophy of running?

Just put one foot in front of the other. And try not to get hurt.

Any funny stories?

At last year's Bill Robinson 10k, I was trying to keep up with the lady in front of me, hoping I could pass her. I just couldn't. I thanked her at the end, telling her she kept me going. She laughed and said she was afraid of me passing her! Since I am a solid back of the packer, this was just about the funniest thing I had heard. No one has ever been afraid of me running! ☐



2nd Annual Schenectady ARC 5K and 1 Mile Fun Walk/Run

Friday, August 10, 2012 * Central Park, Schenectady, NY
1 Mile Walk/Run 5:30pm * 5K Race 6:30 pm



Registration Packet Pickup	Day of Race 8/10/12 4:00pm-6:00pm Pavilion in Central Park		
Entry Fees	Early Registered 5K - \$20 (Deadline: July 20, 2012)	After July 20 Registration - \$25	1 Mile Fun Walk - \$5
Entrance Fee is non-refundable			
Race Shirts	Shirts and sizes only guaranteed to the first 250 early registered 5K participants		
Awards	Awards will be given to top finishers overall and age groups		
Course	USATF Certified 5K Course		

***Please, no headsets, strollers, bicycles, skates, or animals in the 5K race; strollers are allowed, however, in the mile walk ***

Contact and Questions:
Douglas Secor, Race Director
(518) 372-1160 Ext. 8641
dougs@arcschenectady.org

Mail Applications to:
Schenectady ARC
c/o Douglas Secor
214 State Street
Schenectady, NY 12305

Register On-Line at:
www.arc5kchallenge.com
or
www.active.com



Checks Payable to:
Schenectady ARC

PLEASE PRINT

RACE (Circle one ONLY): 5K Race 1 Mile Walk T-SHIRT SIZE (Circle one): S M L X-L

FIRST LAST

ADDRESS:

CITY: STATE: ZIP:

PHONE: () - SEX: M F

DATE OF BIRTH: AGE AS OF 08/10/12:
Month Day Year

E-Mail Address:

I know that running/walking a road race is a potentially hazardous activity and by signing below I attest that I am physically able to compete in this event. I assume all the risks associated with running/walking this event including, but not limited to, falls, the acts or negligence of other participants or volunteers, weather, road conditions, traffic conditions, etc. By signing below I hereby release Schenectady ARC, NYSARC, Inc., ARE Event Productions, event sponsors, and any municipal agencies from responsibility or liability for any claims, injuries or damages I, or my child, may suffer as a result of my/his/her participation in this event.

Signature _____ Date _____

Parent Signature (If under 18) _____

Sports Nutrition News You Can Use

More than 450 members of SCAN, the nation's largest professional group of Sports & Cardiovascular Nutritionists (SCANdpg.org), convened in Baltimore (April 2012) to celebrate SCAN's 30th birthday and learn the latest sports nutrition news. Here are a few highlights to help you eat to win!

- Beets, as well as rhubarb and arugula, are rich sources of dietary nitrates, a compound that gets converted into nitric oxide (NO). Nitric oxide dilates blood vessels, lowers blood pressure, and allows a person to exercise using less oxygen. In a study, cyclists consumed pre-ride beets and then three hours later (when NO peaks), they rode in a time trial. Every cyclist improved (on average, 2.8%) as compared to the time trial with no beets. Impressive! The amount of nitrates in 7 ounces (200 grams) of beets is an effective dose. How about enjoying beets—or a bowl of borscht—before your next hard training session? (Experiment during training, not an event!)

- *Fuel up while cooling down* is a wise mantra for runners who exercise intensely. Immediate replenishment of carbs and protein can decrease muscle soreness and inflammation, plus enhance muscle repair. What you eat *before* you compete can also effectively reduce post-exercise recovery. In a study, trained athletes consumed two 10.5-oz. bottles per day of tart cherry juice the week before an excruciating exercise test. They recovered faster and lost only 4% of their pre-test strength, compared with 22% loss in the group without cherry juice.

Tart cherries can help not only runners but also individuals who suffer from the pain and inflammation associated with fibromyalgia and osteoarthritis. Consuming tart cherry juice (two 10.5-ounce bottles/day for 10 days) reduced the muscle soreness associated with "fibro-flares" and enhanced recovery rate. Similar findings occurred in people suffering from osteoarthritis; drinking tart cherry juice for three weeks reduced arthritis pain.

Tart cherries (the kind used in baking pies, not the sweet cherries enjoyed as snacks) have both antioxidant and anti-inflammatory properties. Other foods that have high antioxidant and anti-inflammatory activity include raspberries, blackberries, and strawberries. Fruit smoothies, anyone?!

