

The Pace Setter

November 2012

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



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Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kristina DePeau, Kathleen Bronson,
Mike McLean, Robin Nagengast, John Peters

Advertising/Business Director:

Contact psads123@gmail.com

Photo Coordinator:

Bill Meehan

Photography Staff:

Tom Adams, Phil Borgese, Nancy Briskie,
Donna Davidson, 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**

Mike Becker

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Jim Tierney & Ken Orner

— **Senior Running**

Editor Needed:

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

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Photos in this issue by Bill Meehan, Neil Sergott



HMRRC Mission Statement

The Hudson Mohawk Road Runners Club (HMRRC) 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 HMRRC exists.

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

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JON ROCCO
862-9279

Executive Vice President
MAUREEN COX
281-6575

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
OPEN

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
JONATHAN GOLDEN
hmrrcjon@gmail.com

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Clocks & Van Equipment
TOM ADAMS
366-5266

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com

President's Message

by John Parisella

Welcome to the November Issue of *The Pace Setter*. This month we anticipate, celebrate and compete in the Stockade-athon, The Stockade-athon is known as the oldest major 15K road race in the country. Since 1976 this classic 9.3 miler has become the highlight event on the fall racing season in upstate New York, and one of the main goal races of hundreds of local recreational runners.

I want to extend the club's thanks to Race Director Vince Juliano and his dedicated groups of race coordinators who have made this year's race another original. This year many will remember the race for its speed, its historic scenery through the neighborhoods and landscapes of Schenectady and its runners gathering at the finish. I can't wait.

I also want to thank one of the many individuals who also help make the Stockade-athon, and for that matter many of the races in Schenectady's Central Park, as successful as they can be: Mr. Michael Burke. As the many years have passed since the Stockade-athon was originally conceptualized, the HMRRRC has, according to race director Vince Juliano, come to "rely solely on the passion and spirited help of Mike Burke from the Parks Department to coordinate the opening of vital park assets such as the pavilion, rest rooms, and internal gates so we can run a safe event for everyone." Mike is a long-time city employee who is passionate about his job and cares about the park as well as the city residents and visitors who use the park on a regular basis. Thank you Mike!

Dedicated HMRRRC volunteers, many of whom volunteer in two or more capacities, manage the club's many races and other endeavors. *The Pace Setter* is produced each month by an editor, a managing editor, an as-

sociate editor, a group of production editors, an advertising/business director, a photo coordinator and a wide group of monthly contributors. Currently, Robin Nagengast, *The Pace Setter's* managing editor, has indicated that she will be stepping down after four-plus years of handling the monthly routines (and probably some not-so-routine) of producing the club's magazine. Robin has done an amazing job these four years.

The managing editor compiles the elements of the magazine and coordinates through the production process by communicating via e-mail with monthly contributors, feature writers editor, photo coordinator, ad coordinator, typesetter, proofreader, production editor, pages printer, cover printer, and mail distribution company to ensure production each month. It is a challenging volunteer opportunity. I would say that Robin has done a remarkably strong, outstanding, job of it.

I look forward to and enjoy my *Pace Setter* when it comes early each month. I believe that I share this feeling with thousands of other HMRRRC members. I also see *The Pace Setter* on tables at local gyms and many people in the community see it regularly. *The Pace Setter* and the information, interesting race perspectives and race registrations it brings to our community every month is an important aspect of club membership.

If you have been thinking about becoming more involved in the HMRRRC, and think you might be interested in the important and interesting responsibilities noted above, please consider becoming a part of *The Pace Setter* production team. You may feel free to contact me by email (jp2cella@mac.com) or by phone (518-269-1904). This is a great opportunity for the right person! □





What's Happening in November

by Al Maikels

The fall racing season reaches its peak on Sunday, November 11 with the 37th running of the Gazette Newspapers Stockade-athon. This 15K is a tour of the city of Schenectady, starting at the western entrance to Central Park, dropping down a relatively fast four mile section into the historic Stockade section of Schenectady (hence the name), and then climbing back to the park. A race doesn't last 36 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2012 series and there is also Clydesdale competition for the full figured runners. The race starts at 10:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRC there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988 the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Five years ago we moved the event to the Crossings in the Town of Colonie and had a record turnout, as well as a new name, the Turkey RaffAL Run. This year the run is scheduled for Sunday, November 18 at 10:00 a.m. at the Crossings, located on Albany-Shaker Road in the Town of Colonie. This is an hour run; each one-mile loop around the lake earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out there raffle tickets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status but for the time being I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event registration is limited to the first 1,000 runners so get to the park early.

A highlight on the November calendar is always the running of The New York City Marathon. This year's race will be held on Sunday, November 4 and as always, there will be a large contingent of local runners at the marathon. The Philadelphia Marathon also seems to attract a group of our local runners with its relatively flat and fast course.

A good tune up for the Stockade-athon is the Fall Frun 10k, set for Sunday, November 4 at the Shenendehowa Campus on Route 146

in Clifton Park. You can also Run for the Hill at the Third Annual Hilltown Christmas 5k, set for Saturday, November 3 at 10 a.m. at the Cornell Cooperative Extension in Voorheesville.

Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race while Troy holds the Turkey Trot at City Hall with 1 mile, 5K and 10K races on the schedule. The Turkey Trot is back under the capable guidance of George Regan and is going back to its riverside course. After Thanksgiving you can run off that turkey at the 5th Annual Run off That Turkey 5k at the Altamont Elementary School in Altamont, the race is set for a 10 a.m. start.

The Club business meeting for November will be held on Wednesday the 14th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. New returning Club president Jon Rocco invites all members to attend these meetings. □



Happy Thanksgiving

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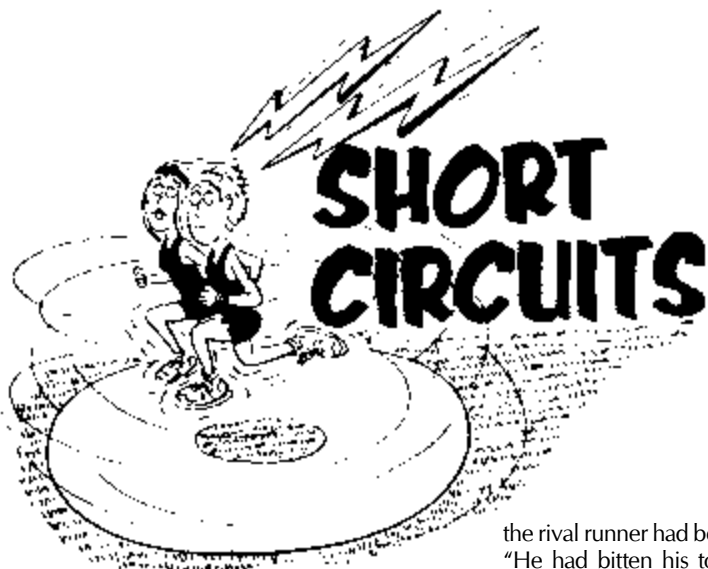
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College of St. Rose Volunteer Assistant XC Coach and Saint Rose grad student, Macky Lloyd (Voorheesville HS), placed 27th at the 2012 CVS Caremark Downtown 5k in Providence, RI on September 16th. He finished with a personal best time of 14:54. This race served as the USATF 5k Road National Championship. It was a stacked field, with US mile record holder Alan Webb taking 12th and former NCAA D-2 XC Champ Michael Crouch placing 22nd. Five days later Macky set another 5k PR at the Arsenal City 5K, winning in 14:50.5, the fastest Arsenal City time in 10 years. Macky has one more season of eligibility left and plans to make his return in a Saint Rose uniform this coming January.



