

# The Pace Setter

December 2013

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



Bryan Morseman



Alexandra Niles



Mike Fisher



Genna Hartung





# The HMRRRC Annual Awards Banquet

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*Photos in this issue by Charles Bishop, Chris Bishop, Bill Meehan, Neil Sergott, Erwin Ganc, Ray Lee, Phil Borgese, Leanne Goldberg*

### **HMRRRC Mission Statement**

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

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

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## President's Message

by Maureen Cox

Hello fellow club members. I look forward to being club president for the next twelve months. I am lucky to be surrounded by a wonderful Committee upon which I plan to rely heavily this year. I have had the privilege of working with Jon Rocco and would like to thank him for his commitment to the club. As Jon steps down from the presidency, he steps into the Race Committee position and as a club we are grateful for all his service.

As I look around at all the wonderful things the Club does I am struck by the giving spirit I see. We support so many wonderful opportunities that give back to our community. One example is our grant program that offers money to local organizations to promote running in the Capital Region. The deadline for these applications is coming up in January.

The Just Run program is another wonderful example of giving to the next generation of runners. This program is shepherded by Ken Skinner and has just finished up the fall cross country component. We have had over 500

children exposed to the positive experience of exercise and benefits of running. Who knows to what great runner we have given their start.

Then of course there are the volunteers. We are about to start the Winter Series, which brings out the best in our runners and our volunteers. These volunteers brave the winter elements to keep our runners safe. Make sure you say thanks as you go by. With a club as large as we are, over 3,000 members, I wonder why we struggle with getting volunteers for our events. I would challenge each of you to volunteer for at least one event this year and see what fun you've been missing. For those of you that regularly volunteer, thanks, and it will be nice to see some new blood, won't it? We have developed a volunteer database to help make volunteering easier for both the volunteer and the race director. Please check out our volunteer page on the website to register.

The 2013 fall season has seen some fine races with the SEFCU 5K, Anniversary Races, Voorheesville 7.1M and Mohawk Hudson River Marathon/Half Marathon in the books. These races all continue to attract the area's top runners and the finish times continue to be bested. This year the Marathon and Half Marathon sold out in record times and grew in participation. November saw the popular and prestigious Stockade-athon, and the Turkey RaffAL Run which is always a good way to get some miles in and bring home some great treats. The 2013 season will close out with the Doug Bowden Winter Series #1; let the UAlbany loops begin! Please make note that the date of Winter Series #1 has changed and will be held on Sunday, December 15, starting at 10:00 a.m.

I look forward to meeting and listening to as many of you as I can. I'll be the soup lady at the Winter Series, stop by and say hi. ☐







# What's Happening in December

by Al Maikels

The calendar would lead you to believe that winter starts on December 21, but the HMRRC says that the date is December 15. That's the day that the Winter Series returns, with the first races being held on Sunday, December 15. The Winter Series is a collection of races from December through February. The Winter Series races are held at UAlbany on Sundays (or the day of the week that New Year's Day falls on) and feature races of varying distances. The first of the Winter Series races will be held on Sunday, December 15 at 10 a.m. and features the Doug Bowden 15K and 3 mile run. The next Winter Series race is the Hangover Half Marathon and 3.5 mile run on New Year's Day at UAlbany with a 12 noon start.

The club has a survivor award for those individuals that participate in all five of the Winter Series races as a runner or a volunteer. In previous years, this award has ranged from a winter hat to a long sleeve T-shirt or some other article of club clothing. I'm sure that this year's prize will compare in value to the other years and I urge all members to participate in

the Winter Series races.

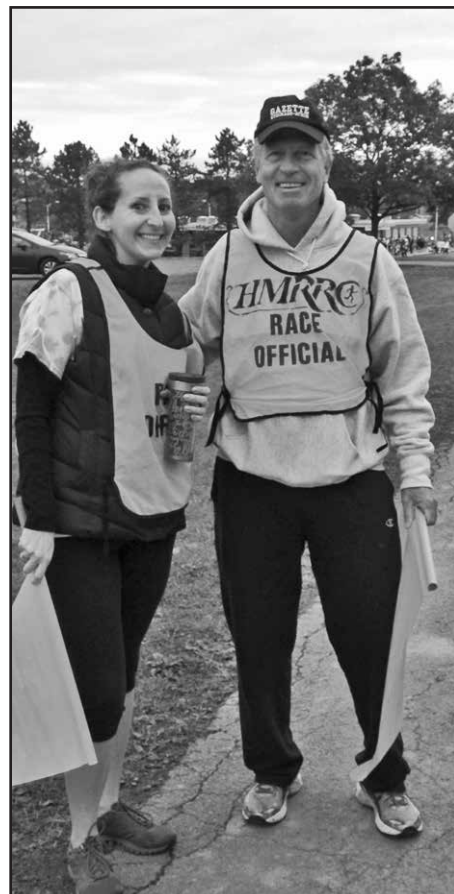
The City of Albany celebrates the season with a 5k race at night.. The Last Run 5k will be held on Saturday, December 14 at 5:00 p.m. and features a tour of the Holiday Lights in Washington Park as part of the race course.

The Holiday Classic 5k will be held at Columbia-Greene Community College on Saturday, December 21 with a 10 a.m. start.

The City of Saratoga still has a First Night celebration and also has First Night race. The Saratoga First Night race will be held on Tuesday, December 31 at 5:30 p.m. and features a 5k at Skidmore College.

December marks the end of the year and brings us the holiday season. I would like to take this opportunity to wish everyone a happy, healthy New Year and best wishes of the season.

The club business meeting for December will be held on Wednesday the 11th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. All club members are welcome to attend these meeting. □



# "BEEN THERE, DONE THAT"

by Mike Becker

## December 1973...Forty Years Ago

• Just ten runners showed up for two races at SUNYA on the 16th on a cold, dry day. Charlie and Cathy Shrader finished one-two in the three-miler, and Dan Larson and Jim Shrader finished in a dead heat in the odd distance of 6.3 miles, followed closely by Jim Bowles and Don Wilken.

## December 1978...Thirty Five Years Ago

• Thirty-two runners showed up for a six-mile Handicap Race at SUNYA on the third in a snowstorm, when running was easier than driving. Bill Robinson was the fastest runner with a 34:58, with Ellen Weglarz the fastest female with a 41:56.

• Pat Glover won the nine-mile Winter Series race on the 16th with a 48:20, 20 seconds ahead of Bob Oates. Casey Reynolds topped the ladies with a 62:45.

• Casey Reynolds also ran an outstanding 3:17 in the Jersey Shore Marathon on the third, two weeks prior to the Winter Series race, with Pat Glover pacing her.

## December 1983...Thirty Years Ago

• A scheduled six-mile Handicap Run on the fourth was changed to a regular race due to inclement weather. Frank Ripple won with a 34:36, with Bill Shrader and Pete Newkirk also in the top ten.

• Pat Glover ran 48:26 to win the 15K in the Athletic Attic Winter Series race on the 18th. A total of 26 of the 127 finishers ran under one hour. Lynn Leland was the female winner with a 65:37. Jim Clyne won the 5K, with 27 of the 115 finishers under 20 minutes.

• Club Officers included Carter Andersson-Wintle – President, Tom Bulger – Vice President, Kathy Carrigan – Secretary, and Mark Boyer – Treasurer.

## December 1988...Twenty Five Years Ago

• Winds of up to 45 MPH buffeted the 23 runners who participated in a six-mile Handicap Race directed by Chris Rush and Nick Solomos on the fourth at SUNYA. Bob Redlo estimated he would take 42:00 and got exactly that, thus "winning" the race. The fastest actual time was 34:39 by Mark Warner. Barbara Hennig was the only female participant.

• Dave Schroeder was profiled. He had success in the 400 meters (PR 51.3) and field events in high school and college. He was a science teacher at Rensselaer High School and coached cross country and track there. Among his best performances were a 34:20 10K, 78:15 half marathon, and 2:46 marathon (Mohawk-Hudson). Dave is still an active member of the club today.

• Two-hundred runners participated in the two races to kick off the season's Winter Series on a picture-perfect winter day on the 18th. Pete Gerardi ran 51:56 to win the 15K by a minute ahead of Rob Colborn. Nancy Egerton



was the top female with a 62:40, six minutes ahead of Sandy Phibbs.

## December 1993...Twenty Years Ago

• Lori Hewig was the overall winner in the 5K at the first Winter Series races on the 12th with a 17:25, 45 seconds ahead of the first male. Vinny Reda won the 15K with a 54:12, 90 seconds ahead of Pat Glover. Amy Herold-Russom was the fastest female in the 15K with a 62:04. A total of just 124 runners braved below-zero wind chills at the windswept SUNYA campus.

• Mark Keegan was profiled. He related a story: "...several of us were running up State St. in Albany when we heard a scream from a woman on Lark St. whose purse had just been snatched. As luck would have it, the purse snatcher ran right in front of us and we naturally gave chase. After several blocks he entered Washington Park and turned to see if we were following him. We had easily kept pace, and as he turned I said to him that he needed to run faster as we could run all day at the pace he was running. He gave up about 50 yards further."

## December 1998...Fifteen Years Ago

• Sixteen-year-old Tyson Evensen easily won the Winter Series 15K on the 13th with a 53:41, nearly three minutes ahead of Carl Urey. Daniele Cherniak was the top female with a 63:58, good for 21st overall. Tim Hoff and Elizabeth Demis were winners of the 5K. A total of 162 runners competed in the two events.

• The Annual First Night Last Run 5K was held in Albany on the 31st. A total of 466 runners competed, and the overall winner was Andrew Rickert with a 16:43. The top female was Julia Hotmer with a 20:22.

## December 2003...Ten Years Ago

• Jamie Rodriguez ran 51:47 to win the Winter Series 15K on the 14th on a dry, calm day with a temperature of about 15 degrees. Penny McDermott ran 60:36 to top the wom-

en. Runners-up were Josh Merlis and Kimberly Miseno. Ian French and Lizzy Conway were winners of the 5K.