Research to date has studied the effects of drinking 21 ounces of tart cherry juice per day for 1 to 3 weeks. (That's the equivalent of eating 90 tart cherries/day). More research will determine the most effective dose and time-course. Because 21 ounces of tart cherry juice adds 260 calories to one's energy intake, runners will need to reduce other fruits or foods to make space for this addition to their daily intake.

- While sleeping used to be our most common "activity," today it is sitting. The average

person sits for 9 hours a day. Prolonged sitting is a risk factor for heart disease and creates health problems, including deep vein thrombosis (as can happen on planes and during long computer games). Runners who exercise for one or two hours each day still need to do more daily activity and not just sit in front of a screen all day. How about a treadmill desk or "desk-ercise"?

- While we may be sitting more than in past years, we're sleeping less: 80% of teens report getting less than the recommended nine hours of sleep; nearly 30% of adults report sleeping less than 6 hours each day. Not good. Sleep is a biological necessity. It is restorative and helps align our circadian rhythms.

Sleep deprivation (less than five hours/night) erodes well being, has detrimental effects on health, and contributes to fat gain. When we become tired, ghrelin, a hormone that makes us feel hungry, becomes more active and we can easily overeat. Sleep deprivation is also linked with Type II diabetes, high blood pressure, and heart disease.

Sleep deprivation is common among athletes who travel through time zones. This can impact performance by disrupting their circadian rhythms and causing undue fatigue and reduced motivation. In comparison, extending sleep can enhance performance. A study involving basketball players indicates they shot more baskets and completed more free throws when they were well rested versus sleep deprived. For top performance, make sleep a priority!

- In a few communities in the world, an usually high number of people live to be older than 100 years. What happens in those communities that contributes to the longer life? Some factors include choosing a plant-based diet, rarely overeating, having a life filled with purpose and meaning, connecting with others in the community, moving naturally and/or socially (as in bike commuting and walking with family and friends), enjoying alcohol socially, in moderation, and not smoking. If you want to join the centenarians, take steps to re-create those life-enhancing practices!

Creating that life-extending culture has been done, to a certain extent, in Albert Lea, MN. The "Blue Zone" project included improving sidewalks and building walking paths around a lake. Restaurants supported the program by not bringing a bread basket automatically to customers, and not serving French fries (unless requested) with meals. These and many other environmental changes contributed to a healthier lifestyle that resulted in a 40% drop in the city employee healthcare costs over two years. Impressive, eh?

- Runners, as well as obese people, commonly struggle with the belief their body is not "good enough." This struggle gets too little attention from health care providers who focus

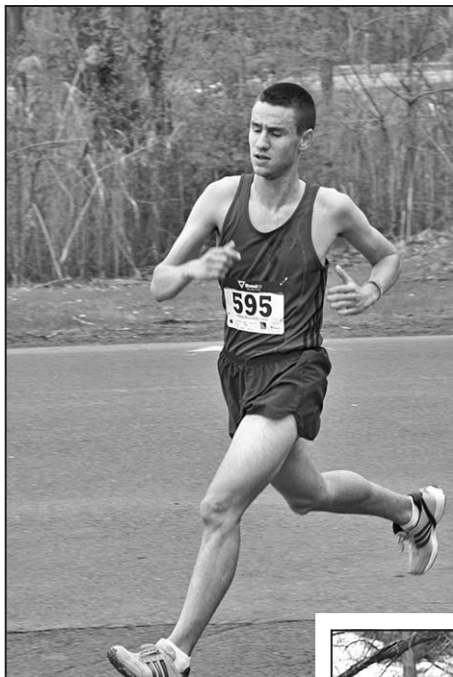
more on the medical concerns of heart disease, cancer, and hypertension. Yet, whether you are lean or obese, having poor body image often coincides with having low self-esteem. This combination generates poor self-care.

In a five-year study with teens, low body satisfaction stimulated extreme and destructive dieting behaviors that led to weight gain, not weight loss. The same pattern is typical among many seemingly "healthy" runners. If you want help finding peace with your body, please seek help from a sports dietitian. Use SCAN's referral network—www.SCANdpg.org—to help you find someone local. What are you waiting for ...?

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



DELMAR DASH





10th

Race The Train

**Lodging available at:**

Saturday, August 4, 2012

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Alp Horn Motel 518-494-4141

Copperfield Inn www.copperfieldinn.com
(518) 251-2300

8.4 Mile Run from Riparius to North Creek, NY To Benefit Johnsbury Dollars for Scholars An Official Adirondack Runners Grand Prix Event

TIME: 8:00 a.m. the Train departs North Creek Depot, bringing racers
and spectators to Riverside Station in Riparius for the **9:00 am start.****CHECK IN AND**REGISTRATION: 5:00 to 7:30 p.m. Friday, August 3, or 7:00-7:45 a.m. Saturday, August 4.
Or register on www.active.comLOCATION: North Creek Depot, 3 Railway Place, North Creek, NY
(North end of Main Street)COURSE: The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside
Station. It continues west and turns right onto the wooded rolling hills of
River Road, a seasonal-use dirt road running parallel to the Saratoga & North
Creek Railway and the Hudson River. The finish line is in the village of North
Creek at the North Creek Depot.ENTRY FEE: Preregistered runners \$25.00 adults / \$20.00 for ages 19 and under -
\$30.00 race day

T-SHIRTS: Custom, high quality short sleeve T-shirt (guaranteed to first 250 registered.)

