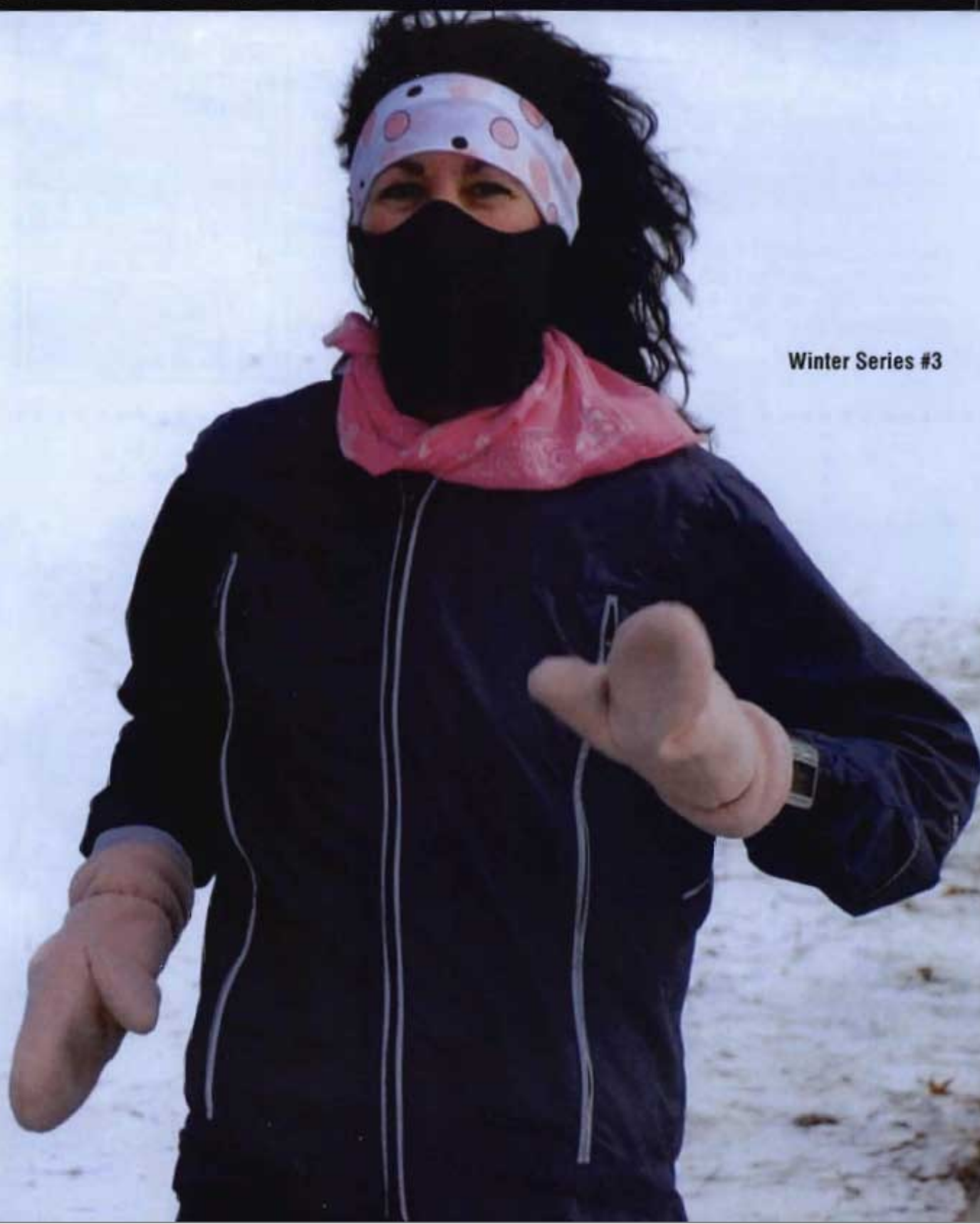


The Pace Setter

March 2010

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

Winter Series #3



Changing Lives
for 20 Years
Capital District YMCA

Y RACE SERIES

We build strong kids, strong families, strong communities.

5K RACE SERIES

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

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



Mark Your Calendar

May 1, 2010

Albany YMCAs 5K Run/Walk
Albany, NY

July 17, 2010

Schenectady/Glenville Canal Run/Walk
Schenectady, NY

August 17, 2010

Southern Saratoga 5K Run/Walk
Clifton Park, NY

September 11, 2010

Brenda Deer Memorial 5K
Guilderland, NY

October 30, 2010

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

November 7, 2010

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



**6
RACES**

**REACH
OUT FOR
YOUTH**

**connect
online**

WWW.CDYMCA.ORG



Publication of Hudson-Mohawk
Road Runners Club
Vol. 31 No. 3

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— **Short Circuits**

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— **Kopac's Korner**

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— **Let's Talk About It**



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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The Pace Setter

MARCH 2010

President's Message	4
What's Happening in March.....	5
Short Circuits.....	7
New HMRRC Members	7
Been There, Done That.....	9
The Athlete's Kitchen: Dieting Gone Awry: When Food is Foe..	11
Sean's Run and the Marathon Project	13
<i>by Bob Kopac</i>	
Race Directors' Corner.....	16
<i>by Nancy Briskie</i>	
PR, With a Twist.....	19
<i>by Ellen Posson</i>	
The "Tortoise and the Hare" Race.....	21
<i>by Chris Keating</i>	
Winter Series #3.....	23
<i>by Steve Conant</i>	
Minutes of the HMRRC General Meeting - Jan. 13, 2010.....	23
Grand Prix Update.....	28

Photos in this issue by Donna Davidson and Bill Meehan



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by Mark Warner

Now that the Winter Series events and Winter Marathon are past us, it is time to start thinking about the spring races. Through the first four Winter Series events, all races had record numbers of finishers. This follows a trend for almost all HMRRRC races over the past year, including many of the largest events such as the Delmar Dash, Workforce Team Challenge, Father's Day Race and Mohawk-Hudson Marathon. What accounts for this success? Thirteen free races, high quality events and better publicity of races via e-mail blasts are key factors contributing to this positive trend. As we move towards the upcoming Green Island race, Delmar Dash and Masters Championship, I hope to see this trend continue.

The club has a new addition that you may see at upcoming races: a Dodge Sprinter van. The van will serve multiple purposes. It will be used to store and transport all the club equipment and supplies necessary to support our approximately 30 races a year. It will also be used by the finish line crew to compile results at many of our races. This is a big step forward for the HMRRRC and will be a positive addition in support of race directors and the many race volunteers. Special thanks go to Nancy Briskie, Marcia Adams and Tom Adams for doing much of the legwork leading to this purchase.

Several other improvements are being made in support of the HMRRRC based on recommendations made at recent club meetings. HMRRRC has created Facebook and Twitter accounts in order to communicate to our membership and others interested in upcoming races and other club activities. All race results going back to 1972 will be archived on the HMRRRC web site. Results will begin to be posted over the next several months as they get transcribed from old *Pace Setters*. Member input is crucial to improving the club, so I encourage you to attend HMRRRC club meetings and bring new suggestions and ideas.

I would like to thank Ed Gillen for the excellent job he has done as Membership Committee Chairperson for the last two plus years. Taking over for Ed is Diane Fisher.

If you read the January *Pace Setter* column "Been There, Done That," you might have noted that twenty-five years ago, an individual membership for HMRRRC was \$12 and the family membership was \$15. Those rates are identical to the rates today. Few organizations can go twenty-five years without a change in member-

ship dues. This is mainly due to two very successful races, the Workforce Team Challenge and the Mohawk-Hudson Fall Marathon, that bring in significant income annually. There are many reasons for membership in HMRRRC; a diverse and challenging race schedule including thirteen free races, opportunities to meet and run with others in the Capital Region, creative marketing and communication to members and others to promote running, and in these times of belt tightening, a membership fee that hasn't increased in twenty-five years. You can't beat that! □



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**



What's Happening in March

by Al Maikels

There isn't a lot happening in March as the club only has one race on its schedule. In years' past, we had a great long race, the Chopper-thon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and finished on the road above the UAlbany track. Public safety costs made that course too expensive so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 1990's.

The one race on the March schedule is the eleventh annual Runnin' of the Green (Island) 4 mile race. This race, new in 2000, is a Grand Prix event and attracts a fast field. The elected officials in Green Island are wonderful hosts and go out of their way to welcome the runners to their community. The race is set for Sat-

urday, March 6 at the Legnard-Curtin American Legion Post in Green Island with a 10 a.m. start. This race is not only a Grand Prix event; it's also the Adirondack Association of USA Track and Field 4 mile championship.

You will have to go out of town to find other races. The most notable race is the 24th Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 28 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T-shirt.

The club business meeting for March is scheduled for Wednesday the 10th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President Mark Warner welcomes all club members to attend these meetings. □



Article Submissions are Encouraged for Upcoming Pace Setter Issues

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

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

Where: Submissions can be sent in Word document format and photos in .jpg, .tif, .bmp, or .gif format to: pacesetterarticles@verizon.net. Questions about publication can also be directed to the same e-mail address.

NEW!
Members can now
sign up to volunteer
for races online!

Upcoming Races That Need Assistance:

Delmar Dash
April 11

**Bill Robinson
10K Masters**
April 24

Mothers Day Race
May 9

**Anyone can qualify as a
volunteer.**

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

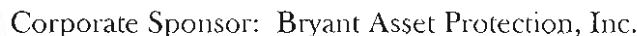
We pay with smiles and thank
yous and the occasional
T-shirt!

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

Name
Address
Telephone #
Email (if available)

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

Sunday, April 11, 2010 at 9:00 a.m.



