

# The Pace Setter

August 2014

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



## Colonie Mile

July 1, 2014



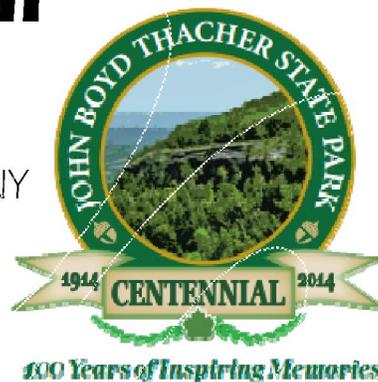
# The Thacher Park Centennial Running Festival

## 5K, 10K, Marathon, 50K

Thacher State Park, Voorheesville, NY  
(Hailes Cave Pavilion)

Saturday, September 13, 2014

8:30am Start for All Races



### THE CENTENNIAL CELEBRATION

September 13, 2014 marks 100 years of Thacher State Park. And to that, the park will hold celebration events all day, including the inaugural edition of this all-trail running festival! The event is jointly produced by John Boyd Thacher State Park, HMRRRC, and ARE Event Productions.

### RUNNING OPTIONS

5k, 10k, Marathon, and 50k. Full details online.

### AN ULTRAMARATHON!?

What better way to celebrate 100 years of the park by spending all day in it? Well, we won't give you all day, but you do get 9 hours to complete the ultramarathon. More details about the longer races at this event are available at the event website.

### WHAT YOU GET

A customized t-shirt for the Running Festival component of the park's Centennial as you see at the top right. There will also be free refreshments for participants along with an entire day's festivities taking place at the park separate from the races.



### HELP MAKE IT HAPPEN

Volunteers are needed throughout the day. To that end, even if you are running but have some time later to hand out water to ultrarunners, that'd be great! See all the volunteer shifts and sign-up to help at the event website.

### GET REGISTERED

There are no additional fees to register online. Do it online at ZippyReg.com or at the event website.

	Before August	In August	In September
5K	\$18	\$20	\$25
10K	\$22	\$25	\$30
Marathon/50K	\$30	\$35	\$40

There will be day-of reg. at \$10 higher than September prices.



We strongly prefer that you register online.

If you prefer to register by mail, please make the check out to "AREEP", fill out the form and mail to:

Thacher Park CRF  
c/o AREEP  
PO Box 38195  
Albany, NY 12203



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

Name _____		BDay ____ / ____ / ____		Age (9/13/14) _____		<input type="checkbox"/> M <input type="checkbox"/> F	
Address _____				Email _____			
City _____		State _____		Zip _____		Shirt <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	
Phone _____ - _____ - _____		Race <input type="checkbox"/> 5K <input type="checkbox"/> 10K <input type="checkbox"/> Marathon <input type="checkbox"/> 50K					
<small>Waiver of Liability and Statement of Fitness: In consideration of my 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 may have against the Thacher State Park, Albany Running Exchange, ARE Event Productions, 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 to the Town of Guilderland to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.</small>							
Signature _____			Date _____		Parent's Signature _____ (if under 18)		

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*Photos in this issue are by Neil Sergott*

## HMRRRC Mission Statement

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

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

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# President's Message

by Maureen Cox

Hope you all are enjoying the summer and getting some running in too! I've got big news this month about a new home for the Club's stuff. As we all know, in order to put on our races you need quite a bit of equipment. We purchased the Club van in 2009. This helped to get what was needed for each race there easily and more organized, but where do we store the van? It has been stored at Club members' homes for the last 5 years. What about all the extra equipment, also stored at members' homes and businesses?

The Long Range Planning Committee was tasked with deciding if the time had come to gather it all and store in one place. So last fall the Long Range Planning Committee did an inventory of equipment to find out how much stuff we really had spread all over the Capital District. The inventory of equipment found it was in 12 different locations. Based on that it was determined that we needed about 2000 sq. feet to accommodate equipment, in addition to having a garage for van. The Committee contacted commercial realtor and put the search in motion. The realtor found the perfect spot at the right price in the Town of Colonie, although the mailing address is listed as Cohoes.

Our new Club home for the Van and

equipment is 36 Green Mountain Drive, Cohoes. This location is about a mile from the bike path near Fonda Road (near Clemente Cement). The building is 2200 sq. ft., which is broken up into office space and 475 feet of heated garage space. The space seems ideal. The garage space will allow storage of the van along with shelves along the walls to store the race equipment and extra water. The office space will be used to store equipment, club documents and could be used for meeting space, packet assembly, with the potential for a lot of different things. There is parking space in front of the building. The best thing was the price. We signed a three year lease with the option to extend for two more years. We are paying \$3.36/sq. ft. or \$560/month for the first year, \$ 575 for the 2nd year, and \$600 for the 3rd year. The rent includes all taxes, heat and light, snow removal, and garbage.

We've got some work to do to get it in shape for our use, but we hope to get it ready to go in short order. We plan on having an open house to "show it off" to the membership. As the committee dreamed about the future uses of the building, talk of group runs and races being staged out this location surfaced. Stay tuned for updates on the building's progress. □



# Hairy Gorilla Half Marathon & Squirrelly Six Mile



The tenth year of mayhem ominously brought to you by ARE Event Productions

**9:30AM SUNDAY, OCTOBER 26, 2014 THACHER STATE PARK, NY**

**\*CHOSEN AS BEST COSTUME TRAIL RACE IN AMERICA— RUNNER'S WORLD "THE TRAIL" SUMMER 2012\***

## WHAT YOU NEED TO KNOW

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

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



## AWARDS

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

### Additional categories (if you dare!)

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



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

**BRING BANANAS TO APPEASE THE HUNGRY GORILLAS**

**GORILLA "MEDAL" TO ALL EVENT FINISHERS**



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

## EVENT SCHEDULE

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

ENTRY FEE	6m	1/2 Marathon
Early Reg.	\$25	\$30
Late. Reg.	\$35	\$40

### Entry fees are non-refundable.

Early Registration: Postmarked by October 17.  
 Do not mail after 10/17. Checks out to AREEP

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

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

## AMENITIES

Hooded long sleeve shirts to the first 500 entrants! That's right, and you will love them! The course is decorated in the spirit of Halloween with ample relics of despair and frustration, truly a hoot! There's a grand cook-out following the chip-timed races and a beautiful view too!

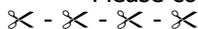
## HALF MARATHON CUT-OFF TIME

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



www.HAIRYGORILLAHALF.COM

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



**We really prefer that you register online. That way your information is assured to be as accurate as you type it. :)**

NAME _____	____ / ____ / ____ BIRTHDAY	AGE (ON RACE DAY) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____	EMAIL _____		
CITY _____	STATE _____	ZIP _____	
PHONE ( ) _____	RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	RANDOM FACT ABOUT YOU: _____		
<p>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. 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. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.</p>			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	



# What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? Do you harbor a secret desire to run through a stream and try to make it up a slippery, muddy hill? If you answered yes, the HMRRRC has races for you in August. Cross country racing returns to the hills and streams of Tawasentha Park for its August meeting. The 5k races will be held on Monday, August 11, 18 and 25. The races will start at 6:30 p.m. and the August 19 race will be a Grand Prix event. These races are challenging and are a great workout.

A good warm up for the Tawasentha series can be found at the Indian Ladder Trail Runs, set for Saturday, August 3 at Thacher Park in the Town of New Scotland. There is a 15k race, followed by a 3.5 mile run and a 1 mile kids run with the 15k starting off at 9 a.m..

Another August highlight is the 35th Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday, August 2 and is a pursuit race with the women running first and then the men going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities.

The Colonie High track meets continue into August with the last meet on Tuesday

August 5. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:00 p.m..

There are local road races to be found on the August schedule. The Camp Chingachgook Challenge will be held on Saturday, August 9 and features a half-marathon and a 10k race. The half starts at 8 a.m. at Lake George High School and finishes at Camp Chingachgook; the 10k starts at 9 a.m. and is out an out and back course from Camp Chingachgook. The Castleton Kiwanis host the Clove Run on Saturday, August 16, with a 10 mile run going off at 9 a.m. and a 5k set for 9:15 a.m. from the Castleton Elementary School. Fans of the 5k can choose from the Fox Creek 5k, held on Saturday August 9 at the Berne Town Park with an 9 a.m. start. Later in August the 17th annual Altamont 5k will be held; the race is set for Saturday, August 23 at 9 a.m. at the Bozenkill Park in Altamont.

August is the month in which I celebrate my birthday. This year I move into a new age group. Based on my performance in my soon to be former age group, the folks that are in my new age group have nothing to fear.

The club's business meeting for August is scheduled for Wednesday, August 13 at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave extension. All club members are encouraged to attend these meetings. □



We welcome your Letters to the Editor. They can be sent to [pseditor123@gmail.com](mailto:pseditor123@gmail.com). Most letters will be those in response to articles published in The Pace Setter. Please include your name, email address and a phone number where we can reach you if needed. Thank you, as always, for your contributions.

In the July Pace Setter article entitled "Masters Shine," there is a date error dealing with the name change for the Masters Race.

The correct date for the name change to The Bill Robinson Masters 10k Championship is 2003 not 1990.

Race Director,  
Jim Tierney





# 13<sup>th</sup> Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 14, 2014 – 9:00 a.m.



**Course:** Both the 5K run and 1 mile walk start and finish at the **Washington Park Lake House** on the west (Madison Avenue) side of the park. Paved roads throughout.

**Registration on the day of the Run & Walk begins at 7:45 a.m. at the Washington Park Lake House**

**Entry Fee:** **Individuals:** \$15 Pre-registration before September 1 only;  
Register onsite for \$20 after September 1  
**Team Members:** \$12 Pre-registration before September 1 only;  
Register onsite \$20 after September 1  
**Children:** \$5 ages 10 and under



**Awards:** Awards will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards.  
Age Divisions: Under 15; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.  
Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

**\*\*\* FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS \*\*\*PRE-REGISTER TO GET A T-SHIRT**

To register or collect donations online for you or your team, please visit  
[www.firstgiving.com/CaringTogether](http://www.firstgiving.com/CaringTogether)

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Ovarian Cancer Awareness  
Displays

Children's Area w/ Face Painting  
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Refreshments &  
Raffles

For important race day and parking information, please visit: [www.CaringTogetherNY.org](http://www.CaringTogetherNY.org)

*Mail Entry Form and Check To: Caring Together, Inc., P.O. Box 64, Delmar, NY 12054*



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I. \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex: \_\_\_ Male \_\_\_ Female I am a: \_\_\_ Runner \_\_\_ Walker

Team Member? \_\_\_ Yes \_\_\_ No If yes, enter Team Name \_\_\_\_\_

Shirt Size (circle one or check below): Adult – SM MED LG XL XXL Child – SM MED

No Shirt (please use all money towards research)



**NO STROLLERS OR DOGS ON RUN COURSE PLEASE.**

*WAIVER: In consideration of my entry into this Run/Walk, I hereby release any and all claims against the City of Albany and Caring Together, Inc. and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race. I certify that I am in good condition and have trained for this race. I hereby grant permission to any and all of the foregoing to use any photographs or records of this event.*

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

Signature of Parent or Guardian (required if participant is under age 18): \_\_\_\_\_

# "BEEN THERE, DONE THAT"

by Mike Becker

## August 1974...Forty Years Ago

- Three club races are scheduled, three- and nine-mile races on the 11th and a three-mile race on the 31st. Just 18 runners competed in the three races combined!

- Club dues remain at \$4, and the monthly newsletter was typed with penciled-in corrections as needed.

## August 1979...Thirty Five Years Ago

- The Second Annual Women's Day six-mile race was held on the 26th at SUNYA. Fifteen-year-old Marjorie Bessel won with a 36:31, with Diane Myers finishing second. Age group winners received New Balance W320 running shoes, and second through fifth places of all age groups got running shorts. All other finishers received merchandise prizes, with all awards donated by Fleet Feet of America. The first (and possibly only) pregnant finisher was Terry McLaughlin, who received a box of Pampers.

## August 1984...Thirty Years Ago

- A new four-mile course at Tawasentha Park in Guelderland was used for cross country races on the 13th, 20th, and 27th, drawing from 104 to 120 competitors. There were two crossings of the Normans Kill, with ten-foot deep water at both. Race Director Bob Oates and his crew all contracted poison ivy from cutting the new trail, and all ended up at the St. Peters ER for antibiotics and cortisone!

- Ray Newkirk was honored for his Distinguished Service on the 26th. Pat Glover ran 40:49 to beat frequent rival Dale Keenan by three seconds in the eight-mile race at SUNYA. Denise Herman topped the ladies with a 51:39.

## August 1989...Twenty Five Years Ago

- From Short Circuits: Competitive masters runner Nick Solomos volunteered to lead the runners on his bicycle at the Bagel Run.

Apparently an inexperienced cyclist, he misjudged the effort to lead the runners and by mile three was at the back of the pack!

- Tom Bulger and Nancy Egerton were winners of the Hour Run at SUNYA on the 17th with distances of 10.69 and 8.82 miles, respectively.

- Dominic Colose pulled off a "triple" by winning all three Tawasentha cross country 4.5-mile races in the month, quite an impressive feat!

## August 1994...Twenty Years Ago

- Dave Garner ran 11.28 miles to win the Hour Run on the 11th at SUNYA. Garner was just the third person to run 11+ miles in the event, joining Tom Clarke and Pat Glover. Amy Herold ran 8.57 miles to top the women. There were 59 runners, the most ever to compete in the event up to then (and since).

- Just 14 runners competed in the club Pen-

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tathlon on the fourth, with the low turnout partially due to the Empire State Games opening on the same day. Joe McCullen edged Mark Smith for the title. Three generations of women were well-represented by the three women finishers: Tonya Dodge, Martha DeGrazia, and Anny Stockman.

