

The Pace Setter

August 2011

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**





23RD ANNUAL
LABOR DAY 5k



Monday, September 5, 2011
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

This year's 5k is **PRE-REGISTRATION ONLY**; participants **MAY NOT** register the day of the event.

Location:

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

HMRRC Entry Fee for 5k Race/Walk*:

- ☐ \$8 for HMRRC members and SEFCU members
☐ \$9 for all others
☐ \$20 for HMRRC fee and a donation to the non-profit recipient
of the race funds

Applications must be received by September 2, 2011.

HMRRC Entry Fee for Kids*:

\$1 per child; 1 mile; approximate 10 a.m. start
Event day registration only

Separate application for team competition is available at sefcu.com

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. No duplication of prizes.

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 518-464-5243, 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, P.O. Box 12304, Albany, NY 12212

Applications cannot be accepted at SEFCU locations.

Directed by

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— **Profile of a Runner**

Joe Hein
— **Short Circuits**

Bob Kopac
— **Kopac's Korner**



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The Pace Setter

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Photos in this issue by Bill Meehan and Ray Lee



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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by Jon Rocco

Some people collect coins, stamps, comic books, baseball cards, and even Hess trucks.

Thankfully for HMRRRC, Don Wilken collects *Pace Setters* and their precursor, club newsletters. Don was one of the founding club members of HMRRRC back in 1971. He is also one of a handful on people on the planet believed to have a full collection of the club's newsletters and *Pace Setters*.

As the 40th Anniversary of HMRRRC approaches, the timing could not have been better. Don has offered up his full collection of newsletters from the club's inception and *Pace Setter* magazines (the first issue surfaced December 1979). As I mentioned in my May

President's Message, the club is very proud of preserving and showing off its history.

We are not only appreciative of Don's donation, but of a vision he and others had back in 1971. When Don moved to the Capital District from the Boston area back in 1968, he noted there was only a small group of serious distance runners and essentially no races. One of the reasons the HMRRRC was founded was to have the ability to put on and participate in local races.

We are in the process of working on plans to share Don's collection with the membership (which recently broke the 2500 mark) via our website and *The Pace Setter*. While Don has given up his *Pace Setter* collection for a worthy cause, I personally hope he keeps this issue and the next (September) where we have plans to reprint the first ever club newsletter!

Don, a professor in the math department at UAlbany, served as the Club's 2nd President from 1972-1973. He was the Distinguished Service Award winner in 1975 and was inducted into the Hall of Fame in 1999. He also served a 2nd term as President from 1986-197. On behalf of the HMRRRC membership, thank you Don!

As the 40th Birthday of HMRRRC approaches, I just wanted to make mention of those club races that exist today that are 30 years or older.

EVENT	2011 RUNNING	YEAR STARTED	NOTES
Colonie Summer Track	43rd	1969	Club took over 2010
Winter Series	41st	1971	
Anniversary Run	38th	1971	No race held 1972-74
2-Person Relay (track)	40th	1972	
Distinguished Service	40th	1972	
Hour Run (track)	39th	1972	No 2008 race-lightning
Winter Marathon	38th	1974	
Hangover Half Marathon	35th	1977	
Pentathlon (track)	36th	1976	
Stockade-athon	36th	1976	
Runnin' of the Green	33th	1978	No race in 1999
Dynamic Duo	33rd	1979	Club took over in 2010
Town of New Scotland	32nd	1979	No 1987 race - snowstorm
Workforce Team Challenge	35th	1980	Held 2 times in years 1980-82 (event history under several names)
Bill Robinson Masters 10K	31st	1981	
Mothers Day Race	31st	1981	



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 HMRRC 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 8, 15 and 22. The races will start at 6:30 p.m. and the August 15 race will be a Grand Prix event. These races are challenging and are a great workout.

Another August highlight is the 32nd 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 6 and is a pursuit race with the men running first and then the women 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. Last year I won a shirt with my seventh different partner.

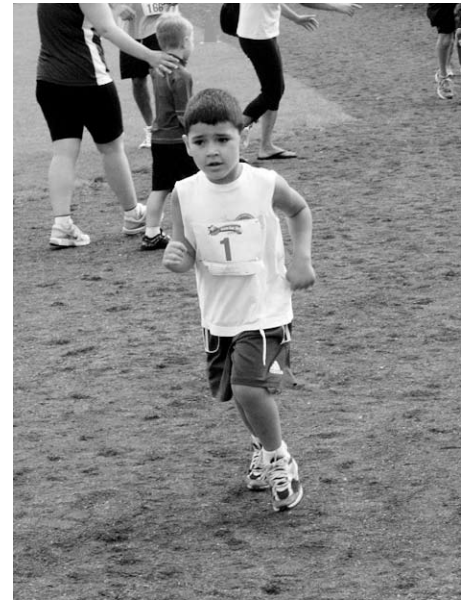
The Colonie High track meets continue into August with the last meet on Tuesday August 9. There are races of various distances along with field events and there is usually some strong competition at the last meets of the season. These meets are held on Tuesday nights and start at 6:15 p.m.

There are local road races to be found on the August schedule. The Camp Chingach-

gook Challenge will be held on Saturday, August 6 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 13, 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.

August is the month in which I celebrate my birthday. This year I achieve Heinz status; those who know advertising slogans will get the number.

The club's business meeting for August is scheduled for Wednesday, August 10 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. □



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

Submissions for the October Issue of *The Pace Setter*

Articles:

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

Advertisements:

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

Ads should be sent to:

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

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



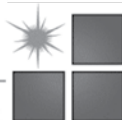
THE 2ND ANNUAL MALTA BUSINESS & PROFESSIONAL ASSOCIATION 5K

Saturday September 10, 2011

Pre-registration - \$20
Day of event registration - \$25

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

register online: www.maltabpa.com/malta5k
HVCC - TEC SMART 345 Hermes Road, Malta, NY



**SARATOGA
TECHNOLOGY +
ENERGY
PARK®**



Participant Registration Form

First Name _____ Last Name _____

Address _____ City _____ State/Zip _____

E Mail _____ Phone _____

Male ☐ Female ☐ Age on Race Day _____ Birthday ____/____/____

Shirt Size: S ☐ M ☐ L ☐ XL ☐

PARTICIPATION WAIVER

I the undersigned hereby waive and release any and all rights I may have against Malta Business & Professional Association, The Luther Forest Technology Campus, NYSERDA, Hudson Valley Community College, The Town of Malta, and all representatives, employees and volunteers and all sponsors for damages, which I may have arising out of the said event, both present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activity, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities.

I attest and verify that I will participate in this event as a foot race entrant and that I have sufficiently trained and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other records of this event for any purpose whatsoever.

If signed by a parent, the parent agrees to release and hold the above named organization and persons harmless of any claims, which may be asserted by or on behalf of the entrant.

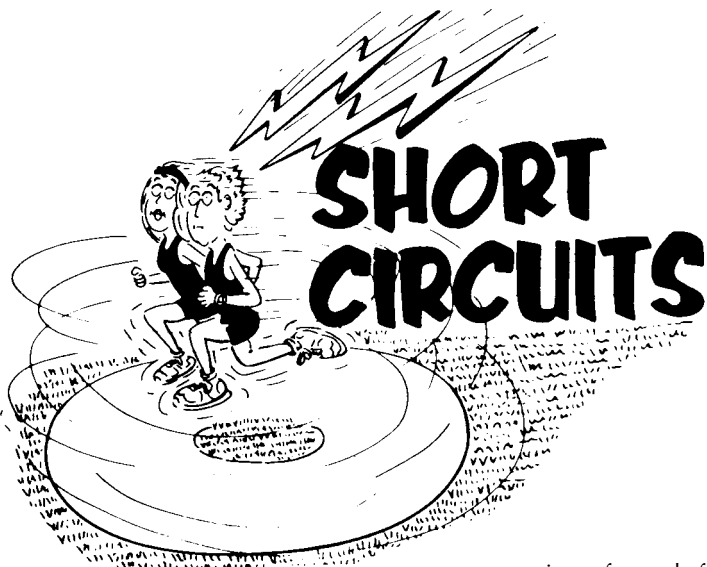
SIGNATURE _____ **DATE** _____

Free online registration at http://www.areep.com/online_reg/registration.php?eventID=107

To register by mail: Make checks payable to MBPA

Mail to: MBPA 5k, c/o AREEP, PO Box 38195, Albany, NY 12203

Questions or Comments: info@maltabpa.com or visit us at: www.maltabpa.com



Gloria Linares from Great Neck, NY is the latest 50 States Marathon runner having completed the Mayor's Marathon in Anchorage, Alaska in June. The 60-year-old grandmother's next challenge is to complete a marathon on the seven continents; she has four to go.



Gloria with her two daughters

Ed Whitlock Update: Ed broke two more world records in June. He set a 10K record for 80-year-olds with a time of 42:59.16. The



The records keep falling

previous record of 44:29.4 had stood for 25 years. The next day he set the 5K record with a time of 20:58.12. He is expected to go after the 15K record at this year's Stockadeathon.

Escaping from his yard, Dozer, a 3-year-old goldendoodle, joined the 2,000 runners in the Maryland Half-Marathon somewhere around the four mile mark. He just ran with the runners to the finish and crossed the finish line. He was caught on a video which was posted on YouTube. He quickly became a celebrity. His family used the YouTube posting and Facebook to raise over \$22,000 for the UM Greenebaum Cancer Center, the race's beneficiary.



Dozer to the finish



Dozer with finisher's medal

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

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



On a wet track with a stiff wind high school senior Lukas Verzbicas recently became the fifth high schooler in the U.S. to break the 4-minute-mile barrier. His 3:59.71 was run in NYC at the Adidas Jim Ryun Dream Mile. Ryun was the first high schooler to break 4 minutes in 1964 (3:59.1).



