

The Pace Setter

August 2009

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**

**Nancy Briskie
Distinguished Service
Award Honoree**



SEFCU FOUNDATION 21ST ANNUAL LABOR DAY 5k



Monday, September 7, 2009
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.
Registration: 7:30 - 8:30 a.m.

Beneficiary of All Donations:

Gilda's Club Capital Region NY

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 Gilda's Club
- ☐ \$12 on day of event

Applications must be received by September 4, 2009.



HMRRC Entry Fee for Kids*:

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

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 pre-registered participants. Children who register also receive a T-shirt.

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 Foundation to benefit Gilda's Club in the amount of \$_____. Mail donations to: SEFCU Foundation, 700 Patroon Creek Blvd., Albany, NY 12206

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, Gilda's Club, 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 

Sponsored by

SEFCU
 FOUNDATION

Editor:

Kari Gathen (pacesetterarticles@verizon.net)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Marcia Adams

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Terri Commerford,
Mike McLean

Advertising/Business Directors:

Jim Tierney (869-5597, runnerjmt@aol.com)
Bob Knouse

Photo Coordinator:

Barbara Sorrell

Photography Staff:

Tom Adams, Debbie Beach, Phil Borgese,
Nancy Briskie, Donna Davidson, Vince Juliano,
Ray Lee, Bill Meehan, Gerri Moore,
Paul Turner

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

— **The Running Doctor**

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— **For Your Health**

Ed Thomas

— **Been There, Done That**

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— **Senior Running**

Ed Gillen

— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

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Photos in this issue by Donna Davidson, Ray Lee, Bill Meehan



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C. Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors. ©2009 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

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.

HUDSON MOHAWK ROAD RUNNERS CLUB

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Executive Vice President
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482-5572

Treasurer
JOHN KINNICUTT
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Secretary
BARBARA LIGHT
729-2882

Race Committee Treasurer
PAM ZENTKO
372-8275

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
ED GILLEN
vc47@aol.com

Race Committee
NANCY BRISKIE, 355-3276
CATHY SLIWINSKI, csliwinski@nycap.rr.com

Public Relations
ROBERT MOORE
377-1836

HMRRRC Web Page
ED NEILES
482-9032

Digital Clock & Timer
BILL MEEHAN
456-4564

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



by Mike Kelly

So, it's 4:30 in the morning and I just woke up. I tried to go back to bed, but it just wasn't working. I figure I might as well do something productive (like write my monthly *Pace Setter* article) since I'm now WIDE awake. A couple random comments about getting up at this unholy hour ... the sun comes up very early, and now I know what Ken Klemp feels like every day since he's ritually up with the birds.

I am fortunate to be the race director for the Indian Ladder Trail runs. This year's races are going to be held on Sunday, August 2nd. I love these races! To me there's something special about running and racing on the trails up at Thacher State Park. It's just a little different. Maybe it's the fresh air and surrounding nature. Maybe it's the feeling of being somewhat lost in the middle of a race, figuratively and literally. In addition to the 15k and 3.5 mile races that day, the HMRRRC picnic is held right after the completion of the races. The race committee is in the process of preparing for this year's race. Once again, I'm amazed at the level of dedication and commitment on the part of our club members to come together to put on these events.

Last year's occurrence was probably the wettest and muddiest race day I've been affiliated with over the past ten years or so. And I've never received as many compliments about the course – like I had anything to do with it. It simply down poured for forty-eight straight hours before the start of the race. But trail runners are a somewhat different breed and they love it. Fortunately for the runners this year, it's rained about every day for the last two weeks and we could be looking at a repeat of last year's festivities. I hope so!

In keeping with the off-road theme, I'd be remiss if I didn't encourage you to come out for one, a couple, or all of the HMRRRC Trail Races Series held at Tawasentha Park in Guelderland. There are three Monday 5k races: August 3, August 10, and August 17. These cross country races are a lot of fun and challenge each runner. There's no pre-registration for these races, only day-of-race signup. If you're reading this article, chances are you're a HMRRRC member. In that case, these races are FREE for you. If you're not a member yet, the cost is \$6 per race. The races are not for the faint of heart; put simply, the course is a roller-coaster beast

of hills, grass, muck, mud, and the ever exciting crossing of the Normanskill.

Before closing this month, I'd like to congratulate the Fathers' Day race directors David Newman and Jennifer Senez for a terrific job at this year's event. Faced with a record number of participants, including hundreds of day-of-race registrants, David, Jennifer and their team to put together a smooth race and a great day! This race continues to grow in popularity and really is becoming a community event – a great way for families to begin their Father's Day.

Well, I'm going to head over to Price Chopper to recycle some bottles and cans now. I'll probably have all the machines to myself since the sun is still coming up. Have a great August and I hope to see you at Thacher Park. □





What's Happening in August

by Al Maikels

Do you like cross country? Do you enjoy running up and down hills over uneven terrain? 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 3, 10 and 17. The races will start at 6:30 p.m. and the August 10 race will be a Grand Prix event. These races are challenging and are a great workout.

The cross country theme continues as the Indian Ladder Trail Run highlights the August schedule. This year's races will be held on Sunday, August 2. There are two races, a 15k followed by a 3.5 mile run. Following the races is the always popular HMRRC Club Picnic. Thatcher Park is the setting for this great day of running and dining.

August is the month in which I celebrate my birthday. Unfortunately, this year my age will match the New York State speed limit.

The Colonie High track meets continue into August with the last meet on Tuesday August 11. 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.

Another August highlight is the 31st Annual "Dynamic Duo" road race, held at the Colonie Town Park off of Route 9 in Colonie. This race will go off at 8:30 a.m. on Saturday, August 2

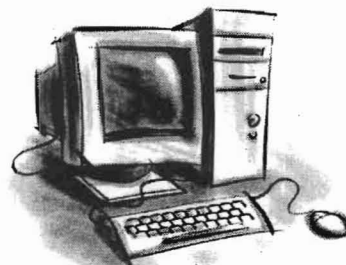
and is a pursuit race with the men running first and then the women going after their partner has crossed the finish line. There is usually a great deal of strategic thinking exhibited as runners of all ages assess the potential of their opposite sex partner. There are 8 different age groups and prizes go 8 deep in each group, so there are plenty of chances for runners of all ages and abilities.

There are local road races to be found on the August schedule. A nice road trip and you can Race the Train, an 8.4 mile run from Riparius to North Creek. The year I ran this race, they held the train for a large straggler; I never did get to thank the conductor. The race is set for Saturday, August 1 at 9 a.m. The Inaugural Camp Chingachgook Challenge will be held on Saturday, August 8 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 22, with a 15k going off at 9 a.m. and a 5k set for 9:15 a.m. from the Schodack Island State Park.

The club's business meeting for August is scheduled for Wednesday, August 12 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 25th. Submit to: Editor, pacesetterarticles@verizon.net

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. 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.

27th Annual Mohawk-Hudson River Marathon Registration

Sunday, October 11, 2009 • Limited to first 700 runners

Register online: www.active.com • Complete information available at www.hmrrc.com.

Registrant Information

FIRST & LAST NAME _____

DATE OF BIRTH _____ AGE (AS OF 10/11/09) _____ SEX _____

MAILING ADDRESS _____

CITY _____ STATE/PROVINCE _____ POSTAL CODE _____

EMAIL _____ PHONE NIGHT (_____) _____

ANTICIPATED FINISH TIME _____ USATF-ADIRONDACK# (NOT REQ.) _____

HAVE YOU PARTICIPATED IN THIS RACE BEFORE? ☐ YES ☐ NO

BUS TO START: ☐ YES (\$5 FEE) ☐ NO Must purchase bus tickets by Oct. 1
(Only 30 tickets available on Oct. 10)

I WISH TO JOIN THE HUDSON-MOHAWK ROAD RUNNERS CLUB: ☐ YES (\$12), U.S. mailing only

TECHNICAL T-SHIRT: ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

☐ I HAVE A FAMILY MEMBER OR FRIEND WHO WILL VOLUNTEER

NAME _____ EMAIL/PHONE _____

Waiver — All Entrants MUST sign

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the Hudson-Mohawk Road Runners Club, Adirondack USA Track & Field, NY State Dept. of Transportation, State of New York, its servants, agents and employees, and any officials or sponsors of this race, their representatives, assessors, and assigns for all injuries, illness, or property loss suffered by me while competing in or traveling to or from the race on Oct. 11. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor.

SIGNATURE _____

DATE _____

Entry Confirmation – List available at www.hmrrc.com beginning Sept. 1

Amount Enclosed (non-refundable)

Payable to (U.S. Dollars): Mohawk-Hudson River Marathon

Mail to: Mohawk-Hudson River Marathon, PO Box 12304, Albany, NY 12212

MARATHON (SEE SCHEDULE) \$ _____
TRAINING PROGRAM (\$130*) \$ _____
*Includes race entry
HMRRC MEMBERSHIP (\$12) \$ _____
BUS TO START (\$5) \$ _____
EXTRA TECHNICAL T-SHIRTS (\$20) \$ _____
TOTAL \$ _____

Payment Schedule

	Non-Members	HMRRC Members
Before July 15	\$55	\$50
July 15 - Oct. 1	\$70	\$65
Oct. 10	\$75	\$70

**DO NOT MAIL
AFTER OCT. 1**

(Non-refundable
& non-transferable)

Training Program for Marine Corp Half Marathon and Mohawk-Hudson River Marathon

Want to challenge yourself to run or walk long distances but don't feel that you are ready? Want to motivate yourself by training with a group? Want to run or walk "One of the ten fastest marathon routes in the country" (*Running Times*)? Then join us this year!

The program is designed for novice runners and walkers who have never before completed the distance and are attracted by the challenge. It begins in mid-June. Group training takes place two to three times a week at various Capital Region venues. Members will be encouraged to do local road races as part of their training. Any additional training suggested must be undertaken on your own.

Members will receive a training schedule, weekly training sessions, a technical "In-Training" shirt, gels and water at group runs/walks, plus guaranteed paid entry to the half-marathon or marathon. In addition, a donation in your name will be made to Toys for Tots. The program fee is \$105 for the half marathon or \$130 for the marathon. No fundraising is required.

To provide quality coaching, a limited number of slots are available. If interested, contact coach Jim Thomas (jth430@verizon.net) or Elaine Humphrey (info.mhrr@gmail.com). HMRRC recommends that participants seek medical advice before undertaking this exercise program.

Eighth Annual Marine Corps Half Marathon Registration

October 11, 2009 • Limited to first 600 runners and 50 walkers

Register online: www.active.com • Complete information at www.hmrrc.com

Registrant Information

FIRST & LAST NAME _____

DATE OF BIRTH _____ AGE (AS OF 10/11/09) _____ SEX _____

MAILING ADDRESS _____

CITY _____ STATE/PROVINCE _____ POSTAL CODE _____

EMAIL _____ PHONE NIGHT (____) _____

ANTICIPATED FINISH TIME _____ USATF-ADIRONDACK# (NOT REQ.) _____

WALKING DIVISION: ☐ YES BUS TO START: ☐ YES (\$5 FEE) ☐ NO Must purchase bus tickets by Oct. 1 (Only 30 tickets available on Oct. 10)

I WISH TO JOIN THE HUDSON-MOHAWK ROAD RUNNERS CLUB: ☐ YES (\$12), U.S. mailing only

TECHNICAL T-SHIRT: ☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

☐ I HAVE A FAMILY MEMBER OR FRIEND WHO WILL VOLUNTEER

NAME _____ EMAIL/PHONE _____

Waiver — All Entrants MUST sign

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the Hudson-Mohawk Road Runners Club, U.S. Marine Corps Reserve, Adirondack USA Track & Field, NY State Dept. of Transportation, State of New York, its servants, agents and employees, and any officials or sponsors of this race, their representatives, assessors, and assigns for all injuries, illness, or property loss suffered by me while competing in or traveling to or from the race on October 11. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. My physical condition has been verified by a licensed medical doctor.

