

The Pace Setter

February 2013

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



33rd ANNUAL HMRRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

HMRRRC Grand Prix Race

USATF Adirondack Masters Championship

USATF Adirondack Grand Prix Series Race

10 KILOMETERS Certified (NY12015JG)

SATURDAY, APRIL 20, 2013 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Adirondack Registered Female and Male teams in ten year age groups.

For entry forms, contact the USATF Adirondack office.

To join USATF Adirondack go to usatfadir.org or contact the office at 518-273-5552

(USATF ADK membership # is required for USATF ADK Grand Prix and Championship scoring)

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

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

ENTRY FEE: \$13.00 (HMRRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MAIL ENTRY TO:

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

(Make checks payable to HMRRRC)

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

Name _____ HMRRRC MEMBER ☐ YES ☐ NO

Address _____

City _____ State _____ Zip _____

Email Address _____

Telephone _____ Age (as of 4/20/13) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female USATF # _____

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 _____

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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

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

March is now upon us and the winter season is hopefully wrapping up. Some things are certain for March – St. Patrick's Day, college basketball's March Madness tournament, and the beginning of Daylight Savings Time. Some things are certain for March with the HMRRRC. Registration opens for the Mohawk Hudson River Marathon and Half, and the racing season gets underway with Runnin' of the Green.

Another thing that is certain is the commitment and support of HMRRRC for youth running and its programs. The HMRRRC budget for 2013 was approved in December and we have \$48,000 in expenses budgeted for two programs that the HMRRRC is certainly proud to support.

We have budgeted \$18,000 for our annual Bill Shrader, Sr. Memorial Scholarships. The program, in memory of Bill, has its purpose to encourage and support young runners in their efforts to make running a lifelong part of a healthy lifestyle. The club has been awarding these scholarships since 2000 and to date, 37 have benefited financially. Initially they were awarded to one female and one male in Section II. By 2008, awards were increased to two females and two males sharing \$6,000. In 2010, the scholarships increased to a total of \$10,000 to be divided equally amongst the four student athletes. The club will now be awarding six scholarships (3 female, 3 male) at \$3,000 apiece for a total of \$18,000. For more information and application materials, see the ad in this issue, or go to www.hmrrc.com (membership info, membership benefits).

According to several polls, adults across the country rate not getting enough exercise as the top health concern for children in 2012. Considering this and the fact that many school budgets are cutting after school programs, HMRRRC is very proud to be involved with the Just Run Program (now licensed as Just Run Albany). This year we have budgeted \$30,000 for its support and administration. What began as a pilot program with two schools (and nearly 60 students) in 2010 has, to say the least, really taken off. The program focuses on physical activity (Just Run), on proper food choices for eating healthy (Just Taste), and on promoting good citizenship (Just Deeds) for elementary school children. In the second year (2011), a dozen schools representing 550 students in primarily grades 2 through 6 took part in the program. At the end of the 2011, in conjunction with Union College, we had a celebratory track meet with over 200 kids participating. Later that fall, eight of the schools took part in a season ending cross country meet at Guilderland's Tawasentha Park. The spring of 2012

saw the program rise to 14 schools and 700 students and an impressive 400 kids taking part in the track meet finale. The schools in the program can be found throughout the area of Section II. They come in the form of rural, suburban, and inner-city schools. As of this writing, the list of participating schools is being finalized for the spring, with a projection of up to 20 schools. The program is administered by Ken Skinner. Certainly the day will come where we will see high school seniors applying for a Shrader Scholarship listing their experience or writing about how running began with them through the Just Run Program.

The club also puts on kids races at many of our major club races including Runnin' of the Green, Delmar Dash, Mother's Day, Tri-City Valley Cats Father's Day Home Run 5K, SEFCU Labor Day 5K, Stockade-athon, the summer track meets at Colonie High School, and the cross country series at Tawasentha Park. The distances are typically up to one mile. For the complete schedule (which also includes listings of non-HMRRRC kids' races), refer to www.hmrrc.com (race corner, then race schedule).

We hope to see you at Runnin' of the Green and we welcome and thank new race directors Dave and Letticia Ruderman. Congratulations are also extended to two of our club members in Judy Phelps and Derrick Staley. Judy and Derrick were named female and male 2012 Athletes of the Year by USA Track and Field Adirondack. □



HUDSON-MOHAWK ROAD RUNNERS CLUB

2013 DISTINGUISHED SERVICE AWARD

NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to mmcloughl@nycap.rr.com or by mailing a nomination form to Maureen Cox, 2 Longhill Rd., Troy, NY 12180 by March 1, 2013. Nomination forms can be found at www.hmrrc.com. Nomination forms may also be submitted in person at the March 2013 club meeting.

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

Previous recipients of the Distinguished Service Award:

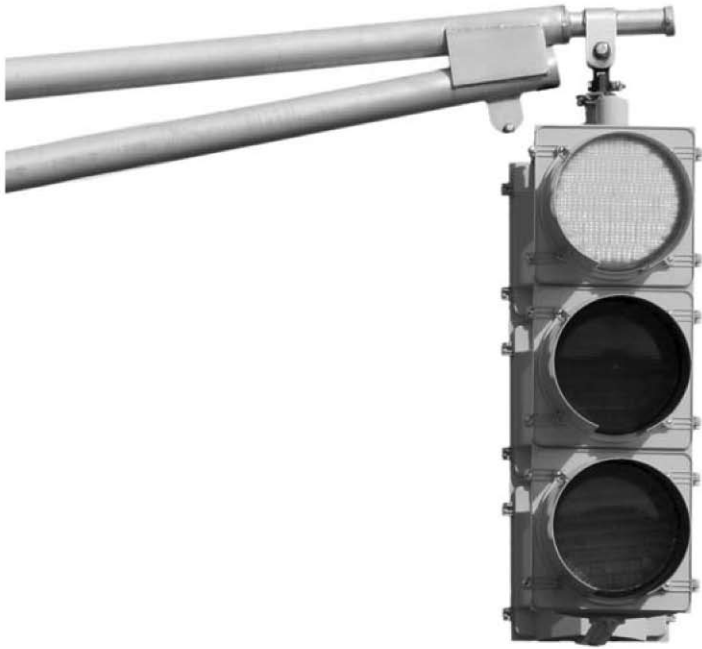
Edward Gillen (2012), Cathy Sliwinski (2011), Tom & Marcia Adams (2010), Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson-Wintle (1985), Bill Meehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2013. The election of the DSA recipient(s) will take place at the April 2013 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact Maureen Cox, Committee Chair, at mmcloughl@nycap.rr.com.







HERE'S YOUR CHANCE TO BLOW RIGHT THROUGH THE LIGHTS ON MADISON.

GO AHEAD; WE'LL EVEN PROVIDE A POLICE ESCORT.

It's time to gear up for the **2013 CDPHP® Workforce Team Challenge** on Thursday, May 16. This is the Capital Region's classic 3.5-mile workforce team run—and the largest annual road race between Utica and New York City. The last two years have brought record turnouts of more than 9,000 runners and walkers representing more than 450 participating companies and organizations. We invite you to get your team together and register early!

Visit www.cdphpwtc.com for more information.

2013 Charities of choice:





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 Chopperthon, 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 90's.

The one race on the March schedule is the 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 Saturday, March 16 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. There is no day of race registration for the race.

You will have to go out of town to find other races. The most notable race is the 27th Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 24 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. A race that is closer to home is the 19th Annual Rabbit Ramble 4 mile run and 2 mile walk, set for Saturday, March 30 at 10 a.m. at the Guilderland High School.

The club business meeting for March is scheduled for Wednesday the 13th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President Jon Rocco welcomes all club members to attend these meetings. □



Submissions for the May Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is April 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.



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.

A Short Circuit paragraph in the January issue of *The Pace Setter* gave a subjective and incomplete picture in a feeble attempt to compare elite fields from different decades within the Stockade-athon Road Race. The author commented that there were 7 athletes who ran sub 50 minutes in the 2012 Stockade-athon compared to 18 runners who did the same in 1982 without the benefit of prize money. What the author did not say was that these 7 athletes not only ran sub 50 minutes, but in fact ran sub 49 minutes.....an achievement worth noting. Further, the author ignored the competitive strength of the women's field.

The author also conveniently uses the 1982 race for comparison, since that race historically had the strongest and deepest field of male runners in race history. A closer look at the early 80's and the past 4 years of the Stockade-athon reveal a more complete comparison.