ADULT 5 MILE RACE

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

Application Fee: \$15.00 HMRRC member; \$18.00 non-members

Deadlines: Mail Post Mark - April 2 On Line at www.hmrrc.com - April 7

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

Long Sleeve Technical T-Shirts to 1st 500 PRE-REGISTERED

NO LAST CHANCE OR DAY OF RACE T-SHIRTS

NO DAY OF RACE REGISTRATION: Last Chance Race Registration to be held at FLEET FEET, Wolf Road, Albany on SATURDAY, APRIL 10 from 3:00 p.m. to 6 p.m. FEE: \$20.00 ALL

PRE-REGISTERED PACKET PICK-UP: at the school starting at 7:30 a.m. Sunday. No pickup on Saturday.

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

NO HEADSETS OF ANY KIND ALLOWED IN THE RACE – This is a shared course with vehicles and runners need to be able to hear instructions and course marshals.



❖ 1-Mile ❖ ½ mile ❖ ¼ mile

❖ No pre-registration ❖ Day of Race registration ONLY ❖ Fee: \$4.00 per race

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: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303

PLEASE PRINT

T-SHIRT SIZE (unisex adult long sleeve technical): ☐ Small ☐ Medium ☐ Large ☐ X-Large

[illegible]CITY:

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 STATE:

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 ZIP:

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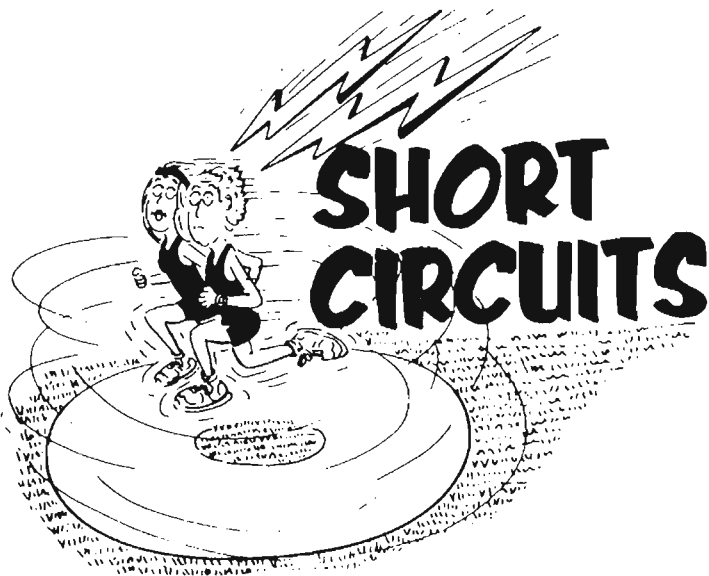
PHONE: () - SEX: ☐ F ☐ M DATE OF BIRTH: / /
Month Day Year

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

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)



Former runner Peter Gerdine of Troy, who completed 49 marathons from 1980-1985, wrote to *The Pace Setter* that he hasn't run since 1995 and that he "has gotten fat and lazy, weighing in at around 220."



Grete Waitz ran her first marathon in 1978 winning the NYC Marathon in world record time. Up to that race, her longest run had been 12 miles.



Low mileage marathoner



The ING New York City Marathon has denied a published report that they have offered \$100,000 to Faujua Singh of India to run in the NYC Marathon when he turns 100-years-old next year.



Coming to NYC?



Participation in American road races grew by a healthy 11% in 2009, according to a detailed analysis prepared by Race Results Week-

ly, the wire service of distance running. Races held over the 5 K, 10-mile, and half-marathon distances showed the biggest increases, with each of those groups topping 15% growth.



The dog in this picture (which appeared in the January Pace Setter) was not identified. Her name is Feta and she is seen with her housemates Susan and Del Browne.



In early January, a man was arrested for jogging near the White House. It is not illegal to run near the White House as long as you are

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.

wearing proper running attire. This man was not. He wasn't wearing anything. □



White House jogger during training session

New HMRRRC Members

Jo Ann Audino
Kathryn Behuniak and Family
Liz Bennison
Tammy Carroll and Family
Brian Demarest
Dallas DeVries
John Heiser
Dan Korff
Mary Jane Kruegler
Jeremiah & Sara Madden
Nicole Mallory
Marge Rajczewski
Valerie Ruskin
Billy Smith
Ben Syden



Dodge the Deer 5k & Mile Fun Run

The 8th Edition
Saturday, April 17, 2010 Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series

Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

Now in its 8th year, this cult classic features the collision of the Albany Running Exchange's zeal for energetic family-friendly races merged with their lust for over-the-top grandiose experiments in social phenomena. The event, named after a deer named Dodge who you will also have to *dodge* at the finish, takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully.

Be on the look-out for Bully's buddies who are looking to steal Chase away from her true love in the ultimate battle between good and evil. Also, be sure to come hungry because we have an all-you-can-eat barbeque after the race that can fill up anyone.



AWARDS

Delicious treats await the top 3 overall male and female finishers, as well as the top 3 males and females in: 10-under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



We will also award the fastest male, female and co-ed teams.
For team applications, please visit the event website.

SPECIAL CATEGORIES

*Youngest and Oldest Finishers
Middle of the Pack - Enjoys the Scenery
Mr. and Mrs. Dodge (Fastest Couple)*



AMENITIES

The first 400 entrants in the 5k are guaranteed commemorative flip-flops with the Dodge the Deer logo as seen as on the shirts, mugs, socks, and more! Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and arts and crafts activities! There is a cook-out afterwards as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

- ☀ FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+
- ☀ CHIP TIMING BY ARE EVENT PRODUCTIONS
- ☀ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Deadline to submit a team entry form
9:15am: Bully the Bear Kids 200 Meter Sprint
9:30am: Chase the Chipmunk Mile Fun Run
9:45am: Day-of registration and packet pickup closes
10:00am: Dodge the Deer 5k
10:15am: Post-race entertainment begins
11:00am: Awards Ceremony



We highly encourage you to register online
There are no additional fees and ARE members receive a discount when registering through the members page.

ENTRY FEE	Kids Races	5k
Early Reg.	\$1	\$15
Late. Reg.	\$2	\$20

Early Registration: Postmarked by April 10
Checks made out to: AREEP

TO REGISTER, GET DIRECTIONS, AND MORE

Visit www.AREEP.com
or call 518 320 8648.



Please complete, cut, and return the bottom portion to AREEP, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂ -

NAME _____		____/____/____ BIRTHDAY		AGE (on 4/17/10) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____			EMAIL _____		
CITY _____			STATE _____	ZIP _____	
PHONE () _____		RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____			
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.</small>					
SIGNATURE _____		DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)	

"BEEN THERE, DONE THAT"

by Mike Becker

March 1975...Thirty Five Years Ago

- The club's winter marathon is held on the 2nd at SUNYA at noon. Twenty five men (no women) finish, with an amazing 21 qualifying for the Boston Marathon. Don Wilken is the winner with a 2:43:12, nine minutes ahead of the 2nd place finisher. Wilken ran second or third for the first half, but "ran away" from the field from then on. This race was the first marathon for many of the finishers. Jerry LaPointe was running his first race of any length and finished last with a respectable 4:21, all the more amazing since he was a pack-a day smoker.

March 1980...Thirty Years Ago

- The second annual Winter Series, sponsored by Sportshoes, concludes on the 9th with races of 3, 10, and 20 miles. It has the worst weather of the series, with 20 to 30 mph winds. A total of 113 runners finish the three races, including 21 diehards who run the 20-miler. Paul Murray beats Bill Robinson and Lee Wilcox by four minutes. Julie Wilcox was the only female to run the 20-miler. Notable among the results of the 3-miler is a second place finish (16:52) by then 17-year old and current club treasurer John Kinnicutt. Twenty-nine runners earn winter series awards by participating in all six races. The award is an \$8.62 gift certificate from Sportshoes, which had stores on Western Ave. near SUNY and in Delmar. The significance of the seemingly random \$8.62 amount is not mentioned.

- On the 23rd, the 7th annual 30K Chopperthon is held and directed by Bill Shrader and Burke Adams. This is a National AAU Championship race from downtown Schenectady to the Empire State Plaza. The course goes on State St. in Schenectady to Central Ave. in Colonie to Washington Ave., all the way to downtown Albany. A total of 837 runners finish, with an amazing 237 breaking two hours. J. Ziegler wins with a 1:38:49 for a quick 5:18 pace, and notable finishers include Barry Brown, Amby Burfoot, and Bill Rodgers.

March 1985...Twenty Five Years Ago

- An item in Short Circuits notes three Swiss researchers reported having treated 12 joggers in a two-year period for scalp lacerations resulting from bird attacks. The victims suffered wounds as long as 14 cm, and none got rabies. Eleven of the attacks occurred during the buzzards, April to July breeding season. They attacked by diving from behind and continuing to dive as long as the joggers were in motion. The conclusion: "Joggers should be aware that nature has its own laws and may not allow intrusion without revenge."

- On the 23rd, the Price Chopperthon runners' clinic had a very special guest. Wilma Rudolph, the gold medal winner in the 1960 Summer Olympics in the 100m, 200m, and 400m relay, was the clinic speaker. Rudolph spoke of being the 20th child in a family of 22 children. She was stricken with polio as a



child and had to wear leg braces. Eventually she regained her mobility and discovered she could run faster than all of her friends. The rest is history.

March 1990...Twenty Years Ago

- An item in Short Circuits notes that Regina Tumidajewicz, then aged 63, is the club's oldest female marathoner. That year she ran the New York City Marathon in 4:48, which was 20 minutes faster than her 1988 time. Just seven days after competing in New York, she ran the Stockade-athon and placed second in her age group. Eleven days later she placed first in her age group in the St. Clare's Cardiac Classic 5K.

