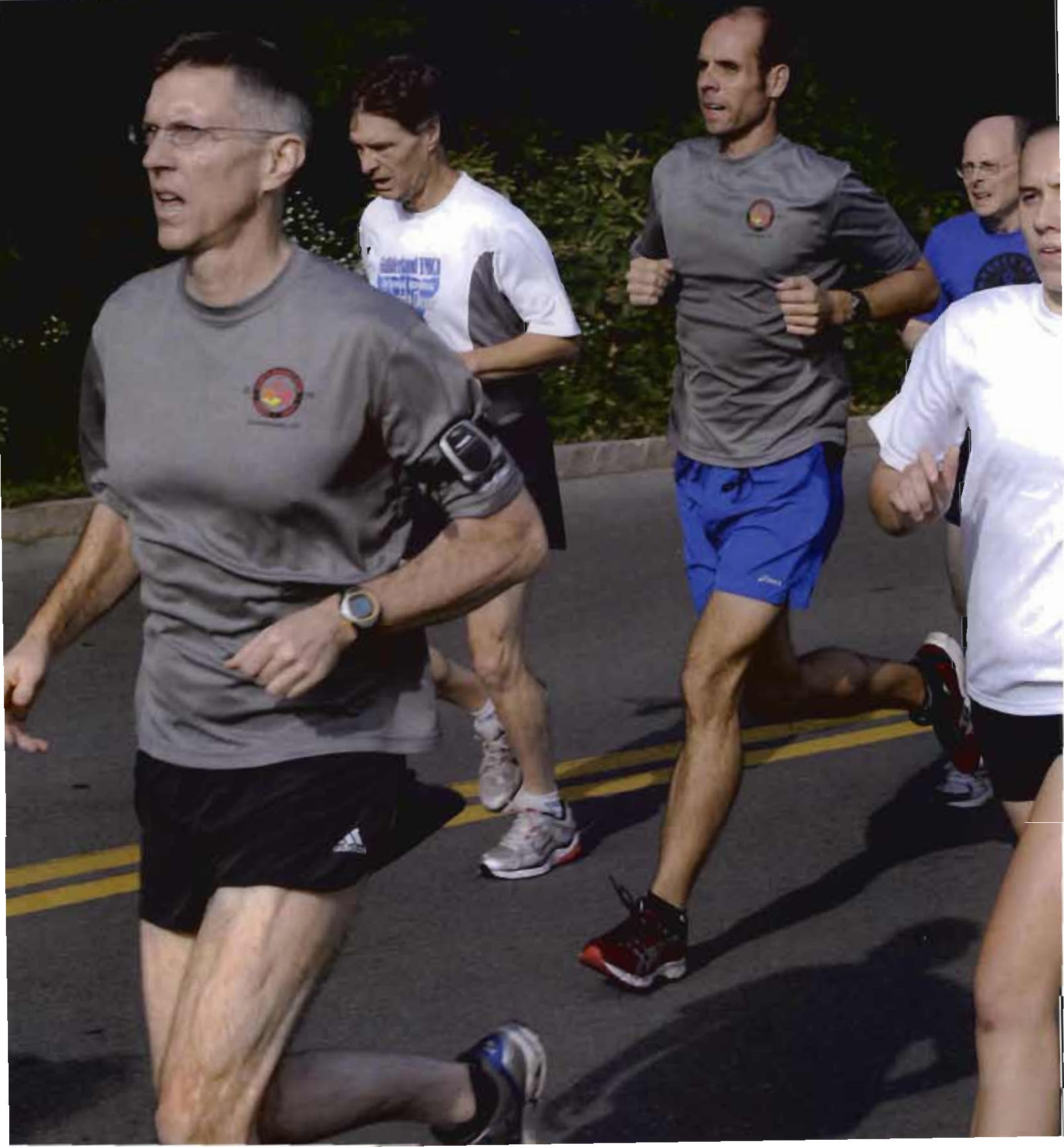


# ***The Pace Setter***

**November 2010**

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



Mayor Jerry Jennings, The City of Albany & St. Peter's Cardiac & Vascular Center Present

# ALBANY Last Run 5K

Saturday, December 18<sup>th</sup> 2010



Race begins at 5:00 pm  
State Street, Downtown Albany  
(Empire State Plaza, Vietnam Memorial Breezeway)  
Pre-Registration fee only \$20  
(\$25 after 12/4 and \$30 Day-of if spots available)

Registration open now @ [www.active.com](http://www.active.com)

Great Course

Through Capital Holiday Lights!

- **New this year: CHIP TIMING!**
- **Excellent for all levels – teams welcome**
- **FREE Windshirt for 1<sup>st</sup> 1,000 runners registered!**
- **Age divisional awards and random prizes**
- **Post-race party**
- **Packet pick-up available at City Hall on Friday, December 17<sup>th</sup>**



PLUS: FIREWORKS!



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FOR MORE INFORMATION ON ALBANY EVENTS:

518-434-2032 or [www.albanyevents.org](http://www.albanyevents.org)

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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.

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

*The September issue inadvertently omitted the author of the book review on page 15. Tom Bulger is the author of "Book Review: Don McGrath – 50 Athletes Over 50 Teach Us to Live a Strong, Healthy Life."*

## HMRRC Mission Statement

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

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



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[www.hmrrc.com](http://www.hmrrc.com)



by Mark Warner

As my year as HMRRRC president winds down, it is a good time to look back over the past twelve months. The one thing that truly stands out is the great volunteers who keep the club running by working at races, writing for *The Pace Setter* and many of the other activities necessary to manage a large non-profit organization. It has been a privilege working with such a quality group of volunteers. Some are visible in their roles as race directors or as organizers of club events while others toil in the background unbeknownst to most club members. A few deserve special mention.

Ed Neiles originated HMRRRC's web site 15 years ago and has spent countless hours keeping it updated with race results, race schedules and general club information. He will be stepping down from this role soon and his will be difficult shoes to fill. There is no way to thank him enough for the time and effort he has given to the club. Robin Nagen-gast and Kari Gathen continue to lead a fine *Pace Setter* staff that produces a world class running magazine. Thanks to their creativity and hard work, *The Pace Setter* stands out as a running club magazine of the highest quality. Both of these resources have been critical in keeping club members informed of club activities and upcoming events. HMRRRC's Public Relations Chairperson, Rob Moore, ensures that HMRRRC events get publicized in the community and that HMRRRC is represented at many health and fitness expos in the Capital Region.

Volunteer Coordinator Marcia Adams developed several initiatives to recruit and incentivize volunteers to assist with the growing numbers of running and community events that HMRRRC supports. Each new volunteer makes a contribution towards keeping the HMRRRC at the center of the local running community and as a contributor to the larger community of the Capital Region.

In the January issue of *The Pace Setter*, several goals were laid out for the coming year and each was met. Membership remains over 2000 and continues to climb. Race entries continued to increase. The Winter Series races saw a record number of entries and this trend continued through the spring and summer races and culminated with the Mohawk-Hudson Marathon and ½ Marathon entries closing out three months before the races. The club's goals to continue to find ways to give back to the community

resulted in a recent \$10,000 grant to the City of Schenectady to put sides that roll up and down on the pavilion in Central Park. This will not only benefit the runners who use this pavilion for the Stockade-athon and the marathon, but users of the park throughout the year. HMRRRC and CDPHP jointly made donations to four charities of \$5000 each as a result of the profits from the CDPHP Workforce Team Challenge. Many other charitable activities have been highlighted in previous columns. Another visible change this year was the purchase of a club van. This van enables our race directors to easily transport race supplies back and forth to the races and has served as the base for the timing crews. Two new events directed by Frank Myers were added to the HMRRRC race schedule: the Colonie Summer Track Meets and the Dynamic Duo. Mike Kelly led an effort for HMRRRC to purchase a new poster display for use at expos and club events.

In closing special thanks goes John Kinnicutt for his two years as club Treasurer; he will be passing on his responsibilities to Pam Zentko. Chuck Terry (Vice President of Finance) and Barbara Light (Secretary) will continue in their roles as club officers and John Parisella will be taking on the duties of Vice President. The club is sure to continue to prosper as one of the largest running clubs in upstate New York as well as an asset to the Capital Region under the leadership of the new president, Jon Rocco. Good luck to the 2011 HMRRRC officers and thank you to each and every volunteer in support of HMRRRC this past year. □





# What's Happening in November

by Al Maikels

The fall racing season reaches its peak on Sunday, November 7 with the 35th running of the *Gazette* Newspapers Stockade-athon. This 15K is a tour of the city of Schenectady, starting at the western entrance to Central Park, dropping down a relatively fast four mile section into the historic Stockade section of Schenectady (hence the name), and then climbing back to the park. A race doesn't last 35 years without a good reason; this race has stood the test of time because of its challenging course and superb organizing. This is the final Grand Prix race for the 2010 Series and there is also Clydesdale competition for the full figured runners. The race starts at 10:30 a.m. and there is no day of race sign-up available.