• The Sixth Annual First Night Saratoga 5K was held on the 31st and had a large field of 926 finishers. Mike Hauser was the winner with a quick 16:13, with Saratoga Springs HS phenom Nicole Blood running a 17:31 for the female title, good for 11th overall.

## December 2008...Five Years Ago

• Pat Cullen ran 53:02 to win the Winter Series 15K on the 14th. Diane Matthews ran 65:10 for the top female. Runners up were Jim Sweeney and Lori Weaver. Chuck Terry ran 16:34 to win the 5K, with Crystal Cammarano topping the women with a 21:01.

• Anthony Giuliano and Andrea Viger won the Albany Winterfest Last Run 5K on the 27th with times of 15:54 and 18:32, respectively. Age group winners among the 859-person field included Ada Lauterbach, David Tromp, Judy Phelps, Rick Munson, and Eiko Bogue.

• David Raucci ran a 16:28 to win the 11th Annual First Night Saratoga 5K by six seconds over Alex Grout. Justine Mosher ran 21:37 to top the women by seven seconds over Tina Greene. □



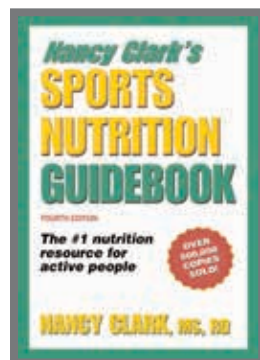


## Mohawk Hudson River Marathon and Half Marathon



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# HMRRC



## THE WINTER SERIES

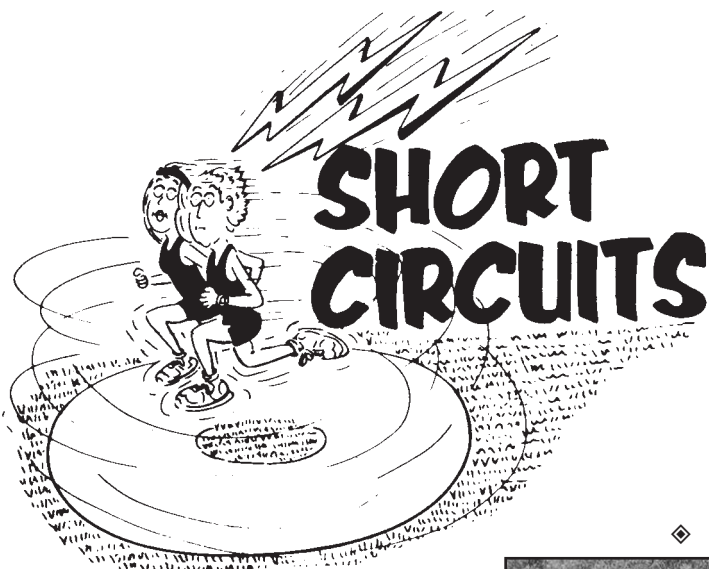
University at Albany • Physical Education Building

Date	Time	Event
Dec. 15, Sunday	10 a.m.	Doug Bowden Winter Series 1 (3M, 15K)
Jan. 1, Wednesday	12 noon	Winter Series 2 (3.5 mile, 1/2 Marathon)
Jan. 12, Sunday	10 a.m.	Winter Series 3 (3M, 10K, 25K)
Jan. 26, Sunday	10 a.m.	Winter Series 4 (3M, 15K, 30K)
Feb. 2, Sunday	10 a.m.	Winter Series 5 (4M, 10M, 20M)

- Register day-of-race only
- Winter Series Races are free for HMRRC members and \$5 for non-members
- Low-key races & informal atmosphere
- Awards for overall and age-group winners
- Post-race refreshments & hot showers
- *Winter Series Participant* eligibility: participate in all five events - volunteer for one
- More info at [www.hmrrc.com](http://www.hmrrc.com)







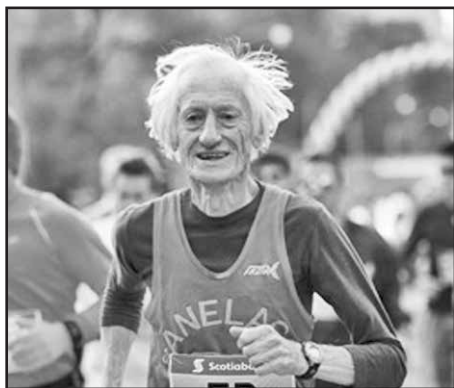
John Bell loves running in Valley Forge National Historic Park. And that is what he was doing on a beautiful Sunday morning in October. Until Park Police stopped him and handed John a \$100 citation for running in the park during the government shutdown. John is fighting the citation in federal court.



See you in court

At the Toronto Waterfront Marathon in October, Ed Whitlock did what he usually does—astound the running world by setting another age-group world record. Whitlock broke the age-82 world marathon best by running 3:41:58.

The old age-82 record was 3:48:35, set by Ed Benham in 1989. The fastest marathon ever run by a man in his 80s not named Ed is 3:39:18, by Robert Horman in 1998 when Horman was 80.



Steady Eddie



Just follow the sign

At the Runner's World Half Marathon in Bethlehem, PA, Lauren Creasy finished in 2:17, good enough for an age-group award. At the award ceremony she received more than she expected. A marriage proposal and engagement ring. She said yes.



Just follow the sign

The newest member of the U.S. Senate, Cory Booker, gave new meaning to "running for office" during the campaign. Throughout his campaign, Booker turned group runs into a way to connect with voters. He held more

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

All Short Circuits must be e-mailed to [jheinlaw@earthlink.net](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

than a dozen "Run With Cory" events during the three-month-long campaign.

The nighttime runs were not especially fast, or far. Booker described a "very slow pace" of about 10 minutes per mile. Distances on neighborhood streets ranged from about a mile to a mile and a half.



Run with Cory

When Boogie the dog woke up Saturday, he probably didn't expect to compete in a grueling road race. Yet somehow, he found himself keeping pace with runners in the YMCA Half Marathon in Evansville, Indiana, and became something of an Internet celebrity in the process. The 10-year-old chocolate lab -- who'd slipped his leash and been missing since the night before -- managed to complete the entire course without assistance in 2:15.

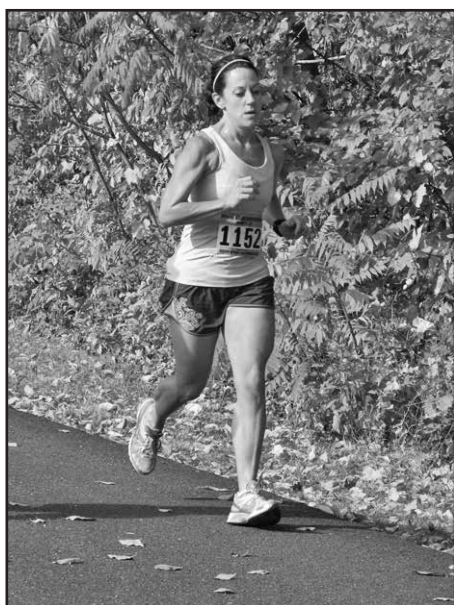
Organizers were so impressed with the pup's performance that they awarded the dog a medal for his race and he quickly became a national sensation, appearing on numerous websites and even *The Today Show*. Then 10 days after the race Boogie's owner reported on Boogie's Facebook page that Boogie had died of a heart attack. ☐



Boogie's last run



## ***Mohawk Hudson River Marathon and Half Marathon***



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

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# Food News from the Academy of Nutrition and Dietetics

Experiencing the Food & Nutrition Expo at the Academy of Nutrition & Dietetic Association's annual convention is an eating adventure! Envision a huge expo hall filled with vendors offering tastes of their latest food and nutrition products. Several hours and many calories later, I emerged from the Expo with a sampling of items that can contribute to an effective sports diet. Here is brief snapshot of some of what I saw.

- **Energy bars.** For active people who eat on the run, energy bars can be a handy emergency food. While bars should not routinely be used as meal replacements, they can certainly be a handy pre- and post-run snack. When looking for "the best" bars, choose ones that are made with wholesome ingredients that you recognize. For example:

- **KIND Bars.** Their newest product, "Healthy Grains," is similar in texture to a rice crispy treat. The Maple Pumpkin Seed KIND Bar contains five "super grains" (oats, millet, quinoa, amaranth and buckwheat) plus pumpkin seeds, honey and maple syrup. The end result: a tasty gluten-free source of whole grains that are "chewy with a crunch."

- **Zing Bars,** created by two dietitians, offer a variety of 100% natural, gluten- and soy-free bars that are high in protein and fiber —and taste great. As all runners know, nutrition is only good if it gets into the tummy. Zing Bars do the job!

- \* The NOW Bar is made with identifiable pieces of chopped cranberries, almonds, and peanuts that are stuck together with honey, apple juice concentrate and brown rice syrup. Although a bit sticky, they are tasty and also gluten-free (if that's your preference).

- **Gluten-free snacks** are the current rage. In addition to the gluten-free bars mentioned above, check out "Mary's Gone Crackers." My clients rave about these crispy, tasty, vegan, dairy-free, and wheat-free snacks. The Black Pepper variety contains brown rice, quinoa, flax, and sesame seeds. They have a rich, satisfying flavor that appeals even to wheat-eaters. Buyer beware: As with most gluten-free foods, they are more expensive than foods with gluten: \$4.50/box; this comes to about \$0.75 per 140-calorie serving. (In comparison, Wasa Crackers are about \$0.50 for 140 calories.)