## August 1999...Fifteen Years Ago

- The Hour Run was held on the fifth at Schenectady HS. Teens Tyson Evensen and Jim Sweeney ran 10.26 and 10.17 miles, respectively. Anny Stockman ran 7.33 miles to top the ladies.

- Tyson Evensen also won the club Pentathlon on the 12th at Schenectady HS, beating Nick Conway by just four points. Emily Bryans was the top female, with Chris Varley finishing second.

- Jon Catlett and Nick Conway each ran 23:33 to win the 3.5-mile XC race at Tawasentha Park on the 16th. Tracey VanDyke was the female winner.

## August 2004...Ten Years Ago

- Josh Merlis and Lisa D'Aniello won the Pentathlon at the Shaker HS track on the fifth. There were 45 participants, a relatively large number for this grueling event.

- The Run for the Roses 5K was held on the 19th at Grafton State Park. Chuck Terry won with a 16:43, with Kristin Kenney taking female honors with a 19:36.

- A cross country 5K race was held on the 16th at the Bethlehem Town Park and was part of the club Grand Prix series. Lightning delayed the start by 30 minutes, and just 79 runners participated, with the top three all running barefoot. Winners were Adam Hill (17:41) and Roxanne Wegman (21:22).

## August 2009...Five Years Ago

- David Raucci won the Silks & Satins 5K in Saratoga Springs on the first with a fast 14:57, with Jennifer Adams running 17:33 for fastest female. A total of 96 of 1021 finishers ran un-

der 20 minutes.

- The Indian Ladder Trail Runs were held at Thacher Park on the second. Josh Merlis won the 15K with a 58:41, more than three minutes ahead of Tom O'Grady. Alice Thomas was the female winner over Jessica Sherry. Josh also won the 3.5-miler, with teen Lea Cure taking female honors.

- The Grand Prix cross country 5K was held at Tawasentha Park on the tenth, with Justin Bishop winning with an 18:10 over Josh Merlis. Kari Gathen ran 24:24 for top female. A total of 197 runners competed. □



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# Fueling on a Budget: Tips for Hungry Runners

*"When we travel as a team, we eat at fast food places because they fit with our small budget. What's the best fast food for athletes?"*

*"After my workout, the last thing I want to do is cook dinner. Where can I buy affordable but healthy sports meals?"*

A limited food budget creates a fueling challenge for many runners, including college teams traveling to cross-country meets, students responsible for their own meals, parents of active kids, and aspiring Olympians hoping to get to the next level. The name of the fueling game is: How can you buy enough healthy calories with the least amount of money? These practical tips can help optimize a low-budget sports diet.

## 1. Encourage the team bus (or your car) to stop at a large supermarket.

Everyone can find something they like: vegetarians, gluten-free eaters, picky eaters who want to lose weight, and chowhounds who need lots of calories. By walking around the inside perimeter of the store, you will find the makings for a balanced meal—even hot meals, if desired. Shop for:

**Fresh fruit:** Banana, apple, pear, grapes. Buy what's on sale.

**Fresh veggies:** While you can easily create a colorful salad at the salad bar area, it might be a bit pricey. The simpler option is to simply buy: a green or red pepper (eat it whole, as you might eat an apple), a bag of baby carrots (along with a container of hummus), or a container of cherry tomatoes. Enjoy the whole thing; a hefty dose of veggies on one day can help compensate for another day when you have none.

(To clean the fresh produce, plan ahead. Pack extra water to rinse the produce before getting on the bus. Or nicely ask an employee in the store's produce area if he or she could help you by giving the fresh produce a quick rinse.)

**Protein:** Buy a quarter-pound of deli turkey, roast beef, or ham along with a few whole wheat rolls to make sandwiches. Small or large tubs of cottage cheese, tuna packets, and peanut butter are other popular protein options. Share a rotisserie chicken with friends (or save the leftovers if you can refrigerate them within an hour.)

**Grains and other carbs:** Pita, wraps, baked chips, whole-grain crackers and pretzels are carb-based options that refuel your muscles. Look for freshly baked whole-wheat rolls, hearty breads, and whole-grain bagels. You might be able to find a plastic knife at the salad bar so you can slice the rolls to make a nice sandwich with deli meat and lowfat cheese.

Pop a few cherry tomatoes between bites, and you'll have a balanced meal with all 4 food groups: 1) lean meats/beans/nuts, 2) lowfat dairy or calcium-alternative, 3) fruit/vegetable, 4) grain.

**Calcium-rich foods:** You can easily buy a small or large tub of lowfat yogurt, a single milk chug—or even a whole quart of chocolate milk if you are really hungry. For runners who are dairy-free, soy milk is a fine alternative. Pick up some pre-sliced lowfat cheese in the dairy or deli area. (Note: Hard cheese, such as cheddar, is lactose-free and comes in convenient single portions.) Add an apple and whole grain crackers—voila, a balanced sports meal! While it may not be the hot meal your mom had in mind, it will do the job of contributing needed nutrients to refuel from the day's event, fuel up for tomorrow, and invest in future good health.

**Beverages:** You can save a lot of money (plus save space in landfills) by packing your own gallon jug of water. To spend money on plain water (void of calories, carbs, and vitamins) seems wasteful when tap water is free. Instead buy 100% juice (orange, grape, carrot, V-8) to boost your fruit/veggie intake and simultaneously boost your immune system with anti-inflammatory phytochemicals. Plus, 100% juice is a strong source of carbohydrate to refuel depleted muscles, as well as fluid to replace sweat losses. Chocolate milk is another winning beverage, with protein to build and repair exhausted muscles, as well as carbs to refuel them.

If the team bus (or your car) is pulling into a fast food restaurant, at least choose one that will support the nutritional needs of athletes. Here are a few suggestions:

- At Taco Bell, you can get the greatest amount of healthy calories for a bargain price when you order their bean burrito. Two bean burritos cost only \$2.20 and provide 750 (mostly quality) calories.

- At a burger place, choose a grilled chicken sandwich (no fries). It will be more expensive and offer fewer calories than a burger, so plan to supplement the sandwich with some Fig Newtons, pretzels or raisins that you pre-packed from home.

- At a pizza place, order the cheese pizza, preferably with veggie toppings like mushroom, pepper, and/or onion. Nix the pepperoni, sausage and other greasy meat options, as well as the double cheese. You'd end up fat-loading with that type of pizza. It would fill your stomach but leave your muscles poorly fueled. Remember: muscles need carbs (such as thick pizza crust) to replenish glycogen stores.

- Be cautious of super salads. While they have a seemingly healthy glow, they can be

unfriendly for many sports diets, particularly if you are weight-conscious. Making a substantial salad with not only colorful veggies but also grated cheese, chopped egg, diced chicken, slivered almonds, pumpkin seeds, and olives can offer you a hefty dose of calories, but not enough grains/carbs to refuel your muscles. Adding even a little bit of dressing to a big salad often adds 400 or more calories. Sometimes a sandwich can have fewer calories for dieters.

- Hungry athletes who need lots of inexpensive calories can do well by packing sandwiches made with peanut butter & jelly (or PB & jam, honey, raisins, banana, pickles or even cottage cheese—whatever tastes good to you). Peanut butter is versatile and a great sports food because it offers protein, B-vitamins, and good fats that knock down inflammation. It's inexpensive, travels well without refrigeration, is good for you, and tastes great! It's even good for dieters because it keeps you feeling fed, and curbs the urge to eat cookies. For the \$2 needed to slap together a hefty 600-calorie PB&J (made with 2 slices Pepperidge Farm Bread, 3 Tbsp. Teddie all-natural peanut butter, and 2 Tbsp. Welch's grape jelly), you couldn't even buy a Muscle Milk (\$3.69 for 230 calories). Shop wisely and fuel well!

Boston-area sports nutritionist Nancy Clark MS RD counsels both casual and competitive athletes at her private practice in Newton (617-795-1875). Her *Sports Nutrition Guidebook* and her food guides for runners, cyclists and soccer players are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online education, visit [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com) and [www.NutritionSportsExerciseCEUS.com](http://www.NutritionSportsExerciseCEUS.com). □



# Are you scared yet?

Zombies. Vampires  
Werewolves. Ghosts.

Goblins.

St. Catherine's Center  
for Children's  
*Running SCCared*  
*5k Fright Run*

Saturday, October 18, 9:30 am  
*The Crossings*  
*of Colonie*



Presented by Radiant Pools

What scares you most? Do zombies make you tremble in terror? Do vampires fill you with fear? Do ghosts and goblins send chills up your spine? Perhaps it's not the supernatural that leaves you lying awake at night. Maybe the thought of a 5K road race leaves you sweaty with fright!

Whatever scares you, there's no better way to confront your demons—and to celebrate Halloween—than by joining us for St. Catherine's Center for Children's **1st Running SCCared Fright Run** on Saturday, October 18 at The Crossings of Colonie. Don't miss the fun. If you see vampires, zombies, and werewolves, don't worry. They will only make you run faster!

**\$25 pre-registration for adults, \$15 for students (13-21) and a 1-mile walk/run for children 12 and under, FREE!**  
**Race day registration: \$30. Children's one mile walk begins at 9:30 am, followed by 5K at 10:30.**

Call Adam Rossi at 518-453-6756 to learn more. Register online by visiting [www.st-cath.org](http://www.st-cath.org) and clicking the **Running SCCared** logo, or by visiting St. Catherine's Center for Children on **Facebook**, going to the **Events** tab, and clicking **Find Tickets**.



**Run for fun! Run for your life!**  
**Run to support a good cause!**  
Presented by Radiant Pools

Running SCCared is a charitable  
5K family run/walk organized by  
**St. Catherine's Leaders for Tomorrow**  
[www.st-cath.org](http://www.st-cath.org) • Like us on Facebook



## Training Maxims - Part II

*This is the second in a series of training maxims, short concise thoughts that will help give some direction to training and performance efforts.*

**Train movements, not muscles.** This a maxim attributed to training theorist Tudor Bompa. All sporting activities are a sequence of multiple movements, with the timing and coordination of these movements critical for efficient technical execution, energy efficient movements and refinement of force application. Because of this resistance training (including weight training, medicine ball work, kettle bells, etc.) is most fruitful when the whole body, or at least major portions of the body are trained mimicking the movements of the technique or sport.

Bodybuilding exercises (biceps curls, seated leg extensions, calf raises, etc) may help with general fitness and develop aesthetic appeal but these isolated movements usually transfer poorly to a "whole action" like running, throwing or playing a position on a team.

The dynamic stabilizers are the exception to this rule. Dynamic stabilizers are muscles that stabilize joint complexes as we move. The glut medius, psoas, adductor group or posterior tibialis of the foreleg would be examples. These muscles warrant special attention, either pre-hab work or when injured, rehab work so they can successfully meet the demands they may face. Training movements, not muscles is a maxim true 80-90% of the time.

**Flexibility should be optimized, not maximized.** Flexibility is the only non-competitive biomotor skill. The problem with becoming too flexible is that it dampens the neuromuscular response of the body, which is another way of saying it dampens the body's speed and reaction time. Different activities will require different levels of flexibility, the hurdler versus the marathoner, yet both could become too flexible for their event. Freedom of range of motion within the technical demands of an activity is the goal; improvements past that point are wasted time and non-productive.

**All growth and development comes while resting.** If one were to run a hard 400m, rest 15 seconds and try it again – what would be the benefit? Probably very little. The recovery time was too short. In a competitive training situation, recovery time should be as closely monitored as training. In fact there is a sub-maxim here – recover as hard as you train. When this process is carefully monitored, optimal growth and development will result. To neglect, ignore or otherwise minimize the importance of adequate recovery courts illness, injury and systemic breakdown.

12 – The Pace Setter

**Maximal use is always abuse.** Rich Phaigh, a massage therapist for Athletics West, is credited with this statement. When one starts to move faster than 95% effort, the coordination of the body starts to unravel. Speed and speed actions represent the ultimate coordination of the body. Coordination is a pattern and maximal effort is, by its very nature, something that has not been done before. It is a new experience by the body, and because the performance is "new" there is no pattern for it. The problem is that the body attempts to use old patterns to perform new actions that are uncoordinated and at least minimally damaging to the body, even though this is on a microscopic level. But repeated time and time again without proper recovery methods these microscopic injuries accumulate. The replacement scar tissue that forms tears more easily and can lead to more serious, possibly career-ending injury. Age 35 seems to be the age where the "maximal use" of a career is no longer tolerated by the body. Coincidentally, that is roughly the age most high level careers come to an end.

**Fatigue is a defense mechanism of the body.** When a car's energy system (gasoline) is depleted it stops. The depletion of energy stores in the body due to hard work, what marathoners call "hitting the wall," signals the end of high intensity effort. When you are done, you're done. Take the hint, rest up and return to perform another day.

**Training to failure is training to fail.** In America our mythic sports heroes always give 110%. But do they really? Once fatigue has set in and there is a technique breakdown (rigor mortis, poorly controlled or coordinated movements) one is no longer training patterns that clarify neuromuscular response, coordinate force application or maximize body efficiency. Practicing with technical breakdown is practicing things you do not want to duplicate in a performance effort, and is often one step away from injury. Perfect practice makes perfect. Sometimes good enough is good enough. Let it go at that.

**People are 80% water and water always takes the easiest course.** An obsessive-compulsive person has it their way all day, everyday and they drive themselves and everybody else crazy. A person who works at 80% efficiency rate is seen as highly organized and somebody who can "get things done." The price of perfection is prohibitive. The difference between perfect and done is perfect is never done.

**I can do this.** This is sports psychology in four words. If your mindset when facing a chal-

lenge or obstacle is in this positive direction the likelihood of success is greatly enhanced. Faith, confidence, belief and affirmative action are all implied with this simple statement.

**Basic body fitness begins at the core.** The muscular stability of the abdomen and core muscles is critical for anyone wishing to run, jump or throw in a competitive circumstance. Planks, side planks, sit-ups and push-ups are simple exercises to get started.