FACILITIES: Restrooms available at both train stations;

AWARDS: Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd.
Overall winners also receive rafting gift certificates.
Finisher Medals to all who complete the course.INFORMATION: Gary Wilson at (518) 494-2266 or (riparius@nycap.rr.com)**AWARDS REFRESHMENTS RAFFLE PRIZES****All registered runners ride
FREE on the
Saratoga & North Creek
Railway!!!!**Family, friends and spectators may ride
to the start with the runners and ride the
train back to North Creek.
The train will stop at viewpoints along
the way, allowing spectators to cheer for
their favorite runners!Spectator tickets can be purchased at the
North Creek Depot on race day.For ticket pricing go to www.sncrr.com**One Mile Family Fun Run**

All ages welcome.

Finishers 14 and under receive special
awards! It will begin immediately following
the finish of Race the Train.
(approximately 11.00 a.m.)
Entry Fee \$5.00
(Does not include T-shirt)

Last Name		First	MI	M F Sex	Age Race Day	/ / Date of Birth
Address						
City	State/Province		Zip			
() -						
Area code	Phone Number	Shirt Size	Sm.	Med.	Lg.	XLg.
Email address						

Are you a JCS student, graduate, employee, or tax district resident ? Yes No

In consideration of the opportunity to participate in this race, I hereby release and forever discharge the sponsoring organization,
their members and any other person staffing this race, for any demands as a result of my participation. I also certify that I am in
good physical condition and have trained for this race.

Signature _____ Date _____

Signature of Parent (If under 18) _____

Make checks payable to: Johnsbury Dollars for Scholars

Check here if this is a Fun Run Application _____
Lori StevensMail Entries To
Dollars for Scholars
PO Box 175
North Creek, NY 12853

Entry Fee	\$ _____
Additional Donation For Dollars for Scholars	\$ _____
Total	\$ _____

FOR OFFICIAL USE ONLY

____ Date Rec'd

____ Check #

____ Race Bib #

Injuries

"Why do I get injured so often?" is a question many athletes often ask themselves. The simple answer is, tissue tolerance or tissue threshold. There is a certain threshold your muscle, tendons, and ligaments can tolerate before they fail. What is that threshold? That's a good question. Why are some people able to run 120 miles a week and stay healthy and others cannot run more than 40 or 50 miles a week before they get hurt? There are multiple factors. Previous injuries, accidents, genetics, posture, muscle imbalances, and foot imbalances all play a role.

Let's start with previous injuries. How did you overcome a previous injury? Did you receive therapy, surgery, or did you let it heal on its own? If you had therapy that just addressed the injury site, or if you let it heal on its own, there is a good chance that injury is going to come back again because you didn't fix what caused the injury. If you had some sort of treatment that dealt with your overall biomechanics then there is a better chance that you will not get hurt as easily. Everyone has a level of tolerance that his or her tissue can handle from a training perspective. The key is finding that level and not stepping over it. It is important to not just keep increasing your mileage from week to week. There is a lot of patience needed in increasing your distance. From a training perspective you have to listen to your body and work hard at all the little things as you approach your tissue threshold. Use a stick and foam roller daily to keep your muscles supple, knot free, free of lactic acid, and just ready to perform at their most relaxed state. The stick and foam roller free your muscles of knots and break up scar tissue. They help increase blood flow and warm your muscles before running to clear out lactic acid and break up muscle adhesions after workouts. Doing heel and toe walking exercises should be a mandatory component for any runner's workout. This works to strengthen and stretch all the muscles of the lower extremities.

Next comes biomechanics from the ground up. There is a big controversy about natural running vs support. Most people will not stick with the right type of work needed in order for the barefoot style shoes to work. Women wear high heels for fashion, and most men wear dress shoes for work. These cause weakness and imbalances to the feet. If you wear these shoes it's important to support your feet. Custom orthotics that support the three major arches of the foot are critical to balancing your foundation. Most orthotics are rigid and fix your foot in place, while only addressing your medial arch. You also have a metatarsal arch and a lateral arch. Over time, as we age, our arches typically begin fall to some degree. Even if you have a high medial arch (which tends to cause you to have a very rigid foot sending stress up your structure, accumulating

in your knees and or lower back) the other two arches tend to fall.

