

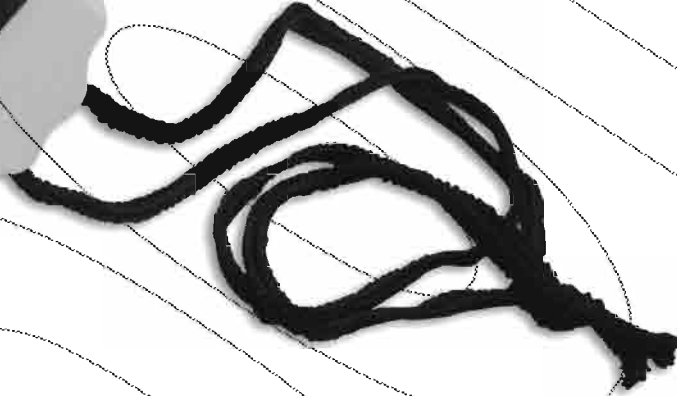
The Pace Setter

April 2012

The monthly news magazine of

**The Hudson-Mohawk
Road Runners Club**





YOU HAVE TO BE ON TIME TO BEAT YOUR TIME.

Don't wait too long to register for the 2012 CDPHP® Workforce Team Challenge on Thursday, May 17. This is the Capital Region's classic 3.5-mile workforce team run—and the largest annual road race between Utica and New York City. Last year's race attracted a record turnout of more than 9,000 runners and walkers, and 470 participating companies and organizations. We invite you to assemble your team, and get in early!

**This year we are pleased to announce the launch
of our NEW online registration!**

Visit www.cdphpwtc.com for more information.



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Publication of Hudson-Mohawk
Road Runners Club
Vol. 33 No. 4

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— **Profile of a Runner**

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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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The Pace Setter

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Photos in this issue by Bill Meehan, Paul Turner, Phil Borgese, Ray Lee, Chris Strebel and 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.

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President's Message

by John Parisella

We've begun the spring road racing season as we have just had an amazing Runnin' of the Green. It has been a Capital District favorite for 13 years and this year was no different. There were 750 pre-registered runners, and many more runners regretted not having signed up in time. I think that the race is so popular, in part, due to the fact that the first big race of the year gives us all something to aim for throughout the bitterly cold (usually ☺) winter evenings and weekend workouts. In large part it is due, also, to the fact that for the past several years Race Director Ed Gillen and a large contingent of loyal volunteers have masterfully managed the race. In addition, the Village of Green Island and the American Legion Post 927 have graciously served as host site for the event.

Thank you to Ed Gillen for his many years of service to the Hudson Mohawk Road Runners Club. We hope to keep this race as strong and as popular as you have helped to make it. Thank you also to the many volunteers whose service, again, made the race one to remember.

Looking forward in April, we have the 24th Delmar Dash on April 15th and the 32nd Annual Bill Robinson Masters 10k in Guilderland on April 28th. Each of these races will be spectacular. Whether you plan to run in these races or any of the other fine local races this month, the Hudson Mohawk Road Runners and I wish you well in your efforts. Have fun and good luck!

Remember, there are 50 weeks to the Runnin' of the Green in 2013! ☐



Submissions for the June Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is May 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.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 image files or greyscale required (no compression). No files from MS Word or MS Publisher. Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



What's Happening in April

by Al Maikels

The Spring racing season kicks off with the 24th Annual Delmar Dash. Hank Steadman always wanted to hold a road race in Delmar, so he decided to organize the Delmar Dash. Suddenly, its 24 years later and the race is a solid fixture on the spring schedule, with Marcia and Tom Adams directing the race. This year's race will be held on Sunday, April 15 at 9:00 a.m. at the Bethlehem Middle School in Delmar. There is no day of race registration for this race so sign up early if you plan on running.

The other club race in April is reserved for the over 40 set, which, by my calculations is approximately 70% of the club membership. The 32nd Bill Robinson Masters 10K Championship will be held on Saturday, April 28 at 10:00 a.m. at the Guilderland High School. This race is held on a tough hilly course and always attracts a competitive field. As with the Delmar Dash, the Masters is a Grand Prix race and it is also part of the USATF Grand Prix series.

Other April races of note are as follows:

10th Dodge the Deer 5k and Mile Fun Run on Saturday, April 21 at the Schodack Island

State Park, with the Chase the Chipmunk mile fun run at 9:30 a.m. and the Dodge the Deer 5k at 10 a.m. There is day of race registration available at this race.

Russell Sage College will hold the Bust a Move 5k Run/Walk on Saturday, April 21 at the college's Troy location, 65 1st Street. The run/walk is set to start at 10 a.m.

The 18th Annual Rabbit Ramble 4 mile run and 2 mile walk will be held on Saturday, April 7 at 10 a.m. at the Guilderland High school.

The 11th running of Sean's Run 5k will be held on Sunday, April 29 at 1 p.m. at the Chatham High School.

The grand daddy of all marathons is also held in April. Monday, April 16 is the date for the 116th Boston Marathon. The HMRRC is always well represented at this race and this year should be no exception.

The club business meeting for April will be held on Wednesday the 11th at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. Club members are always welcome and encouraged to attend these meetings. □

New HMRRC Members

Stephen Arthur
Cheryl Bartlett
Heidi Bieg
Cindy Calderone
Michelle Carter
Michael Clark
Ryan Conley
Julie DeFrusco
Timothy Fisher
Pam Fitzgerald
Kyle Jojo
Stephen Kerwin
Katie Kilrain
Tony Martini
Tony McManus
Cory Metler
Christopher O'Hara
Eric Pierson
Michelle Ray
Brian Richardson
Daniella Richardson
John Stadtlander
Christine Strebel
Martin Turnidge

Profile of a Runner

AMY FRANK

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

I am a preschool administrator/speech therapist for Whispering Pines Preschool in Amsterdam.

When and how did you get started running?

I've always been an athlete but I started running for pleasure in my early 20s. I took a 7-year hiatus from road racing and started back up again in the Spring of 2010.

Do you have a favorite race or races?

So far my favorite race is the Boilermaker 5K.

What are your most memorable races?

Probably the Freihofer's Run for Women and running the Boilermaker 5K and watching the 15K finishers (something everyone should do at least once!)

How do you train? Do you have training partners?

I don't currently have training partners but I am open to this. I know it would help keep me motivated to increase my distance and expand my knowledge about running.

What are your current goals?

1. Clean eating, 2. Work on my running form and mechanics, 3. Beat my Boilermaker 5K time, 4. Enroll in another Fitness Bootcamp.

Do you have any future running goals?

I'm training for the Disney Princess Half Marathon, which runs on 2/26/12 in Orlando, FL. I may sign up for the HMRRC Half and would love to do a Tough Mudder at some point.

Do you have a philosophy of running?

I'm still developing a philosophy. I just started reading a book about ChiRunning, so I'm sure that will have an influence on the development of my running philosophy.

Any funny stories?

None as of yet! □





Upcoming Events



Want to stay fit this spring and have fun too?

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

ARE's 10th Dodge the Deer 5k — Saturday, April 21, 2012 | Schodack Island State Park | 10am Start Time

Wow! It's year #10 of ARE's inaugural event, and everyone's invited! In an effort to maximize the value, we're keeping the pre-reg fee at \$15 and that includes your socks, B-Tag timing with split mats, plenty of entertainment, and another great cook-out with food for all! The course is fast and flat on a perfect surface that is easy on the legs without the technical component experienced on typical trails. Whether this will be your tenth time or just your first, head on over and meet Dodge the Deer, Bully the Bear, Chase the Chipmunk and the rest of the characters who make it all happen!

Find out more and register at www.AREEP.com/camp

- Exclusively for ADULTS of ALL abilities!
- Learn the basics of trail running.
- Yoga, form clinics, and special sessions.
- Gourmet meals.
- Pond open for kayaking and swimming.
- FREE entry into the Froggy Five Mile.
- FREE entry for the Run & Tube Trip.
- One of the best weekends you'll ever have!



Cost is from \$260 to \$365 for the entire weekend, based upon accommodations.

Held at Dippikill Wilderness Retreat in Warrensburg, NY.

ARE's Spring Trail Run Series—Every Monday at 6pm at Tawasentha Park (April 2 through June 4)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the fourth year of the series, which features a 3.5 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The free series features great camaraderie in a beautiful place!

ARE Group Runs—Typically 3+ every day of the entire year throughout the Capital District

The Albany Running Exchange held over **2,000** organized group runs in 2011. That's a lot of running! If you're looking for running partners, it's easy with the ARE! Simply login and click "Search for Running Partners" to find others who are at your same fitness level, or simply check out our event calendar for a group run near you.

