

# ***The Pace Setter***

**October 2009**

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



**Tawasentha  
Race #2**

# 34th Annual Gazette STOCKADE-ATHON 15K



**Sunday, November 8 • 9:00 am**  
**Central Park, Schenectady, NY**

**HMRRC**



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Kaitlin O'Sullivan 55:51

Bill Borla (Age-Graded)

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**Questions: hamletbryans@nycap.rr.com**

**Editor:**

Kari Gathen (pacesetterarticles@verizon.net)

**Managing Editor:**

Robin Nagengast (pseditor123@gmail.com)

**Assistant Managing Editor:**

Marcia Adams

**Associate Editor:**

Bill Robinson

**Production Editors:**

Kathleen Bronson, Terri Commerford,  
Mike McLean

**Advertising/Business Directors:**

Jim Tierney (869-5597, runnerjmt@aol.com)  
Bob Knouse

**Photo Coordinator:**

Barbara Sorrell

**Photography Staff:**

Tom Adams, Debbie Beach, Phil Borgese,  
Nancy Briskie, Donna Davidson, Vince Juliano,  
Ray Lee, Bill Meehan, Gerri Moore,  
Paul Turner

**Proofreader:**

Daniele Cherniak

**Contributing Editors:**

Jim Moore

— **Grand Prix Update**

Al Maikels

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Dr. Russ Ebbetts

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Nancy Clark

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*Photos in this issue by Donna Davidson, Ray Lee and Gerri Moore*

## 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.

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MARK WARNER  
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CHARLES TERRY  
482-5572

Treasurer  
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265-2876

Secretary  
BARBARA LIGHT  
326-0313

Race Committee Treasurer  
PAM ZENTKO  
372-8275

### HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee  
ED GILLEN  
vcat47@aol.com

Race Committee  
NANCY BRISKIE, 355-3276  
CATHY SLIWINSKI, csliwinski@nycap.rr.com

Public Relations  
ROBERT MOORE  
377-1836 • rmoore4626@aol.com

HMRRRC Web Page  
ED NEILES  
482-9032

Digital Clock & Timer  
BILL MEEHAN  
456-4564

Volunteer Coordinator  
MARCIA ADAMS  
356-2551

**www.hmrrc.com**



*by Mike Kelly*

Happy Halloween! Well, not yet, but it's coming later this month. Isn't Halloween awesome? If you're a kid, you get all dressed up in a cool costume and walk around your neighborhood and people give you FREE candy. FREE! In a way Halloween kind of reminds me of the HMRRRC. Take a look at the getups being worn by runners in the next HMRRRC event you participate in. People get all dressed up in what is often freaky or harrowing running outfits including ultra bright shirts and shorts, socks pulled up to the kneecap and funky goggles. I wonder what the non-running community thinks of that much spandex or short shorts passing by. Hopefully good things, but probably not.

Following up on my call for volunteers in last month's column I have a couple important vacancies in the club to announce.

HMRRRC Marathon Director – Elaine Humphrey has been the race director for the HMRRRC's fall marathon for the last nine years. As race director, Elaine has headed up the tremendous challenge of pulling off this event. Under Elaine's leadership, race participation numbers have continued to rise over the past five years. The 2009 edition of this October's classic will be Elaine's last as race director of the HMRRRC marathon. Thank you Elaine - for your time, dedication and service to the club over the past decade.

Race Committee Chairperson - Nancy Briske, who has served at the Race Committee Chair over the past few years, is stepping down. Nancy's service to the club, including a stint as President, was formally recognized this year as she was the 2009 recipient of the Distinguished Service Award. Nancy has given much time and effort as Race Committee Chair and in numerous other roles she has filled over the years.

Father's Day 5k Director - Last month Kari Gathen profiled this year's tremendously successful Father's Day 5k. After leading the race to a new record level of participation of over 600 finishers, race director David Newman is moving on. The race will miss your guidance and leadership, David, but we thank you for raising the bar so high with all of your efforts.

Each of these club races is going to need new leadership and support from many club members. If you're interested in helping out in any way, big or small, please contact HMRRRC volunteer coordinator Marcia Adams at madams01@nycap.rr.com.

Next month – gobble, gobble!







# What's Happening in October

by Al Maikels

The October race schedule features three of the club's better races, and two of them are held on the same day. For a good long run, the Mohawk-Hudson River Marathon should fill the bill. Years ago, Paul Rosenberg envisioned a top quality club fall marathon and in 1983 he made it happen. Over the years, the course has changed a bit, primarily in the finish area, but the basic route is still the same. The race is set for Sunday, October 11 at 8:30 a.m. at Central Park in Schenectady and follows the bike path along the Mohawk River, through the Town of Colonie Park and into the City of Cohoes. After a short stretch of urban running, the course re-joins the bike path in Watervliet and offers some scenic views of the Hudson River. This race is a Grand Prix event and also serves as the USA Track and Field Adirondack Championship. If you are not ready for the marathon distance, you can opt for the 8th Annual Half-Marathon that has the same 8:30 a.m. start as the marathon, but starts at the Town of Colonie Park and follows the same course as the marathon. If you don't plan on running either race, look for the volunteer application in the September *Pace Setter* and lend a hand.

The other club race in October is a personal favorite as it embodies the spirit of an HMRR event. The Town of New Scotland 7.1 mile race is set for Sunday, October 4 at 10 a.m. at the Town Park on Swift Road. This race offers a fine view of the early fall foliage on the Helderberg Escarpment and has enough hills to let you know that you haven't just run another flat 5k.

There are numerous other local races in October with a wide range of distances to choose from. Fans of 5K races can choose the

Race for the Cure, with the men and women again running together this year. The race is set for 9 a.m. at Albany's Empire State Plaza on Saturday, October 3. Once again, this year the race will utilize the Freihofer's Run for Women championship course (the new 2006 route) and should prove to be quite popular. There is also a walk at 10 a.m. and all who attend this race are moved by the strong sense of community present at the race.

The Albany Running Exchange introduced a new event in 2005, the Hairy Gorilla Half-Marathon and Squirrelly 6 mile run. The original plans called for the race to be held over the trails of the Pine Bush preserve, but the pleasure police put a stop to that so the race was moved to Thacher Park. The races return to Thacher Park again this year with a 9:30 a.m. start on Sunday, October 25. Thacher Park is a great venue for a trail race and the weather in mid-fall is bound to be better than what we get in July when the Indian Ladder Trail Run is held.

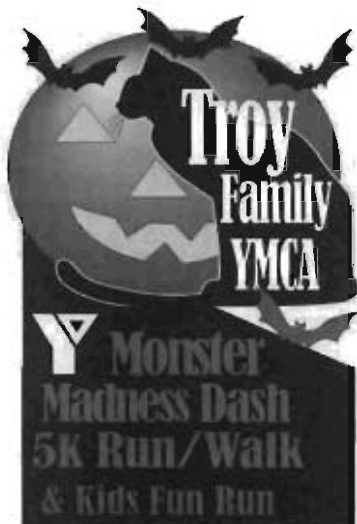
Saratoga is the setting for the Saratoga National Bank Cross Country Classic- USATF 5k Cross County Championship, set for Sunday, October 18 at 10 a.m. at the Saratoga State Park. Another Saratoga favorite is the 5th Annual Run for the ROC, set for Sunday, October 4 at 11 a.m. at the Saratoga Race Course. Fans of a slightly longer race option will like the 9th Annual Great Pumpkin Challenge 5k and 10k Run, set for Saturday, October 24 at the Columbia Pavilion at the Saratoga State Park with both races set to go off at 9:30 a.m.

October is the final month for the term of club president Mike Kelly. Mike's final meeting will be held on Wednesday the 14th at 7:30 p.m. at the Point of Woods clubhouse. □



# Capital District YMCA

## 5K Run/Walk Series



**Start/Finish:** Troy YMCA, 2500 21<sup>st</sup> St., Troy, NY  
**Contact:** 518-272-5900, Chris Bins – Race Director  
**Date & Time:** **October 31<sup>st</sup>, 2009**  
5K 9:00 a.m. Kids Fun Run 9:45 a.m.

**Registration:** \$20.00 (postmarked by October 29); \$30.00 (after October 29)  
Day-of-race registration will be from 7:45am-8:45am  
Kids Fun Run is free—ribbons awarded to all finishers

Long-Sleeve T-Shirt for first 100 registrants!

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

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

**Special Award and Recognition for Troy YMCA top male and female finisher**

**Course Description:** Begins and ends at Troy YMCA with an uphill segment through Historic Frear Park

---

**Please circle event you are registering for:**      5k run                      5k Walk                      Kids Fun Run

**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Age (at time of race)** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_

**Phone #** \_\_\_\_\_ **Email** \_\_\_\_\_ **Gender** M or F

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

**Are you a YMCA member?** YES or NO      **If YES, what branch?** \_\_\_\_\_

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**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

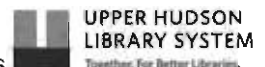
**Parent's Signature (if under 18):** \_\_\_\_\_

Please make checks payable to **Troy YMCA**  
Return to: **Troy Family YMCA 2500 21<sup>st</sup> St., Troy, NY 12180**  
**Attention: Monster Dash**



The Fifth of Six Races in the 2009 Capital District YMCA 5K Run/Walk Series

Register online at [www.cdymca.org](http://www.cdymca.org)



# Sedentary Runners: Sitting and Weighting

Imagine this: a lean, fit runner who trains hard, eats heartily, and does not fret about getting fat. While this image holds true for some runners, it seems far from reality for others. All too often, I listen to my clients complain, "I should be pencil thin for all the exercise I do." Or they moan, "I eat like a bird compared to my teammates..." How could this be?

The answer is many runners burn far fewer calories than they realize; they are actually couch potatoes the majority of the day. These seemingly active people can be surprisingly sedentary, apart from their purposeful exercise.

Think about it. The majority of your waking hours can easily be spent sitting, with TV and computers being the primary culprits that induce sedentary behaviors. The average runner sits at breakfast; drives to work, sits all day, drives home, runs for 45 to 60 minutes, sits at dinner, and then sits in front of a screen before going to bed. Even competitive marathoners who do double workouts often live a sedentary lifestyle. They generally do little but rest and recover during the non-exercise parts of their day.

