

The Pace Setter

March 2011

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



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Month Day Year

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

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

PARENT/GUARDIAN SIGNATURE (if under 18)

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Editor:

Kari Gathen (pacesetterarticles@nycap.rr.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Terri Commerford,
Mike McLean, Robin Nagengast,
Kristina DePeau Gracey

Advertising/Business Directors:

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

Photo Coordinator:

Bill Meehan

Photography Staff:

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

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

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— **Short Circuits**

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— **Kopac's Komer**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@qscallen.com). All other matters should be directed to the editors. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

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Photos in this issue by Phil Borgese, Donna Davidson, Bill Meehan and Peter Thomas at ALPENGGRAPHIK. Cover photo by Peter Thomas at ALPENGGRAPHIK



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

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JON ROCCO
862-9279

Executive Vice President
JOHN PARISELLA
374-4190

Vice President for Finance
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482-5572

Treasurer
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372-8275

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
NANCY BRISKIE
355-3276

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

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

HMRRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Digital Clock & Timer
BILL MEEHAN
456-4564

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



by Jon Rocco

As winter winds itself down and another successful Winter Series and Winter Marathon are in the books, it is a good opportunity to thank, recognize, and honor some members for their dedication and achievement.

As I noted last month, the February Awards Banquet marks the annual induction to the HMRRRC Hall of Fame and recognition of age group winners of the Grand Prix Series. Mark Warner and a group of 37 runners filled that bill respectively. It is also a time I get to make official recognition of the President's Awards recognizing those individuals with outstanding contributions to the club and running community. Additionally, the Race Committee selects its "Extra Mile" Awards for member contributions made at club races. This year, thirteen were presented awards in the two categories.

Race Committee "Extra Mile" Awards went to Paul Bohl, Lisa Ciantetta, Roxanne Gillen, John Kinnicutt, Ken Klemp, Frank Myers, Ginny Pezzula, and Dave Williams. President's Outstanding Service Awards went to Diane Fisher, John Haley, Ed Neiles, Ken Skinner, and Pam Zentko. A brief summary follows noting the achievements of our award winners, but it is certainly not inclusive of all they have done.

Paul Bohl has volunteered over the past several years at the Mohawk Hudson Marathon helping with the pre-race buses and baggage and in 2010 stepped up as the official coordinator managing 32 buses and 1500 people to 2 different locations. Lisa Ciantetta served another year as the coordinator for the club's summer picnic, served as a registration volunteer at several club events, and assisted with coordination of the Turkey RaffAL Run. Roxanne Gillen has stepped up to direct the Father's Day 5K when a vacancy arose and for the past few years assisted food coordination at the Stockade-athon. John Kinnicutt directs the Tawasentha Cross Country race series held for three Mondays over the summer and served as HMRRRC Club Treasurer from 2007-2010. Ken Klemp is the co-race director of the Winter Marathon, refreshment coordinator at Mohawk Hudson Marathon, and coordinated packet pick-up and last day registration of the Stockade-athon. Frank Myers has been involved with the Colonie Tuesday Night Summer Track Program and Dynamic Duo for several decades. HMRRRC took over as sponsor of the Track Program in 2010 as well as taking on the Dynamic Duo as a club race. Frank handles the coordination and direction of

both as well as the handling of its volunteers. Ginny Pezzula took an active role with race packet stuffing and registration at many club races including the Delmar Dash, the Mohawk Hudson Marathon, Stockade-athon, and Winter Series. She notably does it all with a smile too. Dave Williams volunteered at the Runnin' of the Green, assumed coordinator roles at the Delmar Dash and Mohawk Hudson Marathon finish line area, and is stepping up to direct the Mother's Day race in May.

Diane Fisher really 'hit the ground running.' She assumed the role of Membership Chair in February, introduced HMRRRC on Facebook, and stepped up as Web Page Coordinator after its originator stepped aside. Diane was also involved in the Stockade-athon website creation and design and did work on the Mohawk Hudson Marathon website.

John Haley continues on as co-race director of the Valley Cats Home Run 5K. He is also course director for some of our key club races including the SEFCU Labor Day 5K and the Stockade-athon. In addition to having a presence of handling traffic control at Winter Series events, John has taken on the role to handle insurance for our club races.

Ed Neiles is the person responsible for the creation and management of the HMRRRC website for the past 15 years wherein he stepped aside at the end of 2010. He is a co-race director of the Winter Marathon and volunteers at many club races. Ed serves on the Long Range Planning Committee and recently accepted an appointment to be the Chair.

Ken Skinner volunteered to become the administrator of the Just Run Program leading in its successful pilot. He is the co-race director of the Doug Bowden 15K & 3M Winter Series. He directs the Colonie Mile and serves as course director for the Workforce Team Challenge. Additionally, these past several years I have had the pleasure of serving with Ken on the Shrader Scholarship Committee, a program he started. Pam Zentko served for over four years in the position of Race Committee Treasurer and in the Fall of 2010 became Club Treasurer. Additionally, Pam has volunteered at various club events.

Many thanks to our 'baker's dozen' award winners and congratulations to you. We certainly look forward to what our hundreds of volunteers (old and new) bring on in 2011 and in keeping with the ending of our mission statement that volunteer participation is a foundation upon which HMRRRC exists. □





What's Happening in March

by Al Maikels

There isn't a lot happening in March as the club only has one race on its schedule. In years past we had a great long race, the Chopperthon, later called the Hudson Mohawk Half. This race started at the Proctor's in Schenectady and finished on the road above the UAlbany track. Public safety costs made that course too expensive so the race moved to the Colonie bike path. Unfortunately, the weather in March can be quite unpredictable and this race came to an end in the mid 90s.

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

12 at the Legnard-Curtin American Legion post in Green Island with a 10 a.m. start. This race is not only a Grand Prix event; it's also the Adirondack Association of USA Track and Field 4 mile championship. This year there is no day of race registration for the race.

You will have to go out of town to find other races. The most notable race is the 25th Annual Shamrock Shuffle, held by the Adirondack Runners on Sunday, March 27 at 11 a.m. at the Glens Falls High School. This race is 5 miles and is worth the drive, as they always feature a good T shirt.

