

The Pace Setter

October 2011

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



The Gazette Stockade-athon 15K

Celebrates 36 Years

Join us on Sunday, November 13th, 2011 • 9:00am



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**Storm the Stockade - A classic loop course of Schenectady's historic neighborhoods and parks.
The oldest major 15k road race in the USA**



An HMRRC premier event

Stockade-athon EXPO Saturday, Nov. 12,
9:30am to 1:30pm at the GE Theater at Proctors
in downtown Schenectady

- Stockade-athon 15K — Sunday, Nov. 13 in Central Park, Schenectady, New York
- 15K USATF & HMRRC Grand Prix Event
- USATF - Regional Competition — Open, Masters, Age-Graded, & Team Divisions
- \$5,000 Cash Prizes — presented by Fleet Feet Sports

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Testimonials:

"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."

2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

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www.hmrrc.com

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HMRRC

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Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Mike McLean,
Robin Nagengast, Kristina DePeau Gracey
Matthew Side

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

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Nancy Clark

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Photos in this issue by Bill Meehan and Phil Borgese.



HMRRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRRC) is dedicated to promoting the sport of distance running through education and training to promote running as a part of a healthy lifestyle, promoting personal fitness and community through organizing and managing running events, providing means of communication among club members and creating opportunities for social activities. We believe in encouraging participation in running events for individuals of all levels of running abilities and acknowledge that volunteer participation is a foundation upon which HMRRRC exists.

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

**HUDSON MOHAWK
ROAD RUNNERS CLUB**

President
JON ROCCO
862-9279

Executive Vice President
JOHN PARISELLA
374-4190

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
PAM ZENTKO
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



President's Message

by Jon Rocco

(October 2010-September 2011): Part 1 of 2

It has been another great year for the HMRRRC and what a quick one it was. The summer always seems to go by too fast. It really is amazing just how fast my term went by as well. I thought it would be a good time to reflect and reminiscence on its first half by taking a look back at some highlights and to see how it played out from October 2010 through March 2011.

October: The HMRRRC has 2250 active members. The Town of New Scotland 7.1M registration list is missing two familiar names. Tom O'Grady wins, marking the first time in nine years that the winner is not named Chuck Terry or Ben Greenberg. The race makes its return as a Grand Prix event in the under 40 year old categories in 2011. The grant committee awards three youth grants of \$1,000 each. While attending the SEFCU Community Expo at UAlbany, the club wins \$2,500 in a grant drawing (courtesy of SEFCU). The 9th Mohawk Hudson River Marathon is held on 10/10/10 and produces a record 846 finishers. Emily Bryans becomes the 3rd two-time female winner in running the 3rd fastest time in the marathon's 28 runnings. Another 735 complete the Half Marathon. Andy Allstadt defends his title in the half and becomes the first multiple winner on the men's side in the race's short 9 year history. In 2011, prize money will be added to the half marathon and increased in the full marathon.

November: For the 3rd year in a row, the Stockade-athon produces a record number of finishers with 1387. Ed Whitlock runs his final Stockade-athon in the 75-79 age group and wins the age-graded category quite handily (97.59%), and averages a 7:10 pace. A sister Stockade-athon, organized by Air Force Captain and club member Cassie Ayotte, was held in Kabul, Afghanistan two days earlier. Fifty runners from all four United States military branches and international forces from six countries compete and receive tan Stockade-athon shirts and bib numbers. The Turkey RaffAL Run reports a record 415 people running around The Crossings of Colonie for 60 minutes. There is some speculation that 15 included in the count were actually frozen turkeys that were raffled off.

December: In a well kept secret, Doug Bowden is presented with a plaque prior to Winter Series #1. It is announced that going forward, the race officially will be named The Doug Bowden 15K and 3M Winter Series. Ahmed Elasser, Nancy Briskie, Susan Wong, and Anny Stockman score perfect 72 point totals in their age categories for the 2010 Grand

Prix. Susan Wong takes the age-graded title.

January 1 kicks off the New Year with a balmy temperature in the mid 40's. Record fields at the Hangover Half (288) and Bill Hogan 3.5M (259) combine for a total of 547 finishers. Winter Series #3 sets a record with 302 finishers. Runners graciously donate to the Regional Food Bank throughout the 2010-2011 Winter Series.

February: Mark Warner becomes a well deserved 22nd inductee into the HMRRRC Hall of Fame and is honored at the annual awards banquet. Additionally, thirteen receive well deserved President's and 'Extra Mile' Awards and 2010 Grand Prix award winners are recognized. The grant committee awards \$4,750 in general purpose grants to five applicants. The Just Run program signs on ten new programs to join the two pilot sites from last year, for which the club budgets \$20,000. A total of 1503 finish races that comprise the 2010-11 Winter Series. The Winter Marathon records 73 volunteers, 43 relay teams, and 77 finishers (with 1/3 of them from outside of the state). The grant committee awards two youth grants of \$1,000 each.

March roars in like a lion. Nine days before the Runnin' of the Green, a major fire breaks out at a scrap metal warehouse on the certified course route. Days before the race, the building must come down and work on this will extend into race day, possibly interrupting the scheduled race date or necessitating a course alteration. There is snow and ice built up in a needed parking lot, even an untimely water main break. However, it all goes off without a hitch and the official racing season gets underway with a record 648 crossing the finish line. The number of finishers increased from its totals of 469 and 585 in the two previous years. Emily Bryans runs 22:58 to equal the course record time she set 10 years earlier. The 2012 calendar shows that St. Patrick's Day falls on a Saturday.

April through September will also prove to be busy and fulfilling months in the HMRRRC. Next month, in my final column, I will take a look back at the second half of my term and offer my closing comments. Until then, I will leave you with some words by the great Jesse Owens:

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." □



What's Happening in October

by Al Maikels

The October race schedule features three of the club's better races; two of them are held on the same day and none are a 5k. 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 9 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 10th 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 last part of the same course as the marathon. If you haven't signed up for either race you are too late, as registration closed out in late July.

The other club race in October is a personal favorite as it embodies the spirit of an HM-RRC event. The 32nd Town of New Scotland 7.1 mile race is set for Sunday, October 2 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 9:00 a.m. at Albany's Empire State Plaza on

Saturday, October 1. Once again this year the race will utilize the Freihofer's Run for Women championship course and should prove to be quite popular. There is also a walk at 10:00 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 30. 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 16 at 10 a.m. at the Saratoga State Park. Another Saratoga favorite is the 6th Annual Run for the ROC, set for Sunday, October 2 at 11 a.m. at the Saratoga Race Course. Fans of a slightly longer race option will like the 11th Annual Great Pumpkin Challenge 5k and 10k Run, set for Saturday, October 22 at the Columbia Pavilion at the Saratoga State Park, with both races set to go off at 9:30 a.m.. Fans of the 5k can also choose from the 3rd Annual Race Away Stigma, set for Saturday, October 15 at 10 a.m. at Joe Bruno Stadium at HVCC, or the 3rd Annual Cocksackie P.A.L. Run, set for Saturday October 8 in Cocksackie.

October is the final month for the term of club president Jon Rocco. Jon's final meeting will be held on Wednesday the 12h at 7:30 p.m. at the Point of Woods clubhouse. □



Assistance needed:

Marathon and Half Marathon Volunteers!

Step up now to be a part of the one of the fastest Boston Qualifier races! If you are not planning on running, we could use your assistance! Needed: baggage coordinators; bus coordinator; refreshment assistance and coordinators; water stop leaders; course marshals, etc. It is never too early to volunteer!

Stockade-athon Volunteers!