According to Neville Owen, speaker at the American College of Sports Medicine's Annual Meeting (Seattle, May '09), the average person sits 9.3 hours a day. Even if you are physically fit, this high amount of inactivity is bad for your health. Exercise reduces health risks in both lean and overweight people, even if the exercise is not associated with weight loss. Owen reports the more a person sits, the higher the risk of mortality. Hence, we not only need to find time to exercise, we also need to find ways to sit less—for example, bike to work, pace when talking on the phone, stand up when writing emails. (To elevate the height of your laptop computer, put it on top of a cardboard box that you put on top of your desk.) Why, we could even reduce our carbon footprint by hanging laundry outside to dry on a clothesline. That would not only add on exercise but also save energy!

Because activity has been engineered out of our lives, non-exercisers and avid runners alike can easily spend too much time doing too little activity. For example, we no longer use our muscles to open the garage door, lower the car window, wash laundry, or even walk down the hall to ask a colleague a question (email is easier). For many of us, the primary movement we get in a day is our purposeful workout/training session. Hence, the goal of this article is to increase your awareness of your 24-hour activity level, and encourage you to take steps (no pun intended) to move a bit more and sit a bit less throughout the waking hours of your day.

## Sitting & Weighting

People who sit a lot tend to gain undesired body fat. The more they sit, the fatter they get. Fatness heightens the risk of heart disease, diabetes, and associated chronic diseases. These health risks start at a young age. A recent study with sedentary teens reports just four weekly 30-minute workouts with moderate aerobic activity was enough to stimulate major health improvements (1). And isn't it scary to think teens are already afflicted with the so-called "diseases of aging"...

Both sedentary people and active runners of all ages commonly assume their undesired body fat will melt away effortlessly once they start exercising. Not the case. A study with sedentary people (ages 56 to 78 years) who added one hour of brisk walking a day indicates they did not lose undesired body fat, despite adding the hour of exercise and eating no additional food. How could that be???

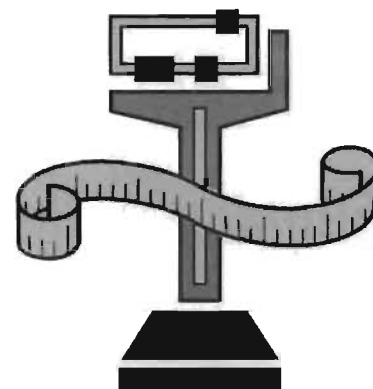
They failed to lose weight because they napped more and slept more! In the course of the 24-hour day, they compensated for the extra activity by conserving energy and being more sedentary at other times of the day (2). Endurance runners tend to do the same thing (3). Many fail to acknowledge how inactive they are when they stop training. Hence, exercise enhances fat loss if it contributes to a 24-hour calorie deficit. But all too often, runners burn off 600 calories when training, only to refuel with 800 calories of bon-bons while watching TV ... counterproductive!

## Fidgeters vs sitters

Some (generally weight-conscious) runners love to be sedentary. They look forward to finishing their workout, settling into their La-Z-Boy chair, putting their feet up, turning on the TV, and vegging-out for hours on end. Yet, other (lean) runners rarely sit, and when they do, they can't sit still. They shift and wiggle in their chairs, and are very good fidgeters. Their desire to fidget is genetic, starts at birth, and explains why they prefer to relax by puttering (as opposed to sitting and reading)—and why they eat more than the sedentary runners who "eat like birds."

While fidgeters may enjoy having a "fast metabolism," sedentary runners often complain they have a "slow metabolism." They eat small portions, yet have undesired body fat. They commonly believe something is wrong with their bodies. The truth is, they barely move their bodies in the course of a day—other than during their five mile run. Nothing is medically wrong with them. (Alternatively, they may fail to acknowledge how much they actually do eat.)

To their detriment, sedentary runners (who are good at sitting) tend to burn fewer calories



than they realize over the course of the day. Similarly, obese people (who are good at sitting) tend to sit 2.5 hours more than their peers; this saves them about 350 calories a day (4). A good fidgeter, in comparison, can burn an extra 300 to 500 calories per day. So the question arises: does obesity foster sedentary behavior? Or does the tendency to be sedentary foster obesity?

## The Bottom Line

If your weight is an issue for you, try to be more active throughout the day, not just during your exercise sessions. Figure out how to move your body in ways that have purpose and meaning: walk the dog, scrub the floor, walk to the post office. Your health and waistline will be glad you did!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her private practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and *Food Guide for New Runners*, and *Food Guide for Marathoners* are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com).

See also [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com).

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# Profile of a Runner

## PAUL LINDSAY

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

I source products and handle supplier contract negotiations for a multinational promotional products distributor. I'm pushing hard at the half century mark and starting to feel it too. Aside from running I play hockey. I am a goalie so the running really keeps me fit for that. My other main activity is assisting my kids with whatever sport they are doing. Currently it's softball and running, but in the past it has been soccer and swimming. I try to learn as much as I can about whatever they are active in so I can help them learn and enjoy that sport.

### When and how did you get started running?

I came late to running, starting in my early thirties and for years was a night runner ... I always started my runs after 11 p.m. When it gets really hot in the summer I go back to night running. It is a totally different experience and I love it. Funny thing is it never keeps me from sleeping when I come back in after my run. I'd drop right off to sleep as soon as I hit the pillow.

### Do you have a favorite race or races?

I have only been racing seriously for the last three years and my current favorite race is the Jailhouse Rock 5k. Nice people and I really like the downhill to the finish.

### What are your most memorable races?

The Community Resources Fathers Day 5k was great. My daughter Callie ran it with me this year and we met another father-daughter team as we went, ending up running together the whole way and finishing together. It was what running should be all about, community, sharing and helping each other along.

### How do you train? Do you have training partners?

I run a couple of different routes I have mapped out around where I live in Amsterdam. The nice thing is that living in Amsterdam I always get some hill work in on every run. You know what I mean if you've ever been there. In the past I always trained solo but Callie has been running with me lately so things are changing.

### What are your current goals?

I am not fast. My personal record for a 5k is 28:08. My goal is to run a 10K this fall. I have asthma and have always found it hard to get beyond the 5k distance without trouble. But my fitness level has improved steadily so if the weather is not warm I can push it farther. Heat and humidity are my enemy. I'll take a cool rainy race over hot and sticky any day.

### Do you have any future running goals?



Someday to run a marathon.

### Do you have a philosophy of running?

Running in the past has always been my time to think, release stress and let go of all my cares. Now that my daughter is running with me it is our time to really connect and we talk about everything as we go.

### Any funny stories?

Not yet. ☐



## On the Web!

The Hudson Mohawk Road Runners Club is on the Web



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## Beware "Evidence Based" Helping or Hurting the Crisis

Most athletes have no idea what's developing behind closed doors as they're joyfully setting their running gear out at night for that brisk early morning run. While we're all working to stay healthy and live longer, the "industry" is working to cut costs. And the way they package it so it sounds like they really care and are doing a great job is by calling it "Evidence Based Practices."

This suggests that researchers are spending the wee hours by candlelight investigating the most efficient and cost effective ways to keep people healthy. Doctors in practice are reading about this new approach every day in the journals, and the insurance industry uses this title as their "gold standard" for allowable testing and treatment. Again, this all sounds so official, and almost makes those of us in practice feel the need to get to bed a little earlier each night to live up to such standards.

With such a drive to cut healthcare costs (as if this will solve the crisis), you would think we'd get frequent updates telling us what these "evidence based practices" are. But, that's not how it works. Once a year, I have to set up an appointment with the staff doctor of the insurance company so he can review my prior year's numbers. At first, I was pretty naïve to the process, but now I'm a pro at this system. It usually starts out like this: "Well, Dr. Maggs, most of the doctors in your area see patients a total of 5.2 visits, and you're at 8.6. We'd really like to see you get that down a little."

The first time this happened, I was caught off guard and got into a heated debate with this poor guy. "Are you out of your mind," I asked. "I travel the country teaching and I write articles telling and I do everything I can to make people realize they have to do MORE, not less, and you want me to cut the number of visits per patient?" He politely told me he wasn't trying to cut my numbers, he was just wanting to see if there might be a way I could be a little more efficient in what I was doing. It took me a bit to finally have it all sink in, but I now so thoroughly understand the issue, I now even ask him how his family is doing. He likes that.

In truth, the industry isn't actually promoting "evidenced based" procedures. They're promoting less involvement on their part. Many today have co-pays higher than our office visit, so the insurance company has no financial obligation to the treatment of their customers. Even the simplest of humans knows you need to do more to stay healthy, not less. We're a country of people not doing near enough to stay healthy, as we've all learned to "react", not "act". And, for this crisis to ever get better, we need to begin acting more, as in "proactive", and forget about cost cutting the way the industry is attempting to do.

### Running is the Cure

Actually, motion is the cure. And, we need to eliminate third party payers from setting the rules of the game. Clearly, they are economically motivated, and doing less is the simple means to the solution. What they're missing is that our system is broken. As athletes, this system is not at all set up for us. If your pulse is below 60, your doctor can't understand why you're even there. If you're body fat is 14, they're suggesting you eat more Ben and Jerry's. The system isn't used to seeing healthy people and telling them how to get healthier, they're seeing critical care people, and wanting to keep it this way, as that's where the profit is. The industry is based on profit, not on getting and keeping people healthy.

So, as a runner, you're of little interest to "the system", as no one can make much money on you. Running keeps your weight down, your anxieties down, your blood pressure down, your cholesterol down and your social life at an all time high. You've found your mission in life, and only wish you could have found it earlier.

But, as eastern philosophy has it, there is nothing in this world that is all good or all bad. If you have found running to be your answer to a great life, you need to learn how to preserve your ability to run. You need to be proactive in managing your body (muscles and joints) to keep them going for many years.