- **Nut butters.** Finally we can get peanut butter by the pouch instead of by the jar! This makes it easier to toss into a gym bag or pocketbook. Both Justin's ([www.Justins.com](http://www.Justins.com)) and The Peanut Butter & Company ([www.IlovePeanutbutter.com](http://www.IlovePeanutbutter.com)) offer "easy squeeze"

pouches—in a variety of flavors. These peanut butter portions enable you to create satiating on-the-road snacks with PB and banana, crackers, or apple—to say nothing of the bagel you pick up on your way to the office. For weight-conscious runners, nut butter in a pouch offers a controlled portion with 90 or 180 calories (1 or 2 tablespoons). The good news is nuts are rich in vitamin E and health-protective fats — and nut-eaters are not fatter than nut-avoiders!

- **Ice cream options:** If you (and your kids) enjoy frozen desserts, take a look at Yonanas Healthy Dessert Maker ([www.yonanas.com](http://www.yonanas.com)). For a treat that looks and tastes like soft-serve ice cream, simply toss into the kid-friendly Yonanas machine some frozen banana chunks and other frozen fruit as desired. Out comes "ice cream." The key is to use well-ripened bananas with brown speckles. Speckles mean the banana is sweeter than an all-yellow or green banana. During the ripening process, the starch (complex carbohydrate) in the green banana converts into sugar (simple carbohydrate). Banana adds the creamy texture and takes on the flavor of the other add-ins. (Think maple walnut, blueberry, etc.) You can also make "sorbet" with just frozen fruit.

- **Smashed fruit,** such as PowerBar's Fruit Smooshie, is a moist alternative to dry energy bars. Mott's has a similar product. Their portable applesauce pouch offers 40 calories and no added sugar. This makes an easy-to-swallow, energy-boosting option pre-run, preferable to a slow-to-chew bar. The pouches are heavier, however; their water content will add weight to a fuel belt.

- **Dried fruit** is making a big comeback, and certainly offers a healthier sugar-fix than candy. Prunes have been renamed as dried plums, to create a new image. SunSweet's PlumSweet (yogurt-covered dried plum pieces) offer a candy-like snack for today's eaters.

- **Candy:** While healthy food predominates at the Academy of Nutrition & Dietetics Association's Food and Nutrition Expo, The National Candy Association is also there, offering a guide to moderate candy consumption, so you can treat your self (guilt-free) to one of life's little pleasures. Candy need not be consumed "all or nothing"! In case you have ever wondered what "moderation" means when it comes to eating candy, an acceptable intake is 50 to 100 calories per day. Here's what that looks like: 15 to 25 small jelly beans, 1 snack/ fun-size candy bar, 2 to 4 strings of licorice, 3 to 5 pieces of hard candy, 2 bite-sized peanut



butter cups, and chewing gum as desired. To stay within "moderation," your best bet is to portion candy into little baggies.

If you prefer one weekly candy fix, limit your intake to 3/4 cup chocolate covered raisins, 1/2 cup chocolate chips, 50 to 100 gummy bears, or 1 to 2 candy bars. And it goes without saying, pineapple, raisins, dried plums, and dates offer sweetness with far more nutrients...

- **Chocolate:** While sugary candy can be an effective alternative to gels during long runs, a little dark chocolate afterwards can be a health-promoting snack. Numerous studies suggest people who include modest amounts of dark chocolate enjoy heart-healthy benefits such as lower blood pressure and reduced risk of death from heart disease. Obviously, you need to enjoy dark chocolate in the context of an overall healthy diet. A product marked 70% cocoa means 30% of the product is sugar and other ingredients...

- **Vegetarian Resources:** If you are looking for a blueprint for plant-based eating, *Becoming Vegan* by Brenda Davis RD is worth reading. Extensive, but easy to understand. Another helpful resource is the Vegetarian Resource Group's website, [www.VRG.org](http://www.VRG.org). If you choose to eat no meat, you want to be sure you are still getting the nutrients you need for good health and top performance.

Choose your food wisely, enjoy it mindfully, and have fun with your high energy.

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in the Boston-area (Newton, MA; 617-795-1875). For more information, read her *NEW Sports Nutrition Guidebook 5th Edition* and her food guides for marathoners, soccer players, and cyclists. They are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). Also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com) for online CEUs. □

# Gift Ideas For the Runner in Your Life

As the holiday season approaches you may wonder what to get for the runner in your life. On a visit to Fleet Feet, I talked with product specialist Barb Gillen, who had a wealth of ideas for presents to place under the tree or in the stockings.



Barb noted that it is always nice to get winter running apparel as a gift. Everybody buys running shoes, but many skimp on themselves when it comes to buying clothes. Wintertime is dark, and those who work must run either in the early morning or at night when it is dark. New Balance has a new jacket, the Beacon jacket, that literally glows in the dark if you leave it in the light for twenty minutes before you run. Even without the glow, it is very bright and highly reflective. In addition, the jacket is wind and water-resistant. The Firewall jacket from Sugoi is an extremely warm, lightweight, breathable winter jacket with a front panel that has a layer of polyurethane sandwiched in between two layers of fabric, making it completely wind-proof in the front and on upper arms and toasty warm. Windstopper jackets from



Gore are also warm, totally breathable and lightweight. They have a bungee on the inner collar to make it tighter if needed for warmth. All three jackets have reflective touches with loads of pockets for money, ID, GU, and keys.

Half zips are also a great gift idea. The half zips from Mizuno are very light and wind proof. Many times windproof material is crinkly and noisy but these are soft and silent. They can be worn as a mid or outer layer de-



pending on conditions. Janji also makes excellent half zips. The company was founded by two college graduates who share the love of running and helping people. A percentage of every piece sold goes to provide food and water for people in un-developed countries. For example, if you buy a half-zip it will provide a year of drinking water to a person in Tanzania. The clothing features tribal patterns.

The newest trend in running is apparel made of merino wool. Wool breathes warm, wicks well and is a natural fabric that is sustainable. It is soft, not at all itchy, and does not retain body odor after strenuous exercise as most fabrics do. Icebreaker, a New Zealand based company, is one of the leading producers of these products.

We all need to wear bottoms and it might be nice to treat someone to CW-X compression tights that have targeted support around the knee joints and quadriceps. Their new product, the seamless Revolution tight, gives compression and support and comes in fun patterns.

Running watches and GPS devices are use-



ful for all serious runners. The Garmin Forerunner 100 and 210 come with or without heart rate monitors. The Nike sports watch also comes with a chip that you can put in your shoe to track your running.

The Trigger Point Therapy kit is a self-massage tool for folks who are injured or do not want to get injured. It comes with a collection of rollers, balls, a block, and 2 DVDs that teach you how to deal with knots and adhesions in your calf muscles and other problems that occur. In addition it contains a manual, a phone support number, and a great website for online help.

Hats, gloves and socks are always welcome during winter and make a good stocking stuffer. Fleet Feet has a rich assortment of hats. Some of the women's hats even have an opening for a ponytail. Headbands are also a good idea. Gloves and mittens are always handy. Brooks gloves have a wind-proof over-mitten that can be tucked in when not in use, and a flashing light that can be turned on at night. Some gloves come with special tips that make it possible to operate your iPod or cell phone



without taking your gloves off. Socks make good stocking stuffers. They come in different heights and for every taste and preference. Most are synthetic but Icebreaker makes great Merino wool socks (no smell, you remember!).

Because it is dark during much of the time in winter, safety is an issue. Some little strobe lights, safety lights or a headlamp are also great stocking stuffers. With a headlamp you can see and be seen while jogging. If you are out there at 5 a.m., you want to know where you are stepping. Another fun item to put in stockings are Clif energy bars that come in special holiday flavors like iced gingerbread and spiced pumpkin pie.

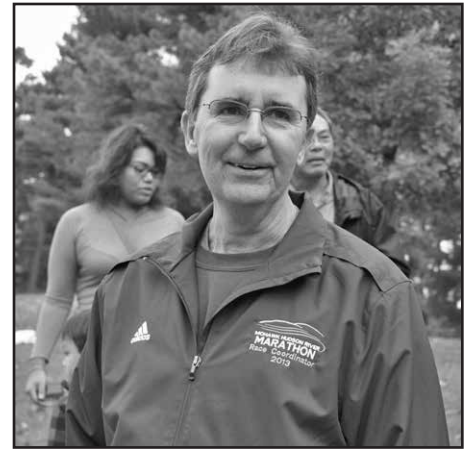
A fun item that definitely will not fit in a stocking is a foam roller that is great for injury prevention. It has a firm core with cushioning on the outside. You roll on it self-massage. The more regularly you use a foam roller on your tight muscles, the less painful they will be. It is a gift that keeps on giving.

When not running, reading is fun. *Once a Runner* by John L. Parker, Jr. is a classic novel about running. Dave Langlais of *Runner's World* calls it "the best piece of running fiction around. Beg, borrow, or buy a copy, and you'll never need another motivator." *Running & Being: The Total Experience* by Dr. George Sheehan is an inspirational book that talks about why running is more than just a sport and is life changing. *The Lore of Running* by Dr. Timothy Noakes is about training, injuries, and nutrition. It has everything you need to know and more if you are a serious runner.

If you are still undecided, a gift certificate is the answer. The sales associates at Fleet Feet are all runners, and only one will be assigned to you. That person will measure your feet, watch you walk and run, analyze your foot type, find out the mileage you do, the terrain you cover, your injury history, and then come up with suggestions. You will work as a team and then try on shoes until you find the perfect pair. If there is any problem with the shoe, it can be returned within a month. Just remember to keep the box.

So my advice to you is to run, not walk, to Fleet Feet to get the best gifts possible for the runner in your life. Happy Holidays! ☐

## Mohawk Hudson River Marathon and Half Marathon



# Miles Along the Mohawk

by Frank Martin

Back in March, I registered for my first marathon, less than 20 minutes after race registration opened. I hadn't run anything longer than 18 miles since college, but last fall I completed my first half marathon and was so pleased with the result that I decided to go for the whole thing. I consulted the Internet and a couple of long distance runners and created a training plan that I stuck to pretty well. My plan included hill workouts, 20 mile long runs, a second half marathon (the Camp Chingachgook Challenge), and a balance between hard high-mileage weeks and easy low-mileage weeks. Despite my tendency to get hurt when I run high mileage, I made it through this year without incident. I was fitter than I had been at any point since college. After years of thinking of myself as a hobby jogger I finally felt like I was getting back into the swing of being a serious runner.

