

The Pace Setter

July 2009

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

**Mother's Day 3.5 Miler
May 10, 2009**





Indian Ladder Trail Runs-2009



15K and 3.5 Mile Trail Races

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 2, 2009

Start Times

9:00 am – 15K

11:00 am – 3.5 mile

Day of Race Registration

7:45 to 8:30 am – 15K

9:45 to 10:30 am – 3.5 mile

HMRRC Picnic

11:30 noon to 1:00 pm

1 BBQ lunch included with race entry

***FREE!! ONLINE RACE
REGISTRATION
AVAILABLE AT
WWW.HMRRC.COM***

Questions? Email mjkhhome@verizon.net

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill -- Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157-- Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 22]: \$17 – Member; \$20 – Nonmember/Guest
July 23 to Day-of-Race: \$20 – All

What you get ...

Race entry; Shirts to 1st 300 registrants; John Boyd Thacher State Park entry pass; post-race refreshments; ½ BBQ chicken meal including baked potato, cole slaw, rolls, desert and beverage, or hot dog, hamburger or veggie burger meal including chips, desert and beverage.

Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area

Marked course with water/aid stations on course

15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills–strenuous physical exertion–trail racing experience optional

3.5Mi – Loop – 99% natural surface–rolling terrain and demanding hills–recommended for HS/College XC runners & novice trail runners of all ages

Sponsors

FLEET FEET
Sports



Awards

15K & 3.5M races

Overall Male & Female Winners

Age-groups Winners: (2 deep)

20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-64/65-69/70+

Scholastic Division [11-19 yrs] — (3.5Mi race only)

featuring the 14th Anniversary of the

NYS PARKS COMMISSIONER'S CHALLENGE CUP

Male & Female winners & Age-group winners (2 deep): 11-12 / 13-14 / 15-16 / 17-19

NO AWARDS MAILED & NO AWARD DUPLICATION

Register Online or Mail w/check payable to HMRRC to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303

Name (print)			Race [check races entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address [Street/P.O. Box]			Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
City	State	Zip	T-shirt [check one] <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	
Phone/Email	DOB m m dd yyyy	Age on 8/2/2009	Picnic Choice [check one] <input type="checkbox"/> chicken <input type="checkbox"/> burger <input type="checkbox"/> veggie burger <input type="checkbox"/> hot dog	
Pre-registration by July 22 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
July 23 to Day of Race <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian must sign for applicant under 18]				

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— **Profile of a Runner**

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— **Let's Talk About It**



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

The Pace Setter

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Photos in this issue by Ray Lee

HMRRRC Mission Statement

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

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by Mike Kelly

It's official – winter is finally over. Thank goodness!

This past month (May) afforded the Capital District running community two major races that many can be proud of. The HMRRRC directed GHI Workforce Team Challenge took place on Thursday, May 21st in downtown Albany. So many people get together with their co-workers for this race that the WTC is the largest annual road race between New York City and Utica each year. In 2009 several records were shattered for the WTC. 432 teams competed with a total of 7,720 participants, both representing a ten percent increase over previous record totals in 2008. Race director Pete Newkirk and his tremendous team of volunteers put together another fantastic event that brought downtown Albany "alive" once again!

Just over two weeks later the Freihofer's Run for Women was also held in downtown Albany. Year in and year out, I'm frankly amazed at the caliber of runners that race director George Regan and his team are able to attract to this event. While watching the awards being presented to the top finishers it was impossible to miss the fact that these were world-class runners in our midst who let us, if only for a bit, to watch them perform at the highest level. Thank you to USATF for direction of the race and thank you to all the HMRRRC members who volunteered to make it a terrific day for women athletes of all abilities.

During the CapitalCare Health and Fitness Expo at the Freihofer's Run for Women the HMRRRC collected donations of sneakers and shirts. I'm pleased to let you know that this effort was a tremendous success with over 250 pair of sneakers and 500 t-shirts donated. The shoes were donated to Schenectady City Mission while the t-shirts were donated to St. Joseph's Indian School in South Dakota and to the City Mission. Thank you to Cathy Sliwinski for organizing this project. I hope that the HMRRRC can build upon this initial success and expand this laudable program in the years to come.

I would be remiss if I didn't take a moment to congratulate my wife Beth on the completion of first running race ever. Although Beth has been an avid walker for many years, running simply didn't interest her for a variety of reasons (it hurt, breathing was much harder

while running, it really wasn't that fun, etc.). Ten weeks ago, Beth began a program that began with running a couple minutes at a time. Last weekend Beth finished her first 5k at this year's Freihofer's Run for Women and met her goals of running the entire course and having a great time. So congratulations to you Beth and all the other runners who completed their first race that day!

On October 11th, the HMRRRC will present its 27th Mohawk-Hudson River Marathon and the 8th Annual Marine Corps Half-Marathon. I realize it's early July, but I want to bring to your attention a terrific opportunity for novice runners considering entering either race. Once again this year, the HMRRRC will offer an opportunity for runners looking to complete the full marathon or the half-marathon, a comprehensive training program that will prepare participants for either race. For a modest fee, each participant will receive a training schedule, weekly training sessions, a technical "In Training" shirt, gels and water during group runs, AND entry fee into the marathon or half-marathon. A limited number of slots are available so if you're interested please visit the marathon webpage via HMRRC.com for more information. Special thanks go to coach Jim Thomas, marathon race director Elaine Humphrey and half-marathon race director Jim Gilmer for offering this tremendous program once again!





What's Happening in July

by Al Maikels

The HMRRC takes its annual summer vacation from road races in July; instead it features a series of track races. While this is not necessarily staying true to our name, it's not a bad thing either.

The shortest race on the club schedule is the Colonie Mile, set for Tuesday July 7th at 6:15 p.m. at the Colonie High School track. This is also the shortest grand prix event on the club calendar and is always well attended. The Tuesday night meets continue in July and feature a wide range of track and field events, with the mile being the first event at 6:15 p.m.

Keeping the track theme going, the other three club races for July are held on the Guilderland High School track. The two-person relay is set for Wednesday July 15, with a 6:15 p.m. start. This is the only club event that I ever won and that was with the help of a fast and somewhat less than accurate partner. Runners are teamed up based on their predicted mile times, with faster runners paired with slower runners. Each team runs six miles as the runners alternate miles. If you have ever run repeats on the track you know how demanding this can be.

The next track race is one that features everyone starting and finishing at the same time.

The 37th HMRRC Hour Run is set for July 22 with a 6:15 start at the GHS track. How many laps of the quarter-mile track can you run in an hour? Can you remember your lap count? If you crave the answer to those questions, the Hour Run is for you.

The final event in the summer track series is actually a series of five events. The 34th HMRRC Pentathlon will be held on Wednesday, July 30 at the Guilderland High track. The pentathlon features a 5k, half mile, 2 mile, quarter mile and finishes with the mile. This is a great test of your fitness and is a wonderful summer workout. The races start at 6:15 and go till dusk.

Since the club's July races feature a track setting, one must look elsewhere for road races. July has some of the premier road races, including the Boilermaker 15k on Sunday July 12 in Utica. This race closes out fast so if you did not make the cut you might consider the Firecracker 4 mile race on July 4th in Saratoga Springs.

The club business meeting for July is scheduled for Wednesday, July 8th at 7:30 p.m. in the Point of Woods clubhouse at the end of the Washington Ave. extension. All club members are welcome to attend these meetings. □



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

Anyone can qualify to be a
volunteer.

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

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

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

Name:

Address:

Tele. #:

Email:

Job Interested in (check all
that apply):

☐ Course marshal

☐ Refreshments

☐ Registration

☐ Finish line/results

☐ Race Director – asst. and
training

☐ Any of the above

Physical limitations (if any):

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

CASTLETON KIWANIS
CLOVE RUN
15K, 5K, AND 1 Mile
FAMILY FUN RUN

Hosted By The
CASTLETON ROAD RACING COMMISSION

For The Benefit Of The Anchor

(Local Food Pantry)

Race participants are encouraged to bring canned/non-perishable food items for donation to The Anchor.

8:30 A.M. Saturday August. 22, 2009

Family Fun Run promptly at 8:30 AM

15K at 9:00 AM 5 K at 9:15 AM

All race activities (start, finish, awards, refreshments, entertainment) take place at the Schodack Island State Park at 1 Schodack Way, Schodack Landing, NY 12156

DIRECTIONS: I – 787 over the Dunn Memorial Bridge to Rts. 9 & 20 East in Rensselaer, go thru 3 lights, and bear right at the sign for Castleton (Rt. 9J). Go on Rt. 9J to Castleton. Continue about 1 mile beyond Castleton and the entrance to the Schodack Island State Park will be on the right. Persons traveling from other areas should use MapQuest to obtain directions to the State Park.

PARKING: Parking is available at the State Park.

PARTICIPANT PASS: See Clove Run Web Site for Participant Pass to be shown when entering the Schodack Island State Park for the Clove Run for free entry to the Park.

ENTRY FEES:

15K and 5K

- Pre – race registration: \$17.00
- Received after Aug. 14/Day of Race: \$23.00
- 1 Mile Family Fun Run – 10 and under**
- \$5.00/person or \$15/family

T – shirts for first 200 registered runners

ONLINE REGISTRATION:

Registration for the Clove Run can be done Online at Active.com. See Clove Run Web Site for more information.

AWARDS:

15K and 5K

- Top 3 male and female runners
- Top 3 runners in each age group division

1 Mile Kids Fun Run

- Medals will be awarded to all finishers

PACKET PICKUP & AWARDS CEREMONY:

- Grounds to the east of the main State Park Parking Lot
- No Duplication of Awards

MORE INFORMATION:

Call 732-2940 or go to Clove Run Web Site at http://www.vanrensselaerdivision.org/Clove_Run/

RACE APPLICATION:

Complete application and mail to CRRC, P.O. Box 42, Castleton, NY 12033. Be sure to include a check for the appropriate amount made payable to CRRC.

Name _____

Male _____ Female _____ Age _____

Race: 5 K _____ 15 K _____ Fun Run _____

Address _____

City/Town _____ State _____

Emergency
Contact _____

Phone (_____) _____ - _____

Email Address _____

T - Shirt Size

Sm. _____ med. _____ lg. _____ xl. _____

Please Read and Sign: In consideration of the acceptance of this application to participate in this race, I hereby release the sponsor and its affiliates from any and all liability or responsibility for any injury or physical illness that may occur as the result of my participation in this event. I am physically fit to participate in the race event(s) indicated. Children may only run in one event, either the 5 K or the 1 Mile Kids Fun Run. I also allow any photographs taken of myself during the event to be used for publicity purposes.