It promises to be bigger and better than ever and YOU can be a part of it!! Make the commitment today and enjoy the excitement.



WANT MORE INVOLVEMENT?

Come to a Club meeting and see why you want to be involved!

IF INTERESTED,
CONTACT MARCIA
ADAMS, VOLUNTEER
COORDINATOR

at 356-2551 or
madams01@nycap.rr.com

It's not just about running....

Meeting Minutes of the HMRRC General Meeting - August 10, 2011

Attendance: Barb Light, Tom & Marcia Adams, Wade & Annie Stockman, Jon Rocco, Maureen Cox, Ed, Gillen, Chuck Terry, Diane Fisher, Mark Warner, Ray Newkirk, Nancy Briskie, John Parisella, Vince Juliano

Call to Order (J. Rocco): Meeting called to order at 7:32PM

Reading and approval of July 13, 2011 minutes (B. Light). Motion made by Marcia Adams to approve minutes as written, seconded by Nancy Briskie.

Reports of Officers

President (J. Rocco): Made presentation at Green Island American Legion with check for \$3855 with Marcia Adams, Ed Gillen, Tom Adams, Roxanne Gillen. Made presentation to Anthony Lazzaro. They were very appreciative of our gift. They applied to Ron Canestrari for 3 years and were declined each year due to funding. Photos on HMRRC Facebook page, Marcia will do press release. Resignation from Leslie Bennett, Clothing coordinator effective August 1st. All of the clothing is back at Jon Rocco's house. Jon Rocco will look for new coordinator and will have all orders sent to Jon Rocco. Diane will put opening back on website. Ed Gillen noted that maybe more coordination can be done with the Race Directors of races that the clothing coordinator attends and that maybe discounts can be utilized. Ray Newkirk asked if we should explore a vendor that sells over the internet and creates logos on demand. Eliminate need to keep inventory and wouldn't need a coordinator. Cost may be higher, Tom Adams thought that was good and he wondered if Fleet Feet would be interested in having something like that in their store. Tom said he would mention it to Charlie to see if something could be worked out. Marcia noted that online could be expensive because they would have to have set up for logos, etc. Marcia will look into with All U to see if something could be done. Jon got the 40th Anniversary shirts ordered for the Anniversary race next month.

Executive Vice President (J. Parisella): SEFCU 100 registrations so far. Ed Gillen helped John with the online registration.

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

2.4 Secretary (B. Light): No report

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2.5 Treasurer (P. Zentko): No report

Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2468 members; down 3 from last month; up 216 from last year at this time.

Volunteers (M. Adams): Had a great cruise last week. Everyone had a great time. We need volunteers for Tawasentha races. Nancy thanked Marcia for all her help in getting the cruise together. 43 members attended.

Public Relations (R. Moore): Sent press releases for Tawasentha races & SEFCU races. September 24th Ray Lee will be at the booth at the Adirondack Expo at Schroon Lake School.

Race Committee (M. Warner): Decathlon had 17 participants, Indian Ladder 292 finishers, Dynamic Duo 188 participants. Ray Newkirk asked why Mothers Day race had a loss? We had to pay for Police and rental of Bethlehem School. It is a race that we have to look into. John Kinnicutt needs volunteers for the Tawasentha races. If you are able to help, please let Mark Warner know or John Kinnicutt. Diane will put notice on webpage and Marcia will send out an email blast to see if we can get more volunteers. Next race is a Grand Prix race so they are anticipating more runners.

Race Committee Treasurer (N. Briskie): See attached reports.

Pace Setter (R. Nagengast/K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): made 3 general purpose grants and 2 youth grants. Pending General grant waiting on information from applicant. Capital Region Blue Star Moms, House to House Half Marathon, Kinderhook Red Apple Run, Stevens Elementary School, Donald P Sutherland School. One application was a request for \$1000 for Rail Trail group, Dan Rain made application and Ray responded saying no but maybe able to go to the club as a general purpose grant. Ray proposes that make grant of \$2500 to Rail Trail Group out of special purpose fund. Money will be used to get gravel and fill in holes on the trail. Maureen Cox noted that Boy Scouts are looking for projects to do, but maybe the county could partner with Boy Scouts to help out

with this project. Ray will pass this on to Dan Rain. Twin River Council is the local Boy Scout group. Last week Ken Skinner had a follow up meeting with Just Run Schools. Starting to get momentum to program. Everyone who attended the meeting had a lot of enthusiasm with the program. There is a lot of interest in a Fall program. Need to decide if we can support a Fall program-Ray worked up a preliminary budget for the Fall program. Discussion followed on the budget. Ray proposes that we take unallocated funds in special grants and make available in Just Run program. Vince questioned if this would be on an ongoing basis. Ray noted that he would like in the future to take out the Youth Grants and add that money to the Just Run Program because it is a successful program. Marcia noted that in the future she would rather have money to support this program and not move money around. Ray agrees that we need to allocate more money for the program next year. Vince noted that this is a one-time approach and that next year we can plan accordingly with the budget. Vince also noted that if other grants aren't being used, what other options would we have for those funds? Need to look at for next year. Mark asked if a Youth group could apply for another grant. Ray said yes they could. Ed asked if there is enough time to get the program up by the Fall. Ray said that is why he is getting this started now so he could get back to the organizations on the program. Ray proposes that: Motion 1: we allocate \$2500 from special grant fund for the Rail Trail. Marcia Adams seconded that motion. Motion #2: we reallocate the monies not spent in other grants to the Just Run program for the purpose of the Fall program.

Marcia seconded the motion. Motions were tabled for vote on next month.

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

Just Run Program (K. Skinner). Was part of the Grants committee report.

Unfinished Business:

New Business: Chair of Hall of Fame committee: 4 nominees have been submitted. In September there will be a vote for the nominees. Announcement will be made in the coming months. Stockade-athon Race-debate on expo and it was decided that it will not remain at Proctors-it will be at the GE Theater. Have some personnel changes, Mary Bovinci volunteer coordinator will be stepping down. Vince working on a replacement for her. Vince will have a budget submitted in a few weeks. Outstanding issue is if he is changing course and will have to have recertified. Ed Gillen noted that the photographers who are taking pictures at the races are doing a fantastic job. Thanks to Bill Meehan for helping us get them online. Also a big thank you to Bill for purchasing the video camera and if a Race Director is interested in having it at a race you could ask Bill about it. With the Facebook page, we can put video on the page.

Announcements:

September refreshments- Cathy Sliwinski

October refreshments- Marcia & Tom Adams

Adjourn: Motion made by Marcia Adams seconded by Diane Fisher, meeting adjourned at 8:45PM. □



"BEEN THERE, DONE THAT"

by Mike Becker

October 1971...Forty Years Ago

• The second ever club race, conducted in a heavy rain, is held on the 10th at SUNYA with ten participants in a 5.64-mile handicap race.

• Club officers are President – Tom Osler, Vice President – Bill Shrader, Secretary/Treasurer – Burke Adams. Club dues are \$3 per year.

• Races of 5.64 and 11.28 miles are held on the 24th, with Tom Robinson and Gary Nelson winning with times of 29:24 and 62:32, respectively.

October 1976...Thirty Five Years Ago

• Paul Rosenberg is profiled. At age 23, he is the youngest president the club has ever had. Paul instituted the 'Profile of a Runner' feature in the newsletter that continues today. He joined the cross country and track teams as a student at SUNYA and won his first HM-RRC race, a three-miler, in 18:00. His training consists of 40-50 miles/week at a 7:30 pace. He considers the 1976 Bankathon 30K as his best long distance race ever, averaging 6:07/mile. Other PRs include a 4:45 (mile) and a 55:27 (15K).