The club business meeting for March is scheduled for Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave Extension. President Jon Rocco welcomes all club members to attend these meetings. □



Submissions for the May Issue of *The Pace Setter*

Articles:

Deadline is Mar. 25. Submit to: Editor, pacesetterarticles@nycap.rr.com

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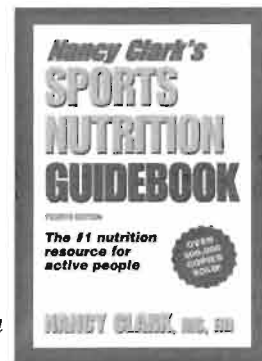
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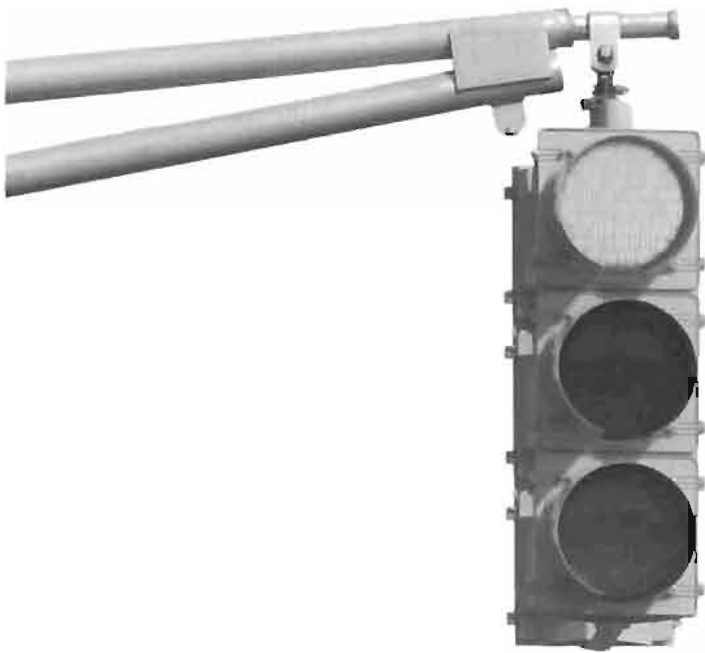
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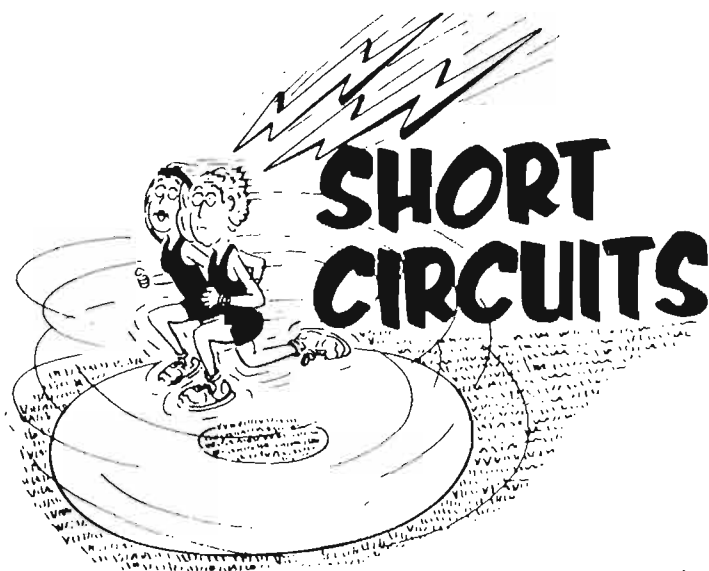
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A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

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



Forrest Lyerly played linebacker for his North Carolina high school football team for three years. In his senior year, having lost 40 lbs. over the summer, he decided to run cross-country. Immediately he became a running sensation with the cheering fans shouting "Run, Forrest, run."

Overnight he was one of the premier high school cross-country runners in the state, headed to a prestigious college on scholarship. That was until the night of January 19 when Forrest was arrested for felony attempted robbery with a dangerous weapon (knife) at a local gas station.



Forrest Lyerly: The end of the road?

Former Greenwich High cross-country standout Caitlin Lane set a Penn State school record in the 1000 meter run in January. Besting the previous record by over 2 seconds, Lane, a Junior, ran 2:45.95 in her first track event of the season.



Caitlin: Back in the fast lane

rested days, he could push it much higher. Message: You have to make your easy days really easy in order to make your hard days truly hard (and productive).

He's also limiting his "junk miles." He'll no longer do two hours of easy running on recovery days, opting for shorter distances instead. As a result of this and his six-days-a-week schedule, Hall's weekly mileage is significantly less than it used to be. "It's an experiment," he says. "I know a lot of marathoners believe in pushing their miles up, but I've been feeling really good with this new program." Results? Houston 2011, 1:02:20 (second place).

The runner does not choose his or her distance, the distance chooses the runner.

— George "Malmo" Malley

A new motion picture on the life of marathon legend Abebe Bikila is making its way across the country. Entitled "The Athlete", it lovingly portrays Abebe's incredible life journey. □



Hopefully, coming to a theatre near you

The Pace Setter – 7

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

Signature _____ Date _____

"BEEN THERE, DONE THAT"

by Mike Becker

March 1976...Thirty Five Years Ago

- The club obtained a non-profit organization postal permit, allowing the mailing of the newsletter at a greatly reduced cost to the 150 club members. This savings reduced the annual membership fee from \$4 to \$3.

- The Third Annual Boston Qualifier Marathon is held on the 14th at SUNYA. This is the precursor to today's Winter Marathon. A total of 29 runners finish with all breaking four hours and 13 breaking three hours. Jack Callaci and Bill Young each run 2:32:21 for top honors. There was a shortage of volunteers, but those that did show up, including club officers and wives and relatives of runners, did a great job.

- The newsletter lists the 1975 running mileage for 63 members. Jim Patterson has the most with 3,600, and several others have more than 3,000.

March 1981...Thirty Years Ago

- Lee Pollock wins the Winter Marathon on the first at SUNYA with a fine 2:30:46. Lynn Leland is top female with a 3:19:25 which broke the course record for females (since broken). Leland nipped Grace Cialek by eight seconds. A total of 48 runners finish with all but three going under four hours.

- A six-mile St. Patrick's Day race is held on the 15th at SUNYA. Mark Sullivan runs a 31:26 to edge Bill Robinson by 14 seconds. In the female division, Chris Cashin runs a 41:32 to beat Denise Herman by 20 seconds. Also running good times are Chris Murphy, Tom Bulger, Lowell Montgomery, Don Wilken, Diane Barone, and Nancy Gerstenberger.

- Brian Teague is profiled. He started running in the 7th grade and keeps detailed running charts. He trains seven days a week and runs a minimum of 70 miles per week. He considers his best performance the Berkshire Marathon in 1980 where he ran a 2:57 and PR'd by 13 minutes. Other PRs at that time include a 16:50 5K and a 1:21 half marathon.

March 1986...Twenty Five Years Ago

- James Mathew and Denise Herman are winners of a six-mile race at SUNYA on the ninth, and Charles Smullen and Linda Kranick win the three-miler.

- *The Pace Setter* editor was Joe Hein, and the club officers were: President – Diane Barone, Vice President – Don Wilken, Secretary – Donald Fialka, Treasurer – Bert Soltysiak.

- The Price Chopperthon 30K race is held on the 22nd from Schenectady to Albany. Bill Reifsnnyder wins with a 1:37:16, a little over a minute faster than Malcolm East. Jean Buch is the female winner with a 1:54:42, nearly five minutes ahead of the second female finisher. Age group winners include Dale Keenan, Lee Wilcox, Bill Shrader, Sr., Jean Kerr, and Anny Stockman. The runners face a stiff head wind for most of the race. A total of 663 runners fin-



ish. The entry fee is \$6 and includes a nylon singlet.

March 1991...Twenty Years Ago

- The St. Patrick's Day 8K race is held at the Burden Lake Country Club on the 16th. Dom Colose runs a 26:53 to beat John Lisak by 38 seconds. Amy Herold-Russom runs a 32:39 for top female honors with Deb Springer finishing second.