Macky's back in town

Seth Goldstein, a high school senior in Memphis, Tenn., was competing in a XC race when a runner from a rival school fell in front of him. Goldstein was the only runner to stop and help. "His lips were turning blue and his eyes were rolled back in his head," Goldstein said. "I was terrified. But then I thought to myself, freaking out isn't going to help any here." Goldstein immediately took action -- he called his parents and told them to call 911. By that time,

the rival runner had begun to regurgitate blood. "He had bitten his tongue and was bleeding pretty bad," Goldstein recounted. "I feared he was going to choke on his blood. I rolled him on his side so he wouldn't asphyxiate."

A mother from the fallen boy's school ran up to the pair just as the student began to have seizures. "He was awesome," the mother said of Goldstein. "He was so competent and kind. When the boy started to come out of it he just kept saying, 'You're going to be OK. We're here. We're with you. You're going to be OK.'"

EMTs arrived shortly, and took over care of the injured runner. When it was clear that the runner was suffering from heat-induced seizures and would recover, Goldstein stood and finished the race in last place, but when he reached the finish line he was greeted like a hero.



Last shall be first

The most important type of workout runners should do: intervals lasting 3 to 5 minutes run at the speed at which you reach your VO2max (about 1.5- to 2-mile race pace; 95-100% maximum heart rate). An example is 5 x 3 minutes (800 to 1,000 meters) at VO2max pace with 2:30 jog recovery. This workout increases your maximum stroke volume and cardiac output, mitochondrial enzyme activity, and VO2max. Additionally, there is an anaerobic component to this workout, prompting an improvement in anaerobic-related factors, such as acidosis buffering capacity. In other words, this workout gets you fit fast.

— Jason Karp, PhD., Exercise Physiology

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.



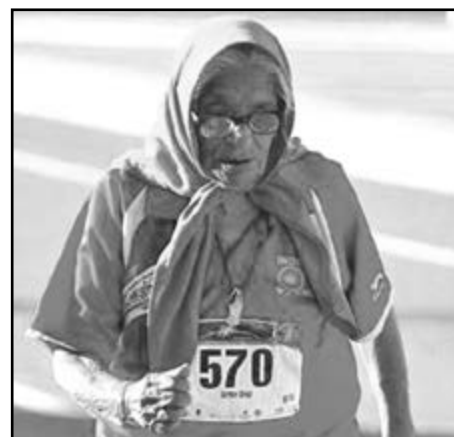
Mike Morton set an American Record by running 172.45 miles in 24 hours to win the 24 Hour World Championships in Poland in September. The old American record was 165.7 miles by Scott Jurek. Morton not only won the race, but he demolished the field, beating the second place competitor by 9.83 miles.



All in a day's work



Loud cheers welcomed Mann Kaur as she came to the start line ran for her first half-marathon in Delhi, India in September. Her wrinkled face glowed with excitement, as she joined other senior citizens who were at least a decade younger than her. She had recently won gold medals in 100 and 200 meters at the World Masters Championship in Sacramento. She is now known as the "Golden Girl of India." Kaur is 96 years old. □



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Should We Enable Obesity?

The joke goes like this: *Americans don't need to build bombs. We just need to export all of our junk food and spread obesity to the rest of the world so we all self-destruct together.* Ha-ha-ha. But it's not really funny, is it. It's sad.

While attending the Institute of Coaching's Fifth Annual Conference in Boston along with 700 other health and leadership coaches (www.InstituteOfCoaching.org), I had the opportunity to listen to public health guru Dr. David Katz spread his health message that we, as a society, need to curb the obesity epidemic. Though you, my readers, are likely fit, I'm sure every one of you has been affected by an overfat relative or friend who is dealing with cancer, heart attack, stroke, and/or diabetes. While they've undoubtedly heard the public health messages to eat cleaner and exercise more, they have not felt motivated to make lifestyle changes. Instead, they are suffering from the so-called diseases of aging that are really diseases of inactivity and overnutrition. They aren't having much fun at the doctors' offices.

According to well-documented research presented by Dr. Katz, if we don't stop the obesity epidemic, an estimated 42% of all Americans will be obese in 18 years. One-third will be diabetic. Our kids will die at a younger age than their parents, and the healthcare system will be bankrupt.

By preventing obesity, we can see stunning benefits. That's why Mayor Michael Bloomberg is working hard to change the obesogenic environment in New York City. The naysayers may be complaining he is taking away a person's right to choose, but he's not taking away soda. NYC is just not enabling that bad choice.

In our modern world, we are victims of our own success. We have engineered out the lifestyle that kept our parents and grandparents fit and strong, including riding bikes to work, walking to school, and hanging laundry outside to dry. We have engineered in processed foods that come in huge portions and taste yummy. No surprise that less than 2% of Americans eat the recommend number of fruits and vegetables! How can we motivate people to take better care of themselves? We need to focus on the personal benefits – longer life, less pain, and more fun.

The good news is obesity is strongly linked to behaviors we can control, including the foods we choose to chew and the amount of exercise we get. Granted, other factors also have an impact, including gut microbiota, sleep deprivation, and genetics (and genes can be changed with positive food choices.) So if we will be able to have more fun, let's do it!

According to Dr. Katz, each one of us has a choice to either help solve the obesity problem,

or become part of the problem. We need to build a levee to hold back the flood of fattening foods that pervade our environment. We need lots of individuals to contribute a sandbag or two to the levee. For example, smaller-sized soda pop is one sandbag. More activity is school classrooms in another. Healthier choices in vending machines are a third. The NuVal food ranking system is a fourth. (NuVal ranks foods according to healthfulness so that consumers in 1,700 supermarkets across the country can easily compare foods to determine the better loaf of bread, brand of soup, and better choice of any food.)

Employers who encourage their staff to exercise contribute a very effective sandbag and they get a good return on that investment. Not only are their employees healthier and take fewer sick days (think lower healthcare costs), they are happier and more productive. The Cleveland Clinic's employee wellness program has saved millions of health care dollars. The clinic has made changes in the work environment that has transformed the disease-inducing culture to a culture of wellness, with loss of 330,000 pounds in five years.

If you want to take steps to change your work environment, check out www.cdc.gov/nationalhealthyworksites. You'll find lots of ideas and toolkits, including how to create a program that encourages people to take the stairs not the elevator, and how to improve vending machine choices. Hospital workers might want to pass along this URL <http://HealthierHospitals.org> to an influential VIP. The goal of the initiative is to enroll at least 2,000 hospitals over the next three years to buy and serve healthier foods.