Genetics also play a role. Does your family have a history of flat feet or low back pain? If the answer is yes, then you need to take an active role in managing your structure. Don't settle for the fact that someday you may need a hip or knee replacement. Custom orthotics are an important factor in balancing out your structure to decrease imbalances and wear and tear on your hips and knees.

Posture is next on the agenda. Do you sit at a desk spending a lot of time on the computer? If so, then most likely you don't have perfect posture while doing this activity. This leads to tension in the upper back, lower back, and the hamstrings. It is important to use the stick to loosen up the muscles, improving blood flow, and breaking up scar tissue in those areas.

Muscle imbalances are a huge issue for most runners. Running utilizes certain muscles over and over, making those muscles stronger and their opposing muscles weak and inhibited. It's important to do certain exercises to develop overall muscle strength and balance.

It is important for an overall biomechanical evaluation to determine what areas of the body are in need of work. Without this, you may continue getting injured over and over. It's important for you to contact someone who can evaluate your overall structure for imbalances, not just where you hurt. There are a few local chiropractors who perform the Structural Fingerprint exam that can put you on the road to recovery. Chiropractic care on a maintenance schedule, orthotics, and massage will help to keep your body in running form.

Dr. Robert Irwin can be reached at BoBdc99@Yahoo.com or Family Health & Sports Chiropractic, 2563 Western Ave. Altamont N.Y. 12009, 518-456-8805. □

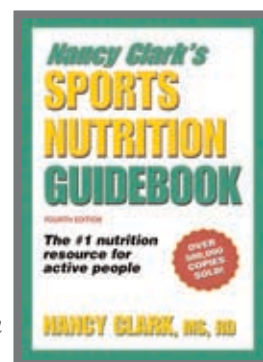


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Join us for



Rocking on the River Cruise II

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

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

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

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

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

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

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

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

Name: _____

Address: _____

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

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

TOTAL \$\$ ENCLOSED: \$ _____

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

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

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Want to stay fit this spring and have fun too?

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 2 Through June 11)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the fourth year of the series, which features a 3.5 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The free series features great camaraderie in a beautiful place.

Trail Running Camp—Our Fifth Year!

Check out the flyer below for information about our all-inclusive getaway retreat for adults. It's a blast!

Find out more and register at www.AREEP.com/camp

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running.
- Yoga, form clinics, and special sessions.
- Gourmet meals.
- Pond open for kayaking and swimming.
- FREE entry into the Froggy Five Mile.
- FREE entry for the Run & Tube Trip.
- One of the best weekends you'll ever have!



Cost is from \$260 to \$365 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

ARE's Summer Trail Run Series Sponsored by Miller 64—Every Thursday at 6:30pm (May 24 through August 30)

Now in its 8th year, ARE's "STRS" is pumped for another great summer of taking you to trails throughout our area. Each week we pick a different place and mark a route between 2.5 and 4 miles. Run it as many times as you like. In past years, we've had up to 200 people attend weekly—unbelievable! Every 4 weeks we hold a cook-out and like all of our events, all ages and abilities and welcome and encouraged to attend.

ARE Group Runs—Typically 4+ every day of the entire year throughout the Capital District

The Albany Running Exchange held over **2,000** organized group runs in 2011. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you.

Find out more about all these events by visiting www.RUNALBANY.com

Meeting Minutes of the HMRRC General Meeting March 14, 2012

Attendance: Barb Light, Chuck Terry, Doug Bowden, Jim Tierney, Cathy Sliwinski, Jon Rocco, Rob Moore, Wade & Anny Stockman, Ed Gillen, Tom & Marcia Adams, Ray Lee, Diane Fisher, Jonathan Golden, Maureen Cox, Vince Juliano, Ken Skinner

Call to Order (J. Parisella): Jon Rocco opened meeting as John Parisella was not able to attend. Meeting called to order at 7:32PM

Reading and approval of February 8, 2012 minutes (B. Light). Motion to approve minutes made by Marcia Adams seconded by Rob Moore.

Reports of Officers

President (J. Parisella): Banquet Report-attendance was up from last year. Thank Brian DeBraccio and Al Maikels for providing music and being Master of Ceremonies. Also thank you to Bill Meehan for pictures and display. Had a net loss of \$3574.82. Five complimentary dinners to Hall Of Fame winner, DJ, and MC. Looking at same weekend next year. Thank you to Debbie Beach for putting banquet together.

Executive Vice President (J. Rocco): Shrader Scholarships due April 2nd. Distinguished Service Nominations 2012 – Ray Newkirk has nominated Ed Gillen. Only nomination received, voting will be at the April meeting.