SIGNATURE _____

DATE _____

Entry Confirmation – List available at www.hmrrc.com beginning Sept. 1

Amount Enclosed (non-refundable)

Payable to (U.S. Dollars): Mohawk-Hudson River Half Marathon

Mail to: Mohawk-Hudson River Half Marathon, PO Box 12304, Albany, NY 12212

HALF-MARATHON (SEE SCHEDULE) \$ _____

TRAINING PROGRAM (\$105*) \$ _____
*Includes race entry

HMRRC MEMBERSHIP (\$12) \$ _____

BUS TO START (\$5) \$ _____

EXTRA TECHNICAL T-SHIRTS (\$20) \$ _____

TOTAL \$ _____

Payment Schedule

	Non-Members	HMRRC Members
Before July 15	\$35	\$30
July 15 - Oct. 1	\$45	\$40
Oct. 10	\$50	\$45

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AFTER OCT. 1**

(Non-refundable
& non-transferable)

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FLEET FEET

Sports

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

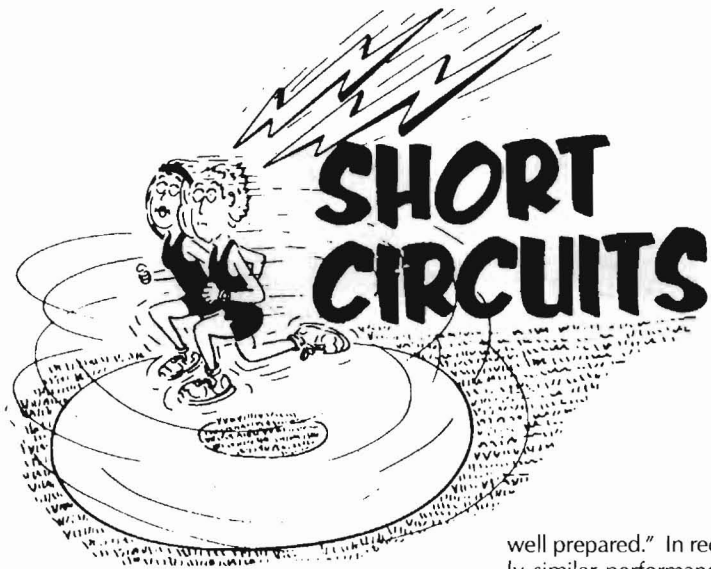
We are happy and proud to bring this high level of commitment to the Capital Region by announcing the opening of Fleet Feet Albany. A true specialty store, Fleet Feet Albany has joined a national network of locally owned and operated franchises dedicated to serving their own community.



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



155 Wolf Rd (Metro Park Rd, near Macaroni Grill)
Albany, NY 12205 • (518) 459-FEET (3338)
FleetFeetAlbany.com • Mon-Fri 10-7, Sat 10-6, Sun 12-4



It was previously reported that Sara Brenner had accepted a big job in the Obama administration as Senior Clinical Advisor in the Office of Disease Prevention and Health Promotion. But according to the Dallas County (Iowa) News Sara has turned down the D.C. job to become the Assistant Vice President for Nano-Life Initiatives and Assistant Professor of Nano-Bioscience at UAlbany College of Nanoscale Science and Engineering. The Iowa article cited an Albany "boyfriend" as a key determinant in Sara's decision to stay in the area. Can you believe it? Why would anyone say no to the President for a 135 pound computer geek?



Computer geek changes history

Ethiopian Meselech Melkamu put the running world on notice in June when she ran the second fastest track 10,000 meters (29:54) ever and then three days later ran a 14:34 5,000 meters "I had a very fast run in the 10,000m three days ago, and I'm very tired," said Melkamu. "But I've had really good training and I'm very

well prepared." In recent memory, no remotely similar performances have been produced just days apart.



Meselech Melkamu: historical one-two punch

"My favorite teacher was David Jackson, a geography teacher, who was in large part the inspiration for me to join the local athletics club. A memory that has always made me laugh is that he'd occasionally ask me in these classes how I was doing for mileage that week, because he understood what I was aiming to do in athletics. If I said I was a bit below target, he'd let me leave class early to go for a run. I think that probably partly accounts for my success in track and field but also my rather uncertain underpinning. I was always grateful for that extra 40 minutes or so." – Sebastian Coe, two-time Olympic champion and 12-time world record holder.

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

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



Seb Coe and his favorite teacher



Voted the best running movies of all time on LetsRun.com:

10. On the Edge
9. Loneliness of the Long-Distance Runner
8. Jim Ryun: America's Greatest Miler
7. Jericho Mile
6. Prefontaine
5. Endurance
4. Running Brave
3. Chariots of Fire
2. Without Limits
1. Steve Prefontaine: Fire on the Track



Fire on the Track – Voted No. 1



A new 400 meter meet record was set at the Colonie Tuesday night track meets on June 16. UAlbany's Joe Greene broke his previous record of 48.2 with a spectacular 46.1. The second place finisher, Alie Beauvais, also broke the old record with a time of 47.6.



Joe Green obliterates old record

**Sunday
September 27**

Registration: 8 - 9:30am
Warm up: 9:30am
5K Race/walk: 10:00am

** Strollers only allowed for
registered 5k walkers

Additional forms and
information available at
<http://www.coloniyouthcenter.org>



Sponsorships Available: Ph: 518-438-9596 Email: bloodram@coloniyouthcenter.org

Awards / Categories
1st, 2nd, 3rd place
overall in the
Men's and Women's
Division
And the same in the
following categories:
Ages: 15 and under,
16-19, 20-24, 25-29,
30-34, 35-39, 40-44,
45-49, 50-54, 55-59,
60-64, 65-69, 70 +

Register EARLY
for the best deal!
Walkers are welcome too!

The Crossings 5K Challenge is a 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.

Kids' Fun Run

1/2 mile run begins after 5K (est. 10:45am)
All kids up to age 12 receive a medal for participating
and a post-race pizza party to celebrate.

FREE to enter. Must be registered.
Youth shirts available for a \$10 donation to the
Colonie Youth Center.

Kids' Fun Run sponsored by
Tech Valley Homes Real Estate

Everyone is welcome!

**TEAMS of Families & Friends, Businesses,
and Schools Too!**

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

FREE long sleeve tee to first 300 registered.
Food and beverages for all entrants.

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

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 9/28/08) _____ ☐ Male ☐ Female

*Team Name _____ Select one: ☐ Friends & Family ☐ Business ☐ School

*Each team captain must submit a team roster form for up to 5 teammates in the same envelope with all their teammates' registration forms and payment.

All forms may be downloaded from www.coloniyouthcenter.org or by emailing bloodram@coloniyouthcenter.org

☐ **Kids Fun Run up to age 12. FREE to enter. All kids receive a medal for participating.**

*Youth shirts available for a \$10 donation. Youth Shirt Size (check size if applicable) ☐ S ☐ M ☐ L ☐ XL

☐ **Adult 5K Run/Walk—\$20 before 9/15, \$25 after 9/15 & day of race registration**

5k Adult Shirt Size ☐ S ☐ M ☐ L ☐ XL ☐ XXL **(Free to the first 300 registered runners!)**

Mail entry form to: Colonie Youth Center, 272 Maxwell Road, Latham, NY 12110

☐ Check Enclosed

Please make check payable to Colonie Youth Center.

or REGISTER ONLINE at Active.com

☐ Credit Card

Name on the card _____

CC # _____

Exp. Date _____ 3 Digit Code on back _____

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the program, related events and activities,

I the undersigned, acknowledge, appreciate and agree that: 1. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation I will remove myself from participation and bring such to the attention of the nearest official immediately and 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM NEGLIGENCE OF THE RELEASEES or others and assume full responsibility for my participation and 3. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist and 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE COLONIE YOUTH CENTER, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct this event (RELEASEES), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT and 5. I grant full permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings or any other record of this event for any purpose including commercial use.

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

psAD

"BEEN THERE, DONE THAT"

by Ed Thomas

August 1974 - Thirty Five Years Ago

Club dues remain at \$4 (\$2 for students) and the monthly newsletter is typed with corrections penciled in as needed. It is an era when many races give trophies and medals to top finishers. Just as an example, the Savathon Half Marathon from Catskill to Coxsackie awards trophies to the first 100 finishers, first 3 women, first 3 coaches, first 5 Greene County runners, first 3 five-man teams, first high school finisher, youngest finisher, oldest finisher, first 3 masters in 5 different age groups plus T-shirts to the first 150 entrants and certificates to all finishers. (How in the world can they figure all that out before dark??)

August 1979 - Thirty Years Ago

The second annual Women's Day 8 Mile Race is held on the 26th. (A historical note: The previous year's Women's Day race was the FIRST women-only race held in the area. Freifhofer's had just started.) Race Director Paul Rosenberg announces that age group winners will receive New Balance W320 shoes; all finishers will get running-related prizes and "in addition, pats on the back are available to all finishers upon request."

August 1984 - Twenty Five Years Ago

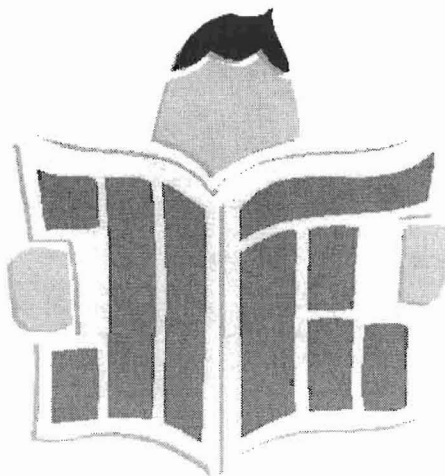
In a lengthy President's Column, Carter Andersson-Wintle explains the Club's decision to raise yearly dues to \$12. In a nutshell, the Club has had deficits for two years running and the bank account is down to the point where we might not be able to cover expenses. In the long run, this is a sound decision and gets the Club through a rough stretch in its history, something that we don't tend to think of nowadays.

August 1989 - Twenty Years Ago

The Empire State Games on the 4th and 5th feature such brutally hot weather that the runners are allowed to run without the required regional singlets. Many Club members capture age group medals, including: 10K, Chip Button and Pat Glover (both gold); 5K, Steve Jones (gold), Pat Glover (bronze), Bruce Marsh (bronze) and Mary Beth Steffen (bronze); 1500 M, Bill Robinson and Larry Decker (both gold); Steeplechase, Steve George and Ann Michalek (both gold); 800 M, Bill Robinson, Larry Decker and Ann Michalek (all gold) and BJ Sotile (silver) and the women's 4 by 800M relay team of Marbry Gansle, Mary Beth Steffen, Teresa Wuerdeman and Ann Michalek (gold).

August 1994 - Fifteen Years Ago

In the Short Circuits feature, it is revealed that at the Utica Boilermaker, many athletes took and passed drug tests for IOC/IAAF banned substances. Among these were all the top finishers including local sensation Lori Hewig. However, "Al Maikels, who has always included the Boilermaker on his road



race schedule, skipped this year. Al was led to believe that Kurver ice cream was on the IOC/IAAF banned substance list."

At the Hour Run on the 11th, Dave Garner runs 11.28 miles, a record that lasts another 4 years. Five other runners join the exclusive Ten Mile Club: Rick Bennet, Bob Sweeney, Matt Williams, Timothy McNamara and Jim Bowles.

August 1999 - Ten Years Ago

On the 12th, the Club Pentathlon sees record setting performances by Tyson Evensen, Nick Conway and Emily Bryans. The men's battle is finally settled by only 4 points: Evensen 4757, Conway 4753. This is about as close as you can get, amounting to a one second differential in the last event, the 1500 meter. Along the way, Evensen sets a new Pentathlon record in the 800 meter (2:00.5) and in the 400 meter (53:8) events. At the time; their two point totals rank 2nd and 3rd on the all-time list.

