

The Pace Setter

June 2013

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

MASTER'S 10K CHAMPION



**John Stadtlander and Lori Kingsley, both age 47,
win 2013 Bill Robinson Masters 10k**



Indian Ladder Trail Runs-2013



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

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 4, 2013

9:00 am – 15K

11:00 am – 3.5 mile

11:30 – 1 Mile Kid's Run

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

1st 250 registrants

Will receive a ILTR running
hat by Headsweats!

**No-Fee ONLINE
REGISTRATION
AVAILABLE AT
WWW.HMRRC.COM**

Questions? Email mjkhomes@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 21]: \$17 – Member; \$20 – Nonmember/Guest

July 22 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 27)

What you get ...

Race entry; Headsweats running hat to 1st 250 registrants of 15k or 3.5m race;
John Boyd Thacher State Park entry pass and post-race refreshments.

Please note: HMRRC is not holding a picnic this year after the race.

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 18th 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)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB m m dd yyyy	Age on 7/31/2013		
Pre-registration by July 21 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
Pre-registration July 22 to July 27, 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]				

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Joe Hein
— **Short Circuits**
Bob Kopac
— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

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The Pace Setter

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Photos in this issue by Bill Meehan, Chris Bishop, Charles Bishop, Jack Berkery and Ray Lee

Boston Marathon photos by John Parisella, Sara O'Grady, Marcy and John Beard, Melissa Hasan

HMRRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRRC) 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 HMRRRC exists.

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

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President's Message

by Jon Rocco

The Hangover Half Marathon really did not seem all that long ago, and we are already beginning the sixth month of 2013. The hope is that June, July, and August take their time and move slowly. Fortunately, HMRRC still has 26 of its 36 race dates left on the calendar. Basically, you can find an HMRRC event on ten percent of the days in a calendar year.

John Haley will be honored as the 2013 Distinguished Service Award winner at the Distinguished Service 8M set to take place at UAlbany on June 9. Two days later, we will kick off the Colonie Summer Track Meet series at Colonie High School. The series is directed by 2012 HMRRC Hall of Fame inductee Frank Myers. The series runs for nine consecutive Tuesdays. In capping off a busy 6 days for the club, John Haley will co-direct the Tri-City Valley Cats Father's Day Home Run 5K with Megan Leitzinger on Saturday June 15. This event consolidates the former Father's Day Race with the Valley Cats Home Run 5K and will take place the day before Father's Day. Logistics with The Crossings in Colonie played a role with our decision to join the races. Besides, what goes better together than Dads and baseball? Volunteers and runners will also get four tickets to a Valley Cats home game.

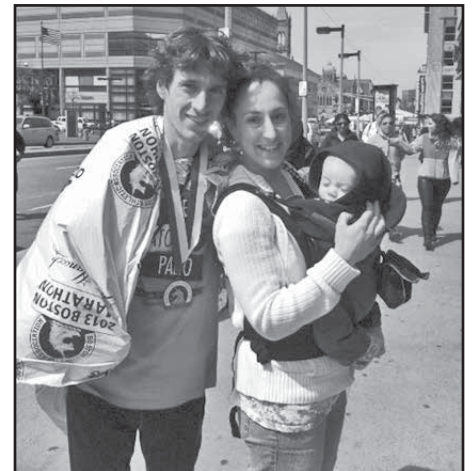
Our club has grown, people in the Capital District are catching on to the sport of running, more people are entering races, and more races can be found throughout the region, providing plenty of opportunity to run a race or two practically every weekend in the year. We are very fortunate to have this opportunity where we live. Many of us will also travel to out of town races, often as tradition, and often in large numbers. Three races immediately come to mind where our runners travel to the north, west, and east.

Later this month, Albany area runners will set their alarm clocks a little earlier on Sunday, June 23. The popular Adirondack Distance Run and its 10 miles of rolling hills from Lake George to Bolton Landing kicks off at 7:30 a.m. Next month, on the traditional second Sunday in July (the 14th), runners will head west to the Utica Boilermaker Road Race 15K (and 5K). For the second year in a row, HMRRC has two busloads of runners and spectators heading to the festivities.

Every April, we have a large contingent of runners who have qualified for a marathon requiring registration in the fall to guarantee a spot at the starting line in the spring. It ranks as the oldest and most prestigious in the world – the Boston Marathon. On April 15, Ballston Lake's Scott Mindel ran a personal best and finished 30th overall with a time of 2:22:25. Club members Tom O'Grady and Team Utopia's

Mike Roda both ran personal bests and finished in the top 100. Tom was 77th in 2:29:27 and Mike ended with a 2:30:05, which was good for 85th place. Chuck Terry joined with Tom and Scott as the Willow Street Athletic Club finished 4th in the open men's division. On the female side, Pace Setter Managing Editor and Willow Street's Kristina Gracey led the way with a 2:58:38, and Crystal Perno from Team Utopia finished up with a 3:07:03.

Unfortunately, a day of nice weather conditions and many fantastic performances was marred by tragedy as two bombs exploded near the finish line as the clock approached the 4:10 mark. Fortunately, all of our area runners and spectators were safe and without injury. Our thoughts go out to those who were not as fortunate. Boston quickly showed its resiliency and strength. There is no doubt that many who had to be stopped from completing their marathon will be back to get it done. There is no doubt that determined runners will be back in full force. There is no doubt the crowds will be large, loud, and more supportive than ever. It all happens on the third Monday in April 2014. □





What's Happening in June

by Al Maikels

June is John Haley month and the June club race calendar will back up this statement nicely. Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRRC special. The 42nd Distinguished Service Race is set for Sunday, June 9 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 winner receives their award. The award is given to club members for long and distinguished service to the club and this year's honoree is the very deserving John Haley. Come join us this year as we honor John for his years of hard work on the club's behalf.

The next club race in the June lineup is the Father's Day Valley Cats 5k, set for Saturday 15 at 9:00 a.m. at the Joe Bruno Stadium on the campus of HVCC. The aforementioned John Haley is co director of this race which features 4 Valley Cats tickets and a tour of the warning track as you head to the finish line. There are a variety of father/child prize categories making this race a great event for the whole family.

The Queen of all local 5k races is also on the June calendar this year. The 35th Freihofer's Run for Women will be held on Saturday, June 2 with a new start time of 9:45 a.m. 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 at or watch.

Looking for more races? Races of note this month include the 15th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 8 at 9 a.m. at the Village Square in Kinderhook. This race is a favorite of mine and has a flat, fast course. The Vale Park 5k will be held on Thursday, June 6 at 6:30 p.m. at Vale Park in Schenectady; evening races are nice change of pace. Fans of mud will enjoy the Tawasentha

Mud Mania races, set for Saturday, June 15 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 June calendar. 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 23 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 46th season of meets starts on Tuesday, June 11 and runs 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.

If you want a break from running races and enjoy a good lecture, the Saratoga Springs Library is the place for you. On Saturday, June 22 there will be two lectures by Jenn Phar Davis on hiking the Appalachian Trail. The lectures are set for 10:30 a.m. and 1:30 p.m. and are open to the public.

The club business meeting for June is set for Wednesday, June 12 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.



We welcome your Letters to the Editor and sent to pseditor123@gmail.com. Most letters will be those in response to articles published in The Pace Setter. Please include your name, email address and a phone number where we can reach you if needed. Thank you, as always, for your contributions.

Dear Editor,

I'm sure the deadline has come and gone for the next issue. I'm hoping that you will be including some stories from those of us who ran/attempted to run the 2013 Boston Marathon. If nothing else, it would be nice to see who was there and how far they got. For myself, being 56 and not a great runner, just being able to qualify was an accomplishment. I was 6 blocks from the finish, had crossed the "one mile to go" marker and suddenly came to a screeching halt. Not until I was able to locate friends and get a taxi out of the city was I completely aware of how serious the situation was. I'm thankful for the cramps that I got between miles 16-22 ... I've never had cramps in any previous marathons. They slowed me down enough to keep me from a 4:10-4:15, finish which I was on track for and would have put me right in the middle of this horrific event. I'm thankful that my friends missed the train to the finish line and were not there waiting for me. My thoughts and prayers go out to those who were not so fortunate.

Melody Hoffmann
Coeymans Hollow, NY



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 Advertising Director at psads123@gmail.com to reserve space

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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.

BOSTON MARATHON 2013



Boston photos taken by John Parisella, Sara O'Grady, Marcy and John Beard, and Melissa Hasan



My Journey to Run the Boston Marathon

by Jim Fiore

Having run in high school and college (440yds, 600yds and the mile relay) and after watching the 1980 New York City Marathon (NYC), I decided to give the marathon a try. With persistence and some luck I was granted admission into the 1981 NYC Marathon. I realized it was a big jump for me, being a middle distance sprinter, but was excited by the challenge. Somehow I needed to develop and recruit some slow-twitch fibers through training to be able to go the distance. To this day it's still a struggle, but I like the challenge.

After running my 1st marathon in NYC in 1981 (3:27) at age 34, I got "caught up in the frenzy" of trying to qualify for the prestigious Boston Marathon. After running several more marathons, (Skylon 3:29, NYC 3:19; 3:10 and the Hudson Mohawk River Marathon (3:04), I finally qualified (yay!) running a sub 3:00 hour-marathon (2:56:07) in the fall of 1985 at the Hudson Mohawk River Marathon.