- The club winter marathon was postponed a week due to a big snowstorm. Race director Carl Poole made the tough decision to postpone from 2/25 to 3/4 due to six inches of snow on top of a foot the day before. Fifteen marathoners and fifteen marathon relayers race on a clear, cold, windy day. Dale Keenan wins in 2:39:58 and was 27 minutes ahead of the second place finisher. Good times were also turned in by Chet Tumidajewicz, Don Wilken, Ken Skinner, and Jim Tierney.

March 1995...Fifteen Years Ago

- Race Walker Bill Hogan is profiled. Bill was the long-time director of the New Year's Day Winter Series races, of which the 3.5-miler is named for him. Hogan had a heart attack in 1987 and decided to begin walking as exercise and soon fell in love with race walking. He trained 20-25 miles per week and said 10K was his favorite racing distance because he can do fairly well at this distance and enjoy the challenge.

- The St. Paddy's Day 8K race is held in Poestenkill on the 11th. It is the only race on the schedule for March, and has a field of 147 finishers. Dave Twarog wins with a blistering time of 24:41, which is a 4:58 pace. Fourteen-year-old Jan Fazioli is top female with a 27:59

(5:38 pace).

March 2000...Ten Years Ago

- A total of 264 racers finish the inaugural Runnin' of the Green (Island) four-mile race on the 11th, directed by Jeanne O'Connell and Mary Mosher. This race replaced the St. Paddy's Day race on the club schedule, which ended in 1998. Jeff Brooks (19:52) edges Nick Conway by four seconds as the only finishers under 20 minutes. Emily Bryans is the top female finisher in 23:36 and 31st overall. The oldest finishers are 75-year old Mike Bartholomew (36:05) and 73-year old Regina Tumidajewicz (43:22). This race is still going strong ten years later.

March 2005...Five Years Ago

- Rob Moore is profiled. He mentions recently running the Buffalo Marathon and says the course marshals left early, leaving the runners to fend for themselves on unmarked roads. He and a pack of 20-25 runners ran 3-4 miles the wrong way. Only after calling the police did they get back on course, thus finishing over an hour later than they should have.

- The 19th annual Shamrock Shuffle is held in Glens Falls on the 20th. Brian Rhodes-Devey and David Raucci tie for first (26:19) in the five-mile race. Kara Lynne-Kerr is top female in 30:04 (20th overall). A total of 356 runners finish the race.

Department of Corrections

In the January version of "Been There Done That," it was stated that Joan Noonan was top female finisher of the Hangover Half Marathon on Jan. 1st, 2000. Joan was actually John, which makes the top female finisher Emily Bryans, who finished 21st overall in 1:29:53, seven seconds ahead of Heather Cox. □



Y RACE SERIES

We build strong kids, strong families, strong communities.

ALBANY YMCAs 5K RUN / 3K WALK

Start/Finish: Washington Park, Albany, NY
Contact: 518.449.7196, Ben Luke - Race Director
Date & Time: May 1, 2010
5K Run / 3K Walk 9:00 a.m.
Kids Fun Run 9:45 a.m.
Registration: \$20.00 (postmarked by April 24);
\$30.00 (after April 24)
Day-of-race registration will be from 7:45am-8:45am
Kids Fun Run is free—ribbons awarded to all finishers

Official race shirts while supplies last

Awards: Overall male and female 1st, 2nd, and 3rd place finishers will receive awards. In addition 1st, 2nd, and 3rd place awards will be given to the top male and female finishers in the following age groups.

Age Groups: Under 10, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

Course Description: Begins and ends in Washington Park



Please circle event you are registering for: 5K Run 3K Walk Kids Fun Run

Last Name _____ First Name _____ Age (at time of race) _____

Address _____ City _____ State _____

Phone # _____ Email _____ Gender M or F

Shirt Size M L XL XXL (Shirt sizes can not be guaranteed)

Are you a YMCA member? YES or NO If YES, what branch? _____

I hereby release the Capital District YMCA and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2009 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below

Signature: _____ Date: _____

Parent's Signature (if under 18): _____

Please make checks payable to: Albany YMCA, 274 Washington Ave, Albany, NY 12203

Register Online

WWW.CDYMCA.ORG

Dieting Gone Awry: When Food is Foe

I should be pencil-thin for all the running I do. I don't keep cookies in the house. If they are there, I eat way too many of them. I'm afraid if I start eating, I won't stop...

Too many runners are at war with food and their bodies. In their quest to attain the "perfect body" that is leaner, lighter and presumably faster and better, they have developed atypical eating patterns that are far from peaceful. As one marathoner reported, "I'm trying so hard to lose five pounds but I'm getting nowhere. In fact, I'm even gaining weight. I'm 'good' at breakfast and lunch, but after I get home from my run after work, I end up devouring everything in sight. On weekends after long runs, my eating is even crazier." Sound familiar?

The problems with dieting

The first three letters of diet are D-I-E. Dieting conjures up feelings of deprivation and denial. Dieting is unsustainable, no fun. Few dieters win the war against hunger. Even 50% of people who had gastric bypass surgery regained weight within two years (1).

Why does this happen? Because the body perceives a diet as a famine and strives to protect itself from starving to death by signaling hunger. Hunger leads to the overwhelming urge to binge-eat. Research with healthy, normal-weight men who cut their food intake in half (similar to what many dieting runners try to do) reports most regained the weight they'd lost — plus 10% more — within three months (2). Another study with middle school kids who were followed through high school indicates all efforts to lose weight resulted in disordered eating patterns five years later — but not leaner bodies (3). Dieting tends to create more long-term problems than it solves.

How to find peace with food

Let's take a look at some ways to transform blown diets into appropriate fueling (while you chip away at losing undesired body fat). A first step is to remember food is fuel, not the fattening enemy. Food not only enhances athletic performance but also prevents hunger and out-of-control food binges.

As a human, you are supposed to eat, even if you are overfat. If you restrict your food intake, you also restrict protein, carbs, fats, vitamins, minerals and other bio-active food compounds that contribute to good health and high energy. Bad idea. Your body needs those nutrients.

Calories: Current research suggests a sustainable way to lose undesired body fat is to knock off about 200 calories a day (4), such as 10 ounces of wine, 20 tortilla chips or one roll with butter. By knocking off the calories at the end of the day, you can lose weight when you are sleeping (as opposed to when you are try-

ing to train and function during the day).

Carbs: Bread, bagel, pasta, rice, crackers—all those dreaded carbs—are not fattening. Your body does not readily convert carbs into body fat. Rather, your body preferentially burns carbs to fuel your workouts. If your muscles become carb (glycogen) depleted, you will feel an incessant, niggling hunger that can lead to non-stop snacking. You may believe you are eating because you are just bored, but your muscles are telling you they want carbs to recover and refuel.

Do not try to "stay away from carbs." Egg whites for breakfast, salad for lunch, and fish + broccoli for dinner leave muscles unfueled and your body unable to train and compete at its best. Oatmeal, whole grain breads, brown rice, and sweet potatoes are just a few wholesome suggestions. Enjoy them as the foundation of each sports meal.

Protein: Dieters need to consume a strong protein intake to help protect their muscles. That is, when you restrict calories, you burn not just body fat but also muscle tissue. Enjoy a protein-rich food (in combination with carbs) at each meal and snack.

Protein is satiating; it helps keep you feeling fed and can curb your appetite. Dieters who eat protein (eggs) at breakfast stay full longer than those who eat just carbs (bagel, fruit, granola bar). By eating a satisfying breakfast, you'll be less likely to crave sweets and succumb to donuts or candy bars.

Fat: Fat (preferably healthful fat such as in nuts, olive oil, salmon, peanut butter) is an essential part of a sports diet. It's required to absorb vitamins A, D, E and K. A little fat gets stored right within the muscle cells and gets used during long workouts. It enhances endurance. Runners who switched from a low (16%) fat diet to a moderate (30%) fat diet improved their performance by 14% (5). That's a lot! And, they did not gain body fat.

The mantra "Eat fat, get fat" is false. Overeat calories and you will get fat, particularly if you overeat calories from fatty foods. Excess dietary fat easily converts into body fat.

Vitamins: The less fuel you ingest, the fewer vitamins you consume. Taking a vitamin pill might replace some of those losses, but a pill does not provide other bio-active compounds in foods that protect your good health. Strive to enjoy colorful vegetables and/or fruits at each meal.

By satisfying your hunger with wholesome sports foods at daytime meals, you will ruin your appetite for the evening "junk food" that contributes to fat-gain. You feel better during the day, have better workouts, be in a better mood—and be able to knock off 200+ calories of evening snacks so you can lose weight easily when you are sleeping. Experiment for just one day with front-loading your calories;

the benefits will be obvious!

Easier said than done?

While food-binges can simply be the backlash from unrealistic efforts to lose a few pounds, they sometimes also serve the important job of distracting people from thinking about painful relationships and feelings of inadequacy. That is, if you incessantly think about food, you are not thinking about how sad, depressed or lonely you might be feeling. You'd rather focus on losing five pounds, believing weight loss will make you happy. Doubtful.

Instead of trying to find happiness from a number on the scale, the better bet is to appreciate your body for all the good it does. Do not compare your body to others. To compare is to despair. Practice eating mindfully and ask yourself before you eat "Does my body need this fuel?" Eat mechanically, on a time schedule, with even-sized meals that truly satisfy you, so you don't just stop eating because you think you should.

Rather than struggle with food and weight issues on your own, consult with a sports dietitian who can help you create a positive food plan. Use the referral network at SCANdpg.org to find your local RD CSSD (Board Certified Specialist in Sports Dietetics). Life is too short to spend it fighting with food.

Nancy Clark, MS, RD, CSSD counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For weight loss help, read her Sports Nutrition Guidebook and food guides for new runners, novice marathoners and cyclists (www.nancyclarkrd.com). See also sportsnutrition-workshop.com.