Signature _____

Parent/Guardian _____
(if under age of 18)

Date _____

"BEEN THERE, DONE THAT"

by Ed Thomas

July 1974 - Thirty Five Years Ago

- What is billed as the First Annual Old Stone Fort 10K Run (from Middleburg to Schoharie) is held on July 7th. The event is organized by Jim Shrader and the participants include four of this famous running clan, including Cathy, who is the first woman in 43:10. The top four finishers are among the strongest runners of this era: Larry Frederick (33:05), Jim Bowles (33:59), Tom Clarke (future Nike president, 35:51) and Don Wilken (first Submaster, 35:47).

July 1979 - Thirty Years Ago

- Technological Breakthrough Department: It is announced that the Adirondack AAU has purchased a new mimeograph machine which the HMRRRC will be allowed to use to produce the Club Newsletter.

July 1984 - Twenty Five Years Ago

- In a historic first, participants at the 6 mile, 2 Person Relay are treated to a live version of the Star Spangled Banner engineered by race director Paul Rosenberg. It features an American flag which Paul bought at a garage sale and a recording of the National Anthem on an old recording of the 1969 Mets game when they clinched the pennant. As Paul said: "I figured if they play it before baseball games, basketball games, etc., then we could do it too!"

July 1989 - Twenty Years Ago

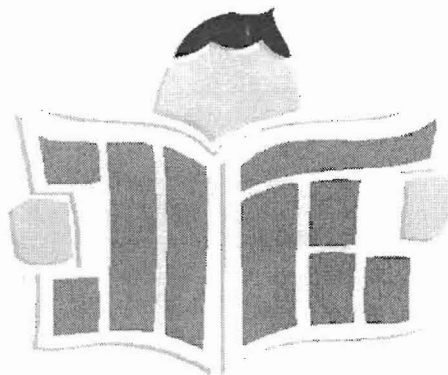
- Hank Steadman writes an article chronicling the trials and tribulations of measuring the course for the very first Delmar Dash. "Why, you ask, do you need five people, three bikes with Jones devices, a car, a calculator, a clipboard and a math wiz? Read on." Those who have never certified a course will gain a new appreciation for the process which depends on measurements being precise to within several decimal places and can be spoiled by something as insignificant as variation in tire pressure throughout the day. In the end, after all the numbers are crunched, the course is AT LEAST 5 miles long, but COULD be up to 20 feet longer. Therefore it is NOT certifiable by TAC standards!

July 1994 - Fifteen Years Ago

- One hundred runners turn out for the Colonie Mile on the 12th. Jason Porter wins in 4:17 (10th fastest time ever.) The Submaster division features a battle between Chris Buckley (4:34), Rick Bennett and Tim McNamara, who finish within 3 seconds of each other. Linda Kimmey takes first place among the women with a brisk 5:13. Rob Picotte takes the Masters division with a fine 4:39 and the amazing Bob Gauvreau, at age 64, turns in a 5:44. Other fine performances are turned in by Joan Spinelli, Martha DeGrazia, Ken Skinner and BJ Sotile.

July 1999 - Ten Years Ago

- With tension mounting about the omi-



nous Y2K predictions, the Club prepares thusly. "Will the year 2000 cause society to collapse at the stroke of midnight? Could it be that everything digital will start running backwards? Start yourself going backwards this July 29th as the HMRRRC presents its first (and should society collapse, its last) RETRO RUN." As race director Paul Turner explains, the idea is to have mile and half mile races in which everyone runs backwards. Each finisher will receive a Snickers bar. Although people may snicker at you while running retro, you will have the last snicker!"

July 2004 - Five Years Ago

- Results of the Colonie Mile on the 13th: Chuck Terry posts a 4:27, followed by Brian Murphy, Derrick Staley and Fred Kitzrow. Emily Bryans dominates the women with a 5:10, followed by Rebecca Bednarek and Rachelle Jenkins, who finish one second apart.

- The Adirondack Distance Run, held on July 3rd, doubles as a USATF 10 mile championship. First place goes to Tod Raymond (53:37) with Chuck Terry and Ken Plowman just behind. In a field of 480, Katie Derusso finishes 45th overall in 1:06:25 followed by Megan Leitzinger, Kim Miseno and Nancy Taormina, all of whom average better than a 6:48 pace on this demanding course. □



Profile of a Runner

NICOLETTE POHL



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

I love to do outdoor activities including hiking, triathlons, marathons, cross country skiing and water skiing.

When and how did you get started running?

I started longer running when I turned 40 so I could do a marathon, and I have been hooked ever since. The following year I added triathlons for cross training.

Do you have a favorite race or races?

The Green Mountain Marathon in South Hero, VT is the best one so far. A small marathon with an inexpensive entry fee (\$22), but it was run as well as the larger marathons I've done. The course is along Lake Champlain and was totally awesome! It is highly recommended.

What are your most memorable races?

Lake Placid Ironman and the Philadelphia Marathon, since it was my first marathon, and the Green Mountain Marathon for the scenery, great support and super friendly people.

How do you train? Do you have training partners?

I love to run on rural roads or trails. I don't have any regular training partners at this time, but I'm always looking.

What are your current goals?

For 2009 I'm going to run a 3:30 marathon & do 2 half ironman triathlons.

Do you have any future running goals?

To run a marathon in every state.

Do you have a philosophy of running?

Love it. Love it. Love it. It's my free therapy sessions. □



8th Annual Teal Ribbon 5K Run and 1 Mile Walk for Ovarian Cancer Awareness and Research Sunday, September 13, 2009 – 9:00 a.m.



Course: Both the 5K run and 1 mile walk start and finish at the Washington Park Lake House on the west (Madison Avenue) side of the park. Paved roads throughout.

Awards: Awards will be given to 1st, 2nd, and 3rd place overall winners for both male and female runners, and to overall winning runners in each age group. No duplication of runner awards. Age Divisions: Under 19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.

Awards will also be given to: Individual walkers with the top 5 pledges; teams (2 member minimum) with top 5 pledges; 3 teams with the most walkers; and 3 teams with the most runners.

Entry Fee: **Individuals:** \$15 Pre-registration before September 1; \$20 after September 1
Team Members: \$12 Pre-registration before September 1; \$20 after September 1
Children: \$5 ages 10 and under

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

***** FREE T-SHIRTS TO THE FIRST 500 REGISTERED PARTICIPANTS ***PRE-REGISTER TO GET A T-SHIRT**
To collect donations online for you or your team, please visit
www.firstgiving.com/CaringTogether

SPONSORED BY CARING TOGETHER, INC. *1996 – 2009*
Providing Ovarian Cancer Support, Education & Research Funding

Ovarian Cancer Awareness
Displays

Children's Area
Face Painting * Clowns

Refreshments &
Raffles

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



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



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

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

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

Sex: ☐ Male ☐ Female **I am a:** ☐ Runner ☐ Walker Shirt Size (circle one): Adult - SM MED LG XL XXL
Child – SM MED

☐ No Shirt (please use all money towards research)

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

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

Signature _____ Date: _____

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

Anatomical Adaptation

In the celebrity culture that has evolved in the US, one of the pre-eminent goals of "the American Way" is to always "look good." This runs counter to one of our earliest parental lessons that you can't tell a book by its cover, but the reality is that first impressions are lasting and we know we all do it.

There is an application of this faulty thought pattern to sport, or at least athletic activities. Bodybuilding is an activity where one endeavors to create a muscular physique that has an aesthetic appeal. This physique is produced through the development of muscle bulk that is more fashion than function. If there is any doubt, I would direct you to the Internet to look up "the world's biggest biceps" or "the world's biggest calves" to witness a grotesque display of aesthetics run amuck.

When I studied in the Soviet Union, the sports professors scanned our glossy fitness magazines with great incredulity. While there was no doubt some voyeuristic appeal to the telling pictures, the question that quickly followed was – why would someone do something like this? What was the function?

What escaped the Russians was that they were evidencing a culture clash of "looking good" versus "being good." For a performance-based athlete from a performance-based culture, the deeper concern lies not in the book's cover, but rather the book's content.

We actually have an example of this in running. Were we to poll members of the Hudson Mohawk Road Runners Club as to why they run, no doubt the more frequent answers would include the sentiments of "aerobic development" and "cardio-vascular health." These thoughts are an outgrowth of the running revolution of the 1970's championed by Kenneth Cooper's *Aerobics* and the work he pioneered at the Cooper Institute in Texas.

Aerobic training is a paradigm, or thought-belief system that most runners blindly adhere to, never considering that there could be another way. To most, to even consider that aerobic development is not the be-all and end-all is heretical, akin to the bumper sticker – God is Dead.

Anatomical adaptation is a concept where the body is trained or prepared in such a way to be able to safely and successfully meet the demands of running or sport in general. Anatomical adaptation is a series of exercises, sport specific, that focus on developing strength and functional integrity of the ligaments, tendons and joint capsules of the body. I'm willing to bet big money that you've never looked in the mirror to secretly admire the development of your ligaments, tendons or joint capsules. At its most basic level anatomical adaptation can be understood as "training to train."

But how does one train these holding elements? Effectively a ligament or tendon has

little to no contractile qualities and any "sense" one has from these tissues is only when they are sprained, overused or otherwise injured. The training of these tissues is not on the radar screen of most runners, particularly those whose sole understanding of training is in the aerobic paradigm.

To train the ligaments and tendons requires one to shift gears and broaden the athletic preparation experience to include strength work and skill development. It requires the paradigm shift.

Before we go on, please understand that I am not discounting the importance and necessity of aerobic development for the runner or endurance athlete. What I am suggesting is that one needs to broaden the understanding of the demands of sport and appreciate what needs to be accomplished for a higher level training to get done.

The body adapts to the stresses placed upon it. To develop ligament and tendon strength and stability one must devise exercises that stress these holding elements.

Strength training is the simplest way. There are several reasons for this. Weight training is the most common form of strength training but here we must clarify that the work required is full body training. Note that you do not need a ton of equipment to do this.

One exercise is to use a 6-10 pound medicine ball. Touch the ball on the ground between the legs and then raise it over your head. This is what is called a multi-link exercise. You are using many, many muscle groups and multiple joint complexes to get this done. What you are accomplishing is to develop strength and coordination of the whole body, not just a specific focus on something like the biceps or quads that one might get by simply doing a bodybuilding exercise.