Verzbicas with Jim Ryun



Tim Danielson was the second high schooler to break the 4-minute barrier in 1966 with a 3:59.4. In June of this year, Danielson, an aerospace engineer, was arrested for the murder of his ex-wife. □



*Danielson (left) with attorney --
Back in the headlines*

Saturday, September 24th



10:00 Race Starts - Cobleskill Fairgrounds
30 minutes from the Capital Region

Benefits Catskill Area Hospice and Palliative Care

8:15-9:30 Race Day Registration or REGISTER ONLINE!
See application at **FAM5K.com**



RAFFLE GRAND PRIZE
6 Tickets to Proctors Family Series



The FAM 5K is sanctioned by the
Adirondack USA Track and Field

The Route 50 Mile

by Dan Gracey

First thoughts upon arriving in Burnt Hills: "Wow ... they're really into Flag Day!" I'd never run a road mile before. I came into this season thinking the best approach this time around would be to work on PR's from the ground up, start at the one mile, then 5k, up to the marathon. I was a spectator at the Memorial Mile the week earlier and was inspired. Maybe a mile on the road would give me the change of scenery that I needed. No lap counting, just run. That was the hope.

My research reveals that the official Flag Day is June 14, though apparently in Burnt Hills it is celebrated on June 9, or the second Thursday in June, or some other arrangement that resulted in this year's celebration occurring on Thursday, June 9, 2011. The day of the week we knew for sure, the time and place was yet to be determined. The only flier I could find online said that the start would happen at 6:30 p.m., somewhere in the vicinity of "Gil's Garage" near the intersection of Route 50 and Kingsley Road. Finding the intersection in question proved easy enough, and there was a fairly visible registration tent right across the street from Gil's. It was becoming clear at this point that I was out of my league. The serious Flag Day participants had already staked out the prime spots, the newbies would have to take what was left over.

The location of the start was cleared up relatively quickly, though the time would continue to remain somewhat of a mystery. I was told at registration that for sure it would be at 6:30 (this was at around 5:30). I was just about to head out for a warm-up when I spotted my friend Justin Bishop arriving. I figured I'd hold off on the warm-up until he was checked in. He then informed me that his sources told him that the start would actually be at 6:50. We were both intrigued by the discrepancy and decided to run the course as a warm-up and be back by 6:30 just to be safe. We ran the length of the course in warm-up mode, approximately half the speed Justin was planning on running for the race itself (unfortunately I would be nowhere near there). After the out and back and a few strides it became clear that the start wouldn't happen until 6:50.

Once "go time" came, things happened relatively quickly. We assembled in the road, the horn sounded, and we were off. The first half of this course is very fast. It's a quick downhill to the .25, then a relatively flat stretch, a slight uphill before the .5, then a straight shot to the finish. Having done the course as a warm-up I knew that the finish was right by Stewarts. This was where I found the benefit over a track mile. You could actually see the finish from nearly .5 out. Some people prefer the timing of the track, but I've decided I like the straight forward approach of the road mile. In spite of it being an extremely warm and humid night, I was able to set a 7

second PR for the mile. Justin got the overall win in 4:25, Kayla Dubois took the women's race in 5:18. I did my best to stick behind Meghan Davey (who finished in 5:23) and Karen Bertasso (5:31), though I couldn't quite catch either of them. After finishing, Justin and I ran back to the start to grab our stuff then headed back to the finishing area. Interestingly, by this point the Flag Day parade had started, which unbeknownst to us meant that there would be copious amounts of candy flung upon the roads, with all the area kids battling for the loot. This resulted in a lot of jumping and dodging, though Justin did his share of grabbing for Starburst. There was quite a bit of heckling going on from the sidelines at this point, mostly in the range of "you're still running?" After a quick change at the car we headed back to the finish area for the awards. Approaching the table for my shirt I was asked "do you want some ice cream?" Wow. It's 80 degrees, 90 percent humidity, I just ran a mile race and you're offering me a free ice cream cone. "Cookie Dough or Chocolate?" was the only question. Any doubts I had about this race have been many times erased. Cookie Dough please.

So you may not know the exact start time, but it's a small price to pay. This race is a bargain and a potential PR course, I can't recommend it highly enough. Enjoy Flag Day 2012!!! ☐



New HMRRC Members

David Ahders
The Asmus Family
Roman Austin
Amye & Beth Barends
Jackie Berbrick & Family
DeNeen Bogdanowicz
Philip Boshart

Carol Bradt
Don Byerly
Maggie Catanese
Andrew Chang
Joan Connolly
Jessica Cruz
Ann Cunningham & Family
Steve DiBiase
Kevin Donohue
Ken Ebert & Family
Andrew Ennaco
Alan & Bonnie Epstein
Billy & Katie Finch
Mary Beth Finnerty
Colleen Fleshman
Laura Floge
Amy Frank
Tricia Gallucci
Roland Genaway
Tom Gilmartin
Kristine Gravino
Anthony Guzek
Stephen Heidorn
Shannon M. Judisky
Jessica Kaszeta
Dale Keenan
Melissa & Stephen Krosky
Adrienne & Thomas Ladd
Aimee LaLiberte
Matthew Landy
Jon Lemelin
Mary Jane MacPherson
Bill Martin
Wigens Mathurin
Sarah McLean
Betsy McPhail
Regina Moore
Brian Murray
Tim Nevinger
Kevin Newman
Christie Papa & Family
Randy Paquin
Cheryl Pollard
Patricia Pultorak
Ron Rodriguez
Pedro Roman
Dennis Ryan & Family
Daniel Samson
Ralph Sansaricq
Robert Sansaricq
Mary Kay Scott
Sarah Scott
Leia Shick
Colette Sicotte
Michael Silvagnoli
Lee & Janice Stevens
Charles Tanner
Deb Tooley
Erin Tracey
Dawn Valera-McGarry
John Verdini
Candice Vild & Family
Laura Walker
Laurie Walsh
David Wark
Sarah Whalen
Cinda Whittet
Katelyn Wilder
Lisa Willard
Edward Yoon & Family
Jim Zappen



10th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 18, 2011 – 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.

Awards: Awards will be given to 1st, 2nd, and 3rd 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.

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



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

***** FREE T-SHIRTS TO THE FIRST 600 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**
To collect donations online for you or your team, please visit
www.firstgiving.com/CaringTogether

SPONSORED BY CARING TOGETHER, INC. *1996 – 2011*
Providing Ovarian Cancer Support, Education & Research Funding

**Ovarian Cancer Awareness
Displays**

**Children's Area
Face Painting * Clowns**

**Refreshments &
Raffles**

For important race day and parking information, please visit: www.CaringTogetherNY.org

Mail Entry Form and Check To:
Caring Together, Inc., PO Box 12383, Albany, NY 12212-2383

Last Name: _____ First Name: _____ M.I. _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Email Address: _____ Age on Race Day: _____

Sex: ☐ Male ☐ Female **I am a: ☐ Runner ☐ Walker**

I have participated in this race for _____ years (collecting because it is our 10th anniversary)

Shirt Size (circle one): Adult - SM MED LG XL XXL Child – SM MED

☐ No Shirt (please use all money towards research)

Team Member? ☐ Yes ☐ No If yes, enter **Team Name** _____

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 forgoing to use any photographs or records of this event.

Signature _____ Date: _____

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

A Most Special Reunion

I met Paul Mbugua in February, 1994. He was one of 17 Kenyans we had recruited to travel from Nairobi to New York to Tampa to compete in the 1994 Gasparilla 15k. I was already in Florida with my 2 sons (5 and 3), my wife Trudy, my mother in law, and 3 friends who traveled with us from New York when they arrived.

When we got to the airport for their arrival, we walked into 17 startled, bewildered and confused Kenyans. They had just traveled from Nairobi to London to New York to Tampa. While in London, they had an 8 hour layover, with no money for food. They didn't eat until they got to New York when one of the members of our staff met them at JFK. He flew with them to Tampa, and this was the beginning of a new and interesting chapter in all our lives.

Team Stick

I met Joseph Nzau in Boulder, Colorado in 1993 at the Bolder Boulder 10k. He and I hit it off, and decided on the creation of an American training program for young and talented Kenyans. Joseph went home at the end of the 1993 season, and selected talented runners who were ready to travel to the U.S. In retrospect, he did pretty well.

He chose Lazarus Nyakeraka, the Runner's World #1 runner of the year in 1994. He chose John Kagwe, the 2 time New York City Marathon winner. He chose Josphat Machuka, winner of the Carlsbad 5000 and Bolder Boulder 10k. And he chose Paul Mbugua.

We created the name Team Stick after The Stick, which was a newer product I had just been introduced to. The Stick was my salvation to get back to running after many years of injuries to my calves, and my goal was to find a way to introduce this great product to more runners. We traveled the country, participating in many races during the next few years, and meeting many people along the way. We even set a few world records. Can you imagine?

As I got to know the runners better, their individual stories were incredible. There was Philip Langat, who kept lions away from his cattle with a spear. There was Abraham Limo, who had 6 kids, and lived on \$100. per month. And there was Paul Mbugua, who had 4 kids and a wife back home.

Paul was different than the rest of the runners. Not only was he a great runner, (13:45 in the 5k) but he also had a master plan for his kids and wife. Paul never went back to Kenya like all the others did. He stayed, and began working 3 jobs to provide for himself and his plan.

6 years ago, Paul was able to get his 4 kids into our country. It was a momentous occasion and the beginning of his new life with his family again. They ranged from 11 to 18 years old. The joy Paul experienced could be felt and heard every time you spoke with him. They endured the difficult cultural shift with our school system. Paul became the ultimate father and parent by providing for their every need. The kids quickly became adjusted to the new life in

America. Quickly they made it through high school and were off to college. And, at every step, they excelled.

Then, about a year ago, I got the call from Paul that his wife had an opportunity to leave Kenya and join the family in the United States, six years after her children left. I was shocked at Paul's announcement, asking him, "How would she adjust? Do you think you guys would still get along after 17 years apart?, and, How will the kids handle you and Mary getting back together again?"

On a more comedic level, I asked Paul if he thought she'd take him, even after gaining all that American cooking weight.

Paul, the ever-so-wise person, simply told me, "We will all do well when Mary arrives". Lo and behold, Mary did arrive about 3 months ago, reuniting this family after so many years of being apart. They'd put many American families to shame by showing so much love, loyalty and devotion after so many years apart.

Paul told me in private, "Mary knows how hard I worked to take care of the kids before she arrived, and that kind of love is the strongest ever. We are a strong and stable family."

As I reflect on the many experiences my family enjoyed during the Team Stick years, the world records, the laughter, the cultural experiences, etc., I don't think there is any greater joy than the thought that Joseph Nzau and I, in our craziest of dreams back in 1993, changed the lives of the Paul Mbugua family forever. And, with the success that this family has shown to date, the U.S. will be a better place because of it. I never could have imagined that the greatest feat of any of our runners would be Paul's undying desire to reunite his family.

