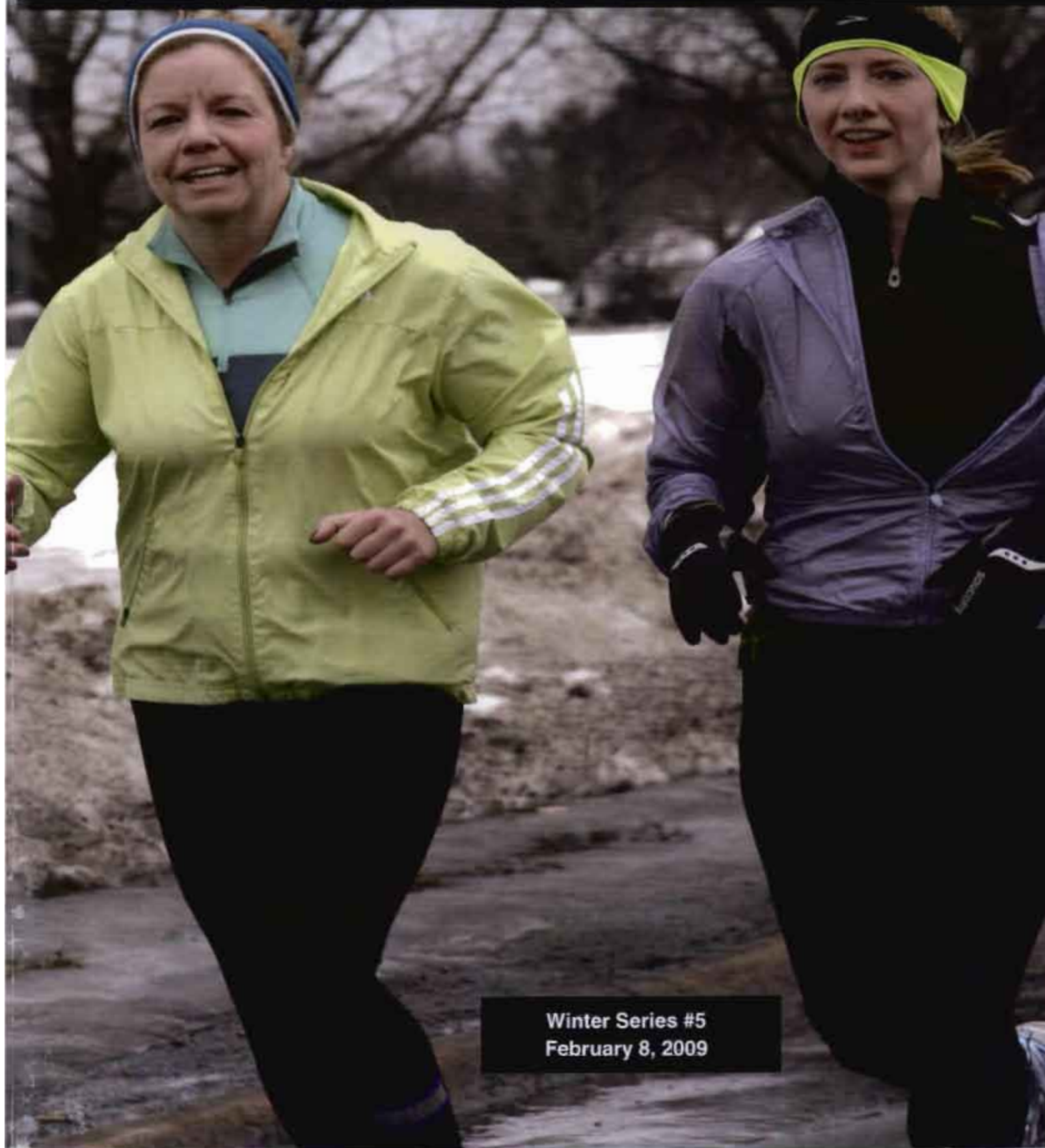


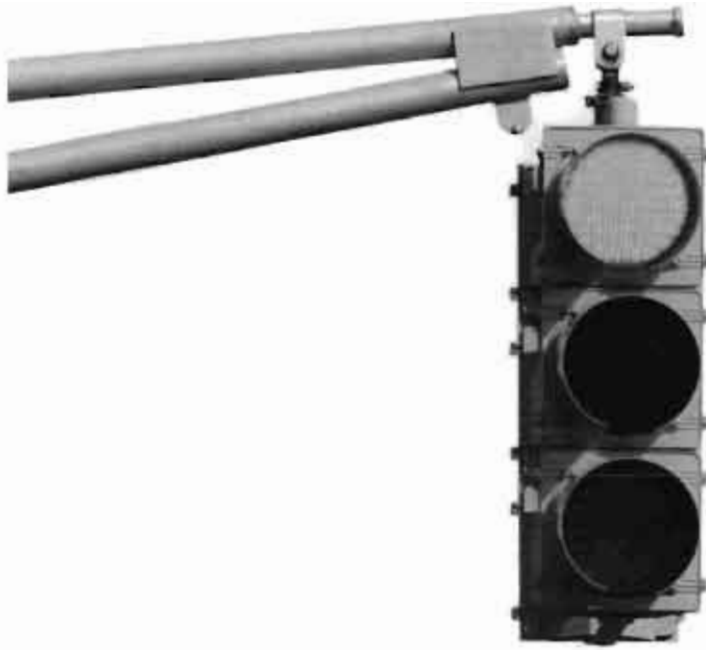
# ***The Pace Setter***

**April 2009**

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



**Winter Series #5  
February 8, 2009**



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

Go ahead, we'll even provide a police escort. It's time for the GHI Workforce Team Challenge on Thursday, May 21st. This is the Capital Region's classic 3.5 mile workforce team run — and the largest annual road race between Utica and New York City. Last year was a record turnout, attracting upwards of 7100 runners and walkers and 393 participating companies and organizations. We invite you to assemble your team, lace up your sneakers, and bend a few traffic laws.

**Visit [www.ghiwtc.com](http://www.ghiwtc.com) for more information.**



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Photos in this issue by Ray Lee, Tom Adams, Paul Turner, Mike Kelly



Martha Degrazia



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C. Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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## HMRRRC Mission Statement

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



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



by Mike Kelly

After 3 straight months of running mile after mile of loops around the Harriman State Campus or SUNY Albany, it's almost a relief to run somewhere else. There's something special about running races in towns and cities you've never been to. Maybe it's running a new course, meeting fellow runners from other parts of the country, or just seeing some new sights.

In late February, a group of HMRRRC runners, including me, had the opportunity to head to the island of Martha's Vineyard for the MV 20-miler. Part of the charm of this race is the journey you have to take to get there. After about a three and a half hour ride from Albany to Woods Hole, MA, you get to hop on a ferry for another forty five minutes. But unlike driving on the Thruway or Mass Pike, the ferry ride is an immensely relaxing experience and a great way to decompress from the stress of driving. I find visiting the Vineyard in the summer most often to be a logistical nightmare that isn't usually worth the hassle. However, going there in February is a much different experience. No summer vacationers, no lines, very few cars on the roads, no mopeds and extremely gracious locals.

The Martha's Vineyard 20-miler is held on a Saturday morning with an 11:00 a.m. gun time. This delayed start allows many mainlanders to catch a later ferry on race day morning. In addition, the race begins right at the ferry depot in Vineyard Haven, so you can leave your car back on the mainland. It's not a big island and there are plenty of lodging and dining options right in Vineyard Haven or nearby Oak Bluffs.

The ocean typically moderates the temperatures on the island, but weather can and has been a problem for this race. In fact, one year the course was shortened due to a driving blizzard. Fortunately for us, we couldn't have asked for better weather for a race on MV in February – bright sun, low to mid 30's with a bit of a wind, and no precipitation.

The race begins in the very picturesque town of Vineyard Haven, literally 100 feet from where you get off the ferry. In addition to being the main departure/arrival port for the Steamship Ferries, Vineyard Haven has a lot of terrific restaurants, shops, coffee shops, small hotels and B&B's. Heading out of Vineyard Haven, the course hugs the beach road past the East Chop light house where the wind can pick up a bit, but thankfully it was at our backs on

our race day. Temporarily wind-aided, we next headed into the quaint town of Oak Bluffs. Although the second major ferry stop during the summer, OB is probably most known for its very small, brilliantly colored cottages that look like they were taken straight out of the land of Oz. After a few turns in town, we were back on main road heading out of Oak Bluffs and towards Edgartown. Most of this part of the course, we were on a bike path with a choppy Atlantic ocean on our left and ponds, bogs or marshes on our right. Just before we reached the harbor town of Edgartown, we turned back toward Oak Bluffs and the finish. The remainder of the race was on a pine tree lined bike path with a few rolling hills tossed in.

After finishing the race, runners were offered quite a feast, including homemade New England clam chowder, salad, fruit, and minestrone. The race also provided runners with a shuttle bus ride from Oak Bluffs back to the race start. One of the notable things about this race was the terrific volunteers at the start, on the course and at the finish.

Soon after cleaning up a bit at my B&B (the Clarke House – I highly recommend it), we headed back to Oak Bluffs and the Offshore Ale House for good food and better beer. The place was mobbed with runners from all over New England having a few pints and celebrating a great day of running. For me, my favorite memory of the entire trip will be the stories, jokes and laughs had that night.

So if you're looking for an early season long run and want to experience a break from the norm, I can't recommend the Martha's Vineyard 20-miler enough. I'm already looking forward to next year's trip. Hopefully you can come too! □



Martha on the way to age group win

## Martha's Vinyard 20 Miler



*Cheryl D. bringing it home*



*Mark D. begins*



*Brian D.. with gameface*



# What's Happening in April

*by Al Maikels*

The Spring racing season kicks off with the 21st Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, it's 21 years later and the race is a solid fixture on the spring schedule, with Marcia and Tom Adams directing the race. This year's race will be held on Sunday, April 5 at 9 a.m. at the Bethlehem Middle School in Delmar. This race always has a sharp, long-sleeved T-shirt, a fast course, good refreshments, Grand Prix status and is highly recommended. The Delmar Dash is also host to an HMRRRC Kids mile, starting at 10 a.m. at the Delmar Dash race site.

The other club race in April is reserved for the over 40 set, which, by my calculations is approximately 90% of the club membership. The 29th Bill Robinson Master's 10K Championship will be held on Saturday, April 25 at 10 a.m. at the Guilderland High School. This race is held on a tough, hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race.

Other April races of note are as follows:

14th Annual Raider Classic 5K run on Friday, April 3 with start and finish at the Colonie

High School. The race starts at 6 p.m. and allows for day of race registration.

7th Dodge the Deer 5k and Mile Fun Run on Sunday, April 19 at the Schodack Island State Park. With the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

The 8th Annual Sean's Run 5k is set for Sunday, April 26 at 1 p.m. at the Chatham High School in Columbia County.

The Inaugural Cherry Blossom 5k Challenge will also be held on Sunday, April 26 with a 10 a.m. start at the corner of Eastern Parkway and Ashmore Ave in Schenectady, utilizing the familiar terrain of Central Park.

The grand daddy of all marathons is also held in April. Monday, April 20 is the date for the 113th Boston Marathon. The HMRRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be held on Wednesday the 8th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue extension. Club members are always welcome and encouraged to attend these meetings. □



*Mark D. bringing it home*



*Cheryl D.'s final kick*

## \$6800 in 10K Prize Money

**Distance :** 10K Run - USATF Certified  
2.1 Mile Fun Run & Walk

**Start:** 1 p.m. on Historic North Front Street

**Finish:** Dietz Stadium

**10K Awards:** See [www.kingstonclassic.com](http://www.kingstonclassic.com) for details

**Registration:** By mail - see address below, Online: Active.com  
Race Day at Dietz Stadium 11am-12:30pm  
T-shirt included with all entries!

**Entry Fee:** 10K: \$25 by April 16, 2009; \$30 after  
2.1 Mile Fun Run & Walk: \$15 by April 16, 2009; \$20 after

**Early Packet Pick-Up:** Participants registering by April 22 can pick up packets/10K timing chips  
Saturday, April 25 11am-7pm  
Shawangunk Running Company  
2 Church Street, New Paltz, NY  
(845) 256-0525

**Proud Participant:** 2009 USATF/Adirondack  
Grand Prix Road Race Series  
\$5000 Cash Prizes  
[www.usatfadir.org](http://www.usatfadir.org) for details

**Info:** [www.kingstonclassic.com](http://www.kingstonclassic.com)  
[kingstonclassic@aol.com](mailto:kingstonclassic@aol.com), (845) 684-5233

**Directions To Dietz Stadium:** Take exit 19 (Kingston) off the NYS Thruway  
(I-87). Follow signs for Washington Ave. through the roundabout. Proceed on Washington, making a right at the 3rd traffic light.

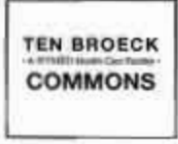
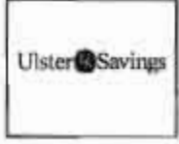
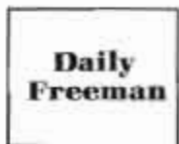
**Parking:** No parking at Dietz Stadium.  
See [www.kingstonclassic.com](http://www.kingstonclassic.com) for parking info.

**Party:** Post race party at Dietz Stadium featuring great music, fantastic food & drink by Hickory BBQ and Keegan Ales. ID required.