- On the cover of *The Pace Setter* is a photo of Bill Shrader, Sr. being inducted into the HM-RRC Hall of Fame, the first such inductee.

- Lori Hewig and Rick Bennett are named the most improved runners of 1990.

March 1996...Fifteen Years Ago

- *The Pace Setter* has a special 48-page insert celebrating the club's 25th anniversary. The insert, edited by Don Wilken, Ed Thomas, and Ed Neiles, includes more than 20 articles on the history of the club including the Corporate Challenge, Chopperthon, Tawasentha, Club Marathons, Stockade-Athon, and the Summer, Winter, and Grand Prix series. Also included is a photo spread of all club Presidents and Distinguished Service Award winners.

- The Shamrock Shuffle five-miler is held on the 13th in Glens Falls. Gordon Neysmith runs a 25:03 to hold off Birger Ohlsson and Vinny O'Brien. The top female finishers are Erin Davis and Tonya Dodge. A total of 398 runners participate.

- Dale Keenan runs a 27:08 in the St. Patrick's Day 8K on the 16th in Poestenkill to beat Zach Yannone by 21 seconds. Also finishing in the top ten are Dan Cantwell, Ken Plowman, and Mark Warner. Amy Herold-Russom is top female with a 30:14, good for 17th overall. Racewalker Bill Hogan finishes 152nd and last with a 1:11:20.

March 2001...Ten Years Ago

- Aplytly-named David Swift runs a 2:44 in just his second marathon to win the 28th Annual Winter Marathon and Relay at SUNYA on the fourth, directed by Mike and Cameron McLean. Dan Dominie finishes second with a 2:50. Natalie Podesta, running her first marathon, is top female with a 3:53, one minute ahead of Helen Shekerjian. Twenty-two relay teams compete with the fastest finishing in 2:40.

- The Runnin' of the Green (Island) four-mile race is held on the tenth and directed by Jeanne O'Connell and Mary Mosher. Nick Conway wins with a 19:51, two seconds faster than Jeffrey Brooks. Emily Bryans easily wins female honors with a 22:58, more than three minutes ahead of Lori Schmidt. A total of 181 runners finish, compared to 585 in 2010.

March 2006...Five Years Ago

- David Tromp wins the Cystic Fibrosis Stair Climb at the Corning Tower on the ninth with a time of 5:01. Marie Connors is the fastest female with a 6:31.

- Nick Conway (19:45) edges Jamie Rodriguez by one second to win the Runnin' of the Green (Island) four-miler on the 11th. Sixteen-year-old Brina Seguire is top female with a 24:08. Derrick Staley and Anne Benson are top male and female Masters finishers.

- Nineteen-year-olds David Raucci and Caitlin McTague win the 20th Annual Shamrock Shuffle five-miler in Glens Falls on the 19th with times of 25:38 and 30:37, respectively.

- Bob Irwin wins the Oleksak Half Marathon in Westfield, Mass. on the 26th with a 1:11:07 for a 5:26 pace. □



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**Applications must be submitted by
April 1, 2011.**

The First Mile

by Mike Naylor

Unlike the movie *The Green Mile*, which leads you to a place you don't want to be in, the first mile of a road race of 5k to the marathon distance, is the most important mile you will run.

The first mile establishes your pace and lets you know if you are going to fast or to slow. However, you cannot always go by this, because I have been in races where the markers were placed in the wrong spot or distance and it really ticked me off.

Nothing is worse than cruising along and thinking all is great and then the first mile marker pops up and you look down at your watch and see one of two things. First, you see that you have just set a new world record in the mile, or second, you see a time your grandmother could have beaten with her walker (I didn't mean any disrespect to grandmothers, cause I have had my butt kicked by a few.)

The best way to eliminate this issue is to begin practicing a pacing drill that I have developed, which keeps your brain and body working together and assures you that what you are doing is right and on target.

It is a bit of challenge to accomplish this activity, but in the long run it will save you from freaking out in the beginning of race and totally take your concentration off the race.

When I work with top level runners, I don't want them to rely on the elite runners around them to dictate their pace and focus. Because you never know if the lead pack is going out too fast or going out too cautious. I want my runners to dictate their own pace and not to even think about what Joe or Jill is doing. I want them to be totally focused on doing what we have trained for, which is to win.

For the rest of us mortals, I just want you to be comfortable and relaxed and have a sense of well being as you begin a road race. I used to hate being on the starting line and thinking: "What the heck am I doing here?" And, "How fast can I run, today?"

By following this simple plan, you won't have these negative thoughts in your head before a race, but you will be focused, relaxed and ready to go.

Here is what you do, and it does involve using a stopwatch of some type. But, before you start, it is important, you do this activity with a friend. Some runners pick up on this drill very quickly and others, like myself, have to control their emotions to a point where they are totally comfortable with what they are trying to accomplish. Trust yourself, like when Luke Skywalker was learning to fight with a light saber and the droid would shoot out laser beams and strike him, until he focused and concentrated and allowed his inner voice to react. Pretty cool stuff and it can work for you.

Kind of got sidetracked by the Star Wars thing. Love the early versions, hated the later ones.

What you don't need right now is a track. Just find a nice spot where you can run unim-

New HMRRC Members

Kara Abatto
Alanna Almstead
Kevin Baker
Joseph Bango
Kathy Barlow
Bruce & Hassan Beesley
Angela Bennett Rodriguez
Barb Bocycck
Johan Bosman
Paula Boughtwood
Michael Brennan
Peter & Peg Carucci
Mary Collins Finn
Jeff Conant
Jenika Conboy
Mary Jo Conover
Irene Conway
Rich Coughlin
Tyronne Culpepper
Jlm Cunningham
Gary Czupil

peded. Then, start your watch and run comfortably for five seconds. Here is where you could use a friend to mark the spot where you were at the end of five seconds. Then go back to the starting line and do it again. Do this till you find that you are pretty darn close to hitting the same spot every time while using a watch.

Then, place a mark on the ground where you were most consistent. Give the watch to your friend, and now try to hit that spot in 5 seconds without the use of the watch. Have your friend yell out when 5 seconds has expired. See how close you came to the spot you had marked earlier. Go back and do it again and again until you are hitting the spot and hearing your friend yell out at the same time. Finally, go to the starting point, and have your friend go to the spot. When you start to run your friend will start the watch and stop it when you hit the spot. He / she will not say anything to you until you have hit the spot. Then you will check the time and see how close you came without any verbal or visual clues to hitting the spot in 5 seconds. Once you can accomplish this, you are now a Jedi Warrior.

Then, increase the time and ultimately the distance until you are able to run the first mile of your race at your predetermined pace. It sounds easy and it is, once you get the hang of it.

Ultimately, by using this technique you will be able to run the first mile in complete control, relaxed and confident that you have accomplished the first step in having a successful road race.