When I first joined the HMRRRC there was a fun race in Saratoga called the Turkey Raffle Run. The race was held at the Saratoga State Park on a hilly course and always drew an enthusiastic crowd of runners. In 1988 the Saratoga State Park ceased to be a viable option for hosting the event and the race director dropped the race. I decided to revive the event in Albany in 1989 and used the rolling hills of Washington Park as the setting. Over the years the park became a tough place to hold the run as the preparation for the Holiday Lights in the Park took more and more of the available space. Three years ago we moved the event to the Crossings in the Town of Colonie and had a record turnout, as well as a new name, the Turkey Raffle Run. This year the run is scheduled for Sunday, November 21 at 10:00 a.m. at the Crossings, located on Albany-

Shaker Road in the Town of Colonie. This is an hour run; each one-mile loop around the lake earns the runner a raffle ticket. At the end of the hour, everyone stops and fills out there raffle tickets while enjoying light refreshments. Over the years I have toyed with the idea of a wave start and chip timing for this event, as well as lobbying for Grand Prix status but for the time being I will stick to a low entry fee and frozen turkeys. Due to the increased popularity of this event registration is limited to the first 1,000 runners so get to the park early.

A highlight on the November calendar is always the running of The New York City Marathon. This year's race will be held on Sunday, November 7 and as always, there will be a large contingent of local runners at the marathon. The Philadelphia Marathon also seems to attract a group of our local runners with its relatively flat and fast course.

Thanksgiving Day is more than just an excuse to eat hearty, as there are numerous races on tap that Thursday morning. Schenectady hosts the Cardiac Classic in Central Park with a 5K race while Troy holds the Turkey Trot at City Hall with 1 mile, 5K and 10K races on the schedule. Before you sit down to feast move your feet at one of these fine races.

The Club business meeting for November will be held on Wednesday the 10th at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. New Club president Jon Rocco invites all members to attend these meetings. □

## Consistency

by Mike Naylor

I talked about motivation in last month's issue and now what I feel is closely related to this topic is one on consistency. Consistency to me is doing something every day, regardless of the weather or how one feels, or if your running partners bag out on you. It is like a heart-beat and an eye blink; it should just happen without any need to think or work at it.

There have been many runners in our club who have unbelievable streaks (not naked running in the streets streaks, although knowing some of these guys, I'm sure they have thought about it) of years and years, and months and months, and days and days of just getting out there and running. I have heard stories that are just crazy. Runners who have been operated on (not brain surgery; although they probably needed it), but minor stuff that you and I would nurse for weeks and cry to our co-workers on how it is ruining your running. But these folks don't hesitate, don't call their friends, don't complain to anyone who will listen; they just strap on their shoes and off they go. And, one doesn't find out about such stories, until, 5 to 10 years have gone by. Imagine running every day, for 5-10 years. Wow!

I always thought I was an athlete committed to being the best, until, a story like that comes along, and I remember, peeking out the window a few mornings ago, and it was nasty. What did I do? Roll over and back to sleep. These folks get up like it is a sunny day at the beach and out the door they go. Truly, amazing!

I am not advocating that we all behave in this manner, but it gives you an idea as to what true consistency is and how we as runners should really focus on trying to be as consistent as we can. And I don't mean really bumming out when you miss a day. Just, if it happens, don't let it become a habit.

Having worked with and coached world class athletes, all I have to say is that these folks are consistent. Their days are like the movie, *Groundhog Day*. In the movie, the guy wakes up every day to the same day. This is how they live their lives. They wake up every day and off they go into their routine. Up at 7 for a 7 mile run; weight training at noon; 4 p.m. speed workout; and ending the day with another 7-10 mile run. Then they eat, basically the same meals, and go to bed, and wake up and do it all over again.

But for us real folk, we should try, and I know you have heard this for years, to set up a time when you are going to work out. Set your lap tops up, and keep a daily log of the following on it. What time did I get up? What was the weather like? What did I eat for breakfast? And so on and on for the entire day (after day), these journals become your history to share with yourself, and family as you reach my age. I still find journals of mine that I can't remember writing the stuff in it. But it is fun to remember days long ago, when I would meet up with guys and sometimes girls, and go out for noon time runs at SUNY.

See you out there. Coach Mike □

## Article Submissions are Encouraged for Upcoming Pace Setter Issues

**What:** The article topics can range from HMRRRC races, to out-of-town race coverage, and personal running accounts. Articles should be written in the context of the HMRRRC mission statement, which can be found on the HMRRRC web homepage at [www.hmrrc.com](http://www.hmrrc.com). All members are encouraged to submit articles for publication in upcoming *Pace Setter* issues.

**Deadline:** The 25th of each month (ex. Submission is received on October 25, the article would be published in the December issue).

**Where:** Submissions can be sent in Word document format and photos in .jpg, .tif, .bmp, or .gif format to: [pacesetterarticles@verizon.net](mailto:pacesetterarticles@verizon.net). Questions about publication can also be directed to the same e-mail address.



# 1st Annual OUR TOWNE Bethlehem Turkey Trot 5K Run/Walk

It's for everybody!

Our 5K Fun Run/Walk is designed to accommodate every person in your family, workplace and neighborhood. Gather all your family and friends and start Thanksgiving Day out right. Grandparents, toddlers, and those who want to create a little room for that Thanksgiving dinner are all welcome to be a part of this Run/Walk. The only "time" that matters is the good time that we want you to have at the TurkeyTrot.

Date/Time: Thursday, November 25<sup>th</sup> 2010 ~ Run/Walk Start 9:00am (Packet Pickup Starts @7:30am)  
Location: Bethlehem Town Hall 445 Delaware Avenue, Delmar  
Course: 5K through Bethlehem neighborhoods  
Entry Fee: \$15.00 if postmarked before 11/19/2010. \$20.00 Day of Race (Registration Starts @7:30am)  
\$10.00 For Students 19 and under  
T-Shirts: Guaranteed to all applications postmarked by 11/19/2010.  
Awards: 1<sup>st</sup> Place Overall Male & Female  
1st Place in Age Groups: 10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over  
Information: Contact: John Guastella @ John@ourtownebethlehem.com

A portion of net proceeds will benefit the **Bethlehem Food Pantry**, a Bethlehem Seniors Project.  
*Please bring a canned food item the day of the race.*

-----  
Detach here ~ Submit one form for each entry

## REGISTRATION FORM

Mail in Deadline: November 19<sup>th</sup>, 2010

Mail form & non-refundable payment to: OURTOWNE Bethlehem, 8 Clermont Street, Delmar, NY 12054  
Please Print

Name: \_\_\_\_\_ Phone# \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: (on race day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Guardian if under 18 years

Please make checks payable to: Our Towne Bethlehem (Turkey Trot in Memo)

OFFICIAL USE ONLY: B# \_\_\_\_\_ Date Rec: \_\_\_\_\_ Amount Paid \_\_\_\_\_

OURTOWNEBETHLEHEM.COM



# Catiebug Fight to be Healed 5K Run: *A Race to Support Local Pediatric Cancer Patients*

by Janine De Tillio Cammarata



On Sunday, September 26, over 400 runners and 100 walkers participated in the Catiebug Fight to be Healed 5K Run at the Clifton Commons, in Clifton Park. In addition to the run, there was a 2 mile walk and a 1 mile kids' Fun Run. The 500 plus people at this event raised over \$11,000 on that day alone! Over \$35,000 has been raised so far and it stays local to offer financial and emotional assistance to children with cancer. This was the first year that Nick's Fight to be Healed Foundation took over the event for the Catie Hoch Foundation. Eleven years ago the Catie Hoch Foundation and the Town of Clifton Park combined their two separate races. This is the only community race that the town supports and staffs. Last year, Gina Peca, president of the Catie Hoch Foundation asked Nick's Fight to be Healed Foundation to take over this important community event. They agreed and, even though the name changed, they still support local pediatric cancer patients.

