

The Pace Setter

October 2013

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



Stockade-athon Through The Years



The Gazette Stockade-athon 15K

Celebrates 38 Years

Join us on Sunday, November 10th, 2013 • 9:00am



Photos: Pat Hendrick Photography

**Storm the Stockade - A classic loop course of Schenectady's historic neighborhoods and parks.
The oldest major 15k road race in the USA**



An HMRRC premier event

- Stockade-athon 15K — Sunday, Nov. 10 in Central Park, Schenectady, New York
- 15K USATF & HMRRC Grand Prix Event
- USATF - Regional Competition — Open, Masters, Age-Graded, & Team Divisions
- \$5,500 Cash Prizes — presented by Fleet Feet Sports
\$1,500 Cash Prizes for USATF Teams

1-mile Duck Pond Run for Children — 11:30 am

REGISTRATION INFORMATION: *On-line* Registration Closes 11/05/13
Walk-up Registration available 11/06/13 through 11/08/13 from 4pm to 7pm at Fleet Feet Sports Albany
Early Packet Pick-Up: Saturday 11/09 at Gazette Building - 9:30am to 1:00pm; *Race Day Packet Pickup:* Central Park Schenectady - 7:00am to 8:30am; *No Day of Race Registration*

RUNNER PERKS: Brooks "day pack" with race logo to first 2000 registered runners • *Hot and Cold refreshments* in an impressive post race feast • *B*Tag Chips* with accurate net times and 5K and 10K splits • *Additional race clothing accessories for sale at discounted rates.*

Testimonials:

"This course is awesome. The hills, the different parts of town, the cemetery, the loops around the park... really a great course, probably my favorite 15K; it felt like cross country on the roads."

2008 Champion Emory Mort

This is a first class event! I am an avid older runner, back of the pack and love this race. Great food...talent galore! On-line Blog

Said Central MA masters mainstay Sidney Letendre:

"Thanks for really one of the greatest races ever. I loved the pavilion with the fire and the whole set up of food was really great. I don't think there was one detail that was left undone. So thank you for a fine day."

Visit Website for event details and how to register
www.stockadeathon.com

THE
GAZETTE
First in Local News

FLEET FEET
Sports



HMRRC

Executive Editors (pseditor123@gmail.com):
Daniel Gracey, Kristina Gracey

Production Editor for October 2013:
Kristina Gracey

Advertising/Business Director:
Robin Nagengast (psads123@gmail.com)

Photo Coordinator:
Bill Meehan

Photography Staff:
Tom Adams, Jack Berkery, Chris & Charles
Bishop, Phil Borgese, Nancy Briskie,
Donna Davidson, Ray Lee, Bill Meehan,
Gerri Moore, Paul Turner

Proofreader:
Daniele Cherniak

Content Editors (pscontenteditor@gmail.com):
Sally Drake
Meghan Mortensen

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**
Dr. Robert Irwin
— **For Your Health**
Mike Becker
— **Been There, Done That**
Jim Tierney & Ken Orner
— **Senior Running**
Editor Needed:
— **Profile of a Runner**
Joe Hein
— **Short Circuits**
Bob Kopac
— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

2013 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

OCTOBER 2013

- 4 President's Message
- 6 What's Happening in October
- 8 Been There, Done That
- 10 Short Circuits
- 11 Behind the Scenes of the Mohawk Hudson River Marathon
by Christina Bishop
- 12 The Stockade-athon 20+ Club
by Jack Berkery
- 14 The Athlete's Kitchen: More Sports Nutrition News You Can Use
- 15 Albany and the Rest of the World: Marathon Facts to Jog Your Mind
by Christine Bishop
- 17 The Right Way to Hydrate For a Marathon
- 20 Marathon Chronicles
- 23 Grand Prix Update

Photos in this issue by Jack Berkery, Chris Bishop, Ray Lee, Bill Meehan

HMRRRC Mission Statement

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

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

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
MARY IBBETSON
376-6077

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
227-4328 • 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 Jon Rocco

October 2012 - September 2013

Part 1 of 2

October is the month that represents the 'Changing of the Guard' in HMRRRC as well as the month of the Mohawk Hudson River Marathon and Half Marathon. I want to congratulate and wish the best of luck to the 2013-14 club officers. Maureen Cox, who I have had the great pleasure of working with the past twelve months, is our new club President. Meghan Mortensen, who I have had the pleasure of running many miles along side of, will serve as our club Executive Vice-President. Chuck Terry and Barbara Light have been each elected for another term as Vice-President for Finance and Secretary, respectively. Chuck begins his fourth two-year term and Barbara her sixth one-year term. Mary Ibbetson continues with her second year of the two-year term as club treasurer. Before I transfer the gavel, I want to take a look back at the past term of 2012-13 as it was another busy year for HMRRRC (so busy I will need two months to recap it).

October:

Membership is at 2,813, up 332 from the prior year at this time. The 30th Mohawk Hudson River Marathon goes off with an ideal 50 degree temperature. A record number of 922 finishers are welcomed in at the Corning Preserve with a big crowd on both sides of the bike path finish. The 11th Mohawk Hudson River Half Marathon sees a course record on the men's side when Kyle Stanton runs a 1:07:08. The female and male winners in both races come from out of state, as the event sees continued popularity nationwide.

November:

Under unseasonably mild temperatures, a record 1,639 finish the 37th Stockadeathon. A new course route, which includes a portion of the newly constructed bike path through Vale Park, draws a record 1,859 entrants. These numbers mark the 7th consecutive year of record breaking participation. Maegan Krifchin wins on the women's side and runs the 2nd fastest time in the event history, 25 seconds off of Lori Hewig's 19 year old record. On the men's side, Christian Thompson, who narrowly missed being the top American at the Utica Boilermaker 15K earlier in the year, is the first to break the tape in the nation's oldest major 15K. The Club adopts a volunteer requirement for Grand Prix Series participation effective January 1, 2013. A total of 158 runners are on hand for the Turkey RaffAL run. Once again,

no one breaks an hour, but there are plenty of raffAL prize awards on hand as the event sees a new location at Tawasentha Park in Guilderland.

December:

The last club race of 2012 comes under ideal race conditions, with even a tease of December sun. It is also the final this race would be directed by Doug Bowden, the race which in his honor became the Doug Bowden 15K and 3M Winter Series in 2010. A record 456 finish the two distances, which surpassed last year's record of 400 finishers. The club's budget is approved, with \$30,000 set aside for the Just Run program. Additionally, the Bill Shradler, Sr. Scholarship is increased from \$10,000 to \$18,000 and from four to six scholarships. In the 2012 Grand Prix, Judy Phelps edges out Susan Wong in the age-graded category.

January:

2013 kicks off the year with the Hangover Half and Bill Hogan 3.5 miler. A total of 581 are on hand for the New Year's Day races. A total of 258 compete in the Half, making that number of finishers just shy of the record of 287 in 2012. The shorter distance has 323 finishers which also manages its 2nd biggest field. Winter Series #3 nets 402 finishers, a dozen shy of 2012's record. Active membership of the club hits 3000 for the first time. Winter Series #4 brings in 280 finishers. A three year contract is renewed with CDPHP's sponsorship of the Workforce Team Challenge.

February:

Kristina and Dan Gracey take over as *Pace Setter* editors after Robin Nagengast led the magazine for four and a half years. Two general purpose grants of \$1,000 each are awarded to Team Utopia for a clock and for the inaugural Sage College 5K race. A \$1,000 special grant is approved to help support Parsons "Team Unstoppable" program. Winter Series #5, which features the 10M Grand Prix race, draws 341, bringing the five part Winter Series a total of 2,060 finishers, the 2nd most ever behind the 2,182 from the prior winter. The Annual Awards Banquet is held at The Desmond, and Nancy Briskie and Vince Juliano are inducted into the HMRRRC Hall of Fame. Nancy becomes the 6th female in the group of twenty-six, and Vince joins his wife Emily Bryans as the first husband/wife duo to be part of

ANNIVERSARY RACE 2013

this deserving group. Grand Prix winners are recognized for their 2012 performances and a dozen are recognized for their service with President's and "Extra Mile" Awards. In recognition of the 40th Winter Marathon, wind gusts hit 40 mph and with temperatures in the low 20's, it is a bone chilling day. A total of 76 finish the 26.2 mile distance and 54 teams cover the same distance with a fantastic crew of volunteers also braving the adverse weather conditions.

March:

Registration for the Mohawk Hudson River Marathon and Half opens on March 1. On March 6, registration closes out on the Half as the field reaches its capacity. The Runnin' of the Green, under the direction of new race directors Dave and Letticia Ruderman, sees a record number of finishers with 665, who are greeted in the finish chute with a pint glass (minus the Guinness) just in time for St. Patrick's Day. The tally was a mere two more than the record set in 2012. Emily Bryans captures her 7th victory at the event, which is held for the 14th year in Green Island, and Alex Paley successfully defends his title. HMRRC becomes a co-sponsor of the USATF Adirondack Grand Prix Series with a \$3,000 contribution. The spring Just Run program gets underway, with roughly 1,000 kids participating.

In the November *Pace Setter*, I will wrap things up with a review of April through September.

Until then, good luck to all of our marathoners on October 13!

"So many people crossing the finish line of a marathon look as happy as when I won. They have tears in their eyes. This sport is full of winners."

— Gary Muhrcke, champion of the inaugural New York City Marathon in 1970. □





What's Happening in October

by Al Maikels

The October race schedule only has one date for scheduled club events but it contains two of the club's better races and combines for more total miles than any other day in the club year. For a good long run, the Mohawk-Hudson River Marathon should fill the bill. Years ago Paul Rosenberg envisioned a top quality club fall marathon, and in 1983 he made it happen. Over the years, the course has changed a bit, primarily in the finish area, but the basic route is still the same. The race is set for Sunday, October 13 at 8:30 a.m. at Central Park in Schenectady and follows the bike path along the Mohawk River, through the Town of Colonie Park and into the City of Cohoes. After a short stretch of urban running, the course re-joins the bike path in Watervliet and offers some scenic views of the Hudson River. This race is a Grand Prix event and also serves as the USA Track and Field Adirondack Championship. If you are not ready for the marathon distance, you can opt for the 12th annual half-marathon that has the same 8:30 a.m. start as the marathon, but starts at the Town of Colonie Park and follows the same course as the marathon. If you haven't signed up for either race you are too late; registration closed out in late April.

There are numerous other local races in October, with a wide range of distances to choose from. Fans of 5K races can choose the Race for the Cure, with the men and women again running together this year. The race is set for 9:00 a.m. at Albany's Empire State Plaza on

Saturday, October 5. Once again this year the race will utilize the Freihofer's Run for Women championship course and should prove to be quite popular. There is also a walk at 10:00 a.m., and all who attend this race are moved by the strong sense of community present at the race.