A second exercise is to consider circuit training. Circuit training is a series of exercises done one after the other. A common pattern is 30-15, 30 seconds of exercise followed by 15 seconds of rest. What exercises are done? The list is almost endless; push-ups, sit-ups, squat thrusts, jumping jacks, short sprints, etc. You are only limited by your imagination. Putting the exercises on index cards, shuffling the cards further allows for an almost endless variety. How many exercises you do is determined by your fitness level. Start with 8-10 stations and as fitness improves go to 15-20.

Circuit training can be done as part of a warm-up or used as conditioning after the main part of a workout is completed. For the endurance athlete, circuit training allows for the design of a workout using diverse skills creating a greater skill inventory, strengthening the holding elements of joints that would not normally be addressed with simple linear running work day after day. It also costs very

little money and could be done in your cellar or back yard.

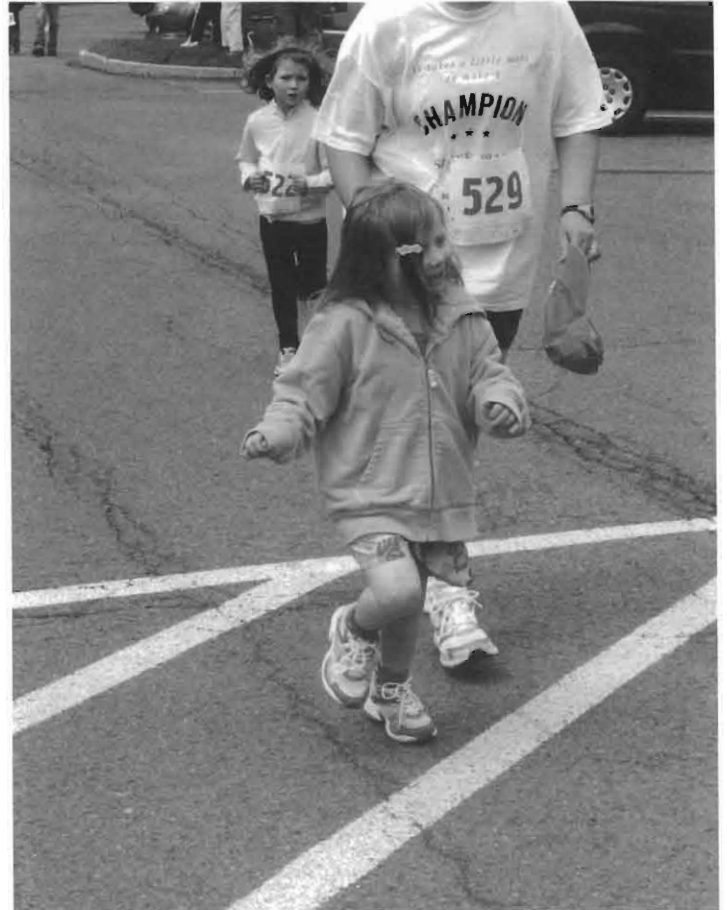
A final area of attention is the foot drills. We have frequently talked on this subject before in previous columns. The use of inverted, everted, toe-in/out, heel and toe walking will clarify the nerve pathways to the foot, improve balance and proprioception of the foot, strengthen the ligaments and tendons of the foot and subsequently improve force application. This is a tremendous return for three minutes work. Google "foot drills" if you need more particulars.

For the competitive runner, speed qualities are necessary for success. Speed is a function of strength, not one's aerobic base. Certainly aerobic work will constitute the majority of training for the endurance athlete. But a critical component towards increasing both quality and quantity of one's aerobic work will be the attention throughout a training season to focused strength work that will create stronger, more stable holding elements (ligaments and tendons) creating within the body a state we have termed anatomical adaptation.

Dr. Russ Ebbets is editor of *Track Coach Magazine*, the technical journal of USATF. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for \$10.95 plus \$2. S&H from PO Box 229, Union Springs, NY 13160. He can be contacted at spinedoctor229@hotmail.com. □



MOTHERS DAY RUN



An Interview with Hank Steadman

by Ed Thomas

Hank Steadman recently announced the end of his column "From the Back of the Pack." This *Pace Setter* feature first appeared in 1980 at the invitation of Mike Lancor, who at that time was co-editor with Don Wilken. It ran off and on for 29 years, 120 columns in all. In it Hank focused on experiences that related to the broad running community, not just elite runners. He also offered his own inimitable "take" on the running scene. For example, one of Hanks' pet peeves was 100% cotton T-shirts with advertising all over them given out as part of your entry fee. He never lost an opportunity to rant and rave on this topic.

Hank served the HMRRC in many other ways, chief among them as Club President and as founder/director of the Delmar Dash. At the urging of several Club members, I caught up with Hank for an interview.

I asked Hank to compare writing Back of the Pack columns with the president's column. Were the president's columns harder to write? "Well, they are. You have to produce one every month. Sometimes you have great ideas and other times it's hard to create a good idea, but you've got that deadline and you just get it done. With Back of the Pack, I was doing them for a long time every other month, and then I went to quarterly. That gives you more time to talk to people, go to races and so on. But I only had to do twelve of the president's columns, so it was a short-term deal."

Where did he get the name Back of the Pack? "I honestly don't know. When I talked to Mike Lancor, my complaint at the time was that it seemed like everything in *The Pace Setter* was about ELITE runners. I said, 'What about us runners in the back of the pack?' It seemed to epitomize what I was interested in writing about: all the runners who weren't winning prizes or age group prizes and were in the middle or back. It just sort of rolled off my tongue."

I always thought that was overly modest on his part. In your age group you were a powerful runner. "Well thank you. Rarely did I ever win any prizes, but I was a PARTICIPANT and when I was really running a lot, my goal was to finish in the top third of the field and later the top half was OK. That's how many people set their relative goals. For many years I could make that goal but with age it's hard to keep it up."

"Some people can run for physical fitness or just do it for the intrinsic joy but I was one of those people who every couple of months needed a race to see what level of conditioning I was at."

"We had a lot of family trips built around running, so it was sociable for me, sociable for my family and it was a cool part of my life. I didn't START running 'til I was 34." (Hank is a very young 65 years old.)

I asked about the Adirondack Distance Run. "Now THAT is the race I ran the most. I ran that 25 times. I won't run it this year (Hank is recovering from a bout with Achilles tendonitis), but when I ran it last year it was the 25th time." I complimented him on his time of 1:29, which is under a nine minute pace. He commented that it was his second slowest time although he did beat the Hank Steadman that showed up the previous year. "And the Troy Turkey Trot, I did 24 times. So those are the two races I did the most."

Hank persisted in talking about running in the past tense, so I asked him about his injuries. "Last summer I took the hiking trip of a lifetime in the Mont Blanc area. It started in France and went to Italy then Switzerland then back to France. Over 8 days we hiked 80 miles, 3000 feet of elevation every day and 3000 back down to the valley. I guess it was the downhill. When I came back, I had real damage to both Achilles. It has a name, Heggglund Syndrome, microtears at the bone. It's a permanent condition. I've been able to get back on the road 4 or 5 miles every other day. I don't know how much I can build up to or whether I'll race again but at least I'm back on the road. I'm feeling good about that. I'm not sure what the long term prognosis is. Barb Sorrell had the same thing and she's back doing ultras now, but I'm just happy to be back on the road."

About the Delmar running group. "Doris Davis put the group together and I was an early member. We ran out of a Stewart's Shop which is now Saratoga Shoe Depot. It's a group that has evolved. I've been with that group almost since it started."

I asked about the Delmar Dash. "The way it came into being? There was the Winter Series that I loved, and then there was this big gap in the calendar – no Runnin' of the Green at that time. I had lived in Delmar since 1971 and there were lots of good routes there and I said let's try to put something together; with HMRRC expertise we got the course measured." (The adventure of getting the course measured was featured in a very funny article in *The Pace Setter* by Hank in the July, 1989 issue.) "Pam Robbins, Joe Richardson ... they stayed with the race and made it what it is. And Marcia and Tom Adams have done a great job taking over."

Where did he come up with the idea of running it on the day we change to Daylight Savings? "I must admit that I didn't realize it was DST. The Winter Marathon was end of February and the next big races were in May, so I picked the middle. If I'd realized that it was DST, I probably never would have picked it. There were people who didn't participate because of the time change."

I asked about the time we were snowed out. "That was incredible! We got 13 inches of snow overnight and into that morning. I'll be damned if people didn't show up from Clifton Park and Saratoga, and they were NOT HAPPY that the race had been cancelled."

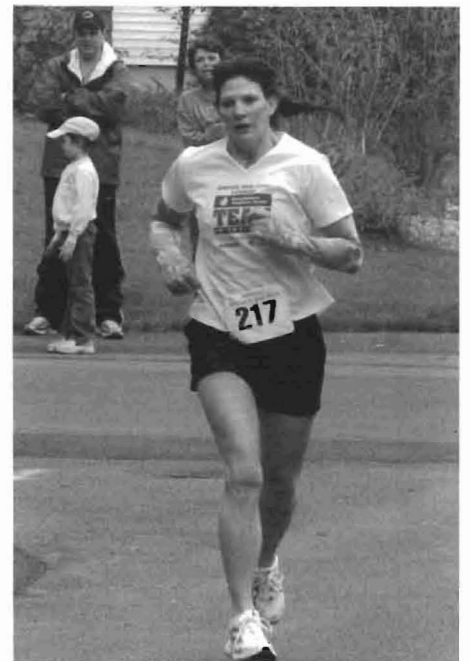
We returned to Hank's own running career. "I completed 14 marathons. My PR is 3:26:48. Besides the HMRRC Marathon, I've completed New York, San Francisco (twice), Marine Corps and Stockholm once."

"My best distance is ten to fifteen K. I don't have any real speed. I like 15K to 10 mile. You don't have to devote your life to it with those weekend 15 to 20 mile runs."

"I have a lot of business travel and about once every year or half year, I have a conference some place and I make it a point to take my running gear. So I've run in 15 different countries: Canada, England, Ireland, Scotland, France, Germany, Belgium, Holland, Italy, Portugal, Austria, Norway, Sweden, Denmark and Japan."

That prompted a question that many of us wonder about. Hank, exactly what does your company Policy Research Associates do? "We do mental health services research, evaluation of government programs. We collect data as to whether people who get services really get better or not. Then we do some technical assistance. I have a PhD in Sociology from UNC Chapel Hill. In 1970, I got a research job in the NY State Department of Mental Health. I worked there for 17 years and was teaching as an adjunct at UAlbany, Union, and Sage. In 1987 we set up a private sector research firm and at this point we have about 32 people employed. We go all over the world, to lots of international research conferences. I have no plans to retire; I really like what I get to do."