2.3 Executive Vice President – Finance (C. Terry): Chuck filed the annual sales tax return with NYS due March 20th.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): February 2012 report review-see attached report. Pay Pal Report-is an interest bearing account. Does breakdown what the money is for and what races it is allocated to. We have been using Pay Pal a lot with the Wild Apricot program for various races, membership and bus trips.

Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2793, 62 over last month, 625 over last year, 190 new from last month.

Volunteers (M. Adams): Added another bus for the Boilermaker trip-8-10 seats left in second bus if you are interested. July 21st will be the Rocking on the River Cruise. Registration is open and online. Lots of fun!

Public Relations (R. Moore): at 22 – The Pace Setter

Adirondack Sports & Fitness Summer Expo this past weekend, very good turnout both days. Thanks to all volunteers who helped out. Matt Lesniak, Elizabeth Pastecki, Tina Massa, Coral Crossman, Judy Phelps, Mike Mclean, Mary Krueger.

Freihofer's Expo is June 1st and 2nd. We may not have shirt/sneaker recycle booth there. Tent will be at the CDPHP Work Force Team Challenge.

Race Committee (M. Warner): Winter Series – Ed Thomas presented a \$100 donation to the SUNY Albany grounds crew in thanks for their assistance with this year's five Winter Series races and Winter Marathon.

HMRRC Winter Marathon

Directed by Dana Peterson, Ken Klemp and Ed Neiles (THANK-YOU to all three for a great job done)

Record number of finishers in marathon 129 (old record was 90 in 2010). 57 relay teams also completed course.

Winners were Kris James from Michigan in 2:51:33 and defending champion Jessica Kennedy from New Jersey in 2:58:33 (a new woman's record)

Marathon finishers from 11 states and Canada

One incident – There was a confrontation between the driver of a car with a couple of our volunteers and runners. Police were called but the driver had left by the time the police showed. No further action was taken.

Green Island Running of the Green

Directed by Ed Gillen (THANK-YOU Ed)

Registration limit of 750 was reached over a month prior to the race

Race Committee Meeting will be held at 6 PM on April 11 (prior to monthly club meeting)

The main purpose for the meeting is for Cathy & Rob Sliwinski and Marcia & Tom Adams to provide a presentation of the information they gathered at the Houston Conference they attended

I will request other topics for discussion from Race Committee members

I will contact Jim Tierney to open the clubhouse at the earlier time

Food will be provided

Membership Brochures - I still have approximately one thousand 2012 Membership Brochures.

Please contact me if you would like some for distribution

Race Committee Treasurer (J. Golden) : See attached report

Pace Setter (R. Nagengast / K. Zielinski): No report

Conflicts Committee (C. Terry): No report

Safety Committee (V. Juliano): No report

Grants Committee (R. Newkirk): No report.

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

Just Run Program (K. Skinner): Most of Just Run programs started last week. We have 17 schools in the program. North Albany YMCA is new. In process of setting up with Union College the finale track meet. It will be first or second week in June. Everything seems to be going smoothly. Club invited leader of the Just Run program, Susan Love from California, making arrangements to come for workshop for the Just Run leaders. This will be held on September 14th.

Unfinished Business:

New Business: Races that have Grand Prix status currently pays for USATF Grand Prix out of their races and thinking what would be better is that a whole dollar amount comes from club instead of from races. We could put our logo on items, we would get PR from it. Advertising to the USATF membership and money that comes in held in bank account and awarded to 36 top point earners in Grand Prix. Each race decides if they want to participate in the program. It generally makes the race more competitive. It increases the race size by 10%. 6 of the 13 races are HMRRC races. Vince asked where the money would come from. Right now it is charged to each race. Chuck Terry asked if we

became a sponsor would USATF still charge for the race. That would be something that USATF would have to agree to. Vince noted he is an HMRRC member for 20 years, and USATF member and both organizations are working towards the same thing to have good events. Ken noted that the club needs to decide how to sponsor this and make a presentation of this to the USATF. Marcia noted that we are trying to get recognition for HMRRC for what it does as a club. Vince suggested that if they want to put together an idea or logo to put on the USATF website, put something together and present to USATF. Fees have gone up on successful races due to USATF status or work of HMRRC and race directors. Vince noted that he is all for recognizing HMRRC for their contribution. Vince noted that being a USATF event adds some quality to the race and its participants. Fee schedule is set up by USATF by size of race. Ed asked who do we have to talk to at USATF-it is Don Lawrence. Marcia will draft something and send to Race Director of Grand Prix races and then send to Mr. Lawrence. Jim Tierney noted that races also have to pay for certified USATF officials.

Announcements: Thacher Park is participating I Love My Park Day from 9am-1pm on Saturday May 5. They are looking for volunteers to help improve park lands. A barbeque lunch follows. If interested or for more info., please call Chris at the Park Office- 518-872-1237

Refreshments- April Refreshments-Tom & Marcia Adams

Adjourn: Motion made by Marcia Adams to adjourn meeting, seconded by Diane Fisher meeting adjourned at 8:40PM. □



2012 TRAINING CLINICS

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

CLINIC #1

Monday, July 16, 2012

7 p.m.