Year	Men Sub 49	Women Sub 59	Year	Men Sub 49	Women Sub 59
1982	12	06	2009	06	06
1983	07	02	2010	04	06
1984	09	04	2011	03	05
1985	07	06	2012	07	09
Total	35	18	Total	20	26

In summary, the overall elite fields in recent years are more balanced than in the 1980's. Back then, the fields were 85% men while now the fields are evenly split 50% / 50% between men and women. Therefore, it is not surprising that the elite competition has risen within the female ranks, as the men's fields have leveled off. Prize money has no relevance in this comparison, since practically no races offered prize money during the 1980's, while all races that choose to be competitive offer some prize money today.

– Vince Juliano
The Pace Setter – 9



Corporate Sponsor:
Bryant Asset Protection, Inc.
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your family combined with wealth
management to meet your financial
dreams.*

Sunday, April 14, 2013 @ 9am
Bethlehem Central Middle School
332 Kenwood Avenue, Delmar NY

Visit www.hmrrc.com
to Register

25th ANNUAL HMRRC DELMAR DASH

Adult 5 Mile Race

9:00am

Registration: HMRRC members: \$20 Non-HMRRC members: \$25
Online registration closes Thursday, April 11 at noon.
Mail registration closes Monday, April 1.
Race Fees are non-refundable & non-transferable
Last Chance - Sat April 13, 12 to 3pm – Fleet Feet, Wolf Road, Albany – FEE: \$30.00

Packet Pick-up: Race day starting 7:30 – 8:45am
Unisex technical t-shirts available to all registrants prior to April 1st

Awards: Overall top 3, 5 Year age group awards from 19 and under to 75+
USATF ADK Grand Prix Race. More info: usatfadir.org or call 518-278-5552

Course: USATF Certified, Fast, Flat, Residential Course
<http://www.usatf.org/events/courses/maps/showMap.asp?courseID=NY05016AM>
No headsets of any kind are allowed, No strollers, dogs or other pets, skateboards or bikes

Spotlight on Youth Kids' Races

10:00am

Registration: Day of Race Registration only, 8:30 – 9:45am
Ages: 12 or under
Distances: 1-mile, 1/2 mile, 1/4 mile



Submit registration form and non-refundable payment to: HMRRC, c/o Aaron Knobloch, 401 Jessamine Lane, Schenectady, NY 12303

PLEASE PRINT

NAME:

FIRST NAME

LAST NAME

ADDRESS:

CITY:

STATE:

ZIP:

AGE AS OF 4/14/13 SEX: ☐ F ☐ M USATF#:

MUST BE PROVIDED FOR USATF ADK GRAND PRIX SCORING

T-SHIRT SIZE: ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ X-LARGE

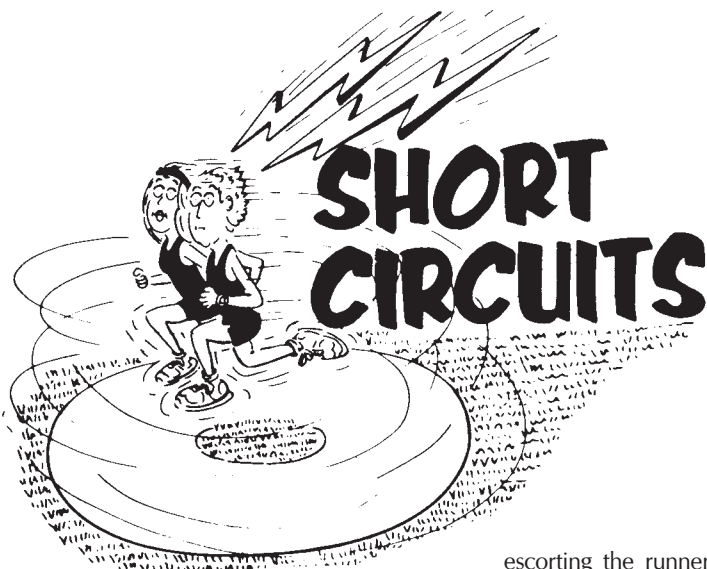
HMRRC MEMBER? ☐ YES ☐ NO

AMOUNT ENCLOSED: \$_____.

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

SIGNATURE _____

PARENT/GUARDIAN SIGNATURE (if under 18) _____



In December, Basque athlete Ivan Anaya was competing in a cross-country race in Spain. He was running second, behind race leader Abel Mutai from Kenya. As they entered the finishing straight, Anaya saw the Kenyan runner - the certain winner of the race - mistakenly pull up about 10 meters before the finish, thinking he had already crossed the line.

Anaya quickly caught up with him, but instead of exploiting Mutai's mistake to speed past and claim victory, he stayed behind and, using gestures, guided the Kenyan to the line and let him cross first.



Hey Abel, the bus stops up ahead!



Edwin Kipsang Rotich from Kenya was leading in a 10K race in Brazil when he was tackled by a spectator. The police, who were



Obstacle course

escorting the runners, immediately subdued the attacker, who was reported as having a history of mental problems. Despite the attack, Rotich still went on to claim victory and after the finish acted as if nothing unusual had happened.



Hannah Graham is a police officer and a runner (Marathon PR 3:55). When a call came into the West Midlands (UK) Police Dept. describing a stalking incident, Graham responded and spotted a man hiding in a garden. When the stalker spotted Graham he bolted down the street. Graham went after him and after a half-mile sprint the 24-year-old stalker fell to the ground exhausted, where Graham made a quick arrest.



800 meter bust



In December, Brendan Reskakis, bored by

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.

his work, went out for an easy noontime run along the FDR Drive in Manhattan. Halfway through the run he spotted a man climbing over the path railing and leaping into the cold waters of the East River. Brendan, with the assistance of another passerby, grabbed a long pole and encouraged the man to grab it, but the man refused rescue, yelling: "No one cares about me."

When the man started tiring, he stopped treading water. Reskakis ran off and found a couple with a phone, who called 911. Emergency responders were able to get the man to grab a rope and they used it to pull him to safety. After an interview by police Reskakis resumed his run.



Another boring day at the office



A mud run in the state of Washington has ended up in court. The race organizer and sponsor were both sued by race participants who were injured in the race. The basis for the suit was that the course was unreasonably dangerous, leading to serious injury to several runners. □



Runner rescued from mud pit

***Bill Shrader, Sr.
Memorial
Scholarships***

\$18,000 in total

Higher Education Awards

For Student Runners

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

For application details go to

www.hmrrc.com

(See “membership benefits” under the “membership info link”)

Applications must be submitted by

April 2, 2013

"BEEN THERE, DONE THAT"

by Mike Becker

March 1973...Forty Years Ago

• The first annual club 15-mile Trophy Race was held on the fourth at SUNYA. This was a BQ, with anyone running under 7:00/mile qualifying for Boston. Thirty-two of the 52 finishers qualified, including Cathy Shrader. Among the other qualifiers were Carlo Cherubino, Jim Shrader, Don Wilken, and Paul Rosenberg. This was by far the largest turnout for any club race to that point, about 1.5 years after the club was formed.

March 1978...Thirty Five Years Ago

• The club held a marathon and half on the fifth at SUNYA on a day with wind chills down to -17. A total of 73 runners finished the marathon and 71 the half – an excellent turnout in those days. A 22-year old named Richard Field won the full marathon with a 2:33 in his first marathon. Twenty of the finishers ran in under three hours. Among the volunteers were Pat Stewart, who had to constantly break the ice in the water cups, and Ed Thomas, who provided a "Bavarian" starting horn.

• A six-mile race was held at SUNYA to commemorate St. Patrick's Day. Phil Davis ran a 30:54 to win, and future club Hall-of-Famer Daniele Cherniak was one of only two female participants, running a fast 40:45.

March 1983...Thirty Years Ago

• A six-mile race was held on the 13th, with two loops of the SUNYA campus. Most runners were clad in green to celebrate St. Patrick's Day. Winners were J. R. Gaige (31:50), and Donna Anderson (37:21). Among the awards given out: runners with the most Irish-sounding names, the "greenest" running gear, and the resident closest to Ireland (Wynantskill).

• The big club event for the month was the Price Chopperthon 30K from Schenectady to Albany on the 20th. A total of 968 runners finished the race on a perfect, sunny, 42-degree day. Barry Brown won easily with a 1:32:22 for a 4:57/mile pace. Jane Welzel ran a 1:50:59 for the female title. The race was the RRCA 30K National Championship and drew a large number of out-of-town participants. *The Pace Setter* listed 150 volunteers for the event, and the entry fee was \$5. Several club members offered their homes to out-of-town runners.