Check the club's Facebook site for my daily running tips. See you out there, Coach Mike. □

Payton Czupil
Amanda Danko
Rebecca DeVries
Christin Dibelius
Todd & Laura DiGrigoli
Denise Dollard
Marc duMoslin
Dustin Ellis
Hilary & George Eutzy
Rowland Evans
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Janis Graziano
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Jeremy Hosier
Thomas Hunter
Jack Johnson
Heidi Jones
James Kavanagh
Matthew Landy
Russell Lauer
Tammy Liu-Haller
Danielle Lloyd
Kathy Ludwin
Matthew Lutz
The Lyons Family
Bryan Mannarino
Sean McCarthy
Joseph M. McDonald
The McIntyre Family
Marna Meltzer
Sandra Michael
Elizabeth Murphy
Erin O'Connor
T.J. O'Connor
Alice O'Neill
Sonya Pasquini
Valerie Pezzula
Jacqueline Pezzulo
The Pugliano Family
Patricia Rapoli
Oswaldo Rodriguez
Brian Samela
The Secor Family
Sydney Sericolo
Robynn Shannon
Brian Shea
Lessa Shear
Mike Slinsky
Leta D. Smith
Mike Towle
Liz Urban
Clorinda Valenti
The VanVlack Family
Tina Vogel
Marion Waldman
Ann Walker
Jolene Wise
John Yonos
Alison Zaloga

Dodge the Deer 5k & Mile Fun Run

The 9th Edition
Saturday, April 16, 2011
Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series

Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

Now in its 9th year, this cult classic features the collision of the Albany Running Exchange's zeal for energetic family-friendly races merged with their lust for over-the-top grandiose experiments in social phenomena. The event, named after a deer named Dodge who you will also have to *dodge* at the finish, takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully.

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



AWARDS

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

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

SPECIAL CATEGORIES

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



EVENT SCHEDULE

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



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

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

Early Registration: Postmarked by April 9
Checks made out to: AREEP

TO REGISTER, GET DIRECTIONS, AND MORE

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



AMENITIES

It's Dodge the Deer grab bag! All entrants will be able to choose one of the numerous Dodge the Deer items from a vast collection of shirts, towels, headbands, flip-flops, and more! Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and other activities! There is also a cook-out as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

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

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

X - X - X - X - X

NAME _____		____/____/____ BIRTHDAY		AGE (ON 4/16/11) ____		<input type="checkbox"/> M <input type="checkbox"/> F	
ADDRESS _____				EMAIL _____			
CITY _____				STATE _____		ZIP _____	
PHONE () _____				RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5k			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)				MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____			
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.</small>							
SIGNATURE _____			DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)		

The "Tortoise and Hare"

by Julie Keating

The Kinderhook Runner's Club held its second annual "Tortoise and Hare" race last Saturday, January 8, 2011 at 9 a.m., on the OK5k course in the village of Kinderhook. This race is also an anniversary run for the club, celebrating the founding of the KRC in January 2009.

The goal of this type of race is for runners of all abilities - the elite racers, the middle-of-the-packers, and the run/walkers - to enjoy running together. To help make this happen, starting clock times for each participant were set at a range from 0:00 to 22:57 based on their finishing times at the June 2010 OK5k. For example, a runner with an 8:00 start time would have to wait eight minutes at the starting line before beginning the run. If this runner ran a thirty minute 5K, the runner would finish in a total clock time of 38:00 and a net running time of 30:00. If this same runner had run the OK5k at a slower pace, such as 32:00, there is a good chance that the runner would experience the thrill of passing other runners along the course who had earlier clock start times but were running a slower race in comparison to their OK5k.

While the Tortoise and Hare is designed so that all runners will finish at close to the same time, there is always a winner, and this year's champion is Hilary Eutzy, 44, of Valatie. Despite the snowy and wet conditions that are becoming a tradition for this race, Hilary actually improved her net 5K running time on the course by 4 minutes, 28 seconds compared to her OK5k time last June, finishing in a total clock time of 37:18 and a smoking fast net running time of 22 minutes, 14 seconds.

Hilary stated that winning the red glass KRC Tortoise and Hare trophy for 2011, which each year is engraved with the name of the winner "feels great! I worked hard this year!" Hilary is the mother of two children, a one year old son Aidan, and a daughter Sidney who is 15 and is also a runner. Hilary explained that her interest in running was reignited by her daughter's running accomplishments. Then, joining the KRC and training with the club led Hilary to unimagined gains in speed and endurance: "I really benefited from the club's consistency and motivation, and especially from Karen's inspiration."

The second place finisher was one of the club's newest members. Cindy Michelin, 55, of Slingerlands, who joined the KRC on January 1, 2011. Cindy had a total clock time of 38:31 and a net running time of 28:02. The third place and first male finisher was Todd DiGrigoli, 44, of Niverville, with a total clock time of 40:02 and a net running time of 23:48. Another standout finisher was Willie Janeway, 47, of Stuyvesant. Willie's starting clock time was set at 20:47, but his net running time was the fastest of all participants at 20:07. Willie's speed resulted in a sixth place finish with a total clock time of 40:54.

Following the race was an annual mem-

bership meeting, awards ceremony and prize raffle, and bagel and coffee reception at the Kinderhook Village hall.

Weather: Cloudy, temperature 28 degrees, wet and snow-covered roads
38 runners out of 57 signed up.

Volunteers - Mike Brennan, Rich Phillips, Karen Dolge, Ed Hamilton, Julie Nabozny, Laura DiGrigoli

Winner Hilary Eutzy 37:18 CLOCK

2nd Cindy Michelin 38:31

3rd Todd DiGrigoli 40:02

4th Pixie Fuller 40:34

Overall Net

1st Willie Janeway 20:07

2nd Tom Fraser 20:25

3rd Ben Mueller 21:18

4th Mike Howard 21:45

Female Net

1st Hilary Eutzy 22:14

2nd Hilary Cloos 23:30

3rd Erin Russo 23:58

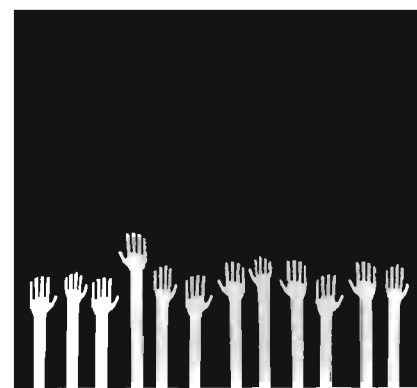
4th Hilary Ferrone 24:43 □



On the Web!

The Hudson Mohawk Road
Runners Club is on the Web

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



Upcoming Races that need assistance:

Runnin' of the Green:

March 12

•

Delmar Dash:

April 10

•

Bill Robinson 10K Masters

April 30

Anyone can qualify for a
volunteer.