## 28th Annual KINGSTON 10 < CLASSIC Sunday, April 26, 2009

Proudly Presented  
by the Following

### SPONSORS



With support from: The City of Kingston,  
Kingston Sunrise Rotary & Kiwanis Club of Kingston

Make checks payable to **KINGSTON CLASSIC** and mail to:  
Kingston Classic, c/o Jean Kerr, 166 Broad Street, Catskill, NY 12414  
10K Fee: \$25, \$30 after 4/16 • 2.1M Fee: \$15, \$20 after 4/16

KINGSTON 10 < CLASSIC 2009

Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Phone \_\_\_\_\_ Age (on race day) \_\_\_\_\_

First Name \_\_\_\_\_  
E-mail \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Birth Date \_\_\_\_\_ Sex: ☐ Male ☐ Female

Race: ☐ 10K ☐ 2.1 Mile Fun Run & Walk  
T-Shirt Size: ☐ S ☐ M ☐ L ☐ XL

USATF # \_\_\_\_\_  
To join: [usatfadir.org](http://usatfadir.org) or (518) 273-5552 Ext. 203 (USATF# required for Grand Prix scoring)

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Hickory BBQ, Kingston Sunrise Rotary, Leisure Time Spring Water, Shawangunk Running Co., Sunshine Tees, Hudson Valley Foot Associates, The Daily Freeman, Rondout Savings Bank, Ten Broeck Commons, Ulster Savings Bank, The Ontario Runners Club, WDSI, Topricin, Keegan Ales, Kiwanis Club of Kingston, Kingston Parks and Recreation Department and the City of Kingston, Ulster County, their representatives and successors for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature (if under 18 years of age) \_\_\_\_\_

NO REFUNDS, EXCHANGES OR TRANSFERS - RUNNERS FAILING TO RETURN TIMING CHIP WILL INCUR A \$20.00 CHIP COST



# 2008: The Year of the "Runner"

**January 2008:** I write a Packers-Giants play-off game article (writing cross-training) for the *Poughkeepsie Journal* newspaper. The Packers lose after Brett Favre throws an interception in overtime because he wants to get out of the cold. The East Rutherford Giants then beat the Foxboro Patriots in the Superbowl. Don't get me started talking about teams who leave a city; for example, Rat Modell taking the Cleveland Browns to Baltimore and THEN winning the Superbowl. I am still a Browns fan; there is no good reason why.

**February:** At the MHRRC Winter Run (aka Super Bowl Run), I work as a traffic control volunteer. I wear a Green Bay Packers Cheesehead hat because:

- The yellow Cheesehead will be highly visible to drivers,
- I can use the wedge to point runners in the right direction, and
- The Packers will never leave Green Bay because the townspeople own the team, not Rat Modell. Don't get me started.

I develop BPV (benign positional vertigo), where ear particles break free and float into the area of the ear associated with vertigo. This proves I have rocks in my head. I do exercises (cross-training) where I flop on a bed and turn my head to move the particles so they can be trapped in a "sack" inside the ear. (This is true.) Appropriately, it is similar to the childhood hand game where you try to get ball bearings in a clown's eyes, nose and ears.

**March:** My spouse Lynne and I receive a visit from our friends, Icelandic hiking (cross-training) tour guide Sverrir and his spouse Kristin. They spend lots of money at U.S. department stores. As a result, the U.S. economy rebounds—temporarily. Later in the year, England uses an antiterrorist law against Iceland's banks, proving the English have a sense of humor. Or humour.

While working as a traffic control volunteer at the MHRRC Ed Erichson Run, I take photos of the runners while directing and dodging cars. Don't try this at home, although why there would be traffic in your living room, I can't explain.

Lynne and a contingent of Hudson Valley women runners invade NYC's Central Park for the More Marathon and Half Marathon. I like to watch.

**April:** I work as a traffic control volunteer at the Kingston Classic. I get church members to leave the services before the road is closed, and the members are very Christian about it. I then handle traffic in front of an apartment complex where, surprisingly, the tenants are very Christian about it.

Lynne and I run Sean's Run in Chatham, NY. Before the race, students participate in a contest to see which team can fasten seat belts the fastest.

Lynne and I volunteer as Marathon Project

mentors to train "at-risk kids" (at risk from obesity, drugs, gangs, pregnancy, Britney Spears, etc.) to run.

**May:** Lynne and I run the YMCA Bridge Run as Marathon Project mentors. At the start of the race, our friend Larry Knapp observes the MP kids, who are wearing yellow T-shirts, running downhill much too fast, and he comments to Lynne that there will be yellow wreckage left all over the course.

After months of planning, the MHRRC Miles of Hope Breast Cancer Foundation 5K is a rousing success, with race director Lori Decker doubling the number of runners and raising \$15000. Lynne is the race honoree. She runs the race wearing a pink wig and pink fairy wings; I run the race in a pink cowboy hat. Our friends Julie Johnson and Lainey Yang come up from NYC to run the race, and they pick up garbage after the race. This is how we treat guests.

No good deed goes unpunished: while running back to the Laurel Run finish line after working a water stop with MP kids, I see my shadow, step on uneven pavement, and have six months of pain.

Peace, Love, and Muscles (slow-twitch): Lynne runs, and I volunteer, at the Woodstock Races.

**June:** We run the Memorial Sloan Kettering Cancer Center's Rock on the River 5K. During the race, Lynne regrets wearing her pink wig and pink angel wings in the sweltering heat. However, she changes her mind after the race when a mother asks if Lynne could talk to her young daughter because the daughter thinks Lynne is a fairy. How cute is that!

At the Bridge Fever River Run 5K, Lynne runs with MP kids, and I direct traffic in front of the crewing building. Due to my traffic control directions, no runners end up in the Hudson River, although that would have been excellent cross-training.

With the encouragement of some MHRRC vegan friends, Lynne and I decide to give up meat, dairy, and refined sugar, and it's not even Lent. Lynne loses 10 pounds; I lose 15 pounds and 33 cholesterol points. Giving up meat and dairy: small price. Acting self-righteous: priceless.

**July:** I take photos at the Mark Abrams Firecracker 5K. Two local elite runners miss the race start because they think the race is an hour later. They are such good runners that they could have made up the time and caught most runners.

We visit the Tomkinson family, our English friends now living in Switzerland. They are fabulous tour guides. We all attend the Montreux jazz festival, hike at Rochers de Naye, enjoy the hot springs at Leukerbad, visit the 400-year-old town of Evolène, and travel to the top of Mont Blanc in Chamonix, France. And that is just one week. While hiking down a mountain (cross-training) at Rochers de Naye, we encounter a sign in French that says

serious injury or death can occur because of the treacherous slope. There are 2 problems with that:

The sign is halfway down the mountain, so it would be difficult to climb back up; and

The sign is in French. Apparently English and German people are expendable.

Then it starts to rain, the only time it rained during our vacation, of course. When we finally reach the bottom, we encounter a sheep that has fallen to its death, showing how treacherous the area is. Or, maybe the sheep was just very clumsy.

**August:** At the Dennings Point 5K in Beacon, NY, Lynne runs, and I take photos. Once again no runners end up in the Hudson River.

I chaperone 3 Marathon Project kids at the Dutchess County Fair. It is similar to herding cats. They talk me into going on a fair ride; I think the ride is called Chiropractor Visit.

We travel to Youngstown, OH for the Julie Johnson-Caleb Muhs wedding; we do not have to pick up the garbage.

**September:** Lynne runs the MHRRC Dutchess County Classic Half Marathon, and I work two traffic control positions, causing runners to experience déjà vu and to question if they have been running too hard.

**October:** Lynne withdraws from the NYC Marathon shortly before the race because of a periformis injury. Only runners know what a periformis is because non-runners do not get this injury. Then why run? Because running makes you dumb, and the longer you run, the dumber you become.

**November:** We watch the NYC Marathon (because Lynne is masochistic) at Fifth Ave. and 105th with Jen Wright-Tubbs and her family. Jen is the founder of the iRUNLIKEAGIRL clothing line.

RRCA Footnotes publishes my "Who Let the Mice Out?" article. See page 14 at [www.rrca.org/resources/footnotes/20081101footnotes.pdf](http://www.rrca.org/resources/footnotes/20081101footnotes.pdf) web site.

We go by chartered bus to the Philadelphia Marathon as Marathon Project mentors. Lynne recovers enough from her periformis injury so she runs the half marathon. (Running makes you dumb...) I take photos at the finish line. We do not eat Philly cheese steaks. We do not lose anyone at the Runners Expo, and all 100 kids and mentors finish their respective races. On the drive back to Poughkeepsie, the bus stops at a rest stop on the Garden State Parkway where there is nothing Lynne and I can eat. Vegans must starve in New Jersey.

Lynne and I drive to Youngstown, OH for Thanksgiving, passing the time on Interstate 80 looking for Obama voters in western Pennsylvania, without any luck. Instead of stuffed turkey, Lynne makes stuffed pumpkin. It is not a jack-o-lantern pumpkin, but a "cheese" pumpkin; this confuses me, since I know we are not eating dairy.

**December:** Lynne and I attend the wrap-up Marathon Project party, where project director Susanne O'Neil receives much-deserved accolades. I subject people to a "slide" show of the jpegs I took at the Philadelphia Marathon. There are no jpegs of anyone ending up in the Schuylkill River (cross-training). □



# The 6<sup>th</sup> Annual St. John's/St. Ann's Spring RUN-OFF

To Benefit St. John's/St. Ann's Outreach Center

Co-sponsored by the City of Albany, Mayor Jerry Jennings

Date: **Saturday, April 25, 2009**  
Location: **Albany's Hudson River Way Amphitheatre**  
Time: **10K ..... 8:30 am**  
**5K and Family Fun Walk (1 mile) ..... 10:00 am**

Application Available At  
[www.springrunoff.com](http://www.springrunoff.com)  
or  
[www.active.com](http://www.active.com)

#### Course

Albany's Hudson River Way  
Corning Preserve Bike Path

#### T-Shirts

Free to the first 300 registered entrants.

#### Prizes

Prizes will be awarded to the top  
three male & female finishers in the  
5K & 10K race as well as winners  
in each age division.

#### Packet Pick-up & Pasta Dinner

Friday, April 24<sup>th</sup> from 5-7pm — Pick up  
your race packet and T-shirt, and join us for a free  
pre-race pasta dinner (sponsored by D'Raymonds  
Restaurant) on the night before the race. Each  
registered runner can reserve 2 spots by checking  
the appropriate boxes on the entry form.

St. John's/St. Ann's Center  
88 Fourth Avenue, Albany, NY.

#### Race Day Registration

Begins at 7:30 am.

#### Benefits

St. John's/St. Ann's Outreach Center.

For Information call the center, 472-9091 or email  
Melody Burns at [melody@melodyburns.com](mailto:melody@melodyburns.com)

**5K & 10K: \$15/person, per race (If received by April 19, 2009)**

**All Walk-in Registration Fees: \$20/person**  
*(If received after April 19, 2009)*

**Family Fun Walk (1 Mile): \$10/Adult, \$5/Child**

#### Mail Entry Form with Enclosed Fee To:

Spring RUN-OFF  
St. John's/St. Ann's Church  
88 Fourth Avenue, Albany, NY 12202-1945

**PHANTOM RUNNER:** Interested in supporting the Outreach Center,  
but unable to make it on race day? **Register as a phantom runner.**

*Race results will be posted at*  
**[www.springrunoff.com](http://www.springrunoff.com)**

----- ONE ENTRY FORM PER RUNNER -----

Name \_\_\_\_\_ Age \_\_\_\_\_ ☐ Male ☐ Female  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Event ☐ 10K ☐ 5K ☐ Family Fun Walk  
Phantom Runner \_\_\_\_\_ Circle Shirt Size: **Adult S M L XL**  
Attending Friday Night Packet Pick-up Pasta Party? Email Address \_\_\_\_\_  
☐ Yes ☐ No ☐ Bringing a guest Amount Enclosed \_\_\_\_\_

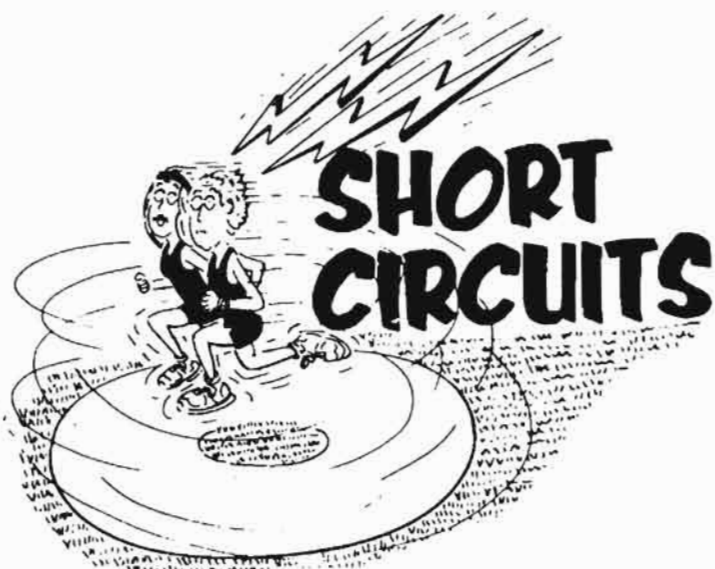
*Make Checks Payable To: St. John's/St. Ann's*

I hereby, for myself, my heir, executors and administrators, waive and release any rights and claims for damages I may have against the organizers and sponsors and the agents for any injuries suffered by me from or out of my participation. I also confirm that I am physically fit and that my condition has been verified by a physician. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby. I understand that no dogs, skates or bikes are allowed during any of these events. I also understand photos taken at the race may be used in any promotional materials, posters, pamphlets or on the official Spring Run-Off website.