The Albany Running Exchange introduced a new event in 2005, the Hairy Gorilla Half-Marathon and Squirrelly 6 mile run. The original plans called for the race to be held over the trails of the Pine Bush Preserve but the pleasure police put a stop to that so the race was moved to Thacher Park. The races return to Thacher Park again this year with a 9:30 a.m. start on Sunday, October 27. Thacher Park is a great venue for a trail race, and the weather in mid-fall is bound to be better than what we get in July when the Indian Ladder Trail Run is held.

Saratoga is the setting for the 13th Annual Pumpkin Challenge 5k and 10k Run, set for Saturday, October 19 at the Columbia Pavilion at the Saratoga State Park, with both races set to go off at 9:30 a.m.. Fans of the 5k can also choose from the 5th Annual Race Away Stigma, set for Saturday, October 19 at 10 a.m. at Joe Bruno Stadium at HVCC, or the 9th Annual Run for the ROC 5k, set for Saturday, October 6 at 11 a.m. at the Grandstand of the historic Saratoga flat track.

October is the final month for the current term of club president Jon Rocco. Jon's final meeting will be held on Wednesday the 9th at 7:30 p.m. at the Point of Woods clubhouse. □



18.12 Challenge and 1/2 Marathon September 1, 2013





Hairy Gorilla Half Marathon & Squirrely Six Mile

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

9:30AM

SUNDAY, OCTOBER 27, 2013

THACHER STATE PARK, NY

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

WHAT YOU NEED TO KNOW

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

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



AWARDS

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

Additional categories (if you dare!)

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



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



BRING BANANAS TO APPEASE THE HUNGRY GORILLAS



GORILLA "MEDAL" TO ALL EVENT FINISHERS



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

EVENT SCHEDULE

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

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Entry fees are non-refundable.

Early Registration: Postmarked by October 17.

Do not mail after 10/17. Checks out to AREEP

We highly encourage you to register online.

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

AMENITIES

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

HALF MARATHON CUT-OFF TIME

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



www.HAIRYGORILLAHALF.COM

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

✂ - ✂ - ✂ - ✂

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

NAME _____	____/____/____ BIRTHDAY	AGE (ON RACE DAY) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____	
CITY _____		STATE _____	ZIP _____
PHONE () _____	RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	RANDOM FACT ABOUT YOU: _____		
In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	

"BEEN THERE, DONE THAT"

by Mike Becker

October 1973...Forty Years Ago

- Races of 5K and 10K were held at Olana, with Jim Shrader winning the 10K and Don Wilken the 5K.

- A three-mile "mountain" race was held in Saugerties on the 21st. Organizer Barry Hopkins had 25 trophies to give out but just 12 competitors! Jim Shrader was the winner.

- Races of three and nine miles were held at SUNYA on the 28th. Jim Shrader ran a 14:50 to beat Paul Rosenberg in the three-miler. Don Larson won the nine-miler with a 49:12.

October 1978...Thirty Five Years Ago

- John Aronson was honored in the Seventh Annual Distinguished Service eight-miler at SUNYA on the 8th. Dan Larson won with a 43:08, 19 seconds ahead of Bill Robinson. Diane Barone was the female winner with a 55:35, about a minute ahead of Diane Myers.

- Races of one, three, nine, and thirteen miles were held at SUNYA on the 15th. The 13-miler was Dale Keenan's first HMRRC race, and he won easily with an 83:00, thus beginning a long career of winning many club races. Steve Sweeney and Bob McFarland each ran 64:22 to win the nine-miler.

October 1983...Thirty Years Ago

- Dale Keenan ran an outstanding 2:22 in the inaugural Mohawk-Hudson Marathon on the 16th, beating Richard Fargo by six minutes. Keenan ran a PR by four minutes, and it was the fastest marathon ever run in the Capital District to that point. This is still the second fastest time in the event's history, only bettered by Keenan himself the following year. Daniele Cherniak was the female winner with a 3:07.

- Dale Keenan continued his great year by running a blistering 40:22 in the Distinguished Service eight-miler at SUNYA on the 30th, setting a course record that still stands. Lynn Jacobs ran a 49:40 to top the females. A total of 133 participants ran the race, honoring Tom Miller and Paul Murray.

October 1988...Twenty Five Years Ago

- Dale Keenan ran a 36:56 in the New Scotland 7.1-miler on the second to set a course record that still stands. Anne Kuklinski ran a 45:26 for the female win. Bob Flynn was the race director. This was the first year that the 12-mile option was not offered.

- Tom Dalton won the Clifton Park Stampede 10K on the eighth with a 30:09. Anne Kuklinski was the top female with a 38:08. Runners-up were Daniel Paxson and Kathy Jones. A total of 70 of the 275 runners finished in under 40 minutes.

- HMRRC officers included President – Chris Rush; Exec. VP – Hank Steadman; VP for Finance – Al Maikels; Secretaries – Julie Leeper and Cindy Kelly; Treasurer – Al Matlock.

October 1993...Twenty Years Ago

- Vinny Reda won the Town of New Scotland 7.1-miler on the 17th with a 40:26. Bonnie

8 – The Pace Setter



Morse-Gillham was the female winner with a 52:15. Just 49 runners competed.

- Canadian Harry Welten won the Mohawk-Hudson Marathon on the 24th with a 2:32. Tessa Masters from Virginia was the female winner with a 3:08. Runners had a cool, sunny day that started out windless, but they faced a stiff south headwind for most of the last eight miles, thus slowing the times for most runners.

October 1998...Fifteen Years Ago

- Tonya Dodge won the Race For The Cure 5K in Albany on the fifth with a 17:29, with Ellen Predmore and Megan Leitzinger finishing two-three. Birger Ohlsson and L'Houssine Siba tied for the men's win with 15:40. The men's and women's races were run separately back then.

- Carl Urrey ran a 41:20 to win the hilly New Scotland 7.1-miler in Voorheesville on the 11th. Kathy Lencio was the female winner with a 45:59. Runners up were Tim McNamara and Amy Herold.

- A total of 463 runners completed the 16th Annual Mohawk Hudson Marathon on the 18th. Canadian Simon Veilleux won with a 2:37. Beth Herder from Pittsfield was the female winner with a 2:56, good for seventh overall. Eighty-seven (19%) of the finishers qualified for Boston.

October 2003...Ten Years Ago

- Paul Mwangi won the Race For Literacy 5K in Albany on the 11th with a 14:59, 18 seconds ahead of Nick Conway. Ethiopian Atalech Ketema was the female winner with a 16:52, a minute ahead of Emily Bryans. There were 672 finishers.

- The Second Annual USMC Reserves Toys for Tots Half Marathon was held on the 19th and had 324 finishers. The point-to-point course starts at the Colonie Town Park and ends at the Corning Preserve in Albany. The winners were Tommy Leitz with a 1:18 and Kari Gathen with a 1:24.

- The Great Pumpkin Challenge 5K and 10K races were held at Saratoga State Park on the 25th. Steve Cummings and Sandra

Dee Reulet won the 10K with times of 37:34 and 43:41, respectively. Dennis Fillmore and Rebecca Bednarek won the 5K with times of 17:33 and 20:18, respectively.

October 2008...Five Years Ago

- Tonya Dodge won the Komen Race For the Cure on the fourth with an 18:24, with Kari Gathen finishing second and 11-year old Kaylee Scott finishing third. Andy Allstadt was the male winner with a 15:21, with Justin Bishop finishing second.

- Chuck Terry and Lori Weaver won the Town of New Scotland 7.1-miler on the fifth with times of 39:18 and 51:16, respectively. Terry won by more than five minutes.

- Josh Merlis won the Fourth Annual Duaneburg Dash 5K on the 19th with a 17:22. Kristina DePeau was the female winner with a 19:00.

- Norris Pearson ran an 18:26 to win the Monster Madness 5K in Troy on the 25th. Mia Ross was the female winner. □





October, 19th 2013, 10am

Additional Information

• The race will be conducted entirely within the boundaries of the breathtaking and historic grounds of Troy's Oakwood Cemetery. • Runners will traverse a 5k route winding through famous local gravesites, mausoleums and monuments as well as trails over-looking the Hudson Valley. • The start and finish line will be held at the renowned Earl Chapman Chapel, which has been designated on the National Historic Registrar •

Custom-etched Pint Glasses will be provided to all pre-registered runners.

Registration Form

One registration form is required per participant.

You can also register online at www.Active.com

I plan to: ☐ Run ☐ Walk

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Date of Birth ____/____/____ Gender _____

Payment

☐ Adult Pre-registration on Active.com until 10/18/13 \$25.00

☐ Adult Registration on Race Day \$30.00

Sub-Total _____

Enclosed is my check for \$_____ payable to the Troy September 11th Memorial

Send your completed form to: Run Through History 5K, 904 9th Ave, Troy, NY 12182

• Proceeds from the race will be used to supplement funds for the continuing care and maintenance of the Oakwood Cemetery, as well as for final enhancements to the 9-11 Memorial situated in Lansingburgh at the 112th Street Memorial Park.

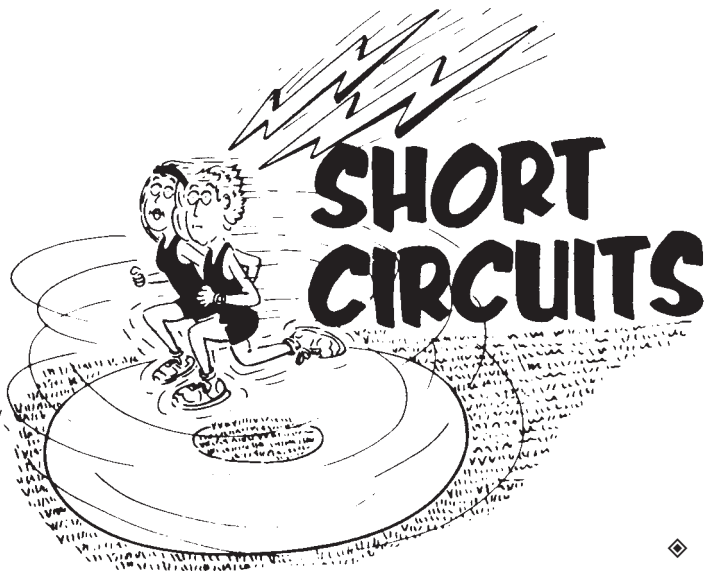
Waiver

I hereby declare, assert and affirm that participation in Run Through History 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event and their respective employees, agents, representatives, successors and assigns, for any and all activities connected with the above Special Event. I also understand that I do hereby WAIVE any and all rights or benefits under the State of New York Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

Print Name _____ Date _____

Signature _____ Parent/Legal Guardian must sign if participant is under the age of 18.