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

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

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

NAME:

ADDRESS:

TELE. #:

EMAIL (if available):

Mail to:

Marcia Adams

HMRRRC Volunteer Coordinator

1009 Tollgate Lane

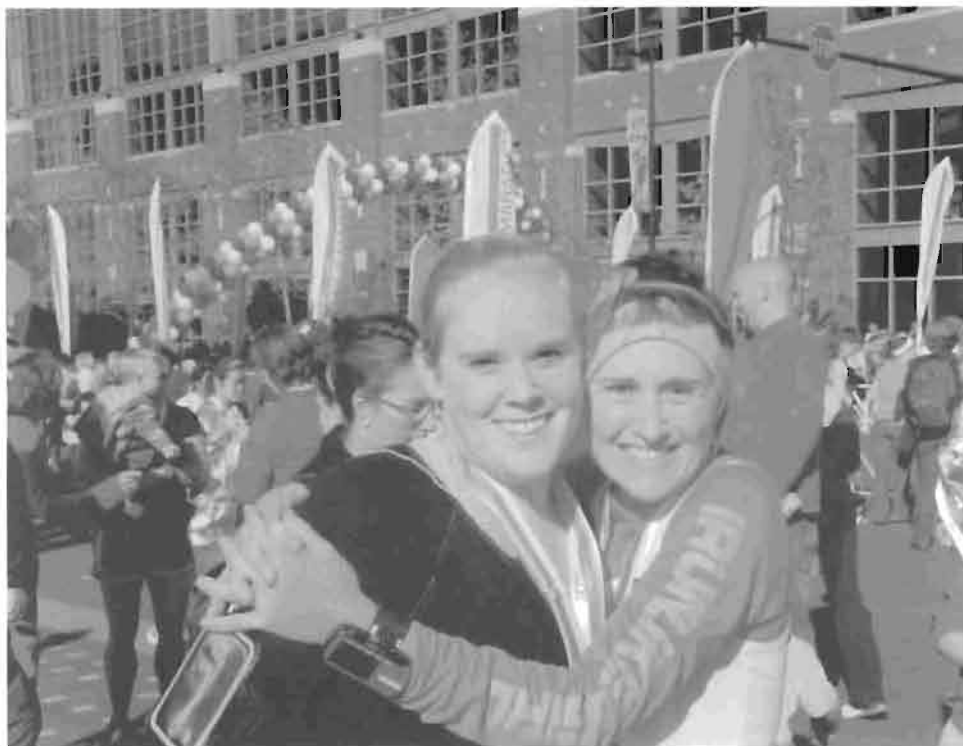
Schenectady NY 12303

WINTER SERIES # 4



Dark Horse at the Columbus Marathon Races

by Bob Kopac



Lynne and I took a road trip to Ohio for the Columbus Marathon races, where Lynne would run the half marathon. I would cheer for her around mile 11 outside the home of our friends Ann and Don.

It was a perfect fall morning. Ann and Don's friend brought glazed donuts and coffee for us spectators. I had a different idea for beverage, however. My original plan had been to raise a glass of wine as Lynne passed by and say, "Go Lynne." However, I changed my plan after I learned our friends' home was in the historic Brewery District. I thought it more appropriate to drink bottles of Dark Horse Lager from the Elevator Brewery Company of Columbus and yell "GO LYNNE!"

As I drank the beer, my friends informed me that Columbus has an open container law. Since there were auxiliary police manning a nearby intersection, and since I did not want to end up in the hoosegow, I hid the open bottle and instead raised a capped bottle to the runners and cruelly offered them the bottle as I reminded them, "This is why you run!"

Several runners plaintively reached for the bottle as they ran by me. One bold runner stopped and pleaded for the bottle, so I gave it to him. Imagine how shaken the beer would be by the end of the race when he tried to open it! Considering he had to carry that unopened bottle another 2 miles without breaking it, perhaps taking the bottle was not the smartest thing for him to do. However, running makes

you dumb, and the longer you run, the dumber you become. To be fair, the runner now had a Dark Horse for his post-race celebrations – if he happened to be carrying a bottle opener, as it was not a twist-off.

I decided not to tempt any other runners, since I did not want to lose any more of my beer. Thus I did not offer one to our friends' daughter Ellen as she ran by, even though it would have been a nice gesture to help her celebrate her first half marathon, and especially to celebrate her finishing a half hour ahead of her projected finishing time. She would have to make do with the dozens of musical bands stationed along the course.

Perhaps I was saving the Dark Horse for Lynne later (yeah, that's my story) to celebrate her setting a half marathon PR, shaving more than 4 minutes from her previous best time. She finished in 2:12:23 and was 28th out of 107 women in her age group.

Lynne credited her PR to having been coached by exercise physiologist Dorothy Hamburg and to training with her running partners Pete and Jen. On the other hand, I attributed Lynne's PR to 1 of 2 things: either gravity is weaker in Ohio, or else the elective surgery to remove her ovaries caused Lynne to weigh less and thus run faster. We would have to do further experiments at the following week's Youngstown Peace Race 10K to determine which one it was. All in all, it was a spectacular race on a spectacular fall day ... and spectacular beer. □

Winners of \$10 Gift Certificates for Volunteering :

Deb Rickes – Mother's Day
 Karen Dott – Mother's Day
 Crystal Davis – Freihofer Expo
 Mark French – CDPHP Workforce
 Team Challenge – coordinator
 Sabrina Krouse – CDPHP WTC
 Jon Rocco – CDPHP
 Bill Meehan – Dist. Service
 Mike Kelly – Valley Cats
 Lisa Ciancetta – Valley Cats
 Ed Neiles – Pentahlon
 Kevin Cox – Hour Run
 Tom McGrath – Indian Ladder
 Vince Juliano – Indian Ladder
 Bob Oates – Tawasentha
 Vince Wenger – Tawasentha
 Ed Gillen – Tawasentha
 Dennis Van Vlack – Tawasentha
 Jim Thomas – Voorheesville
 Jill Meehan – Turkey Raffle Run
 Jamie Salm – Marathon and Half Marathon
 Ian Hutchinson – Marathon and Half Marathon
 Jack Nabozny – Marathon and Half Marathon
 Steve Conant – Marathon and Half Marathon
 Tom Ryan – Stockade-athon
 Betty Langevin – Stockade-athon
 Ken Skinner – Stockade-athon
 Tom Adams – Winter Series #1
 Ahmed Elasser – Winter Series #1
 Jill Meehan – Winter Series #2
 Lynn Coppola – Winter Series #2





TEN YEARS RUNNING

AND NO SIGN OF SLOWING DOWN.

With a solid decade behind us, we're just getting warmed up. Our 10th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,500 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it!

Register today at www.seansrun.com.

SUNDAY, MAY 1 / CHATHAM HIGH SCHOOL
5K-1:00PM / MEGHAN'S MILE-12:30PM



2011 Sponsors



CHATHAM-COURIER
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newkirk

Running Article

by Luke Luyckx

Certainly my toenails look better. My blisters have disappeared, and my knees don't click, grind, or hurt. The t-shirt collection has stopped overflowing from the dresser drawer. I've saved a bunch of money on entry fees and replacing worn shoes.

But this is maybe more than offset by the need to buy pants a size larger. And medical co-pays for doctors and chiropractors and pain management guys, and second, then third opinions (yeah, I know the old joke, I'm ugly too) and prescriptions of colors from small white to large red, none of which give me the simple fix I want to a simple little herniated disc, which has told me insistently and in varying manners for the past ten months, don't do THAT. 'That' being the oh so basic manner of movement in which I have measured so much of my life, running.

Many times I've wondered over the course of my regimen if I'm a "real" runner, and now I'm not a runner at all. To have a part of you that has insidiously woven itself through many aspects of your life come to a fairly abrupt and probably permanent finish is to learn to live without a piece of how you define yourself.