Meanwhile, Emily Bryan dominates the women's field, wins all her events handily and finishes 7th overall with 3347 total points. This ranks as the 2nd highest total ever among women.

August 2004 - Five Years Ago

The Bethlehem XC Races are held on the 9th, 16th and 23rd. The second of these is a Grand Prix event, but has a smaller than expected turnout due to weather. In fact, the start is delayed 30 minutes because of lightning in the area. Once the race starts, it results in a virtual photo finish. Adam Hill and Matt Shaffer are both timed in 17:41 with Kris Geist two seconds behind. It is noted that the top three finishers set a possible fashion trend by running barefoot. Meanwhile, on the women's side, Roxanne Wegman and Kim Miseno keep their shoes on and take the top two spots. □

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

Anyone can qualify to be a volunteer.

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

We pay with smiles and thank yous and the occasional T-shirt!

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

Name:

Address:

Tele. #:

Email:

Job Interested in (check all that apply):

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

Physical limitations (if any):

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

The GHI Corporate Challenge

by Patrick Lynskey

The only thing hotter than the temperature on May 21st was the competition at the 31st annual GHI 3.5 Mile Workforce Team Challenge. On one of the warmest days this year, 7700 people from 340 teams jammed the street in the shade under the plaza on Madison Avenue before the start. More than six minutes after the start, runners were still cresting the hill at Madison and Lark Streets, long after Chuck Terry had led the field through the 1 mile mark. Terry who won the race the previous two years, led a small pack including previous winner Lou DiNuzzo, as well as Brad Lewis and Pat Cullen from the College of Saint Rose. The leaders were strung out a bit by mile 2, with Terry having a narrow lead on Ben Englehart, and a gap separating the rest of the field.

Coming out of the park and down the hill, Englehart had captured a small, but comfortable lead on Terry and went on to win in 17:26, with Terry 2nd in 17:44. Englehart, a student at Arizona State University in Phoenix, is in town for the summer visiting his parents and was running for Fortitech, Inc. where his father works and he is interning. Englehart is a 3000m steeplechase specialist at ASU and his track speed was evident in the later stages of the race. "I was just trying to hang in as long as I could and sprint coming out of the park." He said he felt fortunate to have enough left to pull out the win. "This was a nice race, on a good course with a lot of nice people. I liked it." He also stated that running in the heat in Phoenix might have helped.

"I'm just glad it's over," Terry said. "There was a lot of pressure to win a third straight year, but it's tough to string them together. I'm hoping to have some longevity in this sport. Tom Dalton won all those races spread out over many years; that's the key." When asked about the new course, Terry, who ran for New Visions of Albany, replied, "Well, I won twice on the old one, so we'll have to see what happens next year." I'm looking forward to seeing that race.

On the women's side, Tonya Dodge took the win in 21:15, with Eileen Combs finishing 2nd in 21:49. Dodge, who recently moved back to the area after several years away, is an adjunct professor of Psychology at Skidmore College. "It was hot, but nice. I had a really good time, though I was hoping to run a bit closer to 21:00." Both women said they liked the new course, as they train on very similar terrain.

The GHI Workforce team challenge is, of course, about the teams though – teams of just a few or a horde of co-workers. Big teams were seen from GE, Skidmore College, Siena College, and First Niagara to name a few. The winning teams were as follows:

Co-Ed: General Electric A—Ahmed Elasser, Ty Remington, Teal Reeves, and Andrea
12 – The Pace Setter

McGuire.

Female: Voorheesville Central School District—Maribeth Bernarde, Eileen Bracket, Ashley Hillard, and Jen Pros.

Male: College of Saint Rose – Pat Cullen, Bradley Lewis, Joseph Sullivan, Andrew Rickert.

The big winner this year, however, was Trinity Institution, the recipient of the GHI WTC Charity of Choice. Trinity Institution was founded in 1921 by Reverend Creighton Storey and provides services to promote and support healthy families within the community through education, employment, and drug treatment. The institution received \$2551 in the form of donations from runners/teams. Next year, I plan on running the race for the first time, and I hope to see a lot of you out there. □



HMRRC - The Best Of Survey

by Jon Rocco

Have you ever heard a politician state that he or she does not pay attention to polls? The next question is "Do you believe them?" Polls seem to be everywhere and often provide a snapshot of what people are thinking on a particular issue. Polls often give 'bragging rights' to those who come out on top.

Several of the publications in our area put out an annual 'Best of' survey, namely *Metro-land*, *The Times Union*, and *Capital Region Living Magazine*. In seeing this over the years, I thought, "Why not get the pulse of the members of HMRRC in a similar fashion?" Just what is the favorite 5K? Where is the favorite venue to hold a race? Which race is the best in the Fall months? Which local park do runners use to train?

I put together a 35-question survey which can be found on the opposite page. The main focus is the races you choose to be involved in throughout the year. The survey also takes a look at race preparation and training.

We ask that you complete the form and return it as noted on the bottom of the survey. The surveys are due by September 7, 2009. You can answer as many questions as you like, but those who complete at least 30 of the 35 questions will be eligible to receive a \$25 voucher for HMRRC club apparel. 3 winners will be drawn at random.

The results with commentary will be published in a series of articles over a 3-month period in the November, December, and January issues of *The Pace Setter*. Each month will take a look at a dozen or so of the questions.

We thank you for your time and input and hope you have fun with the survey. A link will also be added to www.hmrrc.com to allow you to access the survey on line. □

Having trouble logging
onto the HMRRC
website?

Please contact Ed Gillen
at edgillen7@aol.com
for assistance.

HMRRC...THE BEST OF SURVEY

Favorite 5K Race: _____ Favorite Race (3.5 miles to 5 miles): _____

Favorite Race (10K to 10 miles): _____ Favorite Half Marathon: _____

Favorite Marathon: _____ Favorite Trail/Cross Country Race: _____

Favorite Race (overall): _____ Favorite Race Distance: _____ Favorite Running Season _____

Favorite Race Held On A Holiday: _____ Race You Would Love To See Brought Back: _____

Favorite Grand Prix Event: _____ Favorite Racing Venue: _____

Favorite Place To Train: _____ Race With The Best Shirts: _____

Favorite Track For Speedwork: _____ Favorite Trails To Train On: _____

Favorite Local Park To Run At: _____ Favorite Local Bike Path To Train On: _____

Race With The Best Post Race Party: _____
If you could win any Capital District race, would be: _____

Favorite Race Outside The Capital District (in NY): _____ Favorite Out of State Race: _____

Favorite Race To Be A Spectator: _____ Favorite Race To Be A Volunteer: _____

Favorite Thing About HMRRC: _____ Favorite Thing About *The Pace Setter*: _____

Favorite Thing About The HMRRC Website: _____ Favorite Thing About The Winter Series: _____

Favorite Spring Race (Mar-May): _____ Favorite Summer Race (June-Aug): _____

Favorite Fall Race (Sept-Nov): _____ Favorite Winter Race (Dec-Feb): _____

Preferred Running Shoe (Brand): _____ Favorite place to purchase running shoes _____

NAME: _____ E-MAIL: _____ AGE OR AGE GROUP: _____

DUE BY SEPT 7, 2009. Results to follow in future *Pace Setter* Issues. ONE ENTRY PER MEMBER PLEASE. Return Form to Jon Rocco (in person, mail, or e-mail) 15 Lincoln Avenue, Colonie, NY 12205, jonrocco@hotmail.com . Completed surveys can also be dropped off at registration area of Aug 10 Tawasentha XC 5K or Sept 7 SEFCU Labor Day 5K.

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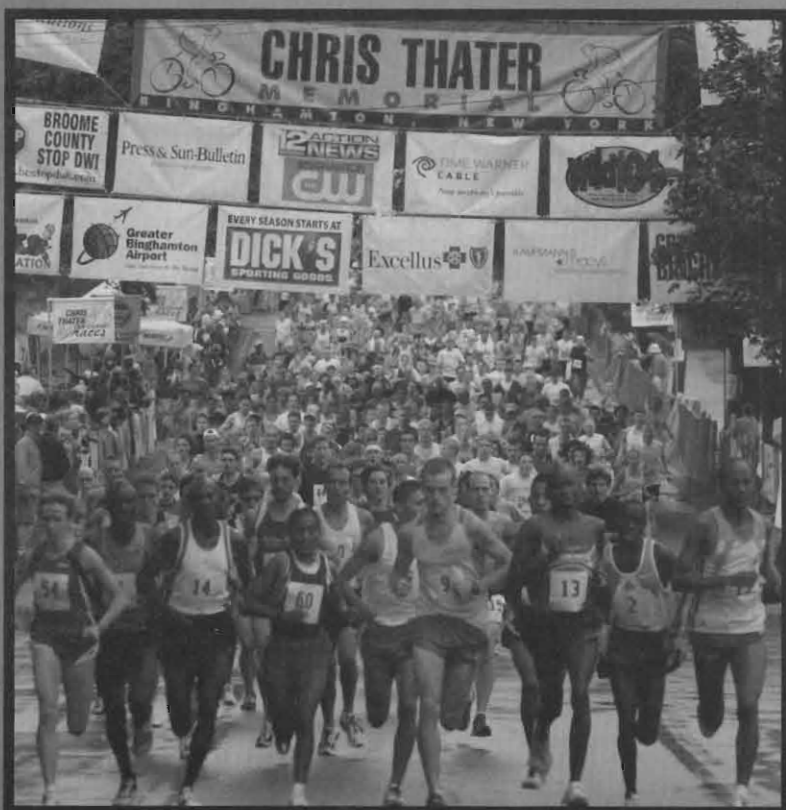
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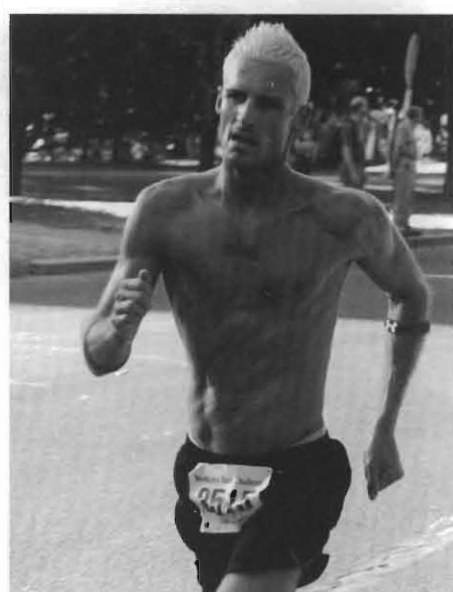


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Flexible vs. Rigid Orthotics

I just returned from 3 days at the Vermont City Marathon. I talked with so many runners, and was, once again, reminded of the confusion that exists out there regarding custom orthotics. All runners work hard to avoid injuries, yet there are still so many injured runners. I think the only thing greater than the number of injured runners is the number of opinions as to how to prevent injuries.

As I tell my kids, "I'm right." So, should you continue reading this article, at the very least, you'll see I have very polarized opinions. At least these opinions are based on 30 years of working with patients. Truth is, I tell my patients to only listen to the person they are paying. If they don't like what he/she is saying, pay/listen to someone else. But, opinions are plentiful, and most are worth what you pay for them. (Except this opinion, of course).

I'm a believer that most of us would do well to consider custom orthotics. Virtually everyone has some degree of imbalance between their right and left foot, and most of us currently have arches that are either too high, or to some degree have fallen. For those few who have perfect arches, most likely time and gravity will cause them to fall from the graces of normal (so you, too, would benefit from orthotics).

When arches of the feet are less than perfect, the dilemma isn't in the feet, it's in the structures above; the knees, hips, low back, etc. These regions are dependent on the feet for balance. Foot imbalance is the beginning of joint/tendon/muscle breakdown and leads to most of the injuries runners face today. With custom orthotics, we remove many imbalances, starting with the symmetry between the right and left foot. As I tell my runner patients, "It doesn't matter how ugly and imbalanced your feet are, custom orthotics fix them."