• Jerry White sets a course record in winning a five-mile cross country race at SUNYA on the 17th with a 26:55.

The Fifth Annual Distinguished Service Award eight-mile race is held on the 31st at SUNYA, honoring club President Paul Rosenberg. Howard Herrington runs a 42:21 to beat Steve Rabideau by 27 seconds. Jean Ellison runs a 62:58 to top the five women finishers.

October 1981...Thirty Years Ago

• Dale Keenan finishes 31st in the Bank One Marathon in Columbus, Ohio on the 11th with a 2:26:59.

• Bill Robinson runs a 2:35:40 in the Skylon International Marathon for 24th place and sets a PR.

• Dennis Northrup wins a Feura Bush seven-mile race on the 11th by over a minute ahead of Paul Murray and Tom Bulger. Maureen McLeod is top female.

• Windy weather kept the group to just 45 runners in the Distinguished Service Award eight-miler at SUNYA on the 18th, honoring Mike Lancor. Dave Barsalow and Sandy Hibbs are winners, with Don Wilken, Lowell Montgomery, Mike Lancor, Maureen McLeod, and Denise Herman all running excellent times.

October 1986...Twenty Five Years Ago

• Robert Colantuono wins the Clifton Park Stampede 10K on the 11th over Pat Glover. Julie Wilcox beats Linda Kimmey for female honors. The course is actually a little longer than 10K due to recent construction along the course.

• Denise Herman, Kathy Jones, and Andy Stockman are top local finishers in the



Freihofer's Syracuse Run for Women 10K on the 26th.

• George Regan is profiled. In 1982, he agreed to manage and develop a women's running program for the Freihofer Baking Company, and today he is still the Director of the prestigious Freihofer's Run for Women. He was inspired to run by Bill Shrader Sr. and has PRs of 2:47 for the marathon and 34:30 for the 10K.

• Dale Keenan wins the Paul Rosenberg-directed Mohawk-Hudson River Marathon on the 26th with a 2:23, bettering Mark Pringle by nearly four minutes. Nanci Carlson runs a 2:50 to beat second place female Beth Voll by 16 minutes. There were 137 male and 18 female finishers.

October 1991...Twenty Years Ago

• Jerry Lawson runs a 29:16 in the 10K Corning Cup in Albany on the 12th to beat Tom Dalton and John Trowse. Lori Hewig is top female and 35th overall with a 34:33.

• John Lisak runs a 38:46 to edge Charlie Casey in the Town of New Scotland 7.1-miler on the 20th, directed by Mary and Jeff Cole. Jeryl Simpson is top female with a 49:46.

• Mark Groom runs a 2:30 in the Mohawk-Hudson River Marathon on the 27th to beat Alan Evans and Vinny Reda. Christine Gibbons is top female with a 2:52, followed by Karen Pratt. A total of 284 runners finish the race, including four wheelchair participants.

October 1996...Fifteen Years Ago

• Emily Bryans wins the Race for the Cure 5K in Albany on the fifth with an 18:38, with Linda Kimmey taking second with an 18:57. Lhoussine Siba runs a 15:18 to beat George Darden by one second in the men's race, at that time run separately from the women's. A total of 811 runners participate in the two races.

• Rob Picotte beats Mark Warner in the Town of New Scotland 7.1-miler on the 13th.

• Vinny O'Brien and Amy Herold are winners of the Childs Challenge 5K in Albany on the 19th with times of 15:48 and 17:41, respectively.

• Denis Comeau wins the Mohawk Hudson River Marathon on the 27th with a 2:35, with

Dale Keenan placing second. Gayle Porcelli is 26th overall and top female with a 2:59.

October 2001...Ten Years Ago

• Forty-one year old Lori Hewig runs a 17:25 to edge Dana Ostrander by 14 seconds in the Race for the Cure 5K in Albany on the sixth. Age group winners include Vikki McKane, Nancy Nicholson, Denise Herman, and Martha DeGrazia. Birger Ohlsson runs a 15:31 to beat Nick Conway by eight seconds in the men's race. Age group winners include Bob Irwin, Ben Greenberg, Derrick Staley, and Bob Husted.

• Paul Mwangi and Emily Bryans are winners of the hilly Pit Run 10K in Oneonta on the seventh with times of 30:30 and 38:05, respectively.

• Birger Ohlsson wins the *Times Union* Race for Literacy 5K on the 13th in Albany with a fast 14:41. Dana Ostrander is top female with a 17:05. There were 759 finishers.

• Travis Bashaw wins the Mohawk Hudson River Marathon on the 14th with a 2:39, and Daniele Cherniak is top female with a 3:10. A total of 97 of 414 finishers qualify for Boston.

• Tom Dalton and Emily Bryans are winners of the Saratoga National Bank XC Classic on the 21st with times of 15:00 and 17:38, respectively.

October 2006...Five Years Ago

• Chuck Terry wins the Jim Thomas and Russ Hoyer-directed Voorheesville 7.1-miler on the first with a 38:54. Dana Peterson is top female with a 47:55.

• Duncan Larkin and Emily Bryans are winners of the Mohawk Hudson River Marathon on the eighth, each earning \$500 for their efforts. Jim Sweeney and Julie Heaphy are runners up. A total of seven runners are delayed by a train and have their times adjusted.

• Nick Conway and Eileen Combs are winners of the *Times Union* Race for Education 5K on the 14th.

• The Willow Street Athletic Club team of Allstadt, Conway, Terry, DiNuzzo, and Irwin place fourth in the Mayor's Cup 8K in Boston on the 22nd.

• Andy Allstadt runs a 32:46 to beat Jamie Rodriguez by 19 seconds in the Siena Fall Classic 10K on the 28th. Sharon Fellner runs a 42:41 for top female honors. □



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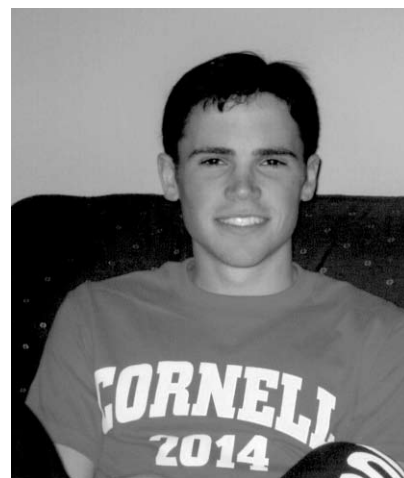
Running 50,000 Miles for Charity

by Alissa Maiello

Larry Pohl, 59, of Albany is a recreational runner who, in 1977, set a long-term personal goal of running 50,000 miles in his lifetime. He devised a plan of short, medium, and long-term goals in order to reach this astonishing feat of 50,000 miles.

Larry completed his 50,000 miles in March 2011 and has since teamed up with Food Pantries for the Capital District d/b/a The Food Pantries to create awareness for hunger and to help raise money by challenging the local community to raise \$50,000 in commemoration of his lifetime running achievement.