Having never been a very fast harrier and definitely a body type not extremely well suited to speed made me always wary of the good possibility of breaking down. We all know how destructive long term running can be for joints, bones, some muscles, and connective tissues while expanding our circulatory and respiratory ranges.

Somehow I managed to blend a passion I was mediocre at best at, with some longevity, probably out of sheer luck and maybe some genetics, never putting me on the shelf for much more than six weeks once or twice over the span of thirty six years. So there's a part of me that considers myself lucky to have lasted this long and be just grateful for it and shut up, while also missing it terribly.

Like many people who might read this, I found early on the draw of the sport wasn't that I excelled in it but that it fulfilled a need that was difficult to quantify by performance but enhanced by the sheer activity itself. I knew from the gasping first miles along a salty creek on Long Island that although I didn't really 'fit' running, it fit me.

Over time I became as snobbish in my running habits as I have been accused of being to other cultural aspects. I loved running early in the day and tried to run outside no matter what the weather. I abhorred treadmills and headphones. I came to acknowledge one of the things I got most from running was the solitary time to myself once a day to mull life over, to listen, not to the outside noises but the inside ones. And one the flip side, the occasional shared runs that bonded you to friends or family. Racing scared me, but in a good way, and I that could be happy with a 21:59 5k but not pleased with a 22:01 didn't enlighten me to the physics and theories of time and space

continuums. Near the end, without knowing it was the end, I found a place I had been a few times before through the years, the place where race results were both satisfying and a tease while also thoroughly enjoying the sheer act of movement every day.

There were certainly down days, when it was a chore to get out in the dark and bitter cold, when forced miles stretched too long or it was nothing more than repetition, boredom. To try to explain the yin and yang, the up and down seems pointless. Again, if you're reading this you probably already know, and proselytizing is a dead end. And don't tell me to walk or swim instead.

So there's no real point to this except to tell you I envy you, no matter how fast or slow you are. Maybe envy is a strong word when there are bigger problems in the world and certainly less selfish ones. So the simple joy of going out a door and moving without tons of fancy titanium/carbon fiber gear into a spring rain, or feeling the intensity of the heat of the summer sun and moving in a rhythmic, sweaty glide down a street, is brief. Soak it all in. □



Just Run Youth Program Update

By way of review, Just Run is a website-based program designed to assist youth organizations in the promotion of fitness and healthy lifestyles while combating child obesity. It was developed by organizers of the Big Sur International Marathon based in Monterey, California and has received an award from the California Council on Physical Fitness and Sports. The program components include: Just Run, Just Deeds (promotion of good citizenship) and Just Taste (promotion of healthy eating habits).

HMRRRC decided in 2010 to allocate a portion of its annual budget to fund a pilot program using the Just Run model. The pilot was conducted last spring at two sites, one urban (Trinity Alliance of the Capital Region, an afterschool program in Albany's South End) and one suburban (Sand Creek Middle School in Colonie). Both started in March and were completed in June. Each child participating in the program was given a Just Run t shirt and singlet provided by HMRRRC. In addition, each program was given a small number of gift certificates from Fleet Feet to put towards a pair of running shoes. The certificates were given to the children who participated in most of the weekly sessions. Each pilot site was organized by a group leader provided by each site. HMRRRC appointed an unpaid administrator of the program, Ken Skinner.

After HMRRRC heard a report on the pilot program from the administrator last fall, it approved another appropriation in its 2011 annual budget to promote Just Run as an ongoing program and expand it to other schools/program sites. Each child in the expanded program will be given a free t shirt and singlet with the Just Run HMRRRC logo on them. Each site leader will also be given a Just Run warm-up jacket, a small number of shoe certificates from Fleet Feet and a grant of \$500 to pay for transportation, equipment and other incidentals related to the conduct of the program. Each program will be expected to conduct at least once weekly after school running sessions for the participants while integrating Just Deeds and Just Taste components into the program. Most sites are planning on beginning its program indoors in February or March and ending in June.

The two pilot sites, Trinity and Sand Creek, will be continuing and the following sites are in the process of finalizing their participation: Arbor Hill Elementary (Albany); New Scotland Elementary (Albany); Guilderland Elementary (Guilderland); St. Thomas School (Delmar); Berne, Knox, Westerlo Elementary (Berne); Schoharie Elementary (Schoharie); Westmere Elementary (Guilderland) and one or two Schenectady elementary schools still to be named. During the fall and continuing during the winter, the HMRRRC program administrator will be meeting with each site leader to assure that they understand how the program is organized. Just Run in California has just published a leader's guide which is being given to each of our site leaders. □

March 26, 2011 - Central Park, Schenectady - 9:30am

Schenectady Firefighters' Second Annual



RUN 4 YOUR LIFE

Fundraiser to benefit the American Heart Association

5K Run/Walk • Kids Fun Run (Free)

\$20 Early Registration

\$25 After March 10 up to race day

T-shirt for first 500 registrants

Awards given for top 3 overall male & female

Age groups: 14 & Under, 15-19, 20-29

30-39, 40-49, 50-59, 60+

You may register online at www.AREEP.com or fill out the form below and send it to AREEP, P.O. box 38195, Albany, NY 12203
Make checks payable to R4YL, Inc. Contact Brian Demarest for further details (518)365-3883 or sfddemdem232@yahoo.com
Organized by Health & Safety Committee of IAFF Local 28 and Schenectady Permanent Firemen's Association

YOUR NAME (Please print clearly)

TSHIRT SIZE (circle one) S M L XL XXL

STREET ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL

AGE (day of race)

DATE OF BIRTH

SEX (circle one) M F

Which race will you be running?

☐ 5K RUN

☐ 5K Walk

☐ KIDS FUN RUN

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

SIGNATURE

DATE

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

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Dreaded Diarrhea: A Stinky Topic

Some marathoners call it runners' trots; others call it diarrhea. Whatever the name, few runners openly discuss the topic yet many secretly suffer. Here's some information about this stinky topic that might help you bring peace to your workouts.

Q. Does anyone (besides me) worry about undesired pit stops while running?

Yes! Diarrhea is a major concern for many athletes, particularly those in running sports, of whom an estimated 20 to 50% suffer from "urgency to defecate." Running jostles the intestines, reduces blood flow to the intestines as the body sends more blood to the exercising muscles, stimulates changes in intestinal hormones that hasten transit time, and alters absorption rate. Becoming dehydrated exacerbates the problem. Add a pre-existing bowel problem, and you are even more likely to be bothered by pit stops as your exercise ramps up.

Q. How often do most runners have a bowel movement?

Some runners poop once a day, others twice a day, and some once every 2 or 3 days. "Normal" is what is normal for your body. You can learn your personal transit time by eating sesame seeds, corn, or beets—foods you can see in feces. Pay attention to how much time passes between intake and output.

Exercise (even weight-lifting) speeds up transit time, especially if you do more exercise than usual. A study with healthy, untrained 60-year old men indicates their transit time accelerated from an average of 44 hours to 20 hours after they started lifting weights.