All that led me to a cloudy morning in October when I stood in the middle of a group of nearly 1,000 runners in Schenectady's Central Park for the 31st annual Mohawk-Hudson River Marathon. At 8:30 the race official sounded an air horn and my first 26.2 mile run was underway. This being my first marathon, I wasn't sure quite what to expect when it came to time. Based on my training I was aiming for something in the 3:30-3:45 range, and about 5k into the race I caught up to the guy who was pacing people to run 3:25. It was a little faster than what I had planned, but I was feeling good at that point and decided to try and hang with that group for as long as I could.

About four miles in we joined a bike path that offered scenic views of the Mohawk River and fall foliage. I was running along easily with the 3:25 group, making friends and sharing stories. The bike path ambled along next to the river, and crowds of spectators gathered to cheer every time we came to a cross street. I came through the half marathon mark in 1:42:18, nearly a minute faster than I had run my last half marathon at Camp Chingachgook back in August, and still it felt nearly effortless. Just another half marathon to go – this is what all my training had prepared me for. My head started to fill with visions of me crossing the finish line in 3:25 (or even faster) followed by a fireworks show, a champaign fountain, and the mayor of Albany giving me the key to the city (sometimes my running daydreams get a little carried away). When I snapped back to reality I gradually became aware of the fact that I was no longer feeling quite so good.

Eventually we left the Mohawk River and began the descent into the Hudson River Valley. At about 17 miles in the bike path ended and we continued the race on city streets. And that's where I started to hurt.

About 17.5 miles into the race, just before the wheels really started to come off.

There were only 9 miles to go but I still had to get through those in one piece. I started to drop back from the 3:25 group – the pace that



had felt so easy in the first half of the race gradually become harder and harder to maintain. I struggled through miles 17-19 as fatigue really started to set in but I was still pretty confident that I could finish well. And then I hit the 20 mile mark.

When people talk about marathons, they always mention "the wall," the point in the race where things go south really quickly and you're hit with a one-two punch of fatigue and despair almost instantly; hence, "hitting the wall." To be honest I didn't really feel that, at least not from a mental perspective. My mind-set was almost always upbeat and there wasn't a point where I ever thought to myself that I couldn't finish the race. My body had other ideas. I passed the 20 mile marker in about 2:40 and not ten steps after that I was hit with my first calf cramp, as tight and as painful as a middle-of-the-night charley horse. I hobbled on for another quarter mile or so before my second calf seized as well. Maintaining anything close to a running stride was more or less impossible. I stopped for a moment to stretch my calves on the curb and then trotted off, but within a few minutes I started to feel oncoming cramps in my quads and hamstrings. My entire network of leg muscles was literally seizing up.

The 3:25 pace group that had seen me through the first 17 miles had vanished ahead of me. I looked at my watch worryingly and watched as a 3:35 finish time slipped away from me, and by mile 21 I wasn't even sure if

I could go under 3:40. Everything about my legs was in agony. As I lifted each leg, the hamstring would spasm and cramp, and then the quad as I planted the leg, and then the calf as I started to push off. My pace slowed from 8 minute miles to 9 minutes...then 9:30...and then over 10 minutes a mile. In addition to stopping and stretching every few minutes I was also walking through each water station, making sure I drank as much as possible to try and remedy my cramping muscles.

"Hey," I told myself, "all you have to do is run 10 minute miles, pick it up a bit at the end, and you can get under 3:40." I limped on.

The last four miles of the race were on another section of bike path leading down the Hudson to Albany. They were probably the hardest four miles I've ever run – harder than the finish of Camp Chingachgook, but it was a different dynamic. At Camp Chingachgook I felt like I'd completely given up mentally and resigned myself to those voices in my head that said it hurt too much to keep running and that I'd failed. During Mohawk-Hudson my mind was always upbeat, always reassuring, always confident, and it was my body that was failing me this time. My routine through the last four miles was to limp on for four or five minutes, stop and try and stretch, and when I came to a water station I'd walk through it and drink two cups of water and one cup of Gatorade. Even when I was running it wasn't more than a shuffle, but despite that and my frequent stops I was averaging just under 10 minutes a mile. The bike path rounded a curve and went under the Interstate 90 bridge and I could see the Albany skyline laid out ahead of me. Not far beyond that was a sign at 25.2 miles.

"ONE TO GO!"

My watch said 3:29.

"You've got 11 minutes to run this last mile," I told myself. "Just finish it."

My calves were completely shot at this point; the hamstrings and quads weren't far behind. Even my shins burned. The crowd of spectators really started to thicken at this point – hundreds of voices screaming at me and others around me to dig deep and get to the end. The finish line was three quarters of a mile away.

I ran my last mile with my legs almost completely stiff – as if I didn't have knees, and when the finish clock came into view I started crying almost uncontrollably. Months of training, through snow, rain, humidity, all the miles of pavement I had pounded with my feet, and now I was about to finish my first marathon.

The clock read 3:38:45 as I crossed the line (chip time: 3:38:31). A medal was draped around my neck, a Mylar blanket around my shoulders, and I was escorted to a refreshments area where I filled my mouth with orange slices and took bottles of Gatorade and water. My wife found me not long after and helped me get to the car (my legs were so cramped that it was hard to even walk).



I was in an incredible amount of pain, and I knew that the lingering soreness would last for days, but I didn't really mind. At first I was hugely disappointed with my race. I'd lost 14 minutes on the 3:25 group over the last 9 miles and got passed by probably 30 runners in the final few miles. I really wanted to go under 3:30.

But, I achieved my original goal of finishing between 3:30-3:45, and I feel better knowing that I was still in the game mentally even as my stride devolved into a shuffle. Even as my legs became cramped and stiff I never once thought about quitting or just giving into the pain and walking those last few miles to the finish. That brings me some comfort.

I don't know if I'll run another marathon. There are a lot of big things that'll be coming up for me in the next few years, like finding a house and having kids, and training for this was a huge time commitment. There's that, and I've found a point of diminishing return in my love for running. I really like half marathons, but during my marathon training I started to lose interest during any run longer than about 15 miles. I enjoy running, but only to a point, and I don't really care to push it beyond the point where it stops being fun. I might revisit the marathon at some point in the future, but for now I'm just happy to have made it to the finish line this once.

Frank Martin, a former collegiate runner from Illinois, now lives in Troy. □



# Safety Tips for Cold Weather Running

by Michael Washco



With colder weather approaching, it's important that we review cold weather running tips. During the winter months, falling temperatures and fewer daylight hours can contribute to an increase in conditions such as frostbite and hypothermia. Here are a few safety tips to keep in mind to better prepare you for this upcoming cold weather season:

## Dress Thin with Wicking Layers

Synthetic or wicking materials work best for underlying layers because they pull sweat away from the body. An outer shell should be made of nylon or Gore-Tex material which will help protect you against rain, snow, maintain heat, and regulate adequate moisture while running. A fleece can be added for insulation if it's extremely cold. You do not want to add anything cotton, as this material will trap moisture against your skin making you vulnerable for frostbite or hypothermia with decreasing temperatures.

If you are unsure of how many layers to wear, dress for temperatures warmer than it is. You will increase your body temperature once you start running.

## Protect Hands, Feet, and Head

As much as 30% of your body heat escapes through your hands and your feet, and another 40% through your head. Moisture wicking gloves are encouraged on milder days, but mittens can be substituted on colder days to maintain heat. You can use a wicking liner under wool socks or mittens to help regulate moisture on colder days. You can also insert disposable heat packets inside gloves or hats to help heat extremities on colder days as well. Monitor your fingers, toes, ears, and nose! If you notice any part of your skin has become hard or brittle, you may have frostbite.

## Stay Hydrated

Just because it's cold outside doesn't mean you don't sweat and lose water. You can become just as dehydrated in the winter months as you can in the summer months. Cold air also has a drying effect, which can increase risk of dehydration.

Happy running, and always remain safe! □

## 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](http://www.hmrrc.com)



# Training Theory

In sport, as in life, there is rarely success by accident. Of course there is the lottery, but for the vast majority who have achieved any level of accomplishment this has come as the result of energy, effort, and some method of design rather than pure luck.

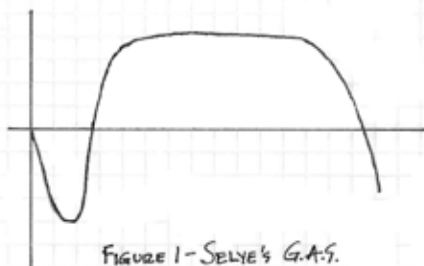
Training theory as applied to sport is really a complex mix of time management, physiology, rest and recovery, diet and nutrition and a realistic assessment abilities and the setting of goals. This mix needs to be strategically and tactically combined to produce a desired result.

In performance-based sport, the ability to seamlessly combine these varied skills cannot be emphasized enough. All of this takes time, and time is of the essence in sport. In fact the limiting factor in athletic development is not enough time. While that statement may be dismissed as a simple aphorism, to the knowing it is a profound truth.

Just as the days of our lives are numbered, so are the days of one's athletic career. For the high-level athlete, the generally accepted time period for competition is 10-12 years. This number can vary depending on multiple factors, not the least of which is the nature of the sport.