For your own personal activity program (when you are not running), take a peek at www.abeforfitness.com. Activity Bursts Everywhere offers free activity videos that last from 3 to 8 minutes. The videos are organized by setting (office, home, waiting room), body part involved (lower body, upper body), and whether the exercise is performed standing or seated. Pass along the info to your friends and relatives who have "no time" to exercise; they'll lose all excuses for why they cannot get a few more minutes of activity each workday.

Empowering kids to be active is an essential health initiative. If you are a parent or a teacher, check out www.ABCforfitness.com (Activity Bursts in Classrooms). These fun exercise videos insert educational activity into the curriculum during downtimes when the kids aren't really learning anything (before lunch, end of the school day). Dr. Katz believes the answer to hyperactive kids can be more activity, not more Ritalin.

Not everyone loses weight easily, so Dr. Katz has started a website for frustrated

dieters, www.newlr.com (National Exchange for Weight Loss Resistance). This site wants to connect frustrated dieters with researchers so we can find solutions to the "Why can't I lose weight?" problem. Maybe you know someone who can contribute his or her experiences.

While changing the work and school environments is helpful, lasting changes really need to be made at the family level. Kids are a driving force; they have the power to change parents' food and exercise habits. Kids are unlikely to make choices based on health, but rather on pleasure. When they understand that health means more fun, they'll start making the right choices—just like victorious sports teams that win with good nutrition. *Unjunk Yourself*, a YouTube video for teens (<http://www.youtube.com/watch?v=PLa50En9Q98>) gets kids (of all ages) to think more about choosing what they chew. Isn't it time for us to all work together to make it cool to fuel well?

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners and marathoners offer additional information. They are available at www.nancyclarkrd.com. Also visit sportsnutritionworkshop.com. □

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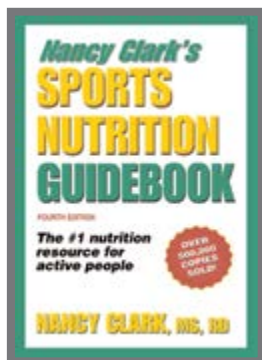
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Volunteering: A Job for Everyone

by Marcia Adams

One of the most amazing things about the Hudson Mohawk Road Runners Club (HMRRC) is it operates almost exclusively on a volunteer basis. Think of the task that is: over 40 races over varying distances, locations and terrain; participating in over six Expos held by other organizations during the year; producing on a monthly basis an award winning Club magazine, *The Pace Setter*; establishing and working with 14 schools on a Just Run program for youths, including track meets for them; conducting a grant program to provide financial aid to other running events; administering a scholarship program for local youths – just to name some of the tasks taken on by the Club during any given year.

In order to keep up the quality of this club and the events it conducts, we need to continue to attract quality volunteers who have renewed energy, excitement and ideas. Some of our volunteers are getting a little “long in the tooth” as they say. Our hair – what we have left – is getting grey and our bodies are not as flexible as they once were. It used to be we said the body is willing but the mind is weak – now we say the memory is fading and the bones creak!

Let me share a little of my volunteer experience with you in hopes it may inspire you to re-think your role as a HMRRC member.

I started out being a support person for my runner husband. I went to events because we usually stopped for lunch later or maybe, as in one race, there was a craft fair or bazaar attached to the event so I could shop. I remember being at the Altamont 5K at the fairgrounds. I was reading a book when Phil Carducci asked for volunteers to help out. I can remember thinking “gee, I should do that” but instead, dismissed the thought since I didn’t know anything about working a race so why would they want me.

Boy, was I wrong! You don’t need a bunch of training to cheer on a runner as you keep them in line at the finish line. Or to handle a

flag to keep a runner on course and safe, or to hand out a glass of water at a water stop. It can even be downright fun to be a part of the race even if you are not a runner! And you will meet new people, some of whom may end up your best friends.

Since initially volunteering, I have done a variety of jobs for HMRRC. And there is one thing that has remained consistent through all of these volunteer jobs. This Club allows you the opportunity to do as much or as little as you want: it gives you the opportunity to flex your creative muscles as a coordinator in a race or as the race director or as a committee member or chairperson or to hold a Club officer’s position or to serve on a committee of your choice or to write for *The Pace Setter*. The only requirement is you need to step forward; let us know you want to be involved and tell us what you are interested in doing. The choice is yours; you can do as little or as much as you want as often as you want.

In 2009 I started tracking volunteer efforts. In 2009, 502 volunteers signed the waiver forms and about 22 people did the largest share of the work that year. In 2010, 617 volunteers signed the waiver forms and about 35 people did the largest share of the work. I am still working on the numbers for 2011 but I am sure it will show that, once again, there were about 700 volunteers with about 35-40 people doing the largest share of the work.

HMRRC has over 2700 members. Can you imagine the amazing amount of talent, energy and resourcefulness that exists in that many people? Can you imagine how amazing the Club can be – even more than it is now – if even only 1/3 of those people stepped forward to share that energy and talent?

And that is my challenge to you: If you have never volunteered, contact a race director and step forward. If you volunteered for only one event this past year, step it up to two. Enjoy running but also enjoy the knowledge that you are making a difference by volunteering. □



A Modest Olympic Marathon Proposal

Question: Why is the Olympic marathon held during the Summer Olympics? Perhaps it is the dictate of some fat Olympic officials who have never run. Running the marathon in the summertime can cause problems. For example, runners ran the 2008 Beijing Olympics in 84 degrees Fahrenheit with humidity and the 2004 Greece Summer Olympic marathon in 95 degrees Fahrenheit with humidity – potentially dangerous situations. Because I have spare time, I started thinking on how to correct this problem. As a result, I propose the following: Move the marathon to the Winter Olympics.

Due to global warming, winter weather should not be a problem for the marathon, as evidenced by the 2010 Vancouver Winter Olympics. There was so little snow, Olympic officials had to truck snow to the ski slopes. I propose that the loss of Arctic snow is not due solely to global warming. Instead, so much snow was trucked from the Arctic to the Vancouver games that hardly any snow remained in the Arctic. My theory can be proved by examining satellite photos of the Arctic taken before and after the Vancouver Olympics.

Any snow falling during a Winter Olympics marathon would negate any advantage that the hot-weather Kenyans and Ethiopians have. Instead, it would give the advantage to runners with big feet -- more traction and a ski-like stride -- and to cold-weather runners. Imagine Kari Karlsson of Iceland winning the marathon!

Other Summer Olympic sports would benefit if they were moved to the Winter Olympics:

- Any snow would clearly delineate a long jumper's ending point.
- The horses of the equestrian dressage could wear snow horse shoes, and the judges would score the rider and horse

by the marks the hooves left in the snow.