SIGNATURE: \_\_\_\_\_

PARENT SIGNATURE (if under 18): \_\_\_\_\_





A committee charged with recommending solutions to track and field's problems in the US sharply criticized USATF's operations and its athletes' lack of professionalism in a report released in February. It recommended significant changes for the sport, including shortening the Olympic trials, reducing the influence of agents and shoe company sponsors, and creating an athletes' union. The full report at <http://www.usatf.org/about/leadership/project30.pdf>



When the Carlsbad Half-Marathon results were published in the San Diego Monday paper in January, the name of the winner of the female 80-plus age group, Margaret Davis, was missing. Her daughter called the newspaper to find out why. Eventually what she found out was that the results system rejected her 86-year-old mother's time of 2 hours 38 minutes as being fraudulent. The daughter was able to vouch for her mother (she ran with her) and the results were corrected. This same thing had happened at the 2007 NYC Marathon when the results rejected her time of 5:58:58. In just about every race she runs these days, Margaret finishes first in the age-graded category.



*Too fast for her age*



Two runners at Syracuse University are trying to become the first at SU to break the 4-minute-mile mark. Both Junior Brad Miller (4:00.19) and Senior Kyle Heath (4:01.17) have come very close. "It does seem far away," Miller said. "People who've run 3:59 have this different air about them. I know I can get there, but they just seem so much better, so much faster than someone who's run four flat. I feel like someone who has run 3:59.9 is so much faster than I am. It's just the way I think about it."

By the way, no runner has broken the 4-minute-mile in the Capital District. One Capital District born runner has broken the mark. Barry Brown from Colonie ran a 3:58.8 in 1973 in Florida.



*Miller and Heath: So close and yet so far*



"In running, I just believe I can do great things. Up until a couple years ago, people believed that Americans couldn't win medals in the distance races. I refused to believe that, because you can achieve anything within reason.

I have faith in myself and I have faith that my dreams are real and I believe in them. It's a feeling in my heart that I have refused to give up on. It has gotten me through lots of injuries and heartache, and it has given me an appreciation of the success that I have had. I'm not backing down. I'm going all the way." - Kara Goucher, 14:55 5k PR.

A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRC members. All Short Circuits must be e-mailed to [jheinlaw@earthlink.net](mailto:jheinlaw@earthlink.net), subject: Short Circuits.



*Confident Kara*



The Austin (Texas) Marathon in February received a lot of national and international news coverage. But it had nothing to do with the race or the 14,000 runners competing. A local TV news cameraman who was taping the race caught on his video, just beyond the runners' heads, an object falling to the earth and bursting in flames just above the horizon. What was it? A crashing satellite? A solar flare? An invading space vehicle? The UFO crowd got into the act and a swarm of oddballs descended upon central Texas. The official verdict: meteorite. ☐



*Marathon traffic control*

ALBANY COUNTY BAR ASSOCIATION  
**15<sup>TH</sup> ANNUAL LAW DAY 5K RUN/WALK  
AGAINST DOMESTIC VIOLENCE**

**FRIDAY, APRIL 24, 2009**  
**Kids Run (1 mile; 1/4 mile) At 5:30 P.M.**  
**5K Run/Walk At 6:15 P.M.**

**COURSE:** Washington Park - Start and Finish (Near Boat House), Madison Avenue Entrance

**RACE AWARDS:** Awards will be given to the top male and female finishers, and to the first & second place finishers in each age division  
No duplication of awards. Awards will also be given in the wheelchair division.

**5 K AGE DIVISIONS:**

12 - 19 years	40 - 44 years	55 - 59 years
20 - 29 years	45 - 49 years	60 + years
30 - 39 years	50 - 54 years	Wheelchair Division

**HEAVYWEIGHT T-SHIRTS TO THE FIRST 200 REGISTERED PARTICIPANTS!**  
**Raffle and refreshments immediately following the Race!**

**KIDS RUN:** All kids will receive a ribbon

**ENTRY FEE:** \$20.00 postmarked on or before April 20, 2009; \$25.00 after and day of race  
Law Students and children (19 yrs. or under) \$15.00 postmarked on or before April 20; \$20.00 after and day of race.  
**\$2 for Kids Run**  
**MUST BE POSTMARKED ON OR BEFORE APRIL 20, 2009**

**DONATIONS:** Bring your old cell phones and chargers to benefit the victims of domestic violence

**RAFFLE:** Raffle Tickets sold before and after the race.  
(All pre-registered runners will also automatically be entered in the drawing for door prizes).

**DAY OF RACE REGISTRATION: 4:15 - 5:30 P.M.**

Please make checks payable to **Run Against Domestic Violence**, mail to: Albany County Bar Association, The Stedman House, 1 Lodge Street, 2<sup>nd</sup> fl., Albany, NY 12207. Please contact Barbara at (518) 445 - 7691 with any questions.

----- **DETACH AND SEND WITH PAYMENT** -----

NAME (please print) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ SEX (circle one): M F

Please ☒ your race selection:      **5K**      **Wheelchair**      **Walker**      **Kids Run (11 years old and under)**

**WAIVER:** Please sign below

In consideration of my entry to this race, I hereby release and waive any and all claims for damages I may have against The Albany County Bar Association, City of Albany, and any and all sponsors and their representatives and any official or participant for any and all injuries I may suffer in connection with this race of the Albany County Bar Association. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

**Parking available in the Albany Medical Center Parking lot**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian (if under 18) \_\_\_\_\_

*I will not be able to attend, however enclosed please find my donation of \$ \_\_\_\_\_*

# Albany County Rail Trail is Gaining Focus

by Dan Rain, co-chair, Friends of the Rail Trail (FORT), a Committee of the Mohawk Hudson Land Conservancy

I was 20 feet up in a tree when my friend and fellow Delmar dad, Paul Barrett, and his daughter stopped by on their bicycles last spring. They were collecting petition signatures to encourage Albany County to finally move forward on negotiations with Canadian Pacific Railway to purchase the defunct segment of the former Delaware and Hudson rail line which passes by the end of my street, and convert it into a recreational and commuter trail. Even from this high vantage point (I was tying ropes to install a swing), I could clearly see that this was a project I needed to jump into. I'd been quietly advocating for the rail trail since moving to the area almost a decade ago. But like my friend and the other neighbors he'd teamed up with, and many of the other residents of the Capital Region, I was tired of waiting for the trail to happen, and determined to help turn idea into reality before my kids were fully grown.

We had dreamed of the day when we could hop on our bikes at the house, pedal down the street, and then quickly enter the safe and scenic corridor we had already grown to love from our annual black raspberry picking expeditions. But with an official trail that was open to the public (and safe/accessible for traveling long distances), we could walk to Stewarts or bike to Tollgate for ice cream in no time, or enjoy the views of the Normanskill Creek and the gorge at the north end of town, or have dinner at Mangia Café, or a longer adventure into Voorheesville or Albany. The trail would also give my wife a safe and scenic place to run, instead of the car-heavy streets at rush hour in our neighborhood. And my 8 year-old son had already been planning his fresh-squeezed lemonade stand along the trail for a couple of years, lemons and dollar signs dancing in his young entrepreneurial mind, like so many bicycles and sneakers passing by in my own.

The past few months have been a whirlwind of activity around the rail trail. In September the efforts of about a dozen different groups that had been advocating for the trail with Albany County, including HMRRC, were rewarded. The Albany County Legislature voted unanimously to instruct the County Executive to sign a purchase agreement with Canadian Pacific Railway for the 9.2 mile trail which will run between the Port of Albany, through the Town of Bethlehem, to the Village of Voorheesville. Following that milestone, there were a final, tense, few months of additional deliberations over liability and other issues, but they worked things out. On December 11, 2008, County Executive Michael Breslin officially signed the contract! The County already has the \$700,000 purchase price in hand, half donated by Scenic Hudson, and half grant monies from the New York State Department of Parks, Recreation and Historic Preservation. They are now currently in the 300-day "due diligence" period, inspecting bridges and con-

ducting environmental testing before finalizing the purchase.

Meanwhile, several of the groups that had been most actively working towards establishing the trail have come together to form the Friends of the Rail Trail ("FORT") in the past few months. FORT is a County-wide group, and brings together The Tri-Village Greenway Committee of the Mohawk Hudson Land Conservancy, the Citizens for an Albany Rail Trail (CART), the Friends of the D&H Rail Trail, and numerous individuals. FORT has been organized as a new committee of the non-profit Mohawk Hudson Land Conservancy (MHLC), which gives us a good foundation within an established organization, and allows us to accept tax deductible donations. We are grateful for MHLC's support.

The Friends of the Rail Trail's mission is to support and promote the Albany County Rail Trail, and assure its enjoyment by residents and visitors of all ages.

Our goals include but are not limited to:

- Helping gather citizen input on the trail's design and construction to assist Albany County and other government officials, and their engineering and construction firms.
- Raising public awareness of the trail's existence and promoting its use.
- Addressing any concerns of local residents about trail safety, security, costs, etc.
- Helping establish proper signage for the trail (including visibility and directional signage, and related business oriented signage—local eateries and cultural opportunities, bike and sports shops, and more), brochures, maps, trailside amenities such as picnic tables or park benches, and other resources.
- Coordinating volunteer efforts for the trail such as garbage cleanup, planning events, etc.
- Encouraging bicycling and running safety and awareness among community members.
- Working toward linking the trail with other rail trails, pedestrian paths, and community assets.
- Partnering with local community groups, businesses, governments or other entities.
- Working toward establishment of adequate and safe access to the trail, parking, and other infrastructure and services necessary for full use of the trail.
- Helping raise funds if needed for ongoing maintenance, signage, interpretive brochures, trailside amenities, etc.
- Working with law enforcement officials and each of the communities along the trail to ensure the trail is used properly and safely.

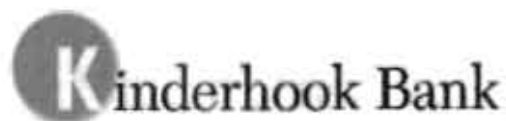
FORT has already made several strides in the last couple months. We were awarded a \$2,000 capacity building grant from Parks & Trails New York (one of only 7 groups funded out of 73 applicants!), and we have grown to a couple dozen active volunteers—though we

will need many more in the months ahead. FORT has also begun several projects in earnest; most notably working to produce the grant-funded brochure for "friend and fund-raising," organizing ourselves to help the County gather citizen input on trail design and construction, and advocating for the trail in the community and media.

However, we will only see the Albany County Rail Trail established and successful with widespread support throughout the communities that surround the trail. We therefore hope to work closely with groups like HMRRC in the future to see this project come to fruition, and I invite you to join our efforts! For details or to volunteer, please email RailTrailFriends@gmail.com. If you would like to make a donation towards our work to support the rail trail, please visit Mohawk Hudson Land Conservancy's website at [www.MohawkHudson.org](http://www.MohawkHudson.org), and go to the "Join MHLC" page from their navigation bar, where you can make an on-line donation. Be sure to put "FORT" in the comments box on the on-line donation form page so that the funds are earmarked for the rail trail. ☐







**11th Annual Kinderhook Bank  
OK 5k  
Saturday — June 6, 2009 — 9:00 AM**

<b>USATF Certified 5K Flat –Fast</b>	<b>Kinderhook Village Square (Route 9). Race passes through the historic district and rural areas with orchards. Finishes in Village. Walkers welcome.</b>
<b>Online Registration</b>	<b>Web</b> <a href="http://www.kinderhookrunners.org">http://www.kinderhookrunners.org</a> <b>E-mail:</b> <a href="mailto:ok5krace@hotmail.com">ok5krace@hotmail.com</a>
<b>Entry Fee (5K Race)</b>	\$15.00 on or before May 29, 2009 \$12.00 Students on or before May 29, 2009 \$20.00 for All after May 29, 2009 and day of race
<b>Packet Pickup</b>	Friday, June 5, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 6 – Village Square -7:00 – 8:30. <b>No Race Day registration after 8:30 AM</b>
<b>Awards</b>	<b>Age Groups and 3 Member Teams - No Race Day Registrations for Teams.</b> See Website for Award Details and past Record Information.
<b>OK 1 Mile Run</b>	<b>Sponsored by: FairPoint Communications</b>
<b>Ages: 6 -13 8:30 AM</b>	Finishing Medals for All. Prizes to first-place boy and first-place girl runners in each age. Starts in Village Square. Fee: <b>\$2.00.</b>
	<b>Reading Ramble</b>
<b>Ages: Under 6 8:45 AM</b>	Free 50 and 100 Yard Dash for Kids. Meet in front of Kinderhook Memorial Library for same day sign up.
<b>Proceeds</b>	Race Proceeds donated directly to local community and youth-oriented organizations.
<b>Food Donations</b>	Please bring a non-perishable food item and drop it in our Collection Bin before or after the race. All items will replenish the local Food Pantry serving Northern Columbia County.