Q. Is my diet causing the problem?

Your diet can create the problem, but medical issues such as celiac or irritable bowel syndrome (IBS) can also cause chronic loose stools. Just being female increases the risk of experiencing loose stools, particularly at the time of the menstrual period. Add stress, pre-race jitters, high intensity effort and it's no wonder many runners become plagued by urgency to defecate, particularly novices whose bodies are yet unaccustomed to the stress of hard exercise.

To figure out if the problem is connected to your diet, keep a food and poop chart. For at least a week, eliminate a suspicious food. Observe any changes in bowel movements. Next, eat a hefty dose of the suspected food; observe changes. For example, if you stop having diarrhea when you cut out sports gels, but have trouble when you slurp three gels during a long run, the answer becomes obvious: choose less gel.

Q. What are some common dietary triggers?

1) Fiber. Triathletes with a high fiber intake reported more GI complaints than those with less fiber. Cut back on high fiber cereals, and if needed, fruits, veggies, whole grains. Reduce your fiber intake for 1 to 3 days prior to competition.

2) Sorbitol. If you enjoy sugar-free gum, candies, and breath mints that contain sorbitol (a type of sugar), take note: sorbitol triggers diarrhea in some people.

3) Coffee, tea. Hot fluids can stimulate gastric movement.

4) Fatty foods, spicy foods, alcohol, high doses of Vitamin C.

Q. I've heard milk causes diarrhea?

Some runners have trouble digesting lactose, the sugar that naturally occurs in milk. If you are lactose intolerant, you may experience gas, bloating, and diarrhea. Try switching to lactose-free milk (such as LactAid Milk or soy milk).

Q. Should I go on a gluten-free diet?

Gluten, a protein found in wheat, is known to cause diarrhea in people with celiac disease. About 1 in 125 people has celiac (gluten intolerance). First get a medical diagnosis before embarking on this difficult diet. Even if diagnostic tests are negative, some people feel better avoiding gluten. For more information, see www.celiac.org and www.GlutenFreeDiet.ca.

Q. I'm afraid to eat or drink anything during a run. If I succumb, I inevitably get diarrhea. Suggestions?

I suggest you start drinking earlier and stay well hydrated. Intestinal complaints are common in runners who have lost more than 4% of their body weight in sweat. (That's 6 pounds for a 150-pound runner.) Becoming dehydrated may have triggered the diarrhea, not the water or sports drink.

Your best bet is to train your body to tolerate fluids. Start with small amounts of water during exercise for a week or two, then transition to diluted sports drinks, and then eventually to full-strength sports drinks. Or have plain water + mints or hard candies.

Q. Can I take some sort of anti-diarrhea medication?

When all else fails, consult with your doctor about taking anti-diarrhea medicine, such as Imodium, one hour pre-event. Perhaps that will be your saving grace for special events, but not on a daily basis. Caution: Taking Imodium without diarrhea can leave you constipated.

Q. Any other tips to help manage dreaded diarrhea?

- If you are a morning runner, drink a warm beverage (tea, coffee, hot water) to

stimulate a bowel movement. Allow time to sit on the toilet to do your business prior to exercise.

- Before you embark on a hard workout, exercise lightly to help stimulate a bowel movement, poop, and then exercise hard.
- Experiment with training at different times of the day. Perhaps morning exercise, after having had a bowel movement, is preferable to an afternoon workout, at which time the intestinal tract has accumulated daytime food and fluids.
- Choose more foods that tend to be naturally constipating, such as bananas, white bread/bagels, white rice, and pasta.
- Exercise with a bathroom near by, such as at a gym.
- Design your running route to include a bathroom, such as a gas station, fast food restaurant, or a friend's house.
- Before and during running, visualize yourself having no intestinal problems. A positive mindset (as opposed to useless fretting) may help control the problem. As your body adjusts to running longer distances, your intestines may resume standard bowel patterns. But not always, as witnessed by the number of experienced runners who carry toilet paper with them while running.

The bottom line: You are not alone with your concerns. Yet, your body is unique and you need to experiment with different food and exercise patterns to find a solution that brings peacefulness to your training program.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her Sports Nutrition Guidebook and food guides for new runners, marathoners, and soccer players are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

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Upcoming Events



Want to stay fit this spring and have fun too?

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

April 16, 2011: ARE's 9th Annual Dodge the Deer 5k and Kids Races Schodack Island State Park, Castleton, NY

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



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

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running.
- Yoga, form clinics, and special sessions.
- Gourmet meals.
- Pond open for kayaking and swimming.
- Run & Tube trip (a camp favorite in 2010!)
- Entry into the Froggy Five Mile.
- One of the best weekends you'll ever have!



Camp is from 2000 to 2005 for the entire weekend, based upon accommodations.

Held at Dryden Wildlife Refuge in Westbury, NY

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 4 to June 6)

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

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

The Albany Running Exchange held over **1,700** organized group runs in 2010. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you!

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

Russell Sage College Bust a Move 5k Run/Walk

April 9, 2011 Saturday

Russell Sage College
65 1st Street
Troy, New York 12180

register online at



\$15.00 Non Student, \$10.00 Student
\$20.00 Day of Registration
Includes shirt & post event food.

Registration: 8:45am - 9:45am
Run/Walk: 10:00 am, April 9, 2011

Awards to 1st three finishers (male/female) in
following age groups: 14 under, 15-19, 20-29, 30-39,
40-49, 50-59, 60-69, 70-79, 80+.

Questions:

Race Director, Michael Washco
Cell: (518) 210-5298
Email: washcm@sage.edu

Online Information:

www.sage.edu/resources/wellnesscenter/race



The Sage Colleges



CAPES Peer Education



Check payable to The Sage Colleges. Mail to Russell Sage College, Wellness Center, Kellas Hall, Troy, New York, 12180

Name: _____ Age: _____ DOB: _____ Sex: _____

Street: _____ Shirt Size: _____

City: _____ State: _____ Zip: _____ Phone: _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against The Sage Colleges, and organizations within, and all officials and volunteers in this event for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature: _____ Date: _____

A NEW YEAR! A NEW YOU!

Want to train to run a FULL OR HALF MARATHON this Fall?

Not sure where to begin?

Then Join Us!

Our training program, sponsored by adidas®, Fleet Feet Albany and HMRRC, is designed for novice runners who have never before completed the 13.1-mile or 26.2-mile distances OR for experienced runners who are interested in training with a group and under the guidance of a coach. The program begins this spring and prepares runners for the Mohawk Hudson River Marathon or Half Marathon on October 9, 2011. Group training generally takes place on Sunday mornings and once during the week in the Capital District.

Training program members will receive the guidance of a certified coach and will be provided a training schedule, weekly training sessions, an adidas® technical training T-shirt, gels and water at group runs, a one-year HMRRC membership, free lunch at the HMRRC Picnic in August, plus guaranteed paid entry into the 2011 Mohawk Hudson River Marathon or Half Marathon. The cost is \$125* for the five-month program. To provide quality coaching, a limited number of slots are available. For more information and/or an application, contact Cathy Sliwinski at racedirector@mohawkhudsonmarathon.com. *Already a HMRRC member? Deduct \$12 from the training program fee.