- For golf, which is being added to the 2016 Olympics, the golfers from northern climates would have an advantage, as they are used to golfing in cold weather. I have seen golfers in upstate New York golfing in December and January even with snow on the ground. Why, I do not know. Disclaimer: I do not golf because I do not look good in polyester.
- For beach volleyball, Kerri Walsh and Misty May, when diving for the volleyball, could slide on the snow across the court. Judges would award points for the longest slide (easily measurable).
- Rowing events would become more interesting, as spectators watch in anticipation of sculls hitting any floating ice and sinking while the PA system plays the theme song to the movie Titanic.
- Platform diving could be moved outside, and the competitors would dive through the ice. The hole that each diver makes in the ice would be measured to prove how good or poor the dive was. Most participants would not be injured by the ice, as it will be very thin due to global warming. However, German diver Stephan Feck's 0.0 dive at the London Olympics might have caused him injury when landing on his back on ice; on the plus side, spectators could say, "He's been iced."

That is my proposal: Move the marathon and other events to the Winter Olympics. My plan would work for any Winter Olympics venue except perhaps one held in Siberia. (I checked to see if the 2014 Winter Olympics in Sochi, Russia is near Siberia. It is not.) □

Submissions for the January Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is December 1st. Contact Advertising Director at psads123@gmail.com to reserve space

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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

New HMRRC Members

George Baranauskas
Donna Bard
Donna A. Brand
Katherine E. Brand
Peter J. Brand
Alicia Bronzell
Stephen Bugbee
Chalmers Clark
Corey Cramer
Dirk de Jong
Michael DiNicola
Tricia Doakmajian-Urowsky
Sarah Dworakowski
Jeffrey Dyber
Peter Gemellaro
Kristine Gloria
Melissa Greenberg
Lynn Gretschel
Rachel Hodge
Sarah Hodge
Andrea Howard
Alfred Ives
Kristin Johnson
Will Johnson
Edward Kennedy
Cassie Kranick
Noah Kucij
P.J. Kuno
Kenneth Miller
Thomas O'Grady
Larry Perrotti
Sara Rising
Gretchen Storm
Becky Wheat
Samuel Yoon
Cynthia Zinzow



"BEEN THERE, DONE THAT"

by Mike Becker

November 1972...Forty Years Ago

- Jim Shrader won the Troy Turkey Trot 5.5-miler on the 23rd with a 29:03. Women first participated this year, with a distance of 2.5 miles, and the race was won by Kathy Shrader in 12:51. The women's race was increased to 5K in 1981, and the women's 10K was added in 1980. The men's distance was also increased to 10K in 1980.

- The newsletter mentions that the club is tentatively scheduling races every other Sunday beginning Jan. 7th, with a special 15-mile Boston qualifier in early March. This was, of course, the beginning of the now-popular Winter Series.

November 1977...Thirty Five Years Ago

- The newsletter contains a column from Dr. Norbert Kosinski, a noted local podiatrist, who answered readers' questions. Dr. Kosinski is still a member of the club today.

- Mark Mindel and Jay Smith both ran 47:49 to win the 2nd Stockade-athon, the second consecutive year that Mindel tied with someone in the race. Pat Glover and John Hale mistakenly ran off course and actually beat Mindel and Smith, but they were moved to third and fourth. Casey Reynolds was the female winner with a 63:50. A total of 176 runners participated.

November 1982...Thirty Years Ago

- Don Cohen directed the second annual club Masters 10K Championship on the fifth in Guilderland. Andy Urquhart won with a 35:00, and Nancy Powhida was the female winner with a 45:57. A total of seven of the 63 finishers were females.

- *Runner's World* editor and former Boston Marathon winner Amby Burfoot was the featured speaker at the club banquet.

- Tom Dalton won the Stockade-athon 15K with a 45:20, more than a minute ahead of Barry Brown. Ellen Weglarz-Mindel was the female winner with a 55:19. Age group winners included Denise Herman, Anny Stockman, and Tom Bulger.

- Dale Keenan ran a 2:26 in the Philadelphia Marathon to take 26th place and got a PR by 20 seconds. Other locals with good times include Marty Kittell (2:36), Dick Vincent (2:49), and Paul Rosenberg (3:15).

November 1987...Twenty Five Years Ago

- Club officers included Kathy Carrigan – President, Chris Rush – Executive VP, Al Maikels – VP for Finance, Barbara Hennig – Secretary, and Charlie Matlock – Treasurer.

- On the cover of *The Pace Setter* is a photo of the club National Masters 10K Championship team of Mark Kutner, Doug Grisct, Lee Wilcox, Pat Glover and Ron Bagnoli.

- The 12th Stockade-athon 15K was held on the eighth, directed by Rich Brown and 12 – *The Pace Setter*



Bert Soltysiak. Jerry Lawson won for the second consecutive year with a 45:47, with Tom Dalton and Rich Coughlin taking two-three. Denise Herman was the top female with a 56:02. A total of 158 of the 823 finishers broke 60 minutes, including five women. Age group winners included Sandy Phibbs, Marge Rajczewski, Steve Jones, and Wade Stockman.

November 1992...Twenty Years Ago

- Jeff Cole was profiled. His PRs include a 34:19 10K and a 52:52 15K. His best performance was a 2:39 Mohawk-Hudson Marathon. He considers himself more of a triathlete than a runner, with a typical week of 45 miles running, 175 miles biking, and 3-5 miles swimming.

- Jerry Lawson ran a 44:39 in the Stockade-athon 15K to break the course record. His record time still stands. His pace was 4:47/mile, and he beat second-place finisher Tom Dalton by nearly three minutes. Michelle Simone ran a 55:39 for top female honors to beat Amy Herold-Russom by 36 seconds. Chris Rush directed the event that had 830 finishers, of whom 12 broke 50 minutes.

- Mike Slinsky won the Troy Turkey Trot 10K with a 31:19, with Lori Hewig taking the women's title with a 34:33. Mark Delfs ran a 15:36 to take the 5K, and Michelle Simone ran a 17:39 for the women's win.

November 1997...Fifteen Years Ago

- Jason DeJoy ran a 47:10 to win the Stockade-athon 15K on the ninth. Lisa and Teresa Vaill each ran 56:35 to top the women. Age group winners included Zach Yannone, Vinny O'Brien, Tom Dalton, Martha DeGrazia, and Pat Glover.

- Vinny O'Brien won the Troy Turkey Trot 10K with a 32:44, with Rich Cummings coming in second. Amy Herold ran a 36:22 to beat the second woman by more than three minutes. Harry Stants ran a 15:42 in the 5K to edge Bob Irwin by 30 seconds. Ellen Predmore ran an 18:35 for top female honors.

- On the cover of *The Pace Setter* is a photo of the Colonie High School girls XC team, ranked 15th in the nation.

- Charlie Matlock filled in for Al Maikels as director of the Turkey Raffle Run in Washington Park, the first time the event conflicted with the setting up of the Holiday Lights in the Park.

November 2002...Ten Years Ago

- Jamie Rodriguez won the Fiddler's Run 10K at Siena College on the second with a 31:57, more than two minutes ahead of Josh Merlis. Rodriguez missed Bob Irwin's course record by four seconds. Kim DeRocco ran a 40:05 to edge Nancy Taormina by 30 seconds for top female honors. Adrian Soto and Emily Bryans won the 5K.