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30th ANNUAL HMRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

HMRRC Grand Prix Race
Adirondack USATF Masters Championship
Adirondack USATF Grand Prix Series Race

10 KILOMETERS Certified (NY98008AM)

SATURDAY, APRIL 24, 2010 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Registered Male and Female teams in ten year age groups.
For entry forms, contact Adirondack Association USATF office.

USATF # _____

To join USATF go to usatfadir.org or contact the office at 518-273-5552, ext. 203
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TECHNICAL SHIRTS TO FIRST 75 REGISTERED RUNNERS

- NO HEADSETS, IPODS, ETC. ARE ALLOWED IN THE RACE •

REPORT TO:

GUILDERLAND HIGH SCHOOL (off Rt. 146, County Rt. 202 - Meadowdale Rd.), Guilderland Center

ENTRY FEE: \$12.00 (HMRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MASTERS
ONLY!

MAIL ENTRY TO:

HMRRC, P.O. Box 12304, Albany, NY 12212

(Make checks payable to HMRRC)

MASTERS
ONLY!

Questions or additional information: Jim Tierney, 518-869-5597, or e-mail <runnerjmt@aol.com>

Name _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Age (as of 4/24/10) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female

I hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Guilderland Central Schools and the Hudson-Mohawk Road Runners Club for any and all injuries suffered by me in said event. The USATF shall be free from any liabilities or claims for damages arising by reason of injuries to any during the conduct of this event.

Signature _____ Date _____

Sean's Run and the Marathon Project

by Bob Kopac



What happens when two great programs meet? Answer: A WIN-WIN! In capital letters! That's what happens when the Marathon Project meets Sean's Run. The Marathon Project, whose motto is "Empowering Youth through Running", is sponsored by the Council on Addiction Prevention and Education of Dutchess County, Inc. (CAPE/DC). It is an after-school distance running program to prepare youth to run a full or half marathon. The program's main goal is to reduce risk factors such as childhood obesity, gangs, dropping out of school, smoking, drinking, substance abuse and Britney Spears. (That last one is not one of the goals listed on the www.capedc.org web site, but one can always hope.)

The program matches adult mentors with Hudson Valley youth in the Poughkeepsie, Beacon, Newburgh, and Wadewick school districts, as well as the Children's Home of Poughkeepsie and the Dutchess County Department of Probation. The Marathon Project provides opportunities for students to accomplish goals, develop character, improve health, and provide youths with positive adult role models through mentoring. MP kids participate in Mid-Hudson Road Runners Club (MHRRC) races. However, there is one big exception: the Marathon Project kids travel north to Chatham, NY to do Sean's Run.

The purpose of this 5K is to raise teen awareness of the dangers of underage drinking and the need to wear seat belts. As the www.sean-srun.com web site says, "Sean's Run is more than a run/walk – it's a community's response to tragedy, a deadly underage drunk driving

car crash on January 1, 2002 that claimed the life of high school honor roll student, community volunteer and running standout Sean Patrick French and permanently altered the life of his buddy Ian Moore. Both juniors, they were passengers in a car driven by an intoxicated schoolmate. They were both unbuckled."

The money raised at Sean's Run is used for programs to combat underage drinking, impaired driving and teens' lax use of seatbelts. The funds also support scholarships for deserving senior high school students.

Besides the 5K, there is the Meghan's Mile community walk and kid's race. But wait, there's more! Before the running and walking events is the World Championship Battle of the Belts. Four-person high school and middle school youth teams battle to see who can buckle up the fastest by running around a car until each team member buckles up in all four seats. The purpose of the contest is to provide a fun way to raise teen awareness about the importance of seat belt use. It also provides a thrilling pre-race spectacle for the runners and walkers.

The Marathon Project kids attended the 2009 Sean's Run and Battle of the Belts. They came away excited by both events and eager to participate again in 2010. Several youths at the year-end Marathon Project wrap-up party said it was their favorite race.

Sean's Run is always the last Sunday in April. This year the event is April 25, 2010 at Chatham High School, Village of Chatham, Columbia County, NY. Come participate in the 5K run or 1-mile walk and cheer on the Marathon Project kids in the Battle of the Belts. □





2nd Annual Cherry Blossom 5k Challenge

Sunday April 25, 2010 - 10:15am

Sponsored by: Congregation Gates of Heaven

Location: Corner of Eastern Pkwy. & Ashmore Ave., Schenectady, NY

Course: Start at Congregation Gates of Heaven
Run through Old Niskayuna
Return to Congregation Gates of Heaven

Entry Fee: **\$18.00** if Received by April 21, 2010
\$23.00 Day of Race

T-Shirts: Guaranteed to ALL Applications Received by April 21, 2010
First Come First Served Basis on Day of Race

Time: Day of Race Registration & Packet Pick-Up 8:30am

Awards: Overall Top Male & Female
1st Place Male & Female
Age Groups: 19 & under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 & Over

Information: Contact: Sharon Boehlke - racewithus@mindspring.com

A portion of Proceeds to Benefit St. Peter's ALS Center

Detach here - Submit one form for each entry

REGISTRATION FORM

Mail in Deadline: April 21, 2010 - Register Online: www.active.com



Mail Entries to: Tim Fecura, 1520 Wyoming Ave., Niskayuna, NY 12309

Please Print

Name _____ **Phone#** _____
First Last

Address _____

City _____ **State** _____ **Zip** _____

Age(on Race Day) _____ **Male** ☐ **Female** ☐

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself and discharge: Congregation Gates of Heaven, Congregation Gates of Heaven Brotherhood, the State of New York, the County of Schenectady, the Town of Niskayuna, as well as all other sponsors or beneficiaries and their representatives, that I am physically fit and my that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby grant permission to Congregation Gates of Heaven, Congregation Gates of Heaven Brotherhood, and other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness, as well as race results including my name and competition time, for any purposes whatsoever, including, but not limited to, pre-race and post-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature _____ **Date** _____

Signature of Guardian if Under 18 Years

Make Checks Payable to: CGOH Brotherhood

Official Use Only **Date Received** _____ **Amount Paid** ☐ ☐

Bill Shrader, Sr. Memorial Scholarships

**\$10,000 in total
Higher Education Awards
for Student Runners**

**The Hudson Mohawk Road Runners Club
offers separate scholarships for two male and
two female student athletes who participate
in cross country or track and field.**

For application details go to

<http://www.hmrrc.com>

(See 'membership benefits' under the 'membership info link')

**Applications must be submitted by
April 1, 2010.**

Race Directors' Corner

by Nancy Briskie



As I am writing this, it's February 3rd, four days before our WS #5 and the forecast at this moment is sunny with a high of 25 degrees. If that holds to be true, with the exception of one 9 degree day, it's been a great season.

It all started with **Doug Bowden's** WS #1, which of course went extremely well, but hey, expect no less from Doug, this guy is meticulous! The weather that day reached 29 degrees. What a way to start off the Winter Series. I checked the race results for the last few years and the attendance in 2007 was 89 for the 15K, and went to 134 in 2008 and to 185 in 2009! The 3 miler had 97 in attendance in 2007, 100 in 2008 and 138 this year! That's impressive!

Brian and Cheryl DeBraccio were the next race director's in line, holding the New Year's Day Hangover Half and Bill Hogan 3.5 miler. The weather that day reached 35 degrees and Brian and Cheryl had every base covered. The 3.5 miler had 201 finishers, and the Hangover Half had 233 finishers which was the largest showing on the books since 1977. Again, everything went smoothly, and believe me, that is quite an accomplishment.

Winter Series #3, held January 10th, was the coldest day of the series - 9 degrees. This was the only race this season where you would find men with what would be the typical Winter Series icicles dangling from their mustaches, beards and hats. Our two race directors, **Will Dixon and Ed Gillen** (who by the way both stepped up to take on yet another race director position each for the club IN ADDITION to staying on as our co-directors for WS #3), had to deal with the elements for their three races. The 3-Miler had 60 finishers compared to last year's total of 36. By the way, the temperature reached 19 degrees last year. The 10K had 105 finishers compared to 66 the previous year, and there were 67 in the 25K, which was the same as last year. Another race was under our belt and done perfectly.

Josh Merlis directed our WS #4 on January 24th and this race day reached a high of 30

degrees with some wind, a day at the beach in the Northeast! Now that doesn't happen often. We had 148 participate in the 15K compared to last year's 84, 48 in the 30K this year compared to last year's 39, and 129 compared to 74 in 2009 in the 3-miler. We really lucked out when you compare it to last year's temperature of 7 degrees. What more could we ask for? Josh also directs our adventurous HMRRC Tawasenthia XC Series, which consists of three races held in August on Monday nights. For those of you looking for a taste of cross country running, this will definitely open your eyes to it!

At this writing, **Patrick Lynskey** is about to launch his first WS #5 as race director and if the National Weather Service has it right, it should reach a sunny 25 degrees! Well, you know better than I at this moment if that held true. I hope so, as after the 10-miler I have to work the water station. I feel very confident that Patrick will have no problem as a new race director for HMRRC. He does a lot with USATF work at the Freihofer's Run for Women and the Troy Turkey Trot, two huge races. I have to say that's a pretty impressive resume!

I can't thank these race directors enough for all they do. This is no easy task by any means and takes a lot of hard work, time and attention to detail.

Let me not forget to mention the guru of our Winter Series, our Winter Series Coordinator, **Ed Thomas**! None of this would happen without Ed. He does all the behind the scenes work, and I mean work, getting this series underway and operating correctly, and organizing with SUNY and the State Office Campus. The amount of time and effort put into this series is just short of exhausting. Ed makes things happen, and when you think your glass is empty, Ed fills it up to the top, and boy, he's filled my glass up a few times.