**Training at the performance level is not a natural or healthy thing to do to your body.** If you were an "average" person cruising the aisles of a local supermarket how apt would you be to run a marathon? Or perform a maximal bench press? Or run 10x400m in 80 seconds? Or do depth jumps or a plyometric routine? Not very likely. Maximal use is always abuse. Highly competitive efforts place abnormal stresses on the body. Over the course of time this damage accumulates, with varying degrees of injury or illness. It is important that one see this distinction between fitness and performance-based efforts where one strives for a personal best. The fitness activities can be used to build up the body. Performance-based efforts create a situation where damage to the body is the result of the maximal effort, which underscores the importance of recovery effort.

**Children are not little adults.** One of the most difficult things I have ever had to write was the distance running curriculum for the USATF Youth Level II Coaching Education Program. I researched all the great distance coaches, in the world, and not one had anything to say about coaching the child distance runner. Ultimately I came up with four recommendations – keep it simple, keep it short, keep it fun and keep it fast. For the adult distance runner this would produce limited results, but who really cares about the performance results of a child? The performance marks a 10 year-old makes give little indication of future potential. Doubt this? Google the American or World Records for 10 year-olds in the mile, 5k, 10k, half-marathon and marathon. Not one of these kids had any success as an adult if they even continued to run that long.

Fundamental movement patterns, personal self-discipline, personal responsibility, a rudimentary idea of what practice is about and how to work with others are noble goals for entry level programs – for any sport. Children are not little adults – don't train them that way. Keep it simple, keep it short, keep it fast and keep it fun.

**Either pre-hab or rehab.** Pre-hab is a series of movement drills done at the beginning of a workout session. Pre-hab efforts could be part of a dynamic warm-up that could include things such as foot drills, skipping, high knees, etc. The point of pre-hab is to tone or condition the general body or focal areas of the body for the stresses one faces in running, jumping or throwing.

Rehab efforts are focused activities necessary to repair a breakdown of a specific body

part, usually due to overuse. The problem with rehab efforts is that they require a disruption in the long-term training schedule. They represent down time, a holding pattern of no improvement. This time becomes problematic in that weeks, months or even years spent in this state steal time that could be used for the development of potential. While rehab is critical to the ill or injured athlete, it results from poor training plan design and in the grand scheme is wasted effort.

Russ Ebbets, DC lectures nationally on sport and health related topics. He serves as editor of *Track Coach*, the technical journal for USATF. He is author of the novel *Supernova* on the famed running program at Villanova University and the High Peaks STR8 Maps trail guide to the Adirondack 46 High Peaks. Copies are available from PO Box 229, Union Springs, NY 13160. He can be contacted at [spinedoc-tor229@hotmail.com](mailto:spinedoc-tor229@hotmail.com). □

# 2014 43rd Distinguished Service Race

by Mark Warner

The 2014 Distinguished Service Race held on June 8th was led off by Club Vice President, Meghan Mortensen, presenting the Distinguished Service Award to Jim Moore and Jon Rocco for their many years of outstanding service to the Hudson-Mohawk Road Runners Club. Jim has been a dependable club volunteer for many years. He is best known for scoring the Grand Prix for HMRRC for nearly two decades. He has also helped with the scoring of the Indian Ladder Trail Run and the Mother's Day 3.5 Mile Race as well as assisting at many other club events. Jon's contributions to the club are immense. He served two terms each as HMRRC Vice President and HMRRC President. He has been the race director of the Winter Series III race for several years and has been the water coordinator for the CDPHP Workforce Team Challenge for the last two years. Jon is now the Race Committee Chairperson. As distinguished HMRRC volunteers, Jon's and Jim's efforts are greatly appreciated by the club as demonstrated by their selection as this year's Distinguished Service Award winners. As an added touch this year, Marcia and Tom Adams had banners made and displayed at the finish line recognizing the two award recipients.

This year's course at the SUNY Albany campus included the scenic lake loop for the second year in a row. Race day was warm and sunny but not overly humid. There were 108 finishers, a bit down from recent years. Unfortunately, about five runners went off course due to following runners in another race being held at SUNY Albany concurrently. The race had two first time winners this year with Richard Messineo winning the men's race in 47:06 and Karen Bertasso winning the women's race in 52:36. Second and third for the men were Dan Murphy in 52:24 and Mark Stephenson in 53:14 respectively. Irene Somerville was second for the women in 55:45 followed by Diana Tobon-Knobloch in 57:17.

There were several excellent performances among the women's age group winners. Most notable were several repeat age-group winners from last year. Anny Stockman won the 80 – 99 year old division again with a time of 1:43:10. Eiko Bogue repeated her victory in the 75 – 79 year old age group with a time of 1:52:11. The 60 – 64 and the 65 – 69 year old age groups were won by perennial winners Martha De-Grazia (69:49) and Susan Wong (72:54) respectively. Susan and Martha were also 2nd and 3rd overall age-graded finishers. Nancy Taormina continued her winning ways moving into the 55 – 59 year old age group with a winning time of 68:49. Sally Drake repeated in the 40 – 44 year old age group with a time of 59:04. Laurel Abowd moved into the 20 – 24 year old age group with another win, this time in 73:39. The 25 – 29 year old age group was the most competitive with Stephanie Arango, fourth woman

overall, winning in 60:24 followed by Liz Chauhan in 61:58 and Shylah Weber in 62:20. Other age group winners included Heidi Nark in the 30 – 34 year old division running 65:32, Danielle Maslowsky in the 35 – 39 year old group in 61:50, Emily Bryans in the 45 – 49 year old division in 62:00 and Denise Gonder in the 50 – 54 year old group with a time of 74:22.

The men's competition had a number of outstanding age-group performances. The most impressive was Carl Matuszek's eighth place overall finish at 62 years old in 56:30, the fastest age-graded performance of the day. Richard Clark also had an impressive time in the 60 – 64 year old age group running 58:10. Also like the women's race, a Stockman repeated victory in his age-group with Wade winning the 75 – 79 year old group with a time of 1:28:28. Another repeat winner from last year was Distinguished Service Award winner, Jon Rocco, finishing sixth overall and winning the competitive 45 – 49 year old age group in 55:59 just in-front of John Williams-Searle who ran 57:10. Another repeat winner was David Tromp in the 35 – 39 year old age group with a time of 54:24. Our other Distinguished Service Award winner, Jim Moore, also won his age-group (70 – 74) in 1:20:00. Rick Munson had the fourth best age-graded finish while winning the 55 – 59 year old age-group in 56:06. Two sixteen year olds were in front of the 19 and under age-group with Jacob Swartzendruben and Victor Warner finishing in 62:30. Two other teenagers, Brendon and Devin Van Vlack of Duanesburg, were near the front of the overall race until they were directed off-course mid-race. Other age-group winners included Jonathan Lazzara (20 - 24) in 64:00, Thomas Dansereau (25 – 29) in 56:59, Carl Brewer (30 – 34) in 61:33, Richard Hamlin (40 - 44) in 54:57, Brian Borden (50 - 54) in 56:36 and Jim Larkin (65 – 69) in 68:43.

A number of past Distinguished Service Award winners joined Jon Rocco and Jim Moore in participating in the race as either a volunteer or racer. Jon and Jim not only ran the race but each also won their age groups. Volunteers included John Haley ('13), Cathy Sliwinski ('11), Marcia Adams ('10), Tom Adams ('10), Vince Juliano ('06), Ed Thomas ('03), Ken Skinner ('00), Jim Tierney ('99), Al Maikels ('93), Charlie Matlock ('92) and Ed Neiles ('91). Also in attendance to recognize Jon and Jim were Chris Rush ('90) and Ray Newkirk ('84).

This year's race was successful not only because of the many competitive runners, but even more so because of the great help of the volunteers, many coming back to volunteer year after year. Each volunteer makes a difference and certainly ensured the race's 43rd running was a great success.

Let's give Jon and Jim one final thanks for their years of dedication to the Hudson-Mohawk Road Runners Club. THANKS JON and JIM! □





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# HEALTHY COMMUNITY SERIES RACE REGISTRATION



First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Date of Birth \_\_\_/\_\_\_/\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender M / F Are you a YMCA member? Yes / No If YES, what branch? \_\_\_\_\_

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 2014 Capital District YMCA Healthy Community Series. In addition, I permit the use of my/his/her photo in brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

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

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

## RACE EVENT & PAYMENT INFORMATION

DATE	LOCATION	TIME	5K (\$20)	3K (\$10)	COST	KID'S RUN (FREE)
August 8	Southern Saratoga Y Clifton Park	6:00PM	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
Sept. 20	Guilderland Y Brenda Deer 5K	9:00AM	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
					TOTAL	_____

See a full list of all Healthy Community Series Events, including Triathlons at [www.CDYMCA.org](http://www.CDYMCA.org).

**PAYMENT BY CREDIT CARD**

Name on Account \_\_\_\_\_

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Visa    MasterCard    Discover    AmEx

Expiration Date \_\_\_/\_\_\_/\_\_\_

Make checks payable to:  
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**Marathon, Half and  
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September 28, 2014  
Schroon Lake, New York

**5K & 10K Races**

September 27, 2014  
Chestertown, New York

**Kids Fun Run**

September 27, 2014  
Schroon Lake, New York

# **Adirondack Marathon Distance Festival**

***Visit Our Website [www.adirondackmarathon.org](http://www.adirondackmarathon.org)***



Third Annual Mario Zeolla '97 5K Run/Walk
September 27, 2014 / 9am

ACPHS Campus / 106 New Scotland Avenue / Albany
presented by MVP Health Care and Albany College of Pharmacy and Health Sciences

THIRD ANNUAL MARIO ZEOLLA '97 5K WALK/RUN RACE INFORMATION

- Location: Albany College of Pharmacy and Health Sciences Track and Field
106 New Scotland Avenue
Albany, NY
Entry Fee: \$20 registration for 5K Walk/Run before September 27
\$25 registration for 5/K Walk/Run day of event
Sponsorships: \$25 Patron, \$50 Bronze, \$75 Silver, \$100 Gold OR \$200 T-Shirt Sponsor
Online Registration: www.acphs.edu/healthexpo
T-shirts: All registered 5K Walk/Run participants will receive a free t-shirt
Time: 8:15 am day of registration and pre-registered packet pickup
9:00 am race begins
Awards: Awards will be given to the overall top three male and female runners in a variety of age brackets

Albany College of Pharmacy and Health Sciences is proud to present the annual Health and Wellness Expo on Saturday, September 27, 10 am – 2 pm at the ACPHS Campus. As part of the Health and Wellness Expo, the Mario Zeolla 5K Walk/Run will be one of the headline events. All registration fees will benefit the Mario Zeolla '97 Memorial Scholarship.

This one-day, full service Health and Wellness Expo is open to the public and packed with an incredible line-up of free services and events, including Medication Take Back, Blood Drive, Flu Shot Clinic, Farmer's Market, Health Screenings and Assessments and so much more!

5K WALK/RUN REGISTRATION INFORMATION

Name: \_\_\_\_\_
Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_ - \_\_\_\_\_
Email: \_\_\_\_\_
Address: \_\_\_\_\_
City, State, Zipcode: \_\_\_\_\_
Circle T-Shirt Size: S M L XL
Circle Sponsorship: T-Shirt \_\_\_\_\_ Gold \_\_\_\_\_ Silver \_\_\_\_\_ Bronze \_\_\_\_\_ Patron \_\_\_\_\_

READ BEFORE SIGNING

Waiver: 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 College of Pharmacy and Health Sciences, 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. 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 of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

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

I will not be able to attend, however enclosed please find my donation to the Mario Zeolla '97 Memorial Scholarship of \$ \_\_\_\_\_

Please make checks payable to Albany College of Pharmacy and Health Sciences (MEMO 5K Walk / Run)
APPLICATION AND ENTRY FEES SHOULD BE SENT TO: ACPHS, Office of Institutional Advancement,
106 New Scotland Avenue; Albany, NY 12208

# Defensive Running with Aggressive Dogs

by Michael Washco

It is not natural to have dogs attack humans unless they feel a threat to themselves or their territory. Unfortunately, we have read about attacks on runners more often. Have you ever encountered an aggressive dog during a run? Whether you run around town or in a park, chances are you will; this article describes what you can do if this happens.

Defensive running is running with reduced risk by anticipating dangerous situations and avoiding them. As a defensive runner, you predict mistakes that drivers will make and avoid unfortunate consequences. Defensive running includes anticipating dangerous situations with aggressive dogs, and how to avoid or handle these situations. Here are a few important tips to keep in mind when approached by an aggressive dog:

**Don't Run:** If you are running, slow down or stop. Unless you are absolutely sure you can reach safety, you should never try and outrun an aggressive dog. If you are sure you can reach safety, have something that the dog can distract him/herself with. For example, a sneaker or article of your clothing. This will give them the impression that they caught you and will allow you extra time to reach a safe distance.

**Stay Calm:** Breathe slowly, remain motionless, and relax. Don't scream or wave your arms. Look as nonthreatening as possible; don't try and stare down the dog or even make eye contact (look out of the corner of your eyes). To a dog, direct eye contact can be seen as a challenge. Be boring; stand at an angle. The less interested you are in the dog, the less

energy you spend, the less likely the dog will remain interested in you.

Here are a few important tips to keep in mind when attacked by an aggressive dog:

**Defensive:** Protect your face, chest, and throat. Keep your hands in fists to protect your fingers. If you're bitten, the safest place for it to happen is the shin or forearm. One of the worst places to have a bite is the thigh because this can cause fatal bleeding. If you are bitten, resist the natural urge to pull away. This will only make the injury worse. You actually want the dog to latch on to you to limit multiple bite wounds. Having the dog latch onto you also gives you the best opportunity to restrain the dog till help arrives. Remember, you will always have the weight advantage in every dog attack.