- Tom Dalton won the USATF National Masters 8K XC Championship in Rochester with 25:39, which is a 5:08/mile pace. Other locals doing well included John Noonan, Chris Burns, Chris Buckley, Dale Keenan, and Pat Glover.

- Club member Martha DeGrazia ran an outstanding 3:15 in the Philadelphia Marathon on the 24th.

- Al Maikels directed the hour-long Turkey Raffle Run in Washington Park. The 171 participants ran laps of unknown length and picked up tickets with each lap, to be used to win prizes (not just turkeys!) after the run.

November 2007...Five Years Ago

- Locals running good times in the Manchester New Hampshire Marathon include Jim Sweeney (2:43 – sixth), Dave Vona (2:45 – eighth), and Josh Merlis (2:50 – 11th).

- Andy Allstadt won the Stockade-athon 15K on the 11th with a 46:36, five seconds ahead of Fred Joslyn. Eileen Combs was the top female with a 57:30, five seconds ahead of Emily Bryans. A total of 79 of the 1133 finishers ran in under one hour, including four women. Age group winners included Jessica Sherry, Chuck Terry, Dana Peterson, Anne Benson, Dale Keenan, and Pat Glover.

- James Nally won the Troy Turkey Trot 10K with a 30:59, with Chuck Terry and Nick Conway taking two-three. Emily Bryans was the female winner with a 37:32, good for 30th overall. Dana Peterson and Brina Seguire finished two-three. Zach Predmore and Elizabeth Maloy won the 5K with times of 15:09 and 17:42, respectively. □



In the Neck of Time (Part I)

The neck, as seen on an x-ray (fig. 1), is a relatively thin structure supporting a relatively large object, your head. The head is 10% of your body weight, and if the posture or positioning of your neck is imbalanced, this will increase and accelerate the "issues" (pain, inflammation, spasms, headaches, pinched nerves, degeneration, etc.) you'll likely experience over the course of your lifetime.



Fig. 1

Neck Biomechanics

First of all, the neck is the top floor of the architectural structure we call your body. Unlike a leaning building, human bodies compensate with imbalances. Inherently, you'll always work to keep your eyes level with the horizon. If a low back injury has you bent to the left, you'll counter-bend your head to the right to keep your eyes level. You don't even know you're doing it. This applies to all of us, as the neck compensates for many of the biomechanical faults, both large and small, that occur below the neck. For many of us this puts the neck into a stressful state, even before the symptoms begin.

The optimal neck will ideally have a forward curve, known as a lordosis, which can be seen on x-ray (fig. 1). This provides a wonderful shock absorption system. Stresses, especially from the weight of your head, are efficiently dispersed, never allowing for accumulation in the muscles or joints. When that curve is lost, either with a straight neck (fig. 2) or a reversed curve (fig. 3), the stresses will accumulate, accelerating the potential issues, as mentioned above. Many people are born with abnormal neck biomechanics, but life tends to add to these imbalances, with injuries, computers, texting, stress, etc.



Fig. 2

In a balanced neck, the center of gravity of the head runs through all segments of the neck (vertical line in fig. 1). Many hands make light work, and this even distribution of weight contributes to the health and longevity of the discs and function of the neck. When weight bearing has moved forward of the neck (fig. 3), this puts tremendous stress on the lower joints, accelerating the degeneration (osteoarthritis) and breakdown process (fig. 3). This biomechanical imbalance contributes greatly to the increased human suffering and economic costs caused by our healthcare system methodology.



Cause and Solution

The cause of most neck issues is negligence. We're a medical, reactive society that treats musculoskeletal systems the same as an infection, almost like some demon has inhabited your body and you need to take some medicines to kill it off. We do very little to learn about the preservation of our biomechanical structures, i.e. good alignment, good joint mobility and good flexibility, and only act after we're broken. Then, we only look at the site of injury, and our only goal is to eliminate the symptoms. This methodology is illogical, costly and nearsighted. Hardly a plan to preserve the only structure you'll ever own.

In House Research Study

I have examined and x-rayed over 500 middle and high school student athletes over the past 6 years, and have documented, using the x-rays, the number of kids who have necks that are predestined for premature breakdown and degeneration due to either a straightening or forward lean. Incredibly, 71% fall into this category. This group will predictably become a future liability to our healthcare system. No one is addressing these blatant biomechanical faults. Mainstream doctors aren't examining for it, and wouldn't know what to do if they found it because mainstream medicine doesn't do biomechanics. The system seems to be comfortable with the huge profits of pharmaceuticals, surgeries and pain management.

Current Musculoskeletal Status

According to *The Burden of Musculoskeletal Disease: the Prevalence, Societal and Economic Costs*, "annual direct and indirect costs for bone and joint health in our country is \$849 billion, or 7.7% of the gross domestic product." (Last year, our annual budget for defense was \$690 billion.) The book goes on to say that "beyond the statistics and costs, the human toll in terms of diminished quality of life is immeasurable. This situation is unlikely to improve in the foreseeable future, and will likely be intensified by current demographic trends, including the graying of the baby boomer population, the epidemic of morbid obesity and the higher recreational activity levels of our elderly population."

You must look at your full body biomechanics to understand why the neck is assuming an abnormal posture. Then, it's a re-education of the proper muscles and joints to improve overall centers of gravity, improve joint mobility and muscular flexibility, and it takes time to do this. Once you've reached your maximum biomechanical potential, you must then continue working on it for a lifetime to preserve it.

And, when our country approaches the musculoskeletal system with this more logical methodology, and is willing to pay now instead of pay later, that's when we'll begin to see the costs of healthcare go down and the quality of life go up.

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

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Meeting Minutes of the HMRRC General Meeting September 12, 2012

Attendance: Barb Light, John Parisella, Jim Tierney, Mark Warner, Jon Rocco, Tom & Marcia Adams, Chuck Terry, Maureen Cox, Tom Ryan, Doug Bowden, Rob Moore, Vince Juliano, Diane Fisher, Jonathan Golden, Ken Skinner, Cathy Sliwinski, Wade & Anny Stockman, Chris Rush, Emily Bryans

Call to Order (J. Parisella): Meeting called to order at 7:35PM.

Reading and approval of August 8, 2012 minutes (B. Light). Motion made to approve minutes made by Marcia Adams seconded by Rob Moore. Motion passed.