Grand Prix Update

Race #1 Hangover Half Marathon, January 1, 2010

Men

Male Open
12 Pat Cullen
10 Tom O'Grady
8 Brad Lewis
7 Josh Merlis
6 Jim Sweeney
5 Andrew Coy
4 Richard Messineo

Male 30-39

12 Chris Mulford
10 Brian Northan
8 Aaron Knobloch
7 Matt Mallet
6 David Tromp
5 Todd Smith
4 Matthew Nark

Male 40-49

12 Ahmed Elasser
10 Jon Rocco
8 Craig Dubois

7 Kevin Creagan
6 Ed Hampston
5 Ken Evans
4 Bruce Beesley

Male 50-59

12 Rick Munson
10 Patrick Culligan
8 Jim Newlove
7 Richard Clark
6 Peter Gerardi
5 Robert Wither
4 Alar Elkin

Male 60-69

12 Paul Forbes
10 Bob Ellison
8 Juergen Reher
7 John Stockwell
6 Jim Thomas
5 Ed Bown
4 Ken Klapp

Male 70+

12 Wade Stockman
10 Jim Moore

Women

Female Open

12 Roxanne Wegman
10 Karen Bertasso
8 Meghan Davey
7 Crystal Perno
6 Liz Chauhan
5 Katie Vitello
4 Kate Thomas

Female 30-39

12 Shelly Binsfeld
10 Christine Ardito
8 Gretchen Oliver
7 Martha Snyder
6 Sally Drake
5 Stephanie Wille
4 Deanne Webster

Female 40-49

12 Kari Gathen
10 Anne Benson
8 Melissa Frenyea
7 Megan Leitzinger
6 Cheryl Debraccio
5 Kimberly Miseno-Bowles
4 Chris Varley

Female 50-59

12 Martha DeGrazia
10 Peggy McKeown
8 Debra-Jane Batcher
7 Cathy Sliwinski
6 Joan Celentano
5 Kathleen Goldberg
4 Jenny Lee

Female 60-69

12 Susan Wong
10 Ginny Pezzula
8 Anna Dickerson
7 Katherine Ambrosio
6 Mary Collins Finn
5 Judy Lynch

Age Graded

Runner	Age	G
12 Martha DeGrazia	59	F
10 Susan Wong	63	F
8 Anny Stockman	78	F
7 Pat Cullen	24	M
6 Ahmed Elasser	48	M
5 Paul Forbes	60	M
4 Tom O'Grady	25	M





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER, WE ALL GO FARTHER

5K RUN / 3K WALK & KIDS FUN RUN CAPITAL DISTRICT YMCA

6 Races – 1 Goal! You and your family can help support our community by running, walking and having fun at the Capital District YMCA race series.

So much more than just another 5K, the proceeds from the series benefit the Reach Out For Youth Scholarship Program.

Mark Your Calendar

April 30	Washington Park, Albany
June 17	The Y, East Greenbush
July 16	Collins Park, Scotia
Aug. 16	The Y, Clifton Park
Sept. 10	The Y, Guilderland
Oct. 29	The Y, Troy

Each event features fun for all ages:

- Kids Fun Run
- 5K Run
- 3K Walk
- * food, fun and games

REGISTER ONLINE AT CDYMCA.ORG



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Albany 12203
www.bountifulbread.albany.com

2nd Annual



Jog for Jugs



Half-Marathon and 5K Run

Date: May 7, 2011

Start Time: 9:00am

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

Pre-Register by **APRIL 15** and choose from a cotton or dry-fit race shirt. See pricing below.

Entry Fees

	Pre-Register w/Cotton Shirt	Pre-Register w/Dry-Fit Shirt	Race Day Reg
5K Run	\$20	\$25	\$25
Half-Marathon	N/A	\$40	\$45

Partial proceeds to be donated for Breast Cancer Research

Brought to you by:



Race Day Registration & Packet Pick-up

Packet pick-up and on-site registration will be race morning beginning at 7:00am.

Cotton shirts will be given on a first come basis to those who did not pre-register

Prizes

Cash prizes for overall Male & Female winners. Additional prizes for different Age Groups as well as Breast Cancer Survivors

Need More Info?

Contact Jessica Mitchell
(518) 229-5611
jessica@powerhouseathleticsny.com

STAY
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AND
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AFTER
THE
RACES!

Please make checks payable to:
Power House Athletics, LLC
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c/o ARE Event Productions, Inc
PO Box 38195
Albany, NY 12203

Register & Pay Online at:
www.areep.com

Name _____

Address _____

Phone _____

E-mail Address _____

Sex ☐ M ☐ F _____

Date of Birth _____ Age on Race Day _____

Short Size: ☐ S ☐ M ☐ L ☐ XL Are You a Breast Cancer Survivor? ☐ Y ☐ N

I release 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 Power House Athletics, LLC (PHA), its owners or employees, 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 PHA.

Signature of Entrant _____

Signature of Parent/Guardian if entrant is under 18 _____

Event Schedule

Date	Time	Event	Location	Contact	Email
3/26	9:00 AM	West Road's Shamrock Shuffle 5k/Fun Run/Walk	8596 Westmoreland Road	Ryan Misencik	bryan_lakes23@yahoo.com
3/26	9:00 AM	Ice Breaker Challenge 5K run/walk	Corning Preserve/Albany Boathouse	Kathy Johnston	wade.johnston@hotmail.com
3/26	9:30 AM	Schenectady Firefighter's Run 4 Your Life- 5K run/walk	Central Park	Brian Demarest	siddemdem232@yahoo.com
3/27	10:00 AM	Mudders and Grunters	FDR Park	Nick Jubok	Mudders2011@aol.com
4/9	10:00 AM	Bust a Move 5k Run/Walk	Russell Sage College	Michael Washco	washcm@sage.edu
4/9	10:00 AM	Rotary 5k	SUNY Adirondack	Jim Goodspeed	jimmyg12804@yahoo.com
4/9	9:15 AM	Fourth Annual Peppertree Furry Fun Run/5K	Avenue of the Pines	Catherine Kunz	catherinekunz@hotmail.com
4/10	10:30 AM	Saints Race for the Red Cross	Crossings of Colonie	Brandy Kotary	b05kots@siena.edu
4/10	9:00 AM	23rd Delmar Dash 5M	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/17	8:00 AM	City of Plattsburgh Half Marathon	52 US Oval	Steve Peters	peterss@cityofplattsburgh-ny.gov
4/23	10:00 AM	Rabbit Ramble 4 Mile (17th)	Guilderland High School	Phil Carducci	ratbitramble@nycap.rr.com
4/30	9:00 AM	31st Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/30	TBD	Brink 5K (4th Annual David C. Brinkerhoff Run/Walk)	University at Albany	Sean Maguire	smaguire@gmail.com
4/30	9:00 AM	St. John's/St. Ann's Center Spring Run-Off 5k/10k	Albany's Corning Preserve	Mary George	mgeorge7@nycap.rr.com
4/30	9:00 AM	Great Mom's 5K Fun Run/Walk	Starts at Maple Ridge Park - Selkirk	Jessica West	jwest679@hotmail.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

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

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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