So, as I wrote in an article many years ago, there are a few rules to follow, and they apply more today than when I wrote it;

- Don't wait until you're broken before you take action
- Don't ask your insurance company for directions
- You need to learn your unique biomechanics
- You need to partner with a biomechanics doctor
- Never say never

Maggs can be heard on his live internet radio show, The Structural Management® Hour at his website, [www.StructuralManagement.com](http://www.StructuralManagement.com) on Thursdays 3-4 pm EST. He can also be contacted at [RunningDr@aol.com](mailto:RunningDr@aol.com). □

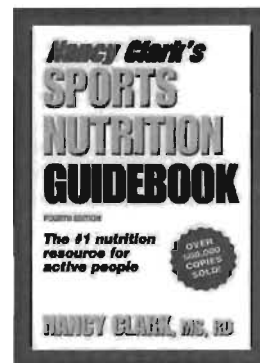


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# "BEEN THERE, DONE THAT"

by Ed Thomas

## October 1974 - Thirty Five Years Ago

• On the 8<sup>th</sup>, the Club holds its third "Testimonial Race" (which is now called the Distinguished Service Race) to honor Club founder Bill Shrader, Sr. Bill receives a pair of running shoes, a trophy from the Electric City Track Club, and a gallon of wine from "the older fellows." Ray Biegrow breaks the 8 mile course record with a time of 43:13.

## October 1979 - Thirty Years Ago

• In a dramatic turn of events, there is no October Newsletter (nor will there be a November issue). After many, many years of editing and publishing the Newsletter almost single-handedly – and after giving fair warning – Paul Rosenberg has ended his editorship with the September Newsletter. Will anyone step in and take over? Stay tuned!

## October 1984 - Twenty Five Years Ago

• From Short Circuits: "Pat Glover had one of his best races of the year at the Utica Boilermaker, capturing second place in the 35-39 age group. Unfortunately, the announcer at the award ceremony must not have gotten a good look at Pat, as he presented the trophy to PATRICIA Glover."

## October 1989 - Twenty Years Ago

• At the Women's Running Festival on the 15<sup>th</sup>, sterling silver running charms are awarded to top finishers. These include: Nancy Nicholson, Ann Kuklinski, Sandy Phibbs, Teresa Wuerdeman, Barb Sorrell, and Rosemary Hillengas.

• The Shop 'n Save Super Climb is held at the Corning Tower. It features 41 flights of stairs and is almost a quarter of a mile straight up. Leo Voegelien wins this inaugural event; other strong finishers are Marty Kittel, Gary Lukacik, Bert Soltysiak and BJ Sotile. The event raises \$20,000 for the Leukemia Society.

## October 1994 - Fifteen Years Ago

• The club's Masquerade Madness Fun Run is a huge success. Also known as the Halloween Race, it is held on October 30<sup>th</sup> and is a raffle-type 30 minute fun run with multiple loops on SUNYA inner roadways. Over 60 of the 64 runners are in costume, all of them very creative. To quote from Cindy Kelly's Pace Setter article: "The best costume was judged to be Bob Gauvreau, who dressed and acted the part beautifully – of a dirty old man. Not only did he have me laughing when I saw the padlock on his jeans, but every time he completed a loop he stopped to gasp for breath and do some harmless leering."

## October 1999 - Ten Years Ago

• At the Town of New Scotland 7.1 Miler on the 10<sup>th</sup>, many fine performances are turned in by the older generation. These include John Pelton (6<sup>th</sup> overall), Jim Bowles (9<sup>th</sup>), Ed Neiles,



Hank Steadman, Ray Bremm, Mike Bartholomew, Ken Orner, Don Wilken, Jim Tierney and Joe Hein. The overall winners are Russ "Stickman" Hoyer and Amy Herold. Mary and Jeff Cole do a fine job of putting on this scenic and challenging event.

## October 2004 - Five Years Ago

• At the 22nd Mohawk-Hudson Marathon on the 10<sup>th</sup>, Kim Miseno finishes 11th overall and wins the women's division with a personal best of 2:55+. Helen Shekerjian wins the masters division with 3:11+, a PR for her, and 52 year old Mary Dunn runs a fine 3:13. In a dramatic finish, the overall winner is James Sweeney (2:37) with Peter Heimgartner 2 seconds behind. Among the 408 finishers are other familiar names: Barb and Pat Remmers, Jim Thomas, Ken Klemp, Brian DeBraccio, Ray Lee and Regina Tumidajewicz. And, in her last race on US soil (for a while), Jess Spatz overcomes injuries to break the Boston age group qualifying standard. □



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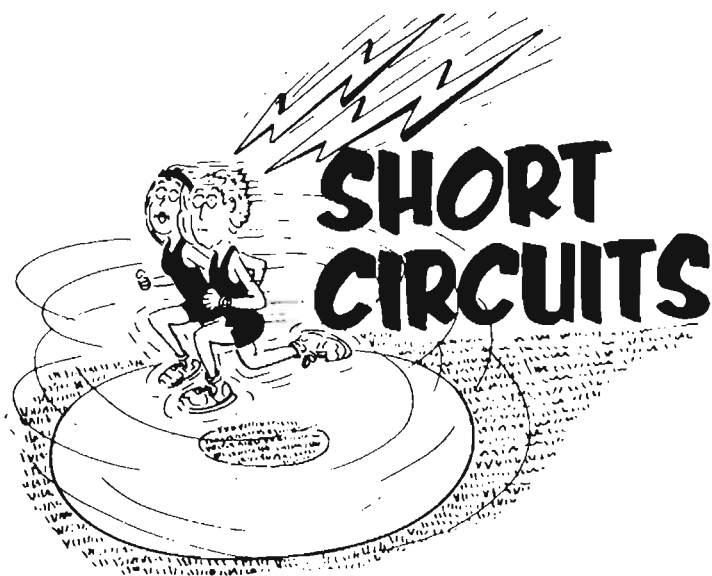
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*It's not just about Running...*



Josh Merlis, the Prince of Area Trail Running, pulled off a rare trail trifecta in August. On a Sunday he won the 15K Indian Ladder Trail Run, then followed this by winning the accompanying 3.5 mile Trail Run. The next day he won the Tawasentha 5K trail race. Later that week he was seen at the Bone and Joint Center.



*Merlis wins three in a row*



ABC should have been invited to this area in August to film an episode of "Lost." A few of our female runners might have been up for lead roles. First, Judy Wines, running in her first (obviously) Dynamic Duo race, took the handoff from her husband and began running the second leg of the race with a bunch of high school girls. The problem was the high schoolers had begun their leg a while back and had already completed the first mile loop when they found Wines joining them. Wines, unaware of the race course, just ran with the girls until they began approaching the finish of the 3 mile race with Wines only having run two miles. Realizing her error, she reversed course and ran the initial mile backwards finally finishing the race and the 3 miles from the opposite direction.

Sue Wong showed up at the ARE Thursday summer trail run at Peebles Island only to find



*Donna Lustenhouwer*

the parking lot empty. Something was wrong and Sue quickly realized that she was at the wrong location by about 25 miles. So she ran the Peebles Island course by herself and then got in her car and drove to the actual site of the Trail Run at Schodack Island State Park. When she got there the parking lot was full. Notwithstanding the fact that the runners had started some 20 minutes before, Sue began the trail run and quickly started picking off runners, passing half the field before she finished.

Donna Lustenhouwer was called up for an age-group award at the Indian Ladder Trail Run. When she got to the podium she refused the award. Her reasoning: she finished ahead of someone in her age-group who she was behind throughout the race and she never passed her. Donna believed she ran off course somewhere and at that time passed her age group competitor.



*Judy Wines*



Veronica Schaulk is 96 years old. She ran in

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](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

this year's Kansas City Race for the Cure for the first time. She ran in memory of her five sisters, all of whom died of breast cancer. Veronica had her breast tissue removed many years ago as a preventive measure. She ran the race with her daughter, granddaughter, and great-granddaughters. □



*Running for her five sisters*





# Fast Times and Furious Finishes Feature Duo 2009

by Wes St. Riders & Al Tamont

Meet organizers of the 31st Annual Dynamic Duo were worried about this year's turnout because one of the bigger races in the area, a competition whose name suggests it's a race for fashion designers, moved its date back a week to correspond with the opening of the Saratoga Race Track. In fact, it was even rumored that the Duo would be moved a week later to combat this occurrence. But old sage Ed Neiles suggested, "You should go on as planned", so cooler heads won out.

No problem. Most of the people who usually run both races opted for our event although the Colonie Town Park course is significantly harder.

But the Duo's unique format prevailed and our race was, as area road race expert Mark Mindel remarked, "Way off the charts as far as excitement goes."

We always get many great athletes from area cross country teams such as Burnt Hills, Shenendehowa, Niskayuna, Shaker, Lansingburgh, Holy Names, Scotia, Guilderland, Colonie and U Albany running every year but this time we secured an extra element. Several members of Cortland's National Champion Division III men's cross country squad came to play as well as an All-American on the distaff side from Cortland.

After assistant race director Al Tamont gave pre-race instructions which nobody listened to, the men's race was begun by recently retired Colonie Recreation Department Superintendent Don Myers at precisely 8:30.

The start was predictably furious and fast. A pack of men which included Cortland's Gerald Greenlaw, Niko Viglione, Josh Henry, Seth DuBois (Guilderland), and Seamus Nally (Burnt Hills) along with U Albany bound Alex Leuchanka (Shenendehowa) and Corporate Challenge winner and Arizona State steeple-chaser Ben Englehardt pushed the first mile under 5:00.

The pace never slackened as the group approached the bike trail when area coaching legend Matt Jones remarked, "I can't run a 440 as fast as they are running."

As the finish of the 3-mile race approached, Leuchanka withstood a late charge by DuBois, Nally and Englehardt to lead at the exchange with a 14:34 and a third best ever time on the Duo course. In a post-race *New York Times* interview Alex answered through his Russian interpreter, "near the end I started to open up and looked back and realized everyone else was coming. It seemed a little early, but I felt good, turned it on and said do svidaniya." The second, third and fourth place finishers clocked 14:38, 14:44, and 14:51 respectively. Ryan Pezzulo (Burnt Hills) and Yale bound Dimetri Goutos (Saratoga) were also in the mix. Trailing slightly in another pack were Louis Serafini (Niskayuna), Justin Bishop (Colonie), Nick Webster (Shaker), Otis Ubriacco (Burnt Hills) and Greenlaw and Viglione.

The women's race became as exciting and just as competitive as the men's when some great athletes were caught trailing significantly at the exchange. Most of those "heavy hitters" were not used to being in arrears. "This will make for some very interesting racing" quipped ESPN commentator Mike Greenberg of Mike and Mike in the Morning fame.

And interesting racing it was. DuBois' partner, Rachel Sweet (17:45) secured just enough of a lead to hold off Goutos' fast-closing teammate Lizzie Predmore (17:22) and win the 37-45 age group and the overall race by a mere 6 seconds. Goutos and Predmore were victorious in the under-36 age group.