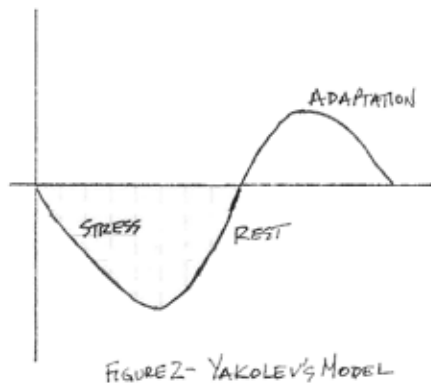
While it is possible to extend one's career in a team sport by assuming a secondary role, individual sport athletes do not have that luxury. In track and field or distance running the athlete is the "team." Their effort is their performance – there is no place to hide.

Modern training theory is based on the work of Hans Selye. Selye was a Canadian endocrinologist who chronicled and popularized the role stress plays in one's daily life. His landmark work, *The Stress of Life* details both the positive and negative affects stress has on humans.



Selye's General Adaptation Syndrome (GAS) curve (figure 1) is essentially a pattern of life. At birth we enter the world unable to care for oneself. At the age of reason (about 5 years old) we begin to be able to fend for ourselves. This leads to a period where we thrive through adolescence and adulthood. Old age begins a gradual decline that ends in death.

In 1955 Russian physiologists modified Selye's curve to follow the mathematical sine-  
16 – The Pace Setter



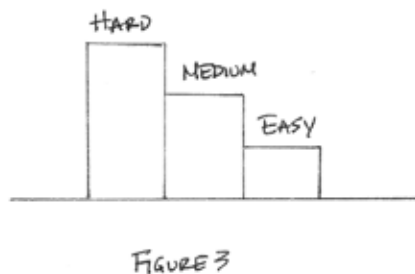
wave. This has come to be known as Yakolev's Model. (figure 2) This stress pattern was modified so that one cycle of the sine wave came to represent a period of time that could in turn represent a workout, a weekly pattern, a series of weeks, a season or even a career.

The pattern of the curve can be broken down into three component parts – stress, rest and adaptation. When viewed in this manner, the coach or self-coached athlete now has a model from which decisions can be made as to what is the appropriate training plan or means to accomplish long-term future goals.

Although Yakolev's model is simple by design, the actual application of the design can become quite complex. Such questions as what gets trained? What gets trained first? How much is enough? How are things sequenced? What does a warm-up count for? While these questions may be beyond the concern or comprehension of the Junior Olympian or outside the scope of concern for the fitness enthusiast, they remain central to the performance based athlete.

One must remember that what gets trained are the five biomotor skills – speed, strength, endurance, flexibility and the ABC's of agility, balance, coordination and skill. But simply knowing the ingredients needed to make bread doesn't make one a baker. In training the biomotor skills, there is a proper sequencing, combination and benchmarking that are necessary to insure their thorough and complementary development.

One of the other critical components of training theory is the cycling of effort with a series of repeated hard, medium and easy

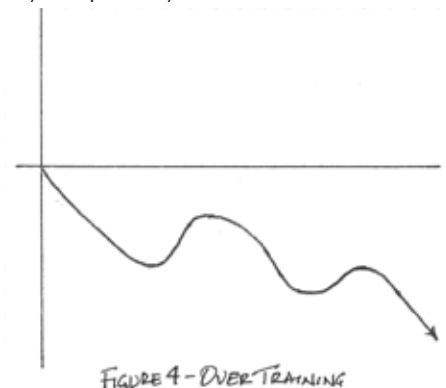


days (figure 3). This is consistent with Yakolev's model in that the easy days allow one to recover. One needs to remember that all improvement comes while resting and adequate time must be set aside for this. While this truth may seem paradoxical to the novice or obsessive trainer, it is either self-evident or something that cannot be ignored by the elite athlete.

Cycling though hard, medium and easy days and weeks of training over a season or career allows the coach to plan, develop and significantly improve the willing athlete. As I better understood, accepted and fully integrated these concepts into my coaching, it produced such a coaching advantage, especially at the end of a season, that at times I felt like I had cheated.

The problem many coaches and athletes face is trying to define what constitutes a hard workout, medium workout or easy workout. As a rule of thumb an easy day has been categorized as a day with a 65% effort or less. But 65% of what? A simple answer is the amount of effort it takes to break a sweat, what a good warm-up should do. Then the day is done. For the compulsive individual or chronic over trainer these words are sacrilege.

A medium day is one from which the next day's recovery is not a problem. Hard efforts may be a competition day, a longer distance run, interval workout or any workout that raises the intensity of the heart rate over 160 beats per minute for a sustained period of time. In sum, anything that makes you sore the next day was probably a hard workout.



Other factors that might make a medium workout "hard" could be excessive travel, missing sleep, time zone changes, emotional upsets that produce extra stress and be seen as stressors that might make a routine workout that much more difficult.

Tactful cycling through hard, medium and easy workouts or weeks of training will help prevent overtraining (OT). OT can be defined as doing too much work and not allowing the body enough time to recover (Figure 4). OT eventually results in illness (physiological injury) or physical breakdown (physical injury) to the body. Obviously both are unhealthy stresses but when viewed in the larger context they are problematic because the time spent in illness or injury is time away from growth and development. And remember the limiting factor in athletic development is not enough time.

These few paragraphs have only scratched the surface of training theory. Hopefully one



can see that all training temporarily compromises the health of an athlete when workout effort and subsequent fatigue drives the athlete to the bottom of the sine wave. If one is allowed proper recovery time there is a rebound effect and the athlete will adapt to the stress of training at a higher level of fitness.

F. Scott Fitzgerald wrote that "brave (wo) men play close to the line." One can see that the continual, self-induced fatigue state of Yakolev's model constantly puts the athlete's health at risk on a daily, weekly and seasonal basis. One's ability to feel the heat of the candle's flame and not get burned is akin to the art of coaching.

The application of training theory is not to predict the future but rather create it. It becomes incumbent that the coach or self-coached athlete train with intention. There should be a legitimate reason for all work done and all work done should somehow move the athlete closer to the long-range training goal.

The body adapts to the stresses placed upon it – to a point. Recognition of the rhythmic training cycle of stress, rest and adaptation is one of the keys to success in the short run. Judicious use of training cycles will help to create a more solid foundation, allowing one to successfully approach one's potential over the course of a career.

Vern Gambetta has stated that the concept of a "healthy athlete" is really an oxymoron, a contradiction of terms. With an understanding of training theory most would agree. But when one is armed with knowledge of training cycles, the critical importance of rest and a healthy respect for the preciousness of time, athletic participation can prove to be a challenging and self-fulfilling pursuit when done by design.

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



*As the year ends, all of the race directors and I would like to wish you the happiest of holidays and the merriest of New Years.*

*We hope you will continue to volunteer your time and ideas in the coming year and are thankful you are part of our running family!*

*Thank you one and all for volunteering over this past year!*

MARCIA ADAMS,  
VOLUNTEER COORDINATOR



# Mohawk Hudson River Marathon and Half Marathon Race Results

by Christine Bishop



The 31st Running of the Mohawk Hudson River Marathon on Sunday, October 13, 2013 went off smoothly and was immensely popular. The weather cooperated with lots of sun as the race progressed. The flat course and its beauty attracted participants from six countries and 32 states. Only 71% of the runners were from New York. Registration for both the marathon and half-marathon sold out quickly.

The winner of the men's marathon, Bryan Morseman, 28 of Bath, NY, had hoped to break our course record and to qualify for the Olympics with a time under 2:18. He did neither, but his time of 2:24:24 set the fastest pace since 1989 and the fifth fastest time in the history of the race. He raced ahead of his competitors and never looked back. Paul Allison, 27 of Jericho, VT was in second place with 2:31:04, and Mike Roda of Albany in third with 2:36:04.

The winning female, Alexandra Niles of Fairfield, NJ also hoped to set a course record and qualify for the Olympics. She did not, but her time of 2:49:25, even with a bloodied foot, was the second fastest in the history of our Marathon. Alexandra also shot out and second place winner, Nicole Blood, 25 of Hoboken, NJ, finished in 2:54:20, followed in third place by Abigail Depperschmidt of Colorado in 2:55:34.

Mike Fisher of Brookline, MA, was the male winner of the half marathon with a blazing 1:09:39. Mike, a track star at Boston University



and recent Cape Cod Marathon winner, was quickly followed by second place male finisher, Dave Saunders of NYC (1:09:59), with Lou Serafini of Brookline, MA in third at 1:11:34.

Genna Hartung of Morristown, NY, led the females in the half marathon with a time of 1:22:06. Genna, a Cornell University track star who has broken many college records, was followed by Renee Tolan of Clifton Park with 1:24:42; placing third was Melinda Courage of Urbandale, IA.

The walking contingent was led once again by Don Lawrence of Saratoga Springs in 2:24:00, and three women: Karen Wagner of Albany (2:27:27), Carol Bendall of Troy



(2:28:27), and Maria Deangelo of Saranac Lake (2:35:02).

There were some amazing statistics from the two races. Nationwide, 42% of marathons are run by women, whereas in ours 46% of the finishers were women. In half-marathons across the nation, 60% of the runners are women, whereas in ours it was 72%. In the marathon, the youngest runner was 20 year old Irene Sommerville of Wynantskill (3:15:05) and the oldest runner was Jack Hanley, 77, of Babylon, NY (4:13:39). In the half-marathon, the youngest runner was 13 year old Sydney Smith of Niskayuna (1:59:53) and the oldest competitor was 79 year old Daniel Wellner (2:53:07).

Water stops are crucial to races, as hydration is key. To ensure a happy and large crew,



water stop contests are held for both races. Volunteer groups get dressed in costumes and runners vote after the race for the best group. The winning groups receive a \$500 prize for their members. For the second year in a row, the Shaker Girls Cross Country and the TNT (Team In Training) captured the hearts of the runners. Congratulations to both teams.

Race directors Cathy Sliwinski and Maureen Cox, with assistance from Ed Nieves, deserve praise for doing an outstanding job in organizing these incredibly complex events. The running community thanks them for their outstanding effort.