Here are a few important tips to keep in mind as a defensive runner:

**ID Bracelets:** If a medical emergency should occur regarding an aggressive dog all your medical information should be included on your ID bracelet. A good defensive runner includes the following: name, city, emergency contacts, and insurance information.

**Pepper Spray:** There are pros and cons to the use of pepper spray in aggressive dog attacks. Due to a variety of variables, not all pepper sprays work the same on all dogs. The weather can also alter the impact of pepper spray (wind, rain, etc.). Not all runners carry pepper spray. Pepper spray can actually increase the aggressive nature of the dog. With this said, I still think I'd like my chances with it than without it.

Be safe everyone and happy running! ☐



## **NOT ALL VOLUNTEER JOBS ARE THIS EXTREME...**

*Rain, snow, sleet or hail (?), nothing stops the HMRRRC volunteer – well, almost nothing – thunder and lightning do scare us a bit. We thank you, one and all, who brave the elements summer, spring, winter and fall.*

**For assignments a little less weather related, HMRRRC is looking for:**

## **VOLUNTEER WRITERS AND EDITORS FOR THE PACE SETTER**

*If you are interested in writing a new monthly column or if you have experience editing, come join our team. For more information, please send email to [pseditor123@gmail.com](mailto:pseditor123@gmail.com).*

## **RACE DIRECTORS**

*Are you more of a take charge individual? Looking for a different type of volunteer assignment that has it all – responsibility, detail, and fun? HMRRRC is presently seeking race directors for the Distinguished Service Race and for Winter Series #2 (Hangover Half). Also seeking an assistant to the race director for the Stockadeathon. If any of these pique your interest, contact Jon Rocco at [jonrocco@hotmail.com](mailto:jonrocco@hotmail.com).*

Questions or comments regarding volunteering?

Contact Marcia Adams at [madams01@nycap.rr.com](mailto:madams01@nycap.rr.com)

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**2014 Komen NENY Race for the Cure® Entry Form**

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MAILING ADDRESS \_\_\_\_\_

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

TELEPHONE NUMBER \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ GENDER  M  F

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 TEAM ENTRIES MUST BE POSTMARKED BY AUGUST 30, 2014

TEAM NAME \_\_\_\_\_

TEAM DIVISION  Schools  Businesses  Family & Friends  Colleges

TEAM CAPTAIN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

Check t-shirt size required: Adult  S  M  L  XL  2XL  3XL Children  S  M  L

**Entry fees**

- \_\_\_\_\_ \$25 per individual
- \_\_\_\_\_ \$30 at Packet Pick-up on 9/11/14 and 9/12/14
- \_\_\_\_\_ \$35 on Race Day on 9/13/14
- \_\_\_\_\_ \$10 for children under 12

**Make check payable to  
and mail to:**

**Komen NENY Race  
for the Cure®  
P.O. Box 13535  
Albany, NY 12212-3535**

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I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

PARTICIPANT'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ PARENT'S OR GUARDIAN'S SIGNATURE IF UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

To register for the Northeastern NY Race for the Cure visit [www.komenneny.org](http://www.komenneny.org) or to volunteer call 518-250-5379

11<sup>th</sup> annual  
**The Crossings 5K Challenge**  
 & KIDS RUNS  
 SEPTEMBER 28, 2014

*To Benefit the Colonie Youth Center, Inc.*



All kids get a medal and are entered to win a Ciccotti pool party for 20 for participation in the Fun Run or Competitive Kids 1 Mile!

**Overall Event Details:**

Event starts & finishes at CYC's Rudy A. Ciccotti Family Recreation Center.  
 30 Aviation Road, Colonie  
 518-867-8920 – Parking at the Ciccotti Center  
 Visit ColonieYouthCenter.org for all details

**Registration Open..... 8am**  
**5K Challenge Run/Walk .... 10am**  
**Kids Fun Run ..... Est. 10:45am**  
**Kids Competitive ..... Est. 10:45am**

**Proceeds Benefit the Colonie Youth Center, Inc.**

21 Aviation Road  
 Colonie, NY 12205  
 T: 518-438-9596 F: 518-438-9598

**Music · Food · Awards · Fun For All!**

**5K Challenge Run/Walk**

- FREE dri-fit long sleeve shirt to first 300 runners/walkers registered
- 5K run/walk is a fairly flat and fast course down Aviation and through the Crossings Park
- Awards – 1st, 2nd, & 3rd place overall male and female finishers and the same for the following age groups: Under 15, 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 and 80 & over
- Chip timing by ARE Event Productions
- Strollers OK for registered walkers ONLY

**Kids Fun Run**

- FREE 1/4 mile Kids Fun Run  
Must be registered. For ages 13 and under.
- Youth Short Sleeve Shirts available while supplies last for a \$10 donation to the Colonie Youth Center (CYC)

**Competitive Kids 1 Mile**

- \$10 registration through race day. Must be 13 or younger to enter, all 1 mile participants receive short sleeve event T-shirt with paid registration while supplies last.
- Competitive/Chip-timed race for kids age 13 and under with medals for top three overall finishers for boys & girls

**Register at The Ciccotti Center, Online at [www.ZippyReg.com](http://www.ZippyReg.com) or Mail entry form to**

Colonie Youth Center, Inc. 21 Aviation Road, Colonie NY 12205 (One entry form per person. Entry fees are non-refundable.)

**CROSSINGS 5K CHALLENGE PARTICIPANTS**

- 5K Challenge Runner     5K Challenge Walker  
 \$22 early registration (online [www.colonieyouthcenter.org](http://www.colonieyouthcenter.org) or must be received by mail by noon on 9/24)  
 \$25 after noon 9/24 through race day; in person registration only  
 Free dri-fit shirt to first 300 registered 5K runners/walkers  
 (Circle preferred 5K adult size)    S    M    L    XL    XXL

**KIDS FUN RUN PARTICIPANTS (AGES 13 AND UNDER)**

- Free 1/4 mile Kids Fun Run  
 Short sleeve T-shirt available for a \$10 donation while supplies last  
 (Circle preferred Kids Run T-shirt size)    YS    YM    YL    AS    AM

**KIDS COMPETITIVE 1 MILE PARTICIPANTS (AGES 13 AND UNDER)**

- Competitive/Chip Timed Kids 1 mile with short sleeve T-shirt while supplies last  
 \$10 registration through race day  
 (Circle preferred Kids Run T-shirt size)    YS    YM    YL    AS    AM

How did you hear about this event? \_\_\_\_\_

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ BUSINESS \_\_\_\_\_  
 (IF APPLICABLE)

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE (    )    -    DOB    /    /    AGE \_\_\_\_\_  MALE  FEMALE

VISA    MASTERCARD    DISCOVER    NAME ON CARD \_\_\_\_\_  
 CREDIT CARD (please circle)    CARD NUMBER \_\_\_\_\_ EXPIRES \_\_\_\_\_

**CHECK ENCLOSED**  
 Please make payable to Colonie Youth Center or CYC

**READ BEFORE SIGNING**

In consideration of my entry to this race/event, I hereby release and waive any and all claims for injuries/damages against the Colonie Youth Center, ARE Event Productions and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race/event. 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 forgoing to use any photographs, video tapes, motion pictures, recordings, or any other record for this event for any purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ EMERGENCY CONTACT \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ EMERGENCY PHONE # (    )    -    \_\_\_\_\_

(OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18)

# Stockade-athon Enters New Era

by Vince Juliano

The 2013 Stockade-athon drew a field of over 2000 registered runners for the first time, and 1871 athletes actually ran and finished the 15K course, another record. It was the 7th consecutive year that a participation record was set at this classic road race. This decade long surge of popularity has been fueled in large part by female runners, who now make up 50% of the field compared to 35% just 10 years ago.

Stockade-athon runners are generally serious about fitness and the sport of running, train year round, and accept the urban 15K challenge that greets them annually as they "Storm the Stockade" to start a tour of the city's historic parks and neighborhoods. The race is a fall tradition for so many runners in the capital region and beyond, and it remains a priority of race organizers to make the necessary changes to allow local runners and race supporters the opportunity to train for the event, and to have easy access to enter at their convenience, for a modest fee.

At the conclusion of last year's event, race organizers took a hard look at the impacts of this decade of growth, in particular how it has impacted Central Park. Parking options were severely limited, with runners parking as much as a mile from the start area, on park boundary roadways.

The Park Pavilion, a large seasonal structure that has been used to host post-race refreshments and the award ceremony, was subjected to longer and longer lines, as runners attempted to refuel post-race. The canvas shell generously donated by the HMRRRC that wrapped the pavilion and prevented exposure from November winds and rain had become damaged and therefore less effective after just 3 full years of use.

Key city parks support personnel with experience in assisting with the event, have retired over the past few years, and senior parks management officials suggested that they would support a new venue for Stockade-athon post-race activities.

The Gazette Newspapers, a three decade title sponsor of the event suggested moving the start to downtown Schenectady, and utilizing Proctors and other downtown indoor venues with enhanced parking options.

After a post race meeting in December at the Gazette, I realized that moving the start / finish to downtown Schenectady was the right thing to do in order to ensure continued growth and prosperity of this significant regional championship event.

Rising police costs associated with the move downtown required additional sponsorship, and we were fortunate to partner with MVP Health Care as the new title sponsor for the Stockade-athon in 2014. MVP Health Care joins the Stockade-athon in encouraging and

promoting healthier communities through living an active and healthy lifestyle.

Fleet Feet Sports, a local business now with two locations in the capital region, will continue on as a primary sponsor of the competitive aspect of the race, offering a generous prize structure and special amenities to assist runners in reaching new heights and lofty goals. FFS Albany will also host the early packet pickup for the Stockade-athon on Saturday November 8th from 9:30 a.m. to 2:00 p.m.

The YMCA in downtown Schenectady stepped up in a big way by providing their venue for race day packet pickup and baggage check and will assist MVP Health Care in support of a new 1K children's run that will start from their rear parking lot on Franklin Street.

The Gazette Newspapers will remain the print media sponsor in a supporting role, providing important newsworthy coverage of the event, event advertisements and assisting with constructive meetings with city representatives.

A new course and start/ finish area was finalized in June after months of advance planning. From March to May, a new course was constructed with valuable input from Race Course Director John Haley, Race Committee Chair Jon Rocco, and 3 top officers from the Schenectady Police Department. The new course generally follows the course layout of the previous few years in a clockwise loop versus counterclockwise as in years past. The new course, adds approximately 1.5 miles of new sections, including a short section in Riverside Park in the historic Stockade, and two new residential loops. These new sections were necessary since a 1.5 mile section of the old course in Central Park was used twice (outward and inward), no longer a possibility with the downtown start.

On race day:

The new course and earlier start time of 8:30 a.m., affords the police the ability to open the major roadways of State Street, Erie Blvd., and lower Nott Street by 9 a.m., after having all runners cleared from downtown proper after just 2 miles. This should help address some longstanding concerns with Sunday morning church goers, as the majority of these spiritual buildings are located downtown.

The YMCA will host race morning packet pickup and a new baggage check from 7am to 8am. Access to the YMCA from State Street is just two blocks from the start and finish. Veterans Park in front of the MVP Health Care will be the staging area prior to the start, with portable toilets available. For security reasons runners will not be allowed to leave bags at the start or finish area unattended, and should take advantage of the free clear backpacks provided by MVP Health Care at packet pickup to store warm clothing and to check a bag prior

to the start.

Post-race refreshments and award ceremony will be now held indoors at different Proctors venues. Proctors / Key Hall will be the location for refreshments, and just across the arcade hallway, runners will have access to an indoor Farmers' Market and the adjoining GE Theater for the award ceremony.

A 1K kids run will begin at the YMCA parking lot on Franklin Street at the conclusion of the 15K race. Children age 12 and under will receive a post-race goodie bag and medal in this non-competitive event.

There should be ample downtown free parking with runners having access to the city parking garage on Broadway (across from the NY Lottery Building) and a large outdoor surface lot on the corner of Liberty and Nott Terrace. From the Parking Garage and the Liberty surface lot, runners can access the start / finish area with a very short walk.

HMRRRC members who do not plan to run, are encouraged to volunteer as additional support is anticipated with all of these changes. Details on how to volunteer, where to park, a map of the new course, etc. can be found on the Stockade-athon webpage: [www.stockadeathon.com](http://www.stockadeathon.com)

These changes should usher in a new era for the oldest major 15K race in the USA, and allow for anticipated growth going forward this year and in 2015 when the Stockade-athon will celebrate a special 40th year birthday. □



# FAM 5K

September 27, 2014

Run  Walk



**Saturday, September 27, 2014**

**10:00 Race Starts - Cobleskill Fairgrounds**

30 minutes from the Capital Region

*Schoharie County ARC (2014 Charity)*

8:15 - 9:30 Race Day Registration or

**REGISTER ONLINE!**

**Visit [FAM5K.com](http://FAM5K.com)**



**Awards | Kids' Run | Music | Brooks BBQ | Refreshments | Massage Therapists**



The FAM 5K is sanctioned by the Adirondack Association of USA Track and Field. *USATF Certified Course*  
Host of the 2014: *USATF Adirondack 5K Open Men's Road Race Championship*

# JAIME JULIA



SEFCU: Mike Roda, left, Jaime, center, and Anthony Guiliano, right

Only 29 years old, Jaime Julia has already been running for over two decades. His running career began when his stepfather, Carlos Borrero, who raised Jaime since he was two years old, noticed the incredible speed his son had running away from his irate grandmother. He realized that his son had potential and began to train him at age seven, and Jaime has been running ever since.

Jaime was born in Puerto Rico, where running is promoted in school and in youth clubs. Elementary school children have physical education classes daily and compete in two-year age groups with children from other schools and clubs in field day games. Jaime did so well that he placed second in his first-ever race. He



Jaime with his mom, Raquel, and his dad, Carlos

improved so much as a seven year old that he could no longer find a running partner of similar age. By the age of nine he ran a mile under 5 minutes and 30 seconds. When Jaime last visited Puerto Rico, he learned that he still holds the school record for nine to ten year olds in 800 meters and the mile. By the time he was 11 he won a trip to Australia to represent Puerto Rico. However, neither his club nor his family could cover his travel expenses. His family soon after moved to Amsterdam, New York, where his parents got factory jobs within a week, jobs that today are non-existent.