While training for my 1st official Boston Marathon (I was so anxious to run Boston that I ran unofficially as a "bandit" in 1982 and 1983), I had a tremendous emotional setback, losing my mother on Valentine's Day (a day of love which she so embodied). I felt like a truck ran over my heart. I ran Boston in honor of my mother and ran a 3:10. I re-qualified to run Boston again by running the 1986 Hudson Mohawk River Marathon in 2:56:51, a 44 second difference from the previous year. Coincidentally, the number 44 happens to be the number of my favorite baseball player, Henry Aaron! So in 1987, and with the fan support I received from wearing my Larry Bird tee shirt and hearing fans scream, "Go Larry" (I should have worn that shirt every year), I ran a 3:08.

In 1988, I seemed to be training a little better, but in early March got hit with another emotional blow as I lost my father. Deeply saddened and emotionally drained, I decided to dedicate this marathon to my father. Six weeks later I made the trek to Boston with my long time running friend and coach, Paul Rosenberg (he used to critique my form, especially when I got tired as I tended to run with a high arm carry). Sunday night, we "pasta overloaded" at a friend's house in Mendon, Massachusetts.

On Monday, Marathon Day and also Patriot's Day (which is a state holiday and always celebrated on the 3rd Monday of April), the conditions were wet and cool. There were 8,060 runners in the starting field. Somehow Paul and I got separated at the start and we didn't see each other until the end of the race. At that time, there were no corrals, so we attempted to get as close to the starting line as possible!! I remember getting a good start and running my 1st mile in 6:26, which was really good for me. The first three miles of the marathon are a significant decline, and I felt like a halfback in football, weaving in and out of oth-

er runner's ways. I tried to run relaxed and was feeling pretty good, and reached the 10k mile mark in 39:48. The streets from Hopkinton to Boston are lined with spectators 4-5 deep and really help you so much with their cheering, yelling and passing out water and food items. I really don't think I could run without them being there. They are the "heart and soul" of the marathon and provide tremendous support for us runners.

My half-marathon split was 1:25:53 and I was feeling a little tired until I heard the roar from Wellesley College students (all-women's school) a half mile away. What an incredible uplift for us runners!! I don't know how they can maintain that level of loud cheering for the whole marathon, but somehow they do. I tried to run as close as I could to them to do the "high fives", hand slapping, and even get a kiss or two (maybe that's the real reason why I kept trying to run Boston!). To run by hundreds of college students making deafening noise is pretty awesome and helps you forget that you still have 12 miles left to go! I was running alongside another runner who enjoyed the Wellesley students so much that he doubled back to experience it again, and it made me laugh. It was tempting to go with him, but I was starting to feel anxious and kept heading towards Boston.

According to my running log book I reached the 15 mile mark at 1:38:57 running a 6:37 mile with the help of the Wellesley "cheerleaders". While I was approaching Heartbreak Hill(s), I knew I was not going to be able to keep this pace up but would give it the old college try. The 1st and 3rd hills of Heartbreak can be pretty tough. I was still running fairly consistently despite the hills and reached the mile 20 in 2:14:43, with a 6:44 mile. However, the 21st and 22nd miles were pretty tough and I slipped to an average of 7:24 per mile pace and knew then that I probably would not finish in under 3 hours. Still, I felt excited that I was so close and I just wanted to hang on and muscle it in to the finish. At mile 24, I was "out of fuel" and just running on muscle memory, and ran the last 2 miles averaging 8:06, finishing the marathon in 3:02:33, which is my personal best at Boston. The "33 seconds" is significant to me because it was my house number and also the number of my favorite basketball player, Larry Bird. Although I did not break 3 hours, I was still very happy with my effort and time because I gave it my best. I kept thinking about the 1981 song by Christopher Cross, Arthur's Theme, "Best That You Can Do" which was my inspirational song for the 1981 NYC Marathon.

My friend Paul, who is also the founder of the Hudson Mohawk River Marathon, ran a 3:16 despite fairly low training mileage. He is a very gifted runner and he runs effortlessly.

Participating in and finishing a marathon is an extraordinary accomplishment, regardless of the time it takes to complete it. It's a testimony of dedication to hard work and to doing something very challenging. Whether or not you achieve your goal time should not be the sole criteria for evaluating your performance. Having a goal is much more important than reaching it. The greatest rewards come from the hard work and the journey towards the goals, not in the short-lived exhilaration of achieving them. Knowing that you gave your best effort is all that you can expect from yourself and that should be in itself a great satisfaction. As Robert Browning once said, "Man's reach should exceed his/her grasp, else why is there a heaven."

My passion to run Boston continued as I ran each consecutive year through 1991, after which I tore the right medial meniscus by running when I got home after propping my leg up on a cooler and returning on a bus trip to Fenway Park with my two older sons. I was very lucky the surgery went well and was very fortunate to run Boston in 1994, 1998, 2006 and 2007. I just love to run BOSTON!!

On April 15, 2013, I was at the start of the Boston Marathon in Hopkinton as a spectator and really enjoyed seeing such a different perspective of the race. After the start, I went to a friend's house where I heard the news of the 2 bombs that went off near the finish line. We were in shock and disbelief. A day that started out so wonderfully ended in tragedy. We were so deeply saddened for those affected by this horrific act of violence. Boston will survive this tragedy and next year's 118th marathon will be back stronger than ever.

I thank God for running and also for the opportunity to meet other runners. Each runner has his or her own story for why they run. Runners continue to challenge themselves every day and it's great to be a part of the running community. ☐



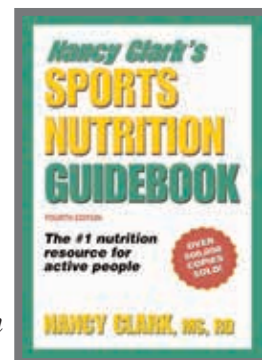
Jim Fiore, Boston Marathon 1991

BOSTON MARATHON 2013



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3rd Annual

**Challenge Yourself,
Challenge a Friend to
See Ability.
Not Disability.**



Schenectady **arc** **5K CHALLENGE**

**FEEL GOOD ABOUT YOURSELF EVEN
AFTER THE ENDORPHINS WEAR OFF.**

DATE & TIME

The ARC 5k Challenge was developed to raise funds and to increase awareness of Intellectual and other developmental disabilities in adults and children in our community. Adults and children with disabilities are similar to everyone else. They have tremendous abilities to achieve. Join us and See Ability, Not Disability on August 9.

FRIDAY | AUGUST 9 | 5:30PM

LOCATION

An incredible evening run. The ARC 5k Challenge is intimate and offers the best scenery Schenectady, New York has to offer. Take a stroll around Central Park to help raise awareness of developmental disabilities and the great scenery and company along the route.

CENTRAL PARK | SCHENECTADY NY

REGISTRATION

Individual Entry Fees -

Registration - \$25 / 1 Mile Fun Walk - \$5 (Open to all)
Race shirts and sizes only guaranteed to the first 200 registered 5K participants. Entry fees are non-refundable.

Bringing a Corporate Team

Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team.

Entry Fees - Registration - \$25 (per team member)

CALL 518.372.1160 OR

ONLINE @ ARC5KCHALLENGE.COM



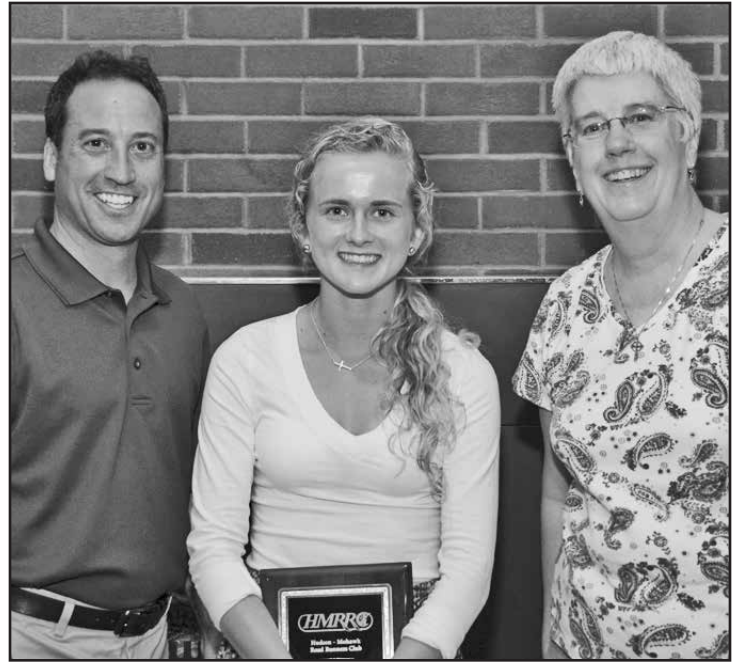
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2013 Bill Shrader Sr. Memorial Scholarship Recipients