Reports of Officers:

President (J. Parisella): Openings for Pacesetter Managing editor beginning January 1st. John suggested we put together a group to discuss doing a digital version versus written version. Jon Rocco has a job description that he will post on the website. Mark Warner commented that have 2700 members and how can we get newer members involved? We are struggling getting volunteers for key positions. How do we reach out to the younger and newer members? Vince noted he sees young people going to work at Fleet Feet and ARE Running Club. Vince suggested to Charlie and Josh to see if we could get some people involved to do some volunteer work. Jim Tierney noted that on the renewal membership there is a box that is checked that they want to work on a committee. We send out an email blast to them and wait to hear back from them. John Parisella noted that there is a solid block of people that are willing to volunteer and if we personally request them to do something they would probably step up to do it. Mark Warner agreed with John. We have to reach out to them. Mark Warner asked if we should get a sub-committee to look into this. Marcia said some of the sub-committees haven't met yet. Why are we making another committee if we don't meet? We may want to revisit the offer that Daryl from Adirondack Sports & Fitness would take over the Pacesetter. Jim Tierney noted that the editor job is a full time job and it does require technical skills. He supported looking at Daryl doing the job and then we don't have to worry about finding another volunteer. We need to find out how much Daryl would charge. Marcia suggested getting two people to volunteer so they

can share the responsibility. John Parisella will talk to Kristen Zielinski and he will also call Daryl.

Executive Vice President (J. Rocco): No report.

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

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): See attached report.

Reports of Committees

3.1 Membership (D. Fisher): We currently have 2785 members, 305 over last year, down 9 from last month which is typical for the summer.

Volunteers (M. Adams): On November 14th before the club meeting from 5:30PM-7:30PM there will be a pre-registration 101 workshop. There will be no charge. It will be a how-to on merging Excel with the Wild Apricot system, hoping to have a hands on manual. Notice will be put in the Pacesetter. Meeting will be held at the Point of Woods. Refreshments will be served.

Public Relations (R. Moore): Saturday September 23 Schroon Lake School for Adirondack Expo. Oct 6 shirt/sneaker recycling booth at Race for the Cure and then going to Club Marathon expo at the Hotel Albany. Sent email to SEFCU for the not for profit expo which will be Oct 2nd. Rob will be attending. EMS Fall Club Day will get details and Rob will attend that as well.

3.4 Race Committee (M. Warner): Tawasentha Races were very good. Had a bee issue at the 2nd Tawasentha race. Anniversary Run, Voorheesville 7.1 miler and then the Marathon and Half Marathon coming up. Volunteers are always needed. Race committee meeting on September 20th. Working on putting the 2013 race schedule together. Need some race directors for some of the races. Club will need insurance coordinator for race committee to handle insurance for the club and to do sanctions for the club. Looking to have in place by January 1st. Looking to combine the Father's Day Race and the Valley Cat 5K races. Still waiting to hear back from the stadium. Club picnic-are we going to continue with it? Coordinator stepped down and the Race Director of the race can't do both the race and picnic. Cathy noted that not many people came to the park for the picnic-they came for the race. We have to guarantee a certain amount of dinners to Giffy

BBQ. We have to remove the garbage. It is hard to guess how many to order because there is day of race registration and so only a small number of dinners can be added that day. Vince asked if it would be worthwhile to include the dinner with the race fee. Mark noted that the Race Director doesn't want to do that. He wants someone else in charge of the picnic. Jon noted that the location is not the best place because it is out of the way. We should look at another place to hold it. Preliminary numbers were submitted for the CDPHP Workforce Team Challenge. Revenue was \$208,288 down \$2308 from 2011. Expenses increased by \$17,108 to \$112,113. The net gain of \$96,175 included \$10,000 returned to CDPHP to be included as part of the \$20,000 donated to the two charities of choice. \$65,000 was returned to the club and the remaining \$21,175 was retained as seed money for the 2013 race. The final report is expected to be ready for the October meeting.

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

Pacesetter (R. Nagengast / K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): No report.

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

Just Run Program (K. Skinner): Having a XC Fall program. Working on end of season at Tawasentha.

Unfinished Business: Stockade-Athon –

*Vale Park paving contribution to Schenectady – Received email asking if the budget issues Schenectady is having will have an im-

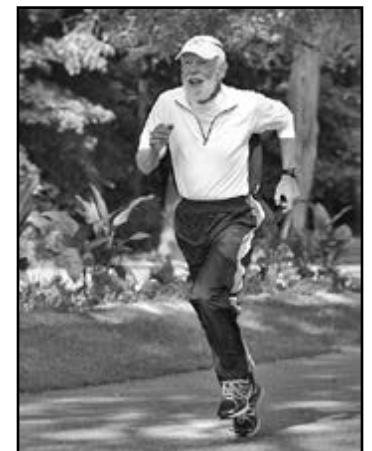
pact on finishing the proposed paving job. Vince has been in touch with Steve and he is employed by the County and in better shape than City. Steve is still looking to do the proposed work. Ken Skinner made a motion to bring back motion on the table. Motion is: to give a grant for the Schenectady County Economic Development for \$10,000.00 to complete the greenway bike path with the condition that the grant be completed by November 1st, 2012 and that the county give a plaque put up in cemetery to recognize the contribution of the club. Cost is \$32,900 to finish the remainder of the path. Steve assured Vince that if they received the grant they would get the job done. If it doesn't pass, Vince will still proceed to have the race run on the bike path. Mark asked where the other grant came from but Vince wasn't sure where it came from. John called for vote-18 in favor, 1 against, motion passed. Vince will draft letter and send to John Parisella to send to Steve so they can begin the process of getting the paving done.

Still need to find someone to do take care of the van so we may be taking it to Newkirk to park in between races. We do need to have some maintenance done to it. Chuck asked if we do mileage reimbursements. Club will not reimburse for mileage but volunteers can claim on taxes.

Announcements:

Refreshments-October Refreshments-Cathy Sliwinski

Adjourn: Motion made to adjourn made by Jon Rocco, seconded by Marcia Adams. Meeting adjourned at 9:10PM. □



Grand Prix Update

Race #9 HMRRC Anniversary Day Race 5.9 Miles. September 16, 2012

Men

Male Open

12 Richard Messineo
10 Jonathon Lazzara
8 Blair Williams
7 Zack Russo

Male 30-39

12 Chuck Terry
10 Bill Davis
8 Matthew Nark
7 David Tromp
6 Brian Northan
5 Todd Smith
4 Pat Sorsby

Male 40-49

12 Kevin Creagan
10 Brian DeBraccio
8 Ed Menis
7 Edward Hampston
6 John Williams-Searl
5 Mike Verdichizzi
4 Sunil Kumta

Male 50-59

12 Derrick Staley
10 Ken Evans
8 Rick Munson
7 Carl Urry
6 Martin Patrick
5 Steve Black
4 Richard Kelly

Male 60-69

12 Paul Forbes
10 Juergen Reher
8 Norman Dovberg
7 John Stockwell
6 Frank Broderick
5 Frank Wittman
4 Ed Litts

Male 70+

12 Wade Stockman
10 Armand Langevin
8 Don Wilken
7 Ray Lee
6 Ken Orner

Women

Female Open

12 Kristina Gracey
10 Shylah Weber
8 Rebecca Cain

Female 30-39

12 Gretchen Oliver
10 Crystal Perno
8 Nikki O'Meara
7 Jessica Northan
6 Amanda Zenner
5 Candice Panichi
4 Laura Lutz

Female 40-49

12 Emily Bryans
10 Kimberly Miseno-Bowles
8 Laurie Hoyt
7 Dana Peterson
6 Penny Tisko
5 Brenda Lennon
4 Connie Smith

Female 50-59

12 Nancy Taormina
10 Jenny Lee
8 Susan Burns
7 Carol Wittman

Female 60-69

12 Judy Phelps
10 Susan Wong
8 Martha Degrazia

Female 70+

12 Anny Stockman

Age Graded

Runner Age

	G	
12 Judy Phelps	61	F
10 Susan Wong	64	F
8 Derrick Staley	53	M
7 Paul Forbes	62	M
6 Emily Bryans	45	F
5 Anny Stockman	80	F
4 Kristina Gracey	29	F