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

Speaker: Nancy Clark, MS RD CSSD

Location: NYS Nurses Association Conference Center

11 Cornell Road

Latham, NY 12110

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

CLINIC #2

Wednesday, August 15, 2012

7 p.m.

“Running Forever – Injury Free”

Speaker: Todd Shatynski, MD

Location: The Crossings of Colonie Meeting Room

580 Albany Shaker Road

Loudonville, NY 12211

Dr. Todd Shatynski is a sports medicine physician at Capital Regional Orthopaedics and is a Medical Director of the Mohawk Hudson River Marathon and Half Marathon.

CLINIC #3

Thursday, September 13, 2012

7 p.m.

“Mental Training for Runners”

Speaker: Drew Anderson, PhD

Location: The Crossings of Colonie Meeting Room

580 Albany Shaker Road

Loudonville, NY 12211

Dr. Drew Anderson is an Associate Professor of Psychology at the State University of New York at Albany.

Bring a non-perishable food item to each clinic and it will be donated to the Regional Food Bank of Northeastern New York!

Questions? Contact racedirector@mohawkhudsonmarathon.com.

Meeting Minutes of the HMRRC General Meeting April 11, 2012

Attendance: John Parisella, Jon Rocco, Chuck Terry, Barb Light, Diane Fisher, Jonathan Golden, Tom & Marcia Adams, Cathy & Rob Sliwinski, Rob Moore, Wade & Anny Stockman, Jim Tierney, Doug Bowden, Maureen Cox, Ken Skinner, Ray Newkirk, Tom Ryan, Ray Lee, Pat Glover, Mark Warner

Call to Order (J. Parisella): Meeting called to order at 7:45PM.

Reading and approval of March 14, 2012 minutes (B. Light). Motion to approve minutes made by Marcia Adams seconded by Rob Moore.

Reports of Officers

President (J. Parisella): Thank you card from Bob Oates for Extra Mile Award.

Executive Vice President (J. Rocco): Shrader Scholarships have increased in applicants, 42 applicants, 24 girls and 18 boys. Committee will be meeting to go over applications. 26 schools represented. Last year we had 12 applicants. Ken Skinner added that Jon Rocco did a lot of outreach to school athletic directors, coaches, principals and thanked Jon. Clothing Coordinator has been found!!! Verbal commitment to take over Christine Rinaldi.

2.3 Executive Vice President – Finance (C. Terry): See attached report on 2011 year end reports. Have all account information and have ending balances of accounts. \$375,235 cash compared to \$348,976 last year. We made a \$26,000 profit for the year. Chuck is working on reports summarizing income and expenses. Hope to have by next month. Need to give to accountant to file tax returns.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): See attached report.

Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2795 members 2 up from last month, 330 above this time last year.

Volunteers (M. Adams): Need volunteers for Delmar Dash and Master's Race. Saturday, July 21 Rocking on the River Cruise online registration open. Mother's Day Race need male volunteers. Corporate Challenge needs volunteers also.

Public Relations (R. Moore): Sent press releases out about Delmar Dash and Masters Race. Expo at EMS Sports on Saturday April 14th.

Race Committee (M. Warner): 24 – The Pace Setter

Race Committee meeting held presentation on Houston Conference. Running of the Green held on 3/17 had 770 registered runners, Women's record broken by Sara Facticeau. Big thank you to Ed Gillen for directing the race. Half Marathon has sold out for October, still space in Marathon. Waiting list will be made for the races.

Race Committee Treasurer (J. Golden): See attached reports.

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

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): Thank you note from Wildwood Exec Director for grant. Posting notice of next grant application deadline on website.

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

Just Run Program (K. Skinner): Working on finalizing contract for Union College for wrap up track meet on Wed June 6th. School 14 in Troy not able to do the program. North Albany YMCA not sure if in yet or not. Berne Knox Westerlo Ken not able to get a hold of coordinator. 571 participants in the 10 schools participating. Will be ordering t-shirts for track meet next week and other supplies set for the year end track meet. Will need volunteers for this event.

Unfinished Business:

New Business: Distinguished Service Voting – Ray Newkirk nominated Ed Gillen. Ray Newkirk read Ed Gillen's qualifications and outstanding service to the club. Ed brought great temperament to Membership Chair for Club. He was also very active in getting Wild Apricot started with the club. He is a very good volunteer for the club. How he does things for the club-he is very calm, gentle, brings wisdom in what he does. Very instrumental in documenting tasks so that the next person taking over has a map of how to do things. He will be missed when he moves to Florida. Ed Gillen is the Distinguished Service winner. Congratulations Ed!