Registration for the 32nd Mohawk Hudson River Marathon will open in March 1, 2014. Go to [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com) for more information. In the meantime, happy running! ☐







***It takes a whole community to put on a marathon and a half! HMRRC and the 2013 MHR Marathon and Half Marathon Race Committee would like to thank the following for their help in making the event a success:***

***Race Sponsors:*** adidas - Fleet Feet Sports – Hannaford Supermarkets - Center for Natural Wellness School of Massage Therapy – GU

***Mile Marker Sign Sponsors:*** Catseye Pest Control, Team Utopia, Key Bank, Union Graduate College, SEFCU, Albany Running Exchange, Todd Shatynski, MD, Capital Region Orthopaedics, The Hotel Albany, Sports Physical Therapy

***Water Stop Volunteers:*** Boy Scout Troop 537 Brunswick, Union College Cross Country Team, Schenectady Patriots Air Force JROTC, Shaker Boy's Cross Country Team, Catseye Pest Control, Marbry Gansle and the Shaker Girls Track Team, Marbry Gansle and the Shaker Girls Cross Country Team, Siena Cross Country Team, Heather Rizzi HRRT Bike Club, Delmar Track and Field Club, Keira Wheeler and Cohoes Schools, Lansingburgh High Cross Country Team, The Kinderhook Runners, Upstate NY/Vermont Chapter of Team in Training, Fleet Feet Sports Albany.

***Special thanks to Passano Paints and Parker Brothers Funeral Home in Watervliet who allowed us to use their parking lots for our set up!***

***Medical Volunteers:*** Dr. Kim Kilby, Dr. Todd Shatynski, Dr. Michael Dailey, Dr. Deborah Light, Dr. Darryl Whitney, Dr. Matthew Murnane, Dr. Joe Wayne, Dr. Ally Reppel, Dr. Elizabeth Higgins, Dr. Kathleen Orsak, Dr. Jeremy Brown, Dr. Josh Klindienst and their staff of 14 additional health care providers.

***Course/Expo/Registration/Finish Line Volunteers:*** Boy Scout Troop 537, Alpha Phi Omega, and all of those individual volunteers who helped by cleaning up the course, putting race packets together, working at the Expo, and assisting on race day. Thank you!

***With Special Thanks to:*** Karen Smith and the Troy Amateur Radio Operators Association, the Colonie Police Department who provided officers who led the races on motorcycles, Darryl and Mona Caron of Adirondack Sports and Fitness; Andrew Daley of adidas, Charles Woodruff and Barb Gillen of Fleet Feet Sports, Don Lawrence, Vince Juliano, Pat Glover, George Regan and Bruce Vandewater of USATF Adirondack, Jim Tierney, Debbie Goedeke of the Albany County Convention and Visitor's Bureau, Brian Murphy and Miten Negandhi of the Hilton Albany; Michael Klein of the Albany Parking Authority, Joe Christman of CP Rail, the Schenectady, Niskayuna, Colonie, Cohoes, Watervliet and Albany Police and EMS Departments, Union College EMS, the Cohoes Fire Department, Empire Ambulance, the Watervliet Fire Department and Watervliet Arsenal Fire Department and EMS, Clifton Park/Halfmoon EMS, Greater Amsterdam Volunteer Ambulance, and the City of Schenectady and Town of Colonie Parks and Recreation Departments and the City of Albany Department of Public Works.

***THANK YOU!***

***THANK YOU!!***

## SUSAN WONG

Susan Wong is one of our area's top older female runners. In 2010, she came in 5th out of 106 in her age group in the Boston Marathon and 8th out of 271 in her age group at the New York City Marathon. She has distinguished herself in countless HMRRC running events, often placing first in her age category. Most surprisingly, she did not start to run competitively until 2006 when she was 58 years old.

Susan became interested in running after a bout with breast cancer. As a cancer survivor, friends told her about the Komen Race for the Cure. She entered the race and much to her astonishment placed third in her age group without any training. She realized that if she practiced, she would be competitive. Through running she has met wonderful people in all age-ranges. She sees Anny Stockman running 11-minute miles in her eighties as an inspiration and wonderful role model.

Sue was never in competitive sports until she began running. She has, however, always loved outdoor sports and while at the University of Wisconsin she was a member of the Hoofers Club, a university outdoor association where members went canoeing, kayaking, cross country skiing, snow shoeing, mountain biking and hiking. In Canada, where she lived for twenty-two years, she continued to engage in outdoor sports.

Her favorite races are long distance ones in which she usually places first in her age group with a pace of slightly over eight-minutes per mile. In addition to numerous half and full marathons, she has run ultras. Some of her favorite ultras are the Recover from the Holidays FAT ASS 50k at Norrie State Park which she has done four times and the JFK 50-miler run twice. The second time she did the JFK was to celebrate her 65th birthday. She ran with Jim Sweeney, Kevin Reedy, and Jim Russo from Albany with help and support from Steve



Sweeney and Ginny Mosher. She ran her first marathon in Rochester, New York, two years after she started to run in 2008 (3:41:56) and has been in it every year since, placing first in her age category. She does six major events every year: the Fat Ass 50K, Mohawk Hudson River Marathon, HMRRC Winter Marathon, Boston Marathon, Rochester Marathon, and this year she did the Memorial Day Marathon in the Berkshires rather than the Vermont City Marathon.

Her training is simple and arduous. Every Saturday and Sunday she does nothing less than 12 miles partnering with Jennie Lee. On weekdays she runs at least two to three times going four to eight miles. She does not combine her running with cross training, but during the height of last winter she went to Planet Fitness until the weather improved.

Running shoe brand is not important. She trains in heavier shoes and races in lighter ones. She wears different running shoes each day. She doesn't keep mileage records for her shoes but knows when it is time to use them for gardening.

She is an omnivore who tries to eat healthy avoiding cookies, sweets and potato chips but does not follow a strict dietary regimen. She eats all types of meat and has red meat about once a month. She does not take vitamins or herbal supplements. As someone in the health care field, she reads alerts and warnings and is very conscious of the fact that many Americans have no clue what is in the pills they are taking or how they interact with medications. For example, a weight loss and energy product, that was available around the country until

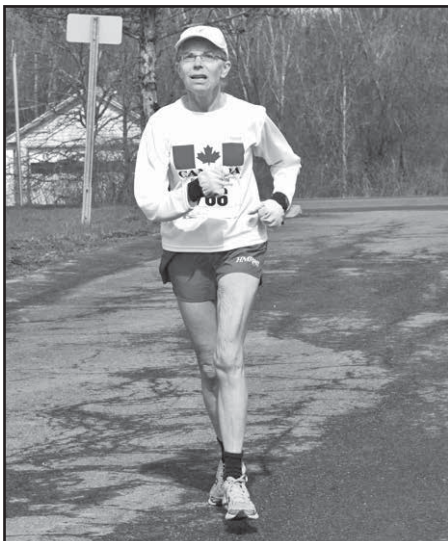
recently, has caused acute hepatitis illness and liver failure resulting in several deaths, and is still on the shelves of some health food stores in Albany. If a supplement is not a pharmaceutical regulated by the FDA, and supplements usually are not, there is no way to determine the quality of or ingredients in supplements. Sue feels you would do better to avoid them.

When not running, Sue works full time as a public health laboratory scientist with responsibilities to direct testing for tick-borne diseases that are common in our region and to invent new assays for emerging infectious diseases. In her spare time, she enjoys reading and travel. She visits Vancouver, Canada often to see her daughter and grandchildren and has visited Africa. On her second visit she went as a volunteer to Ethiopia to give the Ethiopian Health and Nutrition Research Institute guidance on how to build a laboratory network that would connect rural areas ultimately to the central government laboratory. She went to Kruger Park in South Africa to tent with friends from college that she had not seen for decades. They travelled in a Volkswagen bus and tented in colorful places like the Crocodile Bridge Resting Camp. During the day, she saw incredible animals and at night, she heard them. In one picture, Sue's hand can be seen with a sports ID bracelet on while testing rhino poop to tell when the rhinos had been in the vicinity. You can talk to Sue to find out more about that.

When asked what running advice she would like to share, Sue immediately said that the hardest part of running is tying your shoelaces. Once you are over that hurdle, all else is easy. This ethic has carried her through many a mile.

Sue's 99-year-old mother is a tough act to follow. In her eighties she was teaching jazzercise classes and walking 5K every morning while carrying barbells, but Sue may be even tougher. If she runs the Kananaskis 100 in the Canadian Rockies when she turns 70, she hopes that it will inspire her grandchildren.