Eileen Combs has once again taken on a very important role in the Winter Series, including the Winter Marathon and Relay, with running the very successful Kids Krafts, giving Hudson Mohawk members the opportunity to bring along their kids with no worries as they go out and run the series. Pretty cool!

There is another couple I just have to talk about in this article who worked every Winter Series once again (not to mention every race except one or two last year, for the matter!) That would be **Tom and Marcia Adams**, also known



Tom and Marcia Adams

as the HMRRC Soup Nazis! They went out and bought the largest pot on earth to make soup in. This pot is so big that it doesn't fit on their stove so they had to set up a cooking area in their garage! Believe me, I was there and saw their setup. It's quite amazing. They just love to help others and have taken on this club as their "child." On top of that, we have worked on obtaining a van this past year, trying to figure out with club members what would work best for us, whether renting, buying, or just working as we have worked all these years. Well, the van was voted in and I gave the job to Tom Adams, who chaired a committee and he took the ball and ran with it, literally. Marcia assisted Tom in his search until the perfect van was found and approved by the team. We now have our new van and if everything went as planned, it should have made its debut at the WS#5. Once the van was purchased, they had a side window installed for the timing team, shelving placed inside had the logo applied and are now working on purchasing race equipment. That's just the tip of the iceberg regarding this couple that I share with you right now, otherwise this article would be never-ending! This club is very fortunate to have such a dedicated and impressive crew for the Winter Series. Thanks for all you do!

Meet one of our new co-race directors for the Father's Day Race – Randy Goldberg.

The Father's Day race is immense, with 601 finishers in last year's race, and when Dave Newman resigned this year due to his work load and getting married, I was worried about who could replace him because Dave did such a phenomenal job. He is extremely detail oriented, organized and such a pleasure to work with. He doesn't let one detail slip by him; he has this race director stuff down pat.

In my search, I was discussing this one night at our monthly meeting with Will Dixon, who co-directs one of the Winter Series races with Ed Gillen, and he decided to step up to the plate. Just like Ed Gillen, who just took on the Runnin' of the Green and kept the Winter Series with Will, Will felt he wanted to give more to the club. Race directing has a pretty full workload and you have to be able to handle complete chaos on race day. It must be like an addiction with these guys. The story goes that when Will was discussing this race with Randy, Randy offered his help, and voila, Will most graciously agreed to take him on as a co-director for the Father's Day Race!

Randy and his wife Kathleen, pictured with Randy, are in the habit of getting involved in whatever they do and they are giving back to the club as so many others do so selflessly. Randy is not exactly sure what challenges he is going to face as co-race director, but since Will already has race director experience, he will make sure everything runs smoothly. Randy does have quite a bit of experience at organizing different functions, including being in charge of the Workforce Team Challenge group at his workplace. Randy and Kathleen are also teaming up to coordinate the Kid's



Randy Goldberg and his wife Kathleen

Race at Runnin' of the Green.

I asked Randy how he got started with his running and he said, "Personally, I started running August, 2004 when our youngest daughter left for SUNY Brockport and therefore, Kathleen lost her running partner. The rule in the house is "nobody runs alone" so I told Kath that I would learn to run to be her partner and to surprise Lindsey. Holy Cow it was hard at first; 5'5" and 192 pounds does not run for free. It stinkin' hurt, but eventually I started losing weight and gaining strength. I entered Lindsey and myself in the Thanksgiving Cardiac Classic that November and my running career was launched." So, when you see Randy around, which I'm sure you will, please thank him for stepping up to the plate. Way to go Randy! ☐



MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON TRAINING PROGRAM

Want to challenge yourself to train for and finish a marathon or half marathon? Want to motivate yourself by training with a group? Then join us this year! All Hudson Mohawk Road Runner Club members* are invited to join our training program designed for novice runners who have never before completed the distance and are attracted by the challenge. The program will be geared toward the Mohawk Hudson River Marathon or Half Marathon on October 10, 2010. This gradual, progressive and structured 5-month program will begin in late April. The cost for the program (\$100 for the marathon, \$75 for the half marathon) includes coaching, weekly group runs, guaranteed entry into the marathon or half marathon, a training t-shirt, paid lunch at the HMRRC summer picnic, and water/gels during training runs. The program is limited to the first 50 registrants.

**Not a HMRRC member? Become one! Add \$12 for a one-year membership.*

Please circle event you are registering for: Marathon Half Marathon

Last Name _____ First name _____ Age (on 10/10/10) _____

Address _____ City _____ State _____

Phone _____ Email _____ Gender M F

Shirt Size : S M L XL XXL Birth date: _____

Have you run a marathon or half marathon previously? Yes No

Bus ticket needed from Albany to the start of the race? Yes No

Emergency Contact name and telephone number: _____

Liability Waiver (please read): This waiver covers participation in the training program and participation in the marathon or half marathon. I wish to participate in the MHRM Training Program and run or walk in the MHRM or Half Marathon. I understand that there are risks associated with training for and participating in a marathon or half marathon, including risks associated with using public streets, bike paths and facilities and risks of physical injury that may result from training or participating in the event. I am fully aware of and appreciate the risks that may result from my participation in this training program and race. I verify that I am in good health, physically fit, and capable of participating in the training program and race. I acknowledge that I am solely responsible for my personal health and safety, and the personal property I bring with me. I acknowledge full and sole responsibility for my own medical expenses, and I am responsible for any and all medical expenses incurred on my behalf. I understand that the training program coach(es) is/are not licensed physicians and any suggestions or recommendations the coach(es) may make regarding any aspect of my training or physical fitness are not being rendered as medical advice. Having read this waiver and in consideration of being permitted to participate in the training program and the race, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, USATF, its sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in these events, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I further understand and agree that no headphones are permitted in the race and my use of such will constitute grounds for my disqualification. Further, I consent and give permission to use my likeness and/or voice in any photographs, motion pictures, records and/or other record of the MHRM and Half Marathon for any legitimate purpose.

Date: _____ Signature _____

Parent/Guardian Signature (if under 18) _____

Registration for the training program, which includes registration for the Mohawk Hudson River Marathon or Half Marathon, is Non-Refundable. Please make checks payable to Mohawk Hudson River Marathon. Return to: MHRM Training Program, c/o HMRRC, PO Box 12304, Albany, NY 12212. For more information, contact Jim Thomas at jth430@verizon.net or Cathy Sliwinski at cslwin@nycap.rr.com .

PR, With a Twist

by Ellen Posson

I recently ran a local 10K with amazing results. I live in upstate New York in town called Schoharie. We have a local race in Middleburgh every year in October. Been upstate in October? It is a beautiful time of year: Crisp fresh air, glorious fall foliage and warm friendly people.

I registered early for the Timothy Murphy 10K as incentive to keep my mileage up for the cooler running season. The weekend before the race I pulled a hamstring doing a morning run around MacArthur Airport. I was on a weekend trip to visit friends and family on Long Island, and wanted to enjoy a beautiful morning run. I had to walk/limp back to the hotel.

I didn't run at all the week before the race. Friday night I decided I'd give the race a try. After all, if I couldn't run I could always walk. Right? I'm a pretty competitive person, so I wasn't so sure I would be able to walk!

The bus to take the runners to the starting point leaves the school at 8:15 in the morning. I left my house with just seconds to spare, as my husband said, "You're gonna miss the bus." Yeah right, I think to myself. I've done this race many times and the bus is usually late and only half full. Much to my surprise, the bus was just about to leave when I arrived at 8:15, and there were NO seats!! As I looked down the bus, an elderly lady offered me half of her bench as she scooted over toward her son sitting by the window.

"What a wonderful turn out for the race," she said. Marge Becker, the elderly lady whose seat I shared, has been running this race for 28 years. We passed her house as she told us about her mums in the window boxes, and then some stories of races in the past. She starting running the race because her kids wanted her to join them. Now, her son was the only one attending and he was walking. She, at age 87, is the only family member running.

As we entered the park and the bus came to a stop, I was reminded of my injury when I got up from my seat. Previous to that, I had forgotten about it because I was so in tune with Marge's conversation. We all wished each other good luck as we parted. Runners are such friendly people, it makes you feel good. Now if it would only help my hamstring!

"One, two, three, GO!" cried the starter as the Timothy Murphy look-alike fired his black powder gun! Runners and walkers headed out on their 6.2 mile journey. I'm not sure how many people but it looked to be about 100 or so participants. Everyone was still talking as they head out. I took my first few steps gingerly, and shortened my stride to accommodate my injury. I usually place first or second in my age group, and I actually came in second female one year. There would be no medal this year; my goal was to finish without walking or further injury.

It was a beautiful day, with white puffy



clouds, blue sky, birds signing, breeze blowing the leaves on the trees, cars driving by with people waving – things you notice when you're not huffing and puffing your way down the course. My stride was really short; I could



still feel the pull on my hamstring. I couldn't go any slower. At mile marker two I plead with the time keeper, "Don't tell me the time please," another new racing concept.

Somewhere between the second mile marker and the third I think I may have made a mistake. I remember reading an article in *Runner's World* about how bad something should hurt before you quit, and it's not a shooting pain yet. Just a few more steps I thought, it's either going to get better or I'll have to walk. Walk? I don't think so. If I can't run I'll get a ride back to the finish line. Dopes DNF mean anything to you? Another racing concept I'd rather not explore!

Thankfully I settled down, around the fourth mile. That's when my left foot started hurting. Yikes, what next! I had to stop to re-tie my shoe. Stop during a race? Do these new concepts ever end? I turned my iPod on and listened to John Mayer's "Waiting for the World to change."

At mile five I finally got to pass someone. An older man, who as I pass him says, "Did you have to stop and tie your shoe back there?" So I guess I'm not really passing him since he already passed me! We chatted about our Long Island backgrounds, and our injuries, all the way to the finish line. At least we were assured we weren't the last runners. The 87 year old lady was still behind us.