March 1988...Twenty Five Years Ago

• Races of three and six miles were held at SUNYA on the 12th, with the three-miler being a Grand Prix race. Dan Paxson won the three-miler with a 14:46, ten seconds faster than Tom Bulger. Inge Aiken ran a 17:38 to beat Renee Mack by 14 seconds for the women's title. Sixty-seven of the 95 runners ran sub-20 minutes.

• *The Pace Setter* contains an article by Joe Hein called "Let's Educate Fred Le Brun." Longtime (and still current) *Times-Union* columnist



Le Brun published a piece called "An Idiot's Delight: Jogging" in which he calls jogging "a fad," "universally disliked," a "narcissistic self-indulgence," and suggests runners "go see a professional...who can help you with your sexual dysfunction." Hein suggests members retort this insult to runners by writing to the *Times Union* or subscribing to the *Schenectady Gazette*.

March 1993...Twenty Years Ago

• Two items from Short Circuits – Mark Warner finished 12th in the recent Harrisburg, PA Marathon with a 2:45, and Tom Bulger finished 42nd out of 26,000 in the Honolulu Marathon with a 2:37.

• The St. Paddy's Day 8K was held in Burden Lake on the 13th. This was the day of the now famous "Blizzard of '93" when 27" of snow fell in Albany. There were already three inches of snow on the course at the start, and the snow was coming down very hard. Rick Bennett and Amy Herold-Russom were the winners, and awards were given out at a later date to let all participants get home ASAP!

• Jim Tierney was profiled. He started running at age 45 and was a two-pack a day smoker and weighed 200 pounds. He was hooked after his first 5K and has been running ever since. His best performance was a 2:59 Boston Marathon at age 51. Among his other PRs are an 18:45 5K and a 1:26 half marathon.

March 1998...Fifteen Years Ago

• The Tenth St. Paddy's Day 8K race was held on the 29th. Vinny O'Brien ran a 26:23 to beat Dale Keenan. Amy Herold ran a 30:04 for top female honors.

• From an item in Short Circuits – Only 21 American men ran sub-2:20 for the marathon in 1997, the lowest total in almost 25 years (before "running shoes" were invented).

March 2003...Ten Years Ago

• Out-of-towners Eric Maki and Bev Ameen were winners of the 30th Annual club

Winter Marathon on the second, with times of 2:57 and 3:39, respectively. Eighteen of the 35 finishers were from outside the Capital District, which is typical for this Boston qualifier. Photos from the day indicate deep snow on the ground but just wet roads and sidewalks for the race. There were 24 teams that finished the 17th Marathon Relay, with five going under three hours and just one over four hours.

• Chris Hartshorn ran a 19:36 in the Fourth Annual Runnin' of the Green (Island) four-miler on the eighth, a course record which still stands. Thirteen-year-old Brina Seguire ran a 23:45 for top female honors. Jamie Rodriguez and Megan Leitzinger were runners up. A total of 298 runners completed the race, back when the race didn't fill up months prior (or at all)!

• Jim Sweeney and Emily Bryans led a large Capital District contingent at the 17th Annual Shamrock Shuffle five-miler in Glens Falls on the 16th, by winning with times of 26:11 and 29:45, respectively.

March 2008...Five Years Ago

• Jamie Rodriguez ran a 19:57 in the Runnin' of the Green (Island) four-miler to edge Nick Conway and Chuck Terry. Alyssa Lotmore was the female winner in 23:25, beating Emily Bryans and Brina Seguire. Age group winners included Jessica Sherry, Aaron Knobloch, Dana Peterson, Anne Benson, Tom Dalton, Rob Picotte, Dale Keenan, Susan Wong, and Pat Glover.

• Josh Merlis won the 14th Annual Rabbit Ramble four-miler on the 22nd in Guelderland with a 21:11. Allison Moeller was the top female with a 27:15. □

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



COME OUT AND GIVE YOUR LEGS THE OLD ONE-TWO.

And, help us celebrate 12 years running of Sean's Run. A whole weekend of events that draws runners from all over the region. You will traverse the streets of our charming village, enjoy the many amenities and nice giveaways, experience the fun atmosphere, meet our dedicated volunteers and generous sponsors and feel a special spirit all in support of an important cause. Bring along your running buddies and you will feel it! Event shirts to the first 1,500 entries. New this year: Bike Rides and Zumbathon® — see our website for details. **Register today at www.seansrun.com.**

APRIL 28 , 2013 / CHATHAM HIGH SCHOOL
5K-12 NOON / MEGHAN'S MILE-11:30AM

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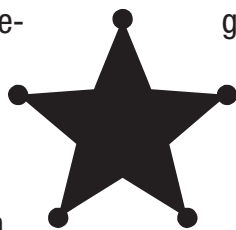
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MARATHON TRAINING

FULL AND HALF

The Hudson Mohawk Road Runners Club, in conjunction with the Mohawk Hudson River Marathon and Half Marathon, will offer a training program designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances OR for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins in May and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 13, 2013. Group training takes place twice weekly in the Capital District.



Training program members will receive a training schedule, weekly training sessions, a training shirt, gels and water at group runs, training clinics and guaranteed paid entry into the 2013 Mohawk Hudson River Marathon or Half Marathon. The cost is \$125 for the five-month marathon training program and \$100 for the five-month half marathon training program. A limited number of slots are available.

Registration begins on March 1, 2013. Training begins in early May. For more information, contact racedirector@mohawkhudsonmarathon.com.

REGISTRATION MARCH 1, 2013



Psychological Strength

Psychological strength comes from psychological security. There is talk all the time about the "home court advantage" being such a performance aid in sport – but what exactly does that all mean?

The home court advantage or any familiar venue offers the athlete a sense of security because they "know," in many respects, what is going to happen. The athlete may know the course, the track, the circles, wind patterns, travel times and even the location and state of the bathrooms. Absent are those nagging thoughts that leave the "What if..." questions awkwardly unanswered.

Creating a home court advantage for an unfamiliar environ is actually a collaborative effort on the part of the athlete and coach. Doing one's homework about a particular venue is a great place to start. Lighting, seating, healthcare support, registration check-ins, water fountain and bathroom locations all help relieve the stress anxiety of the unknown and allows one to focus on the task at hand – performance.

The development of a script, an ordered timeline or checklist detailing the day(s), can provide a road map of how a competition should unfold. In truth it only happens "that way" in fairy tales, but if the athlete has been nurtured to develop problem solving skills as part of the plan any unexpected turn can actually be part of the plan, and successfully dealt with.

Things one might consider in a script include travel times, meal times, the warm-up routine, clothing choices, dressing rituals, good luck charms, short prayers or inspirational thoughts, all practiced and re-practiced to create an ordered to-do list that gets done in an orderly manner.

Even one's nervousness can be managed. No longer do the jitters need to be seen as a loss of control, but rather as the body's preparation to respond to the challenge of competition with a superlative effort. Thought of another way – the butterflies are flying in formation.

The coach-athlete collaborative effort shifts roles for the youngster and Olympian. The newbie may thrive with direction and encouragement, while the Olympian may only feel nagged. Its different strokes for different folks. Recognizing how much "hands on" is necessary is one of the arts of coaching.

Scripts can also be practiced at practice. Posted workouts, completed daily create an inventory of success. This can prove to be a powerful reality if and when the moment of crisis and doubt occurs so that you, the coach, can say with all sincerity, "You have successfully completed everything I have ever asked you to do in preparation for this moment. We have only prepared to succeed. Give yourself that chance." And if they will, they will.

Checklist for Psychological Strength

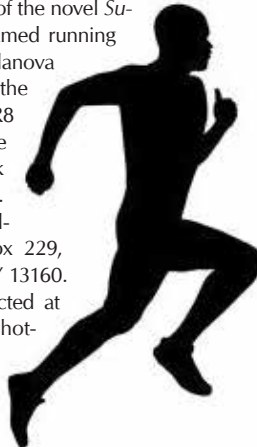
- Know competition venue
- Create a script
- Focus on the "here and now"
- Use process thinking
- Let nervousness heighten awareness

As one moves up the ladder of success, the athlete-coach relationship dynamic flips from one among many to many supporting one. By no means should this lessen the contribution of the eyes, ears and observations of the coach, that when integrated with the other supporting cast can create a synergistic effort. But without coordination of the contributing parts one has a choir of chaos.