Sue's Book Recommendation: *Running with Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team* by Chris Lear. □





# Grand Prix Update

## Race #11 Mohawk- Hudson River Marathon October 13, 2013

### Men

#### Male Open

12 Richard Messineo  
10 Philip Guerrant  
8 Mark Grammatico  
7 Rob Sobkowich  
6 Ryan Sweet

#### Male 30-39

12 Mike Roda  
10 Dave Vona  
8 Jim Eaton  
7 James Kavanagh  
6 Kevin Reedy  
5 Joseph Genter  
4 Matthew Lindow

#### Male 40-49

12 Randall Cannell  
10 John Stadtlander  
8 Bob Radliff  
7 Andrew Reed  
6 William Paczkowski  
5 David Banas  
4 John Slyer

#### Male 50-59

12 Kevin Dollard  
10 Christain Lietzau  
8 John Noonan  
7 Craig Dubois  
6 Mark Canary  
5 Frank Mueller  
4 John Sestito

#### Male 60-69

12 Bob Somerville  
10 Tom McGuire  
8 Kevin Donohue  
7 Seamus Hodgkinson  
6 Rich Tanchyk  
5 Jim Faraci  
4 James Thomas

#### Male 70+

12 Ed Bown

### Women

#### Female Open

12 Irene Somerville  
10 Kristen Quaresimo  
8 Jennifer Bates  
7 Samantha McBee  
6 Leslie Johnston  
5 Jenna Pearson  
4 Kim Conway

#### Female 30-39

12 Crystal Perno  
10 Gretchen Oliver  
8 Stephanie Vioria  
7 Deanne Webster  
6 Allison Bradley  
5 Carrie Mendolia  
4 Frances Ness

#### Female 40-49

12 Chris Varley  
10 Stacia Smith  
8 Wanda Wang  
7 Alison Lynch  
6 Hilary Eutzy  
5 Cheryl Feder  
4 Colleen Smith

#### Female 50-59

12 Maurine Fitzgerald  
10 Nancy Taormina  
8 Kim Law  
7 Kimberly Watson  
6 Kathleen Arthur  
5 Lynn Brennan  
4 Debbie Tierney

#### Female 60-69

12 Joan Celentano  
10 Susan Niefeld  
8 Susan Wong  
7 Judy Lynch  
6 Catherine Soloyna  
5 Sue Colgan-Borrow

### Age Graded

	Runner	Age	G
12	Kevin Dollard	58	M
10	Mike Roda	37	M
8	Joan Celetano	60	F
7	John Noonan	54	M
6	Bob Radliff	49	M
5	Christine Varley	49	F
4	John Stadtlander	48	M

### Total After 11 Races

#### Men

##### Male Open

51 Richard Messineo  
43 Jonathon Lazzara  
37 Nick Webster  
27 Paul Cox  
24 Pat Cade  
22 Erik Carman  
22 Tom O'Grady  
22 Kevin Treadway  
15 Tim O'Connell  
12 Brett LaFave  
12 Kevin Messineo  
12 Alexander Paley

10 Jonah Allard  
10 Steve Booker  
10 Philip Guerrant  
10 Jon Ricciardi  
8 Marcus DeBerg  
8 Adam Forti  
8 Mark Grammatico  
8 Paul Mueller  
7 Lukus Becker  
7 Brad Lewis  
7 Mikey Murphy  
7 Rob Sobkowich  
6 Ben Butryn  
6 James Faraci  
6 Will Johnson  
6 Andrew McCarthy  
6 Ryan Sweet  
5 Noah Allard  
5 Sam Binsfeld  
5 Brien Maney  
5 Victor Warner  
4 Hasson Beesley  
4 Griffin Keegan  
4 Tanner Wood

#### Male 30-39

68 Chuck Terry  
58 Mike Roda  
52 Brian Northan  
43 David Tromp  
17 Eamon Dempsey  
16 Jake Stookey  
16 Joe Sullivan  
13 Jim Eaton  
12 Clay Lodovice  
12 Josh Merlis  
12 Dave Vona  
11 Matthew Lindow  
10 Jeffrey Andritz  
10 Tucker Chrapowitzky  
10 Anthony Giulano  
10 Chris Judd  
10 Todd Smith  
9 Aaron Knobloch  
9 Michael Libertucci  
8 Shawn DeCenzo  
8 Patrick Sorsby  
7 Joe Hayter  
7 James Kavanagh  
7 Kevin Reedy  
7 Gaven Richard  
6 Michael DiNicola  
6 Chris Mulford  
6 Jim Sweeney  
6 Matt Zappen  
5 Gabe Anderson  
5 Daniel Brady  
5 Joseph Genter  
5 Adam Lyon  
5 David Newman  
5 Chris Nowak  
4 Joe Benny  
4 Dallas DeVries

#### Male 50-59

57 Rick Munson  
55 David Roy  
36 Jon Weilbaker  
32 Richard Clark  
32 John Noonan  
30 Mark Nunez  
28 Ken Evans  
22 Christain Lietzau  
22 Jay Thorn  
19 Frank Mueller  
16 John Parisella  
14 Russ Hoyer  
12 Kevin Dollard  
12 Derrick Staley  
10 Doug Campbell  
10 Ed Drebitko  
10 John Sestito  
9 Patrick Culligan  
8 Robert Wither  
7 Jack Arnold  
7 Jim Devine  
7 Craig Dubois  
7 Jim Giglio  
7 Bill Martin  
7 Samuel Mercado, Jr.  
6 Mark Canary  
6 Todd Thomas  
6 Bart Trudeau  
5 George Baranauskas  
5 Peter Butryn  
5 Christopher Kunkel

#### Male 40-49

70 John Stadtlander

5 Mike Stalker  
4 Paul Bohl  
4 Mark Mulpeter  
4 Martin Patrick  
4 Rob Picotte  
4 Sunil Sumia  
4 Carl Urey

#### Male 60-69

60 Lee Pollock  
60 Juergen Reher  
45 Paul Forbes  
40 Tom McGuire  
36 Bob Somerville  
25 John Stockwell  
22 Norman Dovberg  
20 Carl Matuszek  
19 Paul Bennett  
19 Rich Tanchyk  
18 Frank Broderick  
18 Kevin Donohue  
18 Dennis Fillmore  
16 Joe Yavonditte  
15 David Rowell  
12 Ken Klapp  
11 Steve George  
10 Pete Cowie  
9 Ed Litts  
7 Seamus Hodgkinson  
7 Leo Vogelien  
6 Bob Ellison  
6 Tim Fisher  
6 Pat Glover  
6 Chuck Terry  
5 Jim Faraci  
5 Jim Fiore  
5 Douglas Fox  
4 Tom Kollar  
4 Greg Taylor  
4 James Thomas

#### Male 70+

72 Ed Bown  
64 Wade Stockman  
44 Ray Lee  
28 Jim Moore  
27 Ed Doucette  
21 Bob Knouse  
20 Frank Klose  
19 Chris Rush  
11 Mike Caccuitto  
10 Tony Scott  
10 Ken Skinner  
8 Joseph Richardson  
5 Denny Burns  
5 Armand Langevin

### Women

#### Female Open

72 Meghan Mortensen  
59 Shylah Weber  
55 Liz Chauhan  
30 Irene Somerville  
27 Kristen Quaresimo  
20 Cheyenne Munson  
16 Valerie Belding  
15 Molly Casey  
13 Samantha McBee

10 Valerie Belding  
10 Brina Seguine  
8 Jennifer Bates  
8 Kelcey Heenan  
8 Ada Lauterbach  
8 Kim Maguire  
7 Courtney Hill  
7 Julia Maloney  
7 Allie Tedeschi  
6 Amy Becker  
6 Sara Hamilton  
6 Leslie Johnston  
6 Jen Masa  
6 Kate Thomas  
5 Hannah Patzwahl  
5 Jenna Pearson  
5 Lexi Secor  
5 Andrea Staggs  
4 Laurel Abowd  
4 Leigh Ann Brash  
4 Sara Conroy  
4 Kim Conway  
4 Melissa Fleshman  
4 Erika Hebert  
4 Anita Rice

#### Female 30-39

72 Kristina Gracey  
62 Crystal Perno  
41 Deanne Webster  
30 Shelly Binsfeld  
28 Allison Bradley  
18 Erin Corcoran  
17 Jessica Northan  
14 Kari Deer  
14 Nikki O'Meara  
13 Kelly Komara  
12 Diana Tobin-Knobloch  
11 Sarah Reed  
10 Sally Drake  
10 Gretchen Oliver  
8 Melanie Nedeau  
8 Stephanie viloria  
7 Sara O'grady  
7 Candice Panichi  
6 Kara Gokey  
6 Melissa Hasan  
6 Kimberly Morrison  
6 Cynthia Zinzow  
5 Susan Bright  
5 Jessica Chapman  
5 Carrie Mendolia  
5 Stephanie Pitts  
5 Jennifer O'Connor Teepee  
5 Laura Zima  
4 Colleen Murray  
4 Frances Ness  
4 Kristen Roberts

#### Female 40-49

61 Emily Bryans  
50 Chris Varley  
46 Connie Smith  
34 Anne Benson  
31 Sally Drake  
31 Brenda Lennon  
30 Kimberly Mesino-Bowles  
28 Penny Tisko  
19 Regina McGarvey  
17 Judy Guzzo  
16 Karen Dolge

14 Stacia Smith  
13 Mary Buck  
13 Cheryl DeBraccio  
8 Jill Frankoski  
8 Michelle Pengergast  
8 Wanda Wang  
7 Kay Byrne  
7 Alison Lynch  
6 Hilary Eutz  
6 Christina Friedman  
6 Martha Gohlke  
6 Barbara Light  
6 Kathleen Tersigni  
5 Marcy Beard  
5 Cheryl Feder  
5 Andrea Robinson  
5 Ruth Sadinsky  
4 Denise Gonder  
4 Regina Kane  
4 Dana Peterson  
4 Michelle Rocklein  
4 Colleen Smith

#### Female 50-59

70 Nancy Taormina  
49 Susan Burns  
35 Karen Gerstenberger  
35 Jenny Lee  
33 Sharon Fellner  
24 Beth Stalker  
23 Karen Dott  
18 Kim Law  
18 Karen Provencher  
15 Cathy Sliwinski  
12 Nancy Briskie  
12 Joan Celentano  
12 Maurine Fitzgerald  
10 Nancy Nicholson  
10 Janice Phoenix  
10 Jennifer Thomas  
9 Mary Signorelli  
8 Joan Brown  
8 Denise Iannizzotho  
8 Aileen Muller  
8 Pia Sanda  
8 Barbara Sorrell  
7 Patty Ells  
7 Kathleen Goldberg  
7 Lauren Herbs  
7 Deb Sanger  
7 Catherine Sliwinski  
7 Kimberly Watson  
6 Kathleen Arthur  
6 Kirsten Leblanc  
6 Nicolette Pohl  
5 Lynn Brennan  
4 Tina Hayden  
4 Catherine McCutcheon  
4 Debbie Tierney