For questions please **contact us** via email : cemeteryrun@gmail.com



Does drafting help in running? Studies shows that it does, depending on the speed of the runners. The greatest energy savings is with sprinters (7.8% savings), 4% savings for middle distance runners, and 2% savings for marathoners.



Skaters drafting

At the Lake Placid Ironman Triathlon in July, Derek Fitzpatrick became the first heart transplant recipient to complete an Ironman.



Derek Fitzgerald ... all heart

Running Tip: If something hurts for two straight days while running, take two days off

At a 5K in Utah in August, Ken Roosa had just finished the race and found himself unable to breathe with foam coming from his mouth. This horrible moment was quickly turned around by another runner who spotted Ken's troubles.

The other runner recognized that Ken was suffering from pulmonary edema and immediately started first aid. Ken was brought to



Ken and his wife with the wizard

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.

a nearby hospital where he recovered from heatstroke. The other runner was Dr. Oz.

The New York Road Runners did an about-face after a public blowback by allowing quadriplegic Matt Brown to compete in this year's New York City Marathon.

Earlier the NYRR denied Brown entry into the race based on a long-standing policy that entrants must participate under their own power. Brown is pushed in a wheelchair by Army Ranger Lucas Carr. Brown said he was frustrated and angry when the pair were denied entry, and he credits the press they received for the change of heart.



Will not be denied!

A bull-running event inspired by the traditional Spanish spectacle made its U.S. debut. The Great Bull Run held its first of several events in Dinwiddle, Virginia. Organizers said about 12,000 attended the event and that one minor injury occurred on the final run.

Future events are planned for Texas, Florida, California, Minnesota, Illinois and Pennsylvania. □



If you fall, you die

Behind the Scenes of the Mohawk Hudson River Marathon

by Christina Bishop

Marathon day 2012 was sunlit and beautiful. The event went so smoothly that it almost seemed natural, rather than the result of months of hard work by many people who go unnoticed and work for free. This piece will highlight what they do to make the day so spectacular.

Hydration is a key element in the marathon, and many committee heads deal with it directly. Ed Neiles an HMRRRC Hall of Fame member and Distinguished Service Award recipient, has the functional title of Elite Coordinator, along with Emily Bryans, another Hall of Famer. Ed does more than ensure that noted runners get into the race. He is in charge of storing, allocating and distributing over 1,250 gallons of fluids and numerous supplies such as GU used at the water stops. Hannaford graciously furnishes the water and the Gatorade. Mike Lee, Tim McGuire and Joe Premo are in charge of the water trucks. Early in the morning of race day, they drive trucks to each water stop, supplying gallons of water, 48,000 paper cups, tables, rubber gloves and other goodies necessary for hydration. After the race, they pick up "all the junk," compost it, and bring back whatever is left so that it can be used in other races. Nancy Briskie, who this year was inducted into the HMRRRC Hall of Fame and earned the Distinguished Service Award in 2009, is in charge of the water stops. Nancy's biggest challenge is in recruiting enough volunteers. They work hard, non-stop, giving life-saving cups of water to the runners as they pass. To make it more fun, Nancy introduced a costume contest with substantial prizes for the water stop that gets the most votes from the runners. If you runners see zombies giving water, you can vote for them. If you would like to volunteer, please go to www.mohawkhudsonmarathon.com.

The medical team is particularly strong, since it is comprised of three doctors who come at it from different perspectives. Todd Shatynski is a specialist in sports medicine; Michael Dailey in emergency medicine and surgery; and Kimberly Kilby in family medicine, public health and logistics. Their goal is to have no surprises the day of the race be the weather extremely cold or hot, and that goal takes extensive planning. On the day of the race, doctors and EMS teams from throughout the region will assist them.

Communications are invaluable for the medical team as it is for all groups working within the marathon. As communications coordinator, Cameron McLean is responsible for troubleshooting. On marathon day she works next to Karen Smith, a veteran ham radio enthusiast, who has volunteers posted at water stops and on bicycles along the route. In addition, there are radio communications within the medical and administrative areas. All can hear and talk to one another in real time, handling problems immediately. In addition, there are the sag wagon drivers, Chris Chartrand, Tom Hensel, and

Mike Sheehan, who, as Chris described, pick up the wounded warriors radioed to them or that they visually spot as they monitor the course.

Volunteers are the lifeblood of the event. Without them nothing could function. So the role of volunteer coordinator, filled by Bryan Cherry, is vital. Bryan brings to his position technological skills and has created a volunteer database to facilitate volunteering. If you would like to volunteer, and we definitely need your help, go to: www.mohawkhudsonmarathon.com.

Where would an event be without refreshments? Pat Peniazek supplies them with gusto. In addition to ordering refreshments, she attempts to make them nutritionally sound. One of her innovations was to add chocolate milk, and this year there will be soup. She cajoled Panera Bread into serving special bagel twists that last year ran out early. This year the supply will not run out, nor will all her coffee pots shut off as they did last year when the band turned on their instruments, nor will all her ice mistakenly be given to the medical team, and this is because she is working closely with Greg Rickes, who is in charge of the finish line. In this role he is responsible for providing the support network for the entire event from tents to portapotties to zillions of wires needed for the myriad of electronic devices used. The logistics of the structures and maintenance come under his jurisdiction.

The course is divided into six sections that are coordinated by Ken Skinner, a Hall of Fame and Distinguished Service Award winner, Mike Kelly, Dayna Mannicia, Mike McLean, Rob Moore, and Charles Bishop, whose prime responsibilities are to help recruit and manage volunteers to ensure runners make no wrong turns and no traffic problems occur. Months before the race, they monitor their sections for changes in the route that could impact the runners and then decide how many volunteers, traffic cones, course signage or traffic police are needed for assistance.

Al Maikels, another Distinguished Service Award recipient, and Ginny Pezzula share the administrative functions for the marathon as treasurer and secretary. Both are accomplished runners and marathoners. Ginny recently ran the Boston Marathon where she was stopped near the end. She could tell something was horribly amiss by the dazed looks of people in the crowd. In the true Boston Strong spirit, she will be running the Boston Marathon next year. You will be able to see Ginny at the Expo supervising the packet pickup for the runners.

On race day the work of three important people come into play. The starting line of the marathon is under Vince Juliano, a Hall of Fame and a Distinguished Service Award holder and the coordinator of the Stockade-athon (www.stockadeathon.com). The half-marathon starting line supervisor is Ray Newkirk, who is

also a Hall of Fame and a Distinguished Service Award winner, and George Regan, better known as race director of the Freihofer's Run for Women, handles the finish line.

There are other important roles that may go unnoticed. Marcia and Tom Adams, both holders of the Distinguished Service Award, are in charge of a cleanup of the course area, where volunteers remove trash from the course streets and in the Corning Preserve. After the crew is done, the race area looks sharp and the community appreciates their efforts. The clean up volunteers are then treated to a lunch at a local restaurant. If you are interested in volunteering, please sign up at www.mohawkhudsonmarathon.com. Debbie Beach, a Distinguished Service Award honoree, is in charge of awards and tshirt/ hat delivery. She orders the medals that she will present to the winners and makes sure there are t-shirts and hats for the volunteers. This year Rika Murray will take time off from campaigning for Family Court judge to be in charge of the baggage for the marathon, and Diane Deacon for the half marathon. This year all bags must be of clear material to reflect heightened security. Rika and Diane have created a complex system that tags and sorts baggage so that weary but exhilarated runners can immediately get their bags after they cross the finish line. Jim Thomas, a member of the prestigious 50 State Marathon Club, volunteers his talents every year to train a group of people to prepare them for the marathon. Training sessions begin in May and continue until race day. Don Lawrence, who is president of the USATF Adirondack, volunteers his time every year to supervise the walker division of the half marathon. When he is done, you will be amazed to see some walkers pass runners. Don also manages the assembly of goodie bags for the runners. If you would care to help out, go to the Albany Hilton at 5 p.m. on Saturday, October 12. Rob Briskie is in charge of getting bagpipers to begin and end the marathon with their stirring music.

In the tradition of saving the best for last, race directors Cathy Sliwinski, a Distinguished Service Award honoree, and Maureen Cox deserve to wear laurel crowns. The amount of time they spend, the level of organizational skill and the professionalism they bring to their roles are awe-inspiring. They literally started their duties the day of the last marathon and have worked steadily since. They have spent time with every person outlined here and hundreds more. They have talked with a wealth of people, including town officials, police, fire department people, members of the USA Track and Field Committee. Their interpersonal skills are so great that rather than having resentful husbands, Rob Sliwinski and Kevin Cox have happily joined in and made significant contributions to the marathon too.

It is the amazing volunteers like the ones detailed here who make a marathon possible. Their commitment and efforts come not from financial gain but truly from their love of the sport and kindness. If you feel inspired by these people and would like to volunteer, go to the MHR Marathon website to find out more: www.mohawkhudsonmarathon.com. □

The Stockade-athon 20+ Club

by Jack Berkery

Last January I wrote about compiling a list of long time Stockade-athon finishers. I was gathering and scanning the results from every one of them since the first running in 1976. In that article, it was stated that a few old sets of results were still missing and the list presented then was not to be considered final. I did eventually get the data from those years with help from Pat Glover and Ed Neiles, so now we have a complete set of all 37 Stockade-athon results. Some of the early ones were rather poor 3rd or 4th generation copies, but were mostly readable. I then spent many an hour scanning the results for names that occurred often. Most of the scanning was an easy computer text search, but races older than 1983 had to be visually deciphered.

Now I can submit what I believe to be the canonical list of people who have run this race the most times. If anyone disagrees, please send me a note at sumorunner@nycap.rr.com and I can forward all the years and times for that person which I have been able to find. The scanner and optical character recognition is far from perfect and often confuses an "ell" for a one or an "oh" for a zero as well as other artifacts like smudges on the paper. It's also possible that some women would have changed their names at some point and I didn't know that person under both names.

This was, of course, all for entirely selfish reasons. I have run this race 29 times now since 1978 and wondered where I stacked up against other perennial participants. I've gotten a great thrill out of seeing my name among a list of so many of this area's greatest distance runners, several of them HMRRC Hall of Famers. There were 20 in all who have run it 20 or more times and I also listed those who are close, with 15-19, to show who else is closing in. There are 6 more people who could be moving up the 20+ list this November.

First on the list, Mark Mindel simply owns this race. No one comes anywhere close to his long-term persistence. Mark has run all 37, but more than that, he started it. As noted on the HMRRC web site in the event history, Mark was the first race director and course designer and winner 3 of the first 4 years. It hasn't always been easy for him, though. There was a year when he was nursing an injury and actually finished behind me, which is something no one brags about. I've often thought that some day when he stops running it, the Stockade-athon may have to end.