This collaboration needs to be seen as a process with an open communication channel with clear responsibilities for both sides. This promotes process thinking, focusing on things one has practiced and over which one has control. Unwanted is a shift to outcome thinking, focusing on things one cannot control (the weather, the competition, winning and losing) with a drift from the here and now of the script to a fuzzy future.

The excitement of competition can be dulled by the distraction of uncontrolled nervousness. Psychological strength in many ways is the result of the learning and decisions of a career, even a lifetime. Scripting, problem solving skills and a focused environment that nurtures success help minimize uncertainty allowing one to perform at the level of one's potential.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for US-ATF. He is author of the novel *Supernova* on the famed running program at Villanova University and the High Peaks STR8 Maps trail guide to the Adirondack 46 High Peaks. Copies are available from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com. □



Winter Series Awards 2012-2013

Tom Adams
Joe Benny
Doug Bowden
Jack Berkery
Michael Bromm
Joan Celentano
Donna Choiniere
James Christian
Sheila Conant
Steve Conant
Maureen Cox
Dave Cole
Cheryl DeBraccio
Brian DeBraccio
Sally Drake
Daniel Doak
Karen Dott
Diane Fisher
Sharon Fellner
Colleen Fleshman
Paul Forbes
Danielle Giulian
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Mike Giulian
Jonathon Golden
Lee Hilt
Stacey Kelly
Kim Law
Ray Lee
Michael Lee
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Ryan Nix
John Parisella
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Mary Roberts
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Rick Morgan
Ed Neiles
Gavin Richards
Ken Skinner
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Mark Warner
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Upcoming Events



Want to stay fit this spring and have fun too?

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

April 6, 2013: ARE's 11th Annual Dodge the Deer 5k and Kids Races Schodack Island State Park, Castleton, NY

A true family event! From the Bully the Bear Kids Dash to the Chase the Chipmunk Mile Fun Run, and, of course, the Dodge the Deer 5k, this event is a true celebration of the kid in all of us! Join ARE, Bully, Chase, and Dodge, and hundreds of runners at this fast and non-technical trail race. With a full cook-out for all, tasty awards in 5 year age groups up to 80+, and the coveted Mr. & Mrs. Dodge Award, there's something for everyone!



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

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



Cost is from \$260 to \$380 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 1 to June 3)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the fifth year of the series, which features a 3 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The series is free and features cook-outs every few weeks!

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

The Albany Running Exchange held over **2,000** organized group runs in 2012. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

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



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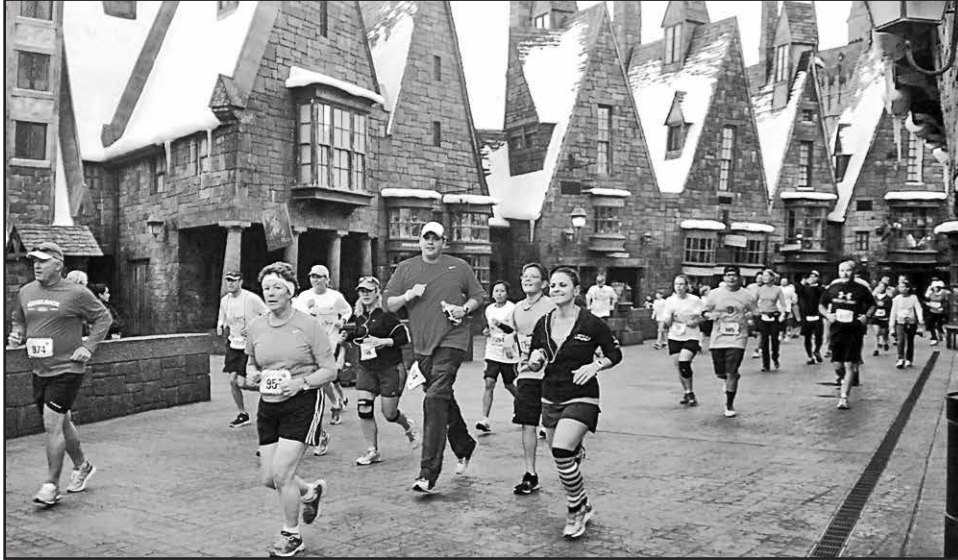
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The 32nd Annual Dick Batchelor Run for the Children

by Bob Kopac



This past January my spouse Lynne and I left the New York cold for sunny Orlando and a theme park race with our Florida friends Al and Laura Grigull, the former co-directors of the Rhinebeck, NY Mad Dash. It is not the theme park race where you mortgage your house for the entry fee and where you spend much of your time running on service roads. Instead, it is the Dick Batchelor Run for the Children 5K hosted by Universal Orlando Resort.

The event is a fundraiser for the Howard Phillips Center for Children & Families, part of the Arnold Palmer Hospital for Children. According to the race literature, "Proceeds from the run help support child abuse prevention and treatment, early intervention services for children with development delays and free healthcare for uninsured teens." The pre-race fee of \$24 includes a T-shirt, making it an excellent value for a race where the proceeds go to a great cause (\$27 day-of-race, T-shirt not guaranteed). If you wish, you can raise additional money for the Center, and you can create a team. There also is a Kids' Fun Run after the 5K that is free for all kids.

The 5K is a "fun run"; that is, only the top 10 male and top 10 female runners and the top male and female race walkers have their times recorded and receive awards. The race officials do not record any other times, but they do provide a finish line clock.

Parking is free, and the race starts at 7:15 AM at sunrise. This year there were about 2,200 entrants, a manageable number. However, I was surprised how many 7-minute-a-mile walkers there were. Although the race announcer asked walkers not to start at the front, many walkers lined up near the starting

line, slowing down the runners behind them. I suggest that officials have another sign behind the 10+-minute-a-mile sign that says "Walkers". The race announcer could cheerfully ask before the race, "How many walkers do we have? Please raise your hands!" When walkers proudly raise their hands, wrangler volunteers then could escort these walkers using cattle prods to the correct area. Note that all strollers and baby joggers start behind the runners and walkers and thus are not a problem for runners.

The course winds past movie exhibits at Universal Studios Resort and past the attractions of Islands of Adventure before finishing

at the shops and night clubs of Universal CityWalk. There are no boring spots on the course. Period. As soon as you leave one attraction, you immediately encounter another colorful attraction – a sensory delight that almost made me forget I was running a race. The course passes the brightly colored buildings around The Amazing Adventures of Spiderman attraction, past Betty Boop and the Comic Strip Cafe and through Jurassic Park.

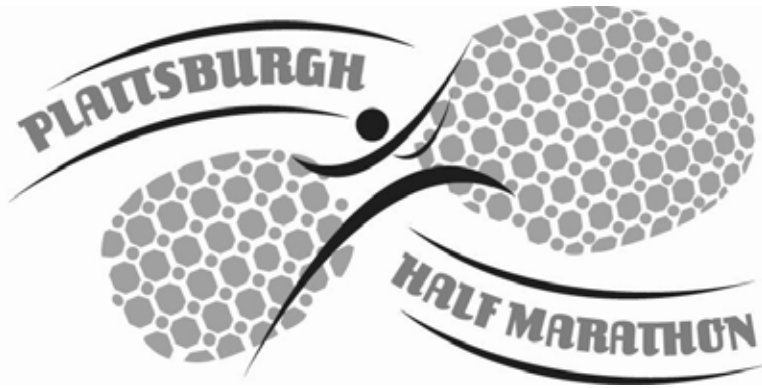
The race then enters Hogsmeade Village and the "snow-covered" buildings of the Harry Potter exhibit. This was a favorite of many runners including those wearing red-and-gold Gryffindor outfits. There also were Universal employees dressed in green-and-silver Slytherin robes – it is always fun to be one of the bad guys. There were other costumed-themed runners: a couple ran in matching Superman and Supergirl costumes, and one runner wore a green Hulk costume and mask while running with his small son who was dressed as Spiderman. Many runners wore small butterfly wings, the symbol of this run.

After Hogsmeade Village, the next attraction on the course is Seuss Landing. The runners pass the multi-colored Caro-Seuss-El carousel and then the Simpsons' Krustyland. I did not see any runners dressed as Krusty the Clown, in case you want to be unique in next year's race.

I could not believe the 5K was over as I finished at the Hard Rock Cafe in Universal CityWalk, located outside the theme park. I was so psyched by the course, I wanted to run it again, perhaps in reverse, but there are course officials positioned to prevent such over-exuberance, and also to prevent anyone from re-entering the park and hiding until the park opens -- not that I would do such a thing, of course. But I was tempted.