So my PR? My first 10K over one hour: an enjoyable experience. Happy to be healthy and running.

PS – I won first place in my age group, so my name and time were published in the local paper! My injured running partner wondered if I had walked the race. ☐



SUPPORT BREAST
CANCER RESEARCH

1st Annual

Jog for JUGS



Half-Marathon and 5K Run

Date: May 2, 2010

Start Time: 8:30am

Pre-Register by: April 25, 2010

Both races start and finish at the Duanseburg Town Park at the corner of RT 7 & Chadwick Rd in Duanseburg, NY. The Half-Marathon continues around scenic Duane Lake. Aid stations will be positioned approx every 2 miles with water & Gatorade.

Get Course & Elevation Maps at:
powerhouseathleticsny.com

Entry Fees

	Pre-Register	Race Day
5K Run	\$20	\$25
Half-Marathon	\$40	\$45

Partial proceeds to be donated to Jog for Jugs for Breast Cancer Research

Prizes

Cash prizes for overall Male & Female winners. Also awards for Age Groups, Clydesdales & Breast Cancer Survivors

Brought to you by:



BRING THE
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BBQ
Music
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Race Packets

Packet pick-up will be race morning beginning at 7:00am. Dry-Fit t-shirts will be given to all pre-registered entrants.

Need More Info?

Contact Jessica Mitchell
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Signature of Entrant

Signature of Parent/Guardian if entrant is under 18

The "Tortoise and the Hare" Race

by Chris Keating

The local Kinderhook Runners Club (KRC) held its 1st Annual Tortoise and Hare Anniversary 5K Race on 1/2/2010 in the village of Kinderhook. Twenty-nine club members participated in this race to celebrate the one-year anniversary of the club's formation and to renew their commitment to running in 2010. A "Tortoise and Hare" race uses a staggered start so that runners of differing speeds or abilities can compete. For the KRC run, each member's last officially measured 5K race time was used to determine start times. If all runners had maintained the pace of their previous race, everyone would have finished simultaneously. However, this was not the case, as many KRC members have continued to train and improved upon their previous times. The overall winner, first to cross the finish, was Michael Hatch of Kinderhook, with a "net" time of 24:31. In second place and the first female finisher was Lori Stevens of Greenport with a "net" time of 31:14. The

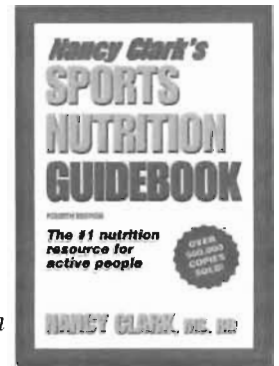
race results can be found on the HMRC website. To Lori, this represented a new beginning for running after injuries and surgery, and she thanked the club members for their support.

The Kinderhook Runners Club is a local organization formed to promote running in the Kinderhook NY area. The club was formed in January of 2009 and has over 80 members. Membership is open to everybody of all abilities. Club runs are held every Saturday morning starting in the village square in Kinderhook. Joining a running club is a great way to train for upcoming races and stay motivated, especially in the cool weather months. KRC members are looking forward to volunteering and running in many local 5K events this year, including the Dodge the Deer race at Schodack Island State Park on 4/17/2010, Sean's Run in Chatham on 4/25/2010, and the OK5K on June 12, 2010. For more information, please visit kinderhook-runners.com. □



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Winter Series # 3:

One person's eight month journey from non-runner to winter racing

by Steve Conant

If someone had said to me a year ago that this winter I'd be running in outdoor races in December and January I would have thought them crazy. Not only am I not a big fan of winter weather, but a year ago, I hadn't done any running since running laps at the start of gym class over thirty years ago! Before I recount Winter Series race number three, let me explain how I got to the point where I wound up participating in the Winter Series.

Running as an activity had never really occurred to me until last May, when a co-worker asked me to join her team for the GHI Workforce Challenge. After telling her I would participate as a walker, I did a test run to see if I could run 3.5 miles without collapsing. Though I had to stop and walk part way, I completed the test run and then the race itself and really enjoyed the experience.

My experience with the GHI race got me thinking about running in the 15k Utica Boilermaker in July. My wife and I are originally from the Utica area and both of our families usually have runners in the race and have post-race parties. My brother Jeff is one of those runners, and in 2008 he had co-organized and run in a shadow Boilermaker while stationed in Iraq with the 174th Fighter Wing of the Air National Guard. As a result, he was going to be featured in the 2009 race poster and be among those honored at the race. For these reasons, I wanted to give the race a try. I again did a test run first to see if I could survive 9.3 miles, then ran the race and had a blast.

Based on my experiences with those two races and encouragement from my GHI teammates, I decided to join the HMRRCC and try running in some of the fall races. I wound up running in a half dozen races and enjoyed them so much I decided to give the Winter Series a try. The first two race dates, on December 13th and January 1st, featured temperatures in the low to mid-30s with no wind and a mostly dry surface, which made for relatively pleasant conditions for running. There were multiple race distances on both dates, including the famous "Hangover Half" on New Year's Day. Being relatively new to running, I opted for the shorter distance races and again enjoyed them and camaraderie of the runners.

The third event of the Winter Series was held on January 10th and featured 3-mile, 10k and 25k races. In the days leading up to the races the forecast was calling for clear skies with temperatures in the single digits. This necessitated a trip to Dick's the day before the race to pick up a head covering and lined gloves. At Dick's, I ran into a coworker and fellow racing newcomer, Mark Streb, who also was looking for clothing items to keep him warm during his race the next day.

The morning of the races was mostly clear and cold as promised. It was 9 degrees at the 10:00 start time, with a slight wind. There was a good turnout for the races, with over 200 runners in the three races. With trepidation, I joined the other 10k runners along with the 25k runners at the start line, while the 3-mile runners lined up at a separate location nearby. Once the race got underway, the runners spread out and I was able to get to full stride fairly quickly. It might be obvious to long-time runners, but I've come to especially enjoy that feeling of running at full stride before it starts to feel like a real effort. The cold air turned out to not be an issue for me during the race, and I only really felt the wind when I turned the corner on the outer loop to head back towards the finish line.

Shaun Donegan was the first of the 3-milers to cross the finish line, in 16:23 for a 5:27 pace. Andy Reed finished second at 18:58, and Greg Ethier finished in 19:39. The first female to finish was Colleen Hayden at 22:25, followed by Julia Maloney at 23:40 and Kelly Ogden in 23:50.

Chuck Terry crossed first in the 10k at 35:06, with Eamon Dempsey finishing second at 35:18 and Aaron Knobloch finishing third in 37:19. Roxanne Wegman was the first female to cross, finishing in 41:52. Karen Dolge finished 9 seconds behind her in 42:01, followed by Kari Gathen in 45:25.

For the 25k, Thomas O'Grady was the first to cross the finish line, running the race in 1:31:42. Justin Bishop finished second in 1:33:53 and Joe Hayter finished third in 1:35:44. The first female to finish was Nancy Briskie at 1:53:08, with Karen Bertasso finishing second

at 1:58:56 and Colleen Mc Garry finishing third in 1:59:07.

Special thanks are in order for race directors Will Dixon and Ed Gillen and to the large group of volunteers who helped put on this event on such a cold day. Tom and Marcia Adams' homemade soup and the rest of the post-race treats were especially appreciated.

Thanks, too, to all of the people who donated items for local food banks in response to the club's 5 for 500 food drive. □



Submissions for the May Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

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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@gscallen.com for further info.

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Meeting Minutes of the HMRRC General Meeting - January 13, 2010

Attendance: Barb Light, Chuck Terry, Dave Newman, Rob Moore, Dave Newman, Randy Goldberg, Ed Gillen, Diane Fisher, Joe Hein, Jon Rocco, Mark Warner, Doug Bowden, Wade Stockman, Anny Stockman, Jim Tierney, Marcia Adams, Tom Adams, Ray Lee, Ray Newkirk, Brian DeBraccio, Mike Kelly, Vince Juliano, Cathy Sliwinski, Tom Miller, Tom Ryan, John Kinnicutt

Call to Order (M. Warner): Meeting called to order at 7:30PM

Reading and approval of December 9, 2009 minutes (B. Light). Motion made by Marcia Adams to approve seconded by Randy Goldberg. Motion approved.

Reports of Officers

2.1 President (M. Warner): Starting with a new printer for the Pacesetter. The old printer was bought out which is why we have to move to a new printer. We anticipate no changes in the production of the Pacesetter.

We have a request from the Times Union looking for people who are running the Boston Marathon to be part of a blog for the Times Union. If anyone is interested we will send your name to the Times Union and they will connect with you. Please let Mark Warner know if you are interested.

George Kansas associated with Fleet Feet and New Balance currently co-sponsor a program called NO BOUNDARIES where they train approximately 100 of runners in the Capital District. They would like to get mentors for training for a 5K race in June. Meeting for mentors on will be held on Monday evenings at 5:45. If you are interested in the program or getting involved please contact Mark Warner for more information.

Banquet Update (M. Warner for D. Beach) As of last weekend 32 people signed up for banquet. Reservation form is online now on the website. Will need a check from the Club the night of the banquet. Pete Newkirk is printing out programs, Marcia working on raffle prizes; Brian DeBraccio is the DJ and Al Maikels the Master of Ceremonies.

2.2 Executive Vice President (J. Rocco): Distinguished Service

award-nomination process is under way; posting on the website with link to application. Applications due early March (March 10); there is an ad in the February Pacesetter listing all prior winners. Schrader Scholarship-to date no applications have been received. Advertising it in the March Pacesetter; sent applications to local school coaches and posted a link on the Section 2 website directing them to the club website for application to download.