**RACE APPLICATION FORM**

☐ 5K    ☐ Kids Run (1 mile)    ☐ 3 Member Team Entry (each team member separately - fill out )

**PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (checks payable to: OK 5k)**  
**OR REGISTER ONLINE AT: <http://www.kinderhookrunners.org>**

**FOR TEAM MEMBERS ONLY:**

**Team Type :** ☐ All Male ☐ All Female ☐ Mixed (Co-ed) **Team Name** (10 characters or less): \_\_\_\_\_

**5K REGISTRANTS, INDICATE PREFERRED SIZE FOR SHIRT:**

☐ SMALL    ☐ MEDIUM    ☐ LARGE    ☐ EXTRA LARGE

**Name** \_\_\_\_\_ **Date of Birth (mm/dd/yy)** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Street** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Male** ☐ **Female** ☐ **Age on Race Day** \_\_\_\_\_

**E-mail** \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Kinderhook, Kinderhook Runners Inc., the organizers of this race and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

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

**Signature of Parent (if under 18)** \_\_\_\_\_ **Date** \_\_\_\_\_



# 2009 Rotary Run



Sponsored by the Rotary Club of So. Rensselaer County

**Sunday, May 17<sup>th</sup>**

**At Green Meadow  
Elementary School**

**Routes 9 & 20**

**Opposite Schodack Plaza**

**Supporting East Greenbush**

**Central School District**



**RUN LIKE CRAZY!**

## **29<sup>th</sup> Annual BOB SMITH Challenge**

**Adult 5 Mile Run - Starts at 8:30 - \$16**

*\$50 Cash Prize for Overall Male and Female Winners - Awards Immediately Following*

**The COACHES CHALLENGE - Kids/Adults 5K Run**

**- Starts approximately at 10:00 - \$16**

**CHILDRENS' 1 Mile Run - Starts approximately at 10:45 - \$13**

**ONE LAP WONDER Event - Starts approximately at 11:00 - \$13**

**T-shirt included with entry fee - while supplies last. Register by May 15<sup>th</sup> to guarantee T-shirt.**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Race: \_\_\_\_\_ Adult 5 Mile (\$16) \_\_\_\_\_ 5K Run (\$16) \_\_\_\_\_ 1 Mile Run (\$13) \_\_\_\_\_ One Lap Wonder (\$13)

T-Shirt Size: **ADULT:** \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large **CHILD:** \_\_\_\_\_ Medium \_\_\_\_\_ Large

In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in the event. I am physically fit to participate in the race event(s) indicated. (Parent signs for entrant less than 18 years of age). Children may only run in one event, either 5K, one mile, or one lap wonder.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Detach and Mail with Check Payable to: So. Rensselaer County Rotary, c/o Rick Hannmann  
11 Huntswood Lane  
East Greenbush, N.Y. 12061

**For More Information Call 477-5722**

# **FLEET FEET**

## *Sports*

Since 1976 Fleet Feet Sports has built a national reputation in the running and walking community by providing quality products, expert advice and superior customer service.

We are happy and proud to bring this high level of commitment to the Capital Region by announcing the opening of Fleet Feet Albany. A true specialty store, Fleet Feet Albany has joined a national network of locally owned and operated franchises dedicated to serving their own community.



- Superior customer service
- A full line of footwear, apparel and accessories for all your fitness needs
- Complete gait analysis by a highly trained, dedicated staff
- A one-stop source for running, walking and fitness information
- A strong commitment to the success of our customers and our community
- A warm, welcoming environment for customers of every age and ability



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*Enjoy Warmth & Comfort with*



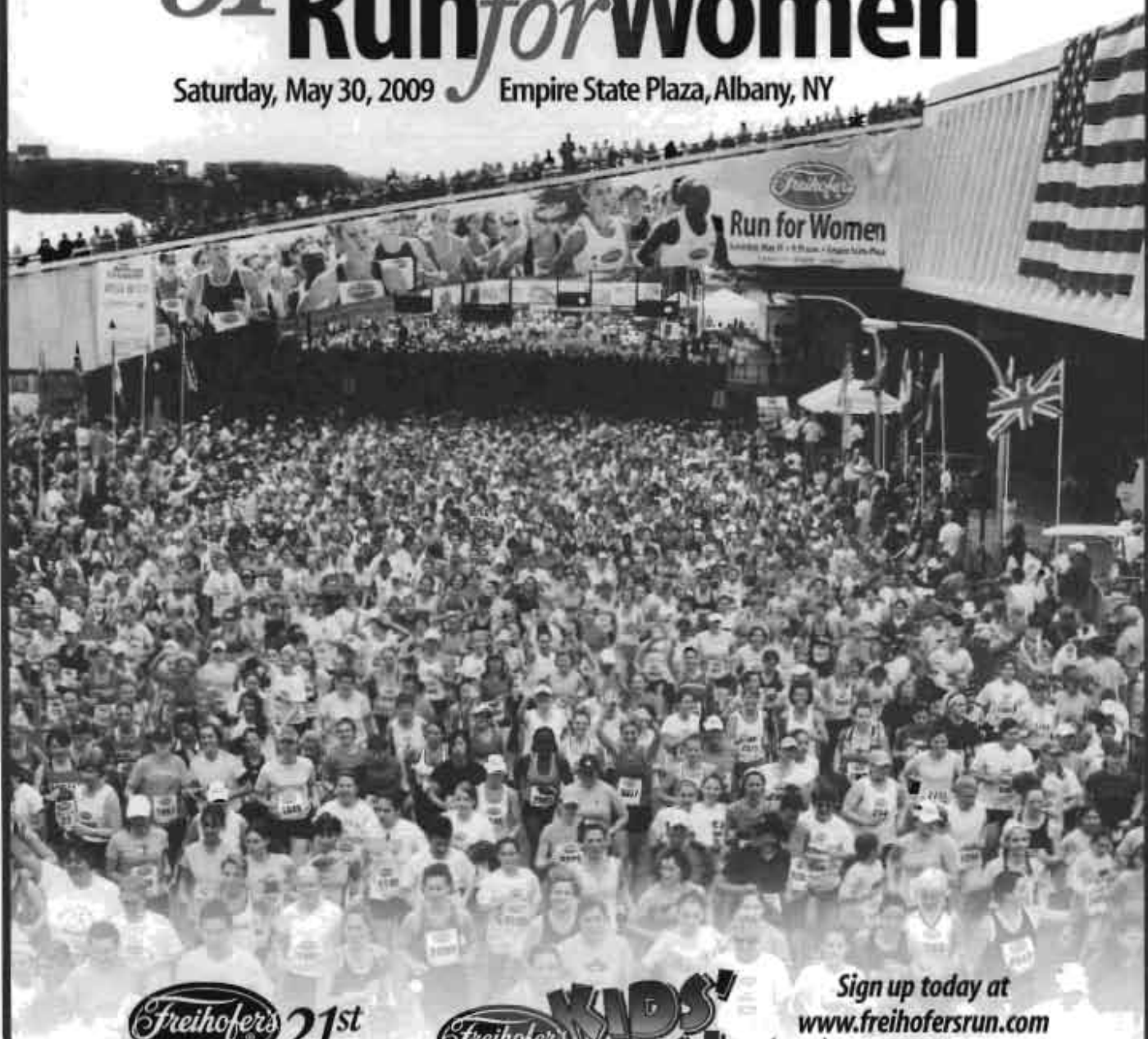
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# Freihofer's 31<sup>st</sup> Run for Women 5km

Saturday, May 30, 2009 Empire State Plaza, Albany, NY



Freihofer's 21<sup>st</sup>  
Community Walk

Freihofer's KIDS' RUN! 22

Sign up today at  
[www.freihofersrun.com](http://www.freihofersrun.com)

USATRACK & FIELD  
ADIRONDACK



# Albany YMCA 5K Run/Walk & Kids Fun Run

## Saturday, May 2, 2009 – Washington Park Lake House



5K RACE - 9:00 am – KIDS FUN RUN – 8:30 am

Sponsored by The City of Albany, Mayor Gerald D. Jennings



Entry Fees: 5K Early Entry Fee: \$20 (Must be received before 4/29/09)  
5K Late Entry Fee: \$30 (Received on or after 4/30/09)  
Pre-Registered Race Packet Pick up Friday, May 1st from 4 to 7pm  
at the Albany YMCA, 274 Washington Avenue. 449-7196  
KIDS FUN RUN (ages 9 and under): Free

Check-in begins at 7:30 am – Race shirts provided to all Pre-Registered Runners – while supplies last

Awards: Top three overall female/male – Top female/male in the following age groups:

10 – 14, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 & Older

No duplication of awards

Proceeds from the 5K Race/Walk Series benefit the Capital District YMCA Annual Support Campaign, Reach Out For Youth.

The YMCA will always welcome children and their families regardless of their ability to pay.

Scholarship opportunities are available at each Capital District YMCA branch.

**First of Six Races in the 2009 Capital District YMCA 5K Run/Walk Series**  
**Register online at [www.cdymca.org](http://www.cdymca.org)**



PLEASE PRINT LEGIBLY AND COMPLETE REGISTRATION IN FULL

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Gender: \_\_\_\_\_ Age Day Of Race: \_\_\_\_\_ Please Circle Event: 5K WALK KIDS FUN RUN

YMCA Member: Yes No YMCA Branch: \_\_\_\_\_

Phone Number: \_\_\_\_\_ e-mail: \_\_\_\_\_

Shirt Size: Small Medium Large X-Large Other \_\_\_\_\_ Kids Shirt Size: Small Medium Large

Waiver: I hereby release the Capital District YMCA and all municipal agencies whose property and/or personnel are used and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child, may suffer as a result of my/his/her participation in the 2009 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read this entry form and certify compliance by signing below.

Signature \_\_\_\_\_

If Minor, Signature of Parent or Guardian \_\_\_\_\_

Date \_\_\_\_\_

Please make check payable to the **Albany YMCA** Albany YMCA 5K Run/Walk  
and mail/deliver completed registration(s) to: 274 Washington Ave  
Or Register Online at [www.cdymca.org](http://www.cdymca.org) Albany NY 12208





## Profile of a Runner

# SCOTT A. FERGUSON

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

I am an avid recreational nut. I enjoy just about anything that requires movement. I began running competitively in high school (late 70's), and due to some chronic knee problems, I had to 'retire.' Eventually, I reconnected with the sport when my son took an interest about 10 years ago. I still have the knee issues, but I am able to enjoy the running from a recreational view nowadays. In the last couple of years, I have been interested in triathlons and have participated in a few of the local sprint races. So, now I do some cross training with cycling and swimming (as they require movement), which gives me something to do on my running off days.

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

Well, I got started running during the summer between 8th & 9th grades to prepare for the soccer team. I was 'encouraged' by the soccer coach to go workout with the cross country team as my skills were probably sub-par. Little did I know that this was my calling to a great sport I would enjoy for many years.

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

I really enjoy the Adirondack Distance Run, Stockade-a-thon and Turkey Trot.

### What are your most memorable races?

A ten-miler in Utica in 1978. I may have been on another planet. It was just one of those days when it seemed to come easily - running away from the pack early and just floating through to a sub 51 solo finish.

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

I am self-employed as a financial planner so my appointment schedule can really vary. I try to work out early in the day, usually by myself. Winters are tough, though! I still haven't been consistent getting out there in the dead of winter.

### What are your current goals?

I'd like to run a sub 20 minute 5k this year as well as complete a half marathon.

### Do you have any future running goals?

I'd like to eventually complete a marathon and improve my non-competitive times at the 5 & 10k distances.

### Do you have a philosophy of running?

If you're not enjoying it, don't force it.

### Any funny stories?

Many years ago, I was on an evening run during the summer in Latham. A car with several hecklers came by and really gave me

18 - The Pace Setter



Scott Ferguson (left)

a hard time as they were approaching a traffic light. One of them flicked a cigarette butt in my direction, narrowly missing me. Don't know what came over me, probably my ignorant youth. I picked up the still burning butt in front of me, crossing the street to their car, reached over and gently put the butt out on the hood of their car. Those guys went crazy! I just laughed and turned to continue on down the road. Perhaps you had to be there, but it was funny at the time! □



# Winter Series #5

On February 8, 265 runners turned up at SUNY Albany to run Winter Series #5, the final event of the 2009 series. The majority of these runners opted for the grand prix 10 miler, while 20 hardy souls took on the challenge of the 20 miler, and 117 runners chose to do the 4 miler. The weather was about as good as could be expected for an early February morning on the SUNY and State campuses – 43 degrees with bright sunshine and some gusty winds.

Many of the competitors had also attended the club banquet the night before, clearly not allowing their revelry to get in the way of their running. Mike Kelly, club president, ran a fine 67:55. Anny Stockman ran a 1:41:48 for second place, 82% in the age-graded division behind Derrick Staley. Martha DeGrazia, one of this year's inductees to the Hall of Fame, was 8th place in that division with a 1:18:50. Anne Benson finished 4th in the women's race with a 1:12:10, giving every indication that she is ready to once again make her mark in the women's masters ranks.

Pat Cullen, in his final year at The College of St. Rose took the overall win by cutting through the windswept loops at a brisk 5:30 per mile pace. Chuck Terry, who has been focusing on indoor track events as well, was

runner up, timed at a 5:34 per mile pace. Justin Bishop, who was recently profiled in *The Pace Setter*, took 3rd place. Tom O'Grady, who ran 2:37 in his Boston Marathon debut last year, took the 4th spot, while ARE distance aces Joe Hayter and Jim Sweeney took the 5th and 6th spots overall.