I finished up by asking Hank if he wanted any of my surplus 100% cotton T-shirts left over from races. After the laughter died down he shouted: "Boy! You really know how to get me going!" □



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Willow Street AC Victorious at 113th Boston Marathon

by Vince Juliano

The Willow Street Athletic Club placed first in the women's masters team division of the 113th Boston Marathon with an average time per runner of under 3 hours and 5 minutes. Their combined time of 9:14:36 was the second fastest female masters winning time in the 18-year history of the competition, falling just short of the all-time best score of 9:14:18 set in 2003 by the Forerunners Track Club from Florida.

The team was led by Lori Kingsley of Wysox, Pa., age 43, who ran a personal best 2:54:03 to finish 7th master's overall and third American master. Kingsley credited her top performance to renewed motivation after joining a women's team for the first time this year. Anne Benson of Clifton Park, NY, age 44, ran a fine 3:18:15 in her Boston debut and only her second marathon to secure 3rd place on the winning team. Emily Bryans of Schenectady returned to Boston after finishing as 5th masters overall last year. This year she crossed the matt in 3:02:18, which ranked 10th place in her age-group. The team continues to draw inspiration from Martha Degrazia, who ran another stellar effort in the senior division by placing 3rd in her 55-59 age group in 3:29:39 – a 7:59 per mile pace. It was remarkably her 64th marathon since joining the masters ranks.

Lori and Emily qualified to participate in the Elite Women's Start (EWS), as approximately 20 masters women joined two dozen open women who were allowed to start 25 minutes prior to the men's elite field and the first wave of runners. Lori and Emily, now teammates, competed against each other on several occasions last year, including the Masters 5K National Championship in Syracuse. They quickly became friends and Emily convinced Lori to run the Stockade-athon, where she had the opportunity to warm up and cool down with the Willow Street Team. Lori decided to join the team in 2009, after several years of running unattached at regional and national masters events. One of the highlights for Emily was warming up for the

marathon with Colleen De Reuck, a friend of Lori's. After starting conservatively, Emily and Lori were surprised to be still with the lead pack after running 2 miles in 13 minutes. The race favorites surprisingly chose stall tactics, perhaps wary of taking an early lead into a headwind, and the real racing did not materialize until the 20-mile mark when Kara Goucher led a 3-person breakaway that included the eventual winner Salina Kosgei of Kenya and former Boston champion Dire Tune.

Emily, who finished 30 minutes behind this year's champion, enjoyed the hug she received from 3-time Boston champion Uta Pippig just after she crossed the finish line, and the post race massage she received in the VIP tent.

Over 200 teams competed in the 113th Boston Marathon, as unseasonable cool conditions and a testy headwind prevailed. The winners of the open teams divisions were the Hanson-Brooks Distance Project (men's), led by Brian Sell's 2:16:31 16th place finish and the Boston Athletic Association (women's) led by Heidi Westerling's 2:43:11.

The Willow Street AC, formed in 2000, is sponsored by the Newkirk brothers Ray and Peter, both life long distance runners who recognized the abundance of talent that often accompanied them on their weekly Sunday long runs that began on Willow Street in Guilderland, a suburb of Albany. Bryans has captained the women's team since its inception, as the team has grown to approximately 15 women, many of whom have since turned 40 and entered the masters division.

The Willow Street AC offers post-collegiate women an opportunity to continue to train and race after college with the support of team members and to make a successful transition from weekly collegiate competition to road racing, with typically one team race a month scheduled. Competitive race times are required to join, but these times are relaxed as women move from the open division to the masters ranks. □

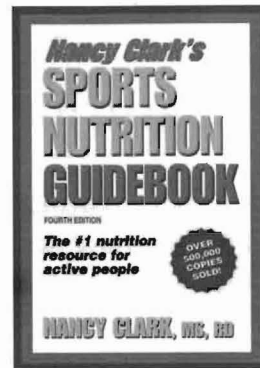


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- TIME:** 8:00 a.m. the Train departs North Creek Depot, bringing racers and spectators to Riverside Station in Riparius for the **9:00 am start**.
- CHECK-IN:** 5:00 to 7:30 p.m. Friday, July 31, or 7:00-7:45 a.m. Saturday, August 1.
- LOCATION:** North Creek Depot, 3 Railway Place, North Creek, NY (North end of Main Street)
- COURSE:** The 8.4 mile race begins in Riparius on the Route 8 bridge by Riverside Station. It continues west and turns right onto the wooded rolling hills of River Road, a seasonal-use dirt road running parallel to the Upper Hudson River Railroad and the Hudson River. The finish line is in the village of North Creek at the North Creek Depot.
- ENTRY FEE:** \$25.00 adults / \$20.00 for ages 19 and under -
- T-SHIRTS:** Custom, high quality short sleeve T-shirt (guaranteed to first 250 registered.)
- FACILITIES:** Restrooms available at both train stations;
Showers available at the school.
- AWARDS:** Male and Female Overall and 5 year Age Groups 1st, 2nd and 3rd. Overall winners also receive rafting gift certificates. Finisher Medals to all who complete the course.
- INFORMATION:** Contact Gary Wilson at (518) 494-2266 or
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Ann Arsenault at (518) 251-2602
*Registration is also available on line @ active.com

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AWARDS REFRESHMENTS RAFFLE PRIZES

Last Name			First	MI	M F Sex	Age Race Day	/ / Date of Birth
Address							
City		State/Province		Zip			
() -							
Area code	Phone Number	Shirt Size	Sm.	Med.	Lg.	XLg.	

Entry Fee	\$	
Additional Donation To Dollars for Scholars	\$	
Total	\$	

Do you plan to ride the train to the start? Yes No
Are you a JCS student, graduate, employee, or tax district resident? Yes No

In consideration of the opportunity to participate in this race, I hereby release and forever discharge the sponsoring organization, their members and any other person staffing this race, for any demands as a result of my participation. I also certify that I am in good physical condition and have trained for this race.

Signature _____ Date _____

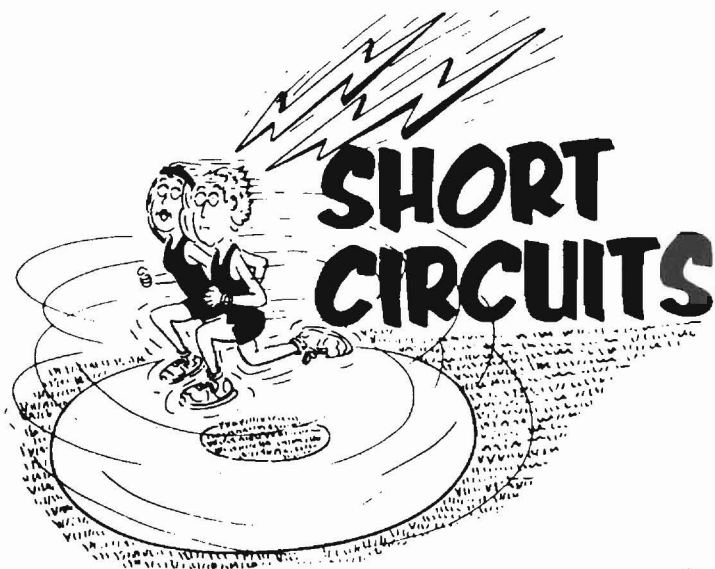
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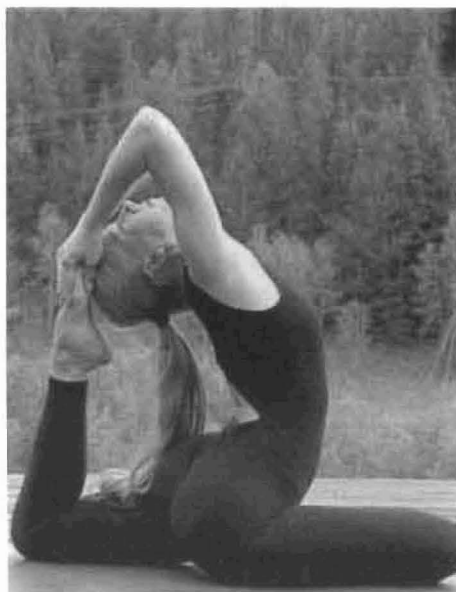
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"I knew Harry Wilson (Steve Ovett's coach) well, and John Anderson (Dave Moorcroft and Liz McColgan's coach) very well. I separately asked them both what place stretching and flexibility training had in their coaching. Both said exactly the same thing. 'Flexibility training makes runners go more slowly.' Not long later, I read in one of the good medico-scientific journals a piece of excellent work carried out on over 100 subjects, who had been divided according to flexibility measures - and were graded as: 1) very flexible; 2) medium, i.e. 'normal'; 3) poor. And they were then assessed on the treadmill - and their running economy was in inverse relation to their flexibility, just as Harry and John had noted from their own experience. The 'less flexibles' had by definition, tighter tendons and ligaments - so had to stretch them more during their stride, which stored more elastic energy in them." Professor Craig Sharp, credited with being the founder of sports science in Britain.



Yoga - makes you slower

◆ ◆ ◆
A University of Chicago researcher, Chris Peverada, has identified a distinction in the literature between the meaning of the terms "jogger" and "runner." A "jogger" runs for no purpose other than to run. A "runner" runs for some specific purpose or goal.

◆ ◆ ◆
At the Pittsburgh Marathon in May Jess Tambellini, 22, was about to finish with a time just over of 3:40. He had passed the 26 mile marker and set his sights on the finish line. Then he collapsed and blacked out. An ambulance whisked him to local hospital to treat him for low blood sugar and dehydration. After treatment with intravenous fluids he was now feeling much better and decided to go back to the race. His timing chip still attached to his shoe, Jess was driven by a family member to the point where he had fallen. And, in the ultimate measure of perseverance, he gingerly completed the final stretch of the race, just before marathon officials were taking down the finish line. His official time - 6:22:28. "When you start something," he said, "you might as well finish it."

◆ ◆ ◆
Schenectady County Court Judge Richard Sise recently sentenced William Lindley to six years in state prison for attempted robbery as a result of a knife attack upon a runner on the Schenectady-Rotterdam bike path. The runner, a school teacher, managed to escape after being stabbed in the shoulder.