Road racing mainstay Emily Bryans made a "Rachel Alexandra-like" move, getting the "baton" in 22nd and making up 15 places to snare the 7th best time. Emily "torched" a 17:13 as she and partner Ben Greenberg (16:04) won their age group for the second year in a row and set a new standard in their initial foray into the 82-90 age group. The Greenberg/Bryans squad also broke the 73-81 age group record last year.

Cortland State's All American Andi Palen and former Scotia star Jillian King (Boston College) hooked up in a vigorous duel with Palen, finally prevailing at the end to move from 12th to a 3rd place overall finish. Perhaps Jillian's participation in a 12-hour relay on the Colonie track last weekend "weakened" her slightly. Palen had the best female time of the day, a 17:05, and now ranks as the 8th fastest woman ever. When a *USA Today* scribe asked Andi what her future time goals were, she simply said, "Right now I just want to get nine hours of sleep."

Jillian also notched a very quick time, a 17:18, moving her and Greenlaw from 8th to 4th place overall.

Former Burnt Hills' harrier Meghan Gregory held off another ex-Burnt Hills phenom Sam Roecker by one second to garner 5th. Meghan teamed with Cortland star Shamus Nally as usual and Sam paired up with current Burnt Hills standout Otis Ubriacco.

Just emerging road racing star Justin Bishop convinced Colonie grad and U Albany bound Emily Finnegan to pair up. They won the 46-54 grouping, and Aaron Knobloch joined with Diane Rodriguez-Tobon to escape victorious in the 55-63 division.

Sean Pezzulo didn't know how old his partner Ellen Predmore was when entering. "Since she runs with my mother, I thought she was 42 like my mom." Ellen only wishes she were 42 again. Anyway, Pezzulo/Predmore won the 64-72 age division. Ellen has probably won more Duos in the 31-year history of the race than anyone. She also might have surpassed Nancy Nicholson's record as the person with the greatest myriad of winning partners.

Perennial Duo participant Shaun Zepf, coach of the nationally-ranked Burnt Hills girl's

cross country squad, remarked just before taking a post-race dip in the Colonie Town Pool, "I love this race" as he carted off his prize for winning the 73-81 group with last minute pickup Karen Hackenberg.

In the shall we say more seasoned age groups, Fred Hance and Theresa Hance won the 91-99 division and Howard Jones and Adele Pace were the victors in the 109+ grouping. And in the 100-108 world of Susie Wong and Frank Boscoe a "mild upset" occurred. The Wong/Boscoe tandem bested favorites Dale Broomhead and Mary Beth Steffen. After the race, Duo veteran Broomhead muttered, "It's a lot harder to be the heavy favorite, I think, mentally, than it is to be a little bit of the favorite or even to be the underdog. When you come in with a lead on paper like we did, it's kind of oppressive." At race time, Dale's partner was said to be suffering from a minor flexor hallucis longus injury but she promises to be better next August.

As former Guilderland coach and nationally renowned dance instructor Bob Oates was finishing reading out the final result of the day, he was approached by Jackie McMullen, a reporter from the *Boston Globe*. The query was, "what was your team's record when you coached DuBois, Justin Wager and Jimmy Richburg", all members of this year's Cortland team.

Bob's reply was, "I never took performance-enhancing drugs".

As always, we want to thank the volunteers who helped put on this year's Duo. They were Bob Oates, Sandy Morley, Don Myers, Brandon Myers, Diane Myers, Nancy Nisiewicz, Mary Beth Steffen, Leslie Archer Kassel, and Ellen Snee.

Next year we'll probably try to schedule our race around the other big race. If we don't, we'll have to give out bigger and better awards. How about self-loading PEZ dispensers with Duo legend Scott Mindel's bobblehead on top? ☐



# The HMRRC Summer Series

by Jack Nabozny

The HMRRC Summer Track Series has been a certainty every summer since the early 1970s. Aside from the Colonie Tuesday Night Track Meets and the Firecracker Run, the HMRRC series of three events (Summer Classic Two Person Relay, The Hour Run, and The Pentathlon) were the "major" summer races until the Adirondack Distance Run and the Boilermaker burst onto the scene in the late 1970s.

Summer Series were also popular in places like Kingston, Catskill and New Paltz during this period. All had relays, odd distances and time estimation competitions. They were a means for high school, college and adult runners to get ready for the upcoming fall season by providing friendly, low key but competitive events with no age group categories. This hasn't changed since the early 1970s.

Another HMRRC certainty is for the Summer Series to open with the Summer Classic Two Person Relay. This year it was held on July 15th at the Guilderland High School Track. There were a total of 26 participants forming the thirteen teams. Teams were selected based on each runner's estimation of the average time it would take him or her to complete the three separate miles. The person with the fastest time estimate was paired with the individual with the slowest time estimation and so on until all teams were formed. Teammates then got to know one another and decided the running order between them.

July's spring-like weather was present on race night, helping twenty-two participants run faster than their estimated time. This year the team with the fastest time did not win the race. Brian Northan and Vince Juliano finished in a time of 38:17 but were disqualified because they entered the race after teams had already been formed. The winning team of Justin Bishop and Roxanne Wunsch finished with a time of 39:30. The second place team of Holly Machabee and Chad Davey finished in 39:49 and in third place was the Todd Mesick and Heather Machabee team, running 40:25.

Chad Davey narrowly beat Kari Gathen in the time estimation contest, winning for the third straight year. He was one second off his estimated time, while Gathen was two seconds away. Todd Mesick was third and only a tick of the clock behind Kari.

Justin Bishop had the fastest average time for the day. He averaged 5:14 for the three miles. Veteran age group star Jim Maney finished a close second with a 5:16 average, followed by Todd Mesick, who ran a 5:27 average per mile.

For the women, Kari Gathen covered the distance first by averaging 5:52 per mile. Bethlehem youth runner Shea Foley ran an impressive 6:31 average mile for second and was followed by Kate Thomas in 6:42.

The Hour Run, the second event of the three part Summer Series, was held on July 22 at the Guilderland track. The weather condi-

tions were once again friendly for running a fast summer race. The hour run is quite different from any other race on the HMRRC calendar. The goal is not to get from point A to point B but to cover the most distance within an hour. There's no finish line to aim for and every runner finishes the race at the exact same time. As such an unusual and unique racing experience, I think everyone who can run for an hour should try to work it into their running schedule at least one year.

A total of 55 runners completed the one-hour race. This more than doubled the number of participants from the previous Hour Run and was the highest turnout since 1995.

On the men's side, Justin Bishop won the race for the first time by completing 10.31 miles in the hour, earning himself a slot in the prestigious 10 mile club. Finishing just .06 mile behind Justin was Tom O'Grady, who ran 10.25 miles and also joined the 10 mile club. Jonathan Bright finished in third by running 9.66 miles. The competition among the top three males was fierce. Justin took the lead early on and kept applying steady pressure on the other two men in the lead group. His strategy worked, and when the whistle blew for the runners to stop he was the clear winner. As this race is held on the track, all runners were able to follow each other's progress throughout the hour run.

For the women, Kari Gathen was the winner and the sixth overall finisher, running 8.82 miles. This was the third time she has won the event. Chris Varley was second for the third straight year, covering 7.89 miles, and was followed by top age group runner Sue Wong who completed 7.42 miles.

After the race, many participants stayed to eat refreshing fruit salad and drink juices and water while chatting about the hour run and looking forward to the third part of the Summer Series the following week. □





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## Profile of a Runner

# CRYSTAL AMMARANO



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

Earth Science Teacher, Saratoga Springs High School. Age: 28. Hobbies: golf, beach sports, and watching basketball. Interest: I enjoy traveling as much as possible!

### When and how did you get started running?

I started running in 10th grade. My tennis team did not go on an overnight trip, but the cross country team went upstate to the Guilderland Invitational (I grew up on Long Island). I joined cross country to go away and get out of school for the day! I went from the 7th girl on the team to breaking the school record. I fell in love with running and competing after that race.

### Do you have a favorite race or races?

I love half marathons. I loved running the Eugene Marathon, and feeling the PRE spirit of Oregon.

### What are your most memorable races?

My most memorable races would be Oyster Fest 5k in 2007, winning the 5k and breaking my personal record, 2007 NYC Marathon, the Green Mountain 200 Mile relay 6x6 ultra woman relay team, and high school nationals, finishing 3rd in the nation for the mile race walk.

### How do you train? Do you have training partners?

I train hard 2 days a week, and enjoy a long run on the weekends. I try to get runs in on the other days. I train with Team Utopia when I'm living up in the Capital area, and my old

team, the Bellmore Striders, when I'm working on Long Island for the summer.

### What are your current goals?

My current goals are to break 1:29:27 in the half marathon, break 19 in the 5k, and 3:20 in the marathon.

### Do you have any future running goals?

To be able to run forever!

### Do you have a philosophy of running?

I have to have fun with the sport. When the sport becomes more like a job, I need to step back and remember why I run: because I love it and the people that I'm surrounded by.

### Any funny stories?

My husband proposed to me in a road race dressed as my college mascot (Brutus the Buckeye!). I had no clue it was him and ran over to him to finish the race with Brutus! ☐

## Profile of a Runner

# MARY HARDING

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

I work for the NYS Department of Transportation as the Director of Community Relations. Age: 34. Background: Grew up in Halfmoon, NY, attended Shenendehowa Central School, and U Albany for my Bachelors and Masters Degrees. Hobbies: Other than running, I enjoy reading, hiking, camping, recreational softball, and on occasion, traveling.

### When and how did you get started running?

I started running in May 2008 for health reasons. My cholesterol levels were elevated and my workouts weren't cutting it. Upon the suggestion of a couple of coworkers, I tried running and discovered I love it.

### Do you have a favorite race or races?

As a new runner, it's hard to say. I'm still discovering different races, but I really like the holiday runs (Turkey Trot, Winterfest, Firecracker 4). They really get you in the mood for the holiday at hand.

### What are your most memorable races?

My most memorable race would have to be my first half-marathon, the Mohawk-Hudson race in October. It was (and still is) the longest distance I've run and it was such a great accomplishment to know my body could take me on that journey.

### How do you train? Do you have training partners?

I have friends that I run and race with occasionally, but I generally train alone. There's nothing better than running first thing in the morning and watching the sun come up.