The weather was perfect and all the extra activities were a draw for the entire family. Nuanice, a Boutique Salon raised \$600 selling red hair extensions to honor pediatric cancer patients. They still have some left so anyone can go to their shop on the corner of Rte. 9 and Crescent Rd. The Philly Pretzel Factory was a hit with their variety of pretzels to sell. Richard Tollner of Aircraft DJ Services set the mood with fun and festive music and kept the crowd entertained. He even enjoyed dancing to the fabulous Anna Rivelo, as she shimmied to some

Latin music during the Zumba warmup.

Members of the CWA 1118 Union sold pumpkins and gourds as an extra fundraiser and donated all the money back to the foundation. Many of their team participated and a matching gift will be provided to the foundation. The carnival was fantastic and many children went home with cuddly stuffed animals. The Cisco Runners Route out Cancer team raised over \$10,000 and many of the employees volunteered and ran.

Mark Kopecki of Niskayuna won the male overall award and Anne Benson from Clifton Park won the female overall award. Winners in their age groups were: Christopher Lewis, Samantha Barringer, Bob Arnold, Christina Nunez, Andrew Figliozzi, Maria Arcari, Sean Madden, Shanley Alber, Jim Sweeney, Eileen Trainor, William Danaher, Linda Tepper, James Larkin, Karen Yagielski, Richard Eckhardt, and Sigrid Knapp. Awards were handed out at the end of the event.

The mission of 'Nick's Fight to be Healed Foundation, Inc.' is to support pediatric blood cancer patients as well as serve the young adult blood cancer community. They strive to improve quality of life by promoting well-being, reducing stress within the entire family, and providing resources to help children with blood cancer lead fun and fulfilling lives. This foundation was formed in memory of Nick Cammarata, a Clifton Park teen who died from leukemia in October 2008. For more information visit their website at [www.fighttobehealed.org](http://www.fighttobehealed.org). □

## New HMRRC Members

Lizette Arroyo  
Amanda Barone  
Eiko Bogue  
Jeanmarie Burke  
Norman Chester  
Kelly Crandall  
Christine Cunningham  
Stephen Del Giacco  
Michael Duffey  
Christina Eisenbrown  
Margaret Everett  
Michele Giancaspro  
Lois Green  
Janice Keating  
Julia Kracker  
The Kranick Family  
Matthew Landy  
Rebecca & Mark Maroney  
James McGuinness  
Thomas McTernan  
Eric Morris  
Ann Marie Murphy  
Christopher Murphy  
Conner O'Donnell  
Paula Ogden  
Mary Pattison  
Michelle Raymond  
Lori Santos  
Jennifer Smith  
Riley Smith  
Steven Smith  
Jo-Ann Spinelli  
Lindsey Stevens  
Michelle Teta  
Jonathon Tingley  
Kevin White  
Lisa Williams



# Ellis MEDICINE cardiac CLASSIC 5 K RUN

## Packet pick up for all participants:

Has moved from the Ellis Health Center (formerly St. Clare's) to the Casino in Central Park.

Packets can be picked up:  
*Sunday, November 21*  
12-4pm

*Wednesday, November 24*  
2-7pm

-OR- on day of race  
(ALL AT THE CASINO)

## Walkers:

The 5K race is for runners only. Your cooperation is appreciated. Wheelchairs must be race style and under their own power.

## Thanksgiving Day, November 25

### 3 Great Events— SIGN UP EARLY!

8 am:  
2M Wellness Walk  
FREE

9 am: 5K Race  
(runners only)  
\$23

10 am: 1M  
Duck Pond Fun Run  
FREE

**PLEASE NOTE:**  
5K runners **must**  
**be** pre-registered.  
Day of race  
registration will  
NOT be available.

## Course:

Start and finish Central Park Pavilion,  
Schenectady, NY

## REGISTRATION INFORMATION:

### New this year:

Disposable chips with start and finish time!

Register online at [www.cardiacclassic.org](http://www.cardiacclassic.org):

On-line registration closes Tuesday,  
November 23 at 9pm EST. . . . . \$23

### Register by mail:

Make check payable to The Foundation for Ellis  
Medicine. Complete form below and mail with  
payment to:

The Foundation for Ellis Medicine  
1101 Nott St., Schenectady, NY 12308  
(must be postmarked by 11/19/10). . . . . \$23

### Register by fax:

Fax completed form and credit card information  
to: 518.243.1322 by 11/23/10. . . . . \$23  
Please note: no late registrations will be accepted

### Last Chance to Register:

Wednesday, November 24  
Casino in Central Park, 2-7pm . . . . . \$30

### Day of Event Registration times for Wellness Walk & Duck Pond Fun Run:

Wellness Walk until 7:45am  
Fun Run until 9:45am  
Registration/Waiver must be completed and  
signed. Fill out form on other side and mail  
or register on-line at [www.cardiacclassic.org](http://www.cardiacclassic.org).

### Note:

No locker facilities, so come dressed to run.  
T-shirts will be given to each 5K registrant.  
No dogs, strollers or walkers allowed in 5K  
(for the runners' safety).

For more information, visit [www.cardiacclassic.org](http://www.cardiacclassic.org), or call 518.243.4600.

Race results will be posted at [www.ellismedicine.org](http://www.ellismedicine.org), [www.dailygazette.com](http://www.dailygazette.com) and [www.irecp.com](http://www.irecp.com). Top winners will also be printed in the Daily Gazette.

## 5K AWARDS:

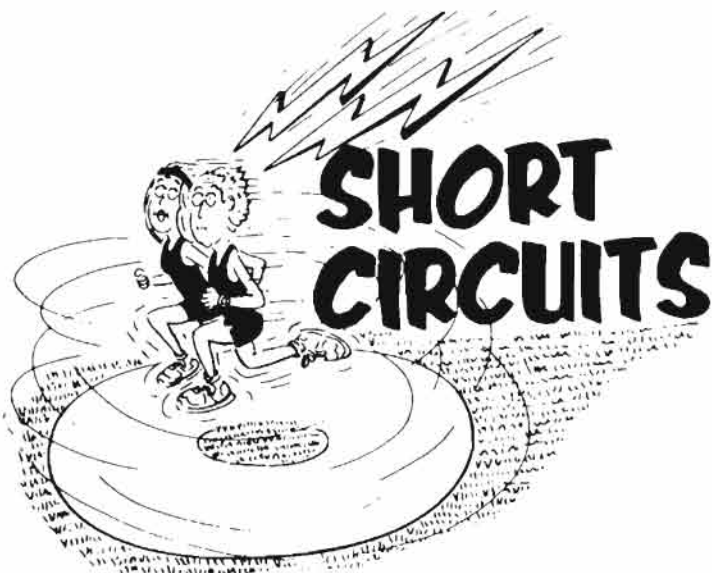
Trophies for overall male and female winners  
Medals given to top three males and top three females in all age categories:  
12 and under; 13-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and over

SPONSORED  
BY:



All proceeds from the Cardiac Classic benefit Ellis Medicine's Wright Heart Center.





The goal of every interval or every workout is not to run as fast as you can. Let me repeat that, **THE GOAL OF EVERY INTERVAL OR EVERY WORKOUT IS NOT TO RUN AS FAST AS YOU CAN.** Actually, on most intervals and most workouts you don't want to be running anywhere near as hard or as fast as you can. Paraphrasing Arthur Lydiard, the key to running fast is to relax. – Weldon "Wejo" Johnson, Co-founder of Let'sRun.com, 28:06 10K PR.



Wejo speaks again



Adam and Kara Goucher announced the birth of their first child on September 25: Colton Mirko Goucher.



Kara and Colton



On May 1, Mike Ehredt, a retired postal clerk and Army veteran, touched the wheel of his jogger stroller in the Pacific Ocean in Astoria, OR and began an epic 4514 mile journey across the country to honor and remember service members lost in Iraq. He is placing flags that hold a yellow ribbon bearing the name, rank, service, age and hometown of those whose dreams and ambitions were taken so quickly from us.

On September 27, Ehredt traveled from just outside Fonda to Ballston Spa in about nine hours. Ehredt lightheartedly praised the health benefits of chocolate milk, saying he drinks a

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](mailto:jheinlaw@earthlink.net), subject: Short Circuits.

quart after each day's run. He has consumed 35 gallons so far.