There was a terrifying moment at the Flying Pig Marathon in Cincinnati in May. A woman driving an SUV near the race course had a seizure and blacked out. The SUV continued moving toward the race course and runners. An alert police officer, Keith Lewis, noticed the approaching vehicle and jumped on the hood, then opened a door and entered the vehicle. He was able to stop the SUV before it reached the race course.

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

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

No one was injured. That's a miracle, Police Chief Richard Hines said, considering all of the commotion happened just as a large group of runners passed through the area. "Officer Lewis happened to be in the right place at the right time and did everything right," Hines said. "It could have been a very different outcome. But it's just one of those things where we have a happy ending, and I'm glad." □



Officer Lewis - right place, right time.



In Memoriam: Dave "Mo" Mosher

Recently, the HMRRRC as well as the larger community was saddened to learn of the death of Dave Mosher, affectionately known to friends and family as "Mo." He succumbed to death, after a protracted and painful struggle with cancer, on Christmas Eve 2008. He left behind him a host of loving memories.

Mo was extremely active not only in the Hudson Mohawk Road Runners Club, but was a mainstay in the Fulmont Roadrunners Club as well as with the Albany Running Exchange. For the HMRRRC, he was a volunteer extraordinaire, as well as a frequent contributor to *The Pace Setter*. He also assisted his beloved wife Ginny in organizing the club banquet for several years. He could always be counted on to step up and do whatever needed to be done. With the Fulmont Roadrunners, he was equally if not more valuable, taking over the editor's role for that club's newsletter *Finish Line* and helping to found and organize the Duanesburg 5-K Dash. For the Albany Running Exchange, he provided his wit, wisdom, and expertise whenever called on.

Mo's life always revolved around helping others. After enlisting in the Navy and serving in naval intelligence (in his case, not an oxymoron), he went to Lyndon State Teachers College, with the intention of becoming a teacher. After getting his masters at University of Albany and then another masters at the University of Massachusetts, he married the love of his life, Ginny, and together they raised Ginny's three children. He became a history and drama teacher at Duanesburg High School, and also directed and produced at Schenectady Light Opera and Schenectady Civic Capital playhouse and was very successful, as the many testimonies from his former students indicated. He and Ginny enjoyed thirty-five years of happiness together.

Here are some memories from people who knew and admired Mo.

Armand and Betty Langevin - Mo was the travel guide for the Wannabees running group. He set up great motels/time shares for a number of exciting races. At the Tupper Lake Triathlon last year, he took over the start (with his booming voice) of the swim waves when it became obvious that the gal announcing couldn't be heard. He loved junk food. He never complained when we got him up at 4 or 5 a.m. to get to a race. He will be missed by all of us as we continue to run.

Josh Merlis - Perhaps my best memories of Mo are the comfort and conversation that accompanied dinner trips to his and Ginny's home in Duanesburg. I would share my war stories of being a new teacher and he would share his war stories....both those from war and the battle that rages on in classrooms across America. We would get going for hours until we had to stop because it was, in fact, a school night. He was blessed with the unique gift of both a warm and commanding presence - one that welcomed others and exuded positive energy.

Charles Bishop - Mo was truly one of the really nice people of this world. I first met him at races several years ago and learned then that although he was unable to run because of health problems, he willingly and cheerfully volunteered at many events. On the course, his booming voice encouraged runners on. Like Mo, his widow Ginny continues the practice of cheering people as they pass. I will never forget the good times that we Wannabees had in Florida and Nashville in 2007. When I needed help to move into a new house, Mo was there to help pack. Mo had a good knowledge of history and world events, and so it was always a pleasure talking to him. He also knew his baseball and was a loyal Mets fan. Mo was loved and respected and he will be deeply missed.

Carol Trombley - one of my fondest memories of Mo is playing cribbage beside waterfalls in Jackson, New Hampshire. I had the opportunity to travel to some races with Mo, Ginny, Armand, and Betty Langevin. The day after the Jackson 10-K (deemed the hardest 10-K in New England) was very warm. We decided to drive the 10-K route to view the falls that we had run by during the race.

Mo had taught me to play cribbage a few weeks before, and that day we sat at a picnic table and played all afternoon. When I forgot to count some of my points, he would look over the top of his glasses and give me "the eye" and I would look at him and say "Oops" and let me count that again. He was always warm and caring, a very handsome gentle giant.

Tom Bulger - my first close encounter with Mo was through the club banquet in 2005. Ginny and Mo were two of the organizers of the banquet, and that year I was inducted in the club's Hall of Fame. Despite Mo not knowing me very well, he compiled a booklet of pictures and speeches that allowed me to commemorate the event. I was very impressed that someone would put themselves far out of their way to help a relative stranger. But as I learned over time, that was the kind of person Mo was towards everyone.

Cathy Hanlon did a chronological remembrance, which follows.

December 31, 2007 - We opened the New Year of 2008 with Ginny, Mo, Carol, Nick, Sharon, Betty, and Armand. Mo regaled us with his tales of travel and experiences while in the Navy and observations on current politics. I massaged his feet and ankles and we discussed the meds he was on as he was plagued with chronic swelling. Who knew ...

June 28, 2008 - The day before the Tupper Lake Tinman Triathlon, Mo was the volunteer body marker for the triathletes. Sitting under the registration tent in damp weather, his great attitude added to the sense of anticipation and excitement. We teased him about how eager the athletes were to bare their arm and thigh so he could meticulously write their number with an indelible marker on their bare skin. One entrant was struggling with long-shorts that were

tailored so that she couldn't pull the leg up to expose her thigh area. We quipped, "You are an athlete, zip your jacket and just drop the shorts." And she did - much to the amusement of all of us in the tent! It made for joyous teasing as we all looked forward to the race. The next day our teams of athletes completed their course - the runners - Ginny and Enzo - with a struggle in unusually hot and humid weather. The Dead Men Tri-ing team of Nick, Armand, and Enzo had a remarkable combined age of 207 years and a great support team in the form of Betty, Mo, and Nick's family. Once again but with greater concern, I massaged Mo's feet and ankles and we discussed his meds. I told him about an impressive enormous gentle warm-blooded horse - an elegant Trakehner - I took care of in veterinary school that had a condition resulting in swelling of the legs. Who knew ...

October 2008 - Mo was clearly very ill. Ginny was upbeat as always, but quietly frantic. We knew ... Mo knew.

November and December was a struggle for Mo. They were filled with emotional and physical ups and downs, good days but mostly days of struggle. Mo knew ...

A week before Christmas, he was still expressing fortitude and good spirits while engaging in a small amount of physical therapy which left him completely drained. One evening, he whispered to me - "They shoot horses, don't they?" Yes,....we knew.

Monday December 22, 2008 - After a flurry of preparation, Mo was finally transported home in the evening. We cared for him throughout the night, and throughout the next few nights, trying our best to keep him comfortable.

Wednesday December 24, 2008 - Mo was surrounded by his grandchildren, reminiscing in their usual Christmas Eve spirit, as they trickled out of the bedroom and Ginny entered - Mo breathed his last.

The testament to Mo is in his life. It is clear from the number of people in the community, the running club friends, and through his powerful love of Ginny and his grandchildren for him that Mo lived well and he did so for an exceptionally long time in the face of impactful personal struggle. That we should all do as well....

Enzo Paoletti - Hero is a word used often these days. Too often it is used in rather trivial ways. The young person who walks the proverbial 'old lady' cross the street is sometimes referred to as a hero and the act heroic. This act, however, is nothing more than an average action for an average individual to perform on any average day. A hero, not used in the classical Greek or Roman definition, is one who deals in life with the cards he was dealt and in a fashion that honors both the individual, the people with whom he interacts and thus enhances the gift of existence. In this sense Mo was very much a hero. Mo was dealt some very good hands in Ginny and her children

Continued on page 19

A Hidden Gem in Central NY

by Justin Bishop

There's no doubt that the half marathon distance (21,097.5 meters) is becoming a favorite amongst runners both new and experienced. Obviously, the distance is not as demanding as a full marathon, but is still a challenge to many. The HMRRC's USMC half marathon, held every October, has grown from 176 finishers in its inaugural year (2002) to 680 finishers in last year's run. You can say that the challenging distance, the course itself, and maybe even the price have contributed to the USMC half marathon's success. But if you don't feel like waiting for October to roll around every year to get in a good 13.1 mile race, then you need not look further than Utica, NY.

The 11th Annual National Distance Running Hall of Fame Half Marathon was held on May 17th in Utica. The race is a very flat course that for approximately 11 miles, runs along the scenic Erie Canal bike path. There are only 3 minor hills to climb during this "out and back" course. There are plenty of water stops along the way and you can't beat the price either. Entry is as low as \$20 for early bird runners, and only as high as \$30 for procrastinating runners.

Personally, this is one of my favorite races and I look forward to it every year. Back in 2007, this race was my first half marathon and I've returned every year since. That race in 2007 had 163 finishers which grew to 225

finishers in this year's event. So, it looks as if the secret is out.

Hopefully, this race will continue to grow with all types of runners. Before this year, the previous course record was set in 2000 by Thomas Smith in a very respectable 1:15:05. That record was broken this year by 3 runners. The new course record (2009) is now officially held by 22 year old Josh Arthur from Lowville, NY in a blistering time of 1:09:01. The 2nd place finisher, Steve Hicks, was just behind Josh in a time of 1:09:09. Steve Hicks is from Dewitt, NY and also finished 2nd at the 2008 MHRM in a time of 2:37:13. As for myself, I finished 3rd in 1:10:12, which shaved over 3 minutes off of my previous PR. The 4th place finisher, Joseph Smith, just narrowly missed the previous course record mark by 7 seconds with a 1:15:12 finish.

After I finished, I talked with Josh and Steve at the finish line and they both had stated that they had PRed as well. So, it goes without saying, this is a PR race course. It's just a 1 and a half hour drive from Albany, off the NYS Thruway's exit 31. So, if you don't feel like making an out of state trek to run a spring half marathon, I highly recommend the National Distance Running Hall of Fame Half Marathon. It'll springboard you to get ready for the HMRRC's marathon weekend on October 11th, which is now open for registration. □

Mother's Day Race Features Repeat First Place Performances

by Kari Gathen

The 29th running of the HMRRC Mother's Day Race in Delmar brought with it very gusty winds and the presence of repeat winners. In a day of celebrating women who are moms, as well as our own moms, 124 female runners hit the pavement for the 3.5 mile loop through the neighborhood streets. Sons were also a part of this year's race as participants eligible for mother-son team standings. The gusty winds did not slow down this year's winner Emily Bryans, who finished in 20:34 for her third first place finish at this race, having also won the race in 2000 and 2007. Emily's third first place finish ties her with Judy Guzzo, Denise Herman and Inge Aiken (Stockman), who also have taken first place at the race three times. Judy Guzzo, a past first place finisher in 1997, 2001, and 2004, took second place in 21:58. The race for 3rd-5th place was separated by mere seconds with Lori Weaver in 22:38, Katie Dodge in 22:41, and Estelle Burns in 22:45. The race also included finishers ranging in age from 9 year-old Claire Leforestier, finishing in 46:52, to 71 year-old Eiko Bogue, finishing in 37:49.