Chip Button is second. Now there's a man I don't think I've ever met, whereas I've gotten to know almost all the others quite well over the years. I had often seen the name before in regional race results, but it was a surprise to me to see him so high up on this chart. Chip, like Mark, has an amazingly long streak of 31 years in a row without a skip. The only reason he isn't up there with Mark is that he wasn't there the first 6. Chances of him ever catching or surpassing Mark are fairly slim, since they're

12 – The Pace Setter

both the same age, but you never know.

Next, tied for third on the list are Anny Stockman and Pat Glover with 30 times each. Neither has an unbroken streak, but being in shape and ready to race a 15K for 30 out of 37 years is a major accomplishment in anyone's book. More amazing than that, though, is that they have been placing in their age groups just about every one of those times. The second column in the list shows the longest consecutive streak for each runner. Anny once had 17 in a row, Pat had 10.

The majority in the top 20 have been perennial age group placers, a few have even been overall winners, but this is more a list of longevity. For people like me, being there, being ready to run a major race for so many years is its own reward. The only award I ever received in this race was 3rd place among Adirondack USATF Masters in 1989, an award I neither expected nor deserved. It's fair to say the field was light that year, but I didn't turn down the ribbon by any means. And there have been years where just finishing was more than a chore. I finished dead last in 2006 and close to last again in 2011. Believe me, there were times when I thought I'd never be able to run it again and yet, somehow I manage to trudge through it again and again. All the others are names of people who should be immediately recognizable to long time members of HMRRC, both for their superior abilities and decades-long dedication.

The list is also being kept online in a blog, stockadeathon20plus.blogspot.com/. The columns in the list are the number of finishes, the longest continuous streak that person had, his/her best time and in what year.

The Stockade-athon 20+ Club

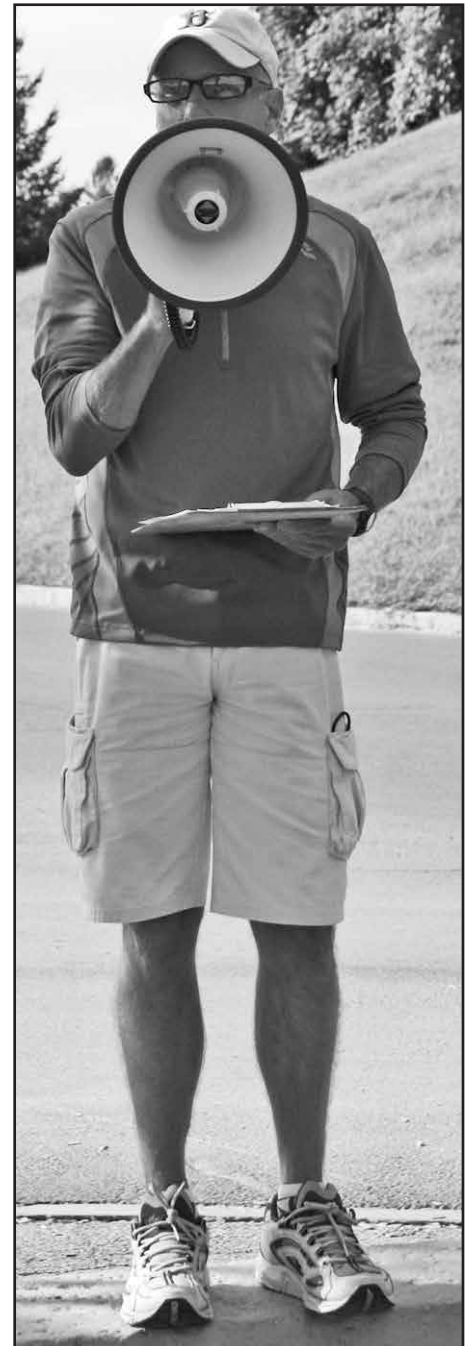
Finishes Streak Best time

- 1 Mark Mindel 37 37 47:49 in 1977
- 2 Chip Button 31 31 50:11 in 1991
- 3 Pat Glover 30 10 48:21 in 1978
- 3 Anny Stockman 30 17 62:39 in 1986
- 5 Jack Berkery 29 11 67:03 in 1989
- 6 Peter Cowie 27 8 60:59 in 1981
- 6 Russ Hoyer 27 13 50:55 in 1983
- 6 Frank Myers 27 14 57:40 in 1985
- 9 Jim Moore 26 19 57:06 in 1983
- 10 Wade Stockman 25 6 56:07 in 1987
- 11 Paul Kuta 24 20 60:22 in 1983
- 11 Brian Teague 24 10 55:09 in 1996
- 13 Martha DeGrazia 23 7 65:07 in 2000
- 13 Peter Gerardi 23 15 51:44 in 1991
- 13 Nancy Nicholson 23 18 57:59 in 1988
- 16 Richard Cummings 22 7 50:16 in 1994
- 16 Jeff Flora 22 14 61:54 in 1995
- 16 Tim Keegan 22 15 55:42 in 1983
- 19 Jill Mehan 21 8 75:28 in 1987
- 20 Rob Colborn 20 9 52:52 in 1986

(Others with 15-19 finishes)

- Ron Bagnoli 19
Mike Caccuitto 19
Dan Cantwell 19
Jim Forbes 19
Dale Keenan 19

- Larry Lewis 19
Richard Daley 18
Steve Jones 18
Jim Lofthouse 18
Dale Broomhead 17
Tom Dalton 17
John Bradley 16
Laura Clark 16
Ed Menis 16
Steve Obermayer 16
Curt Woodcock 16
Eiko Bogue 15
Chris Buckley 15
Tom Constantine 15
Suzanne Forbes 15
Kathy Frederick 15
Judy Serth-Guzzo 15
Tom McGuire 15
Richard Morse 15
John Noonan 15



Enjoy Warmth & Comfort with



Homemade Soups

Sandwiches & Wraps

Sweets & Fresh Baked Breads

Catering

Private Parties

Corporate Meetings/Events

Gifts

Dine In / Take Out

438-3540

Stuyvesant Plaza • 1475 Western Avenue

Albany 12203

www.bountifulbread.albany.com

More Sports Nutrition News You Can Use

The 2013 Annual Meeting of American College of Sports Medicine was chockfull of nutrition news you can use. This article continues from where I left off in my previous article (June 2013) and offers additional research findings.

- Do serious athletes need protein supplements? Doubtful. Among 30 competitive 14- to 20-year old male and female athletes who were living at a sports training facility (IMG Academies), all of the males and 75% of the females consumed more than the recommended protein intake: about 0.5 to 0.75 g protein/lb (1.2 to 1.7 g pro/kg). The dietary assessments indicate they consumed about 1 g protein/lb (2 g pro/kg) via their standard daily meals and snacks.

- Although athletes can easily consume adequate protein from standard meals, a survey with 150 male and female Division-I collegiate athletes indicates more than half of them use protein supplements. A waste of money?

- Among 215 Navy SEALs, 86% ate less than the recommended carbohydrate intake (>5 g carb/kg). Like many serious athletes, the SEALs chose a diet that would help build muscles—but not optimally fuel muscles.

- Are commercial recovery drinks better than homemade ones? Doubtful. A study comparing a fruit smoothie (made with milk, banana, berries) with a commercial product showed similar recovery benefits for subjects who did muscle-damaging exercise. Both recovery drinks offered the same amount of calories, protein, and carb. Food works!

- Even experienced veteran cyclists do a poor job of refueling. Only 38% of 212 competitive cyclists chose a carbohydrate-protein mix. Because residual fatigue from both training and competition strongly influences the ability to perform optimally, you would be wise to pay attention to a proper recovery diet!

- Although adequate hydration contributes to optimal performance, it can disrupt sleep in athletes who rehydrate primarily at the end of the day. A study with 35 male rugby players indicates 75% of them did a good job of rehydrating at a 10-day training camp. However, those who hydrated well at night tended to wake up at least three or more times to urinate. For better sleep, drink more fluids right when you finish exercising, instead of near bedtime.

- For 17 days, well-trained cyclists took an antioxidant supplement containing freeze-dried fruit-vegetable juice powder. The supplement offered no boost in immune function beyond that created by exercise itself. Instead of antioxidant pills, you might want to buy a health club membership?

- Sprinters, rowers and other competitive athletes who do high intensity exercise sometimes use a buffer (such as beta-alanine or sodium bicarbonate) that delays the onset

of fatigue associated with lactic acid. Athletes who use beta-alanine often complain about “beta-tingles,” a tingling and itchy side effect. The itchiness is not resolved by taking an antihistamine, because the response is activated by the nervous system, not the immune system. A solution is to choose time-released beta-alanine capsules.

- Would combining beta-alanine with sodium bicarbonate be more effective than either buffer alone at enhancing an athlete's ability to perform intense exercise? Perhaps—but they would have to be able to tolerate the sodium bicarb. Rowers in a 2000-meter time trial experienced more benefit from the beta-alanine alone (6.5 seconds faster) vs. sodium bicarb alone (3 seconds faster). Both taken together added a 1-second bonus, enough to possibly be beneficial.

- Intestinal issues are a major problem among athletes. Among a group of 36 triathletes in the Lake Placid Ironman, 81% complained of stomach pain and cramping. Athletes who consumed either adequate or inadequate fluids both reported similar GI problems. The symptoms were generally mild and did not correlate with finish time.

- If you cannot tolerate pre-exercise food due to nerves (or are fasting, as happens with some religious holidays), try swishing with water or a sports drink. Either can help you perform better. Compared to cyclists who did not swish, those who rinsed their mouth with either regular or calorie-free sports drinks during a 30-minute warm-up performed about 4 minutes faster (13 vs. 17 min.) in a 10-K time trial.

- If you have ever broken a bone, you were likely dismayed when the cast was removed and you saw how much the muscle shrank. Muscles quickly lose size and strength within 5 days. In a study with young men (23 years old) who had a full-leg cast for 5 or 14 days, the size of the quadriceps decreased from baseline by 3.5% in 5 days and 8.5% in 14 days. Strength declined by 8.5% and 23% in 5 and 15 days, respectively. Use it or lose it.

- When 59-year-old adults lifted weights twice a week for 12 weeks, they lost only about 2 pounds of fat and gained only about 1 pound of muscle. The exercise program did not trigger any spontaneous dietary improvements. Take note: It's hard to out-exercise a poor diet...