Mike Ehredt shakes hands with Debbie Steiner of Clifton Park. Steiner's son-in-law is currently serving with the U.S. Army in Iraq, and her friend's son, who served in Afghanistan, died in June. Photo courtesy of the Saratogian



From Letters to the Editor after a newspaper reported that a jogger was arrested for running on Staten Island Expressway:

- Just what was this jogger doing wrong besides jogging on the busiest roadway on Staten Island? It seems that the NYPD could have given him a ride home, give him a warning, and spoken to his parents.
- Headlines "Highway Jogger Is Pulled Over By Cops." How do you pull over a highway jogger??
- His wife probably was nagging him so he jumped out!!!!
- I saw him on the highway...Why should he be arrested??? He had the right idea. He was moving faster than us in cars!!! □



# SEFCU LABOR DAY 5K



# SEFCU KIDS RUN





# Run to Remember 5K

by Tim Perry-Coon

On September 18, the 15th Annual Run to Remember 5K was held at Rensselaer Polytechnic Institute. Sponsored by the students of the Air Force ROTC program, this fundraiser was established to remember all the prisoners of wars and soldiers missing in action, with proceeds to the Wounded Warrior Project.

The course has changed several times over the years, and this year's route was new to accommodate some construction around the Field House where the race originates. If you have traveled up Troy's Hoosick Street, you know that all of RPI is on a hillside. Thus, regardless of the design of any new course, the race will be always be challenging. This year's course was fair, an out and back that gave credence to the words, "what goes down must go up." Virtually the entire race was on a slope, but stiffer sections were short, the remaining slight sections easily covered.

The weather was glorious, with the sun burning through the fog just prior to the start. On this birthday of the Air Force, the solemn "presentation of the colors" was completed at the starting line, and then the race began. The start was in front of the new football field complex, and headed downhill past the Field House to Burdett Avenue, where a long slight downhill towards Troy High School kept up a quick pace. I love these types of races, where my position can easily be discovered with a look at the long straightaway. At this point of the race, a sea of colors over a quarter mile long was before me. A large contingent of RPI students guaranteed a quick early pace, and I reassured myself that there was no need to worry at the mass of runners in front of me! At this age, I am just happy to show up!

Soon, the slope changed uphill, circling around the outside campus streets, passing by several fraternity houses to the turnaround point near the top of the stadium complex where we began the race. Characteristically,

the lead runners that passed me before I reached the turnaround looked impressive, strong and fast. I admire these talented athletes, and always wonder how they go so fast! The return downhill was welcome, again passing in front of Troy High School before the road angled up, with a brief

but intense uphill to the Field House which got every one's legs churning, back to the front of the stadium for the finish. The traditional vegetable soup after the race was warm and delicious, with bananas and apples to enjoy.

Several thoughts on the race: Every year, three ROTC members bring up the rear of the race, running with the flags. I am reminded of the military code, "Leave no one behind," and I am sure that these three student soldiers would not pass any runner before they reached the finish line. After I finished, I witnessed one ROTC student cheering on other runners just completing the race, a sign of a developing leader being born. I also remembered that unlike many other sports, every athlete runner is cheered for his/her performance – just not those who come in first, but everyone who is running will experience spectators encouraging her/him to keep going, with congratulations at the end. I talked to two barefoot runners, both who swore their love for it.

Consider this race next year. I find the young student enthusiasm invigorating, similar to that found at the SEFCU Labor Day 5K. And I am reminded that some of our young are willing to serve the country in a special way. □

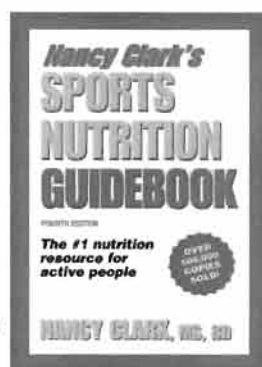


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# Sports Snacks: Food Suggestions for Fueling Hungry Runners

"What should I eat before I exercise?" That's a key question – as well as what to eat during extended exercise – that runners commonly ask me, a sport nutritionist. While they know the words carbs, proteins and fats, they often don't know how to translate those words into food choices. Hence, the goal of this article is to offer specific food suggestions to fit a variety of exercise situations. This is far from a complete list! Please be sure to experiment with new pre- and during-exercise foods to learn which ones settle best in your gut, don't "talk back" and enhance your performance.

## Pre-marathon carbo-loading dinner:

#1. Pasta with tomato sauce, meatballs, green beans, French bread, lowfat/skim milk, frozen yogurt with strawberries.

#2. Turkey with potato, stuffing, lowfat gravy, winter squash, cranberry sauce, dinner rolls, apple crisp with reduced-fat ice cream.

**Pre-race breakfast:** 1 to 2 hours before, let's say, a 9:00 a.m. cross-country meet or 10K road race:

Wheaties (or other dry cereal) with lowfat milk and banana; oatmeal with applesauce and brown sugar; cream of wheat with raisins; bagel or English muffin with peanut butter; poached eggs with two slices of toast; yogurt and granola.

## Liquid "meals" if you have trouble digesting solid food

Fruit smoothie (milk, yogurt or juice blended with frozen berries, banana chunks), Carnation Instant Breakfast, Boost, Ensure, lowfat chocolate milk, vanilla pudding, pureed peaches.

## Brunch 4 hours before, let's say, a Saturday afternoon track meet

Heftier portions of any of the above breakfast options

French toast with cinnamon sugar, berries, breakfast ham

Pancakes with maple syrup, scrambled eggs, fruit cup

Veggie omelet with non-greasy hash brown potatoes, toast

Breakfast burrito (scrambled eggs, lowfat cheese, salsa wrapped in a flour tortilla) plus fruit cup and orange juice

## Four o'clock pre-race dinner before a 7:00 pm evening race

Any of the carbo-loading dinners or brunch suggestions

Cheese ravioli, tomato sauce, peas, fruit salad, sugar cookie

Grilled chicken (small portion) with baked potato/lowfat sour cream, steamed carrots, bread, blueberry cobbler, lowfat milk (or milk alternatives: lactose-free milk, soy milk)

Turkey sub with lettuce, tomato, lowfat mayonnaise, baked potato chips, vanilla yogurt and oatmeal-raisin cookie

Wonton soup, stir-fried chicken with veggies, steamed rice, lo mein noodles, pineapple chunks, fortune cookie

**Grab 'n Go Snack:** 100 to 300 non-perishable calories within the hour pre-exercise, stored in your desk or gym bag:

Nature Valley Granola Bar, Quaker Chewy Bar, Nutri-Grain Cereal Bar, Fig Newtons, Teddy Grahams, graham crackers, Nilla Wafers, animal crackers, hard or soft pretzels, cinnamon raisin bagel, snack-box raisins, trail mix

Energy Bar options to fit assorted dietary preferences:

Good tasting, all natural ingredients: Zing Bar, Clif Nectar Bar, Lara Bar, Perfect 10 Bar, Odwalla Bar, KIND Bar, NRG-Bar, PowerBar Harvest

Gluten free bars: Bora Bora Bars, Lara Bars, PURE Bar, First Endurance Bar, Hammer Bar, Wings of Nature Bar; Zing Bar

Nut-free: Metaballs, AllerEnergy Bar ([www.peanutfreeplanet.com](http://www.peanutfreeplanet.com))

Raw: Raw Revolution Bar, PURE bar

Vegan: Pure Fit, Lara Bar, Hammer Bar, Vega Whole Food Raw Energy Bar, Clif Builder's Bar, Perfect 10, ReNew Life Organic Energy Bar

Yummy organic options by entrepreneurs who will appreciate your support:

NRG-Bar ([www.NRG-Bar.com](http://www.NRG-Bar.com); developed by an Ironman triathlete),

Olympic bar ([www.OlympicGranola.com](http://www.OlympicGranola.com); developed by a dad with eight kids),

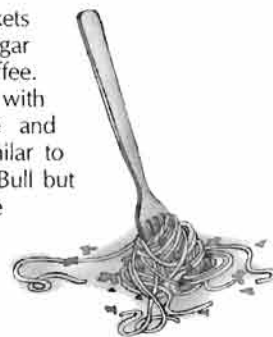
ZingBar ([www.zingbar.com](http://www.zingbar.com); developed by two dietitians who believe food should taste great!)

**Pre-run "quick fixes"** These choices lack nutritional value but are easy to digest, provide the quick energy the body wants, and when eaten five minutes pre-exercise, are unlikely to create rebound hypoglycemia (also known as a "sugar crash").

Pop-Tarts, Nabisco Sugar Wafers, Rice Krispie Treats, toast with jelly, marshmallows, gum drops, jelly beans, licorice, York Peppermint Patties, Jello, marshmallows, sports drinks (Gatorade, PowerAde, etc.), fruit juice, sweetened iced tea, defizzed Coke, homemade "energy drink"

\*To avoid red dye and questionable ingredients, make your own energy drink. Sim-

ply add 7 packets (teaspoons) of sugar to 8 ounces of coffee. You'll end up with 80 mg caffeine and 110 calories, similar to what's in a Red Bull but at a fraction of the price!