Election Committee Ray Newkirk to be replaced on election committee. Need to present slate of nominees for election. Rob Moore volunteered to be on Election Committee. June meeting will have slate of candidates for next year. John Parisella will contact Dana Peterson.

Strollers at races-we need to enforce policies of no strollers allowed in races. Mark Warner also noticed some at the Winter Series races. It is an issue that needs to be addressed. It is a safety concern and an issue for our insurance carrier. It is a Race Director issue. Pictures should not be in Pacesetter with people with headsets, strollers, etc. We need to let editor of Pacesetter know. Mark doesn't expect volunteers to enforce it-needs to be enforced by Race Director. Sometimes Race Director doesn't know something has happened until after the race. We need to indicate that we mean the words that are on our applications. We need to enforce the rules.

Tom Adams noted that there was a Pacesetter ad for the Mud Mania race and that the club gave \$1000 grant for Mud Mania race. The Club name was not listed on the list of

sponsors in the ad. Ray Newkirk will check with grant applicant-may not have received grant. We are trying to make sure people recognize club's involvement in races. Ken suggested that Grant Committee suggest that club get recognition. Ray says that it is suggested when the grant is given.

Announcements: Rob Moore has large collection of Pacesetter Magazines. Anyone interested in them, please contact Rob Moore. Diane Fisher said she could take them.

Refreshments- May Refreshments – Tom & Marcia Adams

Adjourn: Motion made by Jon Rocco to adjourn meeting, seconded by Marcia Adams meeting adjourned at 8:35PM. □



Grand Prix Update

Race #4 HMRRC Masters 10K Championship. April 28, 2012

Men

Male 40-49

12 Jon Rocco
10 Christain Lietzau
8 Brian DeBraccio
7 Ed Hampston
6 Ed Menis
5 Neil Sergott
4 Samuel Mercado, Jr.

Male 50-59

12 Derrick Staley
10 John Noonan
8 Ken Evans
7 Robert Wither
6 John Parisella
5 Richard Clark
4 Daniel Nugent

Male 60-69

12 Paul Forbes
10 Peter Gerardi
8 Tom McGuire
7 Pat Glover
6 Juergen Reher
5 Frank Broderick
4 Norman Dovberg

Male 70+

12 Ed Bown
10 Jim Moore
8 James McGuiness
7 Wade Stockman
6 Ray Lee

Women

Female 40-49

12 Anne Benson
10 Chris Varley
8 Megan Leitzinger
7 Kimberly Miseno-Bowles
6 Regina McGarvey
5 Connie Smith
4 Martha Gohlke

Female 50-59

12 Beth Stalker
10 Nancy Nicholson
8 Karen Provencher
7 Karen Gerstenberger
6 Susan Burns
5 Joan Celentano
4 Jill Mehan

Female 60-69

12 Susan Wong
10 Mary Wilsey
8 Katherine Ambrosio

Female 70+

12 Coral Crossman
10 Eiko Bogue
8 Anny Stockman

Age Graded

Runner Age

Runner Age	G	M	F
12 Derrick Staley	53	M	
10 Beth Stalker	52	F	
8 Karen Provencher	57	F	
7 Anne Benson	47	F	
6 John Noonan	52	M	
5 Susan Wong	64	F	
4 Nancy Nicholson	50	F	

Total after 4 races

Men

Male Open

22 Tom O'Grady
20 Justin Wood
16 Eric Young
15 Chuck Terry
12 Alex Paley
11 Andrew McCarthy
11 Dave Vona
10 Josh Merlis
10 Ryan Walter
9 Paul Cox
7 Brad Lewis
6 Daniel Jordy
5 Dan Jordy
4 Ryan Egan
4 Andrew Gravelle
4 Kevin Treadway

Male 30-39

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

Male 40-49

48 Jon Rocco
29 Ed Hampston
20 Christian Lietzau
14 Brian DeBraccio

12 Tim Hoff
10 Kevin Creagan
10 Neil Sergott
10 Ken Tarullo
8 Thomas Kracker
8 Craig Tynan
7 Douglas Campbell
7 Timothy Egan, Sr.
6 Ed Menis
6 John Stadtlander
5 Joe McDonald
4 Steve Cummings
4 Samuel Mercado, Jr.