Emily Bryans was quite familiar with the course as she breezed around the campus loops to place first woman overall for a record 6th time, surpassing the 5 wins recorded by Dale Keenan in the 1980s and 4 wins by Amy Herold in the 1990s. Diane Matthews, the winner of the Marine Corps Reserves Half Marathon, took the runner up spot.

Karen Bertasso ran an impressive 20 miler, finishing in 2:33:47, just 10 minutes behind the winning trio in the men's division.

Eileen and Shawn Combs provided entertainment for several children in an arts and crafts lesson inside the RACC. The children, who were happily occupied making jester hats, hardly noticed as a steady flow of depleted runners returned to the warmth of the building, and made a beeline to the hot soup provided by Tom and Marcia Adams.

Thanks to all who helped and a special thanks to race director, Scott Ginsburg, and to Bountiful Bread for the awards. □

## Winter Series Participant Award List 2008-2009

Marcia Adams  
Tom Adams  
Dora Anderson  
Debra Batchner  
Mike Becker  
Jack Berkery  
Joe Benny  
Frank Bosco  
Donna Charlebois  
Donna Choiniere  
Dave Cole  
Pete Cure  
Martha DeGrazia  
Sally Drake  
Karen Dott  
Art Dott  
Coleen Hayden  
Joe Hayter  
Vince Juliano  
Aaron Knobloch  
Ray Lee  
Jill Mehan  
Andrew McCarthy  
Mike McLean  
Cameron McLean  
Paul Mueller  
David Newman  
Martin Patrick  
Genny Pezzula  
Dan Pollay  
Erin Rightmeyer  
Gary Robinson  
Jon Rocco  
Arleen Ryell  
Steve Sweeney  
Brenan Terrier  
Tom Tift  
Diana Toban  
Sue Wong  
Roxanne Wunsch

## Get out that keyboard!

by Kari Gathen

Congratulations to everyone who ran the Runnin' of the Green! Everyone looked really strong and what a great start for the HMRRRC season! As some of you may already be aware, I will be assuming the role of content editor for *The Pace Setter*. The continued success of *The Pace Setter* is dependent upon the submission of articles from all of you contributing your perspectives, ideas, and coverage of races. There are many opportunities to contribute articles and, in addition to receiving 10 HMRRRC volunteer points for each submitted article, it is a chance for each author to provide a unique perspective to the HMRRRC community (and you can write within the comfort of your own home – no volunteer vest or flag required!).

The editorial staff has generated some ideas for article coverage of HMRRRC events and I will be looking for authors for the following topics: coverage of monthly HMRRRC races; a quarterly submission/column review of the masters field; coverage of USATF races, including coverage of the indoor and outdoor track and field events; coverage of the Tuesday night Colonie Summer Track meets including the Hour Run, Two-Person Relay, and Pentathlon; HMRRRC Grand Prix point updates; coverage of the summer Tawasentha cross-country series; coverage of out-of-town races; anecdotal stories on running; and to also include our younger members, coverage of the kids' races.

This is not an exhaustive list and all additional ideas are welcome. Co-authorship is also a fun opportunity to work with a friend on developing a column or article submission.

Article submissions will need to be received by the 25th of each month (if you submit an article on March 25th it will be printed in the May issue). I am looking forward to working with the HMRRRC community in continuing the success of *The Pace Setter*. If you are interested in submitting an article or writing a recurring column, all questions and article submissions can be sent to: [pacesetterarticles@verizon.net](mailto:pacesetterarticles@verizon.net). So get out those keyboards and let's hear from you! Otherwise, I will find you anyway! □



# HMRRC Banquet & Hall of Fame Inductions

by Vince Juliano

After a week of suffering from the common cold, Emily and I looked forward to attending this year's HMRRC banquet, especially knowing that Martha Degrazia and Jim Tierney were being honored as the newest members of the HMRRC Hall of Fame. Martha has been a long-time training partner of Emily's and we spent the Boston Marathon weekend with Martha and Ralph last year. I have an even longer friendship with Jim Tierney, as I have counted on his help with planning the Stockade-athon road race for the past 10 years. To see these two good friends and outstanding role models being honored for their life-long athletic and altruistic achievements, was just the motivation for us to shake off the winter blues and join with friends for a special evening at the Desmond Hotel.

The evening started with Al Maikels, the designated emcee, giving an informative recap of this past summer's most recent inductee into the Hall of Fame, Diane Barone. Diane was one of the early pioneers of women's distance running in this region during the 1970s, running impressive times and winning many club races. She also served the club in a variety of administrative roles, including a term as club president.

Current club president Mike Kelly then asked attendees for a brief moment of silence for members who have passed on during the past year, most notably Mo Mosher, who not only attended last year's banquet, but also wrote a summary article for *The Pace Setter* on the event.

Long time HMRRC secretary and Distinguished Service Award recipient Deb Beach then offered a thoughtful introduction of Martha Degrazia, including a brief summary of her impressive running achievements. Most notable was that she had competed in 34 marathons nationally and internationally, and consistently placed among the top-tier in her age group at such iconic events as the Boston and New York City Marathons. Locally, Deb noted that Martha has won more HMRRC Grand Prix titles than any other female competitor with the exception of Anny Stockman, another member of the club's Hall of Fame.

Martha gave a typically modest impromptu acceptance speech, without notes. Reflecting on why she received this honor, she surmised that everyone voted for her because they recognize her when she is out running due to her unusual head of hair. Martha said she epitomizes what all serious runners do, training day in and day out in all kinds of weather, and that this focus has allowed her to score well among her peers.

Former Stockade-athon director Chris Rush followed by introducing Jim Tierney, saying that he first knew of Jim only from behind, as he often chased him to the finish line as competitors in the same age group. Chris informed us that Jim was once a heavy smoker who started run-

ning to lose weight after quitting smoking in his late 40s. Jim became a born again runner and quickly discovered he had considerable talent and room for improvement. Highlights of Jim's career athletic performances were a superb 2:59 Boston Marathon at age 52, and running a 17:58 5k in the same year. Jim won several Grand Prix awards in his age-division and continued to run impressive times well into his 60s. As impressive as his athletic accomplishments are, Jim Tierney is known more among club members for his 20 years of stellar volunteer service to the HMRRC. Chris aptly referred to Tierney as the club's "Go to Guy" whenever something needed to be done.

Jim Tierney's acceptance speech was heartfelt, as he gave credit to his wife, Grace, for her unselfishness in allowing him to fulfill his running goals for all of these years. Jim willingly spends much more time at home now caring for his wife as her health deteriorates—a true indication of a special marriage. Jim also thanked his good friend Chris Rush for presenting him at the Hall of Fame ceremonies. Finally, Jim wanted to acknowledge the past Hall of Fame inductees and claimed he was honored to be a member of such an accomplished group.

Recent club presidents Nancy Briskie and Cathy Sliwinski followed by presenting the 2008 Grand Prix awards. I was impressed by the attendance of most of the Grand Prix recipients, all dressed more formally than runners are accustomed. The talented group of men's division winners included Chuck Terry, Aaron Knobloch, Tim Hoff, Jim Maney, Pat Glover and Wade Stockman. Woman winners who were present included Emily Bryans, Martha Degrazia, Sue Wong and Anny Stockman. They were presented with certificates and gift cards from Fleet Feet Sports. Tom Adams insisted on taking their photos for a banquet scrap book.

President Mike Kelly followed with his own awards, as Ed Gillen was recognized for his important work with transitioning the club membership renewals from paper to online. Emily Bryans was recognized for her many years as *Pace Setter* content editor, a position that is currently being transferred to the capable Kari Gathen. Cathy Sliwinski was also recognized for accepting the demanding position of Race Committee Chair after her term as president expired.

Marcia and Tom Adams received an extra mile award for their many contributions to the club, including directing the Delmar Dash and providing homemade soup to runners at every Winter Series event. It was clear that the audience appreciated this winter, as they chanted: "Soup! Soup! Soup!" when Tom and Marcia accepted their award. The awards ended with a humorous moment, as Tom Adams presented Jim Bowles, who will be turning 60 soon, with an old pair of his running shoes on a plaque with the words "one man ... two shoes ... all

OLD."

DJ Brian DeBraccio cranked up the tunes for dancing as Emily and I departed for a full night's rest. After all, the 27th Winter Series #5 was scheduled to begin in less than twelve hours on the Albany campus. Emily was planning to run the Grand Prix 10 miler and I just wanted to finish the 4 mile event to qualify for a rare survivor's award for participation in all of the events. The Winter Series was founded by another Hall of Fame member, Don Wilken, who once resided in Boston and took notice of a similar series put on by the Boston Athletic Association 30 years ago to prepare runners for the Boston Marathon.

The Banquet and Hall of Fame inductions are appropriately about recognizing individuals for their past accomplishments, though runners have a difficult time resting on their past accomplishments. On the next day, a new generation of runners took to the roads, some with goals of winning their first Grand Prix race, and perhaps one or two seasoned Winter Series participants will be recognized next year for their stellar career accomplishments with induction into the HMRRC Hall of Fame.





# "BEEN THERE, DONE THAT"

by Ed Thomas

## April 1974 - Thirty Five Years Ago

Just look at the HMRRC Boston sub-three hour contingent: Jim Bowles 2:26, Ken Kirik 2:37, Don Wilken 2:46, Wayne Roe 2:48, Tom Clark 2:49, Ted Bick 2:54, Dave Hodgdon 2:55, Gage Hotchkiss 2:59 and Doug Allen 2:59. Quite an impressive group as a whole.

## April 1979 - Thirty Years Ago

The Club sponsors 2 and 10 mile races from the Woodlake Apartments. The long race features a very hilly "country loop," what used to be called the Voorheesville Loop. Doug Allen wins in 59 minutes followed by Pat Glover, Bob McFarland, Paul Rosenberg, Susan Cohen, a dominant Club female runner of the time, takes the women's race.

Meanwhile, the Boston Marathon features new men's and women's American records set by Bill Rodgers (2:09) and Joan Benoit (2:35). Prominent local finishers include Carlo Cherubino, Marty Kittell, Pat Glover and Tom Kieran.

## April 1984 - Twenty Five Years Ago

Many *Pace Setter* readers are outraged by this month's Profile of a Running Couple. Although James and Erica Vaughn are recently arrived from Australia, they have plenty of running tips and suggestions on how to improve the Club. A couple of examples: "One of our favorite exercises, The Saddle of Apollo, requires one to carry one's training partner up a severe grade in pick-a-back style. After several repetitions on a warm day with minimal clothing this can be quite exhilarating for both partners!" And, "We understand that your longstanding club policy is devoted to the AVERAGE runner, rather than the ELITE runner. We feel that most of your races could be improved by paying your race directors, giving expense money to the top runners, and eliminating age categories. The Club should also consider restricted participation based on rigid qualifying standards. The average runners, relieved of the burden of racing, would thus form a vast pool of volunteers. We'll be bringing these suggestions to the April Club meeting and we hope they'll get a warm reception."

## April 1989 - Twenty Years Ago

Ray Newkirk has been one of the **Road Runners Club of America's** strongest critics and was instrumental in the HMRRC withdrawal from that organization. Nevertheless, it appears that he has recently been inadvertently inducted the RRCA Hall of Fame! Kathy Carrigan reports that, in fact, Ray SHOULD have been honored by the **Rail Road Club of America**, for his work on restoring the Berne-Knox rail line. However, due to a mix-up at the company that supplies trophies to the two organizations, Ray's name was inscribed on the Road Runner's plaque while Kip Keino became the Rail Roaders' Man of the Year! It is reported



that Keino was thrilled by his selection.

## April 1994 - Fifteen Years Ago

Buried in this month's *Pace Setter* is an article by Brian Dongalewicz entitled, "Loss". On a recent Sunday morning run, Ray and Peter Newkirk drop a bombshell. They announce to the Willow Street Gang that they will be selling Newkirk Products and relocating to San Francisco. The group is stunned by this news. Finally Al Maikels expresses the majority sentiment: "It just won't be the same without you and Peter, Ray. I don't think we should continue the group any more." After some thought, Ken Skinner expresses the opinion that maybe ten years of running with the group has been enough for him. Soon, others voice the same opinion. Finally Don Cohen proposes that they follow Roberts' Rules of Order and, by a unanimous vote, the Willow Street Gang is stunningly terminated. They quietly finish the run, ending up at Doug Bowden's house, the usual refreshments go uneaten and the fools silently depart.

## April 1999 - Ten Years Ago

(From *The Pace Setter*) "Recent studies have revealed that running may be hazardous to your health. A well known authority on sports medicine performed several controversial tests on over 2000 runners. After a thorough analysis, she came up with the following conclusions:

- 1) Running may lead to increased production of endorphins leading to headaches.
- 2) "Runners high" can lead to bouts of depression when running is discontinued.
- 3) Running may become extremely addictive, adversely affecting work and close relationships.

The researcher, Dr. April Fewlstein, recommends the following measures:

- 1) Relax, just sit around.
- 2) Do not engage in any unnecessary exercise.
- 3) Avoid stairs.
- 4) Watch plenty of television.
- 5) Above all, do not take life too seriously.

## April 2004 - Five Years Ago

Joe Richardson takes over from Hank Steadman as director of the Delmar Dash. The weather is ideal. Bob Irwin takes the lead at one mile and goes on to win in a time of 27:09 followed by Adam Rice and Dave Raucci. Emily Bryans, adding to her wins in 2001 and 2002, takes the women's race in 30:06. Age group winners include Rob Picotte, Chad Davie, Megan Leitzinger and Nancy Taormina. Hank himself enjoys the race from a participant's standpoint and then contributes an article to *The Pace Setter*. □



**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**

# Dodge the Deer 5k & Mile Fun Run

The 7th Edition  
Sunday, April 19, 2009  
Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series

New for 2009: Chip Timing by ARE Event Productions!