Race #10 Voorheesville 7.1 Miles. September 30, 2012

Men

Male Open

12 Richard Messineo
10 Ryan Walter

Male 30-39

12 Jim Sweeney
10 Eamon Dempsey
8 Aaron Knobloch
7 David Tromp
6 Brian Northan
5 Todd Smith
4 John Deer

Women

Female Open

12 Meghan Davey Mortensen
10 Shylah Weber
8 Karen Bertasso

Female 30-39

12 Kari Deer
10 Gretchen Oliver
8 Sarah Reed
7 Sally Drake
6 Jessica Northan

Age Graded

Runner Age

	G	
12 Aaron Knobloch	36	M
10 Jim Sweeney	35	M
8 Eamon Dempsey	32	M
7 Richard Messineo	24	M
6 Meghan Davey Mortensen	27	F
5 Kari Deer	33	F
4 David Tromp	37	M

Total After 10 Races

Men

Male Open

44 Richard Messineo
29 Paul Cox
27 Jonathon Lazzara
22 Tom O'Grady
20 Ryan Walter
20 Justin Wood
16 Eric Young
15 Chuck Terry
12 Connor Devine
12 James Faraci
12 Alex Paley
12 Jordan Pantalone
11 Daniel Jordy
11 Andrew McCarthy
11 Dave Vona
10 Jason Lange
10 Josh Merlis
10 Blair Williams
8 Aaron Lozier
8 Kevin Messineo
8 Brendon VanVlack
7 Jeffery Budka
7 Matt Lange
7 Brad Lewis
7 Zack Russo
6 Tim Budka
6 Nick Przekurat
5 Mohammad Qneibi
4 Daniel Ayala
4 Ryan Egan
4 Andrew Gravelle
4 Kevin Treadway
4 Noah Valvo

Male 30-39

49 Aaron Knobloch
38 David Tromp
32 Michael Roda
28 Bob Irwin
26 Mathew Nark
24 Joe Hayter
24 Chuck Terry
22 Chris Judd
20 Bill Davis
19 Josh Merlis
19 Andrew Rickert
18 Clay Lodovice
16 Todd Smith
16 Brian Northan
16 Dennis VanVlack
15 Anthony Giuliano
12 Jim Sweeney
10 Eamon Dempsey
9 David Newman
8 Eamon Dempsey
8 Richard Hamlin
8 Joey Sullivan
7 Jon Catlett
6 Chris Nowak
6 Aaron Robertson
5 Jonathon Golden
5 Kevin Shaughenssey
4 Joe Benny
4 Michael Clark
4 John Deer
4 Matthew Purdy
4 Pat Sorsby

Male 40-49

72 Jon Rocco
46 Ed Hampston
38 Kevin Creagan
32 Brian DeBraccio
27 Christian Lietzau
27 John Williams-Searl
25 Ken Tarullo
22 Ed Menis
19 Dennis VanVlack
18 Thomas Kracker
15 Bruce Beesley
12 Tim Hoff
10 Neil Sergott
8 Sunil Kumta
8 Craig Tynan
7 Jonathon Bright
7 Douglas Campbell
7 Timothy Egan, Sr.
7 Dan Korff
6 Russel Lauer
6 Jeff Loukmas
6 John Stadtlander
5 Bill Grimaldi
5 Joe McDonald
5 Samuel Mercado, Jr.
5 Tomo Miyama
5 Mike Verdichizzi
4 Gil Chorbajian
4 Steve Cummings
4 Brian Dillenbeck

Male 50-59

64 Ken Evans
 48 Derrick Staley
 32 Richard Clark
 30 Rick Munson
 24 Robert Wither
 22 John Noonan
 17 Robert Somerville
 16 Ed Gravelle
 12 Dan Cantwell
 12 Jim Giglio
 12 John Parisella
 11 Martin Patrick
 10 Kevin Dollard
 10 Richard Kelly
 10 Bill Martin
 10 James McElroy
 10 Bill Ports
 10 William Venner
 8 Bryan Coyne
 8 Tom Dalton
 8 Keith Haugen
 8 Tom Tift
 7 John Beard
 7 Steve Black
 7 Steve Conant
 7 Ralph Sansaricq
 7 Carl Urrey
 6 Mike Brinkman
 6 John Couch
 6 Rob Picotte
 5 Robert Colborn
 5 Jim Devine
 5 Dan Nugent
 5 Steve Vnuk
 4 Joe Benoit
 4 Michael Bromm
 4 Daniel Esper
 4 Bruce Stevens

Male 60-69

72 Paul Forbes
 59 Paul Bennett
 42 Juergen Reher
 40 Norman Dovberg
 36 John Stockwell
 30 Tom McGuire
 22 Carl Matuszek
 18 Ken Klapp
 17 Frank Broderick
 17 Ed Litts
 15 Joe Yavonditte
 14 Bob Ellison
 14 Pat Glover
 13 Tom Adams
 10 Peter Gerardi
 6 Frank Myers
 5 Jim Fiore
 5 Tom Kollar
 5 Greg Taylor
 5 Jim Thomas
 5 Frank Wittman
 4 Jack Berkery
 4 Pete Cowie
 4 George Jackson
 4 Charles Terry

Male 70+

72 Ed Bown
 58 Wade Stockman
 52 Jim Moore

32 Ray Lee
 19 Chris Rush
 16 James McGuiness
 13 Armand Langevin
 12 Bob Knouse
 8 Don Wilken
 7 Joseph Richardson
 6 Charles Bishop
 6 Jim Hotaling
 6 Ken Orner
 6 Tony Scott
 4 Raymond Bremm
 4 Richard Green

Women**Female Open**

62 Meghan Davey Mortensen
 60 Kristina Gracey
 53 Shylah Weber
 34 Karen Bertasso
 17 Alicia Bousa
 17 Roxanne Wegman
 14 Lisa D'Aneillo
 14 Taryn Reese
 13 Kelcey Heenan
 12 Erin Rightmyer
 12 Jody Robertson
 10 Alison Kerr
 10 Brina Seguine
 8 Rebecca Cain
 8 Liz Chauhan
 8 Kelly Virkler
 7 Danielle Skufca
 6 Emma Hampston
 6 Katie Jones
 6 Kristen Quaresimo
 6 Leah Schaffer
 6 Joselin Schmitz-Morfe
 5 Amy Becker
 5 Michelle Davis
 5 Kylar Foley
 5 Angela Gerace
 5 Ada Lauterbach
 4 Laurel Abowd
 4 Michelle Carter
 4 Erin Ring