### What are your current goals?

I am currently attempting to train for my first marathon. I would like to celebrate the anniversary of my first half-marathon by running the Mohawk-Hudson Marathon in October. I'm a little behind in my training plan though, so if I don't make it this year, there's always next year.

### Do you have any future running goals?

My brother lives in San Jose, CA, so I'd like to try and make it out there next year for the Rock and Roll Marathon (or Half, depending on training).

### Do you have a philosophy of running?

My philosophy for running is to enjoy it. Celebrate what your body can do. It's very empowering to finish a long run and realize how much strength you really have. It's been a great learning experience this past year. The time running allows for a lot of self-reflection and time to clear my head. It's been very calming for me.

### Any funny stories?

The Boilermaker is this weekend, maybe I'll have one when I get back. I'm going out with a group, so who knows what will happen! Follow up with me next week! ☐



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# Anatomy Trains

The anatomy of the body has been classically taught with a segmental or part by part approach. If we use the arm as an example, one would study the biceps, triceps, brachioradialis and deltoid muscles with their circulation, innervation and various attachment sites. Once this was mastered, the student would progress to the next "part" of the body.

While this method has stood the test of time, it is flawed in that it does not explain or even address the inter-relatedness and coordination of the body parts, which is how we live.

This becomes problematic on a number of levels. With classical education teaching the "parts method" there is the natural extension of thought to diagnose in a "parts" way. Shoulder pain, for example, becomes a problem with the shoulder and the shoulder only.

In fact, about two decades ago, someone theorized that laterally swaying shoulders in a runner was actually the result of tight hips. The statement was generally ignored if not dismissed outright as nonsense. But right or wrong, few took the time to understand how that conclusion was arrived at.

The simple components of our skeletal and muscular system are the muscles, bones, ligaments, tendons and the muscles' fascia. Most people would be familiar with the muscles, bones and ligaments, but I'm not sure everyone understands the fascia.

The fascia is a connective tissue that surrounds a muscle. It is a thin, almost transparent tissue that essentially holds the muscle fibers tightly together. It is similar to the cellophane wrapping meat is sold in. Fascia has a contractive quality - it can shorten over time, which can affect how a muscle contracts, how a joint works and how a person stands and walks.

The other important thing about fascia is that it comes in sheets, called fascial planes, that are connected head to toe. This may seem like a radical statement but only so if human anatomy is seen in the context of a part by part assembly. When the body is viewed holistically, it would make sense that there is some underlying part to part connection past the skin.

In truth this is not a new concept. Body work specialists who use the Roling technique have used this principle for years to restructure the body by segmentally and in unison manipulating the fascial sheaths, allowing the body to assume a posture that is closer to the ideal.

A recent contribution to this body of knowledge is the work of Tom Myers and his book *Anatomy Trains*. What Myers has done is to painstakingly chart out the fascial sheaths that run throughout the body.

He explains his work using railroad analogies. The fascial sheaths are tracks, with various joint complexes being junctions. While on the surface these analogies may seem simplistic, they adequately represent the fact that the

sheaths are in fact linked together throughout the body top to bottom, front to back and with diagonal patterns that cross the body.

But why is this even a concern? This knowledge has clinical implications that help explain certain injuries or injury patterns that would be unsuccessfully treated if one was to simply use a site-specific symptom-based approach.

Countless examples abound. You've no doubt heard that fallen arches can cause knee or low back pain. Biomechanically there is the tug of internal rotation that takes place with the pathologically pronated foot, but there is also the fascial connection that drags along a joint, or in this case several joints, to create a structurally unsound posture that can over time produce the knee or back pain.

Seen in this light, one can begin to understand that tight fascia at the hips through its fascial connection to the shoulders causes the trunk to sway laterally as the runner proceeds forward, in a true sense struggling against both their physiological limits and a less flexible anatomy as well.

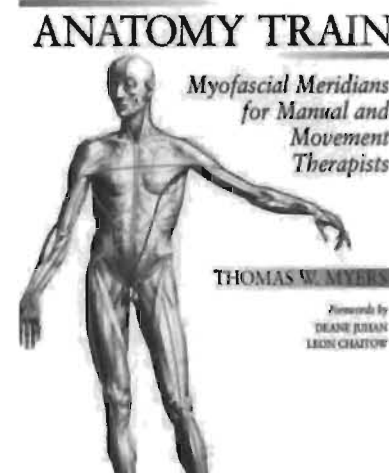
Your mother's admonitions about standing up straight were not only right, but also have had lifelong implications. One begins to see that posture, as a component of good health, is really a total body activity.

The problem that civilized man and woman face, especially in industrialized societies, is that our life-style promotes poor postures that lead to fascial shortening patterns that lead to excessive wear and tear on joints and their muscular attachments. These combine to lead to early breakdown and injury.

Three quick examples illustrate this point. We all sleep with our feet in a plantar flexed position - toes pointing straight down. This leads to a chronic shortening of the gastroc-soleus complex and the loss of the ankle's ability to dorsiflex. This puts excessive strain on the gastroc-soleus leading to micro-tears, then larger tears, Achilles' tendonitis and calf pulls. If your weak link is below the ankle you get plantar fasciitis. This is all along Myers' posterior longitudinal line.

Many people sit for an occupation. The hip is flexed to 90 degrees and the knee is flexed to 90 degrees. This position leads to a chronic shortening of the hamstrings and psoas. After eight hours spent in this position when one tries to stand up, low back stiffness or pain quickly registers. Over the course of time the ligaments of the hip lose the ability to extend the hip and the next thing you know you are walking with the forward lean posture of an elderly person. This is evidence of another of Myers' lines.

Our final example is forward head carriage. Ideally the ear should reside just above the point of the shoulder. When we sit we tend to hunch over our work, head in front of the



shoulder. This does two things - it produces a chronic strain on the muscles of the upper back and leads to a chronically shortened SCM (sternocleidomastoid) or front neck muscles. What further exacerbates this condition is that most people sleep with their head propped up by a big fluffy pillow. This pillow keeps the head flexed for another 6-8 hours.

It is interesting to note that all three of these postures take about 15 years past maturity to slowly develop as problems. At age 35, we start to present with the results of classic over-use syndromes.

So what is the solution? It should be obvious that one needs to incorporate some form of flexibility and strengthening work to counteract the ravages of modern life-styles, gravity or aging. Yoga, Pilates, T'ai Chi or whatever, there are many disciplines that would do the job. It is important to realize that as we age we become more linear in our activities and that there are significant consequences to this unconscious choice.

I have had the opportunity to work with a number of world class athletes and one point I constantly have to reiterate is that their quest for excellence is also a journey for great specialization and that one happens to the detriment of the other. Well-rounded development needs to be a fundamental concept for both quests and journeys.

The same holds true for the recreational athlete. And it is with the work of visionaries like Tom Myers that one can broaden horizons and develop deeper appreciation for the demands competitive activities, fitness related pursuits and modern day life stressors make on the body.

Dr. Russ Ebbets is the editor of *Track Coach Magazine*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. □

# CLUB PICNIC AT THACHER PARK



# The Inaugural Rockefeller State Park Preserve 10K, with Some Words on Lyme Disease

by Mike Reger

With the fall running season now well under way, why should an article about an early summer race be of particular interest? Read on for a harbinger of Halloween.

Just after good running buddy Dale Broomhead bemoaned the diminishing number of 10K events, I happened on the first running of the Rockefeller State Park Preserve 10K to be held on Saturday, June 27 in Westchester County. While browsing the net for the date of a favorite 15K event, I found the RSPP 10K - previewed as a unique experience and first major race ever in the park. Coming back from the effects of Lyme Disease, including an injured knee, I opted for the shorter distance. The experience turned out well worth the 125 mile - two hour plus - ride south on the Taconic Parkway to the vicinity of the fabled chase of Ichabod Crane by the Headless Horseman in The Legend of Sleepy Hollow. With the need to run carefully and not attempt too much too soon, I ran pursued by the Ghost of My Previous Self.

The race venue, also known as the Rockefeller Nature Preserve, is an extension of wooded carriage roads originating at the Rockefeller family Pocantico Hills estate. Narrow path width and the fragile environment limited the race to 400 runners, with the event sold out a week before race date. The Preserve consists of 1233 acres, is designated as an IBA (Important Bird Area) by the National Audubon Society, and offers fishing for bass in the 22 acre Swan Lake and for brown trout in the Pocantico River.

Race Director Dan Isleib stated the mission of the race to create a first rate cross country running race experience that raises money for RSPP trail maintenance, improves the relationship between runners and the park (other park patrons, park management), and creates an event that draws the community to the park. Although there had been some small running events in the past, there was never a large scale running event with all the trimmings. Showing runners as respectful, supportive, thankful, and generous seemed like a great next step to Dan, whose passion for both running and RSPP, together with painstaking attention to detail, produced a fantastic experience.

The race was part of the Centaur Festival organized by the Westchester Horse Council. The Centaur name resulted from the combination of running and horse events at the festival. Half man, half horse = Centaur. The head and torso of a man on horse legs was the logo on race tee shirts. So much for the Headless Horseman being an official part of the race, even though suspicion of his presence lurked in the deep woods.

A few days before the race an e-mail ar-

rived bearing a very helpful eight page attachment of "everything you probably don't need to know" about the event including directions to RSPP from every possible direction, the need to arrive early due to the registration area and start being some half mile distant from parking, rules and suggestions for the race, chip timing for the race, and an accurate description of the hilly terrain with a course map and aerial photo of the site. Pre-race advice cautioned it is not a PR (personal record) course.

The walk from parking to the registration area in a high grass field unfolded the race course. Mossy cobblestone became broken rock and soft organic matter, hinting at the soft, well-groomed carriage roads of the race course. Although embedded rocks appeared in the named carriage paths, their surface was even and forgiving. This was not a rocks and roots rumble like some other trail races.