Isabella Borini with her parents



Keelin Hollowood with John Rocco and Maureen Cox



Matthew Hoffman with his mother



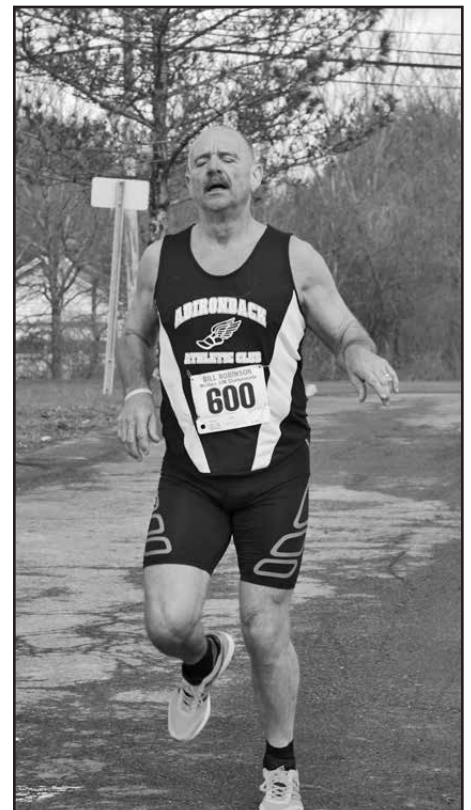
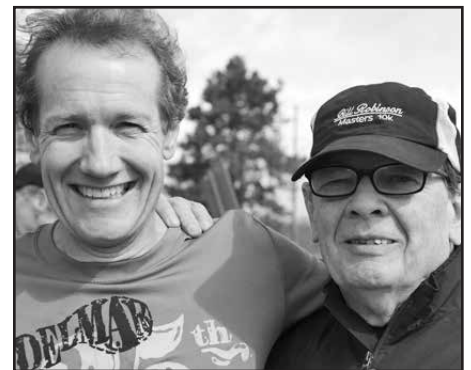
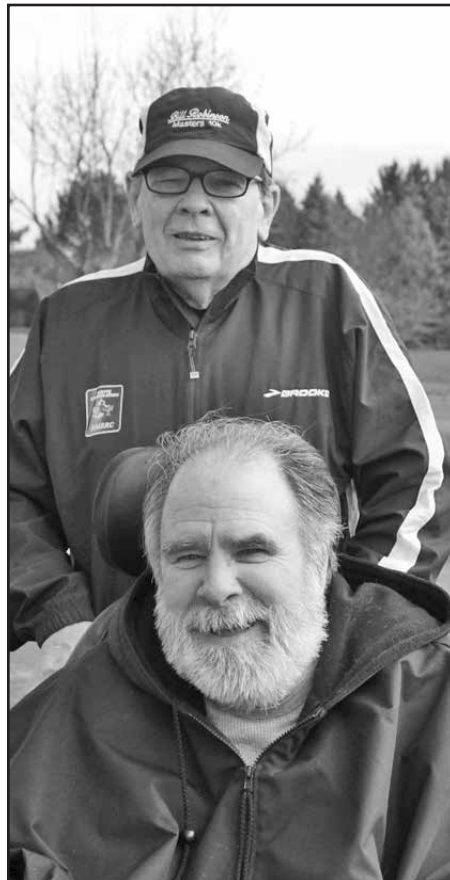
Ross Wightman with his parents





HOME RUN 5K

BILL ROBINSON MASTERS IOK



BILL ROBINSON MASTERS IOK



35TH ANNIVERSARY OF THE

“DYNAMIC DUO” ROAD RACE

Sponsored by: THE HUDSON MOHAWK ROAD RUNNERS CLUB

SATURDAY, AUGUST 3, 2013 RACE TIME 8:30 DISTANCE: 3 MILES PER PERSON

PURSUIT RACE — MEN RUN FIRST, HAND OFF TO WOMEN —
TOTAL TIME DETERMINES PLACES (Women run first in 2014)

ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 11 age groups.
Total prizes = \$176 (Must stay for the award ceremony, 30 minutes after last finisher, to get award)

IMPORTANT: Free use of the pool from when the final man is done (until 11:00).
If we can't have the race for reasons we can't control, we cannot remit entry fees.

MAIL ENTRY FORM TO:

DYNAMIC DUO ROAD ROAD, 19 JOANN CT., ALBANY, NY 12205

MAKE CHECKS PAYABLE TO: Hudson-Mohawk Road Runners Club

The Colonie Town Park is 3 miles north of the Latham Circle on Rt. 9 in Cohoes

2012 WINNERS

-36

ROSS WIGHTMAN	16:22	34:24
KAYLEE SCOTT	18:02	

37-45

AUSTIN LANE	15:29	32:52
BRITTANY LANE	17:23	

46-54

SCOTT MINDEL	15:18	32:03
CAITLIN LANE	16:45	

55-63

SHAWN DONEGAN	16:38	39:28
KIM ZIMBAL	22:50	

64-72

ANDREW RICKERT	17:36	38:08
NIKKI O'MEARA	20:32	

73-81

DENNIS FILLMORE	20:00	40:49
PAYTON CZUPIL	20:49	

82-90

BEN GREENBERG	17:29	35:13
EMILY BRYANS	17:44	

91-99

ED MENIS	18:35	40:02
LAURIE HOYT	21:37	

109-117

PAUL BENNETT	19:35	39:40
NANCY NICHOLSON	20:05	

118+

PAUL FORBES	19:52	44:42
SUSAN BURNS	24:50	

ENTRY FORM - PLEASE DETACH

NAMES

AGES

_____	_____
_____	_____

CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER

-36 37-45 46-54 55-63 64-72 73-81 82-90 91-9 100-108 109-117 118+



11th

Race The Train



Lodging available at:

Saturday, August 3, 2013

Black Mountain Restaurant and Lodge
(518)-251-2800

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**. Overflow will be bussed to the start.
- CHECK-IN:** 5:00 to 7:30 p.m. Friday, August 2, or 7:00-7:45 a.m. Saturday, August 3.
- LOCATION:** North Creek Depot, 3 Railway Place, North Creek, NY
- 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 \$28.00 adults / \$20.00 for ages 19 and under.
\$35.00 Race Day for All
- T-SHIRTS:** Custom, high quality short sleeve T-shirt (guaranteed to first 275 registered.)
- FACILITIES:** Restrooms available at both train stations;
- AWARDS:** Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd.
Finisher Medals to all who complete the course with special
Ribbons for the first 75 runners to beat the train back to the station.
- INFORMATION:** Robin Jay 518-251-3338
Larry Blackhurst 518-251-2032
Tracy Watson 518-251-0107

**First 275 registered runners
guaranteed to ride FREE on
the Saratoga & North Creek
Railway!!!!**Family, friends and spectators
may purchase tickets to ride the
train to Riparius with the runners
and ride the train back to North
Creek.A limited number of spectator tickets can
be reserved by calling the North Creek
Depot at
(518) 618-3595 or
(518) 636-0459
(Depot numbers are for spectator tickets
only; they cannot answer race questions)**One Mile Family Fun Run**All ages welcome.
Finishers 14 and under receive medals! 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)**AWARDS REFRESHMENTS RAFFLE PRIZES**

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 _____							

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

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 _____

Mail Entries To
Jill Pederson
261 Glen Lake Road
Lake George, NY 12845

FOR OFFICIAL USE ONLY

Date Rec'd _____

Check # _____

Race Bib # _____

Runnin' of the Green (Island) Reflections

by Vince Juliano

The Runnin' of the Green (Island) (ROG) 4M sold out 3 weeks after registration opened on January 6th, as new directors Dave and Letticia Ruderman carefully budgeted to offer runners a nice long sleeve green performance shirt plus a glass mug for a very modest entry fee. Therein lies one of the many benefits of supporting a non-profit 501 (c) running club as administrative overhead is low, with the races organized by mostly volunteers. Runners get more "bang for their buck". Kudos to the new directors, who should be commended for stepping up to fill a void and to continue this St Patrick's weekend tradition in the Capital Region.

Races that reach capacity and close early do impact the nature of competitive fields. In the decades prior to on-line registration, race organizers would advertise with paper entries, usually a month in advance of a race. Half of the participants would sign up on race day including many of the top tier racers. Nearly all registrants would run. Today, many events no longer offer day of race registration. On-line registration that is capped often induces runners to "panic register" to reserve an early spot in case they may run, rather than the near certainty that they will run. This year 17% of those who registered for the ROG 4 did not run. Many races close out within days of opening their registration and are seeing 20% to 25% no-show rates. This sets up the undesirable scenario where an athlete who wants to train to determine fitness before deciding to enter an event is excluded from racing by early registrants who reserve spots without running. In such cases where races must be capped, here is a vote to open the registration closer to the actual race date. An athlete would then be able to make a more informed choice on whether to compete, increasing the strength of the competitive fields and the percentage of registrants that actually participate.

Greying competitive teams: 15 of 19 teams at the ROG 4 were masters or age-graded teams. Teams came from Kinderhook, Saratoga, the Adirondacks and the Capital Region. There is always some level of "I" in teams, but less so with older teams. One theory is that as we age, there is more emphasis and desire to run with our peers, enjoy the companionship during the daily rigors of training and to share in both individual and team success. Athletes still have individual goals, but success can be enjoyed with friends in a supportive environment. It is always great to see so many team uniforms at the ROG and the anticipation of the first team competition of spring.