To date, Larry has raised over \$8,500 for The Food Pantries! Companies and individuals who would like to support Larry's 50K for Food Challenge can get information online at www.TheFoodPantries.org or by calling 518-458-1167. Monetary donations are being accepted online or by sending a check to The Food Pantries, 32 Essex Street, Albany, NY 12206. Be sure to put Larry's 50k for Food in the memo box! □



Denis Hurley of Delmar ran his first marathon on July 31st in San Francisco. Of the 5,900 runners, he was the only runner from the Capital Region! Denis crossed the finish line in 2:51 (17th overall) and came in 2nd in the 19 and under age group. Denis' early running years included two HMRRC Commissioners' Challenge Cup wins in 2007 and 2008. He is a rising sophomore at Cornell University. HMRRC congratulates you, Denis! □

2011 Pentathlon

by Todd Mesick

The 36th edition of the HMRRC Pentathlon was held on July 28, 2011 at Colonie High School. This is the second year of the event being held at Colonie, and from a logistical standpoint it is a convenient location. The combination of good weather (muggy but no rain and not oppressively hot), the move of the HMRRC summer track series back to Thursday evenings and the central location resulted in a pretty good turnout, with a total of 20 participants. The level of participation, although well below the record turnout, represents a pretty big increase from the 13 in 2009 (impacted by torrential rain) and 16 in 2010.

75% of the participants were male, leaving 4 individuals to battle for female supremacy, and the 20 participants ranged in age between 13 (Joey Somerville) and 60 (Martha DeGrazia and Paul Bennett). Demonstrating the diversity of the HMRRC membership, half the field was either under 20 or over 50.

There were a number of strong performances over the course of the evening, but the two winners dominated their respective competition, recording the fastest times in each event. On the men's side, as in 2009, Justin Bishop never trailed while winning all 5 events (5,000M in 15:58, 800M in 2:15, 3,200M 10:22, 400M 63 and 1,600M 4:52) and earning a total of 4,591 points. Second place went to Rich Messino with a total of 3,813 points; he finished 2nd to Justin in every race except for the 400M where he took 4th.

Other performances of note on the men's

side included Paul Bennett's amassing of 2,576 points at the age of 60 (times of 22:19, 2:47, 13:08, 1:14 and 6:17), Dave Tromp's evenly paced effort, which earned him a total of 3,237 points (4th overall) and John Perisella's very strong 1:07 400M at age 53.

On the women's side, 18 year old Anna Spiers' strong effort resulted in 3,241 points (3rd overall), easily surpassing the "elite" runner 3,000 point standard for females. As with Justin, Anna was the fastest female for all 5 events, recording times of 20:04 (5,000M), 2:34 (800M), 12:38 (3,200M), 1:11 (400M) and 5:42 (1,600M). Her point total represents the 4th largest total in the history of the event behind Michelle Simone's 3,783 in 1992, Emily Bryans' 3,347 in 1999 and Inge Aiken's 3,342 in 1991. Congratulations Anna.

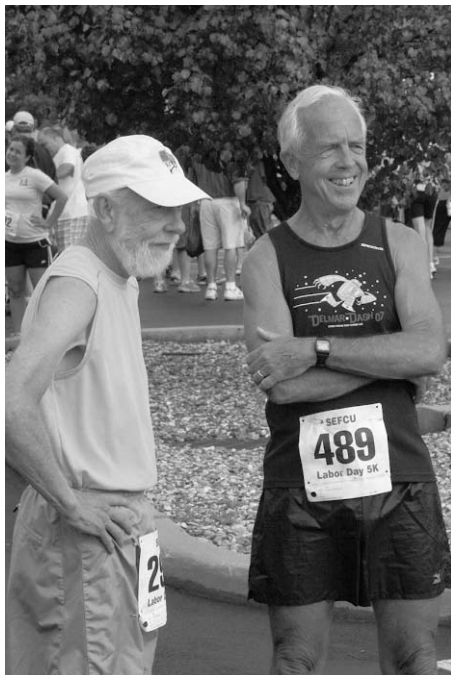
The women's runner-up, Sonya Pasquini, also posted an impressive performance, earning a total of 2,782 points, which was good for 6th overall. Sonya was consistent all evening, earning a low of 521 points for her 13:03 in the 3,200M and a high of 580 points for her 20:32 5,000M.

As is typically the case the event ran smoothly, thanks in large part to a great group of volunteers. They were Ed Neiles and Jim Moore (scoring), Marc and Camryn Mesick (timing), Karen Dott and Collin Mesick (finish line) and John Parisella, who participated and also was responsible for transporting the HMRRC van.

Thanks to all the participants and volunteers who made the 36th Pentathlon a success. □

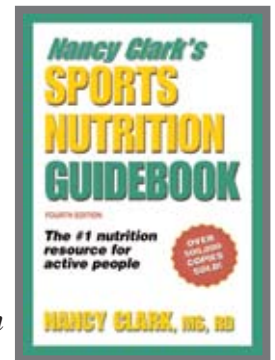
New HMRRC Members

Nikki Alcala
Matt Ball & Family
Kim Carolan
Peter Carroll & Family
Katie Colberg
Cheryl Dacullo
Christa Doyle
Victoria Engel-Fowles
Hannah Esslie
Matthew Esslie
Jared Forenzo
Frederick Kopff
Christopher LaLone
Michael Roda
Tanya Scime
Andrea Sebeck
Phil Taylor
Tina Uttendorfer
Janet Viscio
Blair Williams



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The Importance of X-Rays in the Standing Position

History

The patient is a 15 year old female rower who has excelled in crew for the past 2 years. Her severe low back pain began approximately 2 years ago as well. In her first year of crew, the patient was a "sculler" (one oar in each hand, seated in middle) and her second year she became a "sweeper" (one oar in 2 hands, rowing on one side only). This produces significant demand on the low back and trunk.

In November, 2010, the patient went to her orthopedist, who ordered x-rays in the lying down position. The front to back view (Fig. 1) and the side view (Fig. 2) are seen here. Upon viewing the x-rays, Dr. Orthopedist said they were negative (nothing wrong).



Fig. 1

His recommendation was to rest for 6-8 weeks while getting physical therapy. The patient went to approximately 8 physical therapy visits and felt mild improvement. She refrained from most activity until the spring of 2011, and then began crew again. By early April, the pain was back in full force, and the patient was again ordered to stop rowing and get an MRI.

The MRI showed 2 disc bulges in the lowest joints of the spine. At this point, the orthopedist recommended quitting crew. Unfortunately, this young girl was one of the better athletes on the team, and the team had just gone to the Nationals in 2010. Needless to say, this recommendation to a 15 year old athlete, especially with no hope for improvement, is quite harsh.

Biomechanical Exam

The patient came into our office for a biomechanical exam on July 22, 2011. The exam showed abnormal restriction in multiple key

joints, which is very bad for a 15 year old girl. Loss of normal joint mobility is typically a result of abnormal joint loading, or biomechanical imbalances. Standing x-rays were taken of the low back, which allows the influence of gravity to be seen. The front to back view in the standing position (Fig. 3) provides a significantly different impression than the view that was taken lying down (Fig. 1). Likewise, the side view in the standing position (Fig. 4) gives a significantly different impression than the view that was taken lying down (Fig. 2).



Fig. 2



Fig. 3

Standing X-Ray Findings

In Fig. 3, the vertical line in the center represents the patient's center of gravity. We can see there is a severe misalignment between the spine and the front of the pelvis. Secondly, the horizontal lines at the top of the pelvis show an imbalance between the right and left pelvis, causing low back, hip, knee and leg length imbalances. Finally, the arrows point to the obturator foramen, which actually are the same size, but appear different due to the abnormal rotations of the pelvis.

In Fig. 4, the long vertical line represents

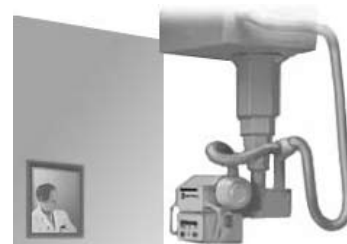


the center of gravity from the side. It's supposed to be going through the short vertical line, but this patient's weight bearing is in the back of the spine, with abnormal weight going through the back of the discs and the nerve roots (predictably causing disc bulges).