Runners, grouped by anticipated finish time, were placed in corrals next to the start line along the Hudson River, giving a half mile or so to spread out after starting before the first challenging switchback climb to the OCA trail. Rolling hills, more up than down, led runners back into the heart of the park along Peggy's Way. Alternating hilly and flat sections



make the course challenging but fair, allowing time for recovery. The course then includes sections of Big Tree Trail (complete with a really huge tree rivaling tall sequoias of western parks for its stunning effect), Witches Spring, and 13 bridge crossings - some small wooden or stone ones crossing creeks with others being large stone structures over roads or ravines - before another challenging climb back up to the OCA trail. The fact that some bridges are crossed twice to total 13 crossings, and not 13 bridges, may lessen the fear of this course for extremely superstitious runners. (All runners are, to some degree, superstitious - witness the piles of spent running shoes in corners that just can't be thrown or given away.)

The route back to the finish is mainly downhill, retracing the early portions of the course. Most of the course is run in the shade and coolness of deep wooded areas. The

quiet greenery and abundant wildlife soothed Mongo the Inner Beast, who nonetheless steeled himself for the anticipated final climb. Approaching mile five, the stillness of the forest was broken by what proved to be the water station volunteers from New York Life, who were the equal of any Big Ten cheerleading squad. Five water and Powerade stations along the course kept runners well hydrated and encouraged by enthusiastic volunteers. The course concludes along the flat path next to the Hudson River until the final short but steep switchback climb to the finish. Departing from the path back to the starting area, the course bursts into a sunny climb to the finish line up about a quarter mile winding hill surrounded by grassy fields in full view of finished runners and Centaur Fest participants - the final signature that lets you know you ran at Rockefeller State Park, completing a challenging and beautiful course. The finish area itself is near the ruins (haunted?) of Rockwood Hall - the prior 220 room mansion of William Rockefeller.

Post-race treats included plenty of cold water and sport drinks, with bagels and granola bars. Six outdoor massage tables were positioned overlooking the Hudson River. Food, live music and family games from the Centaur Festival complemented the post-race activities. Awards were pint glasses inscribed for each "Champion" of the RSPP 10K. In addition to overall winners, the race lays claim to the first-ever awards for the pound for pound fastest runner. This award went to the fastest runner based upon each runner's weight. The unique awards structure continued with the number of age group awards determined based upon the number of runners in the category (roughly the top 10% of each category won an award). In addition, the awards rolled down so many of those who stayed for the awards ceremony got awards, whether they were a top 10% finisher or not.

Not recognizing a familiar face in the finishing area, but finding plenty of friendly downstate folk (with a fairly sizeable group of young British students), post-race banter included accounts of happenings on the course and the enchanted forest environs. Runners recounted their sightings of various birds, including hawks and wild turkeys, and other wildlife. Deer halted the progress of runners twice along the course. A marathoner described his 20 mile training runs in the shade of RSPP as not traversing the same trail twice - there are 56 miles of trails within RSPP - with occasional sightings of Rockefeller scions in their horse-drawn carriages riding the trails. The comic image appears of a runner (me) chasing one of said carriages from behind, hoping to meet a Rockefeller, only to find Ichabod's



Pumpkin-Headed Tormentor at the reins.

Next year, the race is expanding to 600 runners with a tentative date for the second annual RSPP 10K planned for June 13, 2010. Registration will be exclusively through Active.com. This year the race entry fee was \$30 before May 1, and \$35 thereafter.

Pumpkins – oops, I mean caps off to Dan Isleib and the race committee for a high quality and unique experience, well organized, and a tribute to their vision of blending runners with a sensitive area previously thought to be off-limits to other than the occasional recreational jogger. Mission accomplished!



The Capital District is now the epicenter of Lyme Disease, a bacterial infection caused by tick bites. Precautionary treatment immediately following any tick bite will greatly lessen the chance of later, more severe, injuries including cardiac, pulmonary, neurological and orthopedic consequences.

My own experience began with a tick bite in the spring of 2008 while raking the yard. I pulled out the tick from my left hamstring and then swabbed the area with some antiseptic. With the “classic” bulls-eye red rash not developing after a while, I thought all was well. Wrong. The bulls-eye red rash does not develop at all in a significant number of Lyme Disease infections, and may appear as late as a year after infection in other cases. The rash can also be hidden in the scalp or inner ear, evading detection. More common indications of Lyme include flu-like symptoms, pain or swelling of major joints, fatigue, confusion and loss of vision. Lyme often mimics or occurs with other diseases, so its initial diagnosis may be difficult.

In my case, both legs hurt while training during the past winter with the left knee swelling up well beyond any previous injury. I attributed these conditions to sliding around on icy surfaces and perhaps an overuse injury. The knee was treated orthopedically for a couple of months until both elbows suddenly became swollen without trauma or any other explanation. Blood and fluid testing revealed the presence of Lyme. Before this diagnosis, I ignored fatigue, a vision change, and a bout with something that felt like flu – laying aside all of these symptoms to lifestyle and life in general. As this was late stage Lyme, a thirty day regimen of antibiotic treatment was prescribed with follow-up visits to see if I am still symptomatic. Considerable rehabilitation and

physical therapy may be necessary to restore the knee and my stamina.

Lyme is now common in our area, but its most severe consequences can be avoided by prompt action. Check your entire body for ticks after trail running, outdoor activity on grass or in the woods, and other areas where ticks might be found. If a tick bites, immediately remove the tick with narrow bladed tweezers. Do not use matches or your fingers to remove the tick. Make sure the entire tick, including its head, is removed. Apply antiseptic to the area and go quickly to a medical provider for evaluation and treatment. Testing and a short course of antibiotic treatment may be all that is necessary, but do not avoid the medical visit under any circumstances. In many cases, including mine, symptoms go unrecognized for a long time. If unexplained symptoms of Lyme do not go away, testing for Lyme should be insisted on if not already done.

Hopefully, my experience is of some help in recognizing the extent of this disease and some of the significant issues associated with Lyme. Enjoy the Fall running season, and Happy Halloween! □





# Meeting Minutes of the HMRRC General Meeting - August 12, 2009

## Attendance:

Call to Order (M. Kelly): 7:30 PM

Reading and approval of minutes (B. Light): Motion to approve minutes made by Marcia Adams, seconded by Ray Lee. Motion approved.

## Reports of Officers

2.1 President (M. Kelly): The proposal to change the constitution will be placed in the September Pace Setter based on recommendations from election committee.

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

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): SEFCU accounts have been opened. Pam Zentko and John Kinnicutt have access online.

## Reports of Committees

Membership (E. Gillen): Since the last business meeting we have had 40 new members join. The total active members in the club equal 2100. A membership article was submitted to the Pace Setter for publication in October. Newest member's names were submitted to the Pace Setter and will appear in the September issue. October renewals will be sent out next week. Race directors and board members should consider using the email feature of the Wild Apricot system to publicize business meetings, race deadlines, races, etc.

Volunteers (M. Adams): Very successful meeting of training volunteers for timing. Set up training sessions for timing so we will have timing teams ready for next year. Looking at teams of 6 people. Training includes timing, results, assisting, setting up finish line and having team leader. Next session will be for registration. By setting up these training sessions we are trying to get more volunteers involved and hoping that once they see what is involved they won't be scared of helping out.

Public Relations (R. Moore): Press releases for SEFCU out this week. Adirondack Sports Expo weekend is 9/19 at the Schroon Lake.

Race Committee (N. Briskie): The research on a club van isn't complete. Will have that informa-

tion together for the next meeting. Doug Bowden held the Hour Run on July 22<sup>nd</sup>. 55 participated in the run. Doug felt that having an email sent out for notice of race was very effective. Todd Mesick directed the Pentathlon on July 29th-13 participated on a rainy night. Mike Kelly held the annual Indian Ladder Trail Run 15K and 3.5 miler. 135 finishers in the 15K and a total of 119 finishers in the 3.5 miler. Mike felt that the numbers were down this year due to weather. He used the new Wild Apricot system and thought it worked well. Mike suggests to other Race Directors to do both Wild Apricot and Active.com. That will give runners a choice and some runners are members to active.com. Two people were injured-Cathy Sliwinski will get injury report to Mike so he can have it filled out. Net loss of \$543; loss of \$497 for picnic. Everything went well and everyone seemed to enjoy the picnic. Might suggest for next year rolling out expense of picnic on its own and have the club pay for it. John Kinnicutt thought it may decrease the runners. Marcia Adams was concerned that you should charge a nominal amount so you will have a feel for how much food to order. Josh Merlis held 2 of the 3 Tawasentha Cross Country 5K's with 127 finishers and 197 at the Grand Prix. Special thanks go out to these Race Directors for another successful year. Also, special thanks to Cathy Sliwinski and Marcia Adams for taking charge of the club picnic. Upcoming on the calendar is Josh's final Cross Country 5K this Monday and John Parisella's SEFCU Labor Day 5K.

Race Committee Treasurer (P. Zentko): Did get Winter Series 5 report-a loss of \$532 vs \$399 last year. Colonie Mile is the outstanding report.

Pace Setter (R. Nagengast/M. Adams): No report

Website (E. Neiles): No report

Conflicts Committee (C. Terry): No report

Safety (V. Juliano): No report

## Unfinished Business:

Grant Committee has met and had 11 grant applications submitted and approved 9 of them. Have two periods-January and June-had fewer in January and more in June so more money out this June. One

of the criteria is that the use of the grant is to basically benefit runners in general and not a small group. Three youth programs received money. We haven't done a good job promoting youth programs so we are going back to remind youth groups of the opportunity. Team Utopia applied for a timing clock to be put at the SUNY Albany track. Ray contacted Jim Bowles and he has contacted the coach at SUNY so that we can store the clock there and everyone who is training at the track can use it. Rob Moore asked that we send out press releases about the grants and Ray will send the press releases to Rob to send out. Grant applications are located on the website. No nominations received in the mail for election of officers.