2.3 Executive Vice President – Finance (C. Terry): No report

2.4 Secretary (B. Light): No report

2.5 Treasurer (J. Kinnicutt): Starting 2010 John moved to a Google online spreadsheet-passed out reports to review. Discussion followed. Anyone who would like the URL where this spread sheet is located please contact John Kinnicutt. John has not included reports from Pam Zentko yet. John would like to set up this same type of program for Pam Zentko to use for the race reports. By the next meeting John will have more information on this. John is working on getting all the information from last year in this program and hoping to have by next meeting. Mark asked if we had a balance sheet showing an accounting for all our programs. There are 6 different accounts and CD's-John can get all the account information for next meeting. We need to get this information for the tax return.

Reports of Committees

Membership (E. Gillen): Since the last meeting we have had 3 Winter Series races- he sees a large number of members joining; in the last 30 days membership has gone up over 130 members net number is 2174 active members. Up 77 since last month. Ed has been at every Winter Series race and it is a great way to bring in new members. 285 couple memberships; 829 family memberships, 983 individuals; 20 youth memberships; 51 lifetime memberships. Joe Hein asked about the number of Pacesetters sent out that number is sent to 1500 members. Noted that early 1980 there were 1800 Pacesetters; dipped to 1300; now at 1500. Next month Diane Fisher will be taking over as membership chair. New 2010 HMRRC brochures will be distributed at upcoming events.

Volunteers (M. Adams): As of this month we went live with volunteering online. It is not mandatory; it currently goes from January to June and you can sign up for 1 or as many races as you want. Information is sent to appropriate Race Director and they will contact volunteer to tell them where to go and where to meet at the race. The report is sent to the Race Director in an excel spreadsheet.

Public Relations (R. Moore): Press releases for Winter Series 3, 4, and 5 and Winter Marathon to all newspapers.

Race Committee (N. Briskie): Winter Series #2 held on New Year's Day (Race Directors Brian & Cheryl DeBraccio) Great weather-35 degrees; every base was covered, went off without a hitch. Bill Hogan 3.5 miler had 201 finishers; Hangover Half had 233 finishers and this was the largest showing on the books since 1977. Only five of those years this race hit the 200 mark. Winter Series #3 held on January 10th (Race Directors Will Dixon and Ed Gillen) 9 degrees; again race went off perfectly, all bases covered. 3 Miler had 60 finishers compared to last year's total of 36 with a temp of 19 degrees; 10K had 105 finishers compared to 66 last year; and 25K had 67 finishers compared to 46 last year. Doug Bowden remarked that the Winter Series races have been up in huge amounts. New Years Day had a huge record turnout; Winter Series #3 up 57% from last year. Great news to hear about the races; Doug thinks we are doing better notifying people; email blasts sent out; Tom's soup; free race program; kids crafts corner; food drive; all is helping to bring out the people. John Kinnicutt noted that the USATF conference said that the industry trend was that all races would increase due to the downturn in the economy. Smaller races benefitting since people aren't travelling to larger races; Vince noted the trend has been going on for about a year now.

Race Committee Treasurer (P. Zentko): See attached reports.

Pace Setter (R. Nagengast/K. Gathen): No report. Vince commented that there is always a mention how the club and runners in the past were better. He would like not to see comments about past being better. Noted that the Been

There Done That the cost of membership was the same 25 years ago as it is now.

Conflicts Committee (C. Terry): No report

Safety Committee (V. Juliano): Next month in the Pacesetter there will be an article on the Stockadeathon safety issues. Vince is contemplating a change in the Stockadeathon course for safety reasons. Looking at alternatives right now. Ed Gillen noted that Winter Series #3 made sure every volunteer had his name, Will's name and SUNY safety coordinator. He feels it should be standard with the use of cell phones that everyone have a number to call in case of an emergency. Marcia added that they do the same thing at the Delmar Dash.

Grants Committee (R. Newkirk): Ray reported that they received 7 general grant requests for a total of \$6700 – they have been distributed to the committee and they will be meeting to soon to make decisions on the requests. Youth grant deadline is February 1st. They will follow the same procedure; committee will review and make recommendations and notify them. Committee consists of Ed Neiles; Chad Davey; Dana Peterson; Ray Newkirk.

Long Range Planning Committee (C. Sliwinski): Update on Just Run Program still working on getting Just Run program up; gathering information and insurance; once that is secured it will be submitted to Just Run; Trinity Institute is interested and we are meeting a Middle School teacher for a suburban site. (Sand Creek School)

Truck Acquisition Committee (T. Adams): Update on Van Purchase-a van was purchased for the Club; Mark Warner, Mike Kelly, Doug Bowden, Ed Neiles; Tom Adams as a committed purchased a 208 Sprinter van for \$27800. It was bought from a dealer in Massachusetts. They are now starting to equip it with shelving and signage and getting a window and sliding door. It is 2008 model 49000 miles; in very good shape. Nancy Briskie will be sending out an email to Race Directors for what is wanted in the van for races. Mike Kelly noted a great job by Tom and Marcia in acquiring the van for the benefit of the club. Ed Gillen noted a big thank you to Nancy Briskie who spearheaded the acquisition.

Unfinished Business:

Vote on proposed archive of HMRRRC race results (J. Hein)- Motion made to bring motion on the table; Ed Gillen made motion; seconded by Ray; Lee; discussion followed. Cost of program 120 hours of data entry at \$15/hr. John Kinnicutt questioned whether an employee of a member should go under conflict committee to review? Only quote available is from Ed Neiles because he feels he needs to supervise this task. The club should take advantage of my goodwill; sometime soon I will be stepping aside. Jim Tierney noted that the woman who will be doing the job worked with Ed when he was involved in the Pacesetter and she has done quite a bit of work with him for the Pacesetter. She is fast, accurate and reliable. John Kinnicutt noted that it is a big conflict. Cathy noted we are not paying Ed we are paying someone else. Marcia noted the price being charged for fast data entry and accurate is not bad. Randy noted that why can't we scan? It sounds like a reasonable idea to preserve our history. We can scan to pdf for a lot less money; but the older newsletters are too delicate to scan. She will be typing results of all club events from the inception to today. Format

will be consistent with the current format used in the Pacesetter. Chuck noted that the person who is getting paid is not Ed he is doing it on a volunteer basis; it is still in best interest of the club; as long as all the information is known beforehand there is not a conflict and it is in the best interest of the club. If we are going to vote Ed Gillen noted that if you raise hand for yes it is a yes; if you raise your hand for no it is No and if you abstain it is a No. Voted on the proposal 25 yes; 1 vote no; 1 abstention; motion passed.

Update on HMRRRC Display (M. Kelly) display is coming along; Mike is working with the vendor on a design; cost will be \$2100 may go over a little due to graphic work. There is a lot of information on the display about the club and who we are and all our races. Hoping to have ready by the banquet on February 6th.

New Business:

Announcements:

February refreshments – M. Warner

Adjourn: Motion made to adjourn made by Marcia Adams seconded by Ed Gillen. Adjourned at 8:50PM □



Grand Prix Update

Race #1 Hangover Half Marathon, January 1, 2010

Men

Male Open

12 Chuck Terry
 10 Tom O'Grady
 8 Louis Serafini
 7 Dave Vona
 6 Justin Bishop
 5 Mike Ryan
 4 Tim Ryan

Male 30-39

12 Jonathon Bright
 10 Aaron Knobloch
 8 David Tromp
 7 Matthew Purdy
 6 Patrick Lynskey
 5 Parker Morse
 4 Matthew Fryer

Male 40-49

12 Ahmed Elasser
 10 Jon Rocco
 8 Norris Pearson
 7 Craig DuBois
 6 Dan Cantwell
 5 Russ Hoyer
 4 Bob Wither

Male 50-59

12 Kevin Dollard
 10 Rick Munson
 8 John Parisella
 7 Mark Warner
 6 Patrick Culligan
 5 Richard Clark
 4 Ken Klapp

Male 60-69

12 Ernie Paquin
 10 Jim Bowles
 8 John Stockwell
 7 Ed Bown
 6 Joe Yavonditte
 5 Bob Ellison
 4 Jim Fiore

Male 70+

12 Bob Husted
 10 Wade Stockman

Women

Female Open

12 Roxanne Wegman
 10 Katie Jones
 8 Karen Bertasso
 7 Carolyn Herkenham
 6 Shannon Finnegan
 28 - The Pace Setter

5 Meghan Davey
 4 Katie Vitello

Female 30-39

12 Sally Drake
 10 Allison Bradley
 8 Susan Bright
 7 Tammy Carroll
 6 Kimberly Miseno-Bowles
 5 Samara Anderson
 4 Terra Stone

Female 40-49

12 Michelle Costa
 10 Melissa Frenyea
 8 Chris Varley
 7 Lauren Herbs
 6 Rachel Schabot
 5 Denise Iannizzitto
 4 Connie Smith

Female 50-59

12 Nancy Briskie
 10 Martha DeGrazia
 8 Peggy McKeown
 7 Elizabeth Herkenham
 6 Cathy Sliwinski
 5 Susan Burns
 4 Kathrine Ambrosio

Female 60-69

12 Susan Wong
 10 Cecily Dexter
 8 Ginny Pezzulo

Age Graded

Runner	Age	G
12 Nancy Briskie	52	F
10 Susan Wong	62	F
8 Chuck Terry	27	M
7 Martha DeGrazia	58	F
6 Ahmed Elasser	47	M
5 Tom O'Grady	24	M
4 Kevin Dollard	54	M