Find out more about all these events by visiting www.RUNALBANY.com

Dodge the Deer 5k & Mile Fun Run

The TENTH Year!

Saturday, April 21, 2012 Schodack Island State Park

Part of the Albany Running Exchange Grand Prix Trail Series Chip Timing by ARE Event Productions!

WHAT YOU NEED TO KNOW

This is the TENTH year of Dodge the Deer, and we can't believe it! Debuting on April 13, 2003, this was the ARE's first race ever held, and it laid the infrastructure for all that came after it. From themed running events to costumed characters, this was the start of all the fun—and we want to celebrate these ten years with you!

The event takes you on a journey into the woods where you'll also meet Dodge's lady friend Chase and potentially the evil bear named Bully. Be sure to come hungry because we have an all-you-can-eat barbeque.

Whether you're a seasoned trail runner or making your debut off the pavement, join us for this safe, fast, and picturesque event!



AWARDS

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



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

SPECIAL CATEGORIES

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



AMENITIES

We're bringing back the socks! That's right, all pre-registrants get socks, so register ahead of time! Also, don't forget to bring the kids, because we'll have plenty of things for them to do, including two kids races (ribbons to all), drawing, and other activities! There is also a cook-out as well as the likes of Dodge, Chase, and Bully hanging out with the crowd.

☀ FIVE YEAR AGE GROUPS FROM 10 & UNDER UP TO 80+

☀ B-TAG CHIP TIMING BY ARE EVENT PRODUCTIONS

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

EVENT SCHEDULE

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



We highly encourage you to register online

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

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

Early Registration: Postmarked by April 14
 Checks made out to: AREEP
 Do not mail after April 14
 Your entry fee is non-refundable

TO REGISTER, GET DIRECTIONS, AND MORE

Visit www.AREEP.com
 or call 518 320 8648.



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

✂ - ✂ - ✂ - ✂

NAME _____		____/____/____ BIRTHDAY		AGE (ON 4/21/12) ____		<input type="checkbox"/> M <input type="checkbox"/> F	
ADDRESS _____				EMAIL _____			
CITY _____				STATE _____		ZIP _____	
PHONE () _____				RACE: <input type="checkbox"/> SPRINT <input type="checkbox"/> MILE <input type="checkbox"/> 5K			
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)				MR. AND MRS. DODGE PARTNER (IF APPLICABLE) _____			
<small>In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.</small>							
SIGNATURE _____				DATE _____		PARENT'S SIGNATURE _____ (IF UNDER 18)	

Men are welcome to volunteer!

 **34th run for women**

8 – The Pace Setter

"BEEN THERE, DONE THAT"

by Mike Becker

April 1972...Forty Years Ago

- The club is so small that the newsletter prints the entire list of 71 members, with addresses.

- A six-mile race scheduled for SUNYA on the ninth was cancelled due to high winds. A three-miler was held, during which "heavy" club president Tom Osler was blown into the track infield twice!

- Four of the eleven participants in a three-mile race at SUNYA on the 23rd had the last name of Shrader.

April 1977...Thirty Five Years Ago

- Despite club membership being more than 300 strong, there is a note in the newsletter begging for help as president, secretary, typist, race officials, etc.

- A total of 42 runners turned out for races of one, three, and six miles on the 24th at SUNYA. Among the fast finishers in the six-miler were Bill Robinson (second) and Bill Shrader, Sr. (third).

April 1982...Thirty Years Ago

- Tom Kieran was profiled. He started running because it looked like fun and he heard that, if he ran, he could still drink beer and keep off the forty pounds he lost by starving himself. He trained 60-70 miles/week and considered among his best performances a 54:12 Stockade-athon and a 2:55 marathon.

- The third event in the club Grand Prix series was held at the Saratoga Battlefield on the tenth and directed by Ann Svanson. Pat Glover and Ellen Weglarz-Mindel negotiated the scenic and hilly 15K course to win with times of 50:22 and 58:29, respectively. The park Tour Road was closed to vehicles for the 200-person field.

- The Blue Cross/Blue Shield Classic IV races were held on the 25th, with races of 3.5 miles and 15K. An impressive 965 runners completed the two races. The short race went through the streets of Slingerlands, while the 15K was a scenic and hilly traverse of the Krumkill Road area. Winners of the 15K were Chip Boehm (47:41) and Ellen Weglarz Mindel (59:09), and the 3.5-miler was won by Gary Dilmore (18:11) and Diane Myers (20:21).

April 1987...Twenty Five Years Ago

- The first Chopperthon Half was held on the fifth and directed by Ray Newkirk, Diane Barone, and Ken Taft. There was a steady, cold rain throughout the race. Kenyan-born Steve Kogo won with a 66:58, more than three minutes ahead of Bob Fancher and Dale Keenan. On the women's side, Nancy Mieszcak ran a 80:11 to beat Denise Herman and Mary Leivers. This was the same day as the tragic Thruway bridge collapse, killing ten people. Two busloads of Chopperthon runners from western NY crossed the bridge 2 ½ hours before the collapse.



- Among locals with good times in the Boston Marathon were Ron Bagnoli (3:07), Ed Bown (3:15), Mike Brinkman (2:43), Tom Bulger (2:32), Larry Decker (3:06), Marty Kittell (2:52), Ken Klapp (2:58), John Noonan (2:54), Paul Rosenberg (3:00), and Jim Tierney (3:13).

April 1992...Twenty Years Ago

- Rich Coughlin won his second Delmar Dash five-miler on the 21st with a 25:43. Carolyn Eich was the top female with a 30:12. Vinny O'Brien and Amy Herold-Russom were runners up. Just 308 runners competed, compared to 719 in 2011. The weather was cool and drizzly.

- Dale Keenan ran a 2:29 Boston Marathon for top local male honors. The fastest reported local female was Laurie Scher with a 3:13. A total of 58 local runners broke four hours.

- An article in *The Pace Setter* by Tom Bulger profiles the Troy Running Club. Founded in 1988, the original members were Dave Barsalow, John Noonan, Kevin Barrett, and Jake Kearney. They were later joined by Vinny O'Brien, Vinny Reda, Ron Bagnoli, and Mike Brinkman, among others. The founders decided to race together as a team rather than against each other on their Sunday long runs. President Kearney hoped to grow the club to 100 members.

April 1997...Fifteen Years Ago

- Tom Dalton ran a 24:57 to beat Lance Denning by 16 seconds in the ninth Annual Delmar Dash five-miler. The win was Dalton's sixth of an eventual seven in the event. Amy Herold ran a female course record of 28:42 to win by more than two minutes. The record still stands. There were 450 finishers.

- Chris Burns and Katherine Ambrosio were winners of the Tom Robinson Memorial Masters 10K in Guilderland. Just 60 runners completed the race.

- The Safe Sun Run 5K was held in Latham on the 26th. Winners were Vinny O'Brien (15:59) and Judy Guzzo (18:59).

- Dale Keenan ran a 2:37:59 in the Boston Marathon for top local honors.

April 2002...Ten Years Ago

- Derrick Staley and Beth Gottung-Stalker won the Tom Robinson Memorial Masters 10K in Guilderland. Age group winners included Nancy Taormina, Martha DeGrazia, Eiko Bogue, and Ed Bown.

- The Kingston Classic 10K was held on the 21st. The top local finisher was Nick Conway with a 32:22, good for fifth overall. Emily Bryans was the top local female with a 37:14, good for third female and 37th overall. The Willow Street Athletic Club men's and women's teams swept the team competition. There were 580 finishers.

- Local finishers of the Boston Marathon included Chris Hartshorn (2:38), Brian DeBaccio (3:12), Martha DeGrazia (3:13), Megan Leitzinger (3:16), Kari Gathen (3:40), and Nancy Briskie (3:44).

April 2007...Five Years Ago

- Jamie Rodriguez and Eileen Combs were winners of the Delmar Dash five-miler on April Fool's Day. Chuck Terry and Dana Peterson were runners up. Jim Maney and Anny Stockman were age-graded winners. The field consisted of 541 finishers.

- Emily Bryans was the top female and 11th overall in the Oleksak Lumber Half Marathon in Westfield, MA with a time of 1:23:39.

- Pat Cullen and Melissa Bredice were winners of the Fifth Annual Dodge the Deer 5K trail race at Schodack Island State Park with times of 17:39 and 21:58, respectively.

- John Noonan runs a 36:49 to win the Bill Robinson Master's 10K in Guilderland, with Derrick Staley and Jim Maney finishing two-three. Anne Benson runs a 41:21 for top female honors, beating Mary Buck and Nancy Nicholson. Age group winners included Rob Picotte, Dale Keenan, Judy Phelps, and Pat Glover. □

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**



Submit registration form and NON-REFUNDABLE payment to: HMRRC, c/o MARCIA ADAMS, 1009 TOLLGATE LANE, SCHENECTADY, NY 12303. Make check payable to HMRRC.