I'm proud to have been a small part of this miracle. Have a great month.

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



From left: Dr. Tim Maggs, Paul Mbugua, Mary Mbugua and Trudy Maggs

NOTICE

All HMRRC members are invited to attend monthly club meetings, held the second Wednesday



of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5K RUN / 3K WALK / KIDS FUN RUN 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 2011 Capital District YMCA 5K Race Series. In addition, I permit the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and certify compliance by signing below.

Signature _____ Date _____

Parent/Guardian Signature _____ Date _____
(if under 18)

RACE & PAYMENT INFORMATION

DATE	LOCATION	TIME	5K	3K	COST	KIDS RUN (FREE)
Aug. 16	The Y, Clifton Park	6:30p	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 5:30p
Sept. 10	d	9:00a	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 8:30a
Oct. 29	The Y, Troy	9:00a	<input type="checkbox"/> or <input type="checkbox"/>	<input type="checkbox"/>	\$25 \$_____	<input type="checkbox"/> 8:30a
					Subtotal \$_____	
					Total Due \$_____	

PAYMENT METHOD

☐ VISA ☐ MASTERCARD ☐ DISCOVER
☐ AMEX ☐ CHECK # _____

EXPIRATION ____/____

SIGNATURE _____

Make checks payable to:
Capital District YMCA
465 New Karner Rd
Albany, NY 12205
or return to any YMCA member
services desk



SAVE TIME - REGISTER ONLINE AT CDYMCA.ORG

"BEEN THERE, DONE THAT"

by Mike Becker

August 1976...Thirty Five Years Ago

- Jerry White runs a 47:02 to edge Pat Glover in the nine-mile race, part of the Ninth Annual Distance Jamboree at SUYNA, on the first. "Boodie" Shrader wins the three-miler, and Jim Mink wins the five-miler.

- Bill Robinson wins the Half-Hour Run at SUNYA on the fifth by running 5 miles, 490 yards. Scott Hamel is the winner of (and only participant in) the Hour Run, going 8.5 miles.

- Tom Clarke, Chet Bieganski, and Mark Mindel all run 24:44 at a five-mile cross country race in Scotia on the 14th to top the 25 entrants.

August 1981...Thirty Years Ago

- The Manufacturer's Hanover Capital Challenge Series 3.5-miler is held on the 13th. Dale Keenan runs an 18:16 to lead the top male team, from the NYS Dept. of Social Services. NYS Education and General Electric are the top women's and coed teams.

- Cross country races are held at Tawasentha Park on three consecutive Mondays in August. Male winners are Fred Kitzrow, Tom Greene, and Mark Dalton. Female winners are Maureen McLeod (twice) and Margaret Whimmer.

- The Bob Smith Challenge five-miler is held on the 30th in East Greenbush. Pat Glover runs a 26:48 to beat Dick Hudson by 25 seconds. Finishing three-four-five are Tom Bulger, Tim Layden, and Lowell Montgomery. Erica Jensen runs a 36:21 for female honors.

August 1986...Twenty Five Years Ago

- Local finishers in the 7.1-mile Falmouth (Mass.) Road Race include Barry Brown (37:23 – 5:16 pace), Pete VanGarderen (41:18 – 5:49 pace), and Jim Tierney (47:58 – 6:45 pace).

- On *The Pace Setter* cover is a photo of Paul Murray splashing through deep water on the SUNYA track during the club Pentathlon.

- The format of the Dynamic Duo at the Colonie Town Park on the second is changed from two separate races to a pursuit race, which continues to this day. Kevin Williams and Denise Herman run the fastest individual times, 15:04 and 17:34, respectively. J.R. Gaige and Yola Strock have the fastest team time with a 33:31 for the six miles.

- Dick Shirey directs the Hour Run at the SUNYA track on the 14th. Tom Bulger runs the farthest, 10 miles, 990 yards, while Kathy Hoffman runs 7 miles, 1540 yards for top female honors.

August 1991...Twenty Years Ago

- Jim Tierney and Bill Rucinski are winners of the Two-Person Relay on the eighth with a combined time of 35:23 for six miles. The team of Ken and Rose Klapp are disqualified – Ken for choosing his own partner and Rose for enjoying herself too much during the race.

- Fifty-one runners participate in the club



Hour Run at the SUNYA track on the 15th. Bannon Corbett runs the longest, 10.75 miles, with Tom Bulger, Rob Colborn, and Jim Burnes also topping ten miles. Sandy Phibbs runs 8.65 miles for female honors, followed by Anny Stockman and Ann Michalek.

- Vinny Reda and Inge Aiken are winners of the club Pentathlon on the 22nd.

- Club officers included Al Maikels - President, Steve Jones and Nick Solomos - Vice Presidents, Nancy Egerton - Secretary, and Charlie Matlock and Don Fialka - Treasurers.

August 1996...Fifteen Years Ago

- Dale Keenan wins the 15K trail race at Thacher Park on the fourth with a fast 55:21, more than five minutes ahead of Ken Plowman. Amy Herold-Russom is the top female with a 69:43. Mark Vermilyea and Michelle Lavigne win the 5K with times of 21:04 and 22:11, respectively.

- Chris Bossert becomes a member of the ten-mile club at the Hour Run on the eighth, running 10.12 miles. Martha DeGrazia runs 8.11 miles to join the ladies eight-mile club. Wade Stockman (age 61) runs an impressive 8.64 miles.

- Jonathan Catlett wins the third of three cross country races at Tawasentha Park on the 26th with a 21:56. Judy Guzzo is top female with a 26:31. A total of 210 runners complete the difficult, hilly course.

- Dan Pollay is profiled. His favorite racing distance is 10K, and his PRs include 36:15 (10K), 61:38 (10 miles), and 3:04 (marathon). He trains with a mixture of long, easy runs on hills, intervals on the track, and long runs with the Willow Street Gang.

August 2001...Ten Years Ago

- The Dynamic Duo pursuit race is held at the Colonie Town Park on the fourth. The team of Birger Ohlsson and Jen Kramer is the fastest with a combined 33:33 for the six miles. Jared Paul and Alyssa Lotmore are second with a combined 34:10.

- Jamie Rodriguez wins all five events at the grueling club Pentathlon on the ninth on a 95-degree evening at Schenectady High School. Tara Sheedy wins the female division. Twenty of twenty-eight participants complete all five events (5K, 800m, 3200m, 400m,

1600m).

- Jamie Rodriguez also wins the fourth annual Altamont 5K on the 25th, running a 15:39 to beat Tyson Evensen by nearly a minute. Sarah Domermuth is the top female with a 19:36. Age group winners include Vladimir Ilin, Jim Bowles, Martha DeGrazia, and BJ Sotile.

- The 23rd Bridge of Flowers 10K is held in Shelburne Falls, Mass. on the 11th. Locals Lori Hewig and Emily Bryans turn in fine performances of 37:07 and 38:25, respectively. Hewig's time is good for second female.

August 2006...Five Years Ago

- Jamie Rodriguez and Kimberly Miseno-Bowles are winners of the club Pentathlon on the third.

- Fred Joslyn (14:30) and Caitlin Lane (17:05) run the fastest individual times at the Dynamic Duo three-miler on the fifth at Colonie Town Park. Lane and Brian Rhodes-Devey have the fastest team time with a 32:15.

- The 21st Annual Run for the Roses 5K is held on the 13th at Grafton Lakes. Joel Frost-Tift runs a 16:14 to beat Brad Lewis by four seconds. Jessica Dunton runs a 20:42 for top female honors.

- Matt Shaffer and Kimberly Miseno-Bowles are winners of the Bethlehem Cross Country 5K on a hot, humid evening on the 14th. The race has 117 finishers competing for club Grand Prix points. □





HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN - 2.8 M & 5.6 M*

*Grand Prix Race for HMRRC Club Members • Commemorative Glass Mug for First 150 Registrants

Part of the Special 40th Anniversary Grand Prix Series:

40th Anniversary HMRRC Technical Shirt Awarded to Volunteers and/or Participants in both the June 12th Distinguished Service Race and the September 11th Anniversary Race

Location: University of New York at Albany — Gymnasium near Western Ave. Ent.

Time & Date: **9:00 a.m., Sunday, September 11, 2011**

FEE: Free for HMRRC members, \$6 non-members — Day of Race Registration Only

Come join us for the 40th Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and Top Male and Female finishers in each of 13 five-year age groups in the 5.6 Mile Race



For more info, or to volunteer, call Pat Glover at 877-0654 or email pjglove@aol.com

A History of the CDPHP Workforce Team Challenge

by Mike Roda

The American running obsession began in the 1970s with the popularization of jogging and cardiovascular fitness. This obsession extends an ancient tradition of competitive running that began in Kenya, or in Greece at what may have been the first Olympics, or when the Athenian messenger Phidippides ran 24 miles from the Greek village of Marathon to Athens with news of victory over the Persian army. Or was it in Ireland at a festival of races honoring royalty? Or when school children in Anytown, USA chased a ball around the streets or school yard? The answer will necessarily remain a mystery. In Albany, NY on May 19, 2011 at 6:25 p.m. this obsession appeared again with a record 9,267 runners and walkers participating in the CDPHP Workforce Team Challenge. This year marked the 31st anniversary of the road race that began locally on June 3, 1980 with 450 runners. The race has been produced, directed, and hosted by the Hudson Mohawk Road Runners Club in all 31 years of its running. It was originally called the Manufacturers Hanover Capital Challenge. The race has since moved through a number of sponsorships and has now moved to local sponsorship through the direction of event director, Pete Newkirk. Runners and walkers gathered after work to compete on the downtown Albany course that begins and ends at the Nelson A. Rockefeller Empire State Plaza. The current course is a 3.5 mile route that makes its way down Madison Avenue and winds through Washington Park. In 1995 the course was changed by 11-time event director Al Maikels: "It was a tough, hilly course and I was afraid it might prove too difficult for the recreational runner. In 1995, working with the mayor and other city officials, I was able to take the race away from the Plaza and bring it out Madison Avenue and into Washington Park. The new course was a hit with runners and led to steady growth in the race every year."