Conclusion

The imbalances between right and left make the vulnerability for low back/pelvic problems proportionately higher. These imbalances, coupled with the demands of crew, will keep this athlete sidelined until she begins the appropriate rehabilitative care. The first phase of care consists of therapies and treatment that will help reduce the disc bulging, spasms and inflammation that accompany this condition. Once the symptoms are reduced, a re-education of the postural muscles and alignment of the body is needed. This process can take up to one year; however, if this young girl doesn't go through this process, it's safe to assume her future will consist of limited physical activity.

Dr. Maggs can be heard on his live internet radio show, The Structural Management® Hour at his website, www.StructuralManagement.com on Thursdays 3-4 pm EST. He can also be contacted at RunningDr@aol.com □





Submissions for the December Issue of *The Pace Setter*

Articles:

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

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 (pdf preferred, no compression). No files from MS Word, MS Publisher or Word Perfect. Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.





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for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

Knit Hat, navy, black, light blue

Thermax Gloves, black

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

Long Sleeve Coolmax Shirts:

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

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

Coolmax Singlets:

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

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

Short Sleeve Coolmax Shirts:

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

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

Shorts with white club logo

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

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

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

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

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

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

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

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

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

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

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

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

Easy, 4" inseam, S,M,XL

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

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

Running Cap, embroidered logo, white, white/royal

DeFeet Coolmax Socks, white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20

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\$ 8

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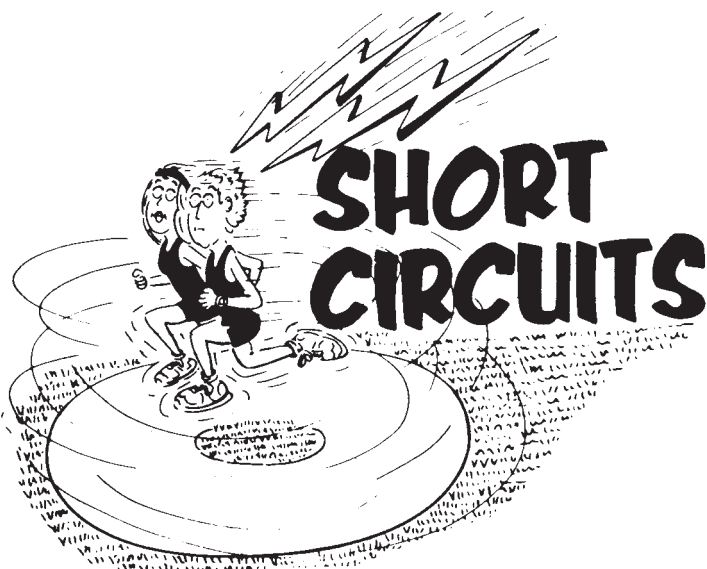
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A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRRC members.

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



In August former high school running phenom Lukas-Verzbicas won the individual and team Junior Triathlon National Championship despite crashing in the cycling relay race, sending him to the hospital for 13 stitches. Verzbicas started his freshman year at the University of Oregon on a running scholarship in September.



Lukas gets some boo-boos



Olympic gold sprinter Justin Gatlin arrived at the World Games in Korea in August with frostbite covering both feet. He received the frostbite on a 90-degree day in Orlando, FL. This was due to entering a cryogenic chamber (to cool muscles after a hard workout) wearing wet socks. □



Cold feet at World Games

"There are three points about that race which indicates Jim Ryun's greatness: First, it was a dirt track; Second, there were no pace setters and third, he ran in the lead the entire way and was just barely under three minutes at the three quarter mile before running a crazy fast last lap. So that World Record was worth a lot more than a 3:51 if it was run on a tartan track with competition, pace setters or both. I couldn't have imagined racing at the front with Jim Ryun as he was on another planet." Marty Liquori, quoted recently on Jim Ryun's World Record 3:51.1 mile in 1967.



Greatness



Robert Sansaricq, 19, a student/worker at Wildwood School, is the first Special Olympic Athlete to participate in the Workforce Challenge Race. Robert ran a nifty 24:15 for the 3.5 miles. Robert and his Dad, Ralph, are new members to HMRRRC. Robert has autism. His severe speech and developmental disability

does not deter him from running with the best from the Capital Region!



Robert (center, in white top) and his dad (on Robert's right) at the start



The Vail, Colorado Diva Half Marathon is a women's race which encouraged men to enter: "An Event for Divas and the Men Who Love Them." This year over 700 women entered the race, and one brave man. "We just make it so darn girly that men don't usually want to sign up," said the race director. "We've got boas and tiaras. When you finish you get a flute of champagne that's given to you by a hunky bare-chested firefighter." Rob Petry from Chicago ran with his wife and sister: "It was definitely the toughest race I've done."



Girly Rob Petry with wife and sister

Grand Prix Update

Race #6 Colonie Mile July 5, 2011

Men

Male Open

12 Chuck Terry
 10 Daniel Jordy
 8 Tom O'Grady
 7 Andrew McCarthy
 6 Jason Cordeira
 5 Richard Messineo
 4 Jonathon Auyer

Male 30-39

12 Justin Bishop
 10 Mike Roda
 8 Jon Catlett
 7 Aaron Knobloch
 6 Jeff Andrews
 5 Matthew Nark
 4 David Tromp

Male 40-49

12 Ed Hampston
 10 Ahmed Elasser
 8 Jon Rocco
 7 David Shumpert
 6 Sunil Kumta
 5 Jim Foley
 4 Bill Grimaldi

Male 50-59

12 Derrick Staley
 10 Rick Munson
 8 John Parisella
 7 Rob Colborn
 6 Richard Clark
 5 Steve Conant
 4 CJ Chartrand

Male 60-69

12 Paul Bennett
 10 Paul Forbes
 8 John Stockman
 7 Frank Myers
 6 Jim Fiore
 5 Jim Bowles

Male 70+

12 Chris Rush
 10 Wade Stockman
 8 Jim Moore
 7 James McGuinness
 6 Ken Skinner
 5 Ken Orner

Women

Female Open

12 Ada Lauterbach
 10 Kristina Gracey
 8 Meghan Davey
 7 Crystal Perno
 6 Payton Czupil
 16 – The Pace Setter

5 Katie Vitello
 4 Katie Auyer

Female 30-39

12 Gretchen Oliver
 10 Stacey Kelley
 8 Sally Drake
 7 Laura Smith
 6 Kelly Crandell
 5 April Russell
 4 Heidi Nark

Female 40-49

12 Regina McGarvey
 10 Connie Smith

Female 50-59

12 Lori Santos
 10 Karen Dott
 8 Cynthia Finnegan
 7 Jenny Lee
 6 Joan Celentano

Female 60-69

12 Judy Phelps
 10 Martha DeGrazia
 8 Susan Wong
 7 Judy Lynch

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
12	Derrick Staley	52	M
10	Chuck Terry	29	M
8	Justin Bishop	30	M
7	Judy Phelps	60	F
6	Daniel Jordy	27	M
5	Chris Rush	75	M
4	Ahmed Elasser	48	M