NAME

--	--

First Name Last Name

ADDRESS:

--

CITY:

STATE:

ZIP:

PHONE:

SEX: F

 M

HMRRC MEMBER \$18

ALL OTHERS \$22

DATE OF BIRTH:

 /

 /

AGE (race day):

T-SHIRT SIZE (adult unisex)

Small

 Medium

 Large

 XL

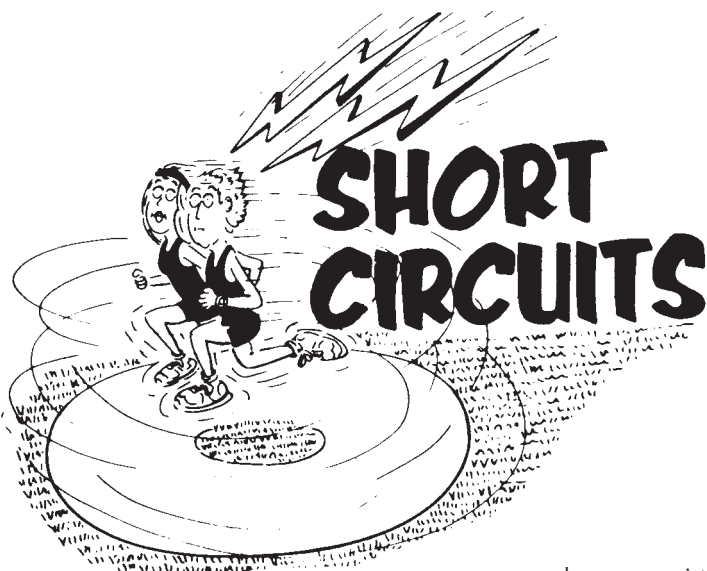
FATHER CHILD TEAM TEAM MEMBERS

--	--	--	--

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

Please read and sign: Payment is **NON-REFUNDABLE**.. I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all of the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club, the Town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the personnel 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.

Signed: _____ Parent/Guardian (if under 18)



Ever notice that you get fewer colds when you run? Many studies have shown that moderate exercise performed on a regular basis strengthens the immune system and confers resistance against the common cold and other upper respiratory tract infections. However, strenuous bouts of prolonged exercise and intense training over a period of time have the opposite effect: they depress your immune system and increase the chance of infections. This is also true in the few days after running a marathon. Carbohydrates strengthen the immune system, so if you're training hard, that's one more reason to consume carbs. -- Jason Karp, Ph.D., Exercise Physiologist



Scott Downard won the Cowtown Marathon in February with a time of 2:37. However, the victory lasted but a few minutes. Scott was quickly disqualified for not registering for the race. He wore a friend's bib number who had registered but could not run.



Downard – The agony of victory

Scott Downard was stripped of his title in this last weekend's Cowtown Marathon because of paperwork, or, more specifically, a lack of paperwork.

The 25-year-old won the Cowtown Marathon in Fort Worth, Texas, on Sunday but was disqualified when he crossed the finish line be-

cause he never registered for the race.

The Oklahoman freely admitted the issue to race officials when confronted with it after crossing the finish line.

Kolin Styles, 25, was named the winner. He finished the race in 2 hours, 40 minutes, 54 seconds, more than three minutes behind Downard.

"I'll take it," he told the *Fort Worth Star-Telegram*.

A race official told the newspaper that Downard was understanding about the disqualification and said he'd come back to compete next year.

Remarkably, a similar situation occurred in the 2003 race.

Over 9,000 men and women participated in numerous races at the annual event. Almost of all them signed up on time.



TOP TEN US MARATHONERS, ALL TIME, MALE (*Chicago Tribune*)

- | | |
|-------------------|------------------------------|
| 1. Frank Shorter | 6. Johnny "The Elder" Kelley |
| 2. Bill Rodgers | 7. Khalid Khannouchi |
| 3. Meb Keflezighi | 8. Alberto Salazar |
| 4. Buddy Edelen | 9. Johnny Hayes |
| 5. Clarence DeMar | 10. Ryan Hall |



Buddy Edelen, No. 4

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

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



The NYC Marathon has raised the entry fee for 2012 to \$255. That compares with Chicago at \$150, Marine Corps (Washington, DC) \$92 and the Mohawk Hudson River Marathon at \$75.



When Melissa Gillette entered the Maple Leaf Indoor Marathon in her hometown of Goshen, Indiana, she intended to use it as a long training run. By the time she finished, in 3:08:53, she'd beat the previous world record for an indoor track marathon by more than seven minutes. And she hadn't even planned on running the race till the day before. The Maple Leaf Indoor Marathon involves 204 laps around a small indoor track, so the field size is severely limited.



204 indoor laps



"It's amazing that more people have climbed Mount Everest than have broken the 4-minute mile." Sir Roger Bannister



In an effort to bring attention to the need for clean water - and in particular, clean rivers - Todd Jennings will be running the entire 315-mile length of the Hudson River in May. The run will begin at Lake Tear of the Clouds, on the face of Mt. Marcy and will finish at The Battery in New York City. The run will take 8 days, averaging approximately 40 miles per day, and is a fundraiser for the Hudson River Sloop Clearwater. www.crowdrise.com/HudsonRiverRun2012 □



Todd Jennings – running for the river

SAINTS RACE FOR RED CROSS



SUNDAY, APRIL 15, 2012 AT 10:30AM

THE CROSSING OF COLONIE
LOUDONVILLE, NY



This event is a *timed* **5K Run/Walk.**
REGISTRATION OPENS AT 9:30AM.

Race proceeds will benefit the local services and programs of the American Red Cross Albany Chapter and the American Red Cross Club of Siena.

Awards for 5k Race:

Merchandise & Gift Certificates will be given to the top three overall male and female winners, as well as the first male and female winners for each age group: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, and 60 and up.

Runners Registration Form:

To register, fill out this form and mail it to:
Red Cross 5K c/o AREEP
P.O. Box 38195
Albany, NY 12203

****Please make checks payable to:**
American Red Cross Club of Siena College
Memo: Saint's Race for Red Cross

Registration and more information available online at:
http://www.areep.com/online_reg/registration.php?eventID=153

****Credit Cards ACCEPTED online****

Questions? Contact us at: sienaclub@redcrossneny.org

Support for Local Disaster Relief

Each year, your local Red Cross help approximately 1,000 people after local disasters occur such as home fires, hurricanes, floods, tornadoes, and other natural and man-made disasters. We give victims a place to stay, food to eat, clothes to wear, crisis counseling, a shoulder to cry on, and much more. Disasters can happen to anyone, and the Red Cross is always there to help.

What the American Red Cross Club of Siena College is doing to help

All Red Cross services are free of charge, which is why donations and fundraisers are necessary to fund our services. Siena College holds the "Saints Race for the Red Cross" in order to raise money that can help provide the relief that people need when disasters occur. All proceeds and donations from the race will benefit the American Red Cross Club of Siena and the American Red Cross local disaster relief.

The American Red Cross Club of Siena has three main goals:

- ❖ Blood Services
- ❖ Senior Services
- ❖ Disaster Relief

"Together we can save a life."



Sunday April 22nd 10:15

Sponsored by: Congregation Gates of Heaven Brotherhood & Schenectady JCC

Location: Corner of Eastern Pkwy. & Ashmore Ave., Schenectady, NY

Course: Start at Congregation Gates of Heaven
Run through Old Niskayuna
Return to Congregation Gates of Heaven

Awards:

Overall Top Male & Female

1st Place Male & Female

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over

Registration Information

5K ...\$22

Day of Race ...\$25

Wellness Walk ...\$15

Day of Race ...\$20

Register on-line at: conta.cc/ALS5k
or at: cgoh.org

Register by mail:

- Complete form below and mail payment by 4/17/12 to:
Cherry Blossom Race for ALS
1520 Wyoming Ave. Niskayuna, NY 12309
- Make checks payable to:
Cherry Blossom Race for ALS

Day of Event Registration Times

5K & Wellness Walk... 8:30 - 10:00

New! Packet Pick-up Sat. 4/21/12 12-4

Sun. 4/22/12 8:30-10

For more information

Contact Tim Fecura at timfecura@gmail.com

SPONSORED BY:



Proceeds to Benefit St. Peter's ALS Center

Detach here - Submit one form for each entry

REGISTRATION FORM

(please check)

☐ 5K

PLEASE PRINT CLEARLY

☐ Wellness Walk

Name _____ **Phone#** _____
Last First

Address _____ **E-Mail address** _____

City _____ **State** _____ **Zip** _____

Age(on Race Day) _____ **Male** ☐ **Female** ☐ **5K & Wellness Walk only**
Shirt Size (S), (M), (L), (XL), (XXL)

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators, and assignees, hereby release myself and discharge: Congregation Gates of Heaven, Congregation Gates of Heaven Brotherhood, the State of New York, the County of Schenectady, the Town of Niskayuna, as well as all other sponsors or beneficiaries and their representatives, that I am physically fit and my that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer first aid assistance only. I hereby grant permission to Congregation Gates of Heaven, Congregation Gates of Heaven Brotherhood, and other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness, as well as race results including my name and competition time, for any purposes whatsoever, including, but not limited to, pre-race and post-race publicity. I hereby certify that I have read all the terms and conditions of this release and intend to be legally bound thereby.