The ROG 4 is a deceptively tough course, with the exception of a fast first mile. There are plenty of tight turns in the middle of the course, and much of the final mile is a gradual incline. 26F temperatures this year also made for a very cold day. That makes the winners,

performances even more impressive. Alex Paley (Fleet Feet Racing) ran exactly even splits of 10 minutes for the first 2 miles and the final 2 miles. His official time was 19:59, making Paley the 9th champion in 14 years to run an impressive sub 5 minute per mile pace on the 4 mile course. Mike Roda (Team Utopia) raced in tandem with Paley for the first half of the race, and recorded a personal best 20:26 in a fine runner-up effort. The strength of their races would be corroborated by their subsequent individual performances the following month. Paley would run a personal best 14:53 5K in Westfield MA, and then a stellar half marathon in Rochester in 1:09:13. Roda would also run a personal best at the Boston Marathon in 2:30:05, just seconds off his predicted time in a feature article in the Schenectady Gazette.

It is hard to find the proper adjectives to describe a performance by a 45 year old fe-

male athlete who wins her 7th ROG 4 title (in 12 attempts) running 5:48 per mile pace with 2 mile splits of 11:38 and 11:37, except to say that Emily Bryans (Willow Street AC) is a rare champion who makes the sport of distance racing look a lot easier than it actually is. The strength of her performance can be measured by a quick glance at the accomplished competitors who finished behind her. Runner-up Kristina Gracey (WSAC), a two time Troy Turkey Trot Champion, would post a 2:58 at the Boston Marathon, the top performance by a female athlete from New York State. Lori Kingsley (WSAC), a two time ROG 4 champion after age 40, would set the all-time female masters record at the challenging Bill Robinson 10K Masters Championship in April (37:32). Kingsley's time at the Bill Robinson 10K would have won the National Masters 10K in Dedham, MA the following week.

Youth movement: six of the top ten finishers were teenagers, led by a fine performance by Nick Miller, 19, (20:43.7) and Kyle Gronostaj, 16, (21:05). Christina Macfarla, 18, a Siena College freshman, briefly led the women's race before finishing in a swift 24:20.5 for 4th place in the women's division. The future looks bright for these young athletes and for the ROG 4. □



"BEEN THERE, DONE THAT"

by Mike Becker

June 1973...Forty Years Ago

- Races of two and six miles were held at SUNYA on the third, with the six-miler being a handicap race. Don Wilken ran both races and was third in the two-miler and first in the six-miler. According to the newsletter, the two-miler had a "large field," which was 14 people!
- Jim Shrader ran 33:00 in a six-mile race on the 17th to beat Jim Bowles by 26 seconds.
- Ten two-person teams ran a six-mile relay at SUNYA on the 27th, with total times ranging from 32:40 (5:27/mile) to 35:25 (5:54/mile).

June 1978...Thirty Five Years Ago

- Races of 3.2K and 15K were held in Voorheesville on the third. Carlo Cherubino won the 15K with a fast 49:11, ten seconds ahead of Phil Davis. Twenty-four racers ran under 60 minutes. Mike Springstead won the 3.2K with a 12:01. A total of 139 runners competed in the two races.

June 1983...Thirty Years Ago

- Races of 3.5 and 7 miles were held in Cohoes, with the 3.5 part of the club Grand Prix series. The races were ably directed by Bill Robinson. David Daniels won the 3.5-miler with Dale Keenan, Pat Glover, Rob Picotte, and Don Wilken also in the top ten. Nancy Edwards took the female title, with Anny Stockman finishing third. Tom Bourgeois and Julie Wilcox won the seven-miler.
- The grueling club Pentathlon was held on the 16th on the SUNYA campus and track, consisting of a five-miler, 800M, 3200M, 400M, and 1600M with a 15-minute rest between events. A thunderstorm soaked the runners between the five-miler and the 800. John Noonan won, finishing first in two events and second in the other three. Maria Mason was the female winner, followed by Anny Stockman. Forty-four runners finished and six did not.

June 1988...Twenty Five Years Ago

- The Troy Samaritan Hospital 5K and 10K races were held on the 19th and directed by Mark Kutner. Dale Keenan won the 10K with a quick 31:59, and Denise Herman was the female winner with a 39:36. Vinny O'Brien won the 5K in 15:50, with Pam Allie topping the women with an 18:55. Fifty runners ran the 10K in sub-40 minutes, and 38 of the 5Kers ran sub-20. A total of 450 runners participated in the two races.
- Dan Paxson won the club Pentathlon at SUNYA on the 23rd, with Cathy Cleary winning the female title, being the only female participant. Runners were fortunate to have a 70-degree, low humidity night. Pete Giunta directed the event and had 12 volunteers.

June 1993...Twenty Years Ago

- Vinny O'Brien was profiled. He trains 55-60 miles per week and was often at or near



the top of many local races of that time and a standout runner at SUNY-Cortland. He considers among his best races a 47:56 Stockade-Athon and a 15:08 5K.

- Lynn Jennings won her fourth of an eventual eight Freihofer's Run For Women 5Ks on the fifth with a 15:35, and pocketed \$5000. The second place runner was 17 seconds behind. A total of 2085 women competed, a then-record.

June 1998...Fifteen Years Ago

- Vinny O'Brien won the Third Annual Vale Park 5K in Schenectady on the fourth with a 15:53, 24 seconds ahead of Jeff Brooks. Amy Herold ran an 18:21 to beat Mary Peck by over two minutes. Age group winners included Ken Plowman, Rich Cummings, Chris Varley, and Jim Thomas.
- Ken Plowman and Jeff Brooks each ran a 44:17 to win the Distinguished Service eight-miler at SUNYA on the seventh. Cindy Lauzon was the female winner with a 48:53, eight minutes ahead of Cindy Novak.
- Pete Newkirk directed the six-mile, Two-Person Relay at the Colonie HS track on the 18th. Eleven pairs participated, and the team of Mary Lynn Lasch and Mark Warner won. Ken Plowman averaged 4:51/mile for the fastest individual time.

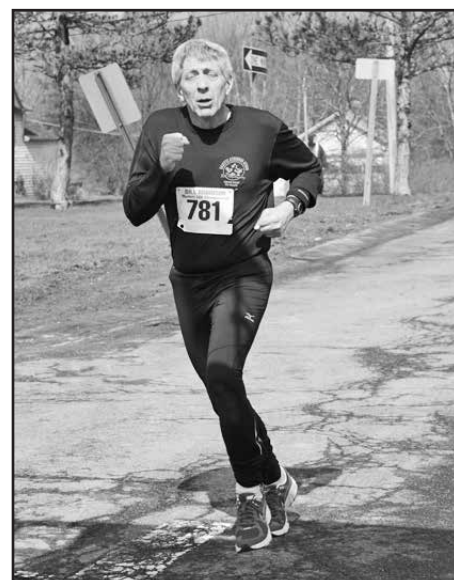
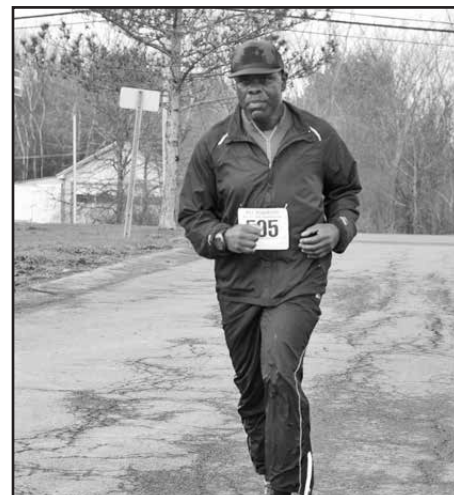
June 2003...Ten Years Ago

- Inge Aiken was the top female in the eight-mile Whiteface Mt. Uphill Footrace on the seventh with a 1:15:20, which was good for 16th overall.
- Ed Thomas was honored at the 32nd Annual Distinguished Service eight-miler at SUNYA on the eighth. Jamie Rodriguez ran a 42:04 to win for the second consecutive year, and Tara Sheedy was the female winner with a 56:52. Age group winners included Anny Stockman, Judy Phelps, Sally Drake, Derrick Staley, Dale Keenan, and Pat Glover. A total of 104 runners participated.
- Duane Crammond won the Third Annual

Schoolcraft 5K Trail Race at Tawasentha Park on the 28th with a 19:41, the only person to break 20 minutes on the hilly course.