"Do I have to wear them forever?", is a common question. Of course you do, if your goal is to delay breakdown and minimize injuries. And, you must wear them in most of your shoes during the day, not just in your running shoes. The greatest benefit of wearing custom orthotics is that the centers of gravity in all joints improve, reducing global wear and tear over time.

Flexible vs. Rigid

Now, with that background, which should we consider when purchasing orthotics? First of all, there are 3 basic foot types: pronator (flat feet), neutral (normal medial arches) and supinator (high arches). My experience, after dealing with many runners, is that an inordinate proportion of runners have high (medial) arches. These are rigid, sensitive feet that do not provide shock absorption for the individual, especially when running. To use a rigid orthotic would only add to the shock going up the body, therefore, a flexible orthotic with shock absorbing materials would seem to make more sense. And, be a lot more comfortable.

Rigid orthotics restrict normal mobility in the foot, which opposes nature's goal. Mobility (motion) is mandatory in keeping joints healthy. In addition, if our foot mobility is restricted, especially during running, muscles, tendons and joints above are being subjected to an increased workload that will lead to additional stress-based injuries.

We see many younger athletes with injuries like shin splints, ilio-tibial band syndrome, calf, achilles and knee problems. Again, the restriction and discomfort of rigid orthotics makes resolution of these injuries more difficult.

The Foot has 3 Arches

The final consideration when purchasing custom orthotics is the need to address all 3 arches of the foot. There is the well known medial arch, the transverse arch, under the metatarsal area, and the lateral arch, under the outer border of the foot. These 3 arches provide a suspension-like bridge support to the foot, putting the foot into the strongest position possible, and creating a symmetry between right and left. This increases the balance and support for all tissues above. With flexibility and shock absorbing materials, this orthotic can help runners avoid injuries and run for many more miles.

Case History

Pictured in Figure 1 is a weight bearing scan of a young runner with severe supination (high arches). A supinated foot is a rigid and sensitive foot that is mostly weight bearing on the outside of the foot. This foot type needs additional cushioning and shock absorption to reduce the amount of shock that is transferred up the body with each and every step. In addition, this foot type would have a heel wedge encouraging the foot to become more pronated.



Figure 1

With a little forethought, injury prevention can be relatively easy. Good luck, and 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 pm EST. He can also be contacted at RunningDr@aol.com. □



2009 Distinguished Service Race

by Mark and Angela Warner

The 2009 Distinguished Service Award was presented to Nancy Briskie for her many years of outstanding volunteer service to the Hudson-Mohawk Road Runners Club. The award ceremony preceded the 38th running of the Distinguished Service 8 Mile Race held on May 31st. HMRRRC President Mike Kelly presented the award. Nancy served as club President in 2006-2007 and club Vice President in 2005-2006. Currently, Nancy is serving in the role of Race Committee Chair and previously held the position of Membership Chair. Her list of contributions goes on and on. To name a few, she has been the Refreshments Coordinator for the GHI Workforce Team Challenge (imagine being responsible for feeding over 7,000 runners), co-director of the Mother's Day Race, Winter Marathon volunteer coordinator, and Chair of the Scholarship Committee. Nancy has distinguished herself as a HMRRRC volunteer for many years and her efforts are greatly appreciated by the club members as demonstrated by her selection as the 47th Distinguished Service Award winner.

This year the race followed the traditional course along SUNY Albany's perimeter road and around the lake and athletic fields. Fortunately the runners had ideal conditions, a huge improvement over the heat and humidity of the previous year. The race had 118 runners with 111 completing the eight miles, an increase of 14 finishers from 2008. Shifting the race to one week earlier and sharing the weekend with the Freihofer's Run for Women didn't appear to hurt the turnout at all.

For the third year in a row, both the men's and women's races had first-time winners. On the men's side, Justin Bishop held the lead for most of the race, holding off 2001 winner, Chuck Terry, by fifteen seconds with a winning time of 42:38. Pat Cullen finished third in 44:26. Two nineteen year olds battled for top honors on the women's side, with Ada Lauterbach winning in 53:30. 2007 winner, Brina Seguin was second in 56:01, followed by Kari Gathen, who ran 57:15 to finish third for the 3rd year in a row.

There were several excellent performances among the women's age group winners. Anny Stockman had the best age-graded time of the day in winning the 75-79 year old age group running 78:54, over four minutes faster than a year ago. Martha DeGrazia had the fourth best age-graded time of the day in repeating last year's win in the 55-59 year old age group in 61:09. One of the most competitive age groups was 60-64, where Susan Wong repeated her win of a year ago with a time of 65:01, edging Mary Collins-Finn, who finished in 66:20. Distinguished Service Award winner, Nancy Briskie won the 50-54 year old

age group with a time of 61:54. Chris Varley (45-49) moved into a new age group but still won with a time of 61:55. Crystal Cammarano won the 25-29 year old age group in 57:37, finishing as the 4th woman overall. Additional age group winners included Julie Nabozny (19 and under) in 70:30, Chelsea Maguire (20-24) in 62:30, Angela Vasilakos (30-34) in 74:57, Sally Drake (35-39) in 67:25 and Julie Burke (40-44) in 65:50.

The men's competition had a number of outstanding age-group races. Lee Pollack had the second best age-graded time of the day, winning the 55-59 age group in 50:48, with Carl Matuszek also running well in this age group with a time of 52:45. The 50-54 age group was also very competitive, with Rick Munson besting Jim Maney by 23 seconds with a time of 50:39. Another competitive age group was 40-44, where Edward Hampston edged Jon Rocco by 22 seconds with a time of 50:56. In the 60-64 year old age-group, Ernie Pacquin was less than a minute ahead of Tom Adams with a time of 60:08. In the 70-74 year old group, Bob Husted was listening for Wade Stockman's footsteps the whole way, winning this competitive group in 69:12. In the 75-79 year old age group, the younger Joe Kelly (75 years old) won in 80:04 over 79 year old Ed Doucette, who ran 83:50. The overall third place finisher from a year ago, Thomas O'Grady, dropped one place but was won the 20-24 year old age group in 44:43. Aaron Knobloch dropped one overall place to 6th but still repeated in the 30-34 year old group with a time of 49:07. Fifth overall, Jonathan Bright won the 35-39 year old group in 46:46. Other age group winners included Christian Lietzau (7th overall) who won the 45-49 age group in 49:12, Paul Mueller (25-29) in 55:59, Chris Senez (19 and under) in 56:11 and Ed Kampf (65-69) in 71:35.

A number of past Distinguished Service Award winners joined Nancy Briskie in participating in the race as either a volunteer or racer. Vince Juliano ('06) finished in 67:25 and Pete Newkirk ('04) finished in 77:01. Ray Newkirk ('84) and Ed Thomas ('03) also participated in the race. A number of past award winners volunteered, including Ken Skinner ('00), Jim Tierney ('99), Doug Bowden ('98), Al Maikels ('93), Ed Neiles ('91) and Chris Rush ('90).

This year's race was successful not only because of the many competitive runners, but even more so due to the great help of the volunteers, many coming back to volunteer year after year. Each volunteer makes a difference and certainly ensured the race's 38th running was a great success.

Let's give Nancy one final thanks for her years of dedication to the Hudson-Mohawk Road Runners Club. THANKS NANCY!

Ever Wonder?

by Todd Rowe



As runners, we are proud of our accomplishments. We put stickers on our cars – 5K, 13.1, 26.2, ultra, or just being a RUNNER. I guess we do this because we want people to know we run, we set a goal and we finish it! At least that is why I do it. But did you ever wonder if people actually know what these trophies we put on our cars really mean? I found out, from the most unlikely of sources – a child!

As I pulled into my driveway, my neighbor's son Johnny came over with the most unusual question: "Todd, what is the radio station you have posted on the back of your Jeep?" I was confused and I asked him what he meant. He said, "You know – the 26.2 sticker." He went on to explain how he surfed the radio trying to tune into 26.2, but his radio would only go as low as 87.7 and then turn back to 107.7. I could not help, but I smiled and laughed.

I explained to him that the 26.2 was not a radio station, but the distance of a marathon – 26.2 miles. Now Johnny, being 12, had a few more questions about this marathon. I told him people train for months, even years, to run a marathon and related the distance to his school, which is a mile away. I asked him how many times he would have to run there and back. He seemed satisfied with my answer and just walked away.

Now my story could have ended here – teaching a young friend about running and a marathon, but it doesn't. Later that evening, Angela and I were sitting outside and I was telling her this very story when she said, "Get your camera out and get a picture of this." Coming down the street was inquisitive 12 year old Johnny, running alongside his father Mike. It was a priceless moment captured in time, and makes me happy every time I look at the picture! □

Nancy Briskie ... Distinguished Service Award Recipient

by Cathy Sliwinski

Each year, HMRRC presents the Distinguished Service Award to a member who has demonstrated remarkable commitment to HMRRC's mission and who has served the Club with extraordinary distinction. Former HMRRC President Nancy Briskie has been awarded that honor for 2009. Nancy will be recognized for her dedication and support to HMRRC at the Distinguished Service 8 Miler on May 31, 2009.

Nancy has been an integral part of every event and activity that HMRRC has been involved with over the last several years. She is an enthusiastic, hard working person, who has contributed countless volunteer hours in honor of the sport she loves (and a sport she is exceptionally good at). She has filled many different roles in the Club, has taken on jobs no one wanted, and has put HMRRC's needs above her own. Nancy was not only qualified for the Distinguished Service Award, but she exemplifies what this award is all about.

Many of you know Nancy from her years as HMRRC's President (2006/2007) and Vice President (2005/2006). Under Nancy's direction, HMRRC adopted a Mission Statement and a conflict of interest policy and worked on moving our membership database to a new on-line version, which allowed Club officers and the Membership Chair access to membership information and offer on-line membership application and renewals.

Aside from these two elected positions, Nancy has taken on a number of other important jobs. When, in 2008, Doug Bowden stepped down as Race Committee Chair and no one came forward to take over that demanding job, Nancy stepped up to the plate. As Race Committee Chair, a position she currently holds, Nancy is responsible for the annual race schedule and interfacing with race directors to ensure the races are scheduled properly and go off as planned – no small task.

Nancy served as Membership Chair prior to 2005 and even took over the Membership Chair post during her Presidency from June 2007 to October 2007 when a vacancy occurred.

Nancy is currently the Refreshments Coordinator for the GHI Workforce Team Challenge. She is responsible for feeding over 7,000 runners at this annual event, HMRRC's largest race.

As Co-Director of the Mother's Day 3.5 Mile race with Jim Tierney, Nancy has gone out of her way to make sure that race amenities – food, awards and giveaways – are befitting the mothers who are honored at that race.

Nancy served as the Winter Marathon/Relay Volunteer Co-Coordinator at the race in



2009. She was well suited to take on that leadership position – she is an experienced volunteer, having given her time and effort at almost every race on HMRRC's schedule. There are very few race-related jobs that Nancy hasn't done.

Nancy designed the Stockade-athon's calendar in 2007 and 2008 and helped Vince Juliano with race registration and at the finish line on race day.

She has served on numerous committees throughout the years, including serving as Chairperson of the Scholarship Committee and member of the ad-hoc Headphone Policy Committee.

In addition to her "formal" responsibilities, Nancy offered her time and organized Club Night in 2006 and 2007. This social evening, held in conjunction with a regularly scheduled monthly meeting, was designed to get members more acquainted with the club and give them an opportunity to meet other runners and learn about other resources we have in the community. It was her organization and hard work that make this a very successful event.

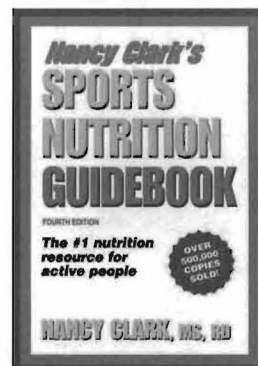
This is only the tip of the iceberg. There are many jobs and duties that Nancy has taken on that no one is even aware of. Suffice it to say, Nancy Briskie is very deserving of this honor. I hope you can make it to the Distinguished Service Race on May 31, 2009 at SUNY Albany to congratulate her on her award and to applaud her efforts that make our Club, and the running community in general, richer. □

WANT ENERGY?