Female 30-39

66 Gretchen Oliver
 63 Crystal Perno
 39 Sally Drake
 34 Shelly Binsfeld
 19 Stacey Kelley
 16 Kari Deer
 16 Jessica Northan
 10 Michelle Pendergast
 9 Cynthia Zinzow
 8 Jessica Chapman
 8 Shannon Judisky
 8 Nikki O'Meara
 8 Sonya Pasquini
 8 Sarah Reed
 8 Renee Toland
 7 Christine Ardito
 7 Jennifer Merritt
 7 Candice Panichi
 7 Tricia Pendergast
 7 Diana Tobin-Knobloch
 6 Susan Bright

6 Erin Corcoran
 6 Leah Jachym
 6 Stephanie Pitts
 6 Deanne Webster
 6 Stephanie Wille
 6 Amanda Zenner
 5 Sabrina Krouse
 5 Sara Madden
 5 TuAnh Turnbull
 5 Laura Zima
 4 Melissa Hasan
 4 Laura Lutz
 4 Kim Morrison

Female 40-49

60 Emily Bryans
 44 Chris Varley
 40 Kimberly Miseno-Bowles
 34 Anne Benson
 23 Stacia Smith
 20 Regina McGarvey
 20 Penny Tisko
 19 Barbara Light
 17 Judy Guzzo
 17 Dana Peterson
 16 Laurie Hoyt
 16 Connie Smith
 13 Megan Leitzinger
 10 Mary Ibbetson
 10 Brenda Lennon
 8 Karen Dolge
 8 Roxanne Gillen
 8 Leah Giordano
 7 Marcy Beard
 7 Tammie Jones
 7 Kathy VanValen
 6 Kaye Byrne
 6 Heather Machabee
 6 Ruth Sadinsky
 5 Chris Abowd
 5 Miriam Hardin
 4 Kay Byrne
 4 Martha Gohlke
 4 Kirsten LeBlanc
 4 Sarah Reed-Esper

Female 50-59

55 Susan Burns
 46 Jenny Lee
 41 Joan Celentano
 39 Nancy Taormina
 24 Nancy Briskie
 22 Nancy Nicholson
 22 Beth Stalker
 19 Karen Dott
 16 Karen Provencher
 15 Cathy Sliwinski
 13 Karen Gerstenberger
 12 Inge Aiken
 12 Maureen Fitzgerald
 12 Peggy McKeown
 11 Maryanne McNamara
 10 Joan Brown
 10 Kathleen Goldberg
 8 Sharon Fellner
 7 Donna Charlebois
 7 Sharon Desrochers
 7 Carol Wittman
 6 Lois Green
 6 Joyce Reynolds
 6 Barbara Sorrell

5 Harriet Jaffe
 5 Nancy Piche
 5 Deb Sanger
 4 Jill Mehan
 4 Aileen Muller
 4 Daine Peverly
 4 Valerie Pezzula
 4 Kim Sack

Female 60-69

72 Judy Phelps
 64 Susan Wong
 41 Katherine Ambrosio
 35 Martha Degrazia
 28 Mary Wilsey
 24 Erika Oesterle
 14 Judy Lynch
 7 Ginny Pezzula
 6 Sue Nealon
 5 Jacqueline Tremont
 4 Linda Keeley
 4 Kathleen Santarcangelo

Female 70+

70 Anny Stockman
 28 Eiko Bogue
 12 Coral Crossman
 12 Marge Rajczewski

Age Graded

Runner Age	G
58 Judy Phelps	60/61 F
56 Susan Wong	64 F
45 Paul Forbes	61/62M
44 Derrick Staley	53 M
32 Emily Bryans	44/45 F
17 Paul Bennett	61 M
16 John Noonan	52 M
16 Beth Stalker	52 F
15 Nancy Briskie	54/55 F
14 Anne Benson	47 F
13 Aaron Knobloch	36 M
12 Kristina Gracey	29 F
12 Karen Provencher	57 F
11 Michadel Roda	36 M
10 Connor Devine	18 M
10 Tom O'Grady	26 M
10 Jodie Robertson	27 F
10 Jim Sweeney	35 M
10 Chuck Terry	30 M
9 Anny Stockman	80 F
8 Kevin Dollard	56 M
8 Eamon Dempsey	32 M
8 Jon Rocco	45 M
8 Justin Wood	28 M
7 Josh Merlis	30 M
7 Richard Messineo	24 M
7 Nancy Nicholson	50 F
6 Christian Lietzau	48/49M
6 Carl Matuszek	60 M
6 Meghan Davey Mortensen	27 F
5 Kari Deer	33 F
5 Ken Klapp	62 M
5 Jordan Pantalone	17 M
5 Marge Rajczewski	71 F
4 Joe Hayter	31 M
4 Jason Lange	17 M
4 David Tromp	37 M



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

All prices include 8% sales tax

TOTAL DUE: _____

Shipping \$5.30

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Christine Renaldi

17 Swayze Drive

Latham, NY 12110

Email: c_dahlem@yahoo.com

(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)

Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45

Name _____

Phone _____

Email _____

Event Schedule

Date	Time	Event	Location	Contact	Email
11/3	10:30 AM	Kick It For Kashius 5K	The Crossings at the South Pavilion	Erica Doran	Erica.doran@southcolonie.k12.ny.us
11/10	10:00 AM	Valatie Veteran's 5K Run	Glynn Square, Church St., Valatie	Jon Meredith	jmeredith@nycap.rr.com
11/11	10:00 AM	Veteran's Day 5K	Warming Hut, Saratoga Spa State Park		dvc148@gmail.com
11/11	9:00 AM	38th Stockade-athon 15K [GP]	Central Park Schenectady	Vince Juliano	hamletbryans@nycap.rr.com
11/18	10:00 AM	HMRRRC Turkey RaffAL Run 1 Hour	Tawasentha Park	Al Maikels	afmcpa1040@yahoo.com
11/22	9:00 AM	OUR TOWNE Bethlehem TURKEY TROT	Bethlehem Middle School, Delmar	John Guastella	John@ourtownebethlehem.com
11/24	10:00 AM	5th Annual Run Off That Turkey - Trot 5K	Altamont Elementary School, Grand Street	Phil Carducci	holidayclassic@nycap.rr.com
12/9	10:00 AM	Winter Series Race #1: Doug Bowden 15K and 3M+	UAlbany	Doug Bowden Ken Skinner	bowden@nycap.rr.com
12/15	5:00 PM	16th Annual Albany Last Run 5K	Empire State Plaza	Cathy Kosa	kosac@ci.albany.ny.us
12/22	10:00 AM	Holiday Classic 5K Run/Walk	Columbia-Greene Community College, Rt.23, Hudson	Phil Carducci	holidayclassic@nycap.rr.com
12/31	5:30 PM	First Night Saratoga 5K Run	Skidmore College Campus, Saratoga Springs	Jeffrey Allen	jallen3@nycap.rr.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

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!*