Race #2 Winter Series Race #5 - 10-Miler February 7, 2010

Male Open

12 Chuck Terry
 10 Tom O'Grady
 8 Andy Allstadt
 7 Kevin Treadwell
 6 Brad Lewis
 5 Jim Sweeney
 4 Andrew McCarthy

Male 30-39

12 Eamon Dempsey
 10 Aaron Knobloch

8 Brian Northan
 7 Chad Davey
 6 Parker Morse
 5 Andrew Rickert
 4 Mike Kelly

Male 40-49

12 Ahmed Elasser
 10 Steve Becker
 8 Jon Rocco
 7 Brian DeBraccio
 6 Dan Cantwell
 5 Tom Kracker
 4 Todd Mesick

Male 50-59

12 Derrick Staley
 10 L.D. Davidson
 8 Rick Munson
 7 John Parisella
 6 Richard Clark
 5 John Haley
 4 Alar Elken

Male 60-69

12 Ernie Paquin
 10 Jim Bowles
 8 Tom Yannonne
 7 Tom Adams
 6 Bob Ellison
 5 George Jackson
 4 John Stockwell

Male 70+

12 Bob Husted
 10 Wade Stockman
 8 Jim Moore

Women

Female Open

12 Roxanne Wegman
 10 Karen Bertasso
 8 Heide Nark
 7 Diana Rodriguez Tobon
 6 Erin Rightmyer
 5 Sarah O'Grady
 4 Jennifer Senez

Female 30-39

12 Karen Dolge
 10 Christina Ardito
 8 Gretchen Oliver
 7 Sally Drake
 6 Kimberly Miseno-Bowles
 5 Deanne Webster
 4 Regina McGarvey

Female 40-49

12 Chris Varley
 10 Cheryl DeBraccio
 8 Megan Leitzinger
 7 Lori Vink
 6 Patty Greene

5 Lauren Herbs
 4 Pam Zentko

Female 50-59

12 Cathy Sliwinski
 10 Susan Burns
 8 Kathrine Ambrosio
 7 Joan Celantano
 6 Donna Charlebois
 5 Joyce Reynolds
 4 Pia Sanda

Female 60-69

12 Susan Wong

Age Graded

Runner	Age	G
12 Derrick Staley	51	M
10 Ahmed Elasser	47	M
8 Chuck Terry	27	M
7 L.D. Davidson	53	M
6 Tom O'Grady	24	M
5 Susan Wong	62	F
4 Rick Munson	53	M

Total After 2 Races

Male Open

24 Chuck Terry
 20 Tom O'Grady
 8 Andy Allstadt
 8 Justin Bishop
 8 Louis Serafini
 7 Kevin Treadwell
 7 Dave Vona
 6 Brad Lewis
 5 Mike Ryan
 5 Jim Sweeney
 4 Andrew McCarthy
 4 Tim Ryan

Male 30-39

20 Aaron Knobloch
 12 Jonathon Bright
 12 Eamon Dempsey
 11 Parker Morse
 11 David Tromp
 8 Brian Northan
 7 Chad Davey
 7 Matthew Purdy
 6 Patrick Lynskey
 5 Andrew Rickert
 4 Matthew Fryer
 4 Mike Kelly

Male 40-49

24 Ahmed Elasser
 18 Jon Rocco
 12 Dan Cantwell
 10 Steve Becker
 8 Norris Pearson

7 Brian DeBraccio
7 Craig DuBois
5 Russ Hoyer
5 Tom Kracker
4 Todd Mesick
4 Bob Wither
4 Joseph Sullivan

Male 50-59

18 Rick Munson
15 John Parisella
12 Kevin Dollard
12 Derrick Staley
11 Richard Clark
10 L.D. Davidson
7 Mark Warner
6 Patrick Culligan
5 Alar Elken
5 John Haley
4 Ken Klapp

Male 60-69

62 John Stockwell
58 Ed Bown
16 Ernie Paquin
14 Jim Bowles
13 Bob Ellison
12 Frank Klose
12 George Jackson
7 Juergen Reher
5 Chuck Trimarchi
5 Tom Adams
4 Tom Yannone

Male 70+

24 Bob Husted
20 Wade Stockman
8 Jim Moore

Women

Female Open

24 Roxanne Wegman
18 Karen Bertasso
10 Katie Jones
8 Heide Nark
7 Katie Vitello
7 Carolyn Herkenham
7 Erin Rightmyer
7 Diana Rodriguez Tobon
6 Shannon Finnegan
5 Meghan Davey
5 Sarah O'Grady
4 Jennifer Senez

Female 30-39

19 Sally Drake
12 Karen Dolge
12 Kimberly Miseno-Bowles
10 Christina Ardito
10 Allison Bradley
8 Susan Bright
8 Gretchen Oliver
7 Tammy Carroll
5 Samara Anderson
5 Deanne Webster
4 Regina McGarvey
4 Terra Stone

Female 40-49

20 Chris Varley

12 Michelle Costa
12 Lauren Herbs
10 Cheryl DeBraccio
10 Melissa Frenyea
9 Patty Greene
8 Megan Leitzinger
7 Lori Vink
6 Rachel Schabot
5 Denise Iannizzitto
4 Connie Smith
4 Pam Zentko

Female 50-59

18 Cathy Sliwinski
15 Susan Burns
12 Kathrine Ambrosio
12 Nancy Briskie
10 Martha DeGrazia
8 Peggy McKeown
7 Joan Celantano
7 Elizabeth Herkenham
6 Donna Charlebois
5 Joyce Reynolds

4 Pia Sanda

Female 60-69

24 Susan Wong
10 Cecily Dexter
8 Ginny Pezzulo

Age Graded

Runner	Age	Gr
16 Ahmed Elasser	47	M
16 Chuck Terry	27	M
15 Susan Wong	62	F
12 Nancy Briskie	52	F
12 Derrick Staley	51	M
11 Tom O'Grady	24	M
7 Martha DeGrazia	58	F
7 L.D. Davidson	53	M
5 Rick Munson	52/53	M
4 Kevin Dollard	54	M
3 Karen Dolge	39	F
3 Ken Klapp	59	M
3 Ernie Paquin	63	M
2 John Parisella	52	M





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

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

TOTAL DUE: _____

All prices include sales tax

Postage \$5.15

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

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

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judlynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Event Schedule

Club events are in blue type

Date	Time	Event	Location	Contact	Email
3/6	10:00 AM	31st Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Ed Gillen	edgillen7@aol.com
3/20	1:00 PM	35th Annual Holyoke St Patricks 10k Road Race	Holyoke	Michael Tierney	rmtierney@comcast.net
3/27	9:30 AM	1st annual Firefighters Run for Your Life	Central Park	Brian Demarest	sbdemarest@hotmail.com
3/28	11:00 AM	34th Annual Shamrock Shuffle 5-Mile Road Race	Glens Falls High School: 10 Quade St	Kevin M. Sullivan	ksullivan@queensburyschool.org
4/3	9:00 AM	Salem April Fool's Race 5K	Salem	Dan Sheldon	drshwf@yahoo.com
4/3	10:00 AM	16th Annual Rabbit Ramble 4 Miler Run	Guiderland High School	Phil Carducci	rabbitramble@nycap.rr.com
4/11	9:00 AM	22nd Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/11	9:00 AM	2nd Annual Hudson Valley 15K	Route 94	John Finnigan	jfinnigan@hvc.rr.com
4/17	9:00 AM	Peppertree 3rd Annual Furry Fun 5k Run/Walk	UAlbany Campus	Catherine Kunz	catherinekunz@hotmail.com
4/17	10:00 AM	Dodge the Deer 5k and Kids Races	Schodack Island State Park	ARE Event Productions	info@areep.com
4/18	9:00 AM	Saints Race for Red Cross 5k/ 2 mile walk	Crossings of Colonie	Nikhil Godbole	sienacub@redcrossny.org
4/18	9:00 AM	American Lung Association Stairclimb	1 Commerce Plaza	Jennifer Sack	intern@alany.org
4/24	9:00 AM	30th Annual Bill Robinson Masters 10K [GP40+]	Guiderland High School	Jim Tierney	runnerjmt@aol.com
4/24	8:30 AM	St. John's/St. Ann's Spring Run-Off	Albany Corning Preserve	Mary George	mgeorge7@nycap.rr.com
4/25	12:30 PM	5k and Youth Mile	Chatham	Mark D. French	MarkFrench@Fairpoint.net
4/25	10:15 AM	Cherry Blossom Challenge 5k	Niskayuna	Tim Fecura	afecura@nycap.rr.com
4/25	12:30 PM	Sean's Run 5K and Youth Mile	Chatham	Mak D. French	MarkFrench@Fairpoint.net
5/1	9:00 AM	5K Wellness Run/Walk	Monticello High School	Douglas Murphy	dmurphy@K12mcsd.net
5/2	8:30 AM	Jog for Jugs 5K and Half Marathon	Duanesburg	Jessica Mitchell	jessica@powerhouseathleticsny.com
5/9	10:00 AM	30th Mother's Day 3.5 Miler	Hamagrael School Delmar	Sharon Boehlke & Jim Tierney	sharonruns@mindspring.com
5/9	10:00 AM	Habitat for Humanity Annual 5k Race Casa Dolce Casa	1957 Foster Avenue	Jennalee Wright	wright.jennalee@yahoo.com
5/15	3:00 PM	CCRC 5K Run/Walk/ BBQ and 1K Kids' Run	CCRC	Pat Glover	pjglove@aol.com
5/16	10:30 AM	Wally Waddle 5K Run/Walk	Vassar Farm Poughkeepsie	Joshua Perks	josh@myeyephoto.com
5/16	10:00 AM	Inaugural Spring MAY-hem 5K	Columbia-Greene Community College	Phil Carducci	springmayhem5k@yahoo.com
5/20	6:25 PM	34th CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
5/30	8:00 AM	Saratoga Lions Duathlon - 5k run	Skidmore College - Saratoga Springs	Dan Kumlander	dan@rkpcpa.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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U.S. Postage
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Albany, NY
Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

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

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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