Male 50-59

36 Derrick Staley
22 John Noonan
18 Ken Evans
16 Ed Gravelle
16 Robert Wither
15 Richard Clark
12 Dan Cantwell
10 Kevin Dollard
10 Bill Martin
10 William Venner
8 Tom Dalton
7 John Beard
7 Steve Conant
6 John Couch
6 John Parisella
6 Rob Picotte
5 Robert Colborn
5 Dan Nugent
5 Steve Vnuk
4 Michael Bromm

Male 60-69

36 Paul Forbes
24 Juergen Reher
22 Tom McGuire
17 Paul Bennett
17 Norman Dovberg
16 John Stockwell
14 Pat Glover
13 Tom Adams
12 Carl Matuszek
11 Frank Broderick
10 Peter Gerardi
10 Ken Klapp
8 Bob Ellison
8 Tom McGuire
5 Jim Thomas
4 George Jackson

Male 70+

36 Ed Bown
35 Wade Stockman
20 Jim Moore
16 James McGuiness
12 Chris Rush
11 Ray Lee
7 Joseph Richardson
6 Charles Bishop
4 Raymond Bremm

Women

Female Open

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

Female 30-39

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

Female 40-49

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

Female 50-59

22 Beth Stalker
22 Nancy Nicholson
21 Susan Burns
19 Joan Celentano
17 Nancy Taormina
16 Karen Provencher
14 Jenny Lee
12 Maureen Fitzgerald
12 Peggy McKeown
11 Maryanne McNamara
10 Joan Brown
9 Karen Gerstenberger

- 7 Sharon Desrochers
- 6 Joyce Reynolds
- 5 Cathy Sliwinski
- 4 Sharon Fellner
- 4 Kathleen Goldberg
- 4 Jill Mehan
- 4 Aileen Muller
- 4 Daine Peverly
- 4 Kim Sack

Female 60-69

- 42 Susan Wong
- 29 Katherine Ambrosio
- 24 Judy Phelps
- 16 Erika Oesterle
- 12 Martha Degrazia
- 10 Mary Wilsey
- 7 Ginny Pezzula
- 6 Sue Nealon
- 5 Jacqueline Tremont
- 4 Linda Keeley

Female 70+

- 30 Anny Stockman
- 18 Eiko Bogue
- 12 Coral Crossman
- 12 Marge Rajczewski

Age Graded

Runner	Age	
36 Derrick Staley	53	
24 Susan Wong	64	
17 Paul Forbes	61/62	
16 John Noonan	52	
16 Beth Stalker	52	
14 Anne Benson	47	
14 Emily Bryans	44	
14 Judy Phelps	60/61	
12 Karen Provencher	57	
10 Tom O'Grady	26	
10 Jodie Robertson	27	
8 Kevin Dollard	56	
8 Justin Wood	28	
7 Nancy Nicholson	50	
5 Marge Rajczewski	71	F
4 Joe Hayter	31	M
4 Christian Lietzau	48/49	M



Event Schedule

Date	Time	Event	Location	Contact	Email
6/9	8:00 AM	The Valerie Fund Walk & JAG Physical Therapy 5K Run	Verona Park	Ariana Dispalatro	arianna@thevaleriefund.org
6/9	9:00 AM	Kinderhook Bank OK5k	Village Square	Dan Curtin	ok5krace@hotmail.com
6/9	8:00 AM	Run for Pride 5K	Washington Park	Nora Yates	nyates@capitalpridecenter.org
6/10	9:00 AM	41st Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/12	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/15	6:00 PM	Greenbush Area YMCA 5K	Greenbush Area YMCA	Sean Zabinski	szabinski@cdymca.org
6/16	8:30 AM	Whipple City 5K Run/Walk	10 Gray Avenue Greenwich	Barbara Hamel	whippcity5k@yahoo.com
6/17	9:00 AM	29th Annual Mule Haul 8K	Fort Hunter	Bill Platt	mulehaul@fmrrc.org
6/17	9:30 AM	HMRRC Father's Day 5K Run	The Crossings Colonie	Roxanne Bilodeau Gillen	rmonahan63@yahoo.com
6/19	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/23	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/24	7:30 AM	Adirondack Distance Run	Lake George	Marcy Dreimiller	madone1@roadrunner.com
6/25	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
6/26	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/3	6:00 PM	The Colonie Mile [GP]	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/4	9:00 AM	Firecracker 4 -- 4M Road Race	Saratoga Springs City Center	Bob Vanderminden	bobjr@telescopecasual.com
7/9	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
7/10	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/12	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/17	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/19	6:15 PM	40th HMRRC Hour Run	Colonie HS Track	Doug Bowden	bowden@nycap.rr.com
7/21	8:00 AM	Silks & Satins 5K Run	East Ave. & George St, Saratoga Springs	Michelle Iorizzo	miorizzo@nyso.org
7/21	7:00 AM	Arthritis Foundation Jingle Bell 5K Run/Walk	Six Flags Great Escape	Eileen Reardon	ereardon@arthritis.org
7/23	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
7/24	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/26	6:15 PM	37th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/28	9:00 AM	11th Annual Turning Point 5K	Saratoga Springs State Park	Kim Gamache	kingamache@hotmail.com
7/31	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

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

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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