The race history of what is the largest road race between New York City and Utica is rich and interesting. The origin of the local race is The Manufacturers Hanover Corporate Challenge held in New York City in 1977. Its idea came from the bank's sponsorship of the New York City Marathon. The bank wanted to promote employee fitness and offer a shorter race than the traditional 26 mile marathon for the corporate employee runner who could not devote the long hours needed for marathon training. The 3.5 mile race became a manageable distance. The first corporate challenge featured 200 runners from 50 companies. In 1985, the race concept moved to an international level and today events are run in Europe and Asia.

The race promotes workplace fitness, employee camaraderie, and a festive after-work evening. And it does so while raising money for charity and local HMRRRC running events, as well as creating a positive economic impact in

the Capital District. Event director Pete Newkirk says: "For the last two years, with cooperation from CDPHP, we have been able to get more money to our Charities of Choice, who are typically smaller, local organizations where the donations are really meaningful. We've made some other enhancements as well. For example, All U has the contract to produce our race t-shirts. We encourage participating teams to create their own team shirts and have them produced by All U, who in turn donates 10% of their sales to that year's charity." This year's Charity of Choice was the Police Athletic League.

One unique attribute of the race is its employee teams. Workplace teams are comprised of four or more employees. These include businesses, corporations, law offices, schools, government agencies, and not for profits. Teams are men's, women's, and co-ed. The Albany race is noted for its team T-shirt contest, team photos, music at the Empire State Plaza, cheering fans along the streets, refreshments, and post-race team celebrations at local bars and restaurants. These traditions remain important to the race. Tom Bulger summarized this thought aptly, writing of the race in the August 1999 issue of *The Pace Setter*: "For me the race reaffirms the importance of tradition." In addition to its populist, all-encompassing nature, the race features many elite results. Tom Dalton has won the race a record 13 times recording several fast times. The course record on a challenging course is a fast 16:17 by GE's Norbert Berenyi in 1995. Emily Bryans holds the women's record at 19:26, run in 2001, and has won the race a record six times.

The athletic stature of the race is complemented by three strong community elements: its charitable fundraising, its ability to highlight health and fitness awareness, and its overall economic impact on the community. Pete Newkirk added: "I'd love to try to 'guesstimate' the economic impact the event has on downtown Albany and the surrounding area, especially for a Thursday night – 9,400 participants, many with their families, are thirsty and hungry afterwards. Just about every restaurant within a five mile radius has increased activity."

All these unique elements came together on the night of the 2011 race. All the familiar faces toed the line and waited for the final command. The aces that would make up the top five—Chuck Terry, Kevin Treadway, Dan Haggerty, Tyler Gantz, and Justin Bishop cruised through a fast uphill first mile hitting the one mile mark at 4:53. In the end Chuck Terry won his fourth title in a time of 17:20. On the women's side Kristin Grab won in a time of 21:31. She was followed by Libby Gamache, Karen Bertasso, Kim Milton, and Tina Greene. And as promised by tradition, one that is now 31 years old, the post-race festivities were welcomed and needed after a long day at the office. □

Couch to Marathon

by Matt Ossenfort

It was fall of 2009 and I found myself facing challenges on many fronts, both personal and professional. It was in these tough times that a friend came along and gave me the gift that helped me conquer it all.

I was challenged to run a 5k. My first response was, "How many miles?" and "Are you crazy?" But even with my reservations, I decided to give it a go. Having never run for more than a few miles in my entire life, I was amazed to see what happened next.

My first race was both inspiring, humbling and most of all, addicting. The sense of accomplishment fueled my motivation to race again and again and again. Before I knew it, I was in Myrtle Beach this past February staring down the starting line of my first marathon.

Needless to say I was hooked. 5k's turned into 10k's which turned into half marathons and then marathons. The never ending possibilities for new challenges and opportunities are what make running so amazing. Whether you are a newbie like myself or have been running for 30 years, there are always ways to keep it fresh and exciting.

Ultimately, running has improved my life in more ways than I can mention and it all happened because I was encouraged and inspired by a friend to do it. So if you know someone that might need a boost, or challenge ... give them gift of running. You never know, it might change the course of someone's life. I know, it happened to me and I will be forever grateful to my dear friend Jess. □



SUNDAY, SEPTEMBER 25

8th Annual
**The Crossings
5K Challenge**
And KIDS' FUN RUN
2011

The Crossings 5K Challenge is a fairly flat and fast race through the Crossings Park.
Race starts and finishes at Colonie Youth Center's Rudy A. Ciccotti Family Recreation Center, 30 Aviation Rd., Colonie 867-8920.

Register **EARLY** for the best deal!
Walkers are welcome too!
Registration available at
www.active.com

Registration: 8:00 - 9:30am
Warm up: 9:30am
5K Race/walk: 10:00am
Kid's Run: Est. 10:45am

Sponsorships Available:
Phone: 518-438-9596
Email: bbloodram@colonieyouthcenter.org

**Strollers only allowed for registered 5k walkers.



Kids' Fun Run

- One mile or 1/4 mile distances
- Start after 5k at ±10:45 am
- All kids through age 12 participating receive a medal and post-run pizza party
- Free to enter, must be registered
- Youth shirts available for a \$10 donation to the Colonie Youth Center

Fun time for all - Bring the kids!

All proceeds benefit CYC's community programs.

All registered 5K runners and walkers will be entered in our raffle!

FREE long sleeve tee to first 300 5k runners or walkers registered. Food and beverages for all entrants.

Pre- or post-run massage compliments of
Center For Natural Wellness
School of Massage Therapy.



FLEET FEET

Sports



Sponsored by:

CBRE | Albany
CB RICHARD ELLIS

Medals for Top 3 finishers in **5 year** age categories
Ample parking at Ciccotti Center

Additional forms and information available at www.colonieyouthcenter.org

Form may be photocopied. One entry form per person. *Entry fees are non-refundable

First Name _____ Last Name _____ Business (if applicable) _____
Street Address _____ City _____ State _____ Zip _____
E-mail _____ Phone _____ Date of Birth _____ Age (on 9/25/11) _____ Male _____ Female _____

____ Check here for Kids Fun Run through age 12. **FREE to enter. All kids receive a medal for participating.**

*Youth shirts available for a \$10 donation. Circle Size (if applicable): YS YM YL Circle Distance: Mile or 1/4 Mile

____ Check here for Adult 5K Run/Walk -- \$15 until 9/1 -- \$20 9/2 through 9/21 -- \$25 9/22 through race day
5k Adult Shirt Size, FREE to the first 300 registered runners/walkers (Circle) S M L XL XXL

REGISTER ONLINE at Active.com or Mail entry form with payment to: Colonie Youth Center, 21 Aviation Road, Colonie NY 12205

PAYMENT INFORMATION:

____ Check Enclosed
Please make check payable to **Colonie Youth Center**

____ Credit Card (Circle: Visa / MasterCard / American Express)

Name on Card _____

Card Number _____

Expires _____ Security Code _____ Signature _____

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, 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 foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record for this event for any purpose.

____ Signature _____ Date _____ Emergency Phone Number (s) _____

____ Signature of Parent or Guardian if participant is a minor _____ Date _____

***** Advance Packet Pickup (optional)*** - Packets for registrations received by 9/21 will be available:
Saturday, Sept. 24 from 8am to 11am - at the Ciccotti Center - 30 Aviation Rd. - Colonie, NY 12205**

2011 Sports Nutrition News from the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in Denver, May 31-June 4, 2011, over 6,000 exercise scientists, sports dietitians, physicians and other health professionals gathered to share their research. Here are a few of the nutrition highlights that might be of interest to runners. More highlights are available at www.acsm.org (click on "news releases").

- Looking for a way to get fit quickly? High intensity interval training (HIIT) is effective, though it's hard work! Once you are fit, you can then reduce the exercise intensity to a more enjoyable (sustainable) level. Dr. Martin Gibala of McMaster University in Ontario does not believe HIIT is a heart attack waiting to happen, but recommends untrained people first get a proper medical check-up.

- HIIT can be an effective part of a weight reduction program. Overweight men who did twenty minutes of HIIT (8 second sprints with 12 seconds recovery) 3 times per week for 12 weeks achieved a 7% drop in body fat. In another study with untrained, slightly overweight women ages 30-45, those who did high intensity exercise lost more weight and body fat than those who did lower intensity training. One benefit of high intensity exercise is it can suppress the appetite (temporarily) compared to lower intensity exercise.

- HIIT can create a significant afterburn. Men who expended roughly 500 calories during 47 minutes of vigorous exercise continued to burn 225 extra calories in the next 18.5 hours.

- When athletes lose weight, they lose muscle as well as fat. For example, soldiers during nine weeks of combat training lost 9 lbs (4.2 kg) body weight, of which one-third was muscle loss and two-thirds fat loss. They consumed about 15% fewer calories than required to maintain weight.

- Even bodybuilders and figure competitors do not lose just body fat when they "lean out." In the 12 weeks pre-competition, male bodybuilders lost about 4 lbs (1.8 kg) lean body mass and 11.5 lbs (5.2 kg) body fat. The female figure competitors lost about 5.5 lbs (2.6 kg) lean and about 6.4 lbs (2.9 kg) fat.

- Why do women struggle harder than men to lose undesired body fat? Perhaps because they are women! In the animal kingdom, female animals generate less body heat after

overfeeding compared to the males. Research with humans suggests similar energy conservation. When four men and four women were overfed ice cream for three days (150% of energy balance needs), the men burned off some of the extra calories while the women conserved energy.

- Should you believe the calorie estimates displayed on exercise machines? Doubtful. The Precor EFX556i overestimated energy expenditure, particularly with women.

- A novel way to burn a few extra calories is to sit on a stability ball while you are at work. At a call center (where 90% of the time is spent sitting), the employees who sat on the stability ball for five hours during the workday burned about 260 more calories per eight-hour shift. Theoretically, that could lead to loss of 26 pounds in a year! They burned about half a calorie more per minute sitting on a stability ball compared to sitting in a chair. The biggest barrier to using the stability balls was aggravation of pre-existing back pain.

- Trained cyclists who consumed equal calories of either a sports drink or banana chunks during a 46-mile (75-kilometer) cycling time trial performed similarly. The banana, however, offered a beneficial anti-inflammatory response. Natural foods generally offer more benefits than engineered sports foods.

- Chocolate milk is a popular recovery food that contains carbohydrates to refuel muscles and high quality protein to build and repair muscles. Both full-fat and skimmed chocolate milk offer similar recovery benefits.