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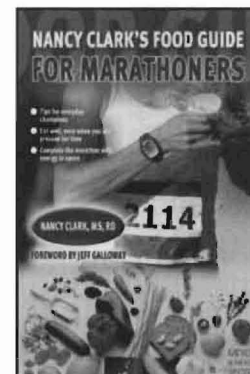
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*Newton Baker,
Montpelier, Vt.*



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*John Zeleznikow,
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The Wonderful (Older?) Women of Willow Street

by Mary Buck

In March of 2006, I was asked to join the Willow Street Team. I was hesitant to at first because I tend to run very little in the winter and was not sure I wanted the pressure of racing for a team. I went to their team dinner meeting and met many of them. I sensed how wonderful they were and joined right away. I have been racing for them for three years and have truly enjoyed it. I am amazed by the talent and attitudes of them all.

These phenomenal runners are so humble. You all know how talented our team captain, Emily Bryans, is. She is so quiet about her accomplishments, that when you talk to her, you have no idea how good she is. (You have to talk to her husband, Vince, to find out!) At 41 years of age, she is still breaking 18 minutes in a 5k and 3 hours in a marathon. She runs with the elite runners at the Boston Marathon and the last two years has placed in the top 10 in her age group! Not only is Emily the heart of Willow, she is also very involved in both the local USATF Association and the Hudson Mohawk Club. She helps at races and dedicated much time to *The Pace Setter* as the content editor. She is truly dedicated to the sport of distance running.

Then there is Martha DeGrazia. She was inducted into the HMRRC Running Hall of Fame this past year. She is so humble that she did not think she deserved to get in! She is an amazing marathoner who continues to break 3 ½ hours on tough courses. She places in her age group at Boston each year and placed 3rd this year at age 58. Martha is always quick to run extra miles with others when they are in training. I remember one year after the Labor Day 5k, I needed to run an extra 5 miles for my marathon training. While most would be will-

ing to cool down 2 or 3 miles, Martha stayed with me for the whole 5 so that I would not have to run any alone. She always has words of encouragement for her fellow racers.

Not only are the Willow Women great runners, but they are great people too. They are sincere when they wish you luck and are truly happy for you when you have a good race. The first weekend in May, I ran the Mountain Goat 10-miler in Syracuse. It was my third year in a row. I have not been running my strongest lately as I have been fighting injury and do not seem to have much speed. My teammate, Nancy Briskie, ran the race for the first time. About 9 ¾ miles into the race, I hear this loud voice behind me – "Come on, Mary". It was Nancy. She continued to cheer for me for that last quarter mile. I beat her by one second!! Afterward, I 'scolded' her. I thought she should have used her energy to pass me instead of cheering for me. (The cheering did help.) I was very moved by her support. What a great person to have as a teammate. She is now being honored by the club with the Distinguished Service Award. She certainly has given a lot of herself to our club and deserves this award. Nancy truly loves running and she shares that love with all.

This is just a sample of the great runners on my team. There are many more such as Anne B., Judy G., Nancy N., Megan L, and Beth S. who have that same heart warming attitude. We just got a new masters runner, Lori K., who is one of our strongest. She is from Pennsylvania and I had the pleasure of her staying at my house when she came into town for the Green Island Race. What a sweetheart! All of these women are dedicated, hardworking, and supportive. We are lucky to have them as part of

our running community and I am honored to be a part of their team. □

New HMRRC Members

Robyn Adair
Denise Authement
Cecile Aulnette
Dave Barcomb
Joe Benoit and family
John Brunner
Jessica Cruz
Dorine DeLutri
Charlotte Diffendale
Mohammed Edyk and Naima Benidir
Adam Fox
Michael Gaspary and family
Matthew Guilbault
Katherine Griffin
Janet Grippe
Elizabeth Hamlin
Lisa and Paul Hogan
Keith and Jesmarie Johnson
Karen Gerstenberger
Kristi Kronau
Sabrina Krouse
Christyne Kucera
Cheryl McPhillips
Chris Mulford
Heidi and Matthew Nark
Michelle Nelligan
Jaya Novak
Michael O'Brien and Kelsey Moak
Karen Plante
Erika Ries
Bryan Scannell
Pamela Scattareggia
Cheryl Simpkins
Bart Trudeau

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 125 Registrants

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

Time & Date: 9:00 a.m., Sunday, September 20, 2009

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

Come join us for the 38th 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



Capital District YMCA 5K Run/Walk & Kids Fun Run 2009 Series

Guilderland YMCA Brenda Deer Memorial 5K Run/Walk & Kids Fun Run



Saturday, September 12, 2009 – Guilderland YMCA

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

Sponsored by the Upper Hudson Library Association



Entry Fees: 5K Early Entry Fee: \$20 (Must be received before 9/9/09)
 5K Late Entry Fee: \$30 (Received on or after 9/10/09)
 Pre-Registered Race Packet Pick up Friday, September 11th from 4 to 6pm
 at the Guilderland YMCA, 250 Winding Brook Drive 518- 456-3634
 KIDS FUN RUN (ages 9 and under): Free
 Check-in begins at 7:30 am – Race shirts provided to the first 150 pre-registered runners

Awards: Top three overall female/male – Top female/male in the following age groups:
 10 – 14, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 & Older
 No duplication of awards

Proceeds from the 5K Race/Walk Series benefit the Capital District YMCA Annual Support Campaign, Reach Out For Youth.
 The YMCA will always welcome children and their families regardless of their ability to pay.

Scholarship opportunities are available at each Capital District YMCA branch.

Fourth of Six Races in the 2009 Capital District YMCA 5K Run/Walk Series

Register online at www.cdymca.org



PLEASE PRINT LEGIBLY AND COMPLETE REGISTRATION IN FULL

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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

YMCA Member: Yes No YMCA Branch: _____

Phone Number: _____ e-mail: _____

Shirt Size: Small Medium Large X-Large Other _____ Kids Shirt Size: Small Medium Large

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

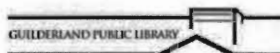
Signature _____

If Minor, Signature of Parent or Guardian _____

Date _____

Please make check payable to the **Guilderland YMCA** and mail/deliver completed registration(s) to:
 Or Register Online at www.cdymca.org

Guilderland YMCA
 250 Winding Brook Drive
 Guilderland, NY 12084



Profile of a Runner

DORINE DeLUTRI

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

I am a legal assistant and have been working in this field for almost 20 years. I'm happily married for 14 years and I have two daughters, a son and two grandchildren. I'm an avid reader and love football season.

When and how did you get started running?

That's a long story. Essentially I was hired to transcribe taped interviews of women runners of all age groups. This was in 2003 and at that time I was just exercising by walking on a regular basis, usually on my treadmill. I think because all of the stories I heard sounded like so much fun (other than some tears during marathons, etc.) that I'd give it a try myself. So, I've been running fairly steadily for six years now.

Do you have a favorite race or races?

I like any 5k race at The Crossings. It's close to my home in Latham; it's a smaller group of people and fairly flat. That's my kind of race!

What are your most memorable races?

I'd have to say my most memorable race was the first Freihofer's race I did in 2005. I don't believe I'd ever been in such a large crowd of people in my life. It was a little scary, but very exciting.

How do you train? Do you have training partners?

I'm training with a trainer for a half marathon (my first) taking place in October. Right now, I run five miles three days a week - usually with a girlfriend. I run with a training group one day a week for speed work and a long run on the weekend. I'm up to 8 miles for my long run.



What are your current goals?

I want to continue to improve my endurance level for the half.

Do you have any future running goals?

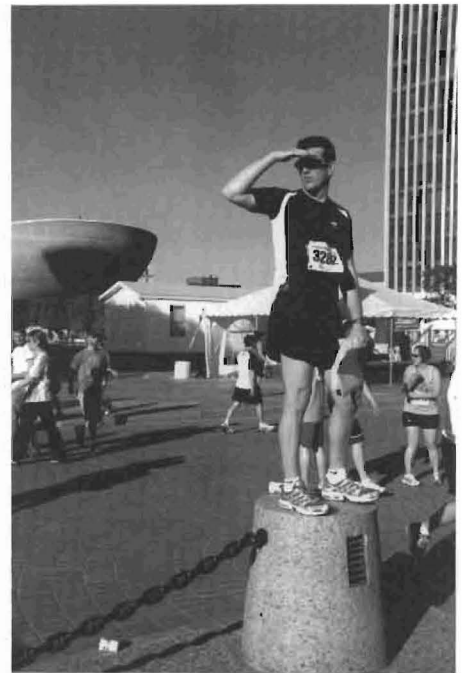
My only future running goal right now is to train for the half and cross that finish line!

Do you have a philosophy of running?

You can always run "a little more" than you think.

Any funny stories?

Yes. My trainer is not only very good at his coaching abilities, but he's also very talented in drawing out expletives from his students. ☐





Run for the ROC

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

Sunday, October 4, 2009 at 11:00 a.m.



Application Fee: \$15 pre-registration by **September 25** or \$20 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 300 participants 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 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

Make checks payable to: **Saratoga Hospital Foundation**
(\$15 per participant by September 25, or \$20 after that date)

Send application and check to:
Saratoga Hospital Foundation/Run for the ROC
211 Church Street
Saratoga Springs, NY 12866

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.
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for all kids!

For more information e-mail: rwheatley@saratogacare.org or visit www.saratogahospitalfoundation.org



Early Race Packet Pickup on Friday, October 2, 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)

Sports Nutrition News From the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the world's largest sports medicine and exercise science organization. At ACSM's annual meeting in Seattle, May 27-30, 2009, over 5,000 exercise scientists, sports dietitians, physicians and health professionals gathered to share their research. Here are a few of the nutrition highlights. More highlights are available at www.acsm.org (click on "news releases").

Supplements

- Many athletes believe protein supplements are needed for building muscle. Yet, a study with college football players indicated no performance or muscle-building advantages from taking recovery protein in the form a commercial supplement as compared to standard food.

- Colorful fruits and berries, including tart cherries, have anti-oxidant and anti-inflammatory properties. Runners who drank two 10.5 ounce bottles of tart cherry juice for one week before the 192 mile Mt. Hood to Oregon Coast relay race reported less post-race muscle pain than the placebo group.

- Black currants may also help reduce oxidative stress. Cyclists who consumed a pre-hard ride dose of black currant extract (the equivalent of about 1.2 cups of currants) experienced less oxidative stress.

- Research suggests food tends to be more health-protective than supplements. Taking high doses of C (2000 mg), E (800 IU), A (3000 IU), and selenium (200 micro-g) for six weeks offered no benefits to trained cyclists in terms of antioxidant effects and suppressing oxidative damage.

- Almonds (and all nuts, for that matter) are a positive addition to a sports diet. For four weeks, elite cyclists enjoyed about 60 almonds a day (~450 calories) prior to meals. They increased their anti-oxidant capacity 43% after a time trial as compared to the group who ate an equal number of calories from cookies. They also improved their time trial distance by 5% compared to the cookie group.

- Just rinsing your mouth with a sports drink may help you run faster! After an overnight fast (13-15 hours without food) and before and during a one-hour time trial, 10 trained runners rinsed their mouth for five seconds with a sports drink or a placebo, and then spit it out. With the sports drink mouth rinse, they were able to run 365 meters longer in the hour.

- An effective sports drink needs to be rapidly absorbed. Adding sodium (40 to 165 mg) to the beverage does not significantly slow absorption. (1973)

- Runners who compete in the heat might

wonder if they can "hyper-hydrate." Yes; drinking a sports drink with double and triple the standard amount of sodium contributed to retaining 25% and 35% more water (12 and 17 ounces; 340 and 480 ml) than the standard sports drink.