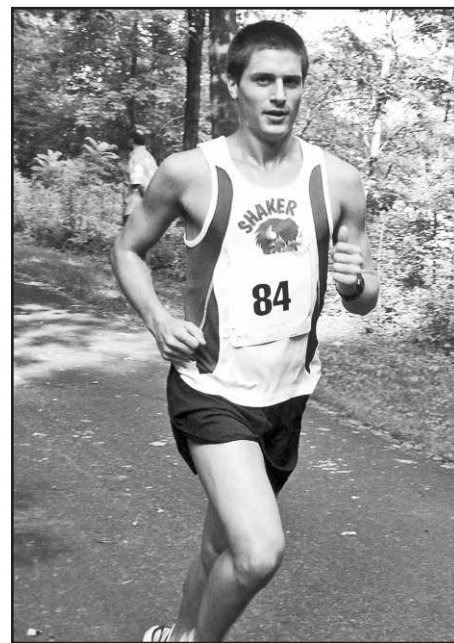
- Some women fret that adding weight lifting to their cardio workouts will make them “bulk up.” Ten sedentary adults (ages 23-24) alternated days of high-intensity interval rowing with maximal-intensity weight lifting. In 5 weeks, the women had no significant changes in body composition. In comparison, the men added about 3.5% lean body mass (muscle). Ladies, little need to fret about bulking up!

- Having arthritis should not be an excuse

to stop exercising. Exercise actually helps reduce the pain and fatigue associated with osteoarthritis and improves one's ability to sit/stand and walk.

- Being active offers more than health benefits. Office workers who were taught how to reduce sedentary behaviors perceived they improved their work performance. For certain, living an active lifestyle is the right choice!

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. For online education, see sportsnutritionworkshop.com. □



Albany and the Rest of the World: Marathon Facts to Jog Your Mind

by Christine Bishop

As the HMRRC Mohawk Hudson River Marathon draws near, it is a good time to celebrate our marathon and its runners, as well as those around the world.

It is amazing how popular marathons have become in the United States since their start in Boston in 1897. Since then, they have spread to every state and major city in America including Albany (1983) and are actually run on all seven continents of the world, including Antarctica. Jim Thomas, an HMRRC member in good standing (and running), could truly be called the Marathon Man since he has run marathons in all 50 states and is now working on running one in every province of Canada. This year our marathon sold out in 48 days and will see 1,500 compete in a race that spans 26 miles and 385 yards. New York City has repeatedly set world records for the largest marathons, with 46,759 people finishing the grueling run in 2011. In 2012 the NYC Marathon would have undoubtedly set another world record but the damage from Hurricane Sandy caused its cancellation.

National and state border crossings in marathons can be impressive. In our marathon, participants go through the two New York counties of Albany and Schenectady. In the Detroit Free Press Marathon, participants cross the US/Canadian border twice without having to go through customs. The Niagara Falls International Marathon includes one international border crossing via the Peace Bridge from Buffalo, New York, United States to Fort Erie, Ontario, Canada. The Intercontinental Marathon is the only one to cross through two continents. The race begins on the Asian side of Turkey and ends next the Blue Mosque in the European section of Istanbul.

Women were not allowed to run in the

Boston Marathon until 1972, but have made great strides since. In 1966, Roberta Gibb tried to enter the Boston Marathon, but was rejected because the officials thought women were physiologically incapable of running the distance. This did not deter Roberta, who hid in the bushes by the starting line and finished the marathon in 3:21:25 with a handshake from the then governor of Massachusetts, John Volpe. Ironically, Roberta had to run in leather nurses' shoes because running shoes for women had not been developed (that was to come in 1968). The following year, Kathrine Switzer entered the marathon but did not identify herself as a female. When the race officials realized what she had done, they tried to physically remove her as Roberta Gibb zipped by unobserved only to be later removed a few feet from the finish line. It took until 1972 for Boston to admit women, and since then the numbers of females running marathons has increased steadily. For instance, in the 2000 Mohawk Hudson River Marathon, 32% of the finishers were women and by 2012 the number had risen to 45%, acceding the US average of 42%. One wonders what the future holds.

Impressive records have been set in many marathons. In our annual Mohawk Hudson River Marathon Dale Keenan set the course record for speed on October 14, 1984, in 2:20:59, or about 5 minutes 22 seconds per mile, which is really flying. Jennifer Fazioli set the woman's record of 2:47:22 on October 13, 2002, which is a sizzling 6 minutes 23 seconds per mile. The fastest marathon man in the world is Patrick Makau Musyoki of Kenya, who in 2011 at the Berlin Marathon did the course in a blazing 2:03:38, giving him an average time of 4 minutes and 32 seconds per mile. The world's fastest marathon woman is

Paula Radcliffe, who astonished all present at the London Marathon in 2003 by setting the course record of 2:15:25, which averages five minutes and 10 seconds per mile. Dale Keenan's six victories in the Mohawk Hudson Marathon are the most for male winners. The female record for wins is shared by three stellar runners,

who still light up the field today: Emily Bryans (2006, 2010), Daniele Cherniak (1983, 2001), and Gayle Porcelli (1996-1997). Although our club did not set this record, it is believed that the slowest marathon occurred in London in 2002, when Lloyd Scott took five days to complete the race dressed in a deep-sea diving suit that weighed 180 pounds. At other times he dressed as Indiana Jones, St. George, and even crawled as a snail. These antics spurred the London Marathon committee to set a time limit of 24 hours for a marathon. As for the most times the marathon was run, Jim Moore from Niskayuna holds the record for males and Linda Keeley from Waterford for females. Belgian Stefaan Engels, who previously had finished competition in 20 Ironman Triathlons in a year, at age 49 in 2009 completed 365 marathons in one year. When told of this, Jim Thomas, our Marathon Man, replied that Engels was even wackier than he was. Denmark's Annette Fredskov outdid this recently by completing 366 marathons, or 9,589.2 miles, in one year. The Mohawk Hudson River Marathon records for the oldest and youngest to finish are not completely documented, nor are those for the world, but our oldest known male is Ralph Riddick who at age 80 in 2012 ran a 6:21:31 race. Regina Tumidajewicz, at age 73 in 2000, completed the course in 5:55:26. Sixteen year old Matthew Chrislip, our youngest male runner, finished in 3:45:43. Three 17-year-old females are the youngest to finish: Alexandra Whisenhunt (6:08:32), Skye Gruen (4:14:49) and Andrea Wiegand (4:14:49). We hope to hear more about them in the future.

The price to enter the HMRRC Marathon is a bargain at \$85. For the New York City Marathon it is \$255 but that is a steal when compared to the North Pole Marathon, which including expenses costs \$15,000. Although the marathon in Antarctica is a few hundred dollars cheaper, it is so frigid where it is held, that not even a penguin is there to witness the runners' incredible (cold) feat.

Are winners of the marathon on the road to riches for their spectacular super-human achievements? It depends. The prize money in Albany is \$1,750. In Boston, winners receive \$150,000, with an additional \$25,000 if they set a course record. In New York City they receive \$130,000 and a bonus of \$70,000 if it is a repeat victory or an additional \$50,000 to \$60,000 for setting a course finish of 2:06 or under. These sums of course do not include brand endorsements or money from guest appearances.

While it is fun to muse on these super human achievements, we still have October 13, 2013, to look forward to when new records may be broken at the 31th Annual HMRRC Mohawk Hudson River Marathon. To learn the results, see www.MohawkHudsonMarathon.com or you can wait for our special December edition of *The Pace Setter* when all will be discussed and documented with great articles from our writers and snazzy photos from our veteran club photographers. The *Pace Setter* can also be accessed online at the HMRRC website: www.hmrrc.com.

In the meantime, happy running! ☐

The Pace Setter – 15





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



Don't let volunteering for a race **scare** you!

It can be a boo-tiful thing – joining fellow runners in support of others enjoying the sport you love.

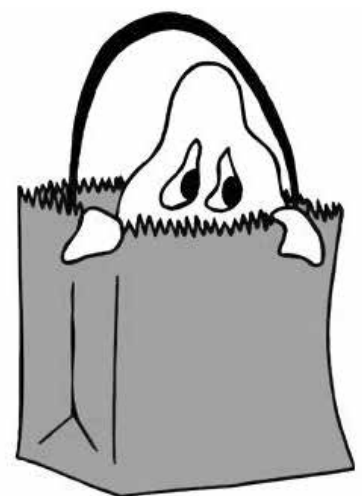
Whether you are experienced or not doesn't matter – we have a spot just for you!

And check out the HMRRC volunteer database on line. It gives you the opportunity to register for all of our events and to keep track of your volunteer points as well.

Hope to see you on the course!

Marcia Adams
Volunteer Coordinator

Happy Halloween!



The Right Way to Hydrate For a Marathon

This article is a product of the American Medical Athletic Association (AMAA) at amaasportsmed.org, and is given to everyone who runs the Boston Marathon.

*Permission was obtained to reprint this article in *The Pace Setter**

How important is hydration to marathon runner safety and performance?

Staying properly hydrated is important during marathon racing for both safety and performance. Hydration status in marathon runners depends on the balance between sweat losses and fluid replacement. Dehydration occurs when fluid losses are not adequately replaced. Sweat rates are increased by:

- Warm, humid weather conditions
- Male Gender (Men sweat 30% more than women of the same weight)
- Fitness Level (More Fit = More Sweat)
- Acclimatization (More training in the heat = More Sweat)
- Running Pace (Faster pace = More Sweat)

Warm, humid weather, especially when it is unexpected, usually increases sweat rates and accelerates the onset of dehydration, increasing the risk of early fatigue and heat-related illnesses in runners. Keeping the body properly hydrated improves marathon safety and performance by maintaining blood volume, and cardiovascular function. Dehydration decreases blood volume, increases heart rate, and impedes heat loss, all of which cause marathoners to slow their pace or drop out of the race.

It is also possible for runners to drink too much fluid, which can result in a potentially fatal condition called exercise-associated hyponatremia. Hyponatremia often occurs in slower marathon runners who have the greatest opportunity to drink more fluid than they lose in sweat.

Balancing fluid intake with sweat losses to avoid both dehydration and hyponatremia is the fluid replacement goal for a safe a marathon experience. Faster runners (< 4 hrs) should be more concerned with avoiding dehydration than developing hyponatremia. It's important to determine your individual fluid needs because there is no single recommendation that applies to everyone.

What is hyponatremia and why is it dangerous?

Exercise-associated hyponatremia (EAH) is defined as a blood sodium concentration less than 135 mmol/liter (135-145 is considered normal). The sodium in a sports drink may delay the onset of hyponatremia, but drinking too many sports drinks can still result in hyponatremia. This usually occurs in slower runners who are on the course for more than 4 hours; most commonly from drinking too much water or sports drink before, during, or after the marathon race. Drinking too much fluid dilutes the blood sodium concentration if the kidneys do not properly clear the extra body water and becomes dangerous if it causes the brain to swell. Significant brain swelling can lead to death. Some other factors associated with EAH

are gaining weight during the race, not losing any weight during the race, warm temperatures, and small stature.

What are signs or symptoms of exercise-associated hyponatremia?

Symptoms begin to appear when serum sodium levels fall below 135 mmol/L and water begins to flow into the body cells. Early symptoms of hyponatremia include weight gain, puffiness (e.g., swollen fingers, tight-fitting watch or rings), nausea, vomiting, progressively worsening headache, and a sense of "just not feeling right." More serious symptoms include confusion, irritability, agitation, and seizures. Left untreated, hyponatremia can progress to serious brain and lung swelling, coma, and death.