The Dick Batchelor Run for the Children race was the most enjoyable 5K that I have ever run. I highly recommend this race for anyone who wants a destination race that is visually stunning and never boring. For northern runners, it is the perfect antidote for a cold winter. □





AND Half Marathon RELAY!

www.plattsburghhalfmarathon.com

**Sunday April 21, 2013
8am**

**Race begins at the City Recreation Center
52 US Oval, Plattsburgh, NY**

Registration is available to the first 1000 entrants and can be done online at www.plattsburghhalfmarathon.com beginning December 1st. All runners receive t-shirts and finisher medals. Awards will be given out to the top three over all finishers for men and women, as well as the top male and female finishers (no duplicates) for the following age groups: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

Proceeds to benefit Team Fox for Parkinson's Research.

SPONSORS WANTED!

We are currently seeking sponsors and donations. Don't miss the chance to be seen at this race! For more info please contact us at plattsburghhalfmarathon@gmail.com



Book Review:

Running for the Hansons

by Mike Roda

Someone who has trained for and run a marathon would have to like a book that features this in its appendix: "Emil Zatopek revolutionized the way people thought about distance running by a) running high mileage and b) backing that high mileage with high intensity. He did single workouts in excess of 20 miles, such as 2 sets of 50 by 400 meters daily...for consecutive days! Jim Ryun and Gerry Lindgren both ran over 100 miles per week in high school. Lindgren claimed that he hit over 300 miles per week several times later, and Ryun repeatedly ran workouts like 40 by 400 meters," and: "Alberto Salazar once told me that to improve I must be willing to train, "haaaaaard," and "really hurt" ... the fiery look in his eye conveyed his message of masochism." Sage Canady's *Running for the Hansons* is different from usual running books. It is more original, entertaining, and readable than many conventional and often misguided instructional/training books. Canady, an elite marathoner and current ultrarunner, writer, and coach, was a member of the Hansons-Brooks Distance Project from 2009-2011. The culmination of his tenure there was a 2:16 marathon at San Diego's Rock and Roll Marathon. His story is both a history of the now famous marathon training group based in Rochester Hills, Michigan and his own personal experiences as an athlete in the program. The book includes his specific training/racing plans and the life and rituals inside the program. Additionally, it also includes an excellent appendix made up of four parts – training advice for developing runners, Drew Polley's complete 2010 Boston training log, Training Manifesto, and the bibliography. Many will notice the thorough research from some of his references alone: Interview with Renato Canova, *Better Training for Distance Runners* by Peter Coe, and *Daniels' Running Formula* by Jack Daniels.

The Hansons-Brooks Distance Project directed by two brothers, Keith and Kevin Hanson, now features a men's and women's team, a sponsorship from Brooks, and national recognition due in large part to the major accomplishments of Olympians and Hansons runners Brian Sell and Desiree Davila. In 1999 (the project's first year) the project began as the Hansons Running Shop team. From the outset, the Hanson brothers sought to revive American distance running. The idea was to give highly competitive post-collegiate athletes funding, housing, health insurance, and coaching. Members of the project also worked part time at the Hanson' running shops. Prior to the creation of the training group, the brothers were running store owners, serious local runners, and race directors in the Detroit area. In 2003, following early success Brooks offered the project sponsorship and word of the group spread.

The project has grown over the years and

has notably turned good athletes into exceptional athletes. The running community has publicized Sell and Davila along with Chad Johnson, Nick Arciniaga, and Mike Morgan. The project has been covered in the *New York Times*, *Runners World*, and *Running Times*, and is constantly talked about and imitated in the running world. Part of the interest of Canady's book is its insider perspective. It is difficult to get the sense of the level of freakish commitment required by this kind of training from a magazine article. It is like the difference between seeing the exterior of a house and casually glancing inside through the windows versus actually walking through the various rooms, upstairs, and downstairs. Canady's account begins with his entry in the 2010 Boston Marathon and then moves back to his entry in the 2007 US Olympic marathon trials. At the 2007 marathon trials, the Hansons placed five runners in the top 20. That was also the race that gave them their first Olympian, Brian Sell. Afterwards, Canady became interested in joining the project. Upon graduation from Cornell University, he signed on in 2009. From this point Canady provides a hyper detailed account of his day to day experiences as a Hansons athlete. There is mention of the guilt associated with eating at Taco Bell and drinking a single beer. There is talk of morning blizzards and freezing cold. There is story after story after story of Sell's insane focus through all of his 160 mile weeks. There is talk of VO2 max and iron levels (runners love this kind of stuff). There is the notion that these athletes are tempted not by prospects of glory and recognition, but by hard work and pain. And then there is ultimately Canady's questioning of his endeavor: is this all really worth this much trouble? Although the book at times reads like a journal, this informal style works well. He takes readers through all the tedious early morning runs and all the Hansons hyper-competitive, hyper-precise rituals while mixing in interviews with his teammates. It will remind readers of *Sub 4:00* and *Running with the Buffaloes* by Chris Lear. Canady writes about dieting in detail (he was counting his calories and keeping a food journal), early morning runs in extreme weather, life among the runners, work at the Hansons stores, the obsessive state of mind required for elite athletics, and the constant tension between the hermetic world of Olympic hopefuls and the "real world." Chapters in the book feature intriguing titles like "first workout", "living the dream", "perks of the program", and "where'd my brain go?"

What will strike the reader is his honesty; he focuses on the negative and positive sides of the program. Canady quotes runner Clint Veran:

"We'd have these team meetings...almost weekly...if things weren't going right, Kevin or Keith would say something like: If you agree

that 99% of the stuff we do is great, then you can just leave!" and "It was a do or die attitude on the team...It was more cut throat."

Readers quickly realize that pursuing running goals at a high level is a ritual that requires pain, desire, and self-sacrifice. Early on he mentions the warnings he received:

"I had been warned by several of the ex-Hansons runners I had met over the years that I shouldn't join for various reasons."

And from Veran's comments it is easy to notice the rewards:

"In 2001 I ran the US marathon champs in NYC...I finished 2nd and had a big payday. The down payment on my current house was part of that 12 grand in winnings that day ... I got all my track PRs that year...I came off a 160 mile week and hit the indoor track at Michigan...we added to what the Hansons told us to do... if it said 6 mile easy afternoon dabble, we'd do 12."

Running for the Hansons will be an excellent addition to running libraries and bookstores, especially now when there are so many unhelpful and unreadable books on the sport. Even a non-runner would appreciate, learn from, and at times be in awe of this story. Anyone who has trained for a marathon would like to read this book (if not, you should). □



March 30, 2013 - Central Park, Schenectady - 9:30am



RUN 4 YOUR LIFE

Fundraiser to benefit the American Heart Association

Schenectady Firefighters' Fourth Annual

5K Run/Walk • Kids Fun Run (Free)

\$20 Early Registration

\$25 After March 10 up to race day

T-shirt for first 500 registrants

Awards given for top 3 overall male & female

5 Year Age groups

Team entries (fire, public safety and corporate)

www.schenectadyfirefightersrun4yourlife.com

You may register online at www.AREEP.com or fill out the form below and send it to

Schenectady FF Run 4 Your Life c/o AREEP, P.O. box 38195, Albany, NY 12203

Make checks payable to R4YL, Inc. Contact Brian Demarest for further details (518)365-3883 or sfddemdem232@yahoo.com

Organized by Health & Safety Committee of IAFF Local 28 and Schenectady Permanent Firemen's Association

YOUR NAME (Please print clearly)

TSHIRT SIZE (circle one) S M L XL XXL

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

AGE (day of race)

DATE OF BIRTH

SEX (circle one) M F

Which race will you be running?

☐ 5K RUN

☐ 5K Walk

☐ KIDS FUN RUN

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against the City of Schenectady, Schenectady Fire Department, IAFF Local 28, Schenectady Permanent Firemen's Association, American Heart Association and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good physical condition and have trained for this race. I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. WAIVER - Please sign below

SIGNATURE

DATE

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

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GATOR GALLOP 5K

SAGE COLLEGE (TROY CAMPUS)-APRIL 6, 2013- 9:00 AM

REPORT TO: Ferry Street Plaza. Ferry Street between 1st and 2nd Streets. The race will start and finish near this location. Bathrooms (no showers) will be available.

COURSE: Will comprise of two (2) loops and finishing at the Ferry Street Plaza. Course is walker friendly.