- Beer is a plant-based beverage that offers anti-oxidant and anti-inflammatory properties. Marathoners who drank 1 to 1.5 liters of non-alcoholic beer per day for three weeks prior to a marathon and two weeks after the marathon experienced less post-race inflammation and fewer colds. Non-alcoholic beer offers a wise way to enjoy the natural high of exercise along with positive health benefits.

- Have you ever wondered how much elite endurance athletes consume during an event? A post-event survey of Ironman triathletes, marathoners, long-distance cyclists, and professional bike racers suggests the Ironmen consumed about 70 grams (280 calories) of carbohydrate per hour; the cyclists, 53 grams (212 calories) and the marathoners, 35 grams (140 calories). The endurance athletes who consumed the most energy had the best performances.



- How common are intestinal problems during endurance events? About 31% of the Ironman competitors reported GI serious problems, compared to 14% of the half-Ironman competitors, 4% of the cyclists, and 4% of the marathoners. Those with a history of GI distress reported the most symptoms, as well as those who exercised in higher heat.

- If you are going to be competing in the heat, you might want to pre-cool your body. One way to do that is to enjoy an ice slurry. Runners who consumed about 14-ounces of ice slurry before they exercised in the heat were able to run about 1% faster during a 10 kilometer (6.2 mile) race.

- Female runners commonly restrict their food intake. Among 44 female high school (16 y.o.) cross-country runners—

- 39% restricted food, thinking being lighter would help them perform better.

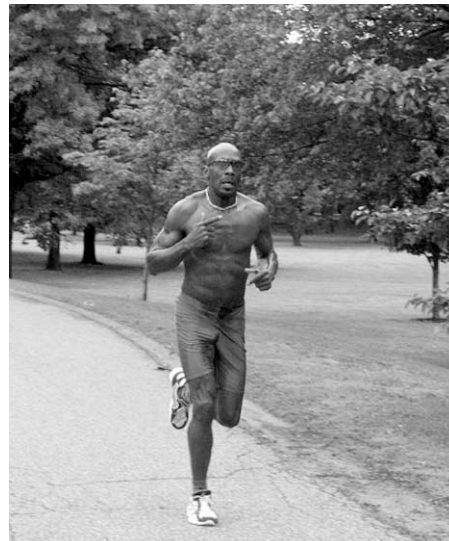
- 42% reported missed or absent menstrual periods in the past year—a sign of being under-fueled.

- They were eight times more likely to believe missing multiple periods was a sign they were in better shape.

These young women need to be educated about the medical problems associated with missed menstrual periods!

- To resume menses, amenorrheic women need to correct the energy deficit. Those who drank a 360-calorie carbohydrate-protein supplement resumed menses, on average, in about 2.5 months (± 2 months). The longer they had been amenorrheic, the longer they needed to resume menses.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes. Her office is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners and marathoners offer additional information. They are available at www.nancyclarkrd.com. See also www.sportsnutrition-workshop.com. □



**Help Wanted:
NO
EXPERIENCE
NECESSARY**

***Volunteers
needed at the
following
races:***

Tawasentha XC 5K
Series:
August 8, 15 and 22

SEFCU 5K:
September 5

*If interested, contact
Marcia Adams,
Volunteer Coordinator,
at 356-2551 or
madams01@nycap.rr.com*

It's not just about running...



Hey Ladies!

by Kristina DePeau Gracey

Having just run the Freihofer's Run for Women, I can't help but feel truly inspired by the women around me. I feel compelled to reflect on what I observed when I first came to Albany: there seem to be countless women who balance busy 9-5 jobs with running fast races as weekend warriors and they have been doing it for years. They have different athletic backgrounds, range in ages and in professions, and yet all share one common denominator: modesty and a love for community running. I asked three women around me – Joan Celentano, Chris Varley, and Karen Bertasso – to answer three questions as a way to get to better know these women who infuse our community with female inspiration.

When did you start running?

Joan: I started running age 36 when my son (youngest) went into nursery school. I got started through influence of some people at my job.

Karen: I started running in 7th grade then I switched to lacrosse along with my primary sport (soccer). I went back to the track team a few years later when I learned that the track coaches don't care when you do your workouts as long as you do them, even during soccer practice!

Chris: I started running 30+ yrs ago as a chunky teen looking to shed the chubs and get some boys to look at me. I totally got bitten by the bug, and couldn't wait to get out each day to see if I could go farther than the day before. I liked being competitive with myself. I wasn't very fast but could go pretty far! I decided to join the track team when I went to college, and learned all about training and racing and really loved the camaraderie of working out with the other gals! After school, I kept it up on my own, just for the sheer love of it and to stay fit. The only extended period I have ever taken off was the last 2 months of my pregnancy. I started road races when my child was small, to get out and meet new people. The running friendships I have made over the years are priceless!

What's your favorite summer race and why?

Joan: My favorite summer race is Silks and Satins, Saratoga. We often go to track that day after race!

Karen: The Boilermaker is my favorite summer race because of the overall atmosphere--fans, course, the numerous local runners that partake in the event.

Chris: My favorite summer race has to be the Boilermaker! 15K is my favorite distance, and my 2 personalities get along very well there. Serious runner Chris can get her race in, then relaxed party Chris can have fun at the party afterwards! Aaaannnd...of course, it is at that race that I met Kristina Gracey!!!

How has your running changed over the years?

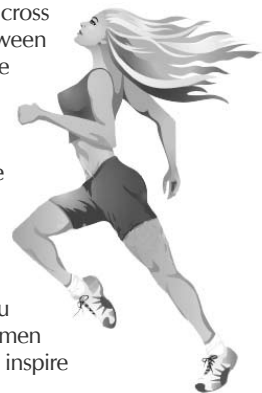
Joan: Hmmmm...that's a tough one! As I have gotten older, my motivation to run is sometimes challenged! I find that I definitely like running with a group now; I have run with Nisky Moms and ARE. I train with Coach Jim and Team Utopia.

Karen: My running has changed over the years in terms of the distance. I was a 400m runner in HS, 800m in college then the distance kept going up from there.

Chris: Since becoming a masters runner, I have found that the speed just isn't there anymore but the strength still is. I need more recovery days, too. I found myself transitioning into a long distance gal. I only run 4 days a

week now but cross train lots in between and still manage to log a pretty good amount of miles. I am definitely the most fit now than I have ever been!

So there you have it: three women who continue to inspire Albany. ☐



Profile of a Runner

CRAIG TYNAN



painful is the Hairy Gorilla Half Marathon. Favorite triathlon might be Timberman in New Hampshire.

What are your most memorable races?

Teal Ribbon 5k 2009 because I ran my fastest 5k. Westchester Triathlon, first competitive triathlon and first event with Team in Training. Vermont City Marathon, 2004, because my best friend was running as well. Boston Marathon 2005. Lake Placid Ironman 2009, enough said.

How do you train? Do you have training partners?

Mostly on my own. I read a lot about training plans and workouts. Sometimes I will join up with someone for a run or bike, which is good motivation.

What are your current goals?

I train and race with the thought that I want to finish well in my age group every time. My biggest goal right now is to keep racing and stay healthy so that I can go back and make another try at Lake Placid Ironman in about 3 more years.

Do you have any future running goals?

I want to qualify for Boston again and do that race one more time. I want to win my age group in at least one running race and one triathlon this year.

Do you have a philosophy of running?

The faster you run in training the faster you can be on race day. And give your body rest and relaxation when needed.

Any funny stories?

Probably not funny at the time but I have gotten lost twice while trying to run on trips. Short runs of about 30-40 minutes turned into about 2 hour ordeals to figure out where the heck I was and how to get back to the hotel! It's one way to take an unpaid scenic tour of the city you are visiting. ☐

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

I am a higher education administrator. I am 41 years old. I graduated from CBA and played baseball at The College of St. Rose, where I earned my Masters degree. I compete in triathlons and running events but also enjoy weight training, golf, tennis, basketball and just about any other sport! I enjoy fishing and doing physical labor along with a good pizza and a cold Mountain Dew.

When and how did you get started running?

Running was always a training and punishment for the sports I played competitively. When the competition days were over I realized I enjoyed running. So I would say I started running for enjoyment right after college.

Do you have a favorite race or races?

Favorite running race and maybe the most

GRENO INDUSTRIES INC.

PRECISION MACHINING

Run for the

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



NEW THIS YEAR!
Chip Timing by A.R.E.
Event Productions and
personalized
Runner Bibs!

Sunday, October 2, 2011

at 11:00 a.m.

Children's Event at 10:15 a.m.

Application Fee: \$20 pre-registration by **September 23** or \$25 after that date and on race day.

Description: 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 400 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 Flat Track, Union Avenue, Saratoga Springs.

Course: 5K loop through beautiful, historic Saratoga Flat 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.

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____ Date of birth ____ / ____ / ____ Age _____

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

How did you find out about this event? ☐ Website ☐ E-mail ☐ Magazine ☐ Newspaper
☐ TV ☐ Radio ☐ Other

Register Directly Online at: http://www.areep.com/online_reg/registration.php?eventID=132
or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 23, or \$25 after that date)

Send application and check to:

Saratoga Hospital Foundation/Run for the ROC

211 Church Street

Saratoga Springs, NY 12866

For more information e-mail: rwheatley@saratogacare.org

or visit www.saratogahospitalfoundation.org

Separate Kid's Event

"Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.
Medals & Goodie Bags
for all kids!

Early Race Packet Pickup on Friday, September 30, 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, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature

Parent/Guardian Signature (if under 18)

**STOP
DWI** New York
BROOME COUNTY

PRESENTS 28TH ANNUAL

Chris Thater Memorial

DEDICATED TO CHRIS THATER WHO WAS KILLED BY A DRUNK DRIVER.