Indian Ladder 2013

When in 6th grade at Amsterdam High School, Jaime's uncle persuaded him to run a race to raise money for the cross country team. Jaime agreed and placed fourth in a field that included varsity runners. Joe Reznick, then Amsterdam's cross country coach, was so impressed by Jaime's running that he became his mentor. He visited Jaime's house regularly to teach him English and bring food for the family. When Jaime was in 7th grade, the coach tested his running skills for the varsity cross country team; he easily passed. Yet, being on the team was challenging. He was used to running a mile, and the 5K, at first, was an effort. Gradually, however, he increased his distance and his first competitive run was a six-miler, where he ran ahead of the juniors and seniors. By his fourth race and while still in seventh grade, he became the number one Amsterdam cross country runner. Toward the end of the school year, he ran a 16:28 5K in a school sectional race. In eighth grade he ran a 16:12 at



sectionals in Saratoga. In ninth grade, he went to States at Westchester College in Section II Class A and unbeknownst to him, he beat a twelfth grader in Class B by 3/10s of a second. That runner was Josh Merlis.

Jaime was one of only two ninth graders who made classes A, B, C, and D that year and the other was Sean French. Jaime and Sean became good friends and helped each other on the field. When Sean was killed in a crash on New Year's Eve, Jaime was devastated. Sean's father, Mark French, created the Sean's Run race to honor his son. Jaime always tries to be in it.

Amsterdam, where Jaime ran, is in the Big Ten Conference. While in this league on the varsity team, he only lost one race from eighth to twelfth grade. As a sophomore, Jaime came



Jaime, Paul Mueller, Owe Strong, and Josh-Merlis at the Corporate Challenge

in 10th at States, as a junior 18th and as a senior 16th. At SUNY Cobleskill, where Jaime first went to college, he placed All Regional and All American each year. After graduating from Cobleskill, he continued on at Adelphi University with a running scholarship, where again he excelled on the track. He graduated from Adelphi with a degree in physical education.

After coaching for almost four years in Long Island, but not running competitively, he came back to the Albany area to be near his family. He coached for two years at SUNY Cobleskill where he was the assistant coach for the track and field team, and then became coach of the Amsterdam Middle School cross country team for two years. In the Albany area, his path again crossed with Josh Merlis, but this time knowingly. While Jaime was running at Tawasenta Park he met Meghan Davies Mortensen, who recommended that if he was serious about training, Josh was the person to contact.



Jaime and Bill Rodgers

Meghan's advice changed his life. He contacted ARE and Josh remembered Jaime as that ninth grader who beat seniors. The two began to train together and gradually Jaime became absorbed in the hectic ARE environment and loved it. In the spring of 2013, Jaime left coaching at Amsterdam's middle school to begin to work for Josh. And working for Josh is not your typical job. For example, at the start of a recent weekend, Josh left Jaime in charge of getting a thousand pounds of timing equipment to Bar Harbor, Maine and back, then driving the equipment to Maryland the next day for a race to be followed by still another later one in New Jersey. In addition to carrying the equipment, set up had to be done, and of course there was training, leaving little time for sleep.

Sandwiched in between this activity, Jaime's competitive running has flourished while training for his first marathon under the coaching of Dick Vincent. Last year, he won the SEFCU 5K in 15:43, a pace of 5:04. At the Stockade-athon he was proud to be the first local area runner to place, coming in fifth with a time of 48:22, and pace of 5:12. He also came in 2nd at the Troy Turkey Trot 10K in 31:55,



SEFCU 2013

just four seconds behind the winner. This year he recently won the Memorial Day Marathon Races 10K and 15K in Lenox, Massachusetts, setting the course record for both. In addition to running those days, he "cross-trained" by setting up and taking down heavy timing equipment for ARE. In 2014, he won the Mudder and Grunters 5K trail run and came in fourth at the Syracuse Half-Marathon with 1:13:50.

The culmination of his training was Grandma's Marathon on June 21 on a course that parallels beautiful Lake Superior. Ironically, the

lake was fogbound but it did not dampen his enthusiasm or effort. He had hoped to break 2:30 and came close. He trained by doing 100 miles each week and toward the end twenty-mile runs. His description of the race is chilling. He started off well, was getting his splits and was actually doing better than he planned. By mile 21, he was in agony but kept going. At mile 23 every muscle below his waist from his IT band to his arches was cramping and painful. His body said to walk but his mind said no. Ultimately, his mental strength took precedence and he managed to finish mile twenty four in a slow time for him of 6:26 and then he was able to run mile 25 in 6:05. This buoyed him to sprint the last distance and happily for Jaime, his friend Nick Webster was there to catch him and help him walk away. In hindsight, Jaime now feels that for the next marathon, he needs to run more than 100 miles a week, with runs of 20 miles followed later in the day by a 6 mile plus run.

His running plans for the future are still in flux. He intends to do the fall runs and looks forward to the new course of the Stockade-athon. Josh has some long-range plans and Jaime is part of them. Josh wants ARE to branch out and put Jaime's degree and experience to good use by developing youth programs that Jaime can manage.

Jaime Julia is not in neutral, but is on the go. His talent and tough mental stamina give him the potential to be a great runner in a bigger arena while helping others.

**PRs**

1 Mile: 4:17, 5K: 15:07, 5 Miles: 25:38, 10K: 31:15, 12K: 39:07, 15K: 48:22, 13.1 Miles: 1:09:50, 26.2 Miles: 2:32:37. □



Cobleskill track team



# Run for the ROC

All proceeds benefit the patients of  
the Mollie Wilmot Radiation Oncology  
Center of Saratoga Hospital

**Sunday, September 28, 2014**  
**at 11:00 a.m.**  
**Children's Run at 10:15 a.m.**



• Register directly online at: [www.runfortheroc.org](http://www.runfortheroc.org)

or

• Mail registration and check to:

Saratoga Hospital Foundation/Run for the ROC  
211 Church Street  
Saratoga Springs, NY 12866

(Make checks payable to "Saratoga Hospital Foundation")  
(\$20 per participant by September 16, or \$25 after that date)

For more information contact:

[rwheatley@saratogahospital.org](mailto:rwheatley@saratogahospital.org) / 518-583-8340  
or visit [www.runfortheroc.org](http://www.runfortheroc.org)

**Application Fee:** \$20 pre-registration by September 16 or \$25 after that date and on race day.

**Description:** 5K Run and Community Walk with separate kids' event at the historic Saratoga Race Track. The first 500 registrants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

**Day of Race Registration:** 9:00 am at the Grandstand, Historic Saratoga Race Track, Union Avenue, Saratoga Springs.

**Course:** 5K loop through beautiful, historic Saratoga Race Track grounds.

**Awards:** Prizes and awards will be given to the overall top three male and female runners. Special "ROC" awards for the top three male and female in each age group.

**Chip Timing:** By A.R.E. Event Productions and personalized Runner Bibs!

**Separate Kids' Run:** The "Li'l Derby Dash!" at 10:15 a.m. is FREE! Race Day registration only. Medals & Goodie Bags for all kids!

**Who are you running for?** Personalize your runner's bib with the name of the person you are running for.

**Are you a survivor?** Check here  if you'd like special recognition at the event.

## Registration for 10th Annual Run for the ROC

Name \_\_\_\_\_ Address \_\_\_\_\_

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

Phone \_\_\_\_\_

E-mail \_\_\_\_\_ Date of birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age \_\_\_\_\_

Sex ....  F  M  Runner  Walker ATC Challenge:  Employee  Friend/Family

Part of the ATC Corporate Challenge? List company here: \_\_\_\_\_

**Run the Triple Crown! Participate in the Malta 5K, the Monday Night Mile and the Run for the ROC and receive a special award!**  Check if participating. (*Visit [www.saratogatriplecrown.org](http://www.saratogatriplecrown.org)*)



**Early Race Packet Pickup on Friday, September 26, 4-7 p.m.**  
at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, motorized vehicles, scooters, bikes or rollerblades, please!***

\_\_\_\_\_  
Participant's Signature

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

# HMRRC HALL OF FAME

## HMRRC's Hall of Fame Committee is looking for candidates for the 2014 HMRRC Hall of Fame

HMRRC's Hall of Fame honors individuals who have earned extraordinary distinction as a member of HMRRC. Candidates should have been, or continue to be, active members of HMRRC and recognized leaders of the local running community in running performance and/or service.

Selection Criteria for Induction:

The guidelines used to select a candidate include (but are not limited to):

1. Historical significance to HMRRC
2. Performance as a competitive runner in HMRRC races
3. Noteworthy performance as a competitive runner at the local, regional, national, or international level
4. Service to HMRRC as an elected officer
5. Service to HMRRC as a staff member or writer for *The Pace Setter* over a period of time
6. Service to HMRRC or the larger running community as a race director
7. Volunteer service over an extended period of years to multiple club events
8. Service over an extended period of years to local running events
9. Service to HMRRC or the running community as a mentor, coach, or educator of local runners
10. Service to the larger running community as an officer of local, regional, national or international running organizations.

**If you would like to recommend a member for this honor, send the candidate's name and appropriate supporting information by August 15<sup>th</sup> to:**

HMRRC Hall of Fame Committee  
c/o Cathy Sliwinski  
11 Victoria Way  
Albany, NY 12209  
Or Email [csliwin@nycap.rr.com](mailto:csliwin@nycap.rr.com)

# Boston Marathon Redux, Part 2

by Christine Bishop

In part one of Boston Marathon Redux I bemoaned how little information there is on running and runners in the major media outlets. This is surprising since so many people engage in running in the United States. According to Running USA, in the year 2013, 51.4 million Americans tried running at least once and 29.4 million ran on a regular basis, nearly 20% of the population. Those statistics far exceed those for golf and tennis, whose media coverage and athlete recognition is much greater than running. For example, in golf, only 9.6 million people play regularly, and the statistics for tennis vary from 6 to 11 million. Interestingly, in 2012, 44.6 million pairs of running shoes were sold in America, yielding a profit of over three billion dollars. Despite the popularity of running, scant attention is paid even for an event as huge as this year's Boston Marathon. The major amount of coverage dealt with the terrorism of the previous year and little on the runners. Peter Sagal, a marathoner and the host of the popular NPR game show, "Wait, Wait, Don't Tell Me," mentioned this lack of attention to runners in an article in the June 2014 issue of *Runner's World* entitled, "Elite Runners Deserve More Praise: Be Like Who? C'mon everyone-let's show our top athletes more love." Well, in this article we will. Part One highlighted the lives of the top winners of the Boston Marathon, Meb Keflezighi and Rita Jeptoo. This article provides background profiles on the other top finishers, to whom unfortunately little praise or love has been shown in the media, as Mr. Sagal has pointed out. I am going with males first since, interestingly, they get less coverage than the females.

## Males

**Lelisa Desisa Born 14 January 1990;  
Ethiopia; Height 5' 7" Weight 121 lbs.**



Lelisa first came to international attention in 2010 when he ran a sub-60 minute half marathon. He ran many races in the United States successfully after that and came in first in the 2010 Boilermaker, setting the second best time in the race's history. Many of our club members probably ran with him in this popular race. In 2013, the first year he ran marathons, he surprised the running world and himself by first winning the Dubai Marathon in 2:04:45 and then three months later winning the Boston marathon in 2:10:22 as he surged ahead in the last quarter mile and won the title by five seconds.

Lelisa was thrilled with his victory but horrified by what followed. He was haunted by the tragic events of the marathon and wanted to do something to honor those who died, were injured or suffered from the event. On June 23, 2013, in a public ceremony, he gave his first place medal, gold-plated with a diamond stud and framed, to the mayor of the city of Boston. He said, "Sport holds the power to unify and connect people all over the world. Sport should never be used as a battleground." Privately, he gave his framed bib to a couple that had been seriously injured by the blast.

At this year's race, he sprained his ankle at the 25K mark and by 40K had to withdraw from the race. However, he is only 24 and is the man to watch in future marathons.

**Wilson Chebet July 12, 1985; Kenya; 5' 8"  
127 lbs.**



Wilson is the fifth of six children. His family is athletic and his

cousin Moses Kiptanui, held a world record as a 3,000m steeplechaser. Wilson could not afford to pay fees for secondary school so he tried farming but was unsuccessful. A friend advised him to pursue his talent in running and that was good advice.

Wilson has excelled at half-marathons and marathons. He has run 4 sub-one hour half marathons that ironically he did not win. His personal best is 59:15. He is nicknamed Mr. Amsterdam by the Dutch for his successes there. His debut marathon in Amsterdam was the second fastest of any runner. He has won the Rotterdam marathon once and the Amsterdam race twice. Wilson came in second at the 2014 Boston Marathon, eleven seconds behind Meb Keflezighi at 2:08:48.

**Vitaliy Shafar January 27, 1982; Ukraine; 5'  
9" 137 lbs.**



Vitaliy has faced running conditions unlike those for most runners. He has dodged tanks, military transports and soldiers while running in his hometown of Lutz, and recently trained in the high altitude mountains of Kyrgyzstan. In spite of the chaos in his country, he has done well and placed fourth at the Boston Marathon this year with a time of 2:09:37. His fiancée, Aleksandra Duliba of Minsk, Belarus, is an accomplished marathoner herself, placing sixth at the 2014 Boston marathon in 2:21:29.

**Nicholas Arciniaga June 30, 1983; USA; 5'  
11" 140**

Nick graduated from Cal State Fullerton in 2006 and instead of becoming an accountant decided to become a professional runner. He runs for Team USA, Arizona and lives in Flagstaff. His sponsors are Under Armour and Powerbar. Occasionally he writes for Runners World.