June 2008...Five Years Ago

- Anthony Giuliano and Jory Waldman were winners of the club Father's Day 5K at The Crossings on the 15th with times of 16:10 and 19:10, respectively. Age group winners included Ken Plowman, Tom Kracker, and Ahmed Elasser.
- Joel Frist-Tift won the 25th Mule Haul 8K in Fort Hunter on the 15th with a time of 27:12. Justine Mosher was the female winner with a 32:54. Brenden Devine and Kimberly Miseno-Bowles were runners-up.
- Joe Greene ran a 53.3 in the 400 M hurdles at the Colonie HS Tuesday night track meet on the 17th, setting a record for these meets going back to 1969.
- Emily Bryans and Andy Allstadt were winners of the Eighth Summer Sizzle Five-Mile Road Race in Utica on the 22nd, with times of 30:46 and 26:22, respectively. □



TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—45TH Season—

JUNE 11, 18, 25

JULY 2, 9, 16, 23, 30 (Ribbon Night)

AUGUST 6

• FREE OF CHARGE •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

- ORDER OF EVENTS -

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

For further information, contact Frank Myers at 869-9333

**** A Reminder - The Dynamic Duo is August 3rd ****



Upcoming Events



Want to stay fit this summer 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 AREEP chip-timing at races, we're here to help you get fit and enjoy it too!

July 18-21, 2013: AREEP's Sixth Annual Adult Trail Running Camp

Dippikill Wilderness Retreat, Warrensburg, NY

Looking for an incredible weekend of beautiful views, great trails, and terrific food? This all-inclusive camp is geared towards the new to intermediate adult runner looking to get more experience running trails. With an experienced staff of trail runners to serve as guides, let us take the guesswork out of how to handle rocks and roots and help you realize just how fun trail running can be! The camp also offers helpful lectures, yoga sessions, kayaking, smores night, and much more! Catch up with old friends and make new ones at Trail Running Camp 2013!



Cost ranges from \$260 to \$380 depending upon accommodations and includes all lodging, meals, a technical shirts, access to all clinics/sessions, as well as Sunday's Froggy Five Mile and all special activities.

Find out more at <http://www.AREEP.com/camp>

Hurry, space is limited!

July 21, 2013: The Froggy Five Mile Trail Race

Whether you're wrapping up a great weekend at Trail Running Camp or just want to join us for the morning, this run features great views and a challenging but doable course.

Kicks off at 9am with you and your frog!

\$10 for this low-key fun jaunt through the woods.

August 10, 2013: Camp Chingachgook Challenge

Looking for a relatively flat 10k or a rolling half marathon that will give your quads a workout? Join us in Lake George for the fifth round of this popular event. BBQ to follow!

8am 10k — \$20

9am Half Marathon — \$30

ARE's Summer Trail Run Series—Every Thursday at 6:30pm

This year we celebrate TEN YEARS of our Summer Trail Run Series! Visit us online to find out where we'll be each week. Weekly attendance ranges from 125-200 individuals of all ages and abilities traversing a marked 2-3 mile loop. Like countless ARE events, these runs are FREE and also feature cook-outs every few weeks.

ARE Group Runs—Typically 3-5/day throughout the Capital District

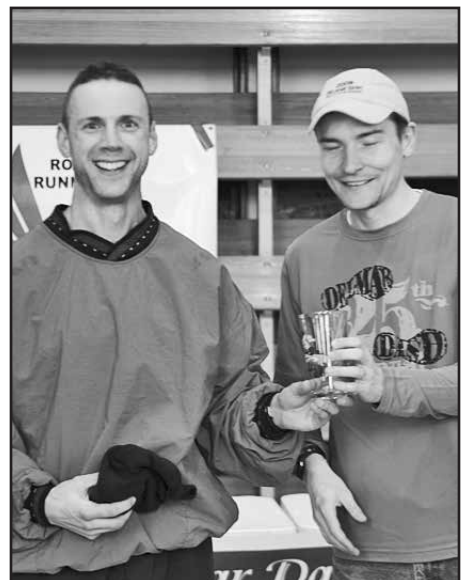
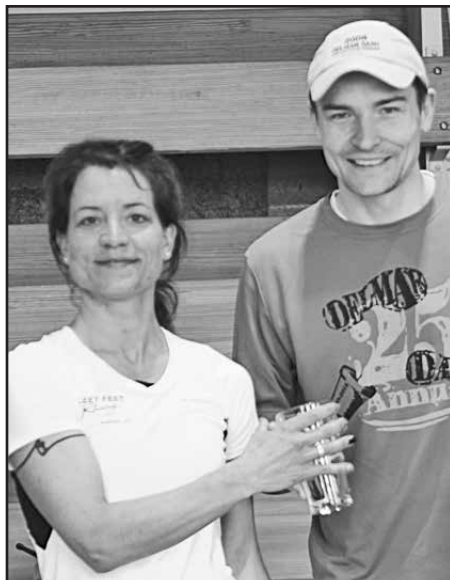
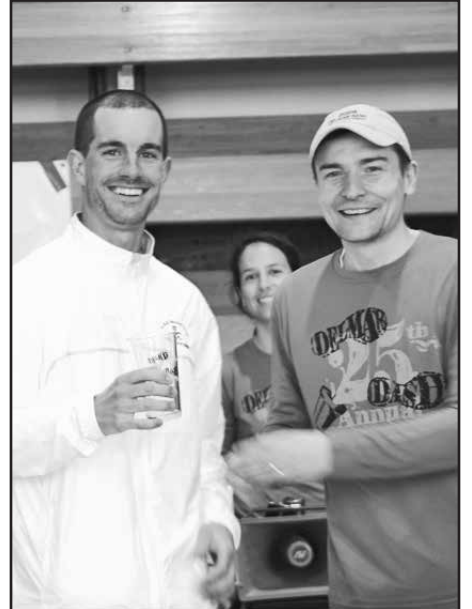
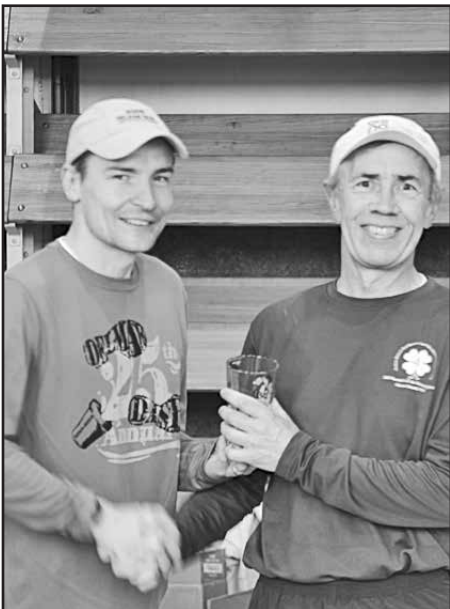
Looking for running partners? Login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

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

DELMAR DASH 2013



DELMAR DASH 2013





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	Cost:	Total:
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	_____
Insport Tights , black, Male, S; Female S,L	\$20	_____
Knit Hat , navy, black, light blue	\$ 8	_____
Thermax Gloves , black	\$ 8	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	_____
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE		
Split-cut , 1" inseam, M,L - CLEARANCE	\$15	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
Male Race Ready Shorts, all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
Sixers , black, 6" inseam, back mesh pockets, S	\$27	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		_____
Smart ID tag , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		_____

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

All prices include 8% sales tax

TOTAL DUE: _____

Shipping \$5.30

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.com

(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)

Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45

Name _____

Phone _____

Email _____

What Is Kinesio Taping?

The Kinesio Taping® Method has taken the rehabilitation and sports medicine world by storm. This amazing taping method was developed by Dr. Kenzo Kase over 25 years ago in Japan. Kinesio Taping® has quickly become the gold, or should we say "platinum," standard, for therapeutic rehabilitative taping. The proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

The Kinesio Taping® Method involves taping over and around muscles in order to assist and give support or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion. This enables the individual to participate in their normal physical activity with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps prevent overuse or over-contraction and helps provide facilitation of lymph flow for an entire 24 hour period. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascia, space and functional. Kinesio Tex® Tape can be used in conjunction with other therapies, including cryotherapy, hydrotherapy, massage therapy, and electrical stimulation.

Kinesio Taping® affects the activation of the neurological system, the body's information processor and the circulatory system. Muscles not only control the movements of the body, but they also control the circulation of venous and lymph flows, body temperature, etc. Therefore, the failure of the muscles to function properly induces various kinds of symptoms. Consequently, more attention was given to the importance of muscle function, and the idea of treating the muscles in order to activate the body's own healing process came about. Using an elastic tape, such as Kinesio Tex® Tape, it was discovered that muscles and other tissues could be helped by outside assis-



tance. Employment of Kinesio Taping® creates a completely new and innovative approach to treating nerves, muscles and organs.

Since the introduction of Kinesio Taping® into the US, medical practitioners from PTs, ATCs, OTs, DCs, MTs, to MDs have recognized and embraced this effective, safe and best of all, easy-to-use modality. The method and tape allow the individual to receive the therapeutic benefits 24 hours per day with both comfort and ease, because it can be worn for several days per application. Currently, Kinesio Taping® is used in hospitals, clinics, high schools and by professional sports teams.

We have found it very effective with chronic muscle and joint problems. It's especially useful for those who have to return to sport or other physical demands before reaching a plateau in care or for chronic recurrent problems.