## Pre-long run high sodium snacks for marathoners who sweat heavily.

Consuming a salty food before exercise helps retain water in your body and delays becoming dehydrated.

Pretzels, salt bagel, baked chips, ramen noodles, chicken noodle soup, canned broth (chicken, beef or vegetable), beef consomme (jellied); boiled and salted red potatoes or potato chunks, ham & cheese sub with mustard, V-8 Juice.

## Fuel during runs that last for 2 to 4 hours

Buy sports clothes with pockets, so you can carry these with you.

Gummi bears, Starburst Fruit Chews, jelly beans, licorice, butterscotch candies, Peppermint Patties, Tootsie Rolls, Whoppers Malted Milk Balls, mini MilkyWay Bars, GoGurt

Engineered options: Gu, Carb-Boom!, Clif Shot, Clif Shot Bloks, Gu Chomps, Honey Stinger, Hammer Gel, Jelly Belly Sports Beans, Sharkies, PowerBar Energy Blasts

## Fuel during ultra-runs that last less than 4 hours, such as a long trail run or adventure race

Any of the above snacks that you might consume during 2 to 4 hours of exercise, plus more substantial fare:

Peanut butter & jelly on bread, bagel or flour tortilla (wrapped "burrito style" to keep the jelly from oozing out); gorp (raisins, peanuts, M&M mixture), trail mix, ham and cheese in a pita pocket, beef jerky (for sodium), noodle soup, sweetened condensed milk, chocolate bars ... any food that tastes good, settles well and helps you survive the event. (We'll talk "good nutrition" at another time!)

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For more information, read her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer teams: [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [sportsnutrition-workshop.com](http://sportsnutrition-workshop.com). □

# Red Apple 5K and 10K Races

by Jeffrey Hayes

The Kinderhook Runners Club has hit the jackpot. The Red Apple 5 and 10 kilometer races through Samascott Orchard and its cow and horse pastures, is not only one of the most beautiful cross-country courses in the Capital District region, but also one of the most difficult. Add to this fresh cider donuts, an assortment of fresh fruit, bagels, and friendly personalities and you are presented with one of the most interesting up and coming cross-country races in the Capital District.

The Kinderhook Runners Club was incorporated just last year, but already has over 130 members. Last year the Red Apple race drew about 70 runners and was advertised as a nice trail option "for all runners to enjoy the beauty of Columbia County in the fall." This year the race more than doubled in size with over 170 runners. Runners encountered a unique and beautiful course. Indeed, as Karen Dolge, one of the race volunteers, explained:

"The 5K runs on a mix of soft gravel and grassy trails through the orchard, past apple trees, blueberry bushes, peach trees and countless other fruit and vegetable fields. The 10K is a little more of a challenge as it runs into the Samascott fields, past some cow and horse farms, through pastures, into the woods and down a ravine. Definitely not a race for a PR, but rather it is a race for a unique experience through the country."

Indeed, the 5K course was run over fairly flat ground, on well-packed gravel roads, which allowed for a fast race. The race winner, 17-year-old Cody Stephenson from Esperance, NY, finished with a time of 19:10, which is a 6:10 pace. Scott Matheson, came in 27 seconds later in 19:37, and was quickly followed by 18-year-old Dylan Meyer, who finished in 19:56. The women's race was much closer and more competitive, with the top 6 finishers all within 50 seconds of each other. The winner, Hillary Eutzy, took first in a time of 23:55. Second place was decided by just three seconds, with Heather Machabee out-kicking Rachel Schneider to finish in a time of 24:10.

The 10K course took the runners over much more challenging terrain. The winner, Richard Messineo, had run the race last year and specifically planned his strategy around the back half of the course, which is made up of rough uneven pasture trails. Messineo knew that these rough and uneven trails were not his strength and as a result ran the first mile in a blistering 5:20 to open up a gap between himself and his main opponent Denis Van Vlack. Once the gap was opened, Messineo settled into a steady tempo run, feeling comfortable with his lead. Van Vlack, who ran his first mile in 6:02, knew he would not be able to catch Messineo on the uneven back section of the course and resigned himself to second. Messineo finished in a time of 38:40, just off the course record, which, he commented after the race, disappointed him. Van Vlack finished in a time of 41:39, followed by Paul Widjeskog,

who took third place in a time of 42:15.

The women's 10K race was less spread out between the top two competitors. Alice Thomas won in a time of 47:58, beating second place finisher Renee Wing by just over one minute. Susan Burns took third place, finishing a full five minutes behind her competitors in a time of 54:10, but winning her age division by over 3 minutes.

Perhaps the best part of the race was the festivities afterwards. The top three overall male and female winners were able to choose from an assortment of pies. An impressive raffle was held with prizes such as a \$100 gift certificate from the Kinderhook Bank, an iPod Nano, as well as many gift certificates from several local businesses. In addition, the food was wonderful, with fresh cider donuts, bagels, and an assortment of fresh fruits and granola bars donated by Hannaford. If runners weren't satisfied with this they could easily walk over to the Samascott orchards store and buy fresh fruits, vegetables, drinks and some of the biggest red peppers my wife and I have ever seen!

The Kinderhook Red Apple 5K and 10K races not only offers a wonderful experience but is one of the most challenging 10K courses in the Capital District. Indeed, it may become one of the premier cross-country events of the greater Capital District. □



*Thank you one and all for volunteering over this past year!*

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# We've Come of Age! It's Time to Have Uniformity in the Upper Age Divisions

by Wade Stockman

In recent years it has been the practice to stop the age divisions, whether 5 year or 10 year, at 70+. This has been understandable, although not well received by some, because of the scarcity of runners over 70. However, in the recent couple of years the number of 70+ runners, both male and female, has risen to only a modest number of females, but to more than a dozen in the male categories, and about half of these, male and female, are over 75. Quite commendable for the older segment. The quest here is for a more senior friendly structure in the senior age divisions.

It would appear that our quest should be directed to the Club for possibly a resolution to accommodate uniform age divisions for Club races as well as for races directed independently by other organizations. Certainly non-Club organizations look to the Club for guidance.

Some non-Club races offer 5 year divisions up through the 70's, however HMRR-Club directed races often stop with 70+, leaving the senior runner to fend for himself. It would seem that the Club should take the lead. The Club Mission Statement states the Club's dedication to promoting running for the wider range of runners and for healthy life-styles. Certainly the older segment of runners falls within this endeavor.

Another aspect of promoting a more friendly race structure would be phasing out 10 year age divisions altogether. This practice of 10 year divisions is ignoring a large segment of the running community throughout the entire range of runner ages. Mathematically the runners served by going to the 5 year division would double.

Another culprit in this regard would be the Grand Prix series. The immediate benefits of the 5 year division would double the benefits to the runners by including the upper half of each division in the competition, attracting an even larger running field, which is one of the main stimuli of the Grand Prix idea.

The running community in the area has grown markedly in recent years certainly by the influence of the Club. It is noticed when reading the results of the many local races and those in outlying areas that there is an increasing number of new 70+ runners appearing on the scene. The seniors are living better and more active lives. We've come of age. It is time to extend the 5 year divisions into the latter categories.

The running community is advancing dramatically into the older age divisions. The 68 and 69 year olds are an increasing threat. The Club can take credit for the outstanding flourishing of the road running community, but in the area of providing a uniformity of categories

in the older divisions it has not kept pace. The suggestion of age discrimination, even retaining an advocate, has been mentioned, but sounds much too severe for this discussion.

There is a practice among some regular 70+ runners to avoid races that don't have 75 and 80+ divisions. With the several races on a weekend they will search out the race with 5 year divisions up to 80+.

The Club has taken the stance that it is up to the race director to set the format for their race. This is fine; however, the race directors in some cases have not kept pace with the times. The 70+ division has come of age. Additional 5 year categories above 70 will attract more runners, a direct benefit to the race. There may be a fear that the added expense of awards for additional divisions will jeopardize the financial success of the race. This seems to be groping for straws. The revenues from all the Club races should more than compensate for the modest shortfall. There are many financial programs promoting running among the younger community, which is very good. The cost of the few additional awards for a uniform and consistent structure of age divisions should not tax the system. Very often awards do not specify the place and even the name of the race. We've come of age! □



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# The Look

by Bob Kopac

As I was reading Kathrine Switzer's article about her running the Motatapu Icebreaker Off Road Marathon in New Zealand, I glanced at the accompanying photographs. I immediately recognized the Look. Actually, I recognized 2 Looks. One mile from the finish line, she had the Steely-Eyed-Determination Look, the one that said, "Course, is that all you can throw at me? Ha! I own you." Her Look was quite impressive considering she was running through an icy stream at that moment.