Signature _____ **Date** _____

Signature of Guardian if Under 18 Years

Make Checks Payable to: **Cherry Blossom Race for ALS**

Official Use Only **Date Received**

Tamica's 9 children

Amount Paid

32nd ANNUAL HMRRC

BILL ROBINSON Masters 10K Championship

For Runners 40 Years Old or Older

HMRRC Grand Prix Race

USATF Adirondack Masters Championship

USATF Adirondack Grand Prix Series Race

10 KILOMETERS Certified (NY98008AM)

SATURDAY, APRIL 28, 2012 - 9 A.M.

3 awards for each 5-year age group

TEAMS: Top three USATF Adirondack Registered Female and Male teams in ten year age groups.

For entry forms, contact the USATF Adirondack office.

To join USATF Adirondack go to usatfadir.org or contact the office at 518-273-5552

(USATF ADK membership # is required for USATF ADK Grand Prix and Championship scoring)

Commemorative Bill Robinson Mugs to First 100 Registered Runners

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

REPORT TO:

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

ENTRY FEE: \$13.00 (HMRRC/USATF members) or **\$14.00** (non members)

Day of Race: **\$15.00**

Refreshments following the race.

MAIL ENTRY TO:

HMRRC, P.O. Box 12304, Albany, NY 12212

(Make checks payable to HMRRC)

MASTERS
ONLY!

MASTERS
ONLY!

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

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____

Telephone _____ Age (as of 4/28/12) _____ (must be 40 yrs. old or older)

Male or Female: ☐ Male ☐ Female USATF # _____

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

Signature _____ Date _____

Profile of a Runner

SUE ELLEN COLGAN-BORROR



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

I am a violinist with the New York City Ballet Orchestra and a high school strings teacher. I'm 58, married with 4 grown children. I have recently joined the Marathon Maniac Club and am on a quest to join the 50 State Marathon Club. By March, I will have 10 states and will be able to join!!! I enjoy swimming, cycling and strength training...and watercolor painting! When I not doing any of that, I practice the violin!

When and how did you start running?

I started when I was 22, to keep weight off. My first shoe was the ONLY women's shoe available...the Nike Lady Waffle Trainer.

Do you have a favorite race or races?

Though I don't live in this area, I have run many races in the Albany area. Family, friends and the Ballet's July residency at SPAC have brought me to the Capital Region for many years. My favorite local races are Teagan's Run, Delmar Dash, HMRRRC Half and Full Marine Corps Marathon. I have a special place in my heart for the Pine Bush Sprint Triathlon.

What are your most memorable races?

I would have to say it was running the HMRRRC Marathon in 2009. It was my first after a 30 year hiatus from marathon running, and I met my first Maniac, who inspired me to con-

tinue my marathoning and pulled me across the finish line with a smile! I'd have to say the Hartford Marathon, 2011, was another memorable race for me because it was my first PR in a marathon. I have since broken that time, but what a thrill the first time was for me!

How do you train? Do you have training partners?

I worked with a coach for several years. Now I'm solo. My favorite running partner is my oldest daughter. She is running her first marathon this month in Arizona, and I'm running right along with her. I most often run alone, however. My training regimen is: speed work on the track once a week, and alternating long and shorter runs the rest of the week with one day off. Tempo runs are important too and I insert them when I can. I also try to get to the gym at least twice a week for strength training, and sometimes a spin class or a swim.

What are your current goals?

I want to break a 4:30 marathon and I want to join the 50 States Marathon Club and keep travelling around the country, running marathons, meeting other runners. What a healthy way to see the country, and as I approach retirement, I'll have even more time to travel.

Do you have any future running goals?

Besides running the 50 states, I would LOVE to run a marathon on every continent, as well. I'm planning on a marathon in Spain or Italy this summer; that'll take care of Europe!! Antarctica is booked until 2015 so I may have to wait a while for that one!

Do you have a philosophy of running?

Run because you love it and because it makes you a better person!

Any funny stories?

I thought the Las Vegas Rock 'n Roll Marathon was amusing ... From all the Elvises running to the marriages at mile three. There was never a dull moment. ☐

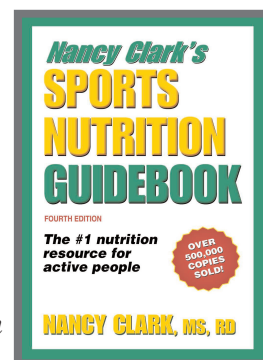


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Running for the Pun of It

I started running a little over twenty years ago when I was 60 years old. Up until then I thought running was a waste of energy since you moved around a lot but didn't seem to get anywhere. But that was before I started running and racing, and realized that in addition to the excellent form of exercise, you meet many fantastic people.

Up until then my sports activities included four wall racquetball, tennis, pick-up games of basketball, some swimming and some weight lifting. When my good friend Bill Kogan left the Albany area, I never found another tennis and racquetball player with whom I felt comfortable. Then at work, a friend, Earl Costello, convinced me to try running, and he pointed out that it was most convenient because we could do it on our lunch hour. I told Earl I would try it, but there were three rules that I would never break:

1. Do not run two consecutive days in a row,
2. Do not run in the road, and,
3. Do not run in any races.

Well you can probably guess what happened; yes, the rest of my story is that in less than six months I had broken all three of my rules. And I've been running ever since and I have become addicted to it, as most of you have as well. But I believe it is a healthy form of addiction that makes us all feel good.

To break up my article, let me interject a little pun for the fun of it:

THE FATTEST KNIGHT IN KING ARTHUR'S ROUND TABLE WAS SIR CUMFERENCE; HE ACQUIRED HIS SIZE FROM TOO MUCH PI.

As many of you know, since my retirement, I have been very fortunate to be able to spend my winters in Florida. Incidentally, on February 2, Punxsutawney Phil came out of his hole in south Florida and predicted twelve more weeks of summer for Florida. Friends, I ran many races during the winter months up north and I do not miss them at all. As you can imagine, it is so nice to run in a t-shirt and shorts all winter long.

I started running at age sixty, and I have run many, many races at different distances, including a marathon when I was 68 years young. Now I am 81 and running mostly 5Ks with an occasional 10K. Of course, my running times keep getting slower each year, but I feel very fortunate to still be able to run and to participate in the local races almost every weekend.

But what amazes me is the number of older runners who run in incredibly competitive times. For example, this morning I ran a 5K race in John Prince Park which is in Lake Worth, FL. The awards for the upper age group were for seventy and over. Geoff Etherington placed first with a time of just a little over 24 minutes. And how old would you guess Geoff is? Geoff is 83 and he placed first ahead of all 70+ runners that were younger than he is, including yours truly. I finished fourth in the over 70 age group. *Running Times* magazine lists Geoff as the number



Ken Orner

one masters runner in the country.

Last Saturday I ran in the Susan G. Komen Race for the Cure in West Palm Beach, FL. This is one of the largest 5K races in south Florida. The women started their run at 7:00 a.m. and there were approximately 1,500 women in the competition. The men started at 7:45 a.m., and there were about 1,000 of us. Then, after the 5K races, there was a 5K walk for cancer survivors, members of their families and friends, and there were about 15,000 walkers. Yes, that's correct, 15,000 walkers.

Getting back to the men's 5K race, there were awards for an 80+ age group and my friend Bill Tribou placed third in the over age eighty category, but Bill is 91 (can you believe it?), and still running competitively. I'm ten years younger than Bill and I placed second in the 80+ age group.

Let's not forget the ladies. In last year's Freihofer's 5K race in Albany, Victoria Michalek ran a 55:55 and Victoria was 91 at the time.

TWO HATS WERE HANGING ON A RACK
IN THE HALLWAY. ONE HAT SAID

TO THE OTHER:

"YOU STAY HERE; I'LL GO ON A HEAD."