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 ☐

New HMRRC Members



Kathleen Beeman
Marlene Bradley
Ed Carey
Michael Cebula
Steven Dillon
Garrett Esper
Taylor Esper
Marcy MacKissock
John Michels II
Johnny Michels III
Annahita Mitchell
Alyssa Morin
Amanda Morin
Erin Musto
Jill Penn
Bianca Rivera
Danny Rivera
Kate Scanlan
Miles Scanlan
Erin Schambach
Eric Schillinger
Jackie Schillinger

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





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5TH ANNUAL CHINGACHGOOK CHALLENGE

YMCA Camp Chingachgook
Half Marathon & 10K Race

August 10, 2013

PROCEEDS
HELP SEND
CHILDREN
TO CAMP



Take on the challenge of Camp Chingachgook's annual half-marathon or 10k race.

After the race, enjoy a relaxing picnic at our beautiful waterfront.

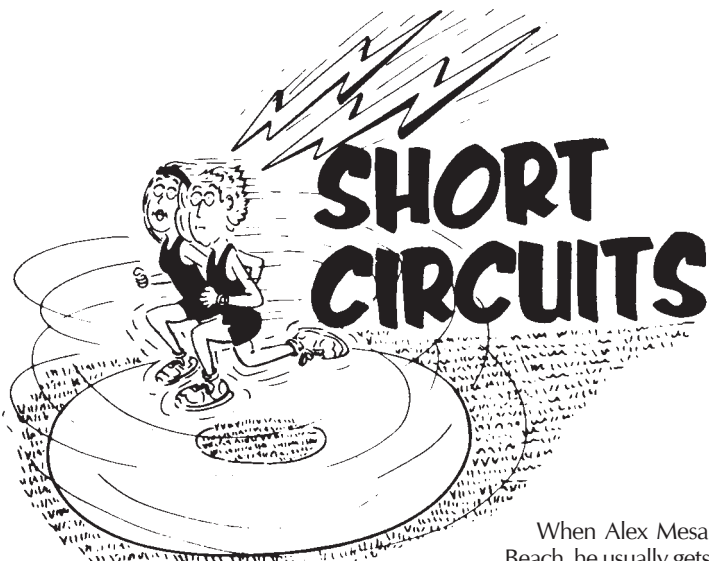
For more information about the race visit:
www.AREEP.com

CAPITAL DISTRICT YMCA CAMP CHINGACHGOOK

1872 Pilot Knob Rd. Kattskill Bay, NY 12844

P 518 656 9462 **F** 518 656 9362

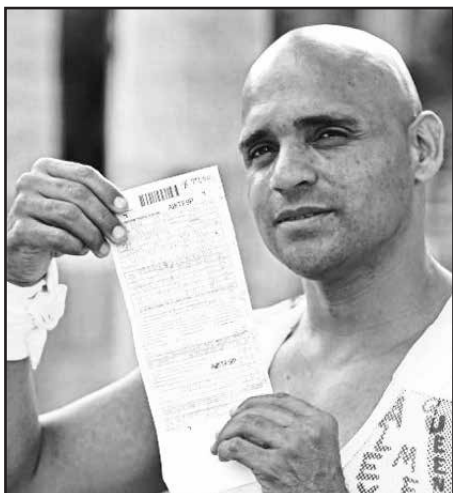
www.lakegeorgecamp.org



Runners at the April Paris Marathon produced enough electricity to power all electric needs on the course. That's because a 25-meter section of the course on the Champs-Elysees was lined with tiles that produced electricity from the strike of a runner's foot. The tiles sent the kinetic energy of the runners' footsteps to batteries, which lit signs on the course and fed other marathon power needs.



Power strike



Alex Mesa ticketed

When Alex Mesa goes for a run in Miami Beach, he usually gets a reaction: "People honk, wave, drive next to me and ask questions," he said. "They give me high-fives, scream my name and cheer me on."

Alex runs backwards. "It's harder, it's challenging, it's better for the legs, better for the brain, it keeps you going and it's healthier," Mesa said. But on a recent 5-mile run through South Beach, Mesa got a different kind of reaction: A ticket for \$77.50. Miami Beach Police cited Mesa, 44, with obstructing traffic.

A big congrats and WOW to Albany's Jim Sweeney for winning the Umstead 100 Mile Endurance Race in April in North Carolina. Jim bested a field of 300, including some of the finest endurance runners in the country with a time of 15 hours and 21 minutes.



King of the ultras

Airport races are taking off. In April over 1000 runners participated in a 5k on the runways at the busy JFK Airport in Queens. Such flat-racing is not limited to New York City. Several airports have hosted such races recently, including Toronto, Chicago and Teterboro. If you don't like hills and trees, this is the race for you.

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.



Runway 5K

Following the Boston Marathon terrorist attack, the San Francisco Road Runners conducted a run in the SF neighborhoods. The route of the run spelled out "Boston" when viewed on a map using a running app.



San Fran spells Boston



"Like Bill Ifrig, 78 years old - the runner in the orange tank top who we all saw get knocked down by the blast, we may be momentarily knocked off our feet - but we'll pick ourselves up. We'll keep going. We will finish the race." - President Obama, April 18, 2013, Cathedral of the Holy Cross, Boston. □

2013 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 2

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 11

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 18

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 25

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

Weight Management Update

As a runner, you are unlikely obese, but you may have concerns about your weight or have relatives who struggle with their weight. To address the complexities of how to deal with undesired body fat, the Weight Management Group of the Academy of Nutrition & Dietetics held a conference (Indianapolis, April 2013). Here are some highlights.

Dieting and weight

- An estimated 35% of all US adults are not only overfat but also pre-diabetic, including 50% of adults over 65 years. Relatives who have watched a loved one needlessly die from diabetes see first-hand the need to prevent themselves from going down the same road. There are clear benefits from eating wisely and exercising regularly! Losing just 5% of body weight can reduce health risks attributed to diabetes.

- Most runners who diet want to lose weight quickly. The problem is that plan tends to backfire. You can lose weight fast or lose weight forever—but not lose weight fast and forever.

- Most dieters regain about two-thirds of their weight loss within a year and all of it within 3 to 5 years. Tips to maintain weight loss include: exercise regularly, eat fewer fatty foods, watch less TV, have strong social support, and sleep more than 5 hours a day.

- Chewing gum can help lean people consume fewer calories, but that is not the case for obese gum-chewers. (Perhaps the act of chewing increases their desire to eat?)

- To stay on track, successful dieters should plan ahead by predicting everything that could possibly go wrong with their eating plan and develop strategies to deal with the unexpected. For example, if the waiter serves the salad soaked with dressing (not on the side, as requested), the dieter knows he can send it back, not eat it, or eat less of it.

- If you “blow your diet,” please don’t hate yourself. Just regret you over-ate and learn from the experience. You learned to overeat for a reason. (For example, overindulging in birthday cake may have been your “last chance” to eat cake before your diet started again the next meal.) The better plan can be to enjoy a reasonable slice of cake for several days. You’ll feel less need to overindulge when you know you can have more cake the next day (just fit it into your calorie budget).

- Other success-promoting dietary habits include using portion-controlled foods and keeping food and weight records. High-tech diet aids include: tracking steps by wearing a pedometer (goal: 10,000 steps a day), and wearing an armband or other body-activity monitor that detects changes in activity over time. Some popular high-tech tools include New Lifestyles-1000 pedometer, FitBit Zip,

and Nike Fuel Band. (Note: Accuracy of the high-tech tool is less important than day-to-day reproducibility.)

- Websites or apps like FatSecret.com, CalorieKing.com, Loselt.com, and MealLogger.com can also be helpful. In the near future, you’ll be able to take a photo of your meal and an app will then calculate the calories. This info will be very helpful when eating in restaurant with super-sized meals!

Food and weight

- An estimated 80% of weight loss happens by eating fewer calories; 20% relates to exercise. You need to change your diet to lose weight and change your exercise to keep weight off.

- Overweight people tend to eat by time cues. Noon is lunchtime, regardless if the clock is significantly wrong!

- Adults may eat more of a food if it is deemed healthy. That is, subjects ate more oatmeal cookies when they were described as high fiber, high protein as compared to high sugar, high butter. And yes, even healthy high fiber and high protein calories count!

- In contrast, adolescents (who are heavily influenced by their peers) tend to eat less of a food labeled healthy. For teens, eating carrots is just not as acceptable as eating chips.

- People who eat a high protein diet (25% of calories) tend to eat fewer calories per day. A protein-rich breakfast with 25 to 35 g protein helps manage appetite for the rest of the day.

- The decline in hearty breakfasts mirrors the rise in obesity. Try eating an 800-calorie protein-rich breakfast and see what that does to your appetite for the rest of the day! You’ll undoubtedly notice you feel less need to “reward” yourself with evening treats.

- A 100-calorie portion of natural whole almonds actually has only 80 available calories due to digestibility. The same likely holds true for other high fiber, high fat “hard” foods, such as other kinds of nuts. People who frequently eat nuts are actually leaner than folks who avoid nuts; hence, you need not fear them as being “fattening” (in moderation, as with all foods).

Exercise and weight

- Weight loss is about quality of life; exercise is about health. However, exercise strongly predicts who will be able to maintain their lost weight. While the reason for this is unknown, some researchers wonder if purposeful exercise allows the reduced obese person to eat more calories? (You know—the more you exercise, the more you can eat.) Or perhaps exercise is a marker of discipline and dedication to maintain a healthier eating style and lifestyle?