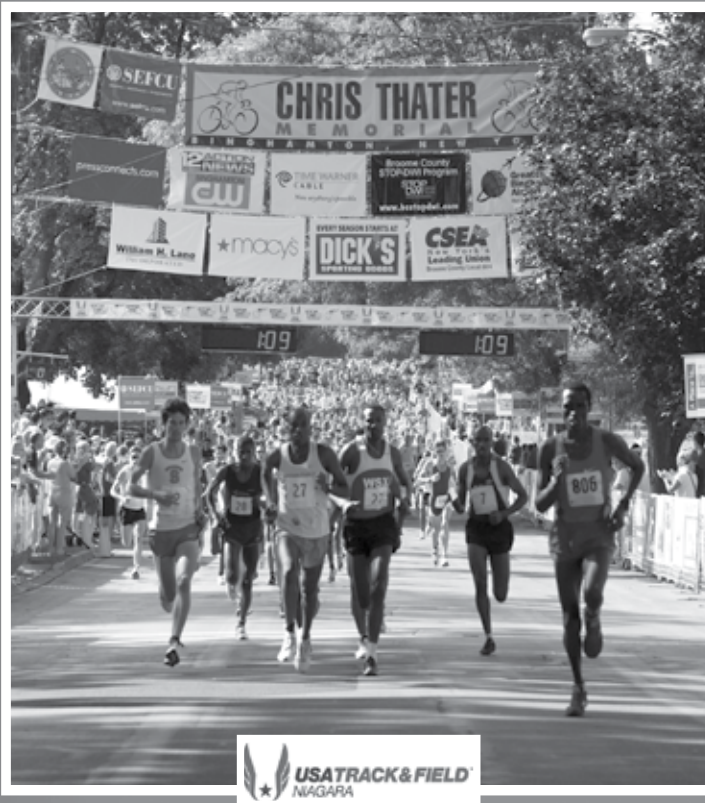
5K RUN

\$20,000 IN CASH AND PRIZES!

August 28, 2011

10 a.m.

**Recreation Park,
Binghamton, New York**



Premier Sponsors



**Event also features an Expo, food
concessions and Music Festival!**

EVERY SEASON STARTS AT



**gift certificates
for age group winners**



**Pair of B-Sens AHL tickets
awarded every 50 places**

**To register
on-line visit**

sportsbaseonline

**For more information
visit www.bcstopdwi.com**



**Elite Athlete assistance
call 607-761-3953
or email gtabeek@gmail.com**

**Gold
Medal
Sponsors**



Meeting Minutes of the HMRRC General Meeting - June 8, 2011

Attendance: Jon Rocco, Barb Light, Chuck Terry, Ray Lee, Tom & Marcia Adams, Cathy Sliwinski, Ken Skinner, John Parisella, Ray Newkirk, Ed Gillen, Roxanne Gillen, Diane Fisher, Pam Zentko, Robin Nagengast, Kristin Zielinski, Doug Bowden, Mark Warner, Vince Juliano, Don Wilken, Wade Stockman, John Peters

Call to Order (J. Rocco):

Reading and approval of May 11, 2011 minutes (B. Light). Motion made to approve minutes made by Marcia Adams seconded by Ed Gillen. Motion approved.

Reports of Officers

President (J. Rocco): Sunday is 40th Distinguished Service run honoring Cathy Sliwinski, Grand Prix series starting with this race and Anniversary Run in September. If you participate as volunteer and/or race in both races get technical shirt. Bill Meehan did get SONY Camcorder for the Just Run track meet. Leslie Bennett doing apparel has received some new items in and some summer items and will get it out at the Father's Day run. Email from Robin and Don Wilken about donating 40yrs of Pacesetters to the Club. We will have to figure out how to do that. Don has a complete record of every Pacesetter and Runners World. Diane Fisher offered to keep it in storage until we decide what to do. First Pacesetter was December 1979. Newsletter was September 1971. Jon said Club would be interested in the Pacesetter, if anyone is interested in the Runners World issues, please let Jon know. Don proposed that he donates to the club and that the club puts in the hands of another club member to take care of. Don will contact Diane to arrange delivery of the magazines.

Executive Vice President (J. Parisella): Shrader Awards have been distributed and it was a pleasant experience and all the kids were very appreciative of the awards. Ken Skinner noted that some of the scholarship members were concerned because a student who applied for the scholarship and did not win an award but is going through some very hard times. This student who goes to local high school, lives in tough neighborhood, parents are deceased, lives with a brother who is an assistant track coach at the school. When application was reviewed it didn't meet qualifications, he has been accepted at CSR. He is a fantastic sprinter and State

Meet champion in both hurdles and open short races indoor and outdoors. He has very limited family support. Several on the committee felt bad because they couldn't offer him anything. Thought they would mention to the club about how we might be able to reach out to a student like this. This is the first time that this type of situation has presented itself. Ken wondered if we could offer him some mentoring or some financial help since he will be going to a school locally. If you have any ideas, please let Jon Rocco know. Marcia asked if he was enrolling in 4 or 5 years. 5 years includes any mentoring help from CSR as they need it. Ken will look into for further details of what may be needed. Ray Newkirk is opposed to this because there are a lot of needy situations and when we open the door to one then it comes a point when you have to draw the line and say no to someone. It could develop into a slippery slope. Ray feels that as an organization we should not consider this financially. Ed Gillen asked if we have a category in the budget for something like this. Ken did agree with Ray Newkirk's comments but wondered if we could do something not financially tied to help him. Vince noted that maybe someone could write an article for the Pacesetter featuring this individual and leave it up to people to make a decision if they can make a personal donation or not. If you have any ideas, please let Jon know.

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): No report

Reports of Committees

3.1 Membership (D. Fisher): 2467 members, up about 200 from last year.

Volunteers (M. Adams): Updated volunteer worksheet except for CDPHP-it is now up on the website and we will keep updating for the cruise. Cruise sign up is on the website and volunteers for June races, if you are available, please contact the Race Directors.

Public Relations (R. Moore): Worked the club booth at team challenge gave flyers to Valley Cat and Pacesetters. Manned the recycle booth at Freihofer's-things went great and gave the donations to the Schenectady City Mission.

Approached by Race for the Cure to which will be held on October 1st to do recycling. He will also do the Marathon. Sent press releases for June races and next week the Colonie track series start.

Race Committee (M. Warner): Corporate challenge- will be following up with Pete on report. We are in the process of looking for new Race Director for next year. We had left over water so all June races should be covered. Had over 9000 runners and all went well. Ed Neiles has signed contract for HMRRC with Jim Gilmer to certify winter marathon course, 10 miler and the Hangover Half course. Will cost \$1250. Needs to be certified to qualify for Boston. Funds from Race Committee. Contract should be complete by end of August. Many races this month, Distinguished Service, -due to construction had to alter the course. Father's Day Race-206 no boundaries runners, 185 online and some paper registrations. Need some volunteers. Valley Cat 5K on June 25th, Summer track series start next Tuesday, June 14th. Winter Series #3 will need a Race Director and Race Director for CDPHP-will put notice on the website. Will start grooming new volunteers to become Race Director's. If you are interested in becoming a Race Director, please let Mark Warner know.

Race Committee Treasurer(N. Briskie): See attached

Pace Setter (R. Nagengast/K. Zielinski): Robin introduced Kristen, new editor. Thank you to Kari Gathen for all her work. Marcia noted that she would like bylines on articles so that she knows who gets credit for volunteer points. Ed will be sending out email about profiles so that we can get more profiles in and putting them on the website. Vince noted that there was an oversight about an ad for people to submit Hall of Fame nominations. Ad was sent off and it didn't get into June issue, plan is to submit for July issue, but may move back process of receiving nominations and selections. Vince submitted article about Martha DeGrazia and her accomplishments.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): In the process of going through the second part of applications for Grants, distributed to committee

members, will have awards by end of the month. Youth grants should be up on website shortly. Ed noted that website said last day July 1st for grants. Ray will look into. Ray has a proposal for unallocated grant money, he would like to have club propose to use for Ken Skinners Just Run program. We will have to wait until August to see how many grants are sent out. There is \$30000 allocated for grants and so far have used \$7000. Vince noted that in future years we may eliminate the youth grant and use that money towards the Just Run program. Motion made by Ray Newkirk that any unused grant money in the youth grant and general applied grant program be allocated to the Just Run program just for this year. All approved.

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

Just Run Program (K. Skinner): Wrap up event tomorrow, June 9th. Will have 9 of the 12 schools participate. It will be at Union College at 3:30PM and the meet will start at 4PM. Ken Skinner thanked Marcia Adams and Maureen Cox for all their help with the food and refreshments and awards. Will have a wrap up meeting with Ray Newkirk after this and see what needs to be improved for the next program. Would like to come up with a procedure on how to select schools to participate in the program. Due to word of mouth on the program we are being contacted by a lot of schools who would like to participate.

Election Committee (M. Adams): Committee met and we have a list of potential candidates, conferring with them and will have list next month.

Unfinished Business: None

New Business:

Green Island/American Legion parking lot proposal (M. Adams): Seeking out partners who might need assistance financially. Green Island-American Legion hall needs parking lot repaved. They do not have the funds, applied to the State but was turned down. Given the fact that they have partnered with us for Running Of The Green and receive minimal funds for use of their facility and grounds, they work very hard to accommodate us for that race. Marcia proposes that HMRRC assist our fellow partners with repair of parking lot. Estimate was \$3500

a couple of years ago, consider a grant for \$4000 to repair parking lot. This would be for resurfacing the parking lot-fixing the holes and resurfacing both parking lots. Mark noted that he felt uneasy giving money to organizations, but it was noted that we have done this in the past in Schenectady. Marcia noted that this is a way that we can help give back to organizations that help us. This is also important to the community of Green Island. Vince noted that there is a grant program available and he has used that program to help out organizations that help him with the Stockade-athon. Ray Newkirk noted that we have done this before. Marcia noted that we have held this race there for many years. We have already secured the date for next year and they will have the race next year on St. Patrick's Day even though they have a dinner that night. Marcia noted that this is why she does what she does for the club so that we can start to give back to the communities. Vince asked the grant for Schenectady that the recipient also put up money towards the project. Ray noted that it isn't structured that way, it is up to the club to find opportunities to help out organizations and/or communities. Don Wilken noted that it seemed that the club only pay a portion of it not the whole thing and encourage them to match the resource. Marcia made the motion that HMRRRC though special grant program allocate up to \$4000 to the American Legion hall in Green Island for the use of resurfacing their parking lot. To be used by 12/31/11. Said grant to be issued as progress payment, seconded by Roxanne Gillen, 15 in favor, 1 abstention, motion passed. Cathy Sliwinski announced that Fleet Feet and Adidas will be having clinics for the marathon, July 12 on Nutrition, August 2nd on stretching. Next one will be in September.