He has had success in long distances. He debuted at the Chicago Marathon in 2006, coming in 22nd with 2:16:58. Since then, he has improved greatly. In 2013 he was 7th at the Los Angeles Marathon and he won the Twin Cities Marathon. At the Boston Marathon this year he came in seventh and was the second American to cross the finish line. He said that out of all his wins, this meant the most to him coming as it does after the tragedy of 2013.

**Jeffrey Eggleston October 1, 1984; USA; 5'  
9" 125 lbs.**



Jeff was a track star at Greece Arcadia High School near Rochester, New York, and was accepted into the University of Virginia's Division I track program. He was a Roads Scholar of the Road Runners Club of America in 2010

and is sponsored by Brooks.

Jeff excels at half marathons and marathons, and has run many in his career, his best being the recent Boston Marathon, where as the third American to cross the finish line he placed 8th in 2:11:57. He trains in Boulder, Colorado, and was the top American finisher at the 2013 IAAF World Track and Field Championships in Moscow, ending up 13th overall.

## Females

**Buzunesh Deba September 8, 1987;  
Ethiopia; 5' 3" 101 lbs.**



Buzunesh Deba can be seen running the streets of New York City, which is her home base for training in the United States. She comes from the central region of Ethiopia, which has produced a plethora of powerhouse runners to the US. At age 18 she married elite Ethiopian runner Beyi Deba, two years her senior, who is now her coach. They both love New York City and in particular training in Central Park. They went to Albuquerque, New Mexico, so that Buzunesh could train in high altitudes, but they hated the solitary nature of the area and pined for the crowded streets of NYC. In 2008, she won three half marathons with a PR of 1:14:37 in the NYC Half Marathon. She graduated to marathons and has done spectacularly, winning many. In 2010 she ran five marathons, winning four of them and taking ninth in New York City that year. She made up for that in 2011 when she came in second in the New York City Marathon, earning \$105,000. After that she suffered a foot injury and did not compete in a marathon until the recent Boston Marathon, where she came in second with her personal best in a marathon of 2:19:59, which is also the second best time for a woman in the Boston Marathon, Rita Jeptoo, who came in first set the Women's Boston record in the same race.

**Mare Dibaba October 20, 1989; Ethiopia, 4' 11" 84 lbs.**

She made her first international appearance in 2008 at the Udine Half-Marathon (in Italian it is Maratona Udine) placing second in 1:10:32. In 2009, she mysteriously joined the Azerbaijan junior team under the name of Mare Ibrahimova but was later disqualified when it was discovered she was too old for the



team. She then returned to Ethiopia and has been running for that country since bringing it honors. In 2010 she made her marathon debut at the Rome Marathon, finishing in 2:25:38. In 2011 she concentrated on half-marathons and won a gold medal at the All Africa Games in 1:10:47. In 2012, she improved her marathon time in Dubai to 2:19:52. In 2013, she battled stomach problems and ran little competitively. However, in 2014, she hit her stride in marathons, starting with the Xiamen Marathon in China, where she won gold in a time of 2:21:36, and then in the Boston Marathon where she came in third with a time of 2:20:35. There still is time for Mare to set records in 2014. At home she likes to drink Ethiopian coffee and tea, talk with friends and go to movies. As for her inspiration, she has said, "In Ethiopia, it is everyone's dream to be a great runner. Because our country is so rich in the history of athletics, I began running to be like the great ones."

**Shalene Flanagan July 8, 1981; Colorado: 5' 5" 106 lbs.**



Unlike the other runners in this column, Shalene has received much attention in the media and information can be readily found on her. There was a wonderful interview by Anderson Cooper on the television program "Sixty Minutes" first broadcast on April 13, 2014. It can be found on the Sixty Minutes website archive and on YouTube. Even though there is a wealth of information on her, it is im-

portant to mention the pivotal part she played in making the 2014 Boston Marathon a particularly historical event for the female runners. Shalene openly stated how important it was for her to win this year's Boston Marathon, where she hoped to be the first American woman to do so since Lisa Larsen-Weidenbach in 1985. She trained all year and had a startling strategy. Usually the elite runners do not go out ahead immediately, but Shalene did forcing the others to go faster than they normally would. Rita Jeptoo, the winner, mentioned after the race that at first when Shalene was so far ahead it was difficult to keep up with her but she knew she must if she wanted to place. Ironically, the 2014 Boston Marathon was Shalene's personal best, 2:22:02, but because she kept the pace at such a blazing speed six women passed her, three of whom set all time records for women at Boston.

**Desiree Davila Linden July 26, 1983;  
California: 5' 1" 97 lbs.**



Desiree hails from California where she ran as a child. At Arizona State University she was an All-American track star. She graduated with degrees in religious studies and psychology. She went on to stun the world when seemingly coming from nowhere, she placed second in the Boston Marathon in 2011, coming within two seconds of being the first female to win there since 1985. This was the fastest time for a woman since Joan Benoit Samuelson set the record in 1983. After Boston, the world paid attention to her running and in 2012 she placed second in the U.S. Olympic Marathon Trials. However, she had to drop out of the Olympics because of a femoral stress fracture, which kept her sidelined. She slowly recovered and in 2013 ran the Berlin Marathon where she placed fifth. The year 2013 was also important for her as in August she married a fellow elite runner and triathlete Ryan Linden who has a marathon PR of 2:26. They met at the London Olympics. To prepare for this year's Boston Marathon she and Ryan went to Kenya, where she trained for six weeks. Her training paid off, and in Boston 2014, although her time was slower than in 2011, she came in 10th in 2:23:54.

Hopefully the next Boston Marathon will see better coverage and detailed stories about the great runners who participate. As Peter Sagal pointed out, our top runners need more attention and love. □



Monday, September 1, 2014
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

Location: Race/walk starts and finishes at SEFCU Headquarters, 700 Patroon Creek Blvd., Albany

Applications must be received by Friday, August 29, 2014.
Separate application for team competition is available at sefcu.com

HMRRC Entry Fee for 5k Race/Walk\*: PRE-REGISTRATION
\$12 for HMRRC members and SEFCU members
\$15 for all others
\$25 for HMRRC fee and a donation to the non-profit recipient of the race funds
EVENT DAY REGISTRATION
\$20 for all runners

HMRRC Entry Fee for Kids\*: \$1 per child; 1 mile; approximate 10 a.m. start (Event day registration only)

Race Prize Structure: Medals to the first three male and female finishers in each of the following age groups: 11-17; 18-21; 22-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over. Trophies will be awarded to the first three male and female overall finishers. Trophies will also be awarded to the first three male and female overall finishers who are SEFCU members.

Shirts: Commemorative SEFCU 5k T-shirts will be given to all participants.

Refreshments: Complimentary fruit, drinks, etc. available at end of event.

Results: Posted 15 minutes after event and available the same day at http://www.hmrrc.com.

For More Info: Call 518-464-5300, or visit www.sefcu.com.

I will participate in: 5k Run [ ] 5k Walk [ ]

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Age \_\_\_\_\_ Sex Male [ ] Female [ ] Phone \_\_\_\_\_

SEFCU Member [ ] HMRRC Member [ ] Where did you hear about this event? \_\_\_\_\_

\*I would like to make a donation directly to the SEFCU Community Support Program in the amount of \$ \_\_\_\_\_.

Signature

Parent/Guardian (if under 18)

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, 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, SEFCU, the SEFCU Foundation, non-profit recipients of funds from the race, the State of New York, 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. I agree that any digital or print photographs taken during this event are the sole property of SEFCU and may be used appropriately in future SEFCU publications.

Make registration checks payable to Hudson Mohawk Road Runners Club. Send entry fee with completed application form to: SEFCU Labor Day 5k, HMRRC, c/o John Parisella, 117 Elmer Ave., Schenectady, NY 12308

Applications cannot be accepted at SEFCU locations

You may register online at www.hmrrc.com

Directed by HMRRC logo

# The 5th Annual Malta Business & Professional Association 5k



GLOBALFOUNDRIES®



Malta Business & Professional Association

# Malta 5K

CASH PRIZES PROVIDED BY:  
**FLEET FEET**  
*Sports*

Proceeds to Saratoga  
Rural Preservation  
Council &  
Town of Malta EMS  
First Responders

## Saturday, September 6, 2014

Pre-Registration - \$25

Day of event registration - \$30

Registration opens 7:30AM: Race starts at 8:30AM

register online: [www.malta5k.com](http://www.malta5k.com)  
HVCC- TEC SMART • 345 Hermes Road Malta, NY

# Meeting Minutes of the HMRRRC General Meeting July 9, 2014

Attendance: Barb Light, Tom & Marcia Adams, Ray Lee, Jim Tierney, Jon Rocco, Cathy Sliwinski, Joe Hein, Chuck Terry, Kristina Gracey, John Parisella, Mike Becker, Rob Moore, Suzanne Facticeau, Jim Moore,

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

1. Reading and approval of June 11, 2014 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by Jon Rocco, motion approved.

2. Reports of Officers:

2.1 President (M. Cox): No report.

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

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (M. Ibbetson): See attached report.

3. Reports of Committees

3.1 Membership (D. Fisher-Golden): Currently at 3104 members, down 56 members, lost 100 members, have 33 new members joining. Facebook has 1991 followers, Twitter 135. Note: 159 more members this year than we were at this time last year.

3.2 Volunteers (M. Adams): Boilermaker bus this week. Two buses going out. This is a huge event for volunteers. Will be picking up bibs the day before for the runners. Providing extra food for runners. Lost 2 tents at the Just Run event due to storms, will have to replace them. Contacted by Race Director in Saratoga looking for volunteers for Silks and Satin race. Wanted to see if we could provide assistance. Marcia noted that she would bring to meeting and see what general feeling was. Jon Rocco said we shouldn't because we would be setting precedent of sending volunteers out and we can't do that. Maureen noted that it is a precedent we should not set. They are needing course marshals. Cathy noted that we can post on Facebook if anyone is interested in helping they can volunteer. Marcia will ask Silks and Satins to post on our Facebook page.

3.3 Public Relations (R. Moore): Press releases all papers upcoming Tawasentha and track meets. Expo at Schroon Lake in September and Saratoga Palio in September. Rob would like to remain t-shirt/sneaker drive for next 2 years.

3.4 Race Committee (J. Rocco):

Had 2 events-9th Valley Cat Father's day 5k 375 finishers. Scott Mindel winner. 16:08, Briana Sequin won for 5th time, 19:31. Tree came down during the night so we had to get that removed before race started. Thanks to John Haley & Meghan Leitzinger. Town of Colonie track meet finishing. Colonie Mile July 1st – hot & humid. Chuck Terry won 4:39.6 edging 2nd place by .5 seconds. 83 finishers compared to 108 last year, previous year was 74. Grand Prix event. Winning female Lisa Dinella, 5:23. 3 volunteers, Tom Adams, Ed Neiles, and Ken Skinner worked the race. As of July 1st, we have total 11354 finishers compared 11522 last year at this time. Next 3 Thursdays have 2 person relay, Hour Run and Pentathlon. Before next meeting several races, Dynamic Duo, Indian Ladder Trail race, August 2 and August 3. 20th year for Indian Ladder. Summer track ends August 5th. Tawasentha kicks off August 11th. Looking back at some races, Anniversary race-thank you to Mike & Angela Warner to their dedication of directing race past 20 years. Card and gift card will be given to them. CDPHP wrap up meeting last week, this year was 5th year CDPHP was sponsor and \$20,000 passes thru to charities of choice. Thank you to Hannaford Supermarkets for being a sponsor and for their generous in-kind services. 4 Charities of Choice- banners, presentation of checks next month – will get publicity from new. \$6500 to each charity. \$5000 each from race, \$1500 from individuals and ALL U donates percentage of t-shirt sales- \$350 each charity. Notes of improvements-new course, adjust starting line, popular was music on the course. Income amount before expenses shows \$261,000 vs. \$253,000 from last year with \$163,000 expenses, compared to \$173,000 last year. Still waiting on a bill from OGS before the final net figures our complete, but looks like the net amount will be around \$98,000 compared to \$85,000 last year. \$65,000 goes back to club to Just Run programs and Scholarships. \$33,000 will go to seed money for next year's race. Biggest Workforce Team Challenge race to date. Kudos to everyone who helped with the race. Ken noted that it was apparent people were happy with the transparency of the selection of the charities. People were happy to hear about them.

Not the big huge charities take the money and it's good the little charities receive the money. September 1 is SEFCU 5K registration opened up June 1st. Goes online through Aug 29 and day of race registration. John Parisella, Jon Rocco and Barbara Sorrell still dealing with OGS on some issues for the race. Carol Brinkman new person Kathy Lanney open to new things interested in changes to race to make better. Possible new start and finish. John will be looking into that. Half and marathon in October – will have article in Runners World about the race. Update on Stockade-athon-Vince working getting ready: Registration opened June 30, Diane Fisher working on website, new course map is on website with other changes as well. Upcoming article in Pacesetter about changes as well. Course has been certified. MVP new sponsor, new certified course, zippyreg registration, Early packet pickup on Saturday at Fleet Feet Sports, Race day packet pickup at YMCA, Baggage check at YMCA, Post race refreshments at Proctors/Key Hall, Award Ceremony venue Proctors/GE Theater, Race Day packet pickup coordinator Sally Drake, New Elite Coordinator Karen Bertasso. Working on kids run course in August. City Street Closing permit-Police have given the course the OK but still needs city approval-Vince doesn't expect a problem. He will also start working on new banners for start/finish. Vince says 17th year he will be looking for an assistant director to work with him the next couple of years. Jim Tierney noted that he always writes letter to Guilderland Police chief to thank them for helping at the Masters Race, they always respond and provide an officer at dangerous intersection and provide EMT. He received a response, read letter he received from them.