Race #7 Tawasentha XC #2, August 15, 2011

Men

Male Open

12 Tom O'Grady
 10 Jason Cordeira
 8 Andrew McCarthy
 7 Connor Devine
 6 Jonathon DiCesare
 5 Ryan Walter
 4 Zach Russo

Male 30-39

12 Ken Plowman
 10 Eamon Dempsey
 8 Jon Catlett
 7 Mathew Nark

6 Aaron Knobloch
 5 David Tromp
 4 Dennis VanVlack

Male 40-49

12 Ed Hampston
 10 Jon Rocco
 8 Jonathon Bright
 7 Chuck Racey
 6 Ed Menis
 5 Joe Skufca
 4 Rob Paley

Male 50-59

12 John Parisella
 10 Rick Munson
 8 Richard Clark
 7 Jim Devine
 6 Bob Somerville
 5 Dale Broomhead
 4 Frank Paone

Male 60-69

12 John Stockwell
 10 Jim Bowles
 8 Joe Yavonditte
 7 Ray Lee

Male 70+

12 Jim Moore
 10 Wade Stockman

Women

Female Open

12 Ada Lauterbach
 10 Karen Bertasso
 8 Meghan Davey
 7 Katie Vitello
 6 Erin Ring
 5 Rachel Swyer
 4 Cheyanne Munson

Female 30-39

12 Shelly Binsfeld
 10 Stef Pitts
 8 Susan Bright

Female 40-49

12 Heather Machabee
 10 Kathy VanValen
 8 Becky Phillips

Female 50-59

12 Debra-Jane Batchner
 10 Susan Burns
 8 Barbara Sorrell
 7 Deb McCarthy
 6 Karen Dott

Female 60-69

12 Judy Phelps
 10 Martha DeGrazia

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
12	Jonathon DiCesare	14	M
10	Ada Lauterbach	21	F
8	Ken Plowman	37	M
7	John Parisella	53	M
6	Tom O'Grady	25/26	M
5	Karen Bertasso	27	F
4	Rick Munson	54	M

Total After 7 Races

Men

Male Open

64 Tom O'Grady
 39 Andrew McCarthy
 24 Chuck Terry
 23 Jason Cordeira
 23 Richard Messineo
 16 Brad Lewis
 16 Jim Sweeney
 13 Zach Russo
 12 Pat Cullen
 10 Daniel Jordy
 9 Connor Devine
 8 Paul Mueller
 7 Justin Bishop
 7 Paul Cox
 7 Josh Merlis
 6 Jonathon DiCesare
 6 Kahil Scott
 6 Ryan Walter
 5 Andrew Coy
 5 Sean Hannon
 4 Jonathon Auyer
 4 Brian Gyory
 4 Michael McClure
 4 Zach Russo
 4 Greg Stevens

Male 30-39

42 Chris Mulford
 39 Eamon Dempsey
 33 Jon Catlett
 30 Matthew Nark
 29 Aaron Knobloch
 28 Brian Northan
 25 David Tromp
 24 Justin Bishop
 20 Mike Roda
 12 Ken Plowman
 9 David Newman
 8 Todd Smith
 7 Anthony Giuliano
 7 Matt Mallet
 6 Jeff Andrews
 5 Clay Lodovice
 5 Dan Murphy

4 Matthew Lindow
4 Dennis VanVlack

Male 40-49

58 Ahmed Elasser
58 Jon Rocco
41 Ed Hampston
18 Christian Lietzau
17 Kevin Creagan
17 Thomas Kracker
16 Robert Paley
15 Jonathon Bright
12 Ed Menis
10 Larry Poitras
8 Richard Cummings
8 Craig Dubois
8 Russ Lauer
8 John Williams-Searle
7 Brian DeBraccio
7 Chuck Racey
7 Wayne Richardson
7 David Shumpert
6 Timothy Egan Sr.
6 Sunil Kumta
6 Matt Neal
5 Ken Evans
5 Jim Foley
5 Bill Grimaldi
5 Mike Kelly
5 Joe Skufca
4 Bruce Beesley
4 Todd Thomas
4 Craig Weidman

Male 50-59

57 Rick Munson
48 Derrick Staley
41 Richard Clark
28 John Parisella
24 Ken Evans
19 Rob Colborn
19 Steve Conant
16 Patrick Culligan
15 Bob Somerville
13 Robert Wither
12 John Noonan
10 Art Reilly
8 Jim Devine
8 John Haley
8 Jim Newlove
8 William Ports
7 Lee Pollock
7 Steve Vnuk
6 Dale Broomhead
6 Peter Gerardi
6 Jack Nabozny
4 CJ Chartrand
4 Steve Dickerson
4 Alar Elkin
4 Frank Paone

Male 60-69

68 Paul Forbes
49 John Stockwell
39 Bob Ellison
30 Juergen Reher
22 Paul Bennett
16 Pat Glover
15 Jim Bowles
14 Joe Yavonditte
12 Ed Bown

12 Bob Giambalvo
7 Ray Lee
7 Frank Myers
6 Jim Fiore
6 George Jackson
6 Terry Smith
6 Jim Thomas
5 Leo DiPierro
5 Rick Morse
4 Tom Adams
4 Norman Dovberg
4 Ken Klapp
4 Jim Thomas

Male 70+

66 Wade Stockman
60 Jim Moore
31 James McGuinness
20 Chris Rush
14 Joe Corrigan
13 Ken Skinner
12 John Pelton
7 Keith Willis
5 Jim Hotaling
5 Ken Orner
4 Armand Langevin

Women

Female Open

44 Kristina Gracey
39 Crystal Perno
38 Meghan Davey
27 Karen Bertasso
24 Ada Lauterbach
24 Roxanne Wegman
23 Katie Vitello
17 Liz Chauhan
12 Erin Ring
11 Erin Rightmyer
10 Brina Seguire
8 Payton Czupil
8 Kathryn Hines
6 Kelcey Heenan
5 Allison Kerr
5 Christine Sloat
5 Rachel Swyer
4 Katie Auyer
4 Cheyanne Munson
4 Kate Thomas

Female 30-39

46 Shelly Binsfeld
39 Sally Drake
38 Gretchen Oliver
23 Stephanie Wille
21 Stacey Kelley
16 Heidi Nark
12 Eileen Combs
12 Mary Jane McPherson
11 Susan Bright
11 Deanne Webster
10 Christine Ardito
10 Stef Pitts
7 Laura Smith
7 Martha Snyder
6 Kelly Crandell
6 Jessica Mitchell
6 Sara O'Grady

5 Kari Deer
5 Candice Panichy
5 April Russell
5 Angela Squadere
4 Allison Lynch

Female 40-49

42 Anne Benson
36 Emily Bryans
29 Kari Gathen
24 Kimberly Miseno-Bowles
23 Regina McGarvey
21 Connie Smith
20 Mary Buck
17 Judy Guzzo
17 Megan Leitzinger
17 Kathy VanValen
13 Cheryl Debraccio
13 Nancy Nicholson
12 Heather Machabee
9 Chris Varley
8 Karen Dolge
8 Melissa Frenyea
8 Becky Phillips
7 Heather Loukmas
4 Roxanne Gillen

Female 50-59

52 Debra-Jane Batchter
31 Joan Celentano
26 Peggy McKeown
24 Martha DeGrazia
23 Jenny Lee
20 Karen Dott
19 Susan Burns
18 Deb McCarthy
17 Erika Osterle
15 Cathy Sliwinski
14 Donna Charlebois
12 Joyce Goodrich
12 Lori Santos
11 Karen Gerstenberger
10 Jane Mastaitis
8 Cynthia Finnegan
8 Barbara Sorrell
7 Cindy Novak
7 Hope Plavin
7 Cynthia Southard
5 Kathleen Goldberg
5 Mary Wilsey
4 Lois Green
4 Marryanne McNamara