I mentioned Geoff Etherington above and his amazing running feats (or is it running feet?). Well, he ran a 20K last year (that's about twelve miles) in one hour and 48 minutes. That's about a nine minute per mile pace and he was 82 years young at the time.

The bottom line to all these facts is: TRY TO KEEP RUNNING NO MATTER WHAT YOUR AGE AND NO MATTER WHAT YOUR RUNNING TIMES ARE.

And finally, IF YOU TAKE A LAPTOP COMPUTER FOR A RUN, YOU COULD JOG YOUR MEMORY. ☐



**Delmar Dash
April 15**

Contact Tom or Marcia Adams

**Masters Race
April 28**

Contact Jim Tierney

**Mother's Day
May 13**

**NEW LOCATION
Central Park in
Schenectady**

Contact Diane Fisher or
Marcia Adams

**CDPHP Workforce Team
Challenge – May 17**

Contact Cathy Sliwinsky

**WANT MORE
INVOLVEMENT?**

**Come to a Club meeting
and see why you want
to be involved!**

**IF INTERESTED, CONTACT
MARCIA ADAMS,
VOLUNTEER COORDINATOR
at 356-2551 or
madams01@nycap.rr.com**

*It's not just about
running....*

Profile of a Runner

COLLEEN O'REILLY

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

I am 32 years old and grew up playing soccer, riding my bike and doing random kids things with my siblings and friends. I work from home and love being outdoors: running, cycling, snowshoeing, golfing, pretty much anything to be outside. Weather permitting, I like to read outdoors too.

When and how did you get started running?

I always enjoyed running, especially chasing my brother around the block while we were supposed to be waiting for the school bus. It was exciting, but as I got older long distances left me breathless. My doctor diagnosed me with exercise-induced asthma in high school. I thought it was bunk and ignored his advice. A decade later, when I traded up my college kid lifestyle for a healthy sustainable one, I tried running again. I couldn't go far so it was frustrating. To quiet a nagging suspicion the doctor wasn't wrong, I started using an inhaler before every run. Amazingly it worked. Now I'm hooked. My longest distance is 10 miles and counting.

Do you have a favorite race or races?

My favorite races are ones where people dress up. My sister-in-law Lauren and I run Thanksgiving Day Turkey Trots in Rochester as Chef vs Chef. It's like Spy vs Spy – she wears a black chef hat and apron, I wear white. We're not the fastest but we get a lot of cheers from spectators. Last Thanksgiving we were even recognized from the trot we did the year before!

What are your most memorable races?

The first race I ever ran, 3 or 4 years ago, was the Valley Cats Home Run 5k in Troy. I was so nervous about eating too much beforehand I only ate raisins. The hills, the heat, the raisins made for a very difficult race. I wanted to quit but pushed through to the finish. I learned a lot about being properly prepared that day. In October I ran the YMCA Monster Madness Dash 5k Run, also in Troy. This time it was hills, freezing cold and a good breakfast. I finished in less than 35 minutes, my fastest 5k to date.

How do you train? Do you have training partners?

I combine the 10-day cycle training plans from Bart Yasso's *My Life on the Run* with training suggestions from Scott Douglas' *The Little Red Book of Running*. For the most part it's a solo mission but for cross training I go cycling or take classes with friends and family. I also keep track of my activities on DailyMile so I don't feel quite so alone in my adventures.

What are your current goals?



My current goals are to reduce my 5k pace from 11 to 10 minutes and to increase my cross-training activities.

Do you have any future running goals?

In the future I will be training for a couple of half marathons and maybe a triathlon after I conquer the swimming.

Do you have a philosophy of running?

Have fun. Be adventurous. Stay safe.

Any funny stories?

A few years ago when I got into running I saw an advertisement for the Hangover Half Marathon in the *Adirondack Sports and Fitness* magazine and wanted it. Starting in August, I trained for it. On January first, I was nervous but ready. I ran faster than I planned but felt good. Approaching the finish line, the clock was at 1 hour 58 minutes. I sped up to cross before it hit 59. It was unbelievable. I checked my Garmin and sure enough, the time was right but the mileage was off. I missed a loop and 3 miles of the course. I didn't submit my time but had to fess up to all my family and friends. My little brother, well aware of my terrible sense of direction, has started calling me Magellan. ☐

Winter Series Participants 2011-12

Congratulations and Thank You to this year's award winners

Tom Adams
Marcia Adams
Mary Bailey
Jack Berkery
Doug Bowden
Michael Bromm
Dan Cantwell
James Costello
Donna Charlebois
Dave Cole
John Christopher
Peter Cure
Donna Choinere
Martha DeGrazia
Art Dott
Karen Dott
Daniel Doak
Sally Drake
Bob Dial
James Ebersold
Jennifer Elliot
Ralph Feinstein
Alicia Flint
Ray Gamino
Jonathan Golden
Mellissa Gordon
Martha Gohlke
Lois Green
Dave Harris
Lee Hilt
Lee Holt
Kelly Ireland
Tim Keegan
Brenda King
Ken Klemp
Ray Lee
JoAnn Lyons
Heather Machabee
Susan Motler
Rick Morgan
Rob Moore
Jill Meehan
Josh Merlis
Ed Neiles
Jennifer Newman
David Newman
Gretchen Oliver
Dana Peterson
Diane Peverly
Ginny Pezzula
Martin Patrick
Jon Rocco
Ronnie Senez
John Splendido
Lori Stevens
Mark Nunez
Ken Tarullo
Jim Tierney
Jim Thomas
Kathy VanValen
Tina Marie Vogel
Robert Wither ☐



**14th Annual Kinderhook Bank
OK 5k
Saturday — June 9, 2012 — 9:00 AM
2012 USATF Adirondack Grand Prix Road Race**

Certified 5K Chip Timed	Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.						
Registration	Web www.OK5krace.org or form below. email: ok5krace@hotmail.com						
Entry Fee (5K Race)	<table><tr><td>\$15.00 before June 1st.</td><td>\$20 June 1st and after</td></tr><tr><td>\$13.00 KRC Members before June 1st.</td><td>\$20 June 1st and after</td></tr><tr><td>\$12.00 Students on or before June 1st.</td><td>\$20 June 1st and after</td></tr></table>	\$15.00 before June 1st.	\$20 June 1st and after	\$13.00 KRC Members before June 1st.	\$20 June 1st and after	\$12.00 Students on or before June 1st.	\$20 June 1st and after
\$15.00 before June 1st.	\$20 June 1st and after						
\$13.00 KRC Members before June 1st.	\$20 June 1st and after						
\$12.00 Students on or before June 1st.	\$20 June 1st and after						
Packet Pickup	Friday, June 8, 5:00-7:00 PM, Kinderhook Bank Lawn –Village Square Saturday, June 9 – Village Square -7– 8:30 AM. No Race Day registration after 8:30						
Awards	Age Groups and 3 Member Teams - 70-74, 75-79 and 80 and greater age groups No Race Day Registrations for Teams.						
USATF	Grand Prix for a USATF ADK membership –visit www.usatfadir.org or call 518-273-5552						

OK 1 Mile Run Ages: 4 to 12	Sponsored by: FairPoint Communications Time - 8:15 AM – Finishers' Medals for all. Starts in Village Square. Fee: \$2.00 - Medal to winner in each 1 year age group
Ages: Under 6	8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.

Food Pantry	Please bring a non-perishable food item to help replenish the local Food Pantry.
--------------------	--

RACE APPLICATION FORM

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

PLEASE PRINT CLEARLY AND MAIL TO: OK 5k, PO Box 100, Kinderhook, NY 12106 (checks payable to: OK 5k)

OR REGISTER ONLINE AT: <http://www.ok5krace.org>

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

Name _____ Date of Birth (mm/dd/yy) ____ / ____ / ____

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ KRC Member Circle: Yes / No USATF # (required for USATF ADK Scoring) _____

Email address _____

FOR TEAM MEMBERS ONLY:

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

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

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

Dieting – Not Allowed!

It's almost bathing suit season. Are you starting to panic because you'll soon be shedding layers of winter clothing and exposing your body? Eeek!!!

When you have more flab than you want, fretting about excess body fat easily leads to plans to go on a diet, of which there are plenty of choices: Atkins, Paleo, Jenny Craig, the Cabbage Soup Diet, the Banana Diet. Unfortunately, none of these diets work in the long run. After all, if diets did work, then everyone who has ever been on a diet would be lean. Not the case. We are in the midst of an obesity epidemic.