Announcements:

July refreshments- Diane Fisher

Adjourn: Motion made to adjourn the meeting by Marcia Adams, seconded by Cathy Sliwinski, meeting adjourned at 8:53PM.



Official 2011 HMRRRC BALLOT

The Election Committee presented a slate of nominees at the July meeting. In addition, a notice appeared in the July issue of *The Pace Setter* indicating that petitions for nominations could be sent to P.O. Box 12304. The slate of nominees for the year October 1, 2011 to September 30, 2012 is as follows:

- ☐ JOHN PARISELLA
President
- ☐ JON ROCCO
Executive Vice President
- ☐ CHARLES TERRY
Treasurer
- ☐ BARBARA LIGHT
Secretary

Please show your support for these nominees by casting your votes and mailing your ballot to:

HMRRRC Nominating Committee
P.O. Box 12304
Albany, NY 12212

Ballots must be received by September 24th, 2011.

To make your ballot official, you must sign your name in the lower right hand corner of the envelope in which you mail the ballot.



Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	Cost:	Total:
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	_____
Insport Tights , black, Male, S; Female S,L	\$20	_____
Knit Hat , navy, black, light blue	\$ 8	_____
Thermax Gloves , black	\$ 8	_____
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	_____
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	_____
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	_____
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	_____
White with royal blue side panels , Male S,M,L,XL	\$21	_____
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	_____
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE		
Split-cut , 1" inseam, M,L - CLEARANCE	\$15	_____
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	_____
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	_____
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
Easy , 4" inseam, S,M,XL	\$21	_____
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
Sixers , black, 6" inseam, back mesh pockets, S	\$27	_____
Running Cap , embroidered logo, white, white/royal	\$11	_____
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		_____
Smart ID tag , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		_____

If ordering only this item, postage is \$.44

All prices include 8% sales tax

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Email _____

FATHERS DAY



Grand Prix Update

Race #5 Distinguished Service Race, 8 Miles June 12, 2011

Men

Male Open

12 Tom O'Grady
 10 Richard Messineo
 8 Andrew McCarthy
 7 Jason Cordeira
 6 Zach Russo
 5 Sean Hannon
 4 Brian Gyory

Male 30-39

12 Justin Bishop
 10 Chris Mulford
 8 Aaron Knobloch
 7 Eamon Dempsey
 6 Matthew Nark
 5 Brian Northan
 4 Jon Catlett

Male 40-49

12 Ahmed Elasser
 10 Jon Rocco
 8 Christian Lietzau
 7 Wayne Richardson
 6 Rob Paley
 5 John Williams-Searle
 4 Todd Thomas

Male 50-59

12 Derrick Staley
 10 Rick Munson
 8 Richard Clark
 7 Ken Evans
 6 Rob Colborn
 5 Robert Wither
 4 Steve Conant

Male 60-69

12 Paul Forbes
 10 Paul Bennett
 8 Juergen Reher
 7 Bob Ellison
 6 John Stockwell
 5 Joe Yavonditte
 4 Norman Doveberg

Male 70+

12 Wade Stockman
 10 Jim Moore
 8 James McGuinness
 7 Joe Corrigan

Women

Female Open

12 Kristina Gracey
 10 Crystal Perno
 8 Kathryn Hines
 7 Liz Chauhan
 26 – The Pace Setter

6 Kelcey Heenan
 5 Allison Kerr

Female 30-39

12 Mary Jane McPherson
 10 Sally Drake
 8 Heidi Nark
 7 Deanne Webster
 6 Stephanie Wille
 5 Jessica Mitchell
 4 Candice Panichy

Female 40-49

12 Emily Bryans
 10 Kari Gathen
 8 Kimberly Miseno-Bowles
 7 Sara O'Grady
 6 Heather Loukmas
 5 Regina McGarvey
 4 Kathy VanValen

Female 50-59

12 Debra-Jane Batcher
 10 Donna Charlebois
 8 Joan Celentano
 7 Susan Burns
 6 Jenny Lee
 5 Deb McCarthy
 4 Karen Dott

Female 60-69

12 Martha DeGrazia
 10 Judy Phelps
 8 Susan Wong
 7 Ginny Pezzula
 6 Katherine Ambrosio
 5 Linda Keeley

Female 70+

12 Anny Stockman
 10 Eiko Bogue
 8 Joan Corrigan

Age Graded

Runner	Age	G
12 Derrick Staley	52	M
10 Martha DeGrazia	60	F
8 Anny Stockman	79	F
7 Judy Phelps	60	F
6 Ahmed Elasser	48	M
5 Susan Wong	63	F
4 Paul Forbes	60	M

Totals After 5 Races

Men

Male Open

44 Tom O'Grady
 24 Andrew McCarthy
 18 Richard Messineo
 16 Brad Lewis

16 Jim Sweeney
 13 Zach Russo
 12 Pat Cullen
 12 Chuck Terry
 7 Justin Bishop
 7 Jason Cordeira
 7 Paul Cox
 7 Josh Merlis
 6 Kahil Scott
 5 Andrew Coy
 5 Sean Hannon
 5 Paul Mueller
 4 Brian Gyory
 4 Michael McClure

Male 30-39

42 Chris Mulford
 29 Eamon Dempsey
 25 Brian Northan
 18 Matthew Nark
 17 Jon Catlett
 16 Aaron Knobloch
 16 David Tromp
 12 Justin Bishop
 10 Mike Roda
 8 Todd Smith
 7 Anthony Giuliano
 7 Matt Mallet
 7 David Newman
 5 Clay Lodovico
 4 Matthew Lindow

Male 40-49

48 Ahmed Elasser
 40 Jon Rocco
 18 Christian Lietzau
 17 Kevin Creagan
 17 Ed Hampston
 17 Thomas Kracker
 12 Robert Paley
 10 Larry Poitras
 8 Richard Cummings
 8 Craig Dubois
 8 Russ Lauer
 7 Jonathon Bright
 7 Brian DeBraccio
 7 Wayne Richardson
 6 Timothy Egan Sr.
 6 Ed Menis
 5 Ken Evans
 5 Mike Kelly
 5 John Williams-Searle
 4 Bruce Beesley
 4 Todd Thomas
 4 Craig Weidman

Male 50-59

37 Rick Munson
 36 Derrick Staley
 27 Richard Clark
 24 Ken Evans
 16 Patrick Culligan
 14 Steve Conant
 13 Robert Wither
 12 Rob Colborn
 12 John Noonan

10 Art Reilly
 9 Bob Somerville
 8 John Haley
 8 Jim Newlove
 8 John Parisella
 8 William Ports
 7 Lee Pollock
 7 Steve Vnuk
 6 Peter Gerardi
 6 Jack Nabozny
 4 Steve Dickerson
 4 Alar Elkin

Male 60-69

58 Paul Forbes
 39 Bob Ellison
 34 John Stockwell
 30 Juergen Reher
 16 Pat Glover
 10 Paul Bennett
 12 Ed Bown
 12 Bob Giambalvo
 6 Joe Yavonditte
 6 George Jackson
 6 Terry Smith
 6 Jim Thomas
 4 Tom Adams
 5 Leo DiPierro
 4 Norman Doveberg
 5 Rick Morse
 4 Ken Klapp
 3 Ed Litts
 4 Jim Thomas

Male 70+

56 Wade Stockman
 40 Jim Moore
 24 James McGuinness
 14 Joe Corrigan
 12 John Pelton
 8 Chris Rush
 7 Ken Skinner
 7 Keith Willis
 5 Jim Hotaling
 4 Armand Langevin

Women

Female Open

34 Kristina Gracey
 32 Crystal Perno
 24 Roxanne Wegman
 22 Meghan Davey
 17 Karen Bertasso
 17 Liz Chauhan
 11 Erin Rightmyer
 11 Katie Vitello
 10 Brina Seguire
 8 Kathryn Hines
 6 Kelcey Heenan
 6 Erin Ring
 5 Allison Kerr
 5 Christine Sloat
 4 Kate Thomas

Female 30-39

34 Shelly Binsfeld
 31 Sally Drake
 26 Gretchen Oliver
 24 Stephanie Wille
 12 Eileen Combs
 12 Stacey Kelley
 12 Mary Jane McPherson
 12 Heidi Nark
 11 Deanne Webster
 10 Christine Ardito
 7 Jessica Mitchell
 7 Martha Snyder
 6 Candice Panichy
 5 Kari Deer
 5 Angela Squadere
 4 Allison Lynch

Female 40-49

42 Anne Benson
 36 Emily Bryans
 29 Kari Gathen
 24 Kimberly Miseno-Bowles
 20 Mary Buck
 17 Judy Guzzo
 17 Megan Leitzinger
 13 Cheryl Debraccio
 13 Nancy Nicholson
 11 Connie Smith
 10 Regina McGarvey
 9 Chris Varley
 8 Karen Dolge
 8 Melissa Frenyea
 7 Sara O'Grady
 6 Heather Loukmas
 6 Kathy VanValen

Female 50-59

40 Debra-Jane Batcher
 26 Peggy McKeown
 25 Joan Celentano
 24 Martha DeGrazia
 17 Erika Osterle
 16 Jenny Lee
 15 Cathy Sliwinski
 14 Donna Charlebois
 12 Joyce Goodrich
 11 Karen Gerstenberger
 11 Deb McCarthy
 10 Jane Mastaitis
 9 Susan Burns
 7 Cindy Novak
 7 Hope Plavin
 7 Cynthia Southard
 5 Kathleen Goldberg
 5 Mary Wilsey
 4 Karen Dott
 4 Lois Green
 4 Maryanne McNamara

Female 60-69

48 Susan Wong
 34 Judy Phelps
 32 Martha DeGrazia
 27 Katherine Ambrosio
 27 Ginny Pezzula
 8 Anna Dickerson
 6 Mary Collins Finn
 6 Suzanne Nealon
 5 Nancy Johnston
 5 Linda Keeley

5 Judy Lynch
 4 Noreen Buff

Female 70+

48 Anny Stockman
 30 Eiko Bogue
 8 Joan Corrigan

Age Graded

	Runner	Age	G
40	Martha DeGrazia	59/60	F
37	Susan Wong	63	F
34	Derrick Staley	52	M
25	Ahmed Elasser	48	M
24	Judy Phelps	60	F
20	Paul Forbes	60	M
16	Anny Stockman	78/79	F
12	Bob Giambalvo	61	M
12	John Noonan	51	M
11	Emily Bryans	43	F
10	Anne Benson	46	F
9	Tom O'Grady	25/26	M
7	Pat Cullen	24	M
5	Nancy Nicholson	49	F
5	Ginny Pezzula	65	F
4	Rick Munson	54	M



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Monday, September 5, 2011
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.