#### Female 60-69

66 Martha DeGrazia  
52 Susan Wong  
42 Katherine Ambrosio  
30 Sandy Dovberg  
29 Joan Celentano  
24 Judy Phelps  
24 Karen Spinozzi  
22 Erika Oesterle  
14 Judy Lynch  
12 Mary Wilsey

10 Mary Collins Finn  
10 Susan Niefeld  
9 Suzanne Nealon  
6 Catherine Solyona  
5 Sue Colgan-Borrow  
5 Anne Tyrrell  
4 Eileen Mahoney

#### Female 70+

72 Anny Stockman  
40 Eiko Bogue  
12 Marge Rajczewski  
10 BJ Sotile

### Age Graded

Runner	Age	G
53 Emily Bryans	45/46	F
45 Mike Roda	37	M
34 John Stadlander	47/48	M
33 David Roy	57/58	M
31 Lee Pollock	60	M
30 Chuck Terry	30/31	M
28 Mark Stephenson	49	M
24 Kristina Gracey	30	F
22 John Noonan	53	M
20 Judy Phelps	62	F
20 Beth Stalker	53	F
20 Susan Wong	65	F
18 Tom O'Grady	27	M
14 Anne Benson	48	F
13 Jon Rocco	46	M
12 Nancy Briskie	55	F
12 Kevin Dollard	58	M
12 Derrick Staley	54	M
12 Kevin Treadway	24	M
11 Rick Munson	56	M
10 Tucker Chrapowitzky	35	M
10 Carl Matuszek	61	M
10 Anny Stockman	80/81	F
8 Joan Celetano	60	F
8 Tim Hoff	47	M
8 Richard Messineo	25	M
7 Brian Northan	38	M
7 Karen Provencher	58	F
7 Jon Weillbaker	55	M
6 Robert Irwin	40	M
6 Erika Oesterle	62	F
6 Bob Radliff	49	M
6 Diana Tobin-Knobloch	32	F
5 Josh Merlis	31	M
5 Alexander Paley	26	M
5 Juergen Reher	63	M
5 Nancy Taormina	54	F
5 David Tromp	38	M
5 Christine Varley	49	F
4 Richard Clark	58/59	M
4 Anthony Giuliano	34	M
4 Ken Klapp	62	M
4 Meghan Mortensen	28	F

*As a reminder, Grand Prix participants are required to volunteer fully on race day during at least one club race each calendar year.*





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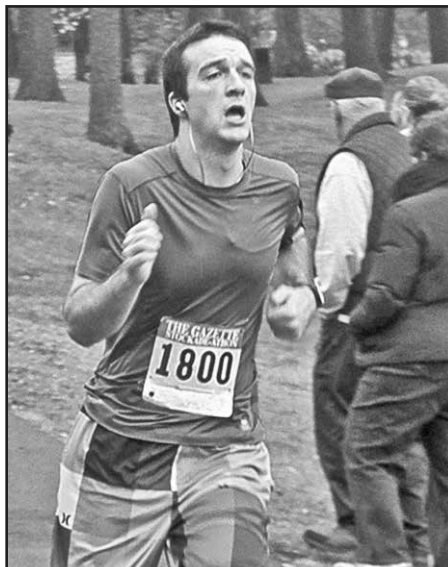
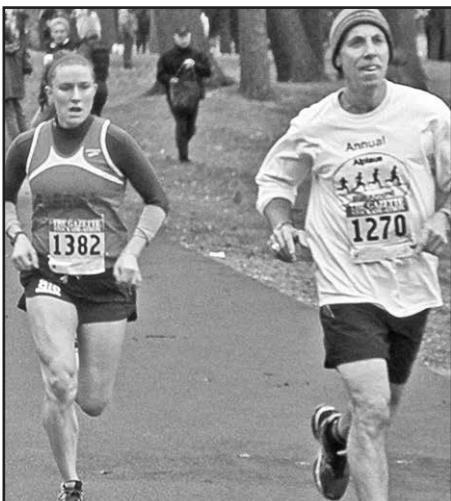
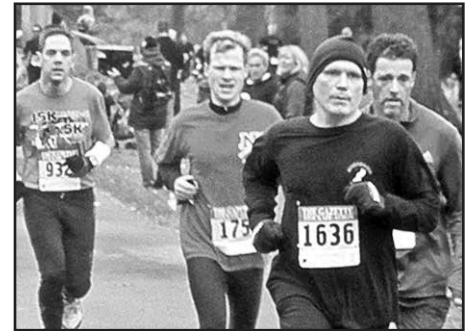
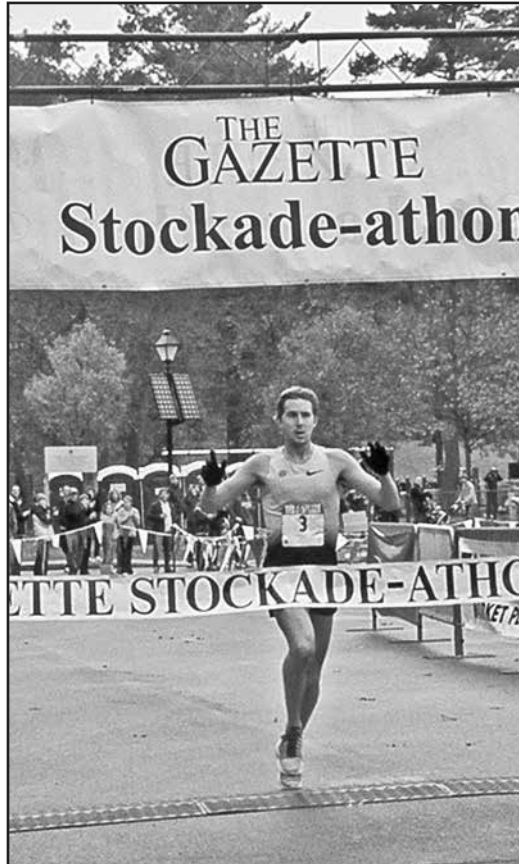


## Just Run Cross Country Meet 2013





## Stockade-athon 2013





## Stockade-athon 2013 Kids' Run





## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
12/8/13	1:00 PM	30th YMCA Reindeer Ramble 5K	YMCA in Kingston	Eleni Dedovich	ededovich@ymcaulster.org
12/15/13	10:00 AM	The Doug Bowden Winter Series Race #1 -- 15K and 3M	SUNY/Albany	Bart Trudeau -- Ken Skinner	bart@truarchs.com
12/21/13	10:00 AM	Holiday Classic 5K	Columbia-Greene Community College	Phil Carducci	holidayclassic@nycap.rr.com
12/31/13	5:30 PM	First Night Saratoga 5K Run	Saratoga Springs/Skidmore College Campus	Jeffrey Allen	jallen3@nycap.rr.com
1/1/14	12:00 PM	Winter Series #2 -- 38th Hangover Half[GP] & Bill Hogan 3.5M Run	Univ at Albany ----- Day of Race Signup only!	Cheryl & Brian DeBraccio	rundj@nycap.rr.com
1/12/14	10:00 AM	Winter Series #3 -- 3M	Univ at Albany ---- Day of Race Signup only!	Jon Rocco & Meghan Mortenson	jonrocco@hotmail.com
1/26/14	10:00 AM	Winter Series #4 -- 3M	Univ at Albany -- Day of Race Signup Only!	Josh Merlis	jmerlis@areep.com
2/2/14	10:00 AM	Winter Series #5 -- 4M	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@freihofersrun.com
2/16/14	10:00 AM	41st HMRRC Winter Marathon & Marathon Relay	Univeristy at Albany	Dana Peterson -- Clay Lodovice -- Ed Hampston	peterson.danac@gmail.com
3/15/14	10:00 AM	Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Letticia & Dave Ruderman	ROG4Race@aol.com
4/6/14	6:30 AM	Twin State 50k	Windsor	Ben Pangie	deadsunkracing2011@gmail.com
4/6/14	9:00 AM	26th Delmar Dash 5M	Bethlehem Middle School	Aaron & Diana Knobloch	dianam.tobon@gmail.com
4/12/14	10:00 AM	Schoharie 5K Run/Walk	Schoharie Elem. School	David Roy	David.Roy@ScaryLegRunners.com
4/12/14	10:00 AM	Schoharie 5K Run / Walk	Schoharie Elem. School	David Roy	David.Roy@ScaryLegRunners.com
4/12/14	10:00 AM	Schoharie 5K Run / Walk	Schoharie Elem School	David Roy	David.Roy@ScaryLegRunners.com
4/19/14	10:00 AM	20th annual Rabbit Ramble 4 Mile Run/2 Mile Walk	Guilderland High School	Phil Carducci	rabbitramble@nycap.rr.com
4/19/14	9:30 AM	5K Rabbit Run	Barrytown College	John Raucci	ideal@valstar.net
4/26/14	10:00 AM	GRACE RACE 4 Mile Run/Walk	E. Cobleskill	Peter DeBartolo	peterdebartolo@thefieldsofgrace.org
4/26/14	9:00 AM	34th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/27/14	10:15 AM	Cherry Blossom 5K Race for ALS	Niskayuna	Tim Fecura	info@5kraceforals.com
5/3/14	8:30 AM	11th Annual Spring RunOff 5k and 10k	Corning Preserve Amphitheater	Brian Dollard Race Director	11thSpringRunOff@gmail.com
5/11/14	10:00 AM	34th Mother's Day 5K	Central Park	Diane Fisher & Jon Golden	hmrrcdiane@gmail.com
5/15/14	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mark Warner	mwarner@nycap.rr.com
8/16/14	8:30 AM	Castleton Schodack Kiwanis Clove Run 10 Mile 5K Run/Walk 1 Mile Fun Run	Castleton On Hudson	Christopher Chartrand	cjchartree@gmail.com

**Hudson Mohawk Road Runners Club**

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## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_  
Address \_\_\_\_\_ Occupation \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

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

INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE OR FAMILY (\$15) ☐ Names \_\_\_\_\_  
NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

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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!*