Not only do fad diets not work, diets commonly backfire and contribute to weight gain in the long run. A study with teens who were followed from middle school into high school indicates the students who were dieting at the time of the initial survey were worse off five years later. They were fatter, struggled with disordered eating or had an outright eating disorder, and achieved no benefits from their attempts to lose undesired body fat. Futile efforts.

Why eating is preferable to dieting

Overweight teens commonly become adults who continue to struggle with food for the rest of their lives. That's why, starting at an early age, we need to discourage dieting and instead focus on eating healthfully and appropriately. If you don't go on a diet, you won't "blow your diet," gorge on cookies, and gain weight. Eating normally—enjoying appropriate amounts of wholesome foods when your body needs fuel during the day—leads to an appropriate weight.

Normal eating includes enjoying a good balance of wholesome foods, but not limiting yourself to only "healthy foods." That is, you don't have to have a perfect diet to have a good diet. A healthy food plan can include 85% to 90% "quality calories" and 10% to 15% "whatever." Some days "whatever" is an apple; other days "whatever" is a cookie.

Striving to eat a perfect diet commonly results in deprivation of foods you truly like to eat. You will inevitably end up bingeing on those foods, sooner or later. Think about it this way: If you put a little boy in a roomful of toys and tell him he can play with all the toys except for the green truck, what is the first toy he'll reach for? Yup, the green truck. Hence, if you like chocolate cake, but tell yourself you shouldn't eat it, what will you relentlessly hanker for? Yup. Chocolate cake.

How to take power away from food

The way to take power away from a "binge food" is to eat it more often, not stay away from it. For example, if you like chocolate cake, you should eat it every day until you get sick of it. Don't believe me? Do this experiment: For one

week, eat your binge food every day instead of your normal breakfast, lunch, snack, and/or dinner. (You will not die of malnutrition in a week.) Observe what happens. The chances are that after three days of chocolate cake, you'll hanker for shredded wheat again. And even if you want to continue to eat cake, a recent study indicates you can still lose weight on the Chocolate Cake Diet. In this study, the subjects who enjoyed chocolate cake for breakfast had better dietary compliance and ended up losing more weight than the people who were instructed to eat "diet foods."

Ideally, you want to learn to enjoy a daily food plan that includes a variety of mostly wholesome foods that are satiating, health promoting, and tasty. You want to eat heartily at breakfast and lunch, to prevent energy lags and cravings for sweets. You want to plan an enjoyable afternoon "second lunch" that helps energize the end of your workday and curbs your appetite for dinner. Then, at night, you want to eat a little bit less—and lose undesired body fat when you are sleeping. The goal: To wake up ready for breakfast, and perpetuate the cycle of fueling by day, dieting by night.

While these suggestions to eat "normally" are seemingly simple, many dieters find the advice is hard to implement. They are afraid that once they start eating, they won't stop. This over-compensation is "diet backlash," strengthened by years of "last chance to eat cake so I'd better eat it all now before the diet starts again tomorrow." There is a more peaceful way to manage weight.

What is "normal eating"?

The following information offers tips for how to eat appropriately. Please trust that appropriate eating will lead you to an appropriate weight. Eating specialist Ellyn Satter RD, (www.EllynSatter.com), author of *Secrets of Feeding a*

Healthy Family, offers the following definition of normal eating.

- Normal eating is going to the table hungry and eating until you are satisfied. It is being able to choose food you like and eat it and truly get enough of it—not just stop eating because you think you should.
- Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.
- Normal eating is giving yourself permission to eat sometimes because you are happy, sad, or bored—or just because it feels good. Normal eating is three meals a day, or four or five—or it can be choosing to munch along the way.
- Normal eating is leaving some cookies on the plate now because you know you can have some again tomorrow—or it is eating more now because they taste so wonderful.
- Normal eating is overeating at times; feeling stuffed and uncomfortable—or it can be under-eating at times and wishing you had more. Normal eating is trusting your body to make up for your mistakes in eating.
- Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.
- In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings.

Is it time to start learning how to eat normally?

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, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com. □



TAWASENTHA MUD MANIA 2

Saturday, June 16, 2012 Tawasentha Park, Rte 146, Guilderland, NY

Awesome Kids & Adult Obstacle Course & Fun Run!

Kids' Race 11:30 am

Adult Races 12:00 – 1:30 pm



Get Muddy With Us! Register online at www.guilderlandrec.com!

Challenging & Hilly Course/Wacky Kids' Course/Monster Mud Pit/Awesome Slip 'n Slide/Costumes Encouraged
Fire Dept Will Hose You Down/Sponsored by Guilderland Parks & Recreation



REGISTRATION NOW OPEN ~ SIGN UP EARLY (by MAY 15th) ~ Procrastinators Pay More!

Go to www.guilderlandrec.com to sign up online. Registration closes at midnight 6/12. **No race day registration!**

Questions: Call Dennis Moore, Director of Parks & Recreation at (518) 456-3150 or email moored@townofguilderland.org



A HUGE Thank You to Our Sponsors!



Race	Time	Early Bird Reg by 5/15	Procrastinator Reg by 5/15-6/12	Details	T-Shirt Size Adult S,M,L,XL,XXL N/A
Kids Fun Run/1k*	11:30 am	\$5.00 <input type="checkbox"/>	\$7.00 <input type="checkbox"/>	Does not include food or t-shirt	
Elite Mud Mania Challenge/5k* Prizes/Top 3 M/F finishers	12:00 Noon	\$25/no shirt <input type="checkbox"/> \$30 w/shirt <input type="checkbox"/>	\$35/no shirt <input type="checkbox"/>	Includes burger or dog & drink	
Adult Fun Run/5k*	12:30 pm	\$25/no shirt <input type="checkbox"/> \$30 w/shirt <input type="checkbox"/>	\$35/no shirt <input type="checkbox"/>	Includes burger or dog & drink	
Adult Fun Run/5k*	1:00 pm	\$25/no shirt <input type="checkbox"/> \$30 w/shirt <input type="checkbox"/>	\$35/no shirt <input type="checkbox"/>	Includes burger or dog & drink	
Adult Fun Run/5k*	1:30 pm	\$25/no shirt <input type="checkbox"/> \$30 w/shirt <input type="checkbox"/>	\$35/no shirt <input type="checkbox"/>	Includes burger or dog & drink	

*Approximate length of course

Bring a Food Pantry Item

Proceeds to be used for improvements at Tawasentha Park Children's Playground

Name: _____ Female: _____ Male: _____ DOB: ____/____/____

Phone: _____ Email: _____ Address: _____

City: _____ State: _____ Zip: _____ TEAM NAME: _____ (Optional)

Waiver of Liability and Statement of Fitness: In consideration of my entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Guilderland, Guilderland Parks & Recreation, ARE Event Productions, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission to the Town of Guilderland to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.

Signature _____ Date _____ Parent's Signature _____ (if under 18)

**Make Checks Payable to: Guilderland Rec Dept. or sign up online at www.guilderlandrec.com
Mail Registration to: Guilderland Parks & Recreation, 181 Route 146, Altamont, NY 12009**

Meeting Minutes of the HMRRC General Meeting February 8, 2012

Attendance: Jon Rocco, Maureen Cox, Mark Warner, Ed Gillen, Rob Moore, Barb Light, Wade & Anny Stockman, Tom & Marcia Adams, Tom Ryan, Jim Tierney, Diane Fisher, Jonathan Golden, Ray Lee, Doug Bowden, John Parisella, Cathy Sliwinski

Call to Order (J. Parisella): Meeting called to order at 7:30PM

Reading and approval of January 11, 2012 minutes (B. Light). Motion made by to approve minutes as submitted by Marcia Adams, seconded by Rob Moore, motion approved.

Reports of Officers

President (J. Parisella): No report.

Executive Vice President (J. Rocco): Shrader Scholarship emailed to Athletic Directors and Principals; Frank Myers sent email to Tri County Track. Post notice on Section 2 Harrier Website. Distinguish Service nominations due by March 1st or by next meeting in March. Nominees will be named at next meeting.

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

2.4 Secretary (B. Light): No Report

2.5 Treasurer (P. Zentko): No report. Ed Gillen requested that if the Treasurer can't attend the HMRRC meeting, a report needs to be submitted to the President to be read into the minutes. Minutes are published and for appearances sake, it doesn't look good to have 'no report.' John Parisella will talk to Pam about sending a report in.

Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2736 up 21 from last month. This is up 363 from this time last year, 104 new members in last month.

Volunteers (M. Adams): 6" timing clock was not keeping charge, so had to ship out to get repaired. Will have back for marathon. \$260 charge to replace battery. Currently working on initiatives-a bus to Boilermaker for runners. Leaving JC Penney at 5AM, returning from Utica at 1PM. Cost \$20. If you are a runner, packet will be picked up for you the day before. Cruise again working on date, Emerald Nuts run in NYC working on, survivor award for Emerald Nuts and Hangover Half or 3 mile. Conference on Youth Running in September. In Houston conference, met with Susan Love, organizer of Just Run program. After Hours has been cancelled for 2/25 for low attendance.