- Lifting weights is a good entry point for

unfit people who want to start exercising. First they get strong, and then they can add on the walking, jogging, and aerobic activities.

- Lifting weights reduces the loss of muscle that occurs with diet-only reducing plans and creates the same health benefits of slimming the waistline and improving blood glucose levels (hence reducing the risk of diabetes).

- Because weight loss without exercise contributes to loss of muscles and bone-density, some health professionals advise against weight loss for older people. Instead they recommend that people over 60 years focus on adding on exercise rather than subtracting food. You are never too old to lift weights!

- An effective exercise program includes 110 minutes per week of moderate to vigorous physical activity and two times a week of lifting weights for about 20 minutes.

- Men who maintain a stable weight tend to be active about 70 minutes a day. In comparison, obese men are less active and likely to be frail. Do obese people become frail—or do frail people become obese?

The bottom line: Keep active, enjoy whole foods that are minimally processed, live lean, and be well!

Nancy Clark MS RD CSSD (Board Certified Specialist in Sports Dietetics) counsels both fitness exercisers and competitive athletes in her private practice in the Boston-area (617-795-1875). Her *Sports Nutrition Guidebook*, *Food Guide for Marathoners* and *Cyclist's Food Guide* all offer additional weight management information. The books are available via www.nancyclarkrd.com. See also www.sports-nutritionworkshop.com. □



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Meeting Minutes of the HMRRC General Meeting April 10, 2013

Attendance: Barb Light, Jon Rocco, Jim Tierney, Maureen Cox, Ray Lee, Cathy Sliwinski, Marcia & Tom Adams, Dave & Letticia Ruderman, Tom Ryan, Rob Moore, Doug Bowden, Jonathan Golden, Mike Kelly, Chuck Terry, Diane Fisher, Mark Warner, John Parisella, Ken Skinner, Ken Klemp, Sally Drake, Emily Bryans, Vince Juliano, Megan Leitzinger.

Call to Order (J. Rocco): Meeting called to order at 7:30PM.

1. Reading and approval of March 13, 2013 minutes (B. Light). Motion made by to approve minutes as submitted by Marcia Adams, seconded by Rob Moore. Motion passed.

2. Reports of Officers

2.1 President (J. Rocco):

Pace Setter Content Editor Opening: Opening for Pacesetter Content Editor-solicits articles for the Pacesetter. Kristina and Dan Gracey will be looking for a replacement.

2.2 Executive Vice President (M. Cox):

- Shrader Scholarship Update: received 43 applications 21 female, 22 male, 26 schools 7 leagues in Section 2, shared with committee and will have results next month. \$3000 to each scholarship recipient.

- Distinguished Service Award Nominator Presentations and Vote-1999 winner, Jim Tierney, 1998 Doug Bowden, 2000 Ken Skinner, 2006 Vince Juliano, 2010 Tom & Marcia Adams, 2011 Cathy Sliwinski past winners were present.

Nominees: Diane Fisher (by Marcia Adams) and John Haley (by Vince Juliano): Presentations for each nominee given by Marcia

Adams and Vince Juliano. Vote was held after presentations. The winner of the Distinguished Service Award is John Haley. Congratulations to both Diane Fisher and John Haley for their outstanding service to the club.

2.3 Executive Vice President – Finance (C. Terry): Preliminary for 2012 year end reports for tax filing. Preliminary Cash balance on 12/31/12 was \$425,000 compared to \$378,000 last year. Chuck will have final numbers next month.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached reports.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2930 down 38 from last month, but still up from last year at this time.

3.2 Volunteers (M. Adams): Put a test out on volunteer database to get feedback. Diane and Marcia will be meeting this month and will be opening it live in May.

3.3 Public Relations (R. Moore): Sent press releases to all papers and news stations about Delmar Dash and Masters Race. Would like to continue Public Relations chair for another year or so. In May there will be booth at Workforce Team Challenge to hand out HMRRC information. Have shirt/sneaker booth at Friehofer Run for Women at Empire State Plaza on May 31 and June 1st.

3.4 Race Committee (M. Warner): Lots of races coming up-Running of the Green went well-Dave & Letticia reported on race-all set for next year. They both enjoyed the experience of directing the race. Congratulations on a great job!

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

3.6 Pace Setter (K. & D. Gracey /K. Zielinski): No report.

3.7 Conflicts Committee (C. Terry): No report.

3.8 Safety Committee (V. Juliano): No report.

3.9 Grants Committee (R. Newkirk): No report. Jon Rocco noted that a check for \$1000 was sent to Parsons for Special Grant.

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

3.11 Just Run Program (K. Skinner): Some of the Just Run Programs have just started due to vacation weeks. 20 schools this year, not all school-based one is based at Schenectady YMCA. Because of the number of schools we will have 2 end of the year track meets-too many kids to have in one day. Tuesday June 4 and Wednesday June 5th and will be held at Union College. Will hold rain date, but will try to keep groups small so we can move into the Field House. Ken needs to get a volunteer blast out for the end of year websites. Marcia will send that out.

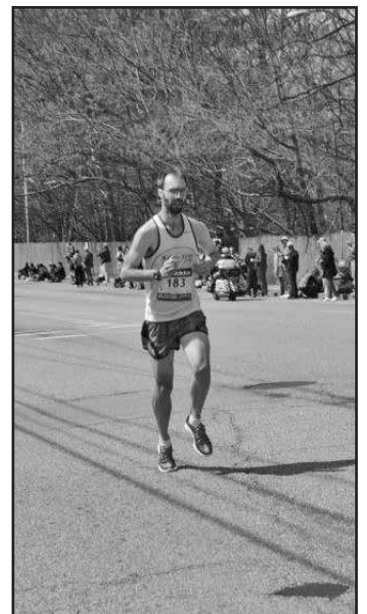
4 Unfinished Business: None.

5 New Business: None.

6 Announcements: Wish everyone running Boston Marathon good luck and also running the Delmar Dash. Good article about Adirondack Year in Review sent to Josh Merlis to put on his website. You can view article there.

- May refreshments- Doug Bowden

7 Adjourn: Motion made by Marcia Adams to adjourn seconded by Cathy Sliwinski meeting adjourned at 8:10PM.



Grand Prix Update

NOTE: In the May 2013 issue of The Pace Setter, the results from Race #1 were inadvertently published instead of the Runnin' of the Green results. Below are the correct Runnin' of the Green results in addition to the current Grand Prix updates.

Grand Prix Totals will be published in future issues of The Pace Setter

Race #3 Runnin' of the Green 4 Miles, March 16, 2013

Men

Male Open

- 12 Alexander Paley
- 10 Nick Webster
- 8 Erik Carman
- 7 Richard Messineo
- 6 Jonathon Lazzara
- 5 Victor Warner
- 4 Kevin Messineo

Male 30-39

- 12 Mike Roda
- 10 Brian Northan
- 8 David Tromp
- 7 Joseph Sullivan
- 6 Michael DiNicola
- 5 Gabe Anderson
- 4 Todd Smith

Male 40-49

- 12 John Stadtlander
- 10 Jon Rocco
- 8 Randall Cannell
- 7 Tom Kracker
- 6 Tim Hoff
- 5 Kevin Creagan
- 4 Mark Stephenson

Male 50-59

- 12 Jay Thorn
- 10 Ed Drebitko
- 8 Jon Weilbaker
- 7 Jack Arnold
- 6 David Roy
- 5 Mike Stalker
- 4 Rob Picotte

Male 60-69

- 12 Lee Pollock
- 10 Carl Matuszek
- 8 Dennis Fillmore
- 7 Paul Bennett
- 6 Pat Glover
- 5 Tom McGuire
- 4 Paul Forbes

Male 70+

- 12 Frank Klose
- 10 Wade Stockman
- 8 Joseph Richardson
- 30 - The Pace Setter

- 7 Bob Knouse
- 6 Ray Lee
- 5 Mike Caccuitto

Women

Female Open

- 12 Meghan Mortensen
- 10 Brina Seguire
- 8 Liz Chauhan
- 7 Shylah Weber
- 6 Samantha McBee
- 5 Hannah Patzwahl
- 4 Sara Conroy

Female 30-39

- 12 Kristina Gracey
- 10 Crystal Perno
- 8 Erin Corcoran
- 7 Sarah Reed
- 6 Kimberly Morrison
- 5 Deanne Webster
- 4 Colleen Murray

Female 40-49

- 12 Emily Bryans
- 10 Anne Benson
- 8 Karen Dolge
- 7 Sally Drake
- 6 Chris Varley
- 5 Mary Buck
- 4 Penny Tisko

Female 50-59

- 12 Beth Stalker
- 10 Nancy Nicholson
- 8 Karen Provencher
- 7 Lauren Herbs
- 6 Susan Burns
- 5 Karen Gerstenberger
- 4 Jenny Lee

Female 60-69

- 12 Judy Phelps
- 10 Erika Oesterle
- 8 Susan Wong
- 7 Martha DeGrazia
- 6 Katherine Ambrosio
- 5 Suzanne Nealon
- 4 Eileen Mahoney

Female 70+

- 12 Marge Rajczewski
- 10 Anny Stockman

Age Graded

Runner	Age	G
12 Emily Bryans	45	F
10 Beth Stalker	53	F
8 Judy Phelps	62	F
7 Mike Roda	37	M
6 Anne Benson	48	F