3.5 Race Committee Treasurer (J. Golden): See attached reports

3.6 Pace Setter (K. & D. Gracey): Recognition to Mike Becker & Joe Hein extraordinary contributors to Pacesetter over the years. We are very grateful for their efforts. Kristina noted that they are making some changes and trying to make visually appealing to readers. Getting some interesting contributions from younger members. Looking for people to replace Mike & Joe-if anyone is interested in taking over the columns, please let Kristina know. Jim Tierney noted that when

the Pacesetters are printed, he picks them up to deliver extra to people, he was called today so they may be delayed a little before members receive them.

3.7 Conflicts Committee (C. Terry): No report.

3.8 Safety Committee (M. Washco): Article coming out-would like topics to research. Keep suggestions coming.

3.9 Grants Committee (R. Newkirk): 7 grant applications received, 4 approved. Will propose a Special Purpose grant for a fifth. (Town of Guilderland Parks) in early 2015 (when new budget money will be available.) Following approved for \$1000 each: Albany Booster Club-Patriot 5K, this group received a grant last year. Moving to chip timing after good first year. We told them not to expect further help after this year. Capital District YMCA in Schenectady, (for classes for new runners-open to all free of charge regardless of Y membership). USATF –for summer track meet, AREEP-for trail run in Thatcher Park. Profits from event are to go to foundation to benefit park. Denied the following requests: Patriots Summer running club-group sponsors monthly runs along bike path. It seems to be a for-profit organization. We asked for additional info via email but received no response. Town of Guilderland applied for \$5000 grant to improve a building used to store supplies at Tawasentha Park. Ray called Dennis Moore at the Park and told him our grants were limited to \$1000 through general grant program but that we had a second program that might be able to provide the full amount if we waited until 2015 since the budget item was exhausted for 2014. Dennis agreed that this approach may be better. He and Ray will develop a proposal to submit to club in January.

3.10 Long Range Planning Committee (E. Neiles): Lease on HMRRRC facility is executed. Certificate of Occupancy has been issued. Waiting on quotes for internal work and garage door. Next Long Range planning committee meeting will be held in September. Next report will be given in October.

3.11 Just Run Program (K. Skinner): 2 track meets in June-bad weather on June 3 and 13 of schools rescheduled to Thurs June 5 lost 3 schools who couldn't come back due to transportation. June 4 374 kids participated, 12 schools.

June 5 277 kids participated, 10 schools. 651 kids that participated in events. Ran out of medals so ordered more to get out. Check with leaders at schools had 1270 kids signed up participated in school location but only half came to track program-Ken will look into to see what difference is. Letter received from one leader to thank club, several emails from leaders to thank us for the meet and all the volunteers. Marcia Adams has really helped out with everything. Each year make improvements to make better. Bob Oates meet director and did a great job this year along with Sandy Morley rearranged finish line to run smoother and keep things moving. Only incident at food-some relatives with one of the kids they gave Jackie a hard time and had to get security involved. It worked out OK but Ken will follow up with leader at that school. Union College was great and loved hosting us and very generous about what offers to us. Athletic Facilities maintenance guy was terrific. Will startup cross country program in the Fall with first week in November being the final meet. Treasurer should have all reports by next meeting. Maureen thanked Ken for his dedication to the Just Run program and the affects it has on kids.

3.12 STEM Program (S. Nealon): Maureen attended luncheon and the women are so very grateful for this opportunity to participate in this program. Current balance for STEM Program is \$5152.39.

4 Unfinished Business: Race records on web-Maureen reached out to Ed Neiles-has as much up as he can get to-if anyone is looking for info to contact him. If anyone is interested in participating in project let him know. 1971 to 1995 to put in archive online. 2 years ago it was reported that 95% was done, now surprised that it is not done. Ed says before 1996 is not online. Maureen will ask Ed and Ray about this. Marcia noted that some of the very early records were incomplete. No value in putting them in. Moving old records to new building. Once moved and unpacked, old records can be scanned into to a hard drive. Joe noted it was discussed 4 years ago to digitize it. Money was never spent. New building may have room where we can store old records. Joe noted that people want to go online to see the results. If it is going to cost the club a lot of money to do this, need to evaluate the value that the club will get out of it. There is a lot to it to get that job done. We

can scan and keep online. Might be better way to do that. First item to do in new building is set up garage and get all equipment in one place for club. Should be done before winter so that van is undercover this winter. Maureen will do some follow up and as things are unpacked documents will be located.

5 New Business: Rob Moore thank Ray Newkirk for production of race tri-folds for club. Started in 2008 really look nice. Sold Albany division so we might have to look for new printer. Elections committee working on slate of candidates-should have complete by next week. Cathy Sliwinski is Chairperson for Hall of Fame committee-highest honor bestows on members in service and running performance. Accepting nominations-criteria located in Pacesetter. Send your nominations to Cathy Sliwinski by August 15- see ad in Pacesetter.

6 Announcements:  
 • August refreshments – Marcia Adams

7 Adjourn: Motion made by Marcia Adams to adjourn, seconded by Cathy Sliwinski - meeting adjourned at 8:55PM.





**SUNDAY, SEPTEMBER 28, 2014  
CLIFTON COMMONS  
CLIFTON PARK, NY**

Northway to Exit 9. West on Rte. 146.  
Left on Vischer Ferry Rd. Clifton Commons on left



**IN HONOR OF NICK RYCHCIK!**

NICK'S DASH-11:45am    NICK'S MILE-12:00PM    2-MILE WALK-12:45pm    ZUMBA Warm-up-12:30pm  
5K RUN-1:00pm

PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

Prizes given to top overall male & female finishers and 1st & 2nd place in the following male & female categories:  
14 & under    15-19    20-29    30-39    40-49    50-59    60+

Parking for everyone. No strollers/dogs allowed on 5k Run. Lunch/refreshments included for participants.

**Crazy Hats! Wear your Crazy Hat to walk, run, or just have FUN!**

**For more info. contact Liz Fox at (631) 645-4801 or email [nicksrun@fighttobehealed.org](mailto:nicksrun@fighttobehealed.org)**

**2-mile Walk and 5K Run Pre-registration: Per person \$20 (\$25 day of race)**

(1st 250 pre-registered walkers/5K runners guaranteed dri-fit t-shirt—size upon availability)

Nick's Dash (short dash—6 & under; 1 mile—ages 7—10): \$5 per child

(Nick's Dash participants may only register via mail or day of event)

Prizes for every Nick's Dash Participant!

Registration for all events starts at 10:30am on September, 28.

**Nick's Foundation supports local pediatric cancer patients and is a 501 (c) 3 organization**

Register online at [www.fighttobehealed.org](http://www.fighttobehealed.org) or make check payable to: NFTBHF

Mail to:

Liz Fox

c/o NFTBHF

PO Box 217

Rexford, NY 12148

Fee must accompany application.

\$3.25 processing fee will be charged for each online registrant.



Official use only: Bib # \_\_\_\_\_

By submitting this form you have read, understood and agreed to this waiver.

**WAIVER:** In consideration of accepting your 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 might have against Nick's Fight to be Healed Foundation, the Town of Clifton Park, and any officials and promoters of this

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

Parent/Guardian Signature (if entrants are under 18) \_\_\_\_\_

Please print

Entrant's Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ DOB \_\_\_\_\_

**Pre-registration:** Walk \$20 \_\_\_\_\_ 5K Run \$20 \_\_\_\_\_ Team Name: \_\_\_\_\_

**Day of event Registration:** Walk \$25 \_\_\_\_\_ 5K Run \$25 \_\_\_\_\_ Nick's Dash/1-mile \$5 \_\_\_\_\_

Make additional \$15 donation, receive a ear buds in pouch with logo: \$15 \_\_\_\_\_

Make additional \$25 donation, receive knee-hi socks with logo: \$25 \_\_\_\_\_

Make additional \$50 donation, receive a hoodie with run logo: \$50 \_\_\_\_\_      Sweatshirt Size \_\_\_\_\_

For all three items, donate additional \$90:      **All items given at event.**

# Grand Prix Update

## Race #6 The Colonie Mile, July 1, 2014

### Men

#### Male Open

12 Tom O'Grady  
10 James Faraci  
8 Victor Warner  
7 Jonathon Lazzara  
6 Graham Richard  
5 Chris Pelligrini

#### Male 30-39

12 Chuck Terry  
10 Pat Cade  
8 Brian Northan  
7 David Tromp  
6 Aaron Knobloch  
5 Ian Ross

#### Male 40-49

12 John Stadtlander  
10 Frank Horn  
8 Todd Smith  
7 John Williams-Searle  
6 Jon Rocco  
5 Jonathon Golden  
4 Jim Foley

#### Male 50-59

12 Mark Stephenson  
10 John Weilbahe  
8 Andrew Sponable  
7 John Parisella  
6 Frank Mueller

#### Male 60-69

12 Richard Clark  
10 Paul Forbes  
8 Paul Bennett  
7 George Baranauskas  
6 Robert Somerville  
5 David Rowell  
4 Jim Fiore

#### Male 70+

12 Chrie Rush  
10 Wade Stockman

### Women

#### Female Open

12 Lisa D'aniello  
10 Payton Czupil  
8 Shylah Weber  
7 Janne Rand

#### Female 30-39

12 Estelle Burns  
10 Diana Tobin-Knobloch  
8 Heidi Nark  
7 Jessica Northan  
6 Sara O'Grady

#### Female 40-49

12 Christa Dederick  
10 Chris Varley  
8 Kathy VanValen  
7 Susan Pelligrini

#### Female 50-59

12 Colleen Brackett  
10 Nancy Taormina  
8 Karen Gerstenberger  
7 Susan Burns  
6 Cathy Sliwinski  
5 Karen Dott  
4 Michelle Ching

#### Female 60-69

12 Martha DeGrazia

#### Female 70+

12 Anny Stockman

### Age Graded

	Runner	Age	G
12	John Stadtlander	48	M
10	Mark Stephenson	50	M
8	Frank Horn	44	M
7	John Weilbahe	55	M
6	Chuck Terry	32	M
5	Christopher Rush	78	M
4	Lisa D'Aniello	28	F

### Total after 6 Races

### Men

#### Male Open

36 Tom O'Grady  
31 Jonathon Lazzara  
18 Thomas Dansereau  
16 Victor Warner  
13 Dan Briggs  
12 Eric Young  
11 Alan Finder  
10 James Faraci  
10 Brad Lewis  
10 Kevin Treadway  
8 Jaime Julia  
8 Paul Mueller  
8 Nick Webster  
7 Alex Paley  
6 Brien Maney  
6 Graham Richard  
5 James Faraci  
5 Owen Hooper  
5 Chris Pelligrini  
4 Giovanni Rosetti

#### Male 30-39

43 Chuck Terry  
25 Aaron Knobloch  
23 David Tromp  
22 Josh Merlis  
20 Mike Roda

16 Jake Stookey  
13 Brian Northan  
12 Dan Murphy  
10 Pat Cade  
8 Carl Brewer  
8 Joe Sullivan  
7 Pat Sorsby  
7 Dave Vona  
6 Eamon Dempsey  
6 Dallas Devries  
6 Jim Eaton  
6 Clay Lodovice  
6 Chris Mulford  
5 Paul Mueller  
5 Tim Nevinger  
5 Ian Ross  
4 Dan Gracey  
4 Jim Sweeney

#### Male 40-49

46 John Stadtlander  
30 Jon Rocco  
29 John Williams-Searle  
25 Tom Fraser  
24 Bob Irwin  
15 Shawn Decenzo  
14 Richard Hamlin  
14 Ed Hampston  
12 Neil Sergott  
10 Randell Cannell  
10 Frank Horn  
10 Chong-Hwan Son  
10 Mark Stephenson  
9 Jim Foley  
9 Lotfi Sayahi  
9 Ken Tarullo  
8 Thomas Kracker  
8 Andy Reed  
8 Todd Smith  
7 Kevin Creagan  
5 Gil Chorbajian  
5 Jonathon Golden  
5 Bill Grimaldi  
4 Mathew Nark  
4 Matthew O'Neil  
4 Gaven Richard

#### Male 50-59

42 Mark Stephenson  
39 Jay Thorn  
36 Derrick Staley  
30 David Roy  
24 John Parisella  
15 Brian Borden  
12 Andrew Sponable  
10 Kevin Dollard  
10 Rick Munson  
10 John Sestito  
10 John Weilbahe  
8 Craig Dubois  
7 Patrick Irish  
6 Paul Bohl  
6 Patrick Culligan  
6 Frank Mueller  
6 Rick Munson  
6 Mark Nunez

6 Mark Warner  
5 Steve Vnuk  
5 John Weilbaker  
5 Vincent Wenger  
4 Samuel Mercado

#### Male 60-69

46 Richard Clark  
36 Paul Forbes  
27 Ken Klapp  
25 Kevin Donohue  
24 Carl Matuszek  
22 Robert Somerville  
17 George Baranauskas  
16 James Larkin  
15 Paul Bennett  
15 Juergen Reher  
14 Frank Broderick  
14 Tom McGuire  
9 David Rowell  
8 Tim Fisher  
8 Rich Tanchyk  
6 Pat Glover  
6 Steve Harris  
5 Tom Adams  
4 John Carlson  
4 Jesse Dinkin  
4 Jim Fiore  
4 Chuck Terry

#### Male 70+

54 Wade Stockman  
36 Ray Lee  
12 Bob Flick  
12 Frank Klose  
12 Jim Moore  
12 Chrie Rush  
10 Joe Kelly  
8 Charles Bishop

### Women

#### Female Open

29 Shylah Weber  
28 Janne Rand  
20 Lisa D'aniello  
17 Megan Mortensen  
14 Elizabeth Chauhan  
12 Karen Bertasso  
12 Alyssa Lotmore  
12 Irene Somerville  
10 Stephanie Arango  
10 Payton Czupil  
10 Brina Seguine  
8 Christine Houde  
8 Kathryn Tenney  
7 Liz Chauhan  
7 Lindsey Choppy  
7 Kelcey Heenan  
7 Becky Wheat  
6 Valerie Belding  
6 Samantha McBee  
5 Leslie Aiken  
5 Kristen Quaresimo  
4 Laurel Abowd  
4 Monica Blount