The race also highlights the mother-daughter and mother-son teams to add to the competition. This year's mother-daughter of Cady Kuzmich and Jen Kuzmich in 50:10 is a three-peat performance, as the team also won in 2006 and 2007. Team Kuzmich is slowly inching their way toward the team of Andrea and Marybeth Hollinger, who have four consecutive wins to their credit from 1999-2002, and to the record holders of Anny and Inge Stockman, who have 6 team wins from 1982-1986 and another win in 1988, including the course record set in 1984 with a combined time of 44:09. Jessica Dzialo and Tina Dzialo took a team second place finish in 54:49, and third place team consisted of Heather Machabee and Holly Machabee with a time of 59:49. The mother-son teams featured a first place finish of Denis Hurley and Anne Hurley in 48:32, a second place combined time of 52:48 by Evan Dwyer and Karen Gerstenberger, and the third place team combined time of 54:51 was to Brian Loughlin and Bernadette Loughlin. Thanks to race directors Nancy Briskie and Jim Tierney and all the volunteers who helped out with the race. Great job everyone, and keep those records coming! □



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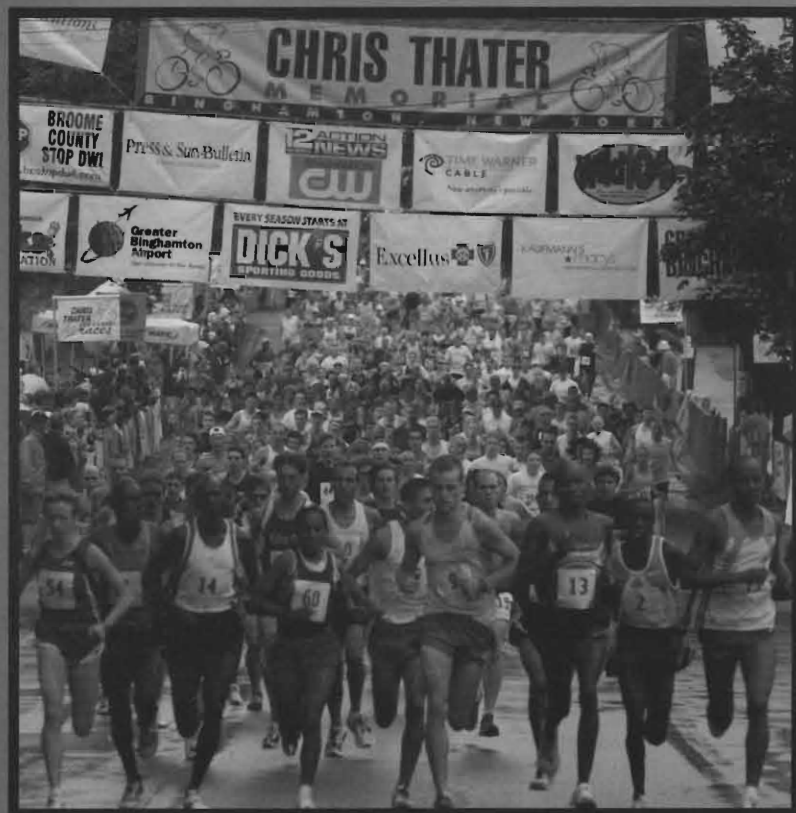
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"Mo" Mosher, *cont. from page 16*

and grandchildren and fully appreciated the "full house." Mo was dealt some not so good hands. For many years he battled leukemia. Mo dealt with this horrible hand with a determination that gave him years of success against the disease. During this long struggle there was no attitude of "why me" but a firm fight against the disease. Through those years there was always a smile on his face, a sardonic humor (especially appreciated by me), a gentle and kind attitude in interactions with others and an indescribable volume of patience. A gentle, kind man of significant intellect and spirit. He was truly a hero by any definition. To Mo with love and eternal peace.

Final words:

Shakespeare always says it best, in this case about the death of a person. In Antony and Cleopatra, Caesar upon hearing of Antony's death says, "The breaking of so great a thing should make a greater crack. The death of Antony is not a single doom" (V.i.14-8). The death of Mo affects the lives of all those of us in this area who run and love the sport. May he rest in the peace he so justly deserves. □

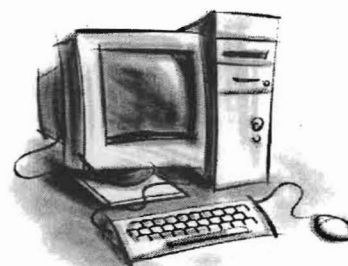


New HMRRC Members

Andrew Archambeault
Jack Armitage
Alicia Bialy
Keith Bubbs
Christopher Fiore and family
Steven Gregory
Traci Hunter
Steve Kieselstein
Heather Knight-Combs
Deborah Mastroianni
Michael Mercadante
Alan Michaels
Ryan Murphy
Steve Nash
Colin Pierce
Barbara Roff and family
Derrick Rumenapp
Woody Sloat and family
Tonia Susko
Pamela Schwarz
Steve Vnuk
Sandra Wimer

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**

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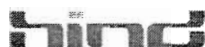
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Profile of a Runner

SR. NORA GATTO

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

For the past 33 years that I have been a Daughter of Charity, I have been involved in the wonderful world of education. I've been a high school teacher, a high school principal and an elementary school principal in Harlem. I just moved to Albany after five years as the Executive Director of University Mission and Ministry at Niagara University. I have recently been appointed to the Provincial Leadership Team for the Daughters of Charity.

In addition to running, I also play golf and tennis, and I love to read and write when I can manage to sit still.

When and how did you get started running?

I began running in the middle 1980s in Utica, New York. The winters were a challenge, to say the least. Once, after I returned to the convent after a run in a blizzard, another Sister opened the door for me and said, "You're incorrigible!" She was absolutely correct!

Do you have a favorite race or races?

I love the Boilermaker because of my years in Utica and later in Rome, New York, where I was principal of the Catholic High School. When I lived in Harlem I joined the NYRRC and ran races most weekends in Central Park. I was in the best shape ever during those years, and ran my second marathon in 2002, the New York City one! My first marathon was the Marine Corps Marathon in Washington. I ran both in just about the exact same time: 4:30:31. Not bad for someone who is only 4'11" tall!

What are your most memorable races?

The New York City Marathon in 2002 was the most memorable because I ran the race in memory of a student in the Harlem school where I was then principal who had been struck and killed the summer before by a police car on 125th Street in Harlem. The school is on W. 138th Street, right off the Madison Ave. Bridge, which most of you know is at about mile 21 of the race. Many of the students and their families were waiting for me with signs and posters as I came off that bridge. The last 5 miles of the race were not as difficult as they must have been for the other marathoners after that boost!

How do you train? Do you have training partners?

I run every day if I can, for 45-60 minutes at different levels of intensity. I have bad bones, so I lift on alternate days to stay strong.

What are your current goals?

I am very eager to run some of the races here in Albany, but so far my schedule is not cooperating! I am hoping to place in my age



group soon. It should be getting easier the older I get.

Do you have any future running goals?

To post my best time ever for the Boilermaker this coming summer.

Do you have a philosophy of running?

Run for spiritual and mental health; the rest always follows.

Any funny stories?

My life is pretty funny, actually, and I look forward to getting to know many Albany area runners! ☐





INAUGURAL

CAMP CHINGACHGOOK CHALLENGE HALF-MARATHON & 10K RACE AND FAMILY FUN DAY



!SATURDAY, AUGUST 8, 2009

HALF-MARATHON START: 8AM 10K START: 9AM

- Course:** **Half-Marathon** starts at the Lake George Elementary School
Runs along the scenic east shore of Lake George, before finishing at Camp Chingachgook
10k is an out and back course, along Lake George's beautiful east shore
Starting and finishing at Camp Chingachgook
- Transportation:** Free bus transportation will be provided from Camp Chingachgook to the race start before the race, as well as transportation back to the start after the race.
- Entry Fee:** **Half-Marathon** – \$30 if received by July 10, 2009, \$40 after July 10 or day of race
10k – \$20 if received by July 10. \$30 after July 10 or day of race
- T-Shirts:** T-Shirts guaranteed to all runners registered by July 10, 2009
- Awards:** Prizes for Top 3 male and female overall finishers
1st place male and female in: Under 20, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Prizes for each race. No duplication of prizes
- Post Race:** Bring your bathing suit and towel for the post race bash in Lake George! Relax with family and friends as you replenish yourself with our full post-race BBQ. In addition to a post race cook-out, all runners and their guests will have full access to Camp Chingachgook's facilities, including: changing room and showers
- Registration:** To register online, with no service charge, go to www.AREEP.com
Or, return the bottom portion to: AREEP, PO Box 38195, Albany, NY 12203
For more information: visit AREEP.com, cdyymca.org or email info@areep.com



Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone #: _____

Event: ☐ ½ Marathon ☐ 10k Gender: ☐ M ☐ F Age on day of race: _____ Date of Birth: ____ / ____ / ____

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 Albany Running Exchange Event Productions (AREEP), Camp Chingachgook, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, has sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP and/or Camp Chingachgook to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.

Signature

Date

Parent or Guardian (18 or under)

Running in the Red Zone: 29th Bill Robinson Masters Championship 10K

by Sharon "Red" Fellner

It was a perfect day for a race. Sunny, cool, no wind; I would say they were perfect "red zone" conditions. It was April 25, 2009, 10:00 a.m. at Guilderland High School and the 29th Bill Robinson Master's Championship 10K was about to start. Many years ago, my high school biology teacher gave me the nickname of Red and somehow my teammates have picked it up. I am known to bring a little "red whine" to running events if the weather is too extreme (below 20 degrees or above 90 degrees). Therefore, this was a perfect day.