## New Business:

Cathy Sliwinski working with the Long Term Planning Committee Youth Programs. Ray Newkirk discovered online "Just Run" a web based program used in schools to promote running. HMRRC could use this and act as a liaison with the schools. If anyone is interested it is [justrun.org](http://justrun.org). The committee had a conference call with administrator of the program and feel it is a viable program and will look more into it. Meeting with coaches, school administrations and USATF to get feedback from them of any gaps in youth programs and hopefully from that will put together a presentation to the club on what to consider for financial support. Further discussion will follow on this. Elaine reported on the Mohawk Hudson Marathon-Elaine does organizing part, Jim Gilmer usually does the day of race things. Elaine does administration and Jim will be working with volunteers. Jim has been appointed to a government task force and is not able to do this job and Elaine has been taking on more training for work. What we need for this year is a Watervliet coordinator and a volunteer coordinator to make sure we have enough people to put on the event. She needs to make sure that there are volunteers for both marathon and half marathon. Mike is asking that anyone in the club that is available to help out and to please let us know. This is our club race and our club marathon so we need to work



together to put it on. Vince sent email out about our next big event the Stockadeathon-everything is going according to plan. Applications are printed so if anyone is going out of town feel free to ask Vince for some to take. Online website is up and running and have received twenty entries so far. Major change in starting time from 10:30AM to 9AM. Police feel it will help with traffic control. Vince concerned about out of town runners and has done notifications about hotels so that they can make their reservations. The Kids Run will follow after the 15K. Schenectady Gazette is on board as a sponsor and Fleet Feet and Expo in same place as last year. Nancy Briskie is resigning as Race Committee chair effective October. Anyone who would be interested in taking on this role, please let Mike Kelly know. Cathy Sliwinski will still be doing the insurance for the races. Doug Bowden described what is involved in the position: being in touch with Race Directors for all the races; putting together the race schedule for the club; banquet and award ceremony, and keeping track of all inventory of all the race equipment. Mark Warner wondered if there were tasks that could be broken up so that the position wasn't so overwhelming. Mike Kelly will work on setting up the race calendar for next year on a temporary basis. Usually sets up schedule in September and October 80% of dates are in by that meeting, then they work on race directors for races.

## Announcements:

Adjourn: Motion to adjourn by Marcia Adams; seconded by Ray Lee. Meeting adjourned at 8:25PM

Respectfully Submitted,  
Barb Light  
Secretary □



# VOLUNTEER RECOGNITION POINTS

*Data collection is continuing. The list below is through Distinguished Service, but does not include GHI or meeting attendance.*

## Reached Top Level:

**Marcia Adams**

**Ed Gillen**

**BOLD** indicates reached 1st level of recognition

Ted Abriel.....	5
Brittany Adams .....	5
J. Thomas Adams .....	5
Taylor Adams .....	5
<b>Tom Adams .....</b>	<b>100</b>
Dora Anderson.....	5
Jim Armbruster .....	5
Mike Bartholomew .....	5
Chuck Batchter .....	5
Debra Batchter .....	15
Debbie Beach .....	40
Mike Becker.....	5
Joe Benny.....	15
Anne Benson .....	10
Jack Berkery.....	25
Jeff Bettinger .....	5
Alicia Bialy .....	5
Charles Bishop .....	20
Leanne Blair .....	5
Eiko Bogue .....	10
Ron Boutin.....	5
Doug Bowden .....	20
Sara Brenner .....	10
Nancy Briskie.....	75
Rob Briskie .....	5
Robbie Briskie .....	5
Frank Broderick .....	5
Kathleen Bronson .....	30
Dale Broomhead.....	5
Bob Buff.....	5
Tom Bulger .....	10
George Burke .....	5
Sue Burns.....	5
John Butler .....	5
Dan Cantwell .....	10
James Carberry .....	5
Ruben Castro .....	5
Alicia Caton .....	5
Eric Champine .....	5
Donna Charlebois.....	20
Chris Chartrand .....	5
Ray Chauhan.....	5
Daniele Cherniak.....	25

Donna Choiniere.....	5
Jonathan Church .....	5
Nancy Clark .....	50
Dave Cole.....	10
Brian Collins .....	5
Meghan Collins.....	5
Eileen Combs .....	20
Sean Combs.....	5
Terri Commerford.....	25
Ed Conway .....	5
Kathy Conway .....	5
Jim Corrigan .....	5
Joan Corrigan .....	10
Joe Corrigan .....	10
Jim Costello .....	5
Maureen Cox.....	20
Laurie Cronin.....	5
Howard Cummings .....	5
Linda Cure.....	5
Candie Cuttle.....	5
Jim David .....	5
Donna Davidson.....	10
Janet Davignan.....	5
Ken Davis .....	5
Brian DeBraccio.....	30
Cheryl DeBraccio.....	25
Darryl Decker.....	5
Larry Decker .....	10
Martha DeGrazia .....	5
Marty Delaney .....	15
Mark Devenpeck.....	5
Anna Y. Dickerson .....	15
Will Dixon.....	5
Art Dott .....	5
Karen Dott .....	20
Sally Drake .....	5
Deanna Dugan .....	5
Russ Ebbets .....	30
Terri Egan .....	5
Nancy Egerton.....	5
Laura Farley .....	5
Ralph Feinstein.....	10
Sharon Fellner.....	5
Ryan Flood .....	5
Mike Ford.....	5
John Furgele.....	10
Kari Gathen .....	40
Adam Gaynar .....	5
Pat Glover.....	5
Kathleen Goldberg.....	5
Randy Goldberg .....	5
Lois Greene .....	5
Mark Gundrum.....	5
Melissa Haggerty.....	5
John Haley.....	20
Lynne Haley.....	5
Mary Harding .....	5
Anne Harrison.....	10
Kathy Hart.....	5

Charlotte Hayden.....	5
Colleen Hayden.....	5
Tina Hayden .....	5
Linda Hayen .....	10
Joe Hayter .....	5
Gail Hein.....	10
Joseph Hein.....	55
Peter J. Hettrich.....	5
Lee Hilt .....	5
Patrick Hilt .....	5
Richard Homenick .....	5
Sara Howard.....	5
Chris Imperial .....	5
Bob Irwin.....	35
Vicki James .....	5
Vince Juliano .....	40
Josh Katzman.....	5
Dale Keenan.....	5
Stacey Kelley.....	10
<b>Mike Kelly.....</b>	<b>100</b>
Tom Kieran .....	5
John Kinnicutt.....	35
Ken Klapp.....	5
Ken Klemp .....	25
Frank Klose .....	5
Aaron Knobloch.....	5
Bob Knouse .....	40
Bob Kopac .....	30
Armand Langevin .....	5
Betty Langevin.....	5
Mike Langevin .....	5
J.D. Lanyuth .....	5
Richard Leach .....	5
Ray Lee .....	80
Pat Legere.....	5
Megan Leitzinger .....	5
Barbara Light.....	55
Donna Lustenhouwer .....	10
Liz Lvov .....	5
Judy Lynch .....	20
Tim Maggs MD .....	10
Al Maikels .....	55
Hillenvon Maltzahn .....	5
Dayna Maniccia .....	5
Maryanne Martel.....	5
Elin Mattfeld .....	5
Andrew McCarthy .....	5
Tom McDermott .....	5
Andrea McGuire .....	5
Phil McGuire .....	5
Tom McGuire .....	15
Chris McKnight .....	5
Cameron McLean.....	15
Mike McLean.....	40
Bill Meehan.....	45
Jili Mehan .....	5
<b>Josh Merlis.....</b>	<b>105</b>
Thomas Miller .....	5
Liz Milo .....	10

Gerri Moore .....	10
Jim Moore.....	45
Jimmy Moore.....	5
Robert Moore.....	55
Daniel Morgan .....	5
Eric Morgan .....	5
Rick Morgan .....	10
Ginny Mosher .....	15
Jim Mudge.....	5
Paul Mueller.....	5
Jack Nabozny.....	10
Robin Nagengast.....	35
Joe Natale .....	5
Ed Neiles .....	85
Pete Newkirk .....	5
David Newman .....	20
Karen Noonan .....	20
Robert Norman.....	5
Brian Northan .....	5
Chris Nowak .....	5
Robert Oates .....	5
Paul Oberting.....	5
Ken Orner.....	15
John Owens.....	5
Kelly Owens.....	5
Nora Owens.....	10
Rachel Owens .....	10
Steve Owens .....	30
Elizabeth Paola.....	5
John Parisella.....	10
Martin Patrick.....	5
Larry Peleggi .....	10
Laural Petersen .....	10
Dana Peterson.....	25
Ginny Pezzula .....	30
Dave Pickel.....	20
Dan Pollay .....	10
Joe Premo .....	5
Jurwer Priddle.....	5
Mike Reger .....	5
Arleen Reyell.....	20
Joyce Reynolds .....	5
David Rhodes .....	5
Greg Rickes.....	10
Erin Rightmyer.....	5
Bill Robinson.....	25
Debbie Robinson .....	10
Gary Robinson.....	20
Jon Rocco.....	15
Terry Rodrigues .....	5
Diana Rodriguez.....	5
Todd Rowe.....	5
Chris Rush.....	20
Jim Russo.....	10
Zack Russo.....	10
Tom Ryan .....	5
Jamie Salm.....	5
Jacob Saray.....	5
Andrew Sattinger .....	5



Dave Scheid .....	5
Joordon Scheid.....	5
Chris Senez .....	5
Jennifer Senez.....	5
Larry Seward .....	10
Jay Shelgren.....	10
Jessica Sherry .....	10
Trey Silver .....	5
Ken Skinner.....	35
<b>Cathy Sliwinski .....</b>	<b>85</b>
Elisse Sliwinski .....	5
Robert Sliwinski.....	10
James Smith.....	5
Karen Smith .....	5
McDonald Smith .....	5
Melanie Snay.....	5
Ellen Snee .....	10
Chris Soblosky.....	5
Nicole Soblosky .....	5
Nick Solomus.....	5
Barbara Sorrell .....	40
Cynthia Southard.....	5
Patrick Spooner .....	5
Angela Squadere.....	5
Hank Steadman.....	25
Anny Stockman .....	5
Wade Stockman .....	10
Michael Strohecker.....	5
Michael Styne .....	5
Brenan Tarrier.....	10
Alan Taylor.....	5
Charles Terry Sr.....	40
Denise Terzian .....	5
Ed Thomas .....	60
Jim Thomas .....	5
Kate Thomas .....	10
<b>Jim Tierney.....</b>	<b>100</b>
Tom Tift.....	5
Carol Trombley .....	5
Dave Trombley .....	5
David Tromp .....	5
Paul Turner.....	30
Paul Valento .....	5
Angela Warner.....	25
Liliya Warner.....	5
Mark Warner.....	65
Victor Warner.....	5
Carol Willsey.....	5
Susan Wong .....	20
Roxanne Wunch .....	45
Pam Zentko .....	35

# Membership Update

by Ed Gillen, HMRRRC Membership Chair  
Vcat47@aol.com or Hmrrchelp@gmail.com

In April 2008, the HMRRRC membership went from a paper database to an online database. Besides capturing membership contact data, the database is used to identify our members for races and is the source for *The Pace Setter* mailing list. The database, the 'Wild Apricot' system, also saves our club and you money. How? Faster address change corrections by you, the member, saves the nominal fee that the club pays the United State Postal Service (USPS) to provide HMRRRC with the correct address or the costlier fee the USPS charges when mail comes back with no forwarding address. (Note: If members don't correct, I, as membership chair, make the correction but it's usually post USPS charge.) Since

*The Pace Setter* mailing list is tied to the database, it saves the club money by not having *Pace Setter* magazines produced and mailed to members whose membership has lapsed. Renewing online saves you the cost of a stamp and registering for HMRRRC events placed online is free (versus costs for Active.com)

## Frequently Asked Questions to Membership Chair

**When do paper renewals go out?** A paper renewal is typically mailed to members 5-6 weeks prior to their membership expiration date (e.g., July 1 renewal date is sent out mid-May.)