Female 60-69

58 Judy Phelps
56 Susan Wong
52 Matha DeGrazia
27 Katherine Ambrosio
27 Ginny Pezzula
12 Judy Lynch
8 Anna Dickerson
6 Mary Collins Finn
6 Suzzane Nealon
5 Nancy Johnston
5 Linda Keeley
4 Noreen Buff

Female 70+

72 Anny Stockman
30 Eiko Bogue
8 Joan Corrigan

Age Graded

Runner	Age	G
46 Derrick Staley	52	M
40 Martha DeGrazia	59/60	F
37 Susan Wong	63	F
31 Judy Phelps	60	F
29 Ahmed Elasser	48	M
20 Paul Forbes	60	M
16 Anny Stockman	78/79	F
15 Tom O'Grady	25/26	M
13 Ada Lauterbach	21	F
12 Jonathon DiCesare	14	M
12 Bob Giambalvo	61	M
12 John Noonan	51	M
11 Emily Bryans	43	F
10 Anne Benson	46	F
10 Chuck Terry	29	M
8 Justin Bishop	30	M
8 Rick Munson	54	M
8 Ken Plowman	37	M
7 Pat Cullen	24	M
7 John Parisella	53	M
6 Daniel Jordy	27	M
5 Karen Bertasso	27	F
5 Nancy Nicholson	49	F
5 Ginny Pezzula	65	F
5 Chris Rush	75	M





Gluten-Free Sports Diets: Winning Without Wheat

Gluten-free seems to be the latest sports nutrition buzzword. Gluten is a protein in wheat, rye and barley that must be avoided by people (including runners) with celiac disease, an inherited autoimmune disorder. Symptoms of celiac vary greatly and can range from digestive problems (diarrhea, constipation, bloating, gas) to health problems such as anemia, stress fractures, infertility in both men and women, migraine headaches, canker sores, easy bruising of the skin, swelling of the hands and feet, and bone/joint pain. The person feels lousy. Yet, some runners don't even realize they have celiac disease. They feel fine—until they experience iron-deficiency anemia or stress fractures due to poor absorption of iron, calcium, and vitamin D. Other runners complain about "runner's trots" and undesired pit stops.

How common is celiac disease? More than we once thought! About 1% of the population (runners included) has celiac and needs to avoid even traces of gluten. Up to 6% have non-celiac gluten sensitivity. The symptoms are similar but without the autoimmune reactions that result in cancer and osteoporosis. No one is certain why celiac disease and gluten sensitivity is on the rise. One theory relates to changes in the composition of our gut bacteria.

How to tell if you are gluten sensitive

If you and others in your genetic family are plagued with nagging health issues (including those mentioned above), you should learn more about celiac disease and gluten sensitivity. Untreated celiac disease can lead to severe complications including cancer of the gut and osteoporosis. Two websites that offer abundant information include www.celiac.org and www.glutenfreediet.ca.

If you suspect you are gluten sensitive, don't self-impose a gluten-free diet without first talking with a doctor who specializes in celiac. You need to get your blood tested for specific antibodies and then, to confirm the diagnosis, an intestinal biopsy. Do not eliminate gluten before you get the blood tests, because absence of gluten in your diet can interfere with making the correct diagnosis. If you don't get properly tested, you might miss a correct diagnosis or other health problems, like Crohn's, an ulcer, or colon cancer. Plus, if undiagnosed, you might be less motivated to strictly follow a gluten-free diet for life.

If you are "simply" gluten-sensitive, your blood tests will report none of the elevated levels of antibodies that signal celiac disease, but you will feel unwell. Hence, if you have intestinal issues, you might want to try a gluten-free diet for a month or so regardless of the blood test results. One athlete plagued with muscle pain stopped eating wheat and her pains disappeared. She reported she simply "felt better." Others report they recover better and have less stiffness and joint pain with a gluten-

free diet. This might be due to eliminating gluten, a placebo effect, or eating better overall (no cookies, pastries, junk food). Adhering to a gluten free diet is challenging and expensive, so there's no need to self-inflict the limitations if you notice no benefits after a month of gluten-free eating.

Going gluten free

So what's a hungry runner to eat if their favorite pasta, bagels, breads, and baked goods are off-limits? While a sports diet without pasta may seem like a day with no sunshine, rest assured, a plethora of gluten-free carbs can fuel your muscles. You can enjoy carb-rich rice in all forms (brown, white, basmati), corn in all forms (on the cob, cornmeal, grits), potato, sweet potato, lentils, kidney beans, hummus, quinoa, millet, and tapioca. Oats, if processed in a wheat-free plant, can also be safe.

Many fresh foods are naturally gluten-free. They include all plain fruits, vegetables, milk, yogurt, hard cheese, eggs, meats, fish, poultry, nuts, sunflower seeds, edamame, juice, and wine (but not beer). Just be aware that sauces, gravies, and seasoning mixes might contain gluten, as do marinades and soy sauce. Some gluten-free baked goods, pastas, and frozen meals are quite good; others might leave you wishing for something tastier. Two popular brands of gluten-free bread (commonly available at Whole Foods or Trader Joe's) are Udi's and Rudi's. Hint: they taste better when toasted!

Restaurant and Travel Tips

At home, you can easily control your diet. When on the road, you need to have a plan.

- When traveling, carry "emergency food" that doesn't spoil, such as dried fruit, Lara Bars, and nuts.

- When eating in a restaurant, you'll have to quiz the staff and carefully order your food. Omelets tend to be safe, while salads with croutons are not. Make sure the steak tips are not marinated in a gluten-containing sauce, the turkey was not injected with flavor enhancers, the gluten-free toast is not made in the same toaster used for standard breads, the sandwich is prepared on a paper towel or surface not used for other breads (to prevent cross-contamination), the rice is not cooked in broth with unknown gluten-containing seasonings, the French fries are not cooked in the same oil as the breaded chicken, the hamburger is 100% beef (with no fillers) and not cooked on the same surface as the toasted buns. Some athletes travel with their own gluten free pasta and request it be cooked in fresh water, in a clean pot, and drained into a clean colander. This all requires a patient waiter and an understanding chef.

Everyday Gluten-free Sports Food



Suggestions

Even the hungriest Ironman triathletes need not go hungry on a gluten-free diet! The trick is to eat fewer processed foods and be a good label reader. Here are just a few suggestions of foods you'd find in standard grocery stores.

Breakfast ideas: Fruit smoothie with Greek yogurt; rice cakes with banana and peanut butter; scrambled eggs, hash browns, and fruit salad; Rice or Corn Chex, milk and berries.

Lunch: Tuna salad with baked corn chips; 100% corn tortilla with melted cheese and pinto beans, Crunchmaster Multigrain crackers and hummus.

Dinner: baked chicken, potato and beets; salmon, sweet potato and peas; omelet, corn and tomatoes; baked potato stuffed with cottage cheese and salsa; Mexican beans and rice; shish kabob, rice, salad with oil and vinegar; frittata (potato, onion and egg "pancake"); meals with rice, corn, and quinoa.

Snacks: apple and cheese, fruit and yogurt, baked potato chips, corn chips, Blue Diamond Nut Thins, rice crackers, trail mix (nuts and dried fruit), peanut butter and banana, baby carrots and hummus, popcorn, corn nuts, raisins, grape juice and all fruit juices, smoothies.