Don't misunderstand me, this is a challenging race. The rolling hills can put me firmly in my place (about 2/3 of the pack) and I am certainly awed by the local Masters age group runners who inspire me to push harder and finish strong. This race has an out and back format that is always interesting for someone of my ability. I get the wonderful pleasure of seeing the faster field passing me after the turn around. During this race that passing took place on a downhill for me and an uphill for the faster crew. It was amazing to see my teammates and friends working the hill as I flew past them toward the turn around. I felt strong and fast until it was my turn to work the hill. I don't know if it is coincidence, but there is a convenient cemetery at the top of that first hill on your way back.

The landscape for the event is certainly serene and peaceful. The only noise other than huffing and puffing of my own breathing is the quiet buzz of the large power lines that snake through the semi-rural community of Guilderland Center. The occasional rumbling of lawn tractors and the chirping of the morning robins only spurred me to continue my quest. Finally the high school came into sight and I knew my journey was near its end. Although, for me, the after race camaraderie can be the best part of the event.

The winners of this years Bill Robinson Masters Championship 10K race was Tim Van-Orden with a blazing time of 36:56, followed by William Venner with a time of 37:11; third place went to Ahmed Elasser with a time of 37:32. The first place female was Mary Buck with a smoking time of 42:58, followed by Beth Gottung with a time of 43:14. Third place went to Nancy Briskie with a time of 44:15. Four women have won this race three times. They are Anne Benson, Beth Gottung, Maureen McLeod and Marilyn Martin. Three-time winner, 58-year-old Dale Keenan ran and finished seventh overall with a very good time of 39:18. Tom Dalton, who has won this race four times, was unable to run due to an injury, but he was present to support and cheer for the runners. Tom said he plans to run next year. Yet another outstanding runner who was unable to run, due to a hip injury, was Pat Glover. Pat did work at the finish line and also handled all the USATF awards. Bill Robinson, for whom

the race is named, was not feeling well and was unable to attend the event. Bill did request that we pass his best wishes to all the runners and this was done at the start of the race.

Hall of Fame member, Jim Tierney did a fine job of directing the race. Everything was well organized and efficient. Jim took extra care in

managing an event that took in consideration the needs and wants of the runners. He wanted to be sure to extend a big THANK YOU to all the volunteers. These wonderful folks contributed their time, energy and spirit to make this event so successful. They were Marcia and Tom Adams, Katherine Ambrosio, Debbie Beach, Karen Dott and Sister Mare, Pat Glover, Linda Hayen, Vince Juliano, Bob Knouse, Barb Light, Beth and Armond Langevin, Cameron and Mike McLean, Joan and Lowell Montgomery, Rob Moore, Ed Neiles, John Parisella, Ginny Pezzula and Jon Rocco. □



Submissions for the September Issue of *The Pace Setter*

Articles:

Deadline is July 25th. Submit to: Editor, pacesetterarticles@verizon.net

Advertisements:

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

Ads should be sent to:

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

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

31ST ANNUAL

"DYNAMIC DUO" ROAD RACE

Sponsored by: COLONIE RECREATION DEPARTMENT

SATURDAY, AUGUST 1, 2009 RACE TIME 8:30 DISTANCE: 3 MILES

PURSUIT RACE — MEN RUN FIRST, HAND OFF TO WOMEN —
TOTAL TIME DETERMINES PLACES (Women run first in 2010)

ENTRY FEE: \$10 per team (1 man and 1 woman) if received before race day. \$15 per team on race day.
(CAN ENTER BETWEEN 6:45-8:00)

PRIZES: Colored shirts with the name of the race for the first 8 teams in each of the 10 age groups.

AFTER RACE: Free use of pool

MAIL ENTRY FORM TO:

Don Myers, Supt., 71 Schermerhorn Road, Cohoes, NY 12047

MAKE CHECKS PAYABLE TO: Colonie Recreation Department

Town Park is located 3 miles north of Latham Circle on Rt. 9 or 1 mile south of Crescent Bridge on Rt. 9
or 1 mile south of Crescent Bridge on Rt. 9

2009 WINNERS

-36

ZAC PREDMORE	15:01	32:16
LIZZIE PREDMORE	17:15	

37-45

JOSH HENRY	15:20	32:23
SAM ROECKER	17:03	

46-54

CHUCK TERRY	15:12	32:47
ALYSSA LOTMORE	17:35	

55-63

KYLE MERBER	16:25	35:12
KATHY CHAMPAGNE	18:47	

64-72

RICK MUNSON	17:58	36:30
ADA LAUTERBACH	18:32	

73-81

BEN GREENBERG	16:03	33:21
EMILY BRYANS	17:18	

82-90

ED MENIS	17:45	39:09
LAURIE HOYT	21:24	

91-99

DAN PREDMORE	17:41	38:11
ELLEN PREDMORE	20:30	

100-108

PAUL BENNETT	19:11	39:12
NANCY NICHOLSON	20:01	

109+

STEVE SWEENEY	19:00	39:57
JUDY PHELPS	20:57	

ENTRY FORM

NAMES

AGES

CIRCLE YOUR AGE GROUP — ADD MALE & FEMALE AGES TOGETHER

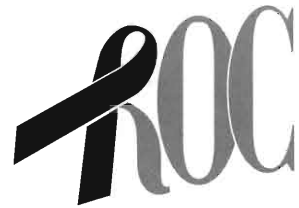
-36 37-45 46-54 55-63 64-72 73-81 82-90 91-99 100-108 109+



Run for the ROC

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

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



Application Fee: \$15 pre-registration by **September 25** or \$20 after that date and on race day.

Description: 5K Run and Community Walk with separate kids' event in the historic Saratoga Flat Track. The first 300 participants are guaranteed a T-shirt. Music, refreshments and fun for the whole family.

Day of Race Registration: 9:00 am at the Grandstand, Historic Saratoga Flat Track, Union Avenue, Saratoga Springs.

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

Awards: Prizes and awards will be given to the overall top three male and female runners.

Special "ROC" awards for the top male and female in each age group.

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

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

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No

(See Event Website for complete details.)

Name of Organization or Business

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

Make checks payable to: **Saratoga Hospital Foundation**

(\$15 per participant by September 25, or \$20 after that date)

Send application and check to:

Saratoga Hospital Foundation/Run for the ROC

211 Church Street

Saratoga Springs, NY 12866

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

@ 10:15 a.m. is FREE!

Race Day registration only.

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for all kids!

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



Early Race Packet Pickup on Friday, October 2, 4-7 p.m.

at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature

Parent/Guardian Signature (if under 18)



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HMRRC Nominations and Elections

Elections for the HMRRC officers for the coming year will be held in September. A nominating committee has been formed to select candidates. Vacancies exist for the position of President, Executive Vice-President, Vice-President for Finance and Secretary. Additional nominations can be made by petition. Any Club member can be placed on the ballot if nominated by a petition signed by 10 other Club members. All petitions must be received no later than Wednesday, August 12, 2009, so that action can be taken on a slate of candidates at the monthly Club meeting that night. Send petitions to HMRRC, P.O. Box 12304, Albany, NY 12212.

Frequently Asked Sports Nutrition Questions

Time and again, runners repeatedly ask questions about sugar, protein, supplements, caffeine, carbs, recovery, and body fat. To address these issues, an international group of sports nutritionists (Professionals in Nutrition & Exercise Science (PINES); www.sportsoracle.com) gathered in Seattle in May. Experts in their fields discussed the latest research and answered commonly asked questions. Perhaps the answers will help you resolve confusing nutrition issues.

Q. Is pre-exercise sugar harmful to performance?

A. More than 100 studies indicate consuming sugar within the hour pre-exercise does not hurt performance. The vast majority of runners can enjoy pre-exercise sweets for a quick fix. But some runners are, indeed, "sugar sensitive" and experience rebound hypoglycemia. They quickly learn—

- 1) to avoid sugar 15 to 45 minutes pre-exercise and instead consume it right before they exercise (the body will not have time to release the insulin that contributes to the "crash") or
- 2) choose pre-run foods that do not produce a "sugar high" such as oatmeal or whole grain toast with a little peanut butter.

Q. How can I gain muscle and lose fat?

A. The body has difficulty building muscle and losing fat at the same time. Building muscle requires calories. If you are restricting calories to lose undesired body fat, your body does not have the fuel it needs to create new muscle tissue. Instead, the body breaks down muscle to use for fuel. A dieting runner can minimize muscle loss with:

- 1) a small calorie deficit that contributes to slow fat loss.
- 2) an adequate protein intake (i.e., some protein at each meal).
- 3) frequently eaten meals that offer a constant supply of protein and fuel.
- 4) strength training to help protect against muscle loss.

Q. What should I eat to recover after a run?

A. After a moderate workout, you need not worry about rapidly refueling because your muscles are not depleted. But if you have done an exhausting track workout or long run, you should plan to replace carbs, water and sodium as soon as tolerable—particularly if you will be training or competing again within 6 hours. Adding a little protein to the recovery meal or snack helps repair damaged muscle, reduce soreness, and also enhance glycogen replacement in runners who neglect to eat enough carbs:

- For a 150-pound runner, the recommended carb dose for rapid recovery is ~300-calories every 2 hours for 4-6 hours.

- A wise protein target is about 15 to 30 grams protein for a 150-lb runner, taken right after (and/or during) exercise. (More precisely: 0.5 g carb/lb and 0.1-0.2 g protein/lb)

Simple suggestions include 16 ounces of chocolate milk; a handful of pretzels and a yogurt; a meal such as cereal with milk, Carnation Instant Breakfast, or a shake made with milk, powdered milk and a big banana or other fruit.

Timing may be more important than the actual amount of food consumed. Your best bet is to time your meals to your training, so you eat a meal after a hard workout.

Q. What's best to drink during and after exercise? How much?

A. Beverages that include a little sodium (i.e., sports drinks) enhance fluid retention. Alternatively, pre-run, you can consume sodium-containing foods (salted oatmeal, pretzels, broth). How much you need to drink depends on how much sweat you lose. Weigh yourself pre- and post-run; dropping one pound equates to losing 16 ounces of sweat that needs to be replaced. More simply, you can monitor your urine and drink enough to urinate a pale-colored urine frequently throughout the day. Not urinating for several hours after exercise is bad: dehydration!

Q. What should I take to boost my immune system?

A. Moderate running actually boosts your immune system; moderate exercisers have no need to take immune-boosting supplements. Hard, exhausting running, in comparison, contributes to inflammation, oxidative stress, and immune dysfunction. But if you are healthy, well fed, and well rested, your immune system can handle the stress. Supplements will not boost your immune function above normal levels.