- 5 Alexander Paley 26 M
- 4 Susan Wong 65 F

Race #4 Bill Robinson Masters Chamionship, 10K, April 20, 2013

Men

Male 40-49

- 12 John Stadtlander
- 10 Tom Kracker
- 8 Jon Rocco
- 7 Mark Stephenson
- 6 Tim Hoff
- 5 Robert Irwin
- 4 Ed Hampston

Male 50-59

- 12 John Noonan
- 10 Jay Thorn
- 8 Russ Hoyer
- 7 Rick Munson
- 6 Frank Mueller
- 5 Richard Clark
- 4 Mark Nunez

Male 60-69

- 12 Lee Pollock
- 10 Dennis Fillmore
- 8 Juergen Reher
- 7 Tom McGuire
- 6 Paul Forbes
- 5 Frank Broderick
- 4 Norman Dovberg

Male 70+

- 12 Ed Bown
- 10 Wade Stockman
- 8 Frank Klose
- 7 Ray Lee
- 6 Ed Doucette
- 5 Denny Burns

Women

Female 40-49

- 12 Anne Benson
- 10 Judy Guzzo
- 8 Mary Buck
- 7 Penny Tisko
- 6 Chris Varley
- 5 Connie Smith
- 4 Dana Peterson

Female 50-59

- 12 Beth Stalker
- 10 Karen Provencher
- 8 Nancy Taormina
- 7 Susan Burns
- 6 Karen Gerstenberger
- 5 Joan Celentano

- 4 Sharon Fellner

Female 60-69

- 12 Judy Phelps
- 10 Martha DeGrazia
- 8 Katherine Ambrosio
- 7 Susan Wong
- 6 Sandy Dovberg

Female 70+

- 12 Anny Stockman
- 10 Eiko Bogue

Age Graded

Runner	Age	G
12 Judy Phelps	62	F
10 Beth Stalker	53	F
8 Anne Benson	48	F
7 John Noonan	53	M
6 Karen Provencher	58	F
5 John Stadtlander	47	M
4 Lee Pollock	60	M



EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
6/1	9:45 AM	35th Freihofer's Run for Women	Empire State Plaza, Madison Avenue Albany	Run for Women Office	runninginfo@freihoferstrun.com
6/1	9:00 AM	Rail Trail to the Footbridge 5K	17 Water Street Granville	Kerri Thomas	racedirector@railtrailtothefootbridge5k.com
6/1	9:00 AM	Delhi Covered Bridge Run 5K, 10K & Health Walk	Courthouse Square, Main Street	Amy Beveridge	thebeveridges@yahoo.com
6/1	10:00 AM	Charlton 5K	Town of Charlton - Village Center	Bill Herkenham	bherk@nycap.rr.com
6/1	9:00 AM	West River Trail Run 11 miles	34 West River Street South Londonderry VT 05155	Chrissy Blaylock	info@thecollaborative.us
6/6	6:30 PM	Vale Park 5K	Vale Park Entrance on Nott Terrace. Schenectady	Steven Strichman	strichmans@gmail.com
6/8	9:00 AM	15th Annual Kinderhook Bank OK5k Road Race	Village Square, Kinderhook	Dan Curtin	ok5kpace@hotmail.com
6/8	9:00 AM	18th Annual Lions Ramble	Fort Plain	John Geesler	kgeese@telenet.net
6/8	10:00 AM	Rainbow Fun Run 1 Mile race	Washington Park Lakehouse Albany	Curran Streett	cstreett@capitalpridecenter.org
6/9	7:30 AM	Walk/5K For Kidneys	The Crossings of Colonie	Carol LaFleur	info@healthykidneys.org
6/9	8:00 AM	37th Crowley Road Races and Events (5K, 10K, 1/2 Marathon)	Rutland	Paula S. Lannon	crowleyroadrace@aol.com
6/9	8:30 AM	REACH Foundation 5K - 1 Mile Kids Run - 1 Mile Walk	St. Lawrence Ctr 115 Torne Valley Rd Hillburn	REACH Foundation of Rockland	REACHFoundation@aol.com
6/9	8:00 AM	9th Annual Lake Placid Half Marathon	Lake Placid	Brad Konkler	Brad@LakePlacidMarathon.com
6/9	9:00 AM	42nd Distinguished Service Race 8 Mile [GP]	SUNY/Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/11	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/15	8:30 AM	Whipple City 5K Run/Walk	Greenwich	Barbara Hamel	whippcity5k@yahoo.com
6/15	9:00 AM	Tri-City Valley Cats Fathers Day Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John. Haley & M. Leitzinger	j.haley36@yahoo.com
6/15	11:30 AM	Tawasentha Mud Mania 3	Tawasentha Park, 188 State Route 146	Dennis Moore	moored@townofguilderland.org
6/16	3:30 PM	Greenbush YMCA Father's Day 5k Run 3k Walk & Kids Fun Run	Greenbush YMCA	Tys Bailey-Yavonditte	tbaileyavonditte@cdymca.org
6/18	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/23	7:30 AM	37th Annual Adirondack Distance Run 10 Miles	Lake George Firehouse - Lake George NY	Marcy Dreimiller	madone1@roadrunner.com
6/23	9:00 AM	I.B.E.W. Local 503 Benefit 5K Run/Walk	59 Orange & Rockland Road	Linda Petrosky	petroskyl@ibew503.org
6/24	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve, Camp Saratoga	Laura Clark	laura@saratogastryders.org
6/25	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/2	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	Saratoga Springs City Center	Bob Vanderminden	bobjr@telescopecasual.com
7/6	9:00 AM	Freedom 5K	Vassar College - Poughkeepsie	Vince Veltre	Vincerun@aol.com
7/8	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve, Camp Saratoga	Laura Clark	laura@saratogastryders.org
7/9	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/11	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/14	8:00 AM	2013 Pine Bush Triathlon	Rensselaer Lake	Harrison Moss	hmoss@cdymca.org
7/16	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/18	6:15 PM	40th HMRRC Hour Run	Colonie HS Track	B. Bradley & T. McGuire	tomm4barbb@aol.com
7/20	9:15 AM	Pennsylvania Summer Biathlon 4K Run and Shoot	Whitetail Preserve Bloomsburg	Frank Gaval	barb123@ptd.net
7/20	8:00 AM	Lime Rock Park 5k & 5k Relay	Lime Rock Park - 60 White Hollow Rd, Lakeville	Scott Sutter	scott@howesinsurance.com
7/20	8:30 AM	6th Annual Glenville Schenectady 5K/3K	Freedom Park Scotia	Allison Reinhardt	Areinhardt@cdymca.org
7/22	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
7/23	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/25	6:15 PM	37th HMRRC Pentathlon	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/27	8:30 AM	Run the Ridge 5k & 2k Mud Run	Maple Ski Ridge, 2725 Mariaville Rd	Kate	mapleskiridge@msn.com
7/30	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
8/3	8:30 AM	The 34th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
8/4	9:00 AM	19th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mjkhome@verizon.net
8/5	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park, Camp Saratoga	Laura Clark	laura@saratogastryders.org
8/6	6:00 PM	Colonie Summer Track	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
8/9	6:30 PM	3rd Annual Schenectady ARC 5K Run/Walk and 1 Mile Family Fun Walk/Run	Central Park Schenectady	Doug Secor	dougs@arcschenectady.org
8/10	8:00 AM	Fox Creek 5K	Berne Town Park Helderberg Trail, Berne	Liz Chauvot	chauvots@prodigy.net
8/10	9:00 AM	DanRan 5K and Community Day	Steven's Elementary, Lake Hill Road	Michael Hale	mhale1@nycap.rr.com
8/11	8:00 AM	Base Race 5K and 10K	The Clark Sports Center	Doug McCoy	mccoyd@clarksportscenter.com
8/12	5:30 PM	The Monday Night Mile (1 mile race)	Saratoga Casino and Raceway Harness Track	John Pecora	john@saratogaregionalymca.org
8/12	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
8/17	9:00 AM	Landis Arboretum Forest Run 5k	Lanidis Arboretum 174 Lape Rd., Esperence	David Roy	droy@midtel.net
8/17	8:30 AM	Brookside Museum's Annual Jailhouse Rock 5k	Brookside Museum Ballston Spa	John DeGuardi	jdeguardi@mac.com
8/17	7:00 AM	Sweltering Summer Six-Hour	Clapp Park, 215 W Housatonic St	Bennjamin Griffin	jamminlongtime@yahoo.com
8/19	6:30 PM	Tawasentha XC 5K [GP] #2	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
8/19	6:15 PM	Camp Saratoga 5K Trail Race	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
8/24	9:00 AM	Nescopeck State Park Trail Runs 5k+10km	Drums	Frank Gaval	barb123@ptd.net
8/24	9:00 AM	16th Annual Altamont 5K Run/Walk	Bozenkill Park, Gun Club Road	Phil Carducci	altamont5k@nycap.rr.com
8/26	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com

Hudson Mohawk Road Runners Club

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

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P.O. BOX 12304, ALBANY, NY 12212

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