AWARDS: TOP MALE/TOP FEMALE

TOP THREE (3) IN THIRTY (30) AGE/GENDER DIVISIONS

ENTRY FEE: Postmarked by March 25: \$15.00. After March 25: \$20.00

REGISTRATION CLOSING AT 8:30 AM

Mail entries to Coach Jim Bowles: 140 New Scotland Ave, Albany, NY 12208

Make checks payable to Sage Cross Country. Email: coachjim222@yahoo.com

PLEASE PRINT: LAST NAME _____ FIRST _____
STREET ADDRESS _____ CITY/STATE _____ ZIP _____

GENDER (CIRCLE ONE) MALE/ FEMALE AGE _____ DIVISION (CIRCLE ONE) 0-14; 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; 80-84; 85+

TSHIRTS (1ST 200 ENTRIES) SM _____ MD _____ LG _____ XL _____

I KNOW THAT RUNNING A ROAD RACE IS POTENTIALLY A HAZARDOUS ACTIVITY. I ATTEST THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO COMPETE IN THIS EVENT. I AGREE TO ABIDE BY ANY DECISION OF ANY RACE OFFICIAL, RELATIVE TO MY ABILITY TO COMPETE. I ASSUME ALL RISK ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO, FALLS, CONTACT WITH OTHER PARTICIPANTS, SPECTATORS AND OTHERS, THE EFFECT OF THE WEATHER, TRAFFIC AND CONDITIONS OF THE COURSE, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THIS WAIVE AND KNOWING THESE FACTS, AND IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS APPLICATION, I FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE SAGE COLLEGE, USATF ADIRONDACK, CITY OF TROY, AND ITS AGENCIES AND DEPARTMENTS AND ALL SPONSORS, AND THEIR REPRESENTATIVES AND SUCCESSORS, FROM PRESENT AND FUTURE CLAIMS AND LIABILITIES OF ANY KIND, KNOWN OR UNKNOWN, ARISING OUT OF MY PARTICIPATION IN THIS EVENT OR RELATED ACTIVITIES, EVEN THOUGH SUCH CLAIM OR LIABILITY MAY ARISE OUT OF NEGLIGENCE OR FAULT ON THE PART OF ANY OF THE FOREGOING PERSONS OR ENTITIES.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT IF UNDER 18 _____

Lady Runners Without Monthly Menses: A Cause for Concern

Hey ladies, has your monthly "visitor" stopped coming? Some female runners feel relieved when they no longer get a monthly menstrual period. (Yes! More freedom, less discomfort, no more cramps.) They may believe having no period is a sign they are training hard, like a "real runner." Others believe they have stopped menstruating because they are exercising too much or have too little body fat. Not the case. Many very lean runners who train hard have regular menses.

Absence of periods (called amenorrhea) can be linked to serious health problems, including loss of calcium from the bones, almost a three times higher incidence of stress fractures today and long-term problems with osteoporosis in the not-too-distant future. If you should want to start a family, amenorrhea interferes with the ability to conceive easily, and can also contribute to future problems with infertility (even though normal menses may have returned).

Amenorrhea is not sport-specific. Sports that emphasize lightness (running, ballet) have the highest prevalence. Up to 44% of these athletes may experience amenorrhea (as compared to 2% to 5% of women in the general population). The question arises: among a team of female runners, why do some of the women experience menstrual problems and others don't? The answer may relate to nutrition. Woman with amenorrhea commonly under-eat. Their bodies have inadequate fuel to support the menstrual process, to say nothing of nurture a baby. Under famine-like conditions, menstruation can stop to conserve energy.

If you among the estimated 20% of active women who have missed three or more consecutive menstrual periods and are experiencing amenorrhea, please stop rejoicing and go see your gynecologist. Amenorrhea is abnormal. It can be a red flag for body image problems (i.e., claiming to feel fat even when emaciated), an intense fear of gaining weight or becoming fat, and restrictive eating. Amenorrhea is part of The Female Athlete Triad, along with low bone mineral density/stress fractures, and restrictive eating patterns/eating disorders. Amenorrhea can create undesired health issues.

Resolving the problem

If you no longer get regular menstrual periods and feel as though you are struggling to balance food and exercise, please get a nutrition check-up with a sports dietitian as well as a medical check-up with your doctor or gynecologist. To find a sports dietitian in your area, use the Academy of Nutrition and Dietetics referral networks at www.SCANDpg.org or

www.eatright.org. The most important change required to resume menses includes matching your energy intake with your energy output, so you eat enough to support both running and normal body functions. Historically, doctors gave the birth control pill to women with amenorrhea; this forced menstrual bleeding. But taking the birth control pill is a "Band-Aid approach" and does not resolve the underlying problem.

You are likely eating too few calories if you are hungry all the time and think about food too much. You can achieve energy balance by running a little less (add a rest day) and by eating a little more (add a healthy snack or two). Your goal is to consume about 15 calories per pound of body weight that you do not burn off with exercise. That means, if you weigh 100 pounds, you may need to eat ~1,500 calories to maintain your weight PLUS another 500 to 800 calories to replace the fuel you burned while training. That totals 2,000-2,300 calories for the entire day, a scary amount of food for some women.

Tips for resolving the issue

If eating this much sounds overwhelming to you, the following tips may help you get "back on the healthy track."

1. Take a vacation from dieting.

If you cannot let go of your compulsion to lose weight, at least be less restrictive. Cut back on your eating by only 100 to 200 calories at the end of the day, not by 500 to 1,000 calories during the active part of your day. Small deficits can result in losing excess body fat and are far more sustainable than the food chaos that accompanies starving-stuffing patterns.

2. Throw away the bathroom scale.

Rather than striving for a certain number on the scale, let your body achieve a natural weight that is in keeping with your genetics.

3. Eat adequate protein.

When you under-eat, your body burns protein for energy. Some of the protein comes from your diet; for example, the protein in your omelet gets used for fuel instead of building and repairing muscle. Some of the protein comes from your muscles, hence, you experience muscle wasting and can lead to weaker bones and stress fractures. A 120-pound athlete should target 60 to 90 g protein per day. If you think your diet might be low in protein, track your food intake at www.supertracker.usda.gov.

4. Eat a calcium-rich food at each meal to help



maintain bone density.

Exercise alone is not enough to keep bones strong. Enjoy milk on cereal, low fat cheese on a lunchtime sandwich, a decaf latte in the afternoon, and a yogurt after dinner.

5. Get adequate vitamin D, to help with calcium absorption and bone health.

Sunlight on the skin helps make vitamin D. If you are an "indoor athlete" (gym rat, ballet dancer, figure skater) who gets little sunshine, be sure to choose foods fortified with D (milk, some breakfast cereals), fatty fish like salmon, eggs, and mushrooms. In the winter months, you may need to take a vitamin supplement.

6. Eat at least 20% of your calories from (healthful) fat.

While excess calories from fat are easily fattening, a little fat at each meal (15 to 20 g fat per meal, or 45 to 60 g fat per day) is an important part of a sports diet. You won't "get fat" by eating fat. Your body uses fat to absorb vitamins A, D, E, and K; these vitamins are important for good health. To boost your intake of healthy fats, sprinkle slivered almonds on cereal, snack on a banana spread with peanut butter, enjoy salmon for dinner, drizzle olive oil on steamed veggies, and add avocado to your turkey sandwich.

Is there long-term damage?

Loss of bone density can be irreversible and lead to early osteoporosis. The younger you are, the better your chances of recovery. My advice: nip this problem in the bud now!