It can take time for hyponatremia symptoms to appear, so keep an eye out for these symptoms even a few hours after the race. During or after exercise, if you are not sweating heavily and/or feel that you may have gained weight (see symptoms above), it is important not to drink large amounts of fluids until you are urinating normally.

What are the signs of dehydration?

Signs and symptoms of dehydration include headache, thirst, dizziness, nausea, muscle cramps, weakness, abnormal chills, thick saliva (i.e., difficulty spitting), irritability, and fatigue.

What is the best way to avoid dehydration?

The best way to avoid dehydration is to drink enough fluid to minimize loss of body weight during the race, but avoid over-drinking and weight gain. In fast runners, thirst often lags behind and may be a late indication of dehydration and faster runners need to know how much fluid to replace each hour of running. However, in slower runners thirst indicates that you are becoming dehydrated and should begin to replace your sweat losses.

How do I know how much to drink?

To determine your unique fluid needs, estimate your sweat rate by weighing yourself nude and run for 1 hour in the conditions and at the pace you expect to race. Do not drink during this run. At the end of the run, strip down, towel off, and reweigh yourself nude. The difference in weight (ounces) is about your hourly sweat rate. No more than that amount should be replaced in each hour of your race. If you have determined that you need to drink 4 oz every 20 minutes (12 oz an hour), then stick with that plan for longer runs. You should also weigh yourself periodically before and after training runs. Most runners will lose 3 pounds of body mass during the course of a marathon

and losses beyond that are most likely due to dehydration. During training and racing, drink at regular 15 to 20 minute intervals to minimize loss of body weight to approximately 2% of your starting body weight by the end of the race. For example, if you begin the run weighing 140 lb and end the run weighing 137 lb, you have kept your weight nearly neutral for body water loss. If your weight drops significantly below 137 lb this may begin to impair your performance. If your weight is above 140 lb, it is a clear indication that you drank too much. Drinking too much of any fluid (overhydrating) can lead to hyponatremia. If you are running at a slow pace (longer than 4 hours for the marathon) and you do not know your sweat rate, you should drink each time you notice feeling thirsty to stay safe from both hyponatremia and dehydration. On those occasions when you know that you'll be losing a lot of sweat, drink 10-20 ounces of fluid about an hour before the race to help you start with adequate fluid in your system.

How can I avoid both dehydration and hyponatremia?

Develop your own hydration program using these tips:

- You're unique, so don't copy other runners. Some runners need less fluid than you, while others will need more. Learn your individual hydration needs. Fluid needs vary widely and slower runners need to be very cautious with their fluid intake while faster runners may need to drink more to replace higher volume sweat losses.

- Try to match fluid intake to just below weight loss. For example, if you lost 2 lbs (32 oz) during a run, you should try to drink close to 32 oz but not more during that long run.

- During a marathon, you should lose 2-3 pounds. If you do not lose weight, you are 7 times more likely to get hyponatremia.

- Do not overdrink. Weight gain during a run is a sure sign of overdrinking.

- If you are feeling the effects of hot weather, slow your pace. Drinking more fluid will not directly make you less hot or cool you down

- If you are a slow runner, determine the fluid intake that keeps your weight balanced with a slight 1% loss during a long run or drink when you are thirsty. The rate of sweat and weight loss for the same distance varies according to weather conditions and running speed.

- Keep your urine a pale yellow color like lemonade, neither dark like apple juice (dehydration) nor clear like water (overhydration)

- Recognize the warning signs of dehydration like feeling faint or light headed with standing, rapid heart rate, sunken eyes, dry mouth, feeling very thirsty, or dull headache. Try some fluids to see if you improve.

- Recognize the warning signs of hyponatremia like water sloshing in your stomach, severe and worsening headache, or feeling puffy or bloated in the hands and feet, nausea, upset stomach, or wheezy breathing. Stop drinking until you begin to urinate and the symptoms resolve.

- If you are not feeling well during or after

the race and simple changes do not make you feel better, seek immediate medical attention.

HYDRATION PLAN EDITORS

Bill Roberts, M.D.

Founder and Past-President, IIRM (formerly ARMS) Past-President, American College of Sports Medicine Medical Director, Medtronic Twin Cities Marathon

Pierre D'Hemecourt, M.D.

President, IIRM Co-Medical Director, Boston Marathon

George Chiampas, M.D.

Immediate Past-President, IIRM Medical Director, Bank of America Chicago Marathon

John Cianca, M.D.

Past-President, IIRM Medical Director, Chevron Houston Marathon

Joseph Chorley, M.D.

Associate Medical Director, Chevron Houston Marathon

REF:

1. Almond SD, Shin AY, Fortescue EB, et al. Hyponatremia among Runners in the Boston Marathon. *NEJM* 352(15), 2005. 2. Bergeron MF, Harvareaves, M, Haymes, EM, et al.: ACSM Position Stand: Exercise and Fluid Replacement. *Medicine Science Sports and Exercise* Vol 39, 1-2; pp 377-390, Feb 2007.

3. Hew-Butler T, Almond C, Ayus JC, Dugas J, Meeuwisse W, Noakes T, Reid S, Siegel A, Speedy D, Stuempfle K, Verbalis J, Weschler L. Consensus Statement of the 1st International Exercise-Associated Hyponatremia Consensus Development Conference. *Clin J Sport Med* 15(4): 208-213, 2005.

4. Courtney Kipps, Sanjay Sharma and Dan Tunstall Pedoe. The Incidence of Exercise-Associated Hyponatremia in the London Marathon. *Br J Sports Med* 45(1):14-19, 2009. 5. Montain SJ, Sawka MN, Wenger CB. Hyponatremia associated with exercise: risk factors and pathogenesis. *Exerc Sport Sci Rev* 2001;29:113-117.

AMAA is the medical professional division of the American Running Association (ARA) IIRM, the International Institute of Racing Medicine, is affiliated as a partner of AMAA and ARA ☐

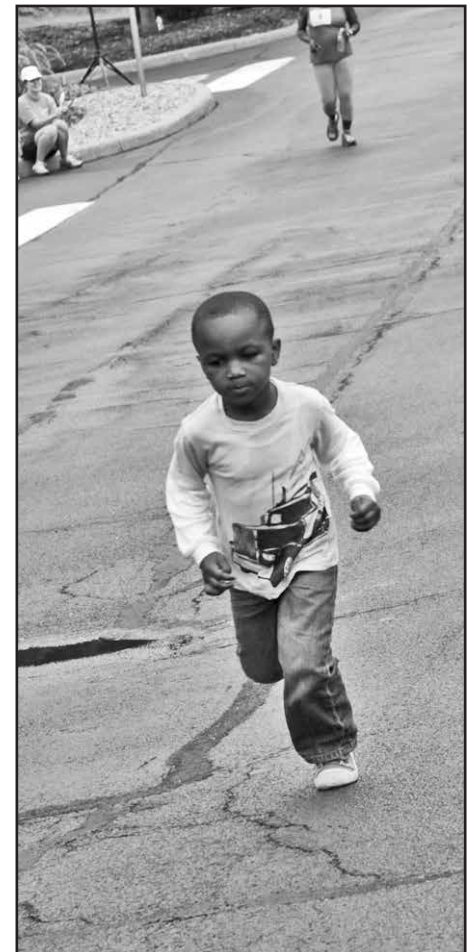


Ad Director Volunteer for *The Pace Setter* Magazine Needed

The Pace Setter is seeking a volunteer Ad Director to manage ad insertions for the magazine on a monthly basis.

Time commitment is approximately
3 hours per month.

If interested, please email Robin at
pseditor123@gmail.com for more
information.



Submissions for the January Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is November 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.

Marathon Chronicles

by Christine Bishop

October is the month of marathon madness, when runners from around the Albany area, and as of last year, 38 other states, race from Schenectady to Albany in the annual Mohawk Hudson River Marathon. It is therefore appropriate at this time to reflect on the origins of this ancient event. Most of what is known is pure myth, yet the actual history is more compelling.

Our story begins in Marathon, Greece, a port area flanked by a fennel-covered plain (marathon is Greek for fennel, a licorice-like herb) where the momentous Battle of Marathon occurred in 490 B.C. It was here that the Persian¹ troops of Darius the Great confronted the Athenians and some neighboring Greeks in an effort to gain dominance over Greece and to crush the cities of Athens and Sparta. In ancient times this meant that conquered cities would first be looted and then totally demolished with every living man, woman and child enslaved. Badly outnumbered by the Persians, the Athenians fought fiercely, and through clever tactics, defeated the Persians. A messenger named Phidippides² was sent from the battlefield to the Acropolis in Athens, a distance of about 25 miles, to announce to the citizens of Athens that their army was triumphant over the Persians. After Phidippides proclaimed the glorious win, he shouted "Nike" (victory) to the enthusiastic crowd and then died from exhaustion. Now that's a good story, but the real one is even more incredible.

The Greek historian, Herodotus, who was born about the time of this event, mentioned Phidippides and the heroic role he played in the battle, but not as we have been led to believe. Phidippides, we learn, was a professional courier or hemerodrome for the Athenian army. Hemerodromes were trained runners who were expected to run 80 to 90 miles in a single day and for several days if necessary. They had to memorize long messages and be able to repeat them verbatim. Herodotus tells us that Phidip-

pides was sent from Athens to Sparta to enlist their aid against the Persians and then to return posthaste with their reply. In a period of just four days, he ran over three hundred miles! Whether he ran an additional 26 miles to Athens after the victory is unknown, as no written record from that time mentions it. It was not until 500 years later that the rhetorician and novelist Lucian mythologizes this by introducing Phidippides as the messenger who dies while proclaiming the heroic defeat of the Persian army.

Since 1983, there has been a race called the Spartathlon (athlon is the Greek suffix for feat) that commemorates Phidippides' run from Athens to Sparta. The route is 152.4 miles long. All who finish get a laurel wreath and a goblet of water from the Evrotas River, whose spring water the ancient Olympian athletes drank. The record holders for this event are Yiannis Kouros (20:25:00) and Elizabeth Hawker (27:02:17). To find out more about this race go to: www.spartathlon.gr.

Incredibly, it was the army soldiers who ran the marathon to Athens. The soldiers hurried to protect the undefended city before the Persian fleet could attack. By sea, the trip from Marathon to Athens was eight hours but by land it was six. The fastest troops in the battle-weary army were sent in the vanguard to defend Athens. Wearing armor and carrying weapons, they covered the 25 miles and set up defenses before the Persian fleet arrived and were joined throughout the day by the rest of the army. The shocked Persians, watching from their ships, realized their opponent was too strong and retreated, thus ending the First Persian War. The second Persian War took place ten years later led by Darius' son Xerxes, and this too ended in defeat for the Persians. Due to the running abilities of the Greek soldiers, including Phidippides, the course of Western civilization was forever altered and Greek democracy and learning were preserved.