**Female 30-39**

- 39 Diana Tobin-Knobloch
- 25 Heidi Nark
- 22 Estelle Burns
- 20 Erin Corcoran
- 18 Danielle Maslowsky
- 18 Laura Zima
- 14 Jessica Chapman
- 13 Deane Webster
- 12 Karen Bertasso
- 12 Kristina Gracey
- 11 Kari Deer
- 7 Jessica Northan
- 7 Gretchen Oliver
- 6 Colleen McGarry
- 6 Sara O'Grady
- 6 Crystal Perno
- 6 Sarah Reed-Hauenstein
- 5 Nikki O'Meara
- 5 Judith Wines
- 4 Jennifer Newman
- 4 Rachel Wasserman

**Female 40-49**

- 50 Chris Varley
- 24 Connie Smith
- 20 Mary Fenton
- 19 Penny Tisko
- 15 Regina McGarvey
- 15 Stacia Smith
- 15 Aixa Toledo
- 14 Kimberly Miseno-Bowles
- 13 Andrea Robinson
- 12 Christa Dederick
- 12 Sally Drake
- 12 Judy Guzzo
- 10 Emily Bryans
- 10 Kristen Hislop
- 8 Diane Montes Harris
- 8 Kathy VanValen
- 7 Susan Pelligrini
- 7 Ruth Sadinsky
- 6 Pamela Delsignore
- 6 Miriam Hardin
- 6 Brenda Lennon
- 6 Colleen Murray
- 5 Theresa Hudda

**Female 50-59**

- 44 Colleen Brackett
- 38 Nancy Taormina
- 29 Karen Gerstenberger
- 22 Jenny Lee
- 21 Susan Burns
- 14 Karen Proventure
- 12 Inge Aiken
- 12 Nancy Briskie
- 12 Nancy Nicholson
- 12 Karen Dott
- 10 Mary Buck
- 10 Kim Law
- 10 Mary Signorelli
- 9 Kirsten LeBlanc
- 8 Maureen Fitzgerald
- 8 Denise Gonder
- 6 Monique Jacobs
- 6 Cathy Sliwinski
- 5 Lauren Herbs
- 5 Amy Keegan
- 5 Jill Mehan
- 4 Barb Bender

- 4 Michelle Ching
- 4 Susan Huston
- 4 Patricia Robison

**Female 60-69**

- 70 Martha DeGrazia
- 33 Susan Wong
- 30 Katherine Ambrosio
- 25 Joan Celentano
- 12 Cynthia Finnegan
- 12 Judy Phelps
- 8 Phyllis Fox
- 8 Erika Oesterle
- 7 Donna Choinere
- 7 Nancy Johnston
- 7 Karen Spinozzi
- 7 Anne Tyrell
- 6 Alice Carpenter
- 6 Judy Lynch
- 4 Carolyn Burke George

**Female 70+**

- 60 Anny Stockman
- 40 Eiko Bogue
- 12 Christine Bishop

**Age Graded**

	Runner	Age	G
36	Derrick Staley	55	M
24	John Stadlander	48	M
20	David Roy	58	M
19	Tom O'Grady	28	M
15	Martha DeGrazia	62/63	F
15	Mark Stephenson	50	M
13	Bob Irwin	41	M
13	Carl Matuszak	62	M
13	Susan Wong	66	F
12	Kevin Dollard	58	M
12	Chuck Terry	31/32	M
11	Karen Bertasso	29/30	F
10	Nancy Briskie	56	F
10	Judy Phelps	63	F
9	Mike Roda	38	M
9	Jay Thom	51	M
8	Frank Horn	44	M
7	Richard Clark	60	M
7	John Weilbahe	55	M
7	Kristina Gracey	31	F
7	Rick Munson	57	M
7	Karen Provencher	59	F
6	Colleen Brackett	53	F
6	Josh Merlis	32	M
5	Brad Lewis	27	M
5	John Parisello	56	M
5	Christopher Rush	78	M
5	Nancy Taormina	54/55	F
4	Lisa D'Aniello	28	F
4	Alyssa Lotmore	28	F
4	Kathryn Tenney	12	F
4	Mark Warner	55	M



# On the Web!

The Hudson Mohawk Road Runners Club is on the Web



- Complete Race Schedule
- Grand Prix Update
- Race Applications
- Race Results in a flash

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

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

**Articles:**

Deadline is August 25. Submit to: Editor, [pscontenteditor@gmail.com](mailto:pscontenteditor@gmail.com)

**Advertisements:**

Deadline is September 1st. Contact Advertising Director at [psads123@gmail.com](mailto:psads123@gmail.com) to reserve space

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**High resolution black & white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at [callen@gscallen.com](mailto:callen@gscallen.com) for further info.**



## EVENT SCHEDULE

DATE	TIME	EVENT	LOCATION	CONTACT	EMAIL
08/02/2014	8:30 AM	Colonie Town Park	The 36th Dynamic Duo Pursuit Race	Frank Myers	FLVINGBB45@aol.com
08/02/2014	9:00 AM	ACPHS Track	ACPHS Summer Track Lamboree 2014	Thomas Hartnett Jr.	Thomas.Hartnett@acphs.edu
08/03/2014	3:00 PM	Joseph L. Bruno Stadium	Dash to the Diamond	Jessica Kaszeta	jessicakaszeta@tcvalleycats.com
08/03/2014	9:00 AM	Lyndhurst Mansion	Sprint For Soldiers	Kari Benson	Kari.Benson@DanaHeadEvents.com
08/03/2014	9:00 AM	John Boyd Thacher State Park	20th Indian Ladder Trail Run 15K & 3.5 Mile	Mike Kelly	mjk3any@gmail.com
08/05/2014	6:00 PM	Colonie High School Track	Colonie Summer Track	Frank Myers	FLVINGBB45@aol.com
08/08/2014	6:00 PM	Southern Saratoga YMCA	SS YMCA 5K Run/3K Walk/Kids Fun Runs	Lori Donato	ldonato@cdynca.org
08/08/2014	6:30 PM	Central Park	4th Annual Schenectady ARC 5K	Douglas Seacor	dougs@arcschenectady.org
08/09/2014	9:00 AM	Berne Town Park	Hilltown Triple Crown - Fox Creek 5K	Liz Chauvet	foxcreek5k@gmail.com
08/09/2014	9:00 AM	Lake Hill Road	Danban 5K Run/Walk and 1M Kid's Fun Run	Michael Hale	mihal1@nycap.rr.com
08/09/2014	8:00 AM	Lake George Elementary School	Camp Chingachgook Challenge	John Kinnicut	jkinnicut@gmail.com
08/09/2014	9:30 AM	Schenectady	Festa 5K & Children's 1-mile Fun Run	Carmela Pasquarella	carmela.pasquarella@gmail.com
08/10/2014	9:00 AM	Grafton Lakes State Park	29th Annual Run for the Roses 5K	Cynthia Pulito	lorien@fairpoint.net
08/10/2014	9:00 AM	Grafton Lakes State Park	Run for the Roses 5K	Learnna Sweet	LESweet924@aol.com
08/11/2014	6:30 PM	Tawasentha Park/Gulderland -- Day of Race only!	Tawasentha XC 5K #1	John Kinnicut	jkinnicut@gmail.com
08/16/2014	9:00 AM	Voorheesville High School	Pre-Fall Classic 5K & 2 Mile Walk	Phil Carducci	prefallclassic5k@yahoo.com
08/16/2014	9:00 AM	Stissing Pond (Lion's Club Pavilion)	Erin Shanley Memorial 5K/1 mile Race	Tim Reynolds	treyolds1026@gmail.com
08/16/2014	9:00 AM	Lands Aboarreturn	8th Perennial 5K Forest Run	David Roy	David.Roy@ScaryLegRunners.com
08/16/2014	8:15 AM	Stissing Pond (Lion's Club Pavilion)	Erin Shanley Memorial 5K / 1 Mile Race	Tim Reynolds	treyolds1026@gmail.com
08/16/2014	8:30 AM	Castleton On Hudson	Castleton Scholastic Kwamis Clove Run 10 Mile 5K Run/Walk 1 Mile Fun Run	Christopher Chartrand	cchartr1026@gmail.com
08/18/2014	6:30 PM	Tawasentha Park/Gulderland -- Day of Race Only!	Tawasentha XC 5K (GP) #2	John Kinnicut	jkinnicut@gmail.com
08/22/2014	6:00 PM	Community/Youth Center - 9 Erie Blvd	CYC Boilingpot 5K	Tim Shepard	Bollingpot5k@yahoo.com
08/23/2014	9:00 AM	Indian Meadows Park	Glenville Rotary Muddy Sneaker 5K	Greg Stevens	grgstevens@gmail.com
08/23/2014	9:00 AM	Nescopeck State Park	Nescopeck State Park Trail Runs 5K+10km	Frank Gavai	barh123@pjd.net
08/23/2014	9:00 AM	Stillwater	6th Annual Run to the Future 5K	Sarah Dodge	sunitedchurch@nycap.rr.com
08/23/2014	8:30 AM	Albany Corning Preserve	Loggin For Frogmen 5K	Donna Sullivan	AlbanyNY@logginforFrogmen.com
08/23/2014	9:00 AM	Bozenkill Park	Altamont 5K Run/Walk (17th)	Phil Carducci	altamont5k@nycap.rr.com
08/25/2014	6:30 PM	Tawasentha Park/Gulderland -- Day of Race only!	Tawasentha XC 5K #3	John Kinnicut	jkinnicut@gmail.com
08/30/2014	9:00 AM	Ballicton Spa Recreation Field Hyde Boulevard	Run 4 Reese 5K	Cynthia Foley Carter	cfoleycarter@gmail.com
08/31/2014	10:30 AM	Altamont Fairgrounds	Capital District Scottish Game 5K	Rebecca Schenck	scotgame5k@yahoo.com
09/01/2014	9:00 AM	Herriman State Office Campus	28th SEFCU Foundation Labor Day 5K (GP)	John Parisella	jparris1@nycap.rr.com
09/06/2014	9:30 AM	2 Douglas Street Wrenskill	Youth Make a Difference 5K Run Walk & 1 mile Fun run	Michael Miner	cmminer001@nycap.rr.com
09/06/2014	8:30 AM	Saratoga Spa State Park	5K Run for the Horses	Mary Abbruzzese	mary@thoroughbredretirement.org
09/06/2014	8:00 AM	Sleepy Hollow Lake - Athens	The Greene Tri-350 yard swim	Stacy Serson-White	ssersonwhite@cdynca.org
09/06/2014	8:30 AM	HVCC TEC Smart 345 Hermes Road Malta	Malta 5K Presented by Malta BPA and Global Foundries	Paul Loomis	info@malta5k.com
09/07/2014	8:30 AM	Sidney Albert Albany Jewish Community Center	The Dunkin' Run 2014 - 5K & 10K	Tom Wachunas	tomw@saajcc.org
09/07/2014	9:00 AM	Pittsburgh	7th FAAP FALL CLASSIC 5K/10K	Mark Kinapp	attorneymarkkinapp@yahoo.com
09/13/2014	9:00 AM	Madison Avenue	20th Annual Susan G. Komen Race for the Cure 5K	Brenda King	info@komenny.org
09/13/2014	9:30 AM	Corning Preserve	Fishy Frolic 5K & 10K and 1 Mile Walk	Lynette Stark	Bking57@yahoo.com
09/14/2014	1:00 PM	Spencertown	Spencertown Shine-On 5K	Tammy Page	THEBTLPG@MAIL.COM
09/14/2014	9:00 AM	SUNY/Albany -- Day of race sign up only!	42nd HMRRC Anniversary Run (GP)	Pat Glover	djlglove@aol.com
09/20/2014	9:00 AM	Gulderland YMCA	Brenda Deer Memorial 5K	Casey Garvey	cgarvey@cdynca.org
09/21/2014	9:00 AM	Critz Farms	Harvest Dash 1-mile walk/run and 5K trail run	Christy Kinney	harvestdash@gmail.com
09/21/2014	7:15 AM	Saratoga Springs	Melanie Merola O' Donnell Memorial Half Marathon & 5K	Maria Palmer Maurer	questions@thesaratogapallo.com
09/27/2014	10:00 AM	Cobleskill Fairgrounds	FAM 5K	Frank Privitera	fprivitera@amfinds.com
09/28/2014	11:00 AM	Historic Saratoga Race Course-Saratoga Springs	Run for the ROC - 5K	Mike Waliner	mwaliner@saratogacar.org
09/28/2014	1:00 PM	Cifton Commons	Nick's Run to Be Healed 5K	Liz Fox	Nicksrun@fighttobehealed.org
09/28/2014	9:00 AM	Saratoga Spa State Park Warming Hut	Geysler Road PTO 5K and Kids 1 mile fun run	Darcy Baldwin	baldwinda10@gmail.com
09/28/2014	10:00 AM	30 Aviation Road	11th Annual Crossings 5K Challenge	Barbara Boodram	info@colonyoutcenter.org
09/28/2014	10:00 AM	Voorheesville Town Park -- Day of race sign up only	34th HMRRC Voorheesville 7.1 Mile (GP)	Jim Thomas -- Russ Hoyer	jth1430@verizon.net

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304  
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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



# Hudson-Mohawk Road Runners Club Membership Application

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

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

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

**E-MAIL** \_\_\_\_\_ NEW APPLICANT  RENEWAL  GIFT MEMBERSHIP

**TYPE OF MEMBERSHIP** (check one):  INDIVIDUAL (\$12)  YOUTH (Under 20) (\$9)  COUPLE or FAMILY (\$15)

For a family/couple membership, list other family members:

Name	Relationship	Gender	Date of Birth
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

### 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!*