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, read her *Sports Nutrition Guidebook* and food guides for marathoners, new runners, soccer players, and cyclists. The books are available at www.nancyclarkrd.com. Also see www.sportsnutritionworkshop.com for online CEUs. □

New HMRRC Members



Arnon Adler
Stephen Agan
Aidan Alaxanian
Connor Alaxanian
Paige Alaxanian
Sandra Alaxanian
Scott Alaxanian
Theresa Anzelc
Paul Bennett
Selah Binsfeld
Christina Bondmoro
Barbara Bradley
James Brooks
Michael Bruhn
Kaitlyn Burke
Julie Bushart
Julie Bushart
James Christian
Beth Coco
Frank Coco
Joanie Colarusso
Maryann DeSacia
Robert Faulds
Cheryl Feder
Lawrence Felton
Kristie Furman
Carol Gerrish
Mike Gerrish
John Guastella
Allison Gubala
Peter Guzzo
Daniel Hart
Amy Hebbard
Jef Hetrick
Zachary Hill

Lynda Holt
Shig Hosoyama
Ashley Hughes
Theresa Hughes
Jennifer Hummer
Laura Iannelli
Mark Irvine
Brett Johnson
Keith Johnson
Melissa Kaszuba
Christopher Kennedy
Rita King
Richard Laliberte
Erin Lane
Renee Lane
Debbie Lilley
Molly Lindley
Joseph Liotta
Anthony Lupo
Mark MacDougall
Brien maney
Kelly Maney
Brad McGuire
Karen McKenna
Jim McMorris
Andrea Mitola
Jennifer Morwin
Patrick Murphy
Melanie Nedeau
Susan Niefeld
Fiona Nugent
Julia Nugent
Timothy O'Connell

Amy O'Connor
Josh O'Neil
Mary Panzetta
Hannah Patzwahl
Scott Patzwahl
Thomas Paul
Debra Pelletier
Shamcia Razai
Jennifer Razzano
Lizzie Redkey
Ann Riker
Anna Roberts
Kristen Roberts
Regan Roberts
Ronald Rodriguez
Kristy Rosa
Doris (Dee) Rowland
Bernice Ruzzo
Frank Scalzo
Lisa Scalzo
Todd Schafer
Maggie Schmonsky
David Sherwood
Deborah Shoemaker
Thomas Sisson
Ross Snyder
Jill Spano
Chloe Stevens
Rory Swaine
Ben Syden
Michael Tobin
Cate Tully
Anne Tyrrell
Jacquelyn Valente
Brian Yates

Meeting Minutes of the HMRRC General Meeting January 13, 2013

Attendance: Barb Light, Chuck Terry, Ray Lee, Jon Rocco, Doug Bowden, Jonathan Golden, Diane Fisher, Jim Tierney, Tom Ryan, Tom & Marcia Adams, Mark Warner, Ken Skinner, Rob Moore

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

1. Reading and approval of December 12, 2012 minutes (B. Light). Motion made by Rob Moore to approve minutes, seconded by Ray Lee. Motion passed.

2. Reports of Officers

2.1 President (J. Rocco):

- Grand Prix Automated Scoring Committee Update: Jon selected 3 people so far, maybe 4. Will meet in February so we will hold off on the discussion of that until after they meet.

- Pace Setter Managing Editor(s) Update: Kristina & Dan Gracey new Editor and Robin Nagencast will be advertising director.

- Race Committee Chair Vacancy Update: Sent email blast out and posted on website. Received interest from someone to take over the Delmar Dash Race. Aaron Knobloch and his wife, Diana will be the new Race Directors. Thank you Aaron and Diana! Ed Neiles sent out a note that a long time club member Otto Gerstenberger passed away January 4th. He and his wife Nancy began running together in 1977 and competed in many local 5K, 10K, and 15K road races. In 1990 they ran the Hudson Mohawk Marathon together at the age of 60. Our deepest condolences to the family.

2.2 Executive Vice President (M. Cox): No report.

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

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 2985 up 44 from last month. 270 more than this time last year. Facebook fans at 1243 and 65 followers on Twitter.

3.2 Volunteers (M. Adams): Diane is working on the volunteer database and will have some draft form by this weekend. Hopefully have something to release next month.

3.3 Public Relations (R. Moore): Sent press releases about Winter Series and Winter Marathon. March 9-10 Summer Expo at Saratoga Civic Center. Expo runs from 10AM-4PM both days. Rob will be there both days and will be looking for volunteers. If you can volunteer for this please let Rob know. Rob will be continuing with shirt/sneaker drive at Friehofer Run for Women, Mohawk Hudson Marathon and Stockadeathon, Run for the Cure and Hairy Gorilla. Took brochures to Eastern Mountain Sports and Fleet Feet.

3.4 Race Committee (M. Warner): Statistics on Winter Series Races this year. We are slightly behind from last year, but still on track to do just as well as last year. Meghan Mortensen will be Co-Race Director for Winter Series #3. Mark thanked Tom & Marcia for all their work for the past years race directors of Delmar Dash. Workforce Team Challenge contract has been signed with CDPHP. They are on board for 3 more years. Still looking for

coordinators Plaza Coordinator, Awards and Volunteer Coordinator so Mark will be sending out an email blast this week. Vince will provide summary on Stockadeathon in February.

3.5 Race Committee Treasurer (J. Golden): See attached reports. CDPHP Workforce Team Challenge had a Net profit \$96175.27. Still waiting on SEFCU and Tawasentha. Jon will talk to John Parisella and John Kinnicutt. These reports need to be resolved.

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): Received 5 grant applications and will be distributed to this committee this week. Two of the applications were for Youth Grants. They failed the all runners guidelines and referred to Ken Skinner. One was from Parsons a "seriously at risk program". Ray would like to support this program but not sure if grant program is the ideal way. One way is to have a Special Grant, which we did a couple of years ago. Ken Skinner said he could talk to Parsons about Just Run Program to see if they would fit in the Just Run Program.

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

3.11 Just Run Program (K. Skinner): Ken is contacting new schools who have expressed an interest in joining Just Run. May have 20 schools this year. Reaching out to Middleburgh School and he will be in touch with Athletic Director to see if they are interested. Also suggested Cobleskill School. Cobleskill is combined with Richmondville. Also reaching out to a school in Troy to see if interested. All of the schools who have been in it will be participating again.

4 Unfinished Business: None

5 New Business: None.

6 Announcements:

- February refreshments - Ray Lee

7 Adjourn: Motion made by Marcia Adams to adjourn, seconded by Jonathan Golden. Meeting adjourned at 8:15PM.



Volunteers Needed!



*We need help at each event!
If you are not running, please
consider signing up today!*

Volunteers needed for:

25th Delmar Dash 5M
April 14, 2013

**33rd Annual Bill
Robinson Masters 10K**
April 20, 2013

**If interested, contact
Marcia Adams,
Volunteer Coordinator,
at 356-2551 or
madams01@nycap.rr.com**

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Sunday, October 13 2013 | 8:30 AM
POINT-TO-POINT COURSE FINISHING IN ALBANY, NY

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- TWO-THIRDS OF THE COURSE ON PAVED BIKE-HIKE TRAILS
- PACE TEAMS IN THE MARATHON
- USATF ADIRONDACK TEAM COMPETITION IN THE MARATHON
- WALKERS DIVISION IN THE HALF MARATHON

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CLUB RUNNING APPAREL

Circle size and color where applicable

Dryline Zip Shirt, black, Male S,M,L; Female L,XL

Insport Tights, black, Male, S; Female S,L

Knit Hat, navy, black, light blue

Thermax Gloves, black

Warm-Ups, black and gray jacket and pants, Male S,M,L

Long Sleeve Coolmax Shirts:

Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL

Mock Turtleneck, club logo on chest, Unisex black M,L,XL

Coolmax Singlets:

White with royal blue side panels, Female M,L - CLEARANCE

White with royal blue side panels, Male S,M,L,XL

Short Sleeve Coolmax Shirts:

Hind with reflective stripes, Male, mustard S,XL, grey S; blue M,L,XL

Female V-neck, lemon, purple, S,M,L,XL; red S,M,L

Shorts with white club logo

Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

Split-cut, 1" inseam, M,L - CLEARANCE

Split-cut Long Distance, 1" inseam, back mesh pockets, blue, L - CLEARANCE

V-Notch, 3" inseam, S,XL - CLEARANCE

V-Notch Long Distance, 3" inseam, back mesh pockets, L - CLEARANCE

Easy, 4" inseam, S,M,L - CLEARANCE

Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL

Male Race Ready Shorts, all are royal blue except where noted

Split-cut, 1" inseam, S,M,XL royal

V-Notch, 3" inseam, S,M,XL royal; L black

V-Notch Long Distance, 3" inseam, back mesh pockets, M,L, XL

Easy, 4" inseam, S,M,XL

Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL

Sixers, black, 6" inseam, back mesh pockets, S

Running Cap, embroidered logo, white, white/royal

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

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Grand Prix Update

Race #2 Winter Series #5 10 Miles, February 3, 2013

Men

Male Open

12 Kevin Treadway
 10 Tom O'Grady
 8 Nick Webster
 7 Pat Cullen
 6 Brad Lewis
 5 Andrew McCarthy
 4 Bret LaFave

Male 30-39

12 Chuck Terry
 10 Eamon Dempsey
 8 Shawn DeCenzo
 7 Gaven Richard
 6 Joe Sullivan
 5 David Newman
 4 Matthew Lindow

Male 40-49

12 Tim Hoff
 10 Tom Kracker
 8 Christain Leitzau
 7 Andy Reed
 6 Brian Borden
 5 Richard Hamlin
 4 Mark Stephenson

Male 50-59

12 John Noonan
 10 Doug Campbell
 8 Ken Evans
 7 David Roy
 6 Rick Munson
 5 Mark Nunez
 4 Richard Clark

Male 60-69

12 Lee Pollock
 10 Juergen Reher
 8 Tom McGuire
 7 Frank Broderick
 6 Steve George
 5 Bob Ellison
 4 John Stockwell

Male 70+

12 Ed Bown
 10 Wade Stockman
 8 Ray Lee

Women

Female Open

12 Liz Chauhan
 10 Valerie Belding
 8 Kim Maguire
 7 Molly Casey
 6 Jen Masa
 5 Courtney Hill

4 Erika Hebert

Female 30-39

12 Kristina Gracey
 10 Erin Corcoran
 8 Crystal Perno
 7 Nikki O'Meara
 6 Sally Drake
 5 Jessica Chapman
 4 Allison Bradley