RACE TEAM REGISTRATION

You must be registered in the individual race/walk to participate in the team event.

Team Competition:

Team competition is limited to high school and college teams. Teams are comprised of a minimum of five competitors and a maximum of seven. Total time of the top five competitors will establish the team score. There are two scored categories: all-male and all-female teams. Each competitor on a team must be a full-time student of the school he/she represents. Team applications must be received by September 2, 2011. Absolutely no team applications will be accepted on the morning of the event.

Race Prize Structure:

Four team trophies will be awarded: First Place High School Male Team, First Place High School Female Team, First Place College Male Team and First Place College Female Team. No duplication of prizes.

HMRRC Entry Fee:

\$8.00 for HMRRC members and SEFCU members; \$9.00 for all others.

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 518-464-5243 or visit www.sefcu.com.

TEAM APPLICATION

SEFCU / HMRRC Labor Day 5k Team Competition

Team _____ Coach _____

Coach's Phone Number (Evenings) _____ Female Team ☐ Male Team ☐

1. Name _____ 5. Name _____
2. Name _____ 6. Name _____
3. Name _____ 7. Name _____
4. Name _____



Boston Qualifier
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15th
Anniversary



Around Beautiful Schroon Lake...
Something for Everyone...
Adirondack **Distance Festival**



Half & Full Marathon
2 Person Marathon Relay

Full & Relay - 9am, September 25, 2011

Half - 10am, September 25, 2011

Schroon Lake, New York

5K & 10K Races

9:30am, September 24, 2011

Chestertown, New York

Kids Fun Run

September 24, 2011 - 2pm, Schroon Lake



Perfect Fall Season

**Near Lake George, Lake Placid
and Gore Mountain**

Visit Our Website adirondackmarathon.org

For Info & Registration Form
info@adirondackmarathon.org



JOIN US!
Saturday
September 10, 2011
10:00 AM

NEW FOR 2011
CHIP-TIMING

A 5K Run/Walk committed to helping those in the Capital Region affected by brain, head and neck cancer—over \$100,000 raised since 2009.

Register to RUN, WALK or DONATE at:

▶ www.firstgiving.com/CRSSRaceforHope



ALL Proceeds from this event will benefit:

Ronald McDonald House Charities of the Capital Region, Inc. and St. Peter's Hospital Cancer Care Center





Kinderhook Runners Club

3rd Annual

Red Apple Trail Run

10k & 5k courses

Walkers welcome on the 5k course

Date: Saturday, September 10, 2011 9:00 a.m. 10K / 9:10 a.m. 5k

P.O. Box 241 Kinderhook, NY 12106 or
Register online at: www.Active.com

Day of Race Registration: 7:30AM – 8:30AM

Entry Fee:	Before Sept. 3 rd	\$17.00 for 10k or 5k (\$12.00 for KRC Members)
	On or after Sept. 3 rd	\$20.00 for 10k or 5k (\$15.00 for KRC Members)

Sponsors: Kinderhook Runners Club & Samascott Orchards

Knit Gloves to the first 300 registrants!

Name: _____

Address: _____ Phone: _____

Email: _____

Male _____ Female _____ Age on 9/10 _____

Choose Course (circle one): 5k 10k

Amount Enclosed: _____ KRC member _____

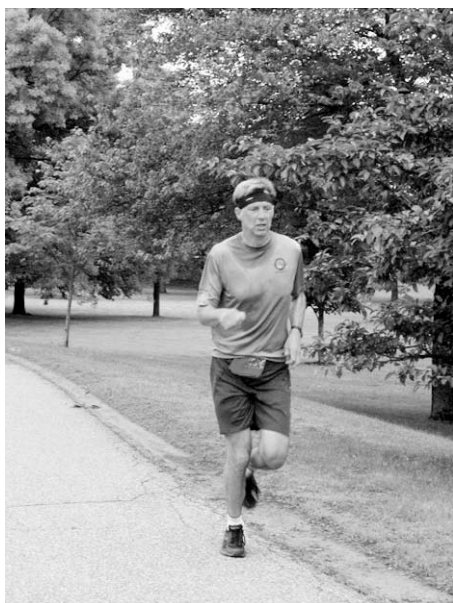
Make checks payable to: Kinderhook Runners Club

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claim that I may have against the Kinderhook Runners Club, Inc., Samascott Orchards LLC, Macintosh Farm, LLC, Mutsu LLC, Red Apple Realty and any other sponsors or volunteers involved in the Red Apple Trail Run 5k/10k. I certify that I am physically able to participate in this event and understand that trail running is a potentially hazardous activity. I certify that I am at least 18 years of age and that this form has been signed by my parent or legal guardian if under such age.

Signature: (parent/guardian if under 18)

Date: _____

KRC is proud to be sponsored by Kinderhook Bank

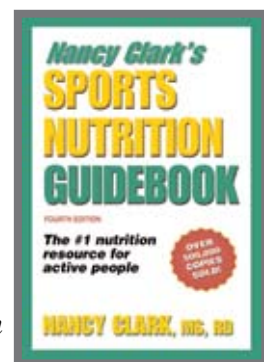


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*Eat well,
train well,
have more
energy!*

*This new
edition can
help you:*

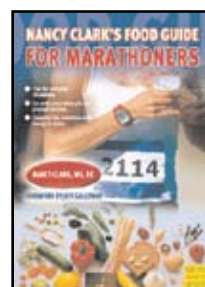
- *enjoy better workouts*
- *achieve your desired weight*
- *feel better all day.*



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and hungry
marathoners
have more
fun if they
fuel well.*



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THE SARATOGA PALIO
Melanie Merola O'Donnell Memorial Race

The Saratoga Palio

Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk • Sun., Sept. 18, 2011, 8 AM
Run, walk, pledge, or volunteer • www.thesaratogapalio.com

Melanie lived an inspiring life dedicated to helping others. To honor her, The Melanie Foundation invites you to participate in The Saratoga Palio Melanie Merola O'Donnell Memorial Race, which will follow an inspirational route through her hometown of Saratoga Springs, New York.



**Franklin
Community
Center, Inc.**

Proceeds will go towards The Melanie Foundation's scholarship fund for graduate students in the mental health field, as well as a donation to support the Franklin Community Center, a nonprofit human service agency that provides basic needs and services to less fortunate individuals and families.

Event Schedule

Race	Time	Event	Location	Contact	Email
8/16	6:30 PM	Southern Saratoga YMCA 5K/Walk & Kids Fun Run	Southern Saratoga YMCA	Chris Belden	cbelden@cdymca.org
8/20	9:00 AM	Pre-Fall Classic 5K Run & 2 Mile Walk	Voorheesville High School	Wendy Relyea	prefallclassic5k@yahoo.com
8/20	9:00 AM	Run for the Future 5k	Stillwater United Church	Rick Morgan	Sunitedchurch@nycap.rr.com
8/21	9:00 AM	Run for Rotary Scholarship 5K	Central Park Schenectady - at the Pavilion	Emily Miller	emily.lauren.miller@gmail.com
8/22	6:30 PM	Tawasentha XC 5K #3	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
8/22	6:15 PM	Camp Saratoga 5K Trail Run	Wilton Wildlife Preserve & Park	Laura Clark	laura@saratogastryders.org
8/27	9:00 AM	Sprint Triathlon	Mariaville Lake and Duanesburg Community Center	Jenn Dixon	Jdixon@Dacc.info
8/27	9:00 AM	14th Annual Altamont 5K Run/Walk	Bozenkill Park, Gun Club Rd Altamont	Phil Carducci	altamont5k@nycap.rr.com
8/28	6:00 AM	Green Lakes Endurance Runs 50k & 100k	Green Lakes State Park, Fayetteville	Adam Peruta	peruta@peruta.com
8/28	8:00 AM	CHaD Hero Half-Marathon	Hanover- Dartmouth Green	Tracey Jacobi	Tracey.E.Jacobi@hitchcock.org
9/4	9:30 AM	Capitol District Scottish Games 5K	Altamont Fairgrounds	Rebecca Feig	rsfeig@yahoo.com
9/5	9:00 AM	23rd SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	jparisel@nycap.rr.com
9/10	9:00 AM	Brenda Deer 5k Run/Walk	Capital District YMCA Guilderland Branch	Tys Bailey-Yavonditte	tbaileyavonditte@cdymca.org
9/10	8:30 AM	Malta Business & Professional Association 5K	HVCC Tec Smart- Malta	Ray Liuzzo	info@maltabpa.com
9/10	9:00 AM	Brenda Deer 5k Run/Walk	Capital District YMCA Guilderland Branch	Tys Bailey-Yavonditte	tbaileyavonditte@cdymca.org
9/10	10:00 AM	3rd Annual CRSS Race for Hope 5K	1220 New Scotland Road, Slingerlands	SarahNicole Mahoney	sarahnicole@gmail.com
9/11	9:00 AM	40th HMRRC Anniversary Races 2.8 & 5.6 Mile [5.6 GP]	UAlbany -- Day of race signup only!	Pat Glover	pjglove@aol.com
9/15	5:15 PM	Schenectady ARC 5K / 1 Mile Fun Run & Walk	Central Park, Schenectady	Doug Secor	dougs@arcschenectady.org
9/18	9:00 AM	10th Annual Teal Ribbon 5k Run/1 mile Walk	Washington Park, Albany	Pam Robbins	probbins@prainc.com
9/18	9:30 AM	Josh Billings RunAground Triathlon	Berkshires	Patty Spector	patty@joshbillings.com
9/18	9:30 AM	Doug Ellett Memorial 5k Run/Walk for Melanoma Awareness	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/18	8:00 AM	The Saratoga Palio: Half Marathon and 5K Run/Walk	Saratoga Springs - in front of City Hall	Maria Palmer Maurer	questions@thesaratogapalio.com
9/18	8:30 AM	The Dunkin' Run 2011--5K, 10K & Kids Fun Run	Albany Jewish Community Center	Tom Wachunas	tomw@saajcc.org

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:
HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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