## WHAT YOU NEED TO KNOW

Now in its 7th year, this cult classic features the collision of the Albany Running Exchange's zeal for energetic family-friendly races merged with their lust for over-the-top grandiose experiments in social phenomena. The event, named after a deer named Dodge who you will also have to *dodge* at the finish, takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully.

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



## AWARDS

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

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

## SPECIAL CATEGORIES

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

## AMENITIES

The first 500 entrants in the 5k are guaranteed commemorative fleece headbands with the popular Dodge the Deer logo as seen as on the shirts, mugs, socks, and more! Don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and arts and crafts activities! There is a cook-out afterwards as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

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

## EVENT SCHEDULE

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



**\*We highly encourage you to register online\***

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

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

Early Registration: Postmarked by April 11  
Checks made out to: AREEP

TO REGISTER, GET DIRECTIONS, AND MORE

Visit [www.AREEP.com](http://www.AREEP.com)

or call 518 320 8648.



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

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NAME _____	____ / ____ / ____ BIRTHDAY	AGE (on 4/19/09) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____	
CITY _____		STATE _____	ZIP _____
PHONE ( ) _____		RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K	
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____	
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.</small>			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ <small>(IF UNDER 18)</small>	

# **2009 CAPITAL DISTRICT YMCA 5K RUN/WALK SERIES & KIDS FUN RUN**

The Capital District YMCA is pleased to announce the second annual Capital District YMCA 5K Run/Walk Series & Kids Fun Run 2009. In the past our YMCA's have offered individual 5K runs. This series will organize all 6 events and award prizes to participants of all 6 races.

Money raised from these events will fund the Capital District YMCAs scholarship program. This past year 30,000 kids and families received scholarship help from this fund!

With the support of our local sponsors, members and community members we hope to make this event the fastest growing and highly attended outdoor event of the season. You and your family will enjoy participating as these are events for the entire community. Do not miss an opportunity to walk, run or cheer the kids on or simply take in these positive, healthy, community fun days! (Dates and times may change.)

## **RACE #1** **FIT FOR LIFE**

### **ALBANY YMCA 5K RUN/WALK**

**Saturday, May 2, 2009 - 9AM Albany's Washington Park Albany, NY**

This event takes place in Albany's historic and beautiful Washington Park. Enjoy an early spring morning by Running or walking through a sea of colorful tulips while enjoy the wildlife and colorful landscape. For more information contact race director, Demetra Brown at 449-7196 x 1010.

## **RACE #2**

### **SCHENECTADY & GREATER GLENVILLE FAMILY YMCA 5K RUN/WALK**

**Saturday, July 11, 2009 - 9AM Freedom Park, Scotia, NY**

The Glenville/Schenectady 5K Canal Run/Walk & Kids Fun Run is a 3.2 mile road race and a kids fun run. For more information contact race director, Nancy Gildersleeve at 399-8118 x 3340.

## **RACE #3**

### **SOUTHERN SARATOGA YMCA 5K RUN/WALK**

**Tuesday, August 18, 2009 - 6:30PM, SSY YMCA 1 Wall Street, Clifton Park, NY**

The 14th Annual Southern Saratoga YMCA 5K is for the whole family and the community. It is a Run/Walk for all ages and abilities. Money raised from this event for Reach Out for Youth will fund our Running Start Program. This program is designed to supply local families in need with a backpack, school supplies and new clothing for their children and prepare them for a successful school year by getting them off to a "Running Start." With more than 250 runners participating, it is a great way to have fun and support a charitable cause in our local community. The Kids Fun Run will get your child excited about taking up running! For more information contact race director, Sarah Fischer at 371-2139 x 5510.

## **RACE #4** **FIT FOR LIFE**

### **GUILDERLAND YMCA BRENDA DEER MEMORIAL 5K RUN/WALK**

**Saturday, September 12, 2009 - 9AM at the Guilderland YMCA, 250 Winding Brook Drive, Guilderland, NY**

The event is named after Brenda Deer who was a Guilderland resident and avid runner. She was a popular teacher's aide for six years at the Guilderland Elementary School and a mother of three. Brenda was tragically killed on July 30, 2000 when she was struck by a drunk driver as she was running with her husband, John, on Route 155. Brenda's morning runs with her husband were a part of her daily routine. Proceeds from the event will be donated to the Circle of Champs Program that is dedicated to improving the quality of life for children, age 5-15, who have been touched by a life threatening illness. For more information, contact race director, Jennifer Rittner-Paniccia at 456-3634 x 1110.

## **RACE #5** **FIT FOR LIFE**

### **TROY FAMILY YMCA 5K RUN/WALK MONSTER MADNESS DASH**

**Saturday, October 31, 2009 - 9AM at the Troy YMCA, 2500 21st St., Troy, NY**

Join us at the Troy Family YMCA for the event that has quickly become a community favorite. This is a 5k event that leads participants through historic Frear Park. As its name implies this is an event that brings out the kid in everyone and is a perfect kick-off for the fun and festivities of the Halloween season. Participants are encouraged to dress up in costume to experience the full effect of this event. It's a Ghoulish Good Time! For more information, contact race director, Chris Bins at 272-5900 x 2240

## **RACE #6** **FIT FOR LIFE**

### **GREENBUSH AREA YMCA FALL 5K RUN/WALK**

**Sunday, November 8, 2009 - 9:30AM at the Greenbush YMCA, 20 Community Way, East Greenbush, NY**

Celebrate the Fall season and enjoy the color of leaves during this 5K, the last of the 5K series. For more information contact race director Kendra Evans at 477-2570 x 1249.





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

### Articles:

Deadline is April 25th. Submit to: Editor, hamletbryans@nycap.rr.com

### Advertisements:

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

### Ads should be sent to:

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

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

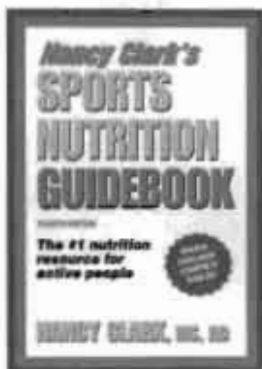


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# 2009 Sports Nutrition Guidelines

Hot off the press from three prominent nutrition and exercise associations – the American Dietetic Association, American College of Sports Medicine, and Dietitians of Canada – is the 2009 Joint Position Stand on Nutrition for Athletic Performance. While there is little earth-shattering news in this comprehensive document (available on [www.eatright.org](http://www.eatright.org); on the left side of the screen, click on Position stands), the authors comprehensively reviewed the research to determine which sports nutrition practices effectively enhance performance. Here are a few key points, and the reminder that what and when you eat powerfully impacts how well you can perform. I hope this information entices you to “think again” if nutrition is your missing link.

- Don't weigh yourself daily! What you weigh and how much body fat you have should not be the sole criterion for judging how well you are able to perform in sports. That is, don't think that if you get to XX% body fat, you will run faster. For one, all techniques to measure body fat have inherent errors. (Even BodPod can underestimate percent fat by 2 to 3%.) Two, optimal body fat levels depend on genetics and what is optimal for your unique body. Pay more attention to how you feel and perform than to a number on the scale.

- Protein recommendations for both endurance runners and strength-trained athletes range from 0.5 to 0.8 grams per pound (1.2-1.7 g/kg) body weight. For a 150 lb. runner, this comes to about 75 to 120 g protein per day, an amount most runners easily consume through their standard diet without the use of protein supplements or amino acid supplements. Vegetarian runners should target 10% more, because some plant proteins (not soy but legumes) are less well digested than animal proteins.

If you are just starting a weight-lifting program, you'll want to target the higher protein amount. Once you have built up your muscles, the lower end of the range is fine.

- If you are trying to build muscle, you need to pay attention to carbohydrates, and not just protein. That's because strength training depletes muscle glycogen stores. You can deplete about 25% to 35% of total muscle glycogen stores during a single 30-second bout of resistance exercise.

- Runners who eat enough calories to support their athletic performance are unlikely to need vitamin supplements. But runners who severely limit their food intake to lose weight, or who eliminate a food group (such as dairy, if they are lactose intolerant), or train indoors and get very little sunlight (needed to make Vitamin D) may require supplements.

- If you are vegetarian, a blood donor, and/or a woman with heavy menstrual periods, you should pay special attention to your

iron intake. If you consume too little iron, you can easily become deficient and be unable to exercise energetically due to anemia. Because reversing iron deficiency can take 3 to 6 months, your best bet is to prevent anemia by regularly eating iron-rich foods (lean beef, chicken thighs, enriched breakfast cereals such as Wheaties and Total) and including in each meal a source of vitamin C (fruits, vegetables).

- Eating before hard exercise, as opposed to exercising in a fasted state, has been shown to improve performance. If you choose to not eat before a hard workout, at least consume a sports drink (or some source of energy) during exercise.

- When you exercise hard for more than one hour, target 30 to 60 grams (120 to 240 calories) of carbohydrate per hour to maintain normal blood glucose levels and enhance your stamina and enjoyment of exercise. Fueling during a long run is especially important if you have not eaten a pre-exercise snack. Popular choices include gummi candy, jelly beans, dried fruits, as well as gels and sports drinks. More research is needed to determine if choosing a sports drink with protein will enhance endurance.

- For optimal recovery, a runner who weighs about 150 pounds should target 300 to 400 calories of carbs within a half-hour after finishing an exhausting workout. More precisely, target 0.5-0.7 g carb/lb (1.0-1.5 g carb/kg). You then want to repeat that dose every 2 hours for the next four to six hours. For example, if you have done a rigorous morning workout and need to do another session that afternoon, you could enjoy a banana, vanilla yogurt and granola as soon as tolerable post-exercise; then, two hours later, a pasta-based lunch; and then, another two hours later, another snack, such as pretzels and orange juice.

- Whether or not you urgently need to refuel depends on when you will next be exercising. While a triathlete who runs for 90 minutes in the morning needs to rapidly refuel for a 3-hour cycling workout in the afternoon, the fitness jogger who works out every other day has little need to obsess about refueling.

- Including a little protein in the recovery meals and snacks enhances muscle repair and growth. Popular carb+protein combinations include chocolate milk, yogurt, cereal+milk, pita+humus, beans+rice, pasta+meat sauce.

- Muscle cramps are associated with dehydration, electrolyte deficits, and fatigue. Cramps are most common in runners who sweat profusely and are “salty sweaters.” They need more sodium than the standard recommendation of 2,400 mg/day. Losing about 2 pounds of sweat during a workout equates to losing about 1,000 mg sodium. (Note: 8 ounces of sports drink may offer only 110

mg sodium.) Salty sweaters (as observed by a salty crust on the skin of some runners) lose even more sodium. If that's your case, don't hesitate to consume salt before, during and after extended exercise. For example, enjoy broth, pretzels, cheese & crackers, pickles and other sodium-rich foods. The majority of active people can easily replace sweat losses via a normal intake of food and fluids.

Final words of advice: If you can make time to train, you can also make time to eat well and get the most out of your training. Optimal sports performance starts with good nutrition!

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





29<sup>th</sup> Annual **HMRRC**  
*Mother's Day Race*  
*3.5 Mile*

**FOR WOMEN & THEIR CHILDREN**  
**SUNDAY, MAY 10, 2009 • 10:00 a.m.**

Hamagrael School, McGuffey Lane, Delmar

Directions: Take Rt. 32 South (Delmar Bypass), right onto Murray Ave.,  
take immediate right onto Parkwyn Dr., bear right at fork, staying on  
Parkwyn Dr. for ½ mile. School is on right.

**ENTRY FEE – \$10.00 HMRRC members; \$12.00 non-members if postmarked by April 30th  
\$15.00 after April 30th & Day of Race until 9:45 a.m.**

**KIDS RACE – 11:00 a.m., Distances: 1 Mile, ½ Mile & ¼ Mile (sign-up day of race)**

**ENTRY FEE FOR 3.5 MILE RACE INCLUDES –**

- Awards to the top three finishers and awards for top three finishers in each age group category (no repeat winners)
- Mother-daughter/Mother-son team awards for top three teams.  
(Teams need to pre-register in order to be eligible for team awards.)

**Name:** \_\_\_\_\_ **Age Day of Race:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City, State, Zip:** \_\_\_\_\_

- ☐ I am a member of a mother-daughter team.
- ☐ I am a member of a mother-son team.
- ☐ Name of second team member is: \_\_\_\_\_

**(Submit separate entry form for each entrant and enclose BOTH entries in same envelope)**

Please send application and entry fee, payable to HMRRC, to  
**MDR, c/o HMRRC, PO Box 12304, Albany, NY 12212**  
Visit [www.hmrrc.com](http://www.hmrrc.com) for more information  
or contact Nancy Briskie at 355-3276 or email [nbriskie@aol.com](mailto:nbriskie@aol.com)



**APPLICATION WAIVER**

I know that running a road/trail race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including (high heat and humidity/hypothermia or frostbit - insert whichever is applicable to your race), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, (insert other entities you need to include in waiver), their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification.