## Submissions for the December Issue of *The Pace Setter*

### Articles:

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

### Advertisements:

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

### Ads should be sent to:

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

**High resolution black & white files required. No files from MS Word, MS Publisher or Word Perfect. Full page ad size must be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.**

**When does membership record go from 'Active' to 'Lapsed'?** If membership dues are not paid thirty days after the membership due date, the status is automatically changed by the Wild Apricot system to lapsed. With the 30 days after due date, members have a total of around 10 weeks to renew their membership and to keep it 'active.'

**Can I renew online?** Yes! Save yourself the cost of a stamp and renew online. Go to hmrrc.com and then to 'members only' to 'record maintenance.' Log in and view your profile. Click on the 'Renew to ...' button.

**What if I don't want to renew online?** Mail your renewal form in the enclosed envelope. Please note that paper renewals are bundled and hand-delivered to the membership chair at the monthly business meeting (2nd Wednesday of each month)

**I never received or have forgotten my login password. How do I get in?** You will need to contact me to reset/provide you with a password. REMINDER: If your e-mail changes, you will need to log in using your old email address and then modify your membership record with the new e-mail address. Then the next time you log in, you will use the new e-mail address.

**Do online renewal reminder notices go out?** Yes, multiple e-mail reminders are sent out.

**I didn't get my *Pace Setter*. Why?** There may be a number of reasons. 1) Your membership was switched to 'Lapsed' and the mailing list is generated from 'Active' membership; 2) You may have set, or your mail code is set, as 'Secondary' instead of 'Primary.' Secondary code is used to indicate that *The Pace Setter* is going to a household where there is a couple or family membership. We mail a *Pace Setter* to one address - person with the 'Primary' code checked off; 3) Although we hate to blame the hard working people at the USPS, sometimes *Pace Setters* get lost in the mail. To keep costs low, we ship third class. Bottom line, if you don't receive your *Pace Setter*, contact me and I'll investigate.

***The Pace Setter* is online. Does this mean HMRRRC is no longer going to be mailing the *Pace Setter*?** No, we still mail *The Pace Setter* out each month. We are investigating putting the pdf version up on the web each month and to archive past issues. To 'be green' and to keep club costs down, we are also exploring having membership opt out of receiving the paper version if they choose. Stay tuned.

Finally, the online membership database is currently being used for members to sign up for HMRRRC events for free! (races, picnic, banquet). Although there are some glitches, the system is working well enough for HMRRRC to continue using it in the future. Currently, it is up to each race director to decide if the Wild Apricot system meets their need for the race they are directing. □



Go to **HMRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

Circle size and color where applicable

	<u>Cost:</u>	<u>Total:</u>
<b>NEW! Dryline Zip Shirt</b> , black, Male S,M,L, XL; Female XS,S,M,L,XL	\$35	_____
<b>Insport Tights</b> , black, Male, S,M,L; Female S,M,L	\$19	_____
<b>Club Jacket</b> , royal blue and black, Unisex S,M,L	\$47	_____
<b>Warm-Ups</b> , black and gray jacket and pants, Male S,M,L,XL	\$63	_____
<b>Long Sleeve Coolmax Shirts:</b>		
<b>Lightweight</b> , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
<b>Heavyweight</b> , mock turtleneck, club logo on chest, Unisex black XS,S,M,L,XL; blue XL	\$24	_____
<b>Coolmax Singlets:</b>		
<b>White with royal blue side panels</b> , Female S,M,L	\$16	_____
<b>White with royal blue side panels</b> , Male S,M,L,XL	\$21	_____
<b>Short Sleeve Coolmax Shirts:</b>		
<b>Royal blue</b> , Unisex, S,XL	\$13	_____
<b>Hind with reflective stripes</b> , Male, mustard S,M,L,XL, grey S; blue M,L,XL	\$25	_____
<b>Shorts with white club logo</b>		
<b>Female Asics</b> , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL	\$21	_____
<b>Female Adidas</b> , black with blue trim, XL	\$22	_____
<b>Female Race Ready Shorts, royal blue</b>		
<b>Split-cut</b> , 1" inseam, S,M,L	\$17	_____
<b>Split-cut Long Distance</b> , 1" inseam, back mesh pockets, black, blue, L	\$22	_____
<b>V-Notch</b> , 3" inseam, S,L,XL	\$17	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, M,L	\$22	_____
<b>Easy</b> , 4" inseam, S,M,L	\$18	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,XL	\$22	_____
<b>Male Race Ready Shorts, all are royal blue except where noted</b>		
<b>Split-cut</b> , 1" inseam, S,M,XL royal; L black	\$18	_____
<b>V-Notch</b> , 3" inseam, S,M,XL royal; L black	\$18	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, S,M,L, XL	\$23	_____
<b>Easy</b> , 4" inseam, S,M,L,XL	\$20	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL	\$24	_____
<b>Sixers</b> , black, 6" inseam, back mesh pockets, S,M,L,XL	\$26	_____
<b>Running Cap</b> , embroidered logo, white, white/royal	\$11	_____
<b>DeFeet Coolmax Socks</b> , white with royal blue lettering (S,M,L,XL) 6.00/pair or 3/\$17		_____
<b>Smart ID tag</b> , snaps onto shoe, neon yellow, neon orange, neon green, purple \$2.25 ea. or 3/\$6		_____

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

**All prices include sales tax**

**TOTAL DUE:** \_\_\_\_\_

Postage \$5.15

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

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

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## Event Schedule

Club events are in blue font.

Date	Time	Event	Location	Contact	Email
10/3	9:00 AM	RunAmuck 5K Mud Run	Hamman State Park (Sebago Beach)	Scott Johnson	coordinator@runamuckfestival.com
10/3	9:00 AM	Susan G. Komen Race for the Cure 5K	Empire State Plaza Albany	Lynnette Stark	lstark001@nycap.rr.com
10/4	10:00 AM	30th Voorheesville 7.1 Mile	Voorheesville Town Park Day of race signup only	Jim Thomas	jth430@verizon.net
10/4	11:00 AM	5th Annual Run for the ROC 5K	Saratoga Race Course	Mike Wallner	mwallner@saratogacare.org
10/10	8:00 AM	Run for the Horses - 5K Walk	Amsterdam	Nina Bellinger	easystreetrescue@aol.com
10/10	8:30 AM	50 Miles Around Canandaigua Lake	Finger Lakes Community College	Tom Perry	tperry01@rochester.rr.com
10/11	8:30 AM	8th Annual USMC Reserve Half Marathon	Colonie Town Park	Elaine Humphrey	Info.USMC.Half@gmail.com
10/11	8:30 AM	27th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Elaine Humphrey	Info.MHRM@gmail.com
10/11	9:30 AM	2nd Annual Go	Richmond Shores	Ann Wildgoose	annwildgoose@hotmail.com
10/17	9:00 AM	BH-BL Rotary Apple Run 5K	O'Rourke Middle School Burnt Hills	Paul Lewandowski	ssalmonlew@aol.com
10/17	9:30 AM	Anne's Quest Foundation 5K Run	Shaker High School (Latham)	Kelli Rosenthal	kellirosesthal@annesquest.org
10/18	10:00 AM	Saratoga National Bank Cross Country Classic	Saratoga Spa State Park	Jeffrey Allen	jallen3@nycap.rr.com
10/18	10:00 AM	3rd Annual Race Against Cancer 5km	Plattsburgh	John Lynch	LynchJP@plattsburgh.edu
10/24	9:30 AM	Voorheesville Fall Classic-5K	Voorheesville High School	Tony Maddaloni	Tmaddaloni@aol.com
10/24	10:00 AM	Race Away Stigma 5K Race & Walk	HVCC	Michael Washco Larry Ellis	m.washco@hvcc.edu or l.ellis@hvcc.edu
10/25	9:00 AM	Capital Region Special Surgery Race for Hope 5K	Slingerlands	SarahNicole Mahoney	mahoney@capitalregionneurosurgery.com
10/25	9:30 AM	Hairy Gorilla Half Marathon and Squirrelly Six Mile	Thacher State Park	Josh Merlis	info@areep.com
10/25	10:00 AM	Race In The Park - 5K	Central Park Schenectady	Ron Byrne	ron@theumbrella.org
10/31	10:00 AM	3rd Annual Dash for Cash 5K and Kids Fun Run	Lisha Kill Middle School Albany	Brooke Brady	Brooke.Brady@southcolonie.k12.ny.us
11/1	12:00 PM	Fall Harvest 5K and 7.5 Mile Scenic Challenge	201 Hudson St	Jackie Gaillard	jackiegaillard@aol.com
11/7	12:00 PM	5K run/walk	Cherry Valley	Justin Thalheimer	chessman100@hotmail.com
11/8	9:00 AM	34th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/11	10:00 AM	Valatie Veteran's Run 5k	Valatie	Kevin Maloy	kw_maloy@yahoo.com
11/11	10:00 AM	Shenendehowa Veterans Day Dash 5K	Shenendehowa Campus	Doug Shartrand	dshartra@nycap.rr.com
11/14	9:30 AM	The Rally to Run 5K Race & Kids Fun Run	East Greenbush	Robin Merrill	rmerrill@nycap.rr.com

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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U.S. Postage

PAID

Albany, NY

Permit No. 415

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

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**TYPE OF MEMBERSHIP DESIRED** (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**For those who can afford it!**

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

**Mail applications to:**

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

**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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