At the end of the race, Kathrine had the Finish-Line Look where a) you triumphantly conquer the race, or b) you are so relieved the race is over, you look ecstatic in spite of all the pain, or perhaps because of all the pain. Often it is difficult to tell whether the Finish-Line Look is due to a) or b) or both. In Kathrine's case, it appeared to be a). So I asked her. She replied, "Most of the time on that Motatapu, I had a rather pleading look—Oh God, just please get me through this safely!"

Her different Looks started me contemplating about the various Looks I have seen at races. There is the What-Was-I-Thinking? Look. It is common among first-time runners at the starting line and competes with the Deer-Caught-in-Headlights Look. Halfway through the race the WWIT? Look is owned by under-trained runners and is close to the Just-Let-Me-Die-Here Look. At the finish line, the WWIT? Look is worn by injured runners limping or hobbling across the timing mats.

Many New York City Marathon runners have the Night-of-the-Living-Dead Look. Late in the race they shuffle slowly through Central Park, moaning with head and arms hanging down, never catching the runners ahead of them. Of course, any such British runners are Pegged with the Shaun-of-the-Dead Look.

At the Boston Marathon finish line one year I photographed a runner who had the Nervous-System Look, the one where the runner is there physically but perhaps not all there men-



tally. This runner collapsed scant yards from the finish line, and then he heroically crawled on his hands and knees across the line. I wondered if his locomotion was provided mostly by his nervous system, an instinct to finish no matter what.

At another Boston Marathon I photographed Jacob Frey of the Hansons-Brooks Distance Project with the Left-Everything-on-the-Course Look. He collapsed immediately after he crossed the finish line. Running note: It is better to collapse after you cross the finish line, not before.

On a personal level, whenever I photograph my spouse Lynne during a race, she always has the Happy Look. Be it at the start, the middle, or the end of a race, she always is smiling. I have never asked her how many bugs she swallows during a race.

On the other hand, when I run, I look like I have swallowed bugs or bitten off the heads of bats, for I have the MN&U Look – Mean, Nasty and Ugly. A former karate sparring partner coined this term for me. This is the Steely-Eyed-Determination Look taken to the extreme. A photo of me performing karate forms at a tournament shows a fierce MN&U Look bordering on a Charles-Manson Look.

The MN&U Look also applies to my running, although some might say my Look has nothing to do with karate or running, just with me. Many years ago Lynne and I traveled to our hometown of Youngstown, Ohio, where we ran the Canfield Firecracker 4-Miler. When Lynne crossed the finish line, a photo captured her wearing an angelic Happy Look. On the other hand, a photo showed me with a snarling MN&U Look which caused frightened children to turn away and superstitious adults to perform hand gestures to ward off evil spirits. So why do I always have the snarling MN&U Look and Lynne never does? Must be a Guy Thing. □



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# "BEEN THERE, DONE THAT"

by Mike Becker

## November 1975...Thirty Five Years Ago

- Pat Glover wins a 2.4-mile cross country race at SUNYA on the 2nd with a 12:13, setting a club record for the course previously held by Carlo Cherubino. Mark Mindel and Bill Robinson also have excellent times. Only one female (Nora Castro) runs the race.

- Three and six-mile races are held on the 16th at SUNYA (pretty much all club races were held at SUNYA in those days!). Averill Park high-schooler Paul McWilliams wins the six-miler with a 33:17, beating Don Wilken by a minute. Tom Galarneau wins the three-miler with a 16:25, 20 seconds ahead of Pat Stewart. Just 29 runners compete in the two races including one female (Mary Wilken).

## November 1980...Thirty Years Ago

- Dale and Kathy Keenan are profiled. Kathy decided to start racing after accompanying Dale to a club race, which seemed "so fun and low-key." Her long distance goal is to complete a marathon. Dale began running in 1966 in high school, being too small for football and too short for basketball. His training consists of 35-50 miles/week at a 6:30 pace with a fair amount of hills. PRs to that point include a 4:19 mile and a 72:50 half marathon. His goals include to run for the rest of his life and a 2:25 marathon. (He went on to break 2:25 several times in the fall club marathon with a best of 2:20:59 in 1984). He runs because it is often the "high point of my day and sometimes is the perfect prescription to put a miserable day at the office behind me."

- The Bethlehem Running Club hosts races of seven and three-and-a-half miles on the 2nd in Delmar. Dave Barsalow runs a 36:09 to beat Paul Murray by nearly two minutes in the seven-miler. Sandy Phibbs is top female with a 45:52.

- Pat Allen wins the Cohoes Turkey Trot men's 3.5-miler with an 18:11, 33 seconds ahead of Dan Cantwell. For some reason, the women's race is only 2.8 miles. Chris Cashin wins with an 18:14, 40 seconds ahead of Tish Cashin.

## November 1985...Twenty Five Years Ago

- Denise Herman is profiled. She lists her best performances as various Freihofer's races and earning a gold and silver medal at the Empire State Games. Her PRs include a 17:42 5K and a 37:07 10K. She trains 40 miles/week and likes the 5K distance the best. She tries not to miss the Dynamic Duo and Manufacturers Hanover Challenge, since both have a team concept.

- Photos from the tenth annual Stockade-athon on the 10th indicate a very wet and cool day for the classic 15K race. Tom Dalton wins the second of his eventual six Stockade-athons with a time of 46:00, a minute ahead of Steve Oliver. Dale Keenan finishes third. Kathleen Brandell is top female with a then-course re-



cord of 52:34, more than three minutes ahead of 1979 winner Sue Hay.

## November 1990...Twenty Years Ago

- The fourth Annual Saratoga Springs Urban Cultural Park 10K is held on the 4th. Jake Kearney runs a 33:34 to beat Kevin Sullivan and Charlie Casey. Lori Hewig repeats as female winner with a quick 35:26, four minutes ahead of Inge Aiken.

- Tom Dalton and Rich Coughlin are co-winners of the Stockade-athon on the 11th, both finishing with a 46:51. Dale Keenan is top master with a 48:54, good for seventh overall. Lori Hewig wins the female division with a 54:34, followed by Karen Vanderwood. Race director Rich Brown is commended for his vast organizational skills and his wealth of hard-working coordinators and volunteers.

- Patricia Remmers, Barbara Remmers, and Al Maikels run 3:12, 3:27, and 3:26, respectively, in the NY Marathon on the 4th.

## November 1995...Fifteen Years Ago

- Phil Carducci is profiled. He lists among his best performances a 4:10:28 NY Marathon and a 1:33:30 half marathon. His favorite race distance is five miles (PR 28:30) and he trains on his own 5.5-mile course that skirts the foot of the Helderbergs near Altamont. His favorite races are the Adirondack Distance Run and Stockade-athon.

- A windy, 40-degree day greets participants at the 20th annual Stockade-athon. Kevin Collins beats frequent winner Tom Dalton 46:25 to 47:35. Lori Hewig wins her fifth Stockade-athon with a 53:21, which was her first race after a summer stress fracture. Age group winners include Nancy Nicholson, Linda Kimmey, Judy Swasey, and Anny Stockman. Race-walker Bill Hogan is last (717th place) with a 2:13:08. Chris Rush is race director, and current Stockade-athon director Vince Juliano handles

the awards.

## November 2000...Ten Years Ago

- The Fiddler's 10K and 5K Runs are held in Loudonville on the 4th. Steve Klein and Conni Grace are male and female 10K winners with times of 32:04 and 38:38, respectively. Bob Irwin and Emily Bryans win the 5K with times of 15:35 and 17:41, respectively.

- Albany's Nick Conway runs a 2:32:18 in the Philadelphia Marathon on the 20th, which was good for eighth overall.

- Vinny O'Brien and Emily Bryans win the Troy Turkey Trot 10K. Rich Coughlin and Mollie DeFrancesco are winners of the 5K. Nearly 2000 runners compete in the two races, plus another 477 in the grade school mile.

- Mike McLean takes over as editor of *The Pace Setter* from Laurel Petersen.

## November 2005...Five Years Ago

- Seventy-four year old Ed Whitlock runs an amazing 59:43 at the Stockade-athon on the 13th and wins the age-graded results going away.