Signature: \_\_\_\_\_ Signature of parent/guardian if under 18 \_\_\_\_\_



**HMRRC and Community Resource Federal Credit Union presents**  
**Community Resource Father's Day 5k Run**  
Sunday June 21, 2009 | 9:30 AM Race Time | The Crossings of Colonie

- Registration, Packet Pick-up:** 7:30 Am – 9:15AM at the Crossing of Colonie, 580 Albany Shaker Rd. Parking on Metro Dr. off Wolf Rd. and in the park.
- Entry Fees:**
- Pre-registered HMRRRC and CRFCU members, \$10.00
  - All other pre-registered, \$12.00
  - Day of race registration, \$15.00
  - Pre-race registration deadline: June 17<sup>th</sup>
- Course:** Flat fast USATF Certified course through a beautiful park. Chip timing by Albany Running Exchange Event Production
- Race Shirts:** Guaranteed to the first 300 pre-registered 5k runners
- Awards:**
- Top 5 Father Son and Father Daughter Teams
  - Overall Male & Female and Overall Male & Female Credit Union Members
  - Top 3 Males and Females in 5-year age groups
- Father/Child Teams:** Lowest combined age graded times for Father-Son and Father-Daughter teams.
- Kid's Races:**
- Begin at 8:45 near the playground with prizes to all participants
  - Peewee (50m) run recommend for children up to age 5
  - Half Mile run recommend for children up to age 10
  - 1 Mile race (\$1 entry fee) with awards to top male and female finishers in age groups: under 10, 10-12, and 13-15.
  - Children's Races Day of Entry Only

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size: S M L XL Age on Race Day: \_\_\_\_\_ Birthday: \_\_\_\_\_ Sex: M F

☐ CRFCU member ☐ HMRRRC member

☐ Yes, I would like to make a contribution to this year's charity of choice, Capital District Community Gardens! \$ \_\_\_\_\_  
(visit [www.cdccg.org](http://www.cdccg.org) for more information)

☐ Father Child Team Team Members: \_\_\_\_\_

(Enter the name of the father and each child. Applications are needed for each participant and team applications must be submitted together)

I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, the town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. In addition I agree to pay \$15 for an unreturned timing chip.

Signature: \_\_\_\_\_ Parent/Guardian (if under 18): \_\_\_\_\_

Make checks payable to: **HMRRC** Mail to: **Father's Day 5k, PO Box 12304, Albany, NY 12212**  
Online registration available at [www.hmrrc.com](http://www.hmrrc.com), [www.communityresource.coop](http://www.communityresource.coop) and [www.cdccg.org](http://www.cdccg.org)  
Prize raffle to benefit Capital District Community Gardens



# 8th annual **Sean'srun** 2009

presented by:  
  
**First Niagara**



## 2008 Sponsors

Major Benefactor:



Sean'sMile by:



5K by:



Battle of the Belts by:



Media Sponsor:



## Sunday, April 26

5k — 1:00pm    Sean'sMile 12:30pm

### Chatham High School, Columbia County

Sean's Run grows each year because we offer a professionally produced event with a charming course, many amenities and nice giveaways, shirts to the first 1200 entrants, Saturday Packet Pick-Up, fun and exciting atmosphere, quick and accurate results, and a special spirit. You will feel it!

Register Online Today:

**[www.seansrun.com](http://www.seansrun.com)**



## More Pictures from the HMRRC Banquet



## Is it your New Year's Resolution to volunteer at HMRRC race?

Anyone can qualify for a volunteer.

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

we pay with smiles and thank you's and the occasional t-shirt!

Either call me (356-2551) or email me ([madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)) or send me the following:

Name:

Address:

Tele. #:

Email:

Job Interested in (check all that apply):

- ☐ Course marshal
- ☐ Refreshments
- ☐ Registration
- ☐ Finish line/results
- ☐ Race Director – asst. and training
- ☐ Any of the above

Physical limitations (if any):

Mail to: Marcia Adams; HMRRC  
Volunteer Coordinator; 1009 Tollgate  
Lane; Schenectady NY 12303

29th ANNUAL HMRRRC

# BILL ROBINSON Masters 10K Championship

*For Runners 40 Years Old or Older*

HMRRRC Grand Prix Race  
Adirondack USATF Masters Championship  
Adirondack USATF Grand Prix Series Race

10 KILOMETERS

**SATURDAY, APRIL 25, 2009 - 10 A.M.**

3 awards for each 5-year age group

TEAMS: Top three USATF Registered Male and Female teams in ten year age groups.  
For entry forms, contact Adirondack Association USATF office.

USATF # \_\_\_\_\_

To join USATF go to [usatfadir.org](http://usatfadir.org) or contact the office at 518-273-5552, ext. 203  
(USATF membership # is required for USATF Grand Prix and Championship scoring)

## HATS TO FIRST 75 REGISTERED RUNNERS

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

### REPORT TO:

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

**ENTRY FEE: \$12.00** (HMRRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MASTERS  
ONLY!

### MAIL ENTRY TO:

HMRRRC, P.O. Box 12304, Albany, NY 12212  
(Make checks payable to HMRRRC)

MASTERS  
ONLY!

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_ Age (as of 4/25/09) \_\_\_\_\_ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Healthy Feet

While preparing for a spring marathon, it is important to focus on the most important element of running, your feet. Regardless of your activity level, an important aspect of getting healthy and staying healthy starts at the very foundation of your structure.

Most people think of feet in terms of flat or not flat, but there are really three types of feet. There is the supinated foot, which tends to have a very high arch (but not always) and distributes the weight to the outside of the foot. Next is the neutral foot, which tends to have a mid level arch. With this type most of your weight is typically supported through the middle of the foot. As people age, this foot type may start to flatten out due to weight bearing, but will look normal when no weight is placed upon it. The flat or hyperpronated foot is the third type of foot. Weight distribution tends to be toward the inside of the foot, especially as you push off when running or walking.

Knowing the type of foot you possess helps you choose the best running shoe. I have run in just about every brand of running shoe on the market. The name of the company has never mattered to me as long as the shoe was comfortable and the right style for me. The best way to know what type of foot you possess is by having three types of tests done. First is the hands-on test. Put your fingers underneath the arch of the foot while sitting. If you can get to the second joint of the index finger, then you have a good arch. Then redo the test while standing. If you can still get to the second joint then you usually have a supinated foot. If you can't get to the second joint when standing then it's more of a neutral foot. If the foot is flat while sitting, it's pronated. If you can only get part of your finger underneath when sitting, and it then flattens out as you stand, then your foot is neutral or moving toward pronation.

The second test I use is a digital foot scan. This measures your foot in the static position. This view shows how you bear weight when standing. Most people think their foot is neutral based on the last test, when in fact they may actually pronate. The digital scan colorizes the weight bearing areas. Some feet that look fairly neutral with the last test can really be pronated. The lateral arches may drop, causing the foot to compensate and pronate. This does not show up while visually and manually inspecting the foot, but will show on the digital foot scan. This is called plastic deformation, where the aponeurosis of the plantar fascia no longer maintains its normal length due to repetitive micro trauma from over-stretching it.

The third test is gait analysis, or watching someone run in a pair of shoes. It is best to watch someone run in a pair of neutral shoes. When someone is a hyperpronator it will show up easily, but if someone is a moderate pronator it may not show. Moderate pronators may not pronate until their leg muscles become fa-

tigued after running. Therefore a shoe that may appear to be supportive enough may in fact not be once you have been running for some duration.

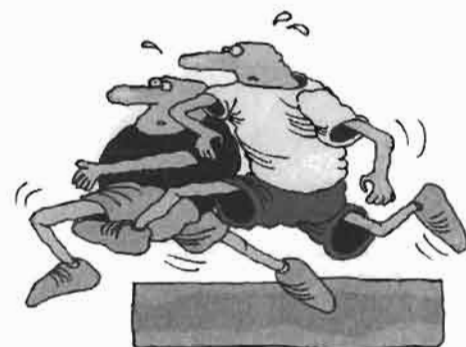
Running shoes are designed to fit these foot types. Supinated shoes are typically narrower and curve-lasted to support lateral weight bearing. Neutral shoes usually have a semi-curve last, while a hyper-pronated shoe is usually straight, to support medial weight bearing.

Once your foot type has been determined, it is important to decide if custom orthotics are needed. I find that most hyper-pronators can really benefit from orthotics. While motion control running shoes keep you stable while running, you probably do not wear these shoes all day. Also a motion control shoe is designed to control hyper-pronation and rolling in of the midfoot, but is not designed to support the other arches of the foot (lateral arch, and metatarsal arch). The imbalances that your foot possesses cause a domino-like effect of imbalances throughout your structure. These imbalances are what lead to premature breakdown, and excessive wear and tear on your muscles, ligaments, and joints. When wearing custom orthotics you benefit from having balanced feet, causing equal weight distribution from side to side. Think of a building. If the first floor was tilted, how would the rest of the structure hold up? Also, orthotics cause decreased shock absorption to the rest of your joints. The only foot type that doesn't really benefit from an orthotic is the neutral one. A supinated foot tends to have a very rigid foot (I have this foot type) and tends to have calf, Achilles, and plantar fascia problems due to the foot absorbing much of the shock from the foot strike. I have worn orthotics for the past 5 years and my troublesome feet have not caused me to miss any running. Other things have caused me to miss running, but at least my feet have been healthy.

A proper shoe and a custom orthotic, if appropriate, are a great combination to help runners and walkers stay pain free and enjoy life to the fullest. For those running Boston, my advice to is to do some tempo and long runs in the shoe you plan on racing in. You need to be sure that the shoe you will use is going to be comfortable for the merciless down hills after Heartbreak Hill. On a personal note, I do not race with my orthotics in (but I supinate and have run Boston in 2:38). If I were a hyper pronator I would wear them. The longer your marathon takes, the more pounding you will endure. If you are planning on wearing training shoes as opposed to lightweight racers for the marathon, then wearing an orthotic is an appropriate choice for competing in the marathon. Also I recommend keeping a log of how many miles you have run in your shoes. Around the 400 to 500 mile mark, shoes start to break down. If you notice new aches and pains and have run that many miles in your

shoes, it is time to change them. Good luck and stay healthy.

Dr. Robert Irwin has been practicing for over 10 years in Guilford N.Y and for past 5 years has been Arena Football Chiropractor to the Albany Fire Birds. He can be reached at Bobdc99@yahoo.com □



## New HMRRC Members

Christine Ardito  
John Axten and family  
Carol Bendall  
Mike Biehl  
Don Byerly  
Pat Cullen  
Linda DeNovellis and family  
Brian Dillenback  
Moir Driscoll  
Kathleen Egan  
Greg Ethier  
James Foley and family  
Ray Framarin  
Patty Greene  
Rebecca Hathaway  
John Loughlin and family  
Vicki McQueeney  
Ron Montesi  
Rachel Neefus  
Amy Ohl  
Michelle Olsen  
Josh O'Neil and family  
Elizabeth Palazzo  
Katelyn Primomo  
Mark Raymond  
Rachel Schabot  
Andrew Schieckedanz  
Amanda Serafini  
Jeremy Smith  
Mike and Beth Stalker  
Linda Thorburn and family  
Mike Wallner  
Brad Workman

# Grand Prix Update

## Race #2 Winter Series Race #5 10 M, February 8

### MEN

#### Male Open

- 12 Pat Cullen
- 10 Chuck Terry
- 8 Justin Bishop
- 7 Tom O'Grady
- 6 Joe Hayter
- 5 Jim Sweeney
- 4 Eamon Dempsey

#### Male 30-39

- 12 Aaron Knobloch
- 10 Brian Northan
- 8 Jonathon Bright
- 7 Mike Kelly
- 6 Joe Benny
- 5 David Tromp
- 4 Patrik Sorsby

#### Male 40-49

- 12 Ahmed Elasser
- 10 Jon Rocco
- 8 Russ Hoyer
- 7 Brian DeBraccio
- 6 Mike Biehl
- 5 Dan Cantwell
- 4 Paul Bohl

#### Male 50-59

- 12 Derrick Staley
- 10 Lee Pollock
- 8 Rob Colborn
- 7 Peter Cure
- 6 Ken Klemp
- 5 Paul Forbes
- 4 Brian Teague

#### Male 60-69

- 12 Tom Yannone
- 10 Tom Adams
- 8 John Stockwell
- 7 Bob Ellison
- 6 Jesse Dinkin
- 5 Jim Moore
- 4 Jack Berkery

#### Male 70+

- 12 Bob Husted
- 10 Wade Stockman
- 8 Joe Corrigan

## Race #3 Runnin' of the Green (Island) 4 M, March 7

#### Male Open

- 12 Andy Allstadt
- 10 Chuck Terry
- 8 Pat Cullen
- 7 Tim Caramore
- 6 Justin Bishop

- 5 Anthony Giuliano
- 4 Josh Merlis

#### Male 30-39

- 12 Bob Irwin
- 10 Brian Northan
- 8 Jonathon Bright
- 7 David Tromp
- 6 Joe Benny
- 5 Sean Madden
- 4 Corbin Gosier

#### Male 40-49

- 12 John Noonan
- 10 Ahmed Elasser
- 8 Tim Hoff
- 7 Richard Cummings
- 6 Tom Kracker
- 5 Steve Becker
- 4 Norris Pearson

#### Male 50-59

- 12 Tom Dalton
- 10 Lee Pollock
- 8 Mark Warner
- 7 Dale Keenan
- 6 Rob Colborn
- 5 Peter Cure
- 4 Rob Picotte