Commercial sports foods: Ensure, Gatorade, Powerade; Bakery On Main Granola Bar, Bonk Breaker Bar, Bumble Bar, Clif Nectar Bar, Clif Builder's Bar, Enjoy Life Snack Bar, Elev8Me Bar, Extend Bar, Go Raw Bar, Hammer Products (Heed, Perpetuem, Bar, Solids), KIND Bar, Lara Bar, Nonuttin' Granola Bar, Odwalla Bar, Omega Smart Bar, PB&Whey Bar, Perfect 10 Bar, Pure Bar, PureFit Bar, thinkThin Bar, Quest Bar, Clif Shot Bloks, Gu, Jelly Belly Sports Beans, Sharkies.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes feel great from the inside out. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for runners, cyclists and soccer players are popular resources. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com. □



Hairy Gorilla Half Marathon & Squirrely Six Mile

This seventh year of mayhem ominously brought to you by ARE Event Productions

9:30AM

SUNDAY, OCTOBER 30, 2011

THACHER STATE PARK, NY

FEATURED IN RUNNERSWORLD OCTOBER 2009 AND PART OF THE ARE AND WMAC GRAND PRIX SERIES

WHAT YOU NEED TO KNOW

This highly popular event typically draws runners from over ten states. It is one of the largest trail races in the northeast and participants range from national-class to those brand-new to trail running. The course is a roller-coaster ride with mud, muck, roots, steep drops, big puddles—and the occasional grave that may have your name on it.

Many runners compete in costume—be it simply wearing a ridiculous outfit to an all-out, performance-inhibiting full body uniform of sorts. This event is about having fun and we guarantee that you will. Be sure to consider entering one of the special categories.



AWARDS

Custom-made awards await the top 3 overall male and female finishers. Delicious gorilla and squirrel cookies await the top 3 males and females in: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Additional categories (if you dare!)

Best: Gorilla Impersonation - Costume - Pumpkin Carving; Finisher carrying the most bananas.



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

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA “MEDAL” TO ALL FINISHERS IN THE HALF



☀ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrely 6m and Hairy Gorilla Half Marathon
11:00am: Squirrely 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Early Registration: Postmarked by October 22.
Do not mail after 10/22. Checks out to AREEP

We highly encourage you to register online.

There are no additional fees and ARE members receive a discount when registering through the ARE members page.

AMENITIES

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

HALF MARATHON CUT-OFF TIME

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.



WWW.HAIRYGORILLAHALF.COM

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

✂ - ✂ - ✂ - ✂ - ✂ - - - - -

NAME _____		___/___/___ BIRTHDAY		AGE (ON 10/30/11) ____		<input type="checkbox"/> M <input type="checkbox"/> F	
ADDRESS _____				EMAIL _____			
CITY _____				STATE _____		ZIP _____	
PHONE () _____				RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)				RELAY 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), Thacher 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)	

ARE Event Productions Inaugural

THE FALL **FRUN** **10K**

To benefit the Albany Medical Center Children's Hospital

Sunday, November 6 at 9am
Shenendehowa High School, Clifton Park

**Join Us for the Capital Region's
Newest Event**

One Heck of a FRUN Time!

The Fall Frun 10K is on a fast and flat loop course with few turns and abundant opportunities to join your fellow runners at an event that celebrates you! Whether you are vying for the win or to finish, a PR or your first 10K, we aim to offer all participants a truly first-rate experience that realizes all different types of athletes make our running community such a vibrant and enjoyable place to live and train.

- LIVE Results Monitor
- Disposable Bib-Chip Timing
- Split Clocks at Each Mile
- Phenomenal Refreshments
- Great Entertainment • Live Band
- Benefits a Worthy Cause
- Awesome Amenities
- Strollers Welcome

Early Bird Special (by 10/4): \$20

Preregistration (10/5-31): \$25

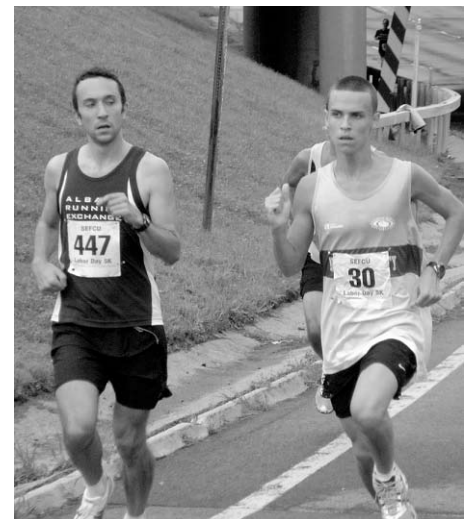
Late Registration (11/1-6): \$30

Shirts are guaranteed to all who preregister by 10/24

Visit for More Info and to Register – and be Part of the Frun!

www.FallFrun10.com

All proceeds after expenses will be donated to the AMC Children's Hospital;
in addition, a fixed portion of every entry fee will also be donated.



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**

Event Schedule

Date	Time	Event	Location	Contact	Email
10/8	9:00 AM	Burnt Hills Rotary Apple Run 5K	O'Rourke Middle School Burnt Hills	Paul Lewandowski	ssalmonlew@aol.com
10/8	10:00 AM	Coxsackie P.A.L. 5K Fun Run/Walk	Coxsackie	Sgt. William O'Brien	mrwjob@yahoo.com
10/8	10:00 AM	5th Annual Falling Leaves 5k Run & Kids Fun Run	Ballston Spa	Heather Leggieri	dhlegg@msn.com
10/8	9:30 AM	1st Annual Rhino Run/Walk 5K	Crossings of Colonie	Frank or Lori Murray	rhinorun@verizon.net
10/9	8:30 AM	10th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Rob Sliwinski	cslwin@nycap.rr.com
10/9	8:30 AM	29th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski	cslwin@nycap.rr.com
10/15	10:00 AM	Race Away Stigma 5K Race and Fun Walk	Hudson Valley Community College	Carrie Zurenko	c.zurenko@hvcc.edu
10/16	10:00 AM	Saratoga National Bank Cross Country Classic	Saratoga Spa State Park	Jeffrey Allen	jallen3@nycap.rr.com
10/16	10:00 AM	Arc in the Park 5k	Rensselaer Tech Park	Chuck Tarbay	arcinthepark@renarc.org
10/16	7:00 AM	The Empire State Marathon	Syracuse	Brian Collins	info@empirestatemarathon.com
10/22	10:00 AM	Albany County Sheriff's Run For The Hill 5K	Cornell Cooperative Ext, Voorheesville	Kathaleen Taylor	ktaylor@albanycounty.com
10/23	9:30 AM	Taconic Hills Trail Races 5K	Greenwich	Jen Kuzmich	jenkuz@yahoo.com
10/23	10:00 AM	Inaugural Fall Foliage Half Marathon	Rhinebeck	Matt Linick	info@fallfoliagehalf.com
10/29	11:00 AM	Sprint for Service - A 5 Mile Fundraising Race for UlsterCorps	Williams Lake, Rosendale	Beth McLendon	volunteer@ulstercorps.org
10/29	9:00 AM	Monster Madness Dash 5k run / 3k walk	Troy Family YMCA: 2500 21st Street Troy	Chris Bins	cbins@cdymca.org
10/30	9:30 AM	Hairy Gorilla Half Marathon & Squirrely Six Mile	Thacher Park, Voorheesville	J. Merlis	info@areep.com
11/13	9:00 AM	36th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/20	10:00 AM	HMRRC Turkey Raffle Run 1 Hour	The Crossings -- Colonie	Al Maikels	afmcpa1040@yahoo.com
11/26	10:00 AM	Run Off That Turkey 5K	St. Lucy's Parish Hall, Grand Street, Altamont	Phil Carducci	holidayclassic@nycap.rr.com
12/11	10:00 AM	Winter Series Race #1: Doug Bowden 15K and 3M	UAlbany	Doug Bowden - Ken Skinner	bowden@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!***