- Nick Conway wins the Troy Turkey Trot 10K (31:32) in one of several area runs on Turkey Day. Also running good times among the males are Emory Mort, Bob Irwin, Ben Greenberg, Peter Flynn, Jim Maney, and John Noonan. Jessica Manzer is top female (35:58) followed by Kara-Lynn Kerr, Emily Bryans, and Eileen Combs. Fifty-nine year old Pat Glover is first in the USATF age-graded category.

- A total of 777 runners race in the Cardiac Classic 5K on Thanksgiving in Central Park in Schenectady. Philip Roach wins with a 16:44, and Liz Montgomery is top female with an 18:31.

- In an item from Short Circuits, 38-year-old Christopher Calfee from Richmond, Virginia, set a world record by running 316 miles without sleep over four days. He ran for almost 92 hours, enduring suffocating humidity and pain. He used duct tape to protect severely blistered skin on his toes. He finished the effort by running to a 5K race in the area where he finished fifth with a time of 19:15. □

Having trouble logging  
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for assistance.





# Meeting Minutes of the HMRRC General Meeting - September 8, 2010

Attendance: Barb Light, Chuck Terry, Tom & Marcia Adams, Tom Ryan, Jon Rocco, Mark Warner, Diane Fisher, Cathy Sliwinski, Doug Bowden, Rob Moore, John Parisella, Ray Lee, Ken Skinner

Call to Order (M. Warner): Motion made by Mark Warner to at 7:35PM

1. Reading and approval of August 11, 2010 minutes (B. Light). Motion to approve minutes from July meeting made by Marcia Adams seconded by Cathy Sliwinski. Motion passed.

## 2. Reports of Officers

2.1 President (M. Warner): Press release went out 9/7 from CDPHP giving out the checks for \$5000 to the four charities from the Workforce Team Challenge. Press release reflects nicely on HMRRC. Nice publicity for the club. There are a number of positions to fill for the club: Three positions to fill: Long Term Planning Commission to take over for Cathy Sliwinski work with Ray Newkirk, Ed Neiles, and Kari Gathen. Want someone with familiarity with the club and have knowledge of the history of the club. Race Insurance-this person will be responsible of getting insurance for all the races. Race Treasurer-Pam Zentko will be Club Treasurer so we need to fill this position vacated by her. Marcia suggested that the Race Treasurer may also be able to do the insurance position as well. Chuck suggested that Pam do both Treasurer and Race Treasurer-Doug would like to keep separated. Race Treasurer has no term limit. Any suggestions please let Mark Warner know. Marcia will look through the database to see if there are any candidates and will send Mark names and phone numbers to contact. Marcia will also send to Jon Rocco. We will post these positions on the website.

2.2 Executive Vice President (J. Rocco): No Report

2.3 Executive Vice President - Finance (C. Terry): Accounting firm of Alex Cruden recommends that we register with the State of New York Charities Bureau-we are not registered now as a charity and we don't do filings; the process is to fill out the registration form send in and do regular filings with the State. Fee is \$150. State requires audited financial statements which we don't have now; we do have tax returns

but they don't audit records. This would involve more money. The requirements are based on annual revenue and now the club and we solicit contributions. We could eliminate soliciting contributions. Gross revenues from all the races and membership dues would be included. Mark noted that for the amount of money that goes through the club he is not sure having an annual audit wouldn't be a bad idea; it would protect officers. Mark thinks may be a good thing. Cathy noted that we have to realize that we need to have procedures for receipts; how to keep them; etc. Chuck noted we need to have records that can be audited. We need to have someone to keep good records. We need to have spelled out procedures that everyone has to follow as far as getting paid for expenses. Some of the officers will meet with the accounting firm to go over the requirements and report back next month. The accountants would have good recommendations that we could follow. Mark agreed it was a good suggestion. Doug noted that separating the two treasurers to prevent any fraud; how to keep specific records for the club with the races and entries and receipts we need to get recommendations on how to do that. Chuck will make a meeting with the accountant and will let Mark and Jon know.

2.4 Secretary (B. Light): No Report.

2.5 Treasurer (J. Kinnicutt): see report. Current account is online to view. Transition from John to Pam-Mark will get them together to start the transition started so Pam has access to the accounts and can get all the signatures that need to be taken care of.

## 3. Reports of Committees :

3.1. Membership (D. Fisher): Down nine members from last month 2243 total.

3.2. Volunteers (M. Adams): No report. Working this month with Deb Beach to solidify training program for registration volunteers. Mark asked if something similar will be done with other positions-Marcia said they will work on that. Ed Neiles is working on a finish line training; once Marcia finished with registration the next to go would be for course marshals.

3.3. Public Relations (R. Moore): send to out press releases for upcoming races. Adirondack Expo

and we will have a booth up there. Anyone is welcome to come and volunteer. CSEA Community Wellness Day October 18th at Empire Plaza-Rob is willing to do that. Email from Race for the Cure expo exhibitor/marshall to see if we were interested in having booth there this year or next year. Can't this year because we are not for profit-their expo is for big contributors for Race for the Cure. Marcia will look into SEFCU Volunteer Day and let Rob know.

3.4. Race Committee (N. Briskie): No report. Mark will follow up with Nancy about getting together to work on next year's race schedule. John Kinnicutt reported on the Tawasentha Cross Country Series.

Overall, the year's Tawasentha Cross Country Series was an overwhelming success.

Not only did we get over 200 participants for the first time ever. But we had over 200 for each of the three races!

And this isn't counting the kids races, which had about 20 runners each week.

All this goes to show that trail running is alive and well in the Albany area!!!

While I was personally hoping for some storms to make the course the muddy experience we've all grown to love, the lack of rain this summer meant that the course was very dry and extremely fast.

The stream, which in the past has been known to be over three feet deep, was only up to around mid-calf. And the hill coming out of the stream, while extremely steep, wasn't muddy at all.

Week #1 saw Dan Haggerty from Albany destroy the existing course record, with a time of 17:43. In week #2, Ada Lauterbach, from East Berne, broke the woman's course record with a time of 21:42 only to break her own record the following week, winning in just 21:23.

The series had a net financial loss of \$360. This can be attributed to the high number of HMRRC members getting free entries, combined with the high cost of refreshments, water and prizes. John Parisella reported that the SEFCU Labor Day Race went well-thanked all the volunteers and will have the report done soon. 575 registered-a little drop in total. Cathy Sliwinski noted that the Marathon expo looks to have a great turnout. They are

looking for volunteers to help on Oct 2nd for a cleanup in Watervliet area from 2-4PM. Everyone will meet by Passono Paints. The City of Watervliet will be donating bags and then they will be picked up. Anniversary run is September 19th; Town of New Scotland race October 3rd.

3.5. Race Committee Treasurer (P. Zentko): See attached reports. Need to remind of the headset policy to the Pacesetter.

3.6. Pace Setter (R. Nagengast/K. Gathen): No Report.

3.7. Conflicts Committee (C. Terry): No report.

3.8. Safety Committee (V. Juliano): No report.

3.9. Grants Committee (R. Newkirk): No report. Youth grant deadline was Sept 1st.

3.10 Long Range Planning Committee (C. Sliwinski): No report. Did talk to Schenectady about the shrink wrap of the pavilion. They have gone back out to get someone to look again and get final quote. Will let us know when ready.

3.11 Just Run Program (K. Skinner): 2 programs currently will continue in Fall; as soon as Pam is in office he will need to get reimbursement. Trying to recruit additional programs for the Spring. Meeting of potential school representatives. Chad Davey in Troy has expressed an interest a couple more inner city in Albany; someone in Berne Knox Westerlo. The feedback from Gretchen from Sand Creek School \$500 allocation to let director use it as needed looks good and may try that in the Spring.

3.12 Election Committee (M. Adams): No report.

4. Unfinished Business: None.

5. New Business: Toys for Tots trying get 1000 toys at our event so spread the word to bring a toy. Anyone who brings a toy gets a raffle ticket and there are great giveaways. Tom asked if some of the big toys stores would donate he will look into.

6. Announcements:  
• October Refreshments - Ray Lee

7. Adjourn: Motion made by to adjourn meeting by Marcia Adams; seconded by Cathy Sliwinski. Meeting adjourned at 8:30PM



Dear *Pace Setter* readers,

How many of you like to read the newspaper to get information? I bet many of you open up the morning newspaper and still read results of track and cross country meets, box scores of baseball games, as well as basketball, football, etc. Or, perhaps you like reading the vote count in Election Day results. The print media might not be as dominant as it used to be, but newspapers continue to publish results of sporting and other events. In the history of HMRRRC, we published race results of our club-sponsored races for the first 35 years of our existence. At some point just over 3 years ago, *The Pace Setter* staff decided that race results were expendable, and could be relegated to the HMRRRC website.