#### Male 60-69

- 12 Tom Yannone
- 10 Tom Adams
- 8 John Stockwell
- 7 Bob Ellison
- 6 David Hayes
- 5 Tom Kollar
- 4 Frank Klose

#### Male 70+

- 12 Wade Stockman
- 10 Bob Husted
- 8 Joe Kelly
- 7 Ed Docette
- 6 Charles Bishop
- 5 Joe Corrigan
- 4 Jim Tierney

### Total After 3 Races

#### Male Open

- 22 Tom O'Grady
- 20 Pat Cullen
- 20 Chuck Terry
- 17 Jim Sweeney
- 15 Joe Hayter
- 14 Justin Bishop
- 13 Tim Caramore
- 12 Andy Allstadt
- 9 Eamon Dempsey
- 8 Josh Merlis
- 7 Dave Vona
- 5 Anthony Giuliano
- 5 Andrew McCarthy

#### Male 30-39

- 27 Brian Northan
- 24 Aaron Knobloch
- 22 Jonathon Bright
- 22 David Tromp
- 12 Joe Benny
- 12 Bob Irwin
- 8 Jim David
- 8 Todd Smith
- 7 Mike Kelly
- 5 Sean Madden
- 4 Corbin Gosier
- 4 Robert Norman
- 4 Patrik Sorsby

#### Male 40-49

- 34 Ahmed Elasser
- 18 Jon Rocco
- 15 Steve Becker
- 12 Russ Hoyer
- 12 John Noonan
- 10 Dan Cantwell
- 8 Edward Hampston
- 8 Tim Hoff
- 7 Brian DeBraccio
- 7 Richard Cummings
- 7 Norris Pearson
- 6 Mike Biehl
- 6 Tom Kracker
- 5 Rob Paley
- 4 Paul Bohl
- 4 Norris Pearson

#### Male 50-59

- 28 Lee Pollock
- 22 Peter Cure
- 14 Rob Colborn
- 14 Mark Warner
- 12 Tom Dalton
- 12 Kevin Dollard
- 12 Derrick Staley
- 11 Brian Teague
- 7 Paul Forbes
- 7 Dale Keenan
- 6 Bill Herkenham
- 6 Ken Klemp
- 5 Ken Klapp
- 4 Rob Picotte

#### Male 60-69

- 32 Tom Adams
- 26 John Stockwell
- 24 Tom Yannone
- 21 Bob Ellison
- 13 Tom Kollar
- 8 Jesse Dinkin
- 6 David Hayes
- 6 Peter Newkirk
- 5 Tom Benoit
- 5 Jim Moore
- 4 Jack Berkery
- 4 Frank Klose
- 4 Paul Murray
- 4 Chuck Trimarchi

#### Male 70+

- 34 Bob Husted
- 32 Wade Stockman
- 13 Joe Corrigan
- 8 Joe Kelly
- 7 Ed Doucette
- 6 Charles Bishop
- 4 Jim Tierney

### WOMEN

## Race #2 Winter Series #5 10 Miles, February 8

#### Female Open

- 12 Diane Matthews
- 10 Christina Ardito
- 8 Crystal Cammarano
- 7 Martha Snyder
- 6 Diana Rodriguez Tobon
- 5 Colleen Hayden
- 4 Rachel Clattenburg

#### Female 30-39

- 12 Lori Weaver
- 10 Jessica Mitchel
- 8 Estelle Burns
- 7 Pamale DelSignore
- 6 Sally Drake
- 5 Suzy Bright
- 4 Amy Ohl

#### Female 40-49

- 12 Emily Bryans
- 10 Anne Benson
- 8 Cheryl DeBraccio
- 7 Megan Leitzinger
- 6 Chris Varley
- 5 Lizette Arroyo
- 4 Denise Iannizzitto

#### Female 50-59

- 12 Martha DeGrazia
- 10 Cathy Sliwinski
- 8 Susan Burns
- 7 Kathrine Ambrosio
- 6 Cynthia Southard
- 5 Judy Lynch
- 4 Joan Celentano

#### Female 60-69

- 12 Susan Wong
- 10 Ginny Pezzulo

#### Female 70-79

- 12 Anny Stockman
- 10 Eiko Bogue

*Continued*



## Race #3 Runnin' of the Green (Island) 4 Miles, March 7

### Female Open

12	Diane Matthews
10	Carolyn Herkenham
8	Kathryn Jones
7	Crystal Cammarano
6	Christina Ardito
5	Colleen Hayden
4	Julie Nabozny

### Female 30-39

12	Karen Dolge.
10	Lori Weaver
8	Kimberly Miseno-Bowles
7	Estelle Burns
6	Jess Hageman
5	Jessica Mitchel
4	Pamale DelSignore

### Female 40-49

12	Emily Bryans
10	Anne Benson
8	Beth Stalker
7	Nancy Nicholson
6	Megan Leitzinger
5	Tracy Perry
4	Julie Burke

### Female 50-59

12	Judy Phelps
10	Cathy Sliwinski
8	Elizabeth Herkenham
7	Martha DeGrazia
6	Erika Oesterle
5	Susan Burns
4	Karen Dott

### Female 60-69

12	Susan Wong
10	Ginny Pezzulo
8	Sibyl Jacobson
7	Liz Milo
6	Noreen Buff

### Female 70-79

12	Anny Stockman
10	Eiko Bogue

## Total After 3 Races

### Female Open

28	Christina Ardito
24	Diane Matthews
17	Martha Snyder
16	Colleen Hayden
15	Crystal Cammarano
11	Diana Rodriguez Tobon
10	Carolyn Herkenham
8	Casey Doak
8	Kathryn Jones
8	Erin Rightmyer
8	Kelly Virkler
4	Rachel Clattenburg
4	Kerry Gebhardt
4	Julie Nabozny

### Female 30-39

22	Jessica Mitchel
22	Lori Weaver
18	Kimberly Miseno-Bowles
15	Estelle Burns
15	Sally Drake
14	Jess Hageman
12	Karen Dolge.
12	Laura Gerson
11	Pamale DelSignore
5	Suzy Bright
5	Ashley Peacock
4	Jamie Masson
4	Amy Ohl

### Female 40-49

32	Anne Benson
24	Emily Bryans
13	Megan Leitzinger
12	Lizette Arroyo
12	Chris Varley
10	Kari Gathen
9	Denise Iannizzitto
8	Cheryl DeBraccio
8	Diane Hanson
8	Beth Stalker
7	Nancy Nicholson
5	Tracy Perry
4	Julie Burke
4	Mary Fenton

### Female 50-59

31	Martha DeGrazia
23	Susan Burns
20	Cathy Sliwinski
16	Kathrine Ambrosio
12	Joan Celentano
12	Judy Phelps
8	Elizabeth Herkenham
8	Judy Lynch
6	Erika Oesterle
6	Barbara Sorrell
6	Cynthia Southard
4	Karen Dott

### Female 60-69

36	Susan Wong
30	Ginny Pezzulo
8	Sibyl Jacobson
7	Liz Milo
6	Noreen Buff

### Female 70-79

36	Anny Stockman
20	Eiko Bogue

## AGE GRADED

### Race #2 Winter Series #5, February 8

	Runner	Age	G
1	12 Derrick Staley	50	M
2	10 Anny Stockman	76	F
3	8 Susan Wong	61	F
4	7 Pat Cullen	22	M
5	6 Lee Pollock	56	M
6	5 Chuck Terry	26	M

7	4 Justin Bishop	27	M
8	3 Martha DeGrazia	57	F
9	2 Rob Colborn	54	M
10	1 Tom O'Grady	23	M

## Race #3 Runnin' of the Green (Island) 4 Miles, March 7

	Runner	Age	Gr
1	12 Tom Dalton	50	M
2	10 Judy Phelps	58	F
3	8 Susan Wong	61	F
4	7 Anny Stockman	76	F
5	6 Andy Allstadt	26	M
6	5 Dale Keenan	58	M
7	4 Chuck Terry	26	M
8	3 John Noonan	49	M
9	2 Lee Pollock	56	M
10	1 Beth Stalker	49	F

## Total After 3 Races

	Runner	Age	G
29	Anny Stockman	76	F
26	Susan Wong	61	F
12	Tom Dalton	50	M
12	Derrick Staley	50	M
10	Martha DeGrazia	57	F
10	Judy Phelps	58	F
9	Chuck Terry	26	M
8	Kevin Dollard	53	M
7	Pat Cullen	22	M
7	Tom O'Grady	23	M
6	Andy Allstadt	26	M
6	Lee Pollock	56	M
5	Ahmed Elasser	46	M
5	Dale Keenan	58	M
4	Justin Bishop	27	M
4	Ginny Pezzulo	63	F
3	Anne Benson	43	F
3	John Noonan	49	M
2	Steve Becker	42	M
2	Rob Colborn	54	M
2	Lee Pollock	56	M
1	Peter Cure	50	M
1	Beth Stalker	49	F



Female winner, 20M  
Karen Bertasso, 2:33:47





Go to **HMRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

### Circle size and color where applicable

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

*If ordering only this item, postage is \$.42*

**All prices include sales tax**

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

Postage \$5.05

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

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

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

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

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

# Local Event Schedule

(club events in blue type)

Date	Time	Event	Location	Contact(s)	Email
4/5	9:00 AM	21st Delmar Dash 5M (GP under 40)	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/8	7:30 PM	HMRRRC Business Meeting	Point of Woods Club House	Mike Kelly	mjkhome@verizon.net
4/11	10:00 AM	15th Annual Rabbit Ramble 4 Miler	Guilderland High School	Phil Carducci	rabbitrabble@nycap.rr.com
4/18	9:00 AM	St. Peter's Keys Run 10K	Saratoga Spa Park	Laura & Jeff Clark	laura@saratogastryders.org
4/18	10:30 AM	PA Summer Biathlon (Run -Shoot) 4km + 5km	Whitetail Preserve	Frank Gaval	barb123@ptd.net
4/19	9:00 AM	1st Hudson Valley 15K	Blooming Grove NY Rte 94	John Finnigan	jfinnigan@hvc.rr.com
4/19	10:00 AM	Dodge the Deer 5k (with two kids races)	Schodack Island State Park	Josh Merlis	dtd@albanyrunningexchange.org
4/19	12:30 PM	Ray's Run 4 Miler	Deitz Stadium/Kingston	Steve Schallenkamp Yvonne Sill	ssrun54@aol.com ysill1@aol.com
4/25	8:00 AM	2009 Spring Runoff 10K & 5K	Corning Preserve	Melody Burns	melody@melodyburns.com
4/25	10:00 AM	29th Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/26	10:00 AM	Cherry Blossom 5k Challenge	Eastern Pkwy & Ashmore Ave Schenectady	Tim Fecura	afecura@nycap.rr.com
4/26	1:00 PM	28th Kingston Classic 10K	Dietz Stadium	Jan Pollo	kingstonclassic@aol.com
4/26	1:00 PM	Sean's Run - 5K	Chatham High School	Mark French	MarkFrench@Fairpoint.net
5/2	9:00 AM	Captain Timothy J. Moshier Memorial 5K Run	Bethlehem Middle School	Peter McKee	pcmckee@gmail.com
5/3	10:00 AM	Shack Attack 5k Race/Walk to benefit Gilda's Club	University at Albany	Jennifer Lawrence	shackattack09@live.com
5/6	7:30 PM	HMRRRC Business Meeting	Point of Woods Clubhouse	Mike Kelly	mjkhome@verizon.net
5/10	10:00 AM	29th Mother's Day 3.5 Miler	Hamagrael School Delmar	Nancy Briskie	nbriskie@aol
5/15	6:00 PM	Vascular Birthmarks Foundation 5K Run - 1 Mile Walk	Crossings at Colonie	Barbara Rothaupt	BRothaupt@nycap.rr.com
5/16	9:00 AM	3rd Annual Mother Teresa Academy River Run	Halfmoon	Lisa Dillon	tsassociates@nycap.rr.com
5/17	8:00 AM	Safe Harbors of the Hudson Off Broadway Run	City of Newburgh Historic District	June Henley	jhenley@safe-harbors.org
5/17	8:00 AM	National Distance Running Hall of Fame Race 1/2 Marathon & 5K	Utica	Mary MacEnroe	macenroe@dreamscape.com
5/17	8:30 AM	Dutchess ARC Laurel Run 10-mile & 5k - kids races	Freedom Park	Lindsay Roth	lroth@dutchess-arc.org
5/21	6:25 PM	33rd GHI Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Pete Newkirk	pnewkirk@newkirk.com
5/25	7:20 AM	Los Angeles Marathon	6th & Figueroa St	Stacy Embretson Megan Cavan	info@lamarathon.com
5/27	6:30 PM	Run If You Dare 5K	Mechanicville	Kevin Connors	kconnors@connorsgroup.com
5/30	7:45 AM	USA Open & Junior 10km Race Walk Championships	Empire State Plaza	USATF Adirondack	runninginfo@freihoferstrun.com
5/30	9:00 AM	Freihofer's Run for Women 5k	Madison Ave - Albany	USATF Adirondack	eventinfo@usattadir.org
5/30	10:00 AM	22nd Annual Freihofer's Kids' Run	Madison Ave - Albany	USATF Adirondack	runninginfo@freihoferstrun.com
5/31	9:00 AM	38th Distinguished Service Race 8 Mile [GP]	University at Albany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212  
ADDRESS SERVICE REQUESTED

Non-Profit Org.  
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!*