If you undereat and fail to consume adequate protein or carbs after a hard run (as happens with dieters or runners who are "too busy" to eat), immune response drops. The best supplement to take to counter this response is adequate food—carb-protein combinations, like chocolate milk or a meal.

Quercetin (a bioactive compound found in red apples) is touted to boost the immune system. However, research suggests quercetin works best in "cocktails," the way it naturally come in foods. That is, a quercetin supplement, by itself, is less effective than when quercetin is combined with other bioactive compounds, such as fish oil and green tea extract.

Q. Should I train on a high fat diet to enhance fat-burning?

A. By burning more fat, runners are able to burn fewer carbs and thereby spare their limited glycogen stores. Supposedly, this should enhance endurance, given that glycogen deple-

tion is associated with fatigue. Yet, the practice has yet to translate into improved performance. The best way to enhance endurance is to consume carbs during extended exercise.

Q. Should I train with low glycogen stores, and then compete when carbo-loaded?

A. While the "train low, compete high" method is an interesting concept, research has yet to prove it will enhance performance. Theoretically, training "low" stimulates physiological adaptations that spare muscle glycogen and allow greater endurance. The problems are:

- 1) runners are unable to train at a high intensity when their muscles are glycogen depleted and
- 2) training with glycogen-depleted muscles increases the risk of injury.

Bottom line: Eat carbs daily for well-fueled muscles that allow you to train hard!

Q. What dose of caffeine is best to enhance performance?

A. Although responses to caffeine vary greatly from person to person, a suggested dose equates to a 12-oz. mug of coffee one hour pre-exercise. (More precisely, consume 1.5 mg caffeine per pound of body weight (3 mg/kg) – or about 225 mg for a 150-lb athlete. Higher doses of caffeine offer no performance advantages and can create the disadvantage of sleep problems that end up hurting performance. Enough is enough; more caffeine is not better!

Q. Do I need to worry about contamination in commercial sports supplements like protein powders?

A. Yes! A survey of 634 nutrition supplements indicates about 15% included a banned substance, even though the supplement came from a factory that did not even manufacture that substance (i.e., steroids, ephedrine). The contaminants make the products "work" (read that, "sell better"). The products most likely to be contaminated with illegal compounds include bodybuilding supplements and weight loss products. Buyer beware!

Q. Where can I find a sports dietitian to help me eat to win?

A. For a board certified specialist in sports dietetics (CSSD), use the referral network at www.SCANDpg.org. With a personalized eating program that optimizes your fueling practices, you'll gain a winning edge!

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

You and your family are cordially invited to the HMRRC 2009 SUMMER PICNIC

Held in Conjunction with



When: Sunday, August 2, 2009 11:30 a.m. (lunch served until 1 p.m.)

Where: Hailes Cave Picnic Area, John Boyd Thacher State Park, Voorheesville, NY

Menu: 1/2 Chicken, baked potato, cole slaw, rolls, dessert and beverage OR
Hot Dog, Hamburger or Veggie Burger, chips, dessert and beverage

Cost: \$8 Adults..... \$4 kids under 10 (hot dog or hamburger meal only)

Picnic lunch can be ordered below or online at www.hmrrc.com.

Name _____

Address _____ City _____ State _____

Zip Code _____ Email _____ Telephone _____

Chicken Dinner	How Many?	_____	X \$8 =	_____
Veggie Burger	How Many?	_____	X \$8 =	_____
Hamburger	How Many?	Adult _____	X \$8 =	_____
		Children under 10 _____	X \$4 =	_____
Hot Dog	How Many?	Adult _____	X \$8 =	_____
		Children under 10 _____	X \$4 =	_____
				Total Enclosed: _____

Make check payable to: HMRRC

Mail order to: Summer Picnic, c/o HMRRC, PO Box 12304, Albany, NY 12212

Orders must be received by July 29, 2009.

Tickets can be picked up at race registration table on August 2, 2009.

Questions? Contact Cathy Sliwinski at casliwin@gmail.com



Running in Schenectady

by Vince Juliano

No one knows solitude like a runner in Schenectady.

Nearly two decades ago, I packed my business clothes and left the runner-friendly Empire State Plaza in Albany for One Broadway Center, Schenectady to a newly constructed headquarters of the New York Lottery, my long term employer. With the exception of our new building and the historic Proctor's Theater next door, there wasn't much to look at in downtown Schenectady except for boarded up buildings, some homeless types and other individuals down on their luck. For me, the eternal optimist, I looked forward to planning out new routes with my co-worker and running partner Dwight Wilson. I was happy to be able to run on my lunch hour due to the installation of a new shower room that was included in the building plans at my suggestion. For approximately 12 years, Dwight and I ran the streets and bike paths of Schenectady until he retired six years ago, and I continued on solo.

The transformation of downtown Schenectady over these years from urban blight and despair to a thriving downtown business and entertainment center is truly remarkable. Schenectady's downtown turnaround is now seen as the standard for many upstate cities looking to reverse years of decline. During this positive transformation, I have continued on with my daily runs, most days without seeing a single other runner. I suspect that the reason there are so few runners in downtown is the fear factor and misguided notion that running in this or any urban center is unsafe. Speaking from experience with nearly 20 years of daily runs, I can say with confidence that it is as safe to run here as in most other communities when using the basic precautions listed below.

Always let someone know that you are going for a run and an approximate time when you will be returning.

Learn the area you are running and avoid high crime neighborhoods or running after dark.

Vary your routes or the time of day you run so as not to be predictable.

Run with a partner or group, especially if you are a female runner.

Stay visible, avoid desolate areas, and keep your distance from anyone who approaches you to ask a question or directions.

Keep your eyes and ears open. It is important to know what is around you.

Here are my favorite routes originating from the Lottery Building or Proctor's Theater. One should note that the city is planning to convert a building directly across the street from Proctor's Theater to a new YMCA within 6 to 12 months.

The city of Schenectady is blessed with many miles of bike paths that can be accessed from the Community College parking area, less than one mile from my workplace. This

bike path is heavily used in the spring and summer by bikers, dog walkers, recreational rollerbladers, and of course runners. To access the parking area, take the right ramp just before the Western Gateway Bridge that crosses the Mohawk River. The bike path heads west along the South shore of the Mohawk River for over 5 miles with scenic views of the river as one heads further west from the college. This is a great place to get in a tempo run, as each quarter mile is marked with orange paint. Beginning in May, there is a port-o-john located at Lock 8, the approximate halfway point on the path. I also enjoy this path because it is not totally flat like many bike paths and alternates sections that are wooded and shady, with open areas with expansive views of the river.

Safety: Remote areas off the bike path and out of view have been used as makeshift camps on occasion by the homeless, and beer drinking occurs among local fisherman, especially at dusk. In general, this bike path gets plenty of traffic from fitness buffs during the daylight hours, lessening any concern of isolation.

The Union College loop, a perimeter sidewalk around the gated college, is approximately 1.7 miles, according to HMRRRC race treasurer Pam Zentko. This is my favorite route in the winter time when snow often covers the bike paths. From my workplace, I can reach the College loop in just over ½ mile by heading northeast from Proctor's. I generally run the loop twice before returning for a total distance of 4.6 miles, a perfect lunch-time run. The loop has a series of up and down grades and the route offers stunning views of the Nott Memorial and other grand architectural achievements including large mansions in the residential area east of the college. I run the loop counter-clockwise as I prefer the long gradual downhill grades on Nott Street and the shorter but steeper upgrades on Union Street. The College is very good at plowing their sidewalks within a day of a storm and this route provides the best footing as the snow piles up.

Union College has been the temporary home of many area running greats over the years including master's great Ted Bick, and former Willow Street talent Charlie Casey, Nick Conway and Peter Flynn.

Safety: This loop is generally quite safe as it is patrolled by college security to protect the students. It is also well lit at night and is my preferred choice after daylight savings time ends.

For many out of town runners, their only opportunity to run the streets of Schenectady is in November at the Stockade-athon road race. While I would not recommend running the entire route on other weekends due to heavy vehicular traffic, it is possible to run the most scenic sections of this race route. Vale Park and Vale Cemetery provide an urban greenway that allows runners and bikers to travel from downtown Schenectady to Central

Park almost entirely without having to run on city streets. Vale Cemetery is separated from Central Park by approximately ½ mile of city streets. Unfortunately, this urban greenway has in the past been an area where crimes have occurred, ranging from drug deals to a rape. With this history, why would anyone choose to run here? Well, all I can say is that the city and the cemetery association have focused their combined efforts to counter this past history and great strides have been made. New cameras have been installed throughout the park and the cemetery and more installations are forthcoming. These cameras have had their intended effect of deterrence as I am unaware of any serious crimes over the past two years. In addition the city police routinely patrol the area from their headquarters one block away. Two individuals who had committed the most egregious crimes have been convicted and are serving lengthy prison sentences.

High quality events like the Vale Park 5K in June and the Stockade-athon 15K have showcased this area as ideal for recreational activities and intercity commuting by bike. I usually run here once every two weeks and enjoy it most on the hot humid days of summer. Due to extensive tree cover, the park is usually 10 degrees cooler than running on the streets, and as I detest hot weather, the park and cemetery provide an opportunity for a more comfortable workout.

Safety: Even with the increased focus on safety in the cemetery, runners are encouraged to use the greenway only during daylight hours and female runners should run with a male partner or a group whenever possible as certain areas of the park are somewhat remote. Carrying a cell phone is a good idea for added insurance and to report any suspicious activity. The Cemetery Association is run by a retired doctor, Bernie McAvoy, who spends many of his days organizing volunteer groups to rake leaves and clean up debris after storms. Dr. McAvoy encourages recreation within the cemetery and has actually measured routes and made up maps that are available at the entrance building for the asking.

A final recommendation would be to extend your run by exiting the cemetery at Brandywine Ave. and continue on for a half mile to Central Park. The spring and summer allow runners to take notice of the beautiful landscaping of the rose garden near the stone gate park entrance, a distinct contrast from the late fall setting that Stockade-athon runners are accustomed to.

The City of Schenectady has a rich history with many interesting places to run. From the Stockade District, one of the oldest continuously settled neighborhoods in the country, to the aforementioned Union College, the country's first college campus, Schenectady offers interesting runs for anyone who appreciates history. These neighborhoods and cultural attractions, along with miles and miles of bike paths along the Mohawk, offer diverse opportunities for a brief escape from the workplace, the true secret to any productive day.

See you downtown! □



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

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

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

All prices include sales tax

TOTAL DUE: _____

Postage \$5.05

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

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

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:

Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judlynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Local Event Schedule

Club events are in blue font

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

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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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!*