The marathon debuted in the first modern Olympics held in Greece in 1896. The original Olympics that began in 776 B.C. and ended in 394 A.D., when Emperor Theodosius cancelled them because they were pagan, had no long races. The longest running event was 24 laps around the Olympic stadium, or about 5K. The ancient Greeks considered the long runs the domain of the professional couriers, the hemerodromes, and not athletes. However, two of the prime organizers of the modern day Olympics, Baron Pierre de Coubertin and Michel Breal, were so inspired by the legend of Phidippides that they decided to add the marathon as the closing event. The race proved so popular that it is now a fixture of the modern Olympics. Originally, the distance was usually 25 miles but in 1908, when King Edward of England wanted the finish to be at his viewing box in Windsor Castle, the distance was changed to its present day length of 26.2 miles. It's good to be king.

To find out more about the thrilling history of the marathon, a reading list is included. In the meantime, you can attend the 31st Mohawk Hudson River marathon on October 13, 2013 (www.mohawkhudsonmarathon.com) or the 41st HMRRRC Winter Marathon on February 16, 2014 at 10 a.m. at the University of Albany campus.

Happy running!

Notes

1. Persia is modern day Iran.
2. His name is also spelled as Pheidippides or Philipides
3. I wish to thank my husband Charles for helping to edit this article.

Recommended Reading List

Billows, Richard A. *Marathon: How One Battle Changed Western Civilization*. New York: Overlook Duckworth, 2010.
 Herodotus, Sélincourt Aubrey De (translator), and John Marincola (editor). *The Histories*. London: Penguin, 2003.

Lacey, Jim. *The First Clash: The Miraculous Greek Victory at Marathon and Its Impact on Western Civilization*. New York: Bantam, 2011. □



2013 Anniversary Race





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

Dryline Zip Shirt, black, Male S,M,L; Female L,XL

Cost:

Total:

\$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:

Jon Rocco

15 Lincoln Avenue

Colonie, NY 12205

Email: jonrocco@hotmail.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 _____

Grand Prix Update

Race #7

Tawasentha XC #2, 5k August 19, 2013

Male Open

- 12 Pat Cade
- 10 Steve Booker
- 8 Adam Forti
- 7 Lukus Becker
- 6 Ben Butryn
- 5 Brien Maney
- 4 Hasson Beesley

Male 30-39

- 12 Josh Merlis
- 10 Brian Northan
- 8 David Tromp
- 7 Jeffrey Andritz
- 6 Matt Zappen
- 5 Adam Lyon
- 4 Michael Libertucci

Male 40-49

- 12 John Stadtlander
- 10 Robert Irwin
- 8 Mark Stephenson
- 7 Jon Rocco
- 6 Jonathon Bright
- 5 Bill Tindale
- 4 Ed Hampston

Male 50-59

- 12 Rick Munson
- 10 David Roy
- 8 John Parisella
- 7 Jim Devine
- 6 Todd Thomas
- 5 Peter Butryn
- 4 Jim Giglio

Male 60-69

- 12 Lee Pollock
- 10 Paul Forbes
- 8 John Stockwell
- 7 Leo Vogelian
- 6 Joe Yavonditte
- 5 Ed Litts
- 4 Greg Taylor

Male 70+

- 12 Wade Stockman
- 10 Tony Scott
- 8 Bob Knouse
- 7 Ray Lee

Women

Female Open

- 12 Meghan Mortensen
- 10 Shylah Weber
- 8 Ada Lauterbach
- 7 Allie Tedeschi
- 6 Kate Thomas
- 5 Cheyenne Munson
- 4 Anita Rice

Female 30-39

- 12 Kristina Gracey
- 10 Shelly Binsfeld
- 8 Kari Deer
- 7 Jessica Northan
- 6 Cynthia Zinzow
- 5 Susan Bright

Female 40-49

- 12 Emily Bryans
- 10 Connie Smith
- 8 Michelle Pengergast
- 7 Kay Byrne
- 6 Kathleen Tersigni

Female 50-59

- 12 Nancy Taormina
- 10 Jennifer Thomas
- 8 Joan Brown
- 7 Barbara Sorrell
- 6 Karen Dott
- 5 Sharon Fellner
- 4 Tina Hayden

Female 60-69

- 12 Mary Wilsey

Female 70+

- 12 Anny Stockman

Age Graded

Runner	Age	G
12 Emily Bryans	46	F
10 John Stadtlander	47	M
8 Mark Stephenson	49	M
7 Lee Pollock	60	M
6 Kristina Gracey	30	F
5 Josh Merlis	31	M
4 Rick Munson	56	M

Race #8

SEFCU Labor Day 5K September 2, 2013

Men

Male Open

- 12 Paul Cox
- 10 Jonah Allard
- 8 Paul Mueller
- 7 Jonathon Lazzara
- 6 Will Johnson
- 5 Noah Allard
- 4 Tanner Wood

Male 30-39

- 12 Mike Roda
- 10 Anthony Giuliano
- 8 Chuck Terry
- 7 Brian Northan
- 6 David Tromp
- 5 Daniel Brady
- 4 Dallas DeVries

Male 40-49

- 12 John Stadtlander
- 10 Robert Irwin
- 8 Jon Rocco
- 7 Mark Stephenson
- 6 Bruce Beesley
- 5 Tomo Miyama
- 4 Dale Miller

Male 50-59

- 12 David Roy
- 10 Jon Weillbaker
- 8 Rick Munson
- 7 Samuel Mercado, Jr.
- 6 John Sestito
- 5 George Baranauskas
- 4 Mark Nunez

Male 60-69

- 12 Juergen Reher
- 10 Bob Somerville
- 8 Paul Forbes
- 7 David Rowell
- 6 John Stockwell
- 5 Douglas Fox
- 4 Joe Yavonditte

Male 70+

- 12 Ed Bown
- 8 Jim Moore
- 7 Wade Stockman
- 6 Chris Rush
- 5 Bob Knouse
- 4 Armand Langevin

Women

Female Open

- 12 Liz Chauhan
- 10 Shylah Weber
- 8 Cheyenne Munson
- 7 Julia Maloney
- 6 Sara Hamilton
- 5 Lexi Secor
- 4 Melissa Fleshman

Female 30-39

- 12 Crystal Perno
- 10 Deanne Webster
- 8 Melanie Nedeau
- 7 Kelly Komara
- 6 Kara Gokey
- 5 Jennifer O'Connor Teepe
- 4 Kristen Roberts

Female 40-49

- 12 Sally Drake
- 10 Kimberly Mesino-Bowles
- 8 Regina McGarvey
- 7 Brenda Lennon
- 6 Connie Smith
- 5 Ruth Sadinsky
- 4 Regina Kane

Female 50-59

- 12 Nancy Taormina
- 10 Janice Phoenix
- 8 Karen Gerstenberger
- 7 Catherine Sliwinski
- 6 Kirsten Leblanc
- 5 Sharon Fellner
- 4 Catherine McCutcheon

Female 60-69

- 12 Erika Oesterle
- 10 Martha DeGrazia
- 8 Susan Wong
- 7 Joan Celentano
- 6 Katherine Ambrosio
- 5 Anne Tyrrell
- 4 Suzanne Nealon

Female 70+

- 12 Anny Stockman
- 10 Eiko Bogue

Age Graded

Runner	Age	G
12 Mike Roda	37	M
10 John Stadtlander	47	M
8 David Roy	58	M
7 Susan Wong	65	F
6 Erika Oesterle	62	F
5 Jon Weillbaker	55	M
4 Anthony Giuliano	34	M

Total After 8 Races

Men

Male Open

- 27 Paul Cox
- 27 Richard Messineo
- 25 Nick Webster
- 24 Pat Cade
- 23 Jonathon Lazzara
- 22 Erik Carman
- 22 Tom O'Grady
- 22 Kevin Treadway
- 12 Brett LaFave
- 12 Alexander Paley
- 10 Jonah Allard
- 10 Steve Booker
- 10 Jon Ricciardi
- 8 Marcus DeBerg
- 8 Adam Forti
- 8 Paul Mueller
- 7 Lukus Becker
- 7 Brad Lewis
- 7 Mikey Murphy
- 7 Tim O'Connell
- 6 Ben Butryn
- 6 James Faraci
- 6 Will Johnson
- 6 Andrew McCarthy
- 5 Noah Allard
- 5 Sam Binsfeld

5 Brien Maney
 5 Victor Warner
 4 Hasson Beesley
 4 Griffin Keegan
 4 Kevin Messineo
 4 Tanner Wood

Male 30-39

46 Mike Roda
 44 Chuck Terry
 39 Brian Northan
 37 David Tromp
 17 Eamon Dempsey
 16 Jake Stookey
 16 Joe Sullivan
 12 Clay Lodovice
 12 Josh Merlis
 10 Anthony Giulano
 10 Chris Judd
 10 Michael Libertucci
 8 Shawn DeCenzo
 7 Jeffrey Andritz
 7 Joe Hayter
 7 Matthew Lindow
 7 Gaven Richard
 6 Michael DiNicola
 6 Chris Mulford
 6 Jim Sweeney
 6 Matt Zappen
 5 Gabe Anderson
 5 Jim Eaton
 5 Dallas DeVries
 5 Adam Lyon
 5 David Newman
 5 Chris Nowak
 4 Joe Benny
 4 Aaron Knobloch
 4 Todd Smith
 4 Patrick Sorsby
 4 Brenan Tarrier

Male 40-49

67 John Stadtlander
 58 Jon Rocco
 46 Mark Stephenson
 34 Tim Hoff
 27 Tom Kracker
 25 Robert Irwin
 15 Jonathon Bright
 13 Kevin Creagan
 13 Andy Reed
 12 Brian Borden
 12 John Williams-Searle
 11 Brian DeBraccio
 11 Ed Hampston
 8 Randall Cannell
 8 Christain Lietzau
 7 Jeff Loukmas
 7 Tomo Miyama
 6 Bruce Beesley
 6 Bill Grimaldi
 6 Andrew Sponable
 5 Bryan Funk
 5 Richard Hamlin
 5 Bill Tindale
 4 Dale Miller
 4 Tim Mulligan
 4 Norris Pearson
 4 Hector Roig