Female 40-49

12 Emily Bryans
 10 Chris Varley
 8 Cheryl DeBraccio
 7 Connie Smith
 6 Martha Gohlke
 5 Andrea Robinson
 4 Michelle Rocklein

Female 50-59

12 Jenny Lee
 10 Susan Burns
 8 Aileen Muller
 7 Kathleen Goldberg
 6 Mary Signorelli
 5 Sharon Fellner

Female 60-69

12 Karen Spinozzi
 10 Martha DeGrazia
 8 Katherine Ambrosio

Female 70+

12 Anny Stockman

Age Graded

Runner	Age	G
12 Kevin Treadway	24	M
10 Tom O'Grady	27	M
8 John Noonan	53	M
7 Emily Bryans	45	F
6 Lee Pollack	60	M
5 David Roy	57	M
4 Anny Stockman	80	F

Totals After 2 Races

Men

Male Open

22 Tom O'Grady
 22 Kevin Treadway
 8 Richard Missineo
 15 Nick Webster
 6 Erik Carman
 5 Paul Cox
 4 Griffin Keegan

Male 30-39

24 Chuck Terry
 10 Eamon Dempsey
 10 Chris Judd
 9 Joe Sullivan

8 Shawn DeCenzo
 8 Jake Stookey
 7 Joe Hayter
 7 Gaven Richard
 6 Jim Sweeney
 5 Jim Eaton
 5 David Newman
 4 Aaron Knobloch
 4 Matthew Lindow

Male 40-49

20 Tim Hoff
 12 Jon Rocco
 11 Andy Reed
 10 Volker Burkowski
 10 Tom Kracker
 9 Brian Borden
 8 Christain Leitzau
 7 Kevin Creagan
 6 Steve Becker
 5 Richard Hamlin
 5 John Stadlander
 4 Mark Stephenson

Male 50-59

16 Ken Evans
 16 Rick Munson
 12 Johan Bosman
 12 John Noonan
 10 Doug Campbell
 10 Richard Clark
 7 Patrick Culligan
 7 David Roy
 5 Mark Nunez
 5 Bart Trudeau
 4 Russ Hoyer
 4 Christopher Kunkel

Male 60-69

12 Ken Klapp
 12 Lee Pollock
 10 Frank Broderick
 10 Kevin Donohue
 10 Paul Forbes
 10 Steve George
 10 Juergen Reher
 10 John Stockwell
 8 Tom McGuire
 7 Rich Tanchyk
 5 Pete Cowie
 5 Bob Ellison
 5 Tim Fisher

Male 70+

24 Ed Bown
 20 Wade Stockman
 16 Ray Lee

Women

Female Open

19 Liz Chauhan
 12 Meghan Mortensen
 10 Valerie Belding

10 Kristen Quaresimo
 8 Kim Maguire
 8 Irene Somerville
 7 Molly Casey
 7 Courtney Hill
 6 Amy Becker
 6 Jen Masa
 5 Andrea Stagg
 4 Leigh Ann Brash
 4 Erika Hebert

Female 30-39

24 Kristina Gracey
 16 Crystal Perno
 13 Nikki O'Meara
 10 Christine Ardito
 10 Erin Corcoran
 7 Shelly Binsfeld
 6 Sally Drake
 5 Jessica Chapman
 5 Kari Deer
 4 Allison Bradley
 4 Laura Zima

Female 40-49

20 Chris Varley
 12 Anne Benson
 12 Emily Bryans
 8 Cheryl DeBraccio
 8 Karen Dolge
 7 Judy Guzzo
 7 Connie Smith
 6 Christina Friedman
 6 Martha Gohlke
 5 Marcy Beard
 5 Andrea Robinson
 4 Michelle Rocklein
 4 Stacia Smith

Female 50-59

16 Jenny Lee
 13 Susan Burns
 12 Nancy Briskie
 10 Kim Law
 8 Denise Iannizzotho
 8 Aileen Muller
 7 Patty Ellis
 7 Kathleen Goldberg
 6 Nicolette Pohl
 6 Mary Signorelli
 5 Sharon Fellner
 5 Cathy Sliwinski

Female 60-69

24 Karen Spinozzi
 14 Katherine Ambrosio
 10 Martha DeGrazia
 10 Mary Collins Finn
 8 Susan Wong
 7 Judy Lynch

Female 70+

24 Anny Stockman

Continued next page

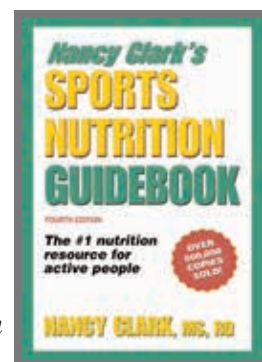
Age Graded

Runner	Age	G
17	Tom O'Grady	27 M
12	Nancy Briskie	55 F
12	Chuck Terry	30 M
12	Kevin Treadway	24 M
8	Johan Bosman	53 M
8	John Noonan	53 M
7	Emily Bryans	45 F
7	Tim Hoff	47 M
6	Lee Pollack	60 M
6	Jon Rocco	46 M
5	Kristina Gracey	30 F
5	David Roy	57 M
4	Anny Stockman	80 F
3	Ken Klapp	62 M
2	Richard Clark	58 M
1	Chris Judd	32 M
1	Christain Leitzau	49 M



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HMRRC EVENT SCHEDULE

Date	Time	Event	Location	Contact	Email
3/16	10:00 AM	1th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Letticia & Dave Ruderman	ROG4Race@aol.com
4/14	9:00 AM	25th Delmar Dash 5M	Bethlehem Middle School, Delmar	Aaron & Diana Knobloch	dianam.tobon@gmail.com
4/20	9:00 AM	33rd Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
5/12	9:30 AM	33rd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrrcmothersday@gmail.com
5/16	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	TBD	TBD
6/9	9:00 AM	42nd Distinguished Service Race 8 Mile [GP]	SUNY/Albany --- Day of Race Signup only!	Mark & Angela Warner	mwamer1@nycap.rr.com
6/11	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/15	9:00 AM	Tri-City Valley Cats Home Run 5K	HVCC Campus Joe Bruno Stadium	John Halen, Megan Leitzinger	j.haley36@yahoo.com
6/18	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
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
7/9	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
7/16	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	Barbara Bradley & Tom McGuire	tomm4barbb@aol.com
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
7/30	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
8/6	6:00 PM	Colonie Summer Track†	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
8/12	6:30 PM	Tawasentha XC 5K #1†	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
8/19	6:30 PM	Tawasentha XC 5K [GP] #2†	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
8/26	6:30 PM	Tawasentha XC 5K #3†	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
9/2	9:00 AM	25th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
9/15	9:00 AM	42nd HMRRC Anniversary Run 2.8 & 5.6 Mile [5.6 GP]†	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
9/29	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
10/13	8:30 AM	30th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/13	8:30 AM	12th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com
11/10	9:00 AM	39th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/24	10:00 AM	HMRRC Turkey Raffal Run 1 Hour	Tawasentha Park -- Guilderland	Al Maikels	afmcpa1040@yahoo.com
12/8	10:00 AM	Winter Series Race #1: Doug Bowden 15K and 3M†	SUNY/Albany	Doug Bowden -- Ken Skinner	bowden@nycap.rr.com

† No Entry Fee for Members

Hudson Mohawk Road Runners Club

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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 ☐ _____

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For those who can afford it!

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

Mail applications to:

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P.O. BOX 12304, ALBANY, NY 12212

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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!*