At this time of year, with the HMRRRC Anniversary Race approaching as I write this, I am reminded of my history with the club — particularly 1972 to 1987, in which HMRRRC was the driving force in my life. From 1975 to 1979, editing (and writing most of) the monthly newsletter was my passion. My other passion was directing almost every HMRRRC race from 1975 till 1987. When I joined HMRRRC in 1972, I looked forward every 2 weeks, and later, every month, to receiving the wonderful informative newsletter. It was basically a one or two page 8.5 x 11 dittoed or mimeographed treasure of race results, short articles about the races (one or two paragraphs), and schedule of upcoming races.

When I took over, I continued the tradition of an informative newsletter, but with the inspiration of my predecessor — club president and newsletter editor — Bill Shrader, Jr., I decided to add some other features, like Profile of a Runner, and to solicit articles by some folks — like Norb Kosinski — to write a column about running injuries and prevention. By 1978, the newsletter grew into a monster of as many as 16 mimeographed pages of 8.5 x 14. So, maybe it's my fault that *The Pace Setter* is now full of articles!

I have been deeply saddened and disappointed by the loss of race results from *The Pace Setter*. I realize that it's on the web, but the reason I like to sit on the couch, in bed, or at the breakfast table and read a monthly runner's newsletter is to see what my fellow club members are doing in HMRRRC races. This is what the club is all about. It builds community! Going back to the roots of HMRRRC, we have always been a community of runners who enjoy each others company and enjoy reading the "bread & butter" of our activities: the race results, the articles about the races, and the schedule of upcoming events. These are the

activities that the club organizes, and deserves to have as top billing, not just on a website! Of course, the syndicated articles by Russ Ebbets (who lived here many years ago) and Nancy Clark (never was local, as far as I can tell) are interesting and informative, but these are the type of columns that can be obtained by subscribing to a national magazine, or going to the web. I appreciate seeing the Grand Prix updates in *The Pace Setter*, but these are really just the most talented members of HMRRRC, and I would not even mind if these were on the website, to save paper and typing.

I also realize that society is "going green", and I am one of the biggest "tree-huggers" in the Capital Region. You could save some trees by eliminating Nancy Clark, etc. By the way, I often spend hours most days (running my business) in front of my computer, but there are certain things that I still like to have in print. Printing out the race results is not an efficient way to save the results on our shelves, compared to having them in *The Pace Setter*. I still have friends who do not have computers, so at this point in history, they are still being deprived of seeing race results. I recently read a statistic that indicates approximately 25% of the US population does not own a computer; I realize among HMRRRC members, it's probably 5 to 10% who do not have computers, but I do not like the idea of any HMRRRC member needing to have access to a computer to see race results.

Anyway, I hope you can re-institute results of HMRRRC races in *The Pace Setter*. I understand if you cannot include the huge races that take up many pages like Corporate Challenge or Stockade-athon, but I urge you to include HMRRRC smaller races like Winter Series and others in which most of the runners are fellow members. If HMRRRC is in a financial crisis, I understand not wanting to add the cost of 3 or 4 pages of paper and typing. Although paper can also be saved by eliminating some of the photos ... and yes, those syndicated articles.

In my years of decreased involvement with HMRRRC since the late 1980's, I have been thrilled that so many wonderful traditions of the club have been maintained. Thank you to all of you folks who dedicate so much of your free time to maintaining HMRRRC traditions!

Thank you again for the very good *Pace Setter* that you toil over every month. I appreciate all of your efforts!

Running along,  
Paul Rosenberg

*Editor's Note: After reviewing feedback from several club members, some newer to the process and some who go way back, I'm not sure the benefit of publishing race results justifies the cost (volunteer time, pages). Maybe more significantly, the concern has been raised by very few (literally) members.*

*So at this time, there are no plans to start publishing additional race results in The Pace Setter.*

*Thanks for your continued interest in The Pace Setter and your well written, heartfelt appeal.*

Robin Nagengast (managing editor) □



# Grand Prix Update

## **Race #9 SEMCU/HMRRC- Labor Day 5K September 6, 2010**

### Men

#### Male Open

- 12 Chuck Terry
- 10 Tom O'Grady
- 8 Jim Sweeney
- 7 Jason Lange
- 6 Jordan Pantalone
- 5 Richard Messineo
- 4 Matt Lange

#### Male 30-39

- 12 Anthony Giuliano
- 10 Michael Roda
- 8 David Tromp
- 7 Patrick Lynskey
- 6 Matthew Brom
- 5 Jeff Loukmas
- 4 Dallas DeVries

#### Male 40-49

- 12 Ahmed Elasser
- 10 Tim Hoff
- 8 Kevin Creagan
- 7 Dan Cantwell
- 6 William Kowal
- 5 George Burke
- 4 Tom McGrath

#### Male 50-59

- 12 Rick Munson
- 10 Russ Hoyer
- 8 Bill Herkenham
- 7 Jack Nabozny
- 6 Steve Conant
- 5 William Ports
- 4 Alar Elken

#### Male 60-69

- 12 Ernie Paquin
- 10 Bob Ellison
- 8 Juergen Reher
- 7 John Silk
- 6 Tom Adams
- 5 John Stockwell
- 4 George Jackson

#### Male 70+

- 12 Wade Stockman
- 10 Jim Moore
- 8 Bob Husted
- 7 Jim Hotaling
- 6 James McGuinness
- 5 Ken Skinner
- 4 Ed Doucette

### Women

#### Female Open

- 12 Kristina Gracey

- 10 Karen Bertasso
- 8 Amy Becker
- 7 Alicia Bousa
- 6 Crystal Cammarano-Per
- 5 Heidi Nark
- 4 Julia Maloney

#### Female 30-39

- 12 Shelly Binsfeld
- 10 Gretchen Oliver
- 8 Kimberly Miseno-Bowles
- 7 Jennifer Merritt
- 6 Sally Drake
- 5 Deanne Webster
- 4 Sarah Dzikowicz

#### Female 40-49

- 12 Nancy Nicholson
- 10 Jamice Phoenix
- 8 Julia Hotme Murphy
- 7 Ruth Sadinsky
- 6 Regina McGarvey
- 5 Susan Motler
- 4 Mary Signorelli

#### Female 50-59

- 12 Nancy Taormina
- 10 Martha DeGrazia
- 8 Erika Oesterle
- 7 Nancy Piche
- 6 Karen Gerstenberger
- 5 Jenny Lee
- 4 Donna Charlebois

#### Female 60-69

- 12 Susan Wong
- 10 Katherine Ambrosio
- 8 Linda Keeley
- 7 Liz Milo
- 6 Barbara Eames

#### Female 70-79

- 12 Anny Stockman
- 10 Joan Corrigan

### Age Graded

Runner	Age	G
12 Susan Wong	62	F
10 Martha DeGrazia	59	F
8 Anny Stockman	78	F
7 Ahmed Elasser	47	M
6 Jason Lange	15	M
5 Rick Munson	53	M
4 Chuck Terry	28	M

## **Race #10 HMRRC Anniversary Run 5.64 M September 19, 2010**

### Men

#### Male Open

- 12 Richard Messineo
- 10 Andrew McCarthy
- 8 Paul Cox
- 7 Tim White
- 6 Zach Russo

#### Male 30-39

- 12 Eamon Dempsey
- 10 David Tromp
- 8 Jeff Loukmas
- 7 Brian Northan
- 6 Pat Sorsby
- 5 Neil Sergott
- 4 Dallas DeVries

#### Male 40-49

- 12 Ahmed Elasser
- 10 Christian Lietzau
- 8 Joseph Sullivan
- 7 Rob Paley
- 6 Bill Grimaldi
- 5 William Drapeau
- 4 Mark Sullivan

#### Male 50-59

- 12 Rick Munson
- 10 Carl Matuszek
- 8 John Haley
- 7 Rob Colborn
- 6 Paul Forbes
- 5 Tom Messer
- 4 Martin Patrick

#### Male 60-69

- 12 Ernie Paquin
- 10 Juergen Reher
- 8 Paul Turner
- 7 Joe Yavonditte
- 6 Frank Klose
- 5 Steve Engel
- 4 Ray Lee

#### Male 70+

- 12 John Pelton
- 10 Wade Stockman
- 8 Bob Husted
- 7 Jim Moore
- 6 Paul Dillon
- 5 Joe Kelly
- 4 Ed Doucette

### Women

#### Female Open

- 12 Kristina Gracey
- 10 Karen Bertasso
- 8 