Public Relations (R. Moore): Press releases sent out to all papers for Winter Marathon. Sending out this week that Running Of The Green has been sold out. Expo at the Adirondack Sports 3/10 & 3/11 from 9-5 Sat, 10-5 Sun. Rob will be up there both days, but will need volunteers, will send out email blast. Expo will be held at the Saratoga City Center.

Race Committee (M. Warner): Winter Series final total 2182 runners, 555 more participants than before. Of the 13 races, 10 set records, those that didn't had second highest participation. Weather defi-

nately helped. Great race directors and volunteers. Winter Marathon & Relay coming up on February 19th. Still need volunteers. Running of the Green has been sold out. Houston Conference, Cathy will give presentation at a meeting in April.

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

Pace Setter (R. Nagengast / K. Zielinski): Jim Tierney meeting with Jeanne DeGuire and her daughter who will be new Pacesetter Ad Director. A Huge thank you to Jim for all of his help. He has been Ad Director for the last 16 years. Thank you Jim!

Conflicts Committee (C. Terry): No Report.

Safety Committee (V. Juliano): No Report.

Grants Committee (R. Newkirk): The grant committee has approved 4 grant applications as follows:

Joe Benny in support of ARE Winter Running Series (\$750)

Altamont Public Library (\$1,000) – setting up a runners' resource center

Sage Bust-a-Move 5K (\$1,000)

Tawasentha Mud Mania II (\$1,000).

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

Just Run Program (K. Skinner): No report.

Unfinished Business: Special Purpose Grants: Two separate resolutions. Wild Wood School -\$1000 grant. See attached application. Marcia moved to take motion off the table and made motion to have

a discussion, seconded by Rob Moore. Discussion followed. Ray Lee made motion to vote, seconded by Marcia Adams, all in favor, motion passed.

Marcia made motion to bring Guilderland School \$1000 Grant to table and made motion to have a discussion, Jon Rocco seconded. See attached application. Discussion followed. Marcia made motion to vote, Doug seconded, 1 in favor, 16 not in favor, 1 abstention. Motion to Grant Guilderland School for \$1000 did not pass. Marcia will advise Ray Newkirk and he will advise Guilderland school.

New Business: None

Announcements: Pre Registration for HMRRC Members 2/27, 2/28 & 2/29th through HMRRC website. Training group forming again this year. Trying to reach 70 people. Ed Thomas will be the trainer. Will have a waiting list this year for people who get shut out of the races. Will have an opt-out option. Allowing 950 in the half marathon, 1400 in the marathon. Freihofer Run For Women is June 2nd, Rob Moore may need someone to run shirt/sneaker drive for that race. Rob will let us know next month if he will be out of town. Mother's Day race is coming along very well.

Adjourn: Motion made by Marcia Adams to adjourn, seconded by Jon Rocco, meeting adjourned at 8:38PM. □





THIS YEAR, WE'RE TURNING IT UP TO ELEVEN.

With a solid decade behind us, we're just cranking it up.

Our 11th running continues to offer a charming course, many amenities, nice giveaways, event shirts to the first 1,300 entries, fun atmosphere, dedicated volunteers, generous sponsors and a special spirit all in support of an important cause. Bring along all your walking partners and running buddies and you will feel it!

Register today at www.seansrun.com.

**APRIL 29, 2012 / CHATHAM HIGH SCHOOL
5K-1:00PM / MEGHAN'S MILE-12:30PM**



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HONDA
SIMPLY BETTER.

ALBANY COUNTY BAR ASSOCIATION
**18TH ANNUAL LAW DAY 5K RUN/WALK
AGAINST DOMESTIC VIOLENCE**

THURSDAY, APRIL 26, 2012
Kids Run (1 mile; 1/4 mile) At 5:30 P.M.
5K Run/Walk At 6:15 P.M.

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

5K RACE AWARDS: Awards will be given to the top male and female finishers, and to the first place finishers in each age division. No duplication of awards. Awards will also be given in the wheelchair division.

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

KIDS RUN: All kids will receive a ribbon

RAFFLE: Raffle Tickets will be available day of.

T-SHIRT CONTEST

Put together a team and create a team t-shirt! Winning t-shirts will be selected for Most Creative!
Submit your t-shirt to the ACBA by April 19, 2012 for consideration. Winners will be announced on Race Day

ENTRY FEE: \$25.00 postmarked on or before April 19, 2012; \$30.00 after and day of race
Students and children (19 yrs. or under) \$15.00 postmarked on or before April 19: \$20.00 after and day of race.
\$2 for Kids Run
MUST BE POSTMARKED ON OR BEFORE APRIL 19, 2012.

T-SHIRTS TO THE FIRST 200 REGISTERED PARTICIPANTS!
Refreshments immediately following the Race!

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

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

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

NAME (please print) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE (day) _____ (evening) _____

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

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

WAIVER: Please sign below

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

Parking available in the Albany Medical Center Parking lot

Signature _____ Date _____

Parent or Guardian (if under 18) _____

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

Join us for



Rocking on the River Cruise II

**Friday, July 21, 2012
on the Capt. JP II**

Enjoy the company of fellow runners and volunteers as HMRRC sets sail aboard the Capt. JP II. Attire is dressy casual and formal presentations will be limited.

The Cruise will depart dockside at 7:30 pm and return at 10:30 pm. Price includes music and a buffet dinner including prime rib and vegetable lasagna.

**Ticket cost is dependent on volunteer participation from
January 1 – June 30:**

\$35 – guests and members with minimal or no volunteer points

\$25 – members who volunteered for at least two races or served on a committee, or did other administrative functions for HMRRC.

Register by July 13 on line: www.hmrrc.com or mail in your reservation to Rocking River Cruise, c/o Marcia Adams; 1009 Tollgate Lane, Schenectady NY 12303. Checks should be payable to HMRRC.

Count me in on the *Rocking on the River II* cruise on July 21!

Name: _____

Address: _____

Telephone #: _____ Ticket Cost for member: \$ _____

Guest(s) Names: _____ Guests (at \$35.00) each: \$ _____

TOTAL \$\$ ENCLOSED: \$ _____

Last Day to register: July 13. No walk-ups.

Sorry! Registrations are non-refundable and non-transferable.

Grand Prix Update

Race #2 Winter Series #5, 10 Miles February 5, 2012

Male Open

12 Justin Wood
10 Tom O'Grady
8 Ryan Walter
7 Andrew McCarthy
6 Eric Young
5 Paul Cox
4 Kevin Treadway

Male 30-39

12 Aaron Knobloch
10 Bob Irwin
8 Joey Sullivan
7 Dennis VanVlack
6 Andrew Rickert
5 Clay Lodovice
4 Matthew Purdy

Male 40-49

12 Jon Rocco
10 Christian Lietzau
8 Ed Hampston
7 Douglas Campbell
6 Brian DeBraccio
5 Neil Sergott
4 Ken Tarullo

Male 50-59

12 John Noonan
10 Ken Evans
8 Ed Gravelle
7 Dan Cantwell
6 Richard Clark
5 Steve Vnuk
4 Steve Conant

Male 60-69

12 Paul Forbes
10 Juergen Reher
8 Tom McGuire
7 Norman Dovberg
6 John Stockwell
5 Jim Thomas
4 George Jackson

Male 70+

12 Ed Bown
10 Wade Stockman

Women

Female Open

12 Kristina Gracey
10 Meghan Davey
8 Karen Bertasso
7 Roxanne Wegman
6 Leah Schaffer
5 Michelle Davis
4 Allison Kerr

Female 30-39

12 Gretchen Oliver
10 Sally Drake
8 Sonya Pasquini
7 Crystal Perno
6 Jessica Chapman

5 Sara Madden
4 Deanne Webster

Female 40-49

12 Emily Bryans
10 Chris Varley
8 Stacia Smith
7 Regina McGarvey
6 Heather Machabee
5 Megan Leitzinger
4 Connie Smith

Female 50-59

12 Maureen Fitzgerald
10 Nancy Taormina
8 Jenny Lee
7 Susan Burns
6 Joan Celentano
5 Maryanne McNamara
4 Kathleen Goldberg

Female 60-69

12 Judy Phelps
10 Susan Wong
8 Katherine Ambrosio

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
12	Susan Wong	64	F
10	John Noonan	52	M
8	Justin Wood	28	M
7	Paul Forbes	61	M
6	Emily Bryans	44	F
5	Tom O'Grady	26	M
4	Judy Phelps	60	F
3	Christian Lietzau	48	M
2	Douglas Campbell	49	M
1	Ken Evans	50	M