Male 50-59

54 Rick Munson
 43 David Roy
 29 Richard Clark
 28 Ken Evans
 28 Jon Weillbaker
 24 John Noonan
 23 Mark Nunez
 22 Jay Thorn
 14 Frank Mueller
 13 Russ Hoyer
 12 Christain Lietzau
 12 Derrick Staley
 11 John Parisella
 10 Doug Campbell
 10 Ed Drebitko
 9 Patrick Culligan
 8 Robert Wither
 7 Jack Arnold
 7 Jim Devine
 7 Jim Giglio
 7 Samuel Mercado, Jr.
 6 John Sestito
 6 Todd Thomas
 6 Bart Trudeau
 5 George Baranauskas
 5 Peter Butryn
 5 Christopher Kunkel
 5 Mike Stalker
 4 Mark Mulpeter
 4 Martin Patrick
 4 Rob Picotte
 4 Sunil Sumia

Male 60-69

60 Lee Pollock
 48 Juergen Reher
 43 Paul Forbes
 24 Bob Somerville
 20 Carl Matuszek
 20 Tom McGuire
 19 Paul Bennett
 18 Frank Broderick
 18 Dennis Fillmore
 18 John Stockwell
 16 Norman Dovberg
 16 Joe Yavonditte
 15 David Rowell
 13 Rich Tanchyk
 12 Ken Klapp
 11 Steve George
 10 Pete Cowie
 10 Kevin Donohue
 9 Ed Litts
 7 Leo Vogelien
 6 Bob Ellison
 6 Tim Fisher
 6 Pat Glover
 6 Chuck Terry
 5 Jim Fiore
 5 Douglas Fox
 4 Greg Taylor

Male 70+

62 Wade Stockman
 60 Ed Bown
 42 Ray Lee
 28 Jim Moore
 21 Bob Knouse
 20 Frank Klose
 19 Chris Rush

17 Ed Doucette
 11 Mike Caccuitto
 10 Tony Scott
 10 Ken Skinner
 8 Joseph Richardson
 5 Denny Burns
 5 Armand Langevin

Women

Female Open

60 Meghan Mortensen
 55 Liz Chauhan
 37 Shylah Weber
 20 Cheyenne Munson
 18 Irene Somerville
 17 Kristen Quaresimo
 12 Molly Casey
 10 Valerie Belding
 10 Brina Seguin
 8 Ada Lauterbach
 8 Kim Maguire
 7 Courtney Hill
 7 Julia Maloney
 7 Allie Tedeschi
 6 Amy Becker
 6 Valerie Belding
 6 Sara Hamilton
 6 Jen Masa
 6 Samantha McBee
 6 Kate Thomas
 5 Hannah Patzwahl
 5 Lexi Secor
 5 Andrea Staggs
 4 Laurel Abowd
 4 Leigh Ann Brash
 4 Sara Conroy
 4 Melissa Fleshman
 4 Erika Hebert
 4 Anita Rice

Female 30-39

60 Kristina Gracey
 50 Crystal Perno
 34 Deanne Webster
 30 Shelly Binsfeld
 18 Erin Corcoran
 14 Kari Deer
 14 Nikki O'Meara
 13 Kelly Komara
 12 Allison Bradley
 10 Sally Drake
 9 Jessica Northan
 9 Sara Reed
 8 Melanie Nedeau
 7 Sara O'grady
 7 Candice Panichi
 6 Kara Gokey
 6 Melissa Hasan
 6 Kimberly Morrison
 6 Cynthia Zinzow
 5 Susan Bright
 5 Jessica Chapman
 5 Jennifer O'Connor Teepe
 5 Laura Zima
 4 Colleen Murray
 4 Kristen Roberts

Female 40-49

49 Emily Bryans
 43 Connie Smith
 38 Chris Varley
 34 Anne Benson
 31 Sally Drake
 28 Penny Tisko
 24 Brenda Lennon
 20 Kimberly Mesino-Bowles
 19 Regina McGarvey
 17 Judy Guzzo
 16 Karen Dolge
 13 Mary Buck
 13 Cheryl DeBraccio
 8 Michelle Pengergast
 7 Kay Byrne
 6 Christina Friedman
 6 Martha Gohlke
 6 Barbara Light
 6 Kathleen Tersigni
 5 Marcy Beard
 5 Andrea Robinson
 5 Ruth Sadinsky
 4 Denise Gonder
 4 Regina Kane
 4 Dana Peterson
 4 Michelle Rocklein
 4 Stacia Smith

Female 50-59

56 Nancy Taormina
 42 Susan Burns
 35 Karen Gerstenberger
 29 Sharon Fellner
 29 Jenny Lee
 24 Beth Stalker
 18 Karen Provencher
 15 Karen Dott
 15 Cathy Sliwinski
 12 Nancy Briskie
 12 Joan Celentano
 10 Kim Law
 10 Nancy Nicholson
 10 Janice Phoenix
 10 Jennifer Thomas
 8 Joan Brown
 8 Denise Iannizzotho
 8 Aileen Muller
 8 Pia Sanda
 8 Barbara Sorrell
 7 Patty Ellis
 7 Kathleen Goldberg
 7 Lauren Herbs
 7 Catherine Sliwinski
 6 Kirsten Leblanc
 6 Nicolette Pohl
 6 Mary Signorelli
 4 Tina Hayden
 4 Catherine McCutcheon

Female 60-69

61 Martha DeGrazia
 42 Katherine Ambrosio
 41 Susan Wong
 24 Judy Phelps
 24 Karen Spinozzi
 22 Sandy Dovberg
 22 Erika Oesterle
 17 Joan Celentano
 12 Mary Wilsey
 10 Mary Collins Finn
 9 Suzanne Nealon

7 Judy Lynch
5 Anne Tyrrell
4 Eileen Mahoney

Female 70+

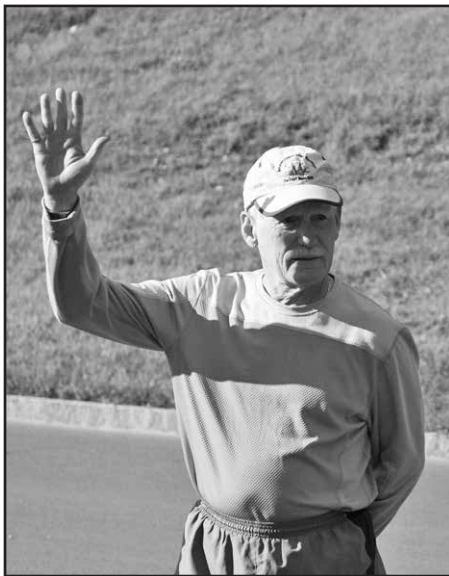
72 Anny Stockman
30 Eiko Bogue
12 Marge Rajczewski
10 BJ Sotile

Age Graded

Runner	Age	G
41 Emily Bryans	45/46	F
35 Mike Roda	37	M
31 Lee Pollock	60	M
30 John Stadtlander	47	M
23 David Roy	57/58	M
23 Mark Stephenson	49	M
20 Judy Phelps	62	F
20 Beth Stalker	53	F
18 Kristina Gracey	30	F

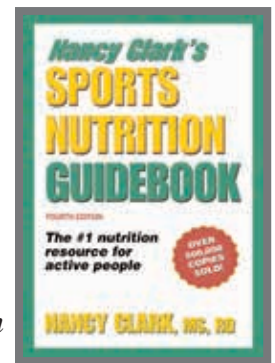
18 Tom O'Grady	27	M
18 Chuck Terry	30/31	M
15 John Noonan	53	M
14 Anne Benson	48	F
13 Jon Rocco	46	M
12 Nancy Briskie	55	F
12 Derrick Staley	54	M
12 Kevin Treadway	24	M
12 Susan Wong	65	F
10 Carl Matuszek	61	M
8 Tim Hoff	47	M
7 Karen Provencher	58	F
7 Anny Stockman	80	F
6 Erika Oesterle	62	F
5 Josh Merlis	31	M
5 Alexander Paley	26	M
5 Juergen Reher	63	M
5 Nancy Taormina	54	F
5 Jon Weilbaker	55	M
4 Richard Clark	58/59	M
4 Anthony Giuliano	34	M
4 Ken Klapp	62	M
4 Rick Munson	56	M

2013 Anniversary Race



MISSING LINK?

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



*This new
edition can
help you:*

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

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



*Don't let
nutrition
be your
missing
link!*



ORDER:

- ___ Food Guide for Marathoners \$22
- ___ Food Guide for New Runners \$22
- ___ Sports Nutrition, 4th Edition \$26

Name _____

Phone _____

Address _____

Order online: www.nancyclarkrd.com
Or, send check to Sports Nutrition Services
PO Box 650124, West Newton MA 02465
Ph 617.795.1875 • MA Residents: +6.25% tax

Labor Day 2013





“RUN FOR THE HILL” SATURDAY NOVEMBER 2ND 2013 10:00AM



**4TH Annual
Hilltown Christmas
5K**

**“RUN FOR THE
HILL”**

**Entry Fee \$20.00 by
10/29/13 or \$25.00
Race day No Refunds
FREE Tee Shirt for
the first 150
participants**

**Drop boxes will be
available for those
wishing to donate a**

**CORNELL COOPERATIVE EXTENSION MARTIN
RD VOOHEESVILLE, NY 12186**

**Registration & Parking will be at the Cornell
Cooperative Extension building**

**If addition parking is necessary, please use the
Voorheesville Middle School parking lot south/west of
Martin Rd.**

**All proceeds go directly to the Albany County Sheriff's
Hilltown Christmas program, The Hilltown Christmas
program has been assisting families for the past 21 years,**

**Last season alone we assisted more than 200 Albany
County families with Food, Toys, Clothing and a little
Holiday cheer. If you can not attend and would like to
make a donation please make check payable to ACSO**

**Hilltown Christmas 58 Verda Ave, PO Box A,
Clarksville, NY 12041 or check**

www.albanycountysheriff.com for drop box locations.

GOOD WARM UP FOR STACKADE-A-THON

**Prizes will be given
to the top male and
female in the
following age groups**

14 & under	15-19
20-29	30-39
40-49	50-59
60-69	70+

**A prize will be
awarded to the top
male and top female
in the public safety
category**

LAST NAME _____ FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____ AGE _____ GENDER _____

SHIRT SIZE _____ XL _____ LG _____ MD _____ SM * Sizes are NOT guaranteed *

PUBLIC SAFETY PERSONNEL _____ YES _____ NO AGENCY _____

MAKE CHECKS PAYABLE TO: ALBANY COUNTY SHERIFF'S HILLTOWN CHRISTMAS

MAIL APPLICATION & CHECK TO : 58 Verda Avenue, Box A, Clarksville, N.Y. 12041

Participant waiver: by signing below I hereby release and waive any and all claims for damages I may have against the Albany County Sheriff's Office, Town of New Scotland, Village of Voorheesville, Cornell Cooperative Extension, Voorheesville High School and the volunteers and organizers and sponsors affiliated with this event, for any injuries I may suffer in conjunction with this race. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use photographs, videotapes, motion pictures recordings and/or any other record of this event for any purpose.

SIGNATURE _____ DATE _____

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
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!*