- About 25% of athletic trainers use pickle juice to treat muscle cramps. Some report 1 to 2 ounces of pickle juice relieves cramps within 35 seconds. The mechanism is elusive because rapid relief must mean that pickle juice empties from the stomach very quickly. Yet, research indicates pickle juice empties very slowly from the stomach.

- "LactAway" is a sports supplement that claims to reduce blood lactate. A study with highly trained kayakers does not support that manufacturer's claim.

- Chocolate milk is a good recovery choice. Cyclists did an exhausting bike ride, recovered with equal amounts of carbs in chocolate milk or a commercial recovery drink, and then the next day did a time trial. The commercial drink offered no additional benefits. Save your money!

- Glutamine is reported to enhance recovery by reducing post-exercise inflammatory responses. A study that compared a carbohydrate+essential amino acids beverage with or without glutamine taken during and after exercise offered no additional recovery benefits.

- Anemia is a problem for many female athletes. Of 153 female soldiers starting basic training, 37% were iron deficient (serum ferritin <12 ng/mL). The women who took an iron supplement (100 mg ferrous sulfate) improved their two-mile run-times by 86 seconds as compared to the iron deficient women who were given no iron pills. Low ferritin is associated with feelings of depression and fatigue.

- During endurance exercise, consuming carbs in the form of an energy bar, a gel or a sports drink are all equally effective. That is, they all get burned for energy at a similar rate.

Training

- Many youth swimmers spend hours training for relatively short competitive events. A six-week study with 9 to 12 year olds suggests high intensity/low volume training offers the same effects as lower intensity/high volume training (27 vs. 57 km/six weeks)—but in far less training time.

Calories

- How many calories are burned when lifting weights? Female subjects burned ~100 calories and the males ~ 210 in the half-hour

session with two sets of 10 reps and 8 different exercises. But, if you subtract the calories they would have burned just sitting quietly, they burned only ~70 (females) and ~160 (males) additional calories

- Participants in the Western States 100 Mile Run burned about 15,850 calories in about 27 hours. This averaged about 600 calories/hour. That's a lot of food!

- Severely obese people may need about 1800 calories just to be alive, and about 3,200 total calories a day. They don't gain weight just smelling cookies...

Students

- Exercise improves learning. Movement and physical activity in third graders has been linked with higher scores on tests involving problem solving. Among college students, those who spend more than three hours/day studying or have a grade point average of at least 3.5 are more likely to be physically active than students who study less and get lower grades.

- While American college students tend to exercise for weight control, fitness and physical attractiveness, Chinese college students tend to exercise for health and enjoyment—sustainable reasons to exercise!

Women

- The Female Athlete Triad refers to the common problem of inadequate calorie intake, loss of menses, and stress fractures. The first line of treatment is increase calorie intake or reduce expenditure by exercising a little less. Strength training can help reduce the risk of stress fractures. Runners with more muscle tissue tend to have higher bone density. Dense bones are healthy bones!

- Fitness is more important than fatness. Unfortunately, only about 9% of Americans are "fit but fat" as compared to 30% who are "fit and not fat".

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



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Sunday, September 13, 2009

Registration forms may be picked up at
The Albany Jewish Community Center
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Or

On line at www.saaajcc.org,
click on Bruegger's Bagel Run

Or

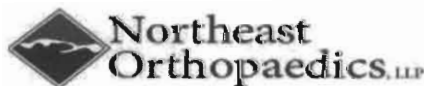
Call 518-438-6651, Ext. 123



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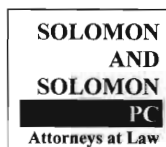
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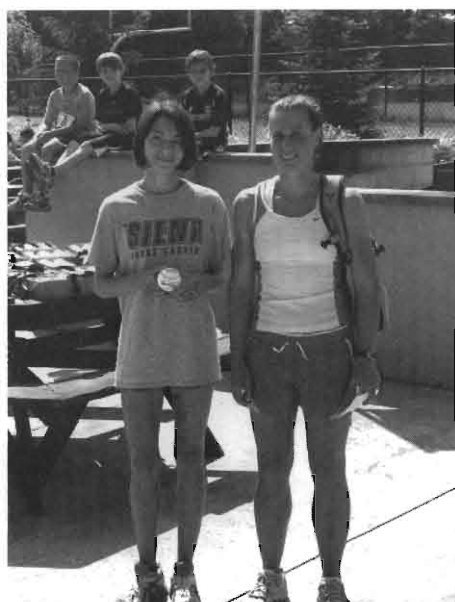
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A Course is a Course, of Course, of Course

The MHRRC Miles of Hope Breast Cancer Foundation 5K has had many different locations since its inception. The inaugural site was at the Millbrook (NY) Training Center. A couple of years later we changed the site to Crush Fitness in LaGrange, NY, with a course on Dr. Fink Road and on the Arlington High School grounds. This year we moved the course to Tymor Park in the town of Unionvale in LaGrangeville, NY.

Why have we changed the site so many times? Is the race part of the witness protection program? Are we playing hide-and-seek with past entrants? Are we testing to see if runners read the flyer? No, we have to keep moving because the race keeps growing larger. Race director Lori Decker has a compulsive desire to increase the number of entrants and thus the amount of money raised for the Miles of Hope Foundation.

I, on the other hand, have a slightly different criterion for a successful race: No Runner Gets Hit by a Car. To me, that is more important than the number of runners, money raised, smooth registration or flawless race results. After all, no one can die due to a finish line mistake (unless the Niagara Falls Marathon accidentally sets up the finish line chute to end in the Falls themselves – which would make it a biathlon). My criterion has been forged from years of working traffic control and encountering the drivers who lurk out there. Since last year's course was very safe, I looked askance when Lori asked Larry Knapp and me to map a new course at a new site.

MHRRC running coach Steve Perks suggested the old Tymor Twosome race course. As I reconnoitered that course, I observed that the posted 55 MPH speed limit was not the maximum speed limit, but the minimum speed limit. Cars drove past me so fast, I got wind burn. When I came upon a blind curve on Clove Valley Road, two words came to my mind: "Road kill."

I next checked out Duncan Road, a quiet country road adjacent to Tymor Park. Quiet, that is, unless there are soccer games at the nearby soccer fields; then the road turns into a bumper-to-bumper log jam of soccer vans. What were the odds that there would be soccer games the day of our race? If we held the race on Duncan Road, the odds would be 1 to 1.

Even if there would be no soccer games, the further I traveled on Duncan Road, the more the road turned into suburbia. I felt a Spider-man-like tingling sensation as I sensed the hungry cars lying in wait inside the garages, ready to pounce from their lairs as the runners came streaming by.

I was running (literally) out of roads, when I noticed a trail at the back of the park grounds. "Trail" – that meant no traffic – and I salivated. I

ran the trail and discovered that the trail meandered through a thick forest and then down to Furnace Pond before ending at the dead end of Lime Mill Road – shades of Henry David Thoreau! At the other end of Lime Mill Road was a T intersection with Dorn Road, a quiet country road. From there we could go to Furnace Road, another quiet country road which went past the ruins of a 19th century furnace. Scenic! Historic! I was in race-course heaven.

Now that I had done the preliminary legwork (literally), Larry Knapp, his daughter Claire, Pete Ludlow, my spouse Lynne, and I met to check out the proposed course. Since Claire was much younger and faster, she ran ahead, with me alongside on a mountain bike. Larry, Pete and Lynne joined us on Duncan Road via a different route and told us of another trail in the woods that went alongside bright blue stones (!), over a foot bridge and past a waterfall. And, no cars!

Larry and I proudly unveiled the proposed course to Lori. She acquired the Look – the one race directors get when they do not want to upset their volunteers, but Lori was concerned that the entrance to the spectacularly scenic trail was 2 feet wide with a large rock in the middle; I thought runners would appreciate the challenge of an obstacle course. Where I saw blue stones, Lori saw a steep rocky hill where runners could twist their ankles. She never saw the waterfall because she was looking at her feet while running. It was scenery versus practicality.

Practicality won out. Lori was right, of course; that is why she is race director. I almost recommended giving runners a choice of which way to go (extra distance and extra credit if they do the difficult section), but quickly gave up that bizarre thought. Larry and I changed the course to bypass the blue stones and the waterfall.

On the club web site I advertised the race as being partly on a "wide trail." Trailrunning club members who knew the course said it was not a trail at all, but a dirt road. However, since there were some hills, I did not want first-time runners to think it would be a stroll down a country road. Although the road has some protruding stones in spots, I resisted the urge to call it a Rocky Road because we were serving a different type of ice cream at the finish line.

Did the number of race finishers decrease this year because runners could not find the course or because runners get lost in the woods, à la the Blair Witch Project? No, there were approximately 300 finishers, a large increase over last year. The race raised \$20,500, and no runners got hit by cars, meeting both Lori's and my criteria for a successful race. And yes, the race will be held at Tymor Park again next year on Saturday, May 8, 2010, the day before Mother's Day (appropriate for a breast cancer awareness race). □

2009 ELECTION NOTICE

With the submission of additional slates of candidates, this year's election ballot will be **MAILED**, rather than published in *The Pace Setter*.

Please watch your mailboxes for your ballot and be sure to vote.

In order to vote, you must be a member in good standing and your ballot must be postmarked no later than September 30, 2009.

Results of the election will be announced at the October Club meeting on October 14, 2009.



8th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 13, 2009 – 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 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; \$20 after September 1
Team Members: \$12 Pre-registration before September 1; \$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 500 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**
To collect donations online for you or your team, please visit
www.firstgiving.com/CaringTogether

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

☐ No Shirt (please use all money towards research)

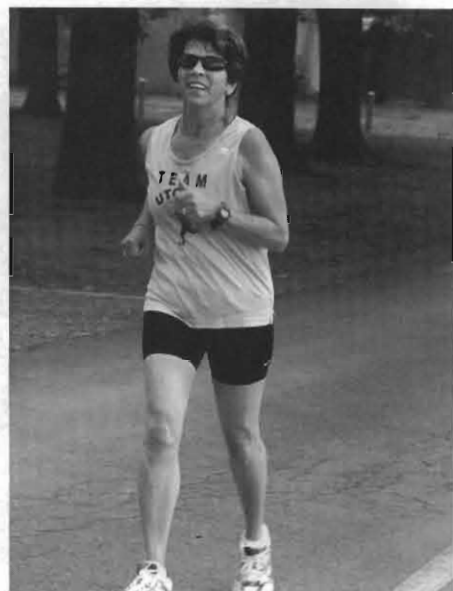
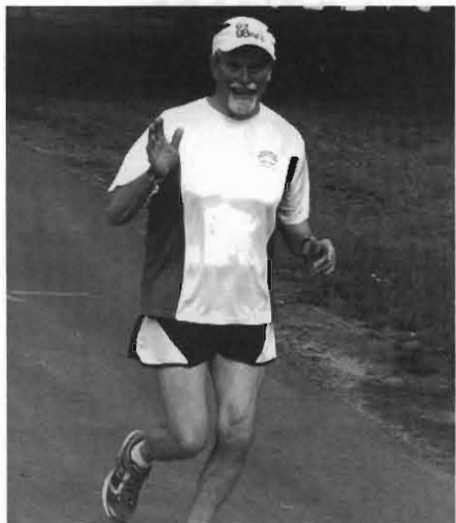
Team Member? ☐ Yes ☐ No If yes, enter Team Name _____

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

Signature _____ Date: _____

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

Distinguished Service Race



FAM 5K "Fund" Run/Walk

Saturday, September 26

AWARDS
KIDS' RACE
REFRESHMENTS



MUSIC
BROOKS' BBQ
MASSAGE
THERAPISTS

10:00 Race Starts - Cobleskill Fairgrounds

30 minutes from the Capital Region

Benefits Schoharie County ARC

8:15-9:30 Race Day Registration or REGISTER ONLINE!