Total After 2 Races

Men

Male Open

22 Tom O'Grady
20 Justin Wood
10 Andrew McCarthy
10 Josh Merlis
10 Ryan Walter
9 Paul Cox
7 Chuck Terry
6 Dave Vona
6 Eric Young
5 Dan Jordy
4 Andrew Gravelle
4 Kevin Treadway

Male 30-39

20 Aaron Knobloch
14 Bob Irwin
12 Joe Hayter
12 Dennis VanVlack
10 Bill Davis
8 Joey Sullivan

7 Jon Catlett
6 Andrew Rickert
6 Aaron Robertson
5 Clay Lodovice
4 Matthew Purdy

Male 40-49

24 Jon Rocco
18 Ed Hampston
10 Christian Lietzau
10 Ken Tarullo
8 Craig Tynan
7 Douglas Campbell
7 Tim Hoff
6 Brian DeBraccio
5 Joe McDonald
5 Neil Sergott
4 Steve Cummings

Male 50-59

16 Ed Gravelle
12 Dan Cantwell
12 John Noonan
12 Derrick Staley
10 Richard Clark
10 Kevin Dollard
10 Ken Evans
7 John Beard
6 Robert Wither
5 Steve Vnuk
4 Steve Conant

Male 60-69

24 Paul Forbes
18 Juergen Reher
14 Tom McGuire
10 Norman Dovberg
10 Ken Klapp
10 John Stockwell
7 Paul Bennett
5 Tom Adams
5 Bob Ellison
5 Jim Thomas
4 George Jackson

Male 70+

24 Ed Bown
18 Wade Stockman
10 Jim Moore

Women

Female Open

17 Roxanne Wegman
16 Karen Bertasso
12 Kristina Gracey
12 Jody Robertson
10 Meghan Davey
7 Lisa D'Aneillo
6 Leah Schaffer
6 Kristen Quaresimo
5 Michelle Davis
5 Kelly Virkler
4 Allison Kerr
4 Taryn Reese

Female 30-39

20 Gretchen Oliver

19 Crystal Perno
16 Sally Drake
10 Shelly Binsfeld
8 Jessica Chapman
8 Sonya Pasquini
7 Christine Ardito
5 Sara Madden
5 Laura Zima
4 Kim Morrison
4 Deanne Webster

Female 40-49

18 Chris Varley
13 Stacia Smith
12 Anne Benson
12 Emily Bryans
10 Judy Guzzo
7 Marcy Beard
7 Regina McGarvey
6 Heather Machabee
6 Kimberly Miseno-Bowles
6 Connie Smith
5 Megan Leitzinger
4 Penny Tisko

Female 50-59

14 Joan Celentano
14 Jenny Lee
12 Susan Burns
12 Maureen Fitzgerald
12 Peggy McKeown
10 Joan Brown
10 Nancy Taormina
7 Sharon Desrochers
6 Joyce Reynolds
5 Maryanne McNamara
4 Kathleen Goldberg
4 Aileen Muller
4 Daine Peverly

Female 50-59

14 Joan Celentano
14 Jenny Lee
12 Susan Burns
12 Maureen Fitzgerald
12 Peggy McKeown
10 Joan Brown
10 Nancy Taormina
7 Sharon Desrochers
6 Joyce Reynolds
5 Maryanne McNamara
4 Kathleen Goldberg
4 Aileen Muller
4 Daine Peverly

Female 70+

12 Anny Stockman

Age Graded

	Runner	Age	G
18	Susan Wong	64	F
14	Paul Forbes	61/62	M
12	Derrick Staley	53	M
10	John Noonan	52	M
10	Tom O'Grady	26	M
10	Jodie Robertson	27	F
8	Kevin Dollard	56	M
8	Justin Wood	28	M
6	Emily Bryans	44	F
4	Joe Hayter	31	M
4	Judy Phelps	60	F



2012 Rotary Run



Sponsored by the Rotary Club of So. Rensselaer County

Run For Life

Sunday May 20nd



**At Green Meadow
Elementary School
Routes 9 & 20
Opposite Schodack
Plaza**

*Supporting Rotary
Sponsored
Scholarships and
Community Programs*

32nd Annual BOB SMITH Challenge

Adult 5 Mile Run - Starts at 8:30 - \$17

**Special Needs Race - On Parking Lot - Starts at 8:30
Immediately after 5 Mile Run Start - \$14**

COACHES CHALLENGE - 5K Run- Starts approx. at 10:00 - \$17

CHILDRENS' 1 Mile Run - Starts approx. at 10:45 - \$14

ONE LAP WONDER Event - Starts approx. at 11:00 - \$14

T-shirt included with entry fee – while supplies last. Register by May 20th to guarantee T-shirt.

Name _____ Age _____ Sex _____

Race: _____ Special Needs Race (\$14) _____ 5 Mile (\$17) _____ 5K Run (\$17) _____ 1 Mile Run (\$14) _____ 1 Lap Wonder (\$14)

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

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

Signature _____ Date _____ Please Detach and Mail with Check Payable to:

So. Rensselaer County Rotary, c/o Peter Brown or Email to PBrown34@nycap.rr.com and use PayPal at SRCRotary.com and Rotary Run
18 Clove Road Castleton on the Hudson, N.Y 12033

For More Information Call 518-732-7178

Event Schedule

Date	Time	Event	Location	Contact	Email
4/14	9:00 AM	5th Annual Peppertree Furry Fun 5K Run/Walk	Saratoga Springs State Park	Catherine Kunz	catherinekunz@hotmail.com
4/15	9:00 AM	24th Delmar Dash 5M	Bethlehem Middle School	Marcia & Tom Adams	madams01@nycap.rr.com
4/21	9:00 AM	Great Mom's 5k Fun Run/Walk	Maple Ridge Park - Selkirk	Jessica West	jwest679@hotmail.com
4/21	8:30 AM	9th Annual St. John's / St. Ann's Spring Run-Off	Corning Preserve Bike Path	Barbara Quinn	bquinn98@hotmail.com
4/21	9:00 AM	St Peter's Keys Run 5k&10K	Columbia Pavilion	Laura Clark	laura@saratogastryders.org
4/21	10:00 AM	Russell Sage College "Bust a Move" 5K	Russell Sage College, Troy	Michael Washco	washcm@sage.edu
4/28	8:00 AM	kLaVoy5k	Saratoga Springs State Park	Tonya Pellegrini	kLaVoy5k@hotmail.com
4/28	9:00 AM	32nd Annual Bill Robinson Masters 10K [GP40+]	Guilderland High School	Jim Tierney	runnerjmt@aol.com
4/28	9:00 AM	DACC 8th Annual 5K DASH 2012	Duanesburg	Darcie Adams	dadams@dacc.info
6/20	10:00 AM	The Humane Race 5K	Williamstown	Alix Cabral	info@humanerace.org
5/12	9:00 AM	Moving Towards a Cure® 5K Run/Walk	Delaware Park	Tracy Hunter	online@milesforhope.org
5/13	10:00 AM	32nd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrrcdiane@gmail.com
5/17	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	Mike Rabideau	osgoodpond@yahoo.com
5/18	6:30 PM	3rd Annual Nassau 5K Country Run/1 Mile Walk	Nassau Commons	Deborah La Due	ladue2000@aol.com
5/19	9:00 AM	5K Run/Walk	139 Hall Ave. Johnstown	Ron or Pat Robinson	rrobinso@citlink.net
5/19	8:00 AM	Make it a Great Day Half Marathon and 5K	Tamarac School, 3992 Rte 2	Heidi	heidib@thedragonflyadventure.com
5/20	9:00 AM	Cohoes Founders Day 15k & Mastodon 5K	Craner Park	Lisa P. Osorio	lisatompkins@hotmail.com
5/26	10:00 AM	Survive the Farm 5K Challenge Obstacle Run	11491 St Rte 40	Ed Johnson	ed@survivethefarm.com
5/28	9:00 AM	Woodstock Races - 15K & 5K	Woodstock	Rich Gromek	gromekr@aol.com
6/2	10:00 AM	Charlton 5K	Town of Charlton - Village Center	Bill Herkenham	bherk@nycap.rr.com
6/9	8:00 AM	The Valerie Fund Walk & JAG Physical Therapy 5K Run	Verona Park	Ariana Dispalatro	arianna@thevaleriefund.org
6/10	9:00 AM	41st Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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Albany, NY

Permit No. 415

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

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



Hudson-Mohawk Road Runners Club Membership Application

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

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:

HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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