See application at FAM5K.com

START

RAFFLE GRAND PRIZE

4 NEW YORK GIANTS TICKETS!



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

Meeting Minutes of the HMRRRC General Meeting - June 10, 2009

Attendance:

Call to Order (M. Kelly): 7:35PM

Reading and approval of minutes (B. Light): Nancy Briskie made a change from the May minutes submitted, omitting John Kinnicutt from attendance at the Race Director meeting – only Josh Merlis was there. Motion to approve by Marcia Adams seconded by Mark Warner. Motion passed.

Reports of Officers

2.1 President (M. Kelly): Mike is still working on getting HMRRRC sponsors for the sponsorship page on the website. John Kinnicutt sent him links for tents to view to consider for display tents for HMRRRC and Mike will start to look at them. The Father's Day Race needs help from volunteers. More help is needed with the actual race. We are short on volunteers for positions that need some type of experience in that role. Ed Gillen will get a database of area zip codes and will give that to Marcia and Dave so that they can contact people in that area. Ray Newkirk reported on how the grant program works. He passed out a Grant Application log and he discussed the requirements they use to follow for giving out the grants, and noted that the current period ends June 30th. He acknowledged that there hasn't been much to promote the program and they will try to do better. John Kinnicutt asked if there was a followup made after the money is dispersed to see if it was used as it was proposed. Ray acknowledged that there is a risk by not checking, but some of the grants are for programs and races so that they know that they are being run. A better procedure needs to be implemented to make sure that the money is being used for purposes it was requested for. Mike Kelly suggested having the group requesting the money follow up with a report as to how the money is used. Ray felt that the organizations would be willing to follow up on how the money was spent. Ray will make an effort to show up after the grant period ends and will report on who applied and who received the grant money. Ed Gillen asked how to use "open to all" criteria for the grants.

Ray reported that each request has to be looked at individually. Grant money doesn't have to be used to benefit HMRRRC members, just the running community in general. It is not the committee's job to promote events, just the grant program.

Mike Kelly thanked Ed Gillen for helping to set up the registration for the Indian Ladder race. Mike would suggest that other race directors use this program to help with registrations for their races. Mike noted that elections are coming up. Mike will be putting together an election committee consisting of Marcia Adams, Ray Lee and Dana Peterson. Dave Newman made motion to approve, Cathy Sliwinski seconded. Motion approved. If anyone has any nominations for positions please send an email to the committee with the nomination and a resume.

2.2 Executive Vice President (M. Warner): Update on Schrader Scholarship: Scholarships have been presented to two of the candidates - the athletic director will present to the third recipient, and Ken Skinner is presenting to the Queensbury recipient tonight. Mark will follow up with the last recipient. Mark will write up procedures for the scholarships for the next person to follow.

2.3 Executive Vice President – Finance (C. Terry): In May received Form 5500 from the accounting firm of Alex Kruden and that was filed on May 15th. Chuck can email a copy if anyone would like one.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (J. Kinnicutt): In the process of transferring funds from Key Bank to SEFCU. All 3 certificates of deposits come due in June. We are not renewing the and will deposit the funds in the bank.

Reports of Committees

Membership (E. Gillen): Since the last business meeting we now have 1968 active members. We have 43 new members since the last meeting and 76 renewals. 9 new members were youth members submitted by a track coach. Ed staffed the GHI booth with Roxanne and Rob and gave out many

brochures. Ed color coded the applications to see if he could track applications we get from GHI. He noted that we need to get some more HMRRRC brochures made up. They are nice to show new members and other people. Ray Newkirk will look into how much it will cost to make up more brochures and will let us know. Marcia noted that we will only need brochures up to the Stockade-athon. Ed also reported that Wild Apricot did a major upgrade and has made things difficult for Ed – he is still working on it – and is hoping they will go back to old way.

Volunteers (M. Adams): Sent out an email blast for the Father's Day Race. Will be working on future races.

Public Relations (R. Moore): Worked GHI and Friehofer's Run for Women booths. Everything went well. Sent out press releases for track series this week and will call news stations for Father's Day race.

Race Committee (N. Briskie): Since our last meeting we have had four races - Mother's Day race had 124 finishers. The race director report has been turned in to Pam. Jim Tierney and I kept the race fees the same as last year, \$10, \$12, and \$15 day of race. We did receive donations but we had a loss in the amount of \$220.27. Next year if we increase the fees, this loss should be eliminated as long as we are still able to receive the same donations and the building rental remains the same. GHI race, May 21: Pete Newkirk did yet another outstanding job. Well over 7700 runners this year - a new record. Mark and Angela Warner did a great job with their race, the Distinguished Service Race, which was held May 31 with 111 runners. The construction was just finished around the lake loop so Mark was able to open that up for the race but due to so many events at SUNY, the start was moved and we were not able to use the RACC facility. Mark would have liked more volunteers but was able to make it work. John Haley and Megan Leitzinger held the Valley Cats 5K on June 6th and had 253 runners finish the race. All runners and volunteers received 4 tickets to future Valley Cats games.

Upcoming on the calendar is the Father's Day race on June 21st and the Colonie Mile, which is a Grand Prix event, on July 7th at the Colonie track. The 2 person relay scheduled for July 15th at the Guilderland High School track. No report to date from Winter Series #5. Cathy Sliwinski reported on the Friehofer T-shirt and shoe recycle. We had 250 sneakers and 500 shirts donated. Schenectady City Mission picked up sneakers and some were sent to Nike and to Dick Adler and the St. Joseph Orphanage in South Dakota and some to the city mission.

Race Committee Treasurer (P. Zentko): There was a loss of \$220 at the Mother's Day Race. WS #5, GHI, Distinguished Service and Valley Cat race reports are outstanding. Mike Kelly is still following up with the Winter Series # 5 race director.

Pace Setter (R. Nagengast/M. Adams): No report

Website (E. Neiles): No report.

Conflicts Committee (C. Terry): No report

Safety (V. Juliano): No report

Unfinished Business: Marcia counted the bags that are left and there are 1300. We will have some for Indian Ladder. If other races need them, please let Marcia know or if you need some for public relations, etc.

4.1 If anyone is going to the Boilermaker please let Mike Kelly know if they want to use the HMRRRC tent.

New Business: No new business.

Announcements: July refreshments will be provided by Tom & Marcia Adams.

Adjourn: Motion to adjourn by Tom Adams, seconded by Dave Newman. Motion passed. Meeting adjourned at 8:25PM.

Respectfully Submitted,
Barb Light
Secretary □

Grand Prix Update

Race #6. Distinguished Service Race, 8 Mile, May 31, 2009

Men

Male Open

- 12 Justin Bishop
- 10 Chuck Terry
- 8 Pat Cullen
- 7 Tom O'Grady
- 6 Richard Messineo
- 5 Paul Mueller
- 4 Chris Senez

Male 30-39

- 12 Jonathon Bright
- 10 Aaron Knobloch
- 8 David Tromp
- 7 Patrik Sorsby
- 6 Jeff Loukmas
- 5 Corbin Gosier
- 4 Joe Benny

Male 40-49

- 12 Christian Lietzau
- 10 Edward Hampston
- 8 Jon Rocco
- 7 Frank Boscoe
- 6 George Burke
- 5 Rob Paley
- 4 William Drapeau

Male 50-59

- 12 Rick Munson
- 10 Lee Pollock
- 8 Jim Maney
- 7 Carl Matuszek
- 6 Paul Forbes
- 5 Alar Elken
- 4 Juergen Reher

Male 60-69

- 12 Ernie Paquin
- 10 Tom Adams
- 8 Bob Ellison
- 7 Tom Kollar
- 6 Ed Kampf
- 5 Pete Newkirk
- 4 Chuck Batchner

Male 70+

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

Women

Female Open

34 - The Pace Setter

- 12 Ada Lauterbach
- 10 Brina Seguire
- 8 Crystal Cammarano
- 7 Chelsea Maguire
- 6 Colleen Hayden
- 5 Sara Peloquin
- 4 Jennifer Senez

Female 30-39

- 12 Sally Drake
- 10 Kimberly Miseno-Bowles
- 8 Angela Vasilakos

Female 40-49

- 12 Kari Gathen
- 10 Chris Varley
- 8 Julie Burke
- 7 Marcia Harrison
- 6 Jess Shelgrin
- 5 Miriam Hardin
- 4 Denise Gonder-Terzian

Female 50-59

- 12 Martha DeGrazia
- 10 Nancy Briskie
- 8 Susan Burns
- 7 Karen Dott
- 6 Joan Celentano
- 5 Cynthia Southard
- 4 Kathrine Ambrosio

Female 60-69

- 12 Susan Wong
- 10 Mary Collins-Finn
- 8 Ginny Pezzulo

Female 70-79

- 12 Anny Stockman

Age Graded

Runner	Age	G
12 Anny Stockman	76	F
10 Lee Pollock	56	M
8 Justin Bishop	27/28	M
7 Martha DeGrazia	57	F
6 Chuck Terry	26	M
5 Susan Wong	61	F
4 Carl Matuszek	57	M
3 Rick Munson	52	M
2 Jim Maney	51	M
1 Pat Cullen	23	M

Race #7. Colonie Mile, July 7, 2009

Men

Male Open

- 12 Justin Bishop
- 10 Pat Cullen
- 8 Eamon Dempsey

- 7 Josh Merlis
- 6 Tom O'Grady
- 5 Andrew McCarthy
- 4 Jim Sweeney

Male 30-39

- 12 Brian Northan
- 10 Aaron Knobloch
- 8 Chad Davey
- 7 David Tromp
- 6 Sean Madden
- 5 Jeff Loukmas
- 4 Corbin Gosier

Male 40-49

- 12 Tim Hoff
- 10 Edward Hampston
- 8 Todd Mesick
- 7 Jon Rocco
- 6 Ahmed Elasser
- 5 Frank Boscoe
- 4 Bob Jones

Male 50-59

- 12 Derrick Staley
- 10 Jim Maney
- 8 Rick Munson
- 7 John Parisella
- 6 Rob Colborn
- 5 Richard Clark
- 4 Bill Herkenham

Male 60-69

- 12 Ernie Paquin
- 10 Frank Myers
- 8 George McGowan
- 7 Tom Adams
- 6 Ken Skinner
- 5 Jack Berkery

Male 70+

- 12 Chris Rush
- 10 Wade Stockman
- 8 Bob Husted
- 7 Joe Kelly
- 6 Ken Ortner

Women

Female Open

- 12 Carolyn Herkenham
- 10 Amy Becker
- 8 Roxanne Wegman
- 7 Diana Rodriguez Tobon
- 6 Sara Peloquin
- 5 Joselin Schmitz-Morfe
- 4 Sara Jones

Female 30-39

- 12 Estelle Burns
- 10 Lori Weaver
- 8 Erin McMahon
- 7 Alicia Bialy

Female 40-49

- 12 Emily Bryans
- 10 Anne Benson
- 8 Kari Gathen
- 7 Lizette Arroyo

Female 50-59

- 12 Judy Phelps
- 10 Cathy Sliwinski
- 8 Martha DeGrazia
- 7 Susan Burns
- 6 Karen Dott
- 5 Joan Celentano
- 4 Donna Charlebois

Female 60-69

- 12 Susan Wong

Female 70-79

- 12 Anny Stockman

Age Graded

Runner	Age	G
12 Derrick Staley	50	M
10 Jim Maney	51	M
8 Judy Phelps	58	F
7 Emily Bryans	41	F
6 Justin Bishop	27/28	M
5 Anne Benson	44	F
4 Rick Munson	52	M
3 Pat Cullen	23	M
2 Anny Stockman	77	F
1 Tim Hoff	43	M

Total After 7 Races

Men

Male Open

- 50 Pat Cullen
- 46 Justin Bishop
- 41 Tom O'Grady
- 40 Chuck Terry
- 21 Jim Sweeney
- 17 Eamon Dempsey
- 15 Joe Hayter
- 15 Josh Merlis
- 13 Tim Caramore
- 12 Andy Allstadt
- 12 Anthony Giuliano
- 10 Andrew McCarthy
- 8 Paul Mueller
- 7 Dave Vona
- 6 Richard Messineo
- 5 Greg Stevens
- 4 Matthew Fryer
- 4 Chris Senez

Male 30-39

- 56 Aaron Knobloch
- 49 Brian Northan

42 David Tromp
40 Jonathon Bright
17 Jim David
16 Joe Benny
15 Chad Davey
15 Mike Kelly
14 Corbin Gosier
13 Sean Madden
12 Bob Irwin
11 Jeff Loukmas
11 Patrik Sorsby
8 Todd Smith
6 Dan Murphy
4 Robert Norman
4 Neil Sergott

Male 40-49

50 Ahmed Elasser
34 Edward Hampston
33 Jon Rocco
20 Tim Hoff
17 Russ Hoyer
15 Steve Becker
15 Richard Cummings
13 Tom Kracker
12 Frank Boscoe
12 Christian Lietzau
12 John Noonan
12 Bill Venner
11 Rob Paley
10 Dan Cantwell
9 Todd Mesick
7 Brian DeBraccio
7 Norris Pearson
6 Mike Biehl
6 George Burke
4 Paul Bohl
4 Chris Chartrand
4 Mark Devenpeck
4 William Drapeau
4 Bob Jones
4 Norris Pearson
4 Robert Wither

Male 50-59

38 Lee Pollock
28 Rob Colborn
24 Derrick Staley
24 Mark Warner
23 Rick Munson
22 Peter Cure
19 Dale Keenan
18 Jim Maney
14 Bill Herkenham
13 Paul Forbes
12 Richard Clark
12 Tom Dalton
12 Kevin Dollard
11 Ken Klemp
11 Brian Teague
8 Alar Elken
7 Carl Matuszek
7 John Parisella
7 Juergen Reher
6 John Haley
5 James Jacobs
4 Rob Picotte
4 Steve Sweeney

Male 60-69

47 Tom Adams

44 Ernie Paquin
28 Bob Ellison
26 Tom Kollar
25 John Stockwell
24 Tom Yannone
12 John Pelton
10 Jack Berkery
10 David Hayes
10 Jim Moore
10 Frank Myers
9 Frank Klose
8 Jesse Dinkin
8 George McGowan
8 James Thomas
6 Ed Kampf
6 Peter Newkirk
6 Ken Skinner
5 Tom Benoit
5 Pete Newkirk
5 Peter Thomas
4 Chuck Batchner
4 Christopher Smith
4 Chuck Trimarchi

Male 70+

64 Bob Husted
64 Wade Stockman
29 Joe Kelly
22 Joe Corrigan
21 Ed Docette
14 Denis Burns
12 Chris Rush
11 Charles Bishop
6 Ken Ortner
6 Ed Thomas
4 Jim Tierney
3 Kenneth Clikeman
3 Richard Eckhardt
1 Ned Norton

Women

Female Open

35 Crystal Cammarano
29 Colleen Hayden
28 Christina Ardito
26 Diana Rodriguez Tobon
24 Diane Matthews
22 Carolyn Herkenham
17 Martha Snyder
13 Julie Nabozny
13 Sara Peloquin
12 Ada Lauterbach
12 Chelsea Maguire
12 Kelly Virkler
11 Erin Rightmyer
10 Amy Becker
10 Brina Seguire
10 Kate Thomas
8 Casey Doak
8 Kathryn Jones
8 Roxanne Wegman
6 Jennifer Senez
5 Joselin Schmitz-Morfe
4 Rachel Clattenburg
4 Kerry Gebhardt
4 Sara Jones
4 Irene Somerville

Female 30-39

42 Lori Weaver
35 Kimberly Miseno-Bowles
33 Estelle Burns
31 Sally Drake
22 Jessica Mitchel
19 Jess Hageman
12 Karen Dolge
12 Laura Gerson
12 Katie Hodge
11 Pamale DelSignore
8 Erin McMahon
8 Gretchen Oliver
8 Angela Vasilakos
7 Alicia Bialy
5 Suzy Bright
5 Ashley Peacock
4 Jamie Masson
4 Regina McGarvey
4 Amy Ohl

Female 40-49

42 Anne Benson
36 Emily Bryans
36 Kari Gathen
28 Chris Varley
26 Beth Stalker
19 Lizette Arroyo
12 Mary Buck
12 Julie Burke
12 Megan Leitzinger
10 Marcia Harrison
9 Tracy Perry
8 Diane Hanson
8 Denise Iannizzitto
7 Cheryl DeBraccio
7 Miriam Hardin
7 Mary McNair
7 Nancy Nicholson
6 Jess Shelgrin
5 Nancy Taormina
4 Mary Fenton
4 Denise Gonder-Terzian
4 Mary Signorelli

Female 50-59

59 Martha DeGrazia
38 Susan Burns
37 Cathy Sliwinski
34 Judy Phelps
29 Joan Celentano
25 Kathrine Ambrosio
22 Nancy Briskie
17 Karen Dott
14 Cynthia Southard
11 Judy Lynch
8 Elizabeth Herkenham
6 Donna Charlebois
6 Erika Oesterle
6 Barbara Sorrell
4 Karen Gerstenberger

Female 60-69

72 Susan Wong
48 Ginny Pezzulo
15 Sibyl Jacobson
10 Mary Collins-Finn
8 Coral Crossman
7 Liz Milo
6 Noreen Buff

Female 70-79

72 Anny Stockman
20 Eiko Bogue

Age Graded

Runner	Age	G
51 Anny Stockman	76/77	F
31 Susan Wong	61	F
25 Chuck Terry	26	M
26 Justin Bishop	27/28	M
24 Judy Phelps	58	F
24 Derrick Staley	50	M
21 Martha DeGrazia	57	F
20 Pat Cullen	22/23	M
18 Lee Pollock	56	M
17 Dale Keenan	58	M
13 Tom O'Grady	23	M
12 Tom Dalton	50	M
12 Ahmed Elasser	46	M
12 Jim Maney	51	M
10 William Venner	49	M
8 Anne Benson	43	F
8 Kevin Dollard	53	M
7 Emily Bryans	41	F
7 Anthony Giuliano	29	M
7 Rick Munson	52	M
6 Andy Allstadt	26	M
5 Rob Colborn	54	M
5 Aaron Knobloch	32	M
5 John Pelton	69	M
4 Mike Kelly	38	M
4 Carl Matuszek	57	M
4 Ginny Pezzulo	63	F
3 Crystal Cammarano	27	F
3 Pat Cullen	23	M
3 John Noonan	49	M
2 Steve Becker	42	M
2 Jonathon Bright	38	M
2 Nancy Briskie	51	F
2 Beth Stalker	49	F
1 Peter Cure	50	M
1 Tim Hoff	43	M
1 Brian Northan	34	M

Notice To All HMRRC Members

Club members will be discussing and considering amendments to the Hudson Mohawk Road Runners Club constitution during its monthly meeting on Wednesday, August 12th, 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Avenue Extension. All members are welcome to attend.

SEFCU FOUNDATION 21ST ANNUAL LABOR DAY 5k



Monday, September 7, 2009
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.
Registration: 7:30 - 8:30 a.m.

Beneficiary of All Donations:

Gilda's Club Capital Region NY

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 Gilda's Club
- ☐ \$12 on day of event

Applications must be received by September 4, 2009.



HMRRC Entry Fee for Kids*:

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

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 pre-registered participants. Children who register also receive a T-shirt.

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 Foundation to benefit Gilda's Club in the amount of \$_____. Mail donations to: SEFCU Foundation, 700 Patroon Creek Blvd., Albany, NY 12206

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, Gilda's Club, 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 

Sponsored by

 SEFCU
 FOUNDATION

SEFCU FOUNDATION 21ST ANNUAL LABOR DAY 5k



Monday, September 7, 2009
SEFCU Headquarters
Race / Walk Start: 9:00 a.m.
Registration: 7:30 - 8:30 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 4, 2009. 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 _____

Directed by



Sponsored by





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

All prices include sales tax

TOTAL DUE: _____

Postage \$5.05

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

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

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judylynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Local Event Schedule

Club events are in blue font

Date	Time	Event	Location	Contact(s)	Email
7/7	6:15 PM	The Colonie Mile [GP]	Colonie HS Track	Ken Skinner	kennyskin@earthlink.net
7/9	6:00 PM	Sand Lake Summer Runs 1/4 mile - 5 mile	Averill Park	Jim Van Ess	jvaness530@yahoo.com
7/11	9:00 AM	Greater Glenville/Schenectady 5k Run/Walk	Scotia	Nancy Gildersleeve	ngildersleeve@cdymca.org
7/12	8:00 AM	Utica Boilermaker 15K	Utica	Jim Stasaitis	jstasaitis@boilermaker.com
7/12	8:00 AM	Boilermaker Road Race 15K & 5K	Utica	Mary MacEnroe	info@boilermaker.com
7/14	6:00 PM	Colonie Summer Track	Colonie High School	Don Myers	FLYINGBB45@aol.com
7/15	6:15 PM	HMRRRC Two Person Relay 6 X 1 Mile	Guilderland HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/16	6:00 PM	Sand Lake Summer Runs 1/4 mile-5 mile	Averill Park	Jim Van Ess	jvaness530@yahoo.com
7/21	6:00 PM	Colonie Summer Track	Colonie High School	Don Myers	FLYINGBB45@aol.com
7/22	6:15 PM	36th HMRRRC Hour Run	Guilderland HS Track	Doug Bowden	bowden@nycap.rr.com
7/23	6:00 PM	Sand Lake Summer Runs 1/4 mile-5 mile	Averill Park	Jim Van Ess	jvaness530@yahoo.com
7/25	9:00 AM	Turning Point 5K & Kids Fun Run	Saratoga State Park	Kim Gamache	kingamache@hotmail.com
7/25	9:30 AM	PA. Summer Biathlon (Run-Shoot) 4km +5km	Bloomsburg	Frank Gaval	barb123@ptd.net
7/25	10:00 AM	Davenport Fire Department 5K Run	Davenport	Gary Gundlach	ggundlach@hughes.net
7/26	7:30 AM	Race for Magic: 5K	Red Hook	Kristin Fenn	strose@campkesem.org
7/26	9:01 AM	33rd Escarpment Trail Race - 30K	Windham NY	Dick Vincent	EscarpmentTrail@aol.com
7/28	6:00 PM	Colonie Summer Track	Colonie High School	Don Myers	FLYINGBB45@aol.com
7/29	6:15 PM	34th HMRRRC Pentathlon	Guilderland HS Track	Todd Mesick	toddmesick@yahoo.com
7/30	6:00 PM	Sand Lake Summer Runs 1/4 mile-5 mile	Averill Park	Jim Van Ess	jvaness530@yahoo.com
8/1	8:30 AM	The 31st Dynamic Duo Pursuit Race	Colonie Town Park	Frank or Don Myers	FLYINGBB45@aol.com
8/2	12 Noon	HMRRRC Club Picnic	J.B. Thacher State Park	Cathy Sliwinski Marcia Adams	cslwin@nycap.rr.com
8/2	9:00 AM	15th Indian Ladder Trail Run 15K & 3.5 Mile	J.B. Thacher State Park	Mike Kelly	mjkhome@verizon.net
8/3	6:30 PM	Tawasentha XC 5K #1	Tawasentha Park Guilderland	Josh Merlis	josh@albanyrunningexchange.org
8/4	6:00 PM	Colonie Summer Track	Colonie High School	Frank or Don Myers	FLYINGBB45@aol.com
8/8	8:00 AM	Camp Chingachgook Challenge 1/2 Marathon and 10K	Lake George Elementary School	John Kinnicutt	jkinnicutt@gmail.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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

NEW MEMBERS
Allow 8 to 10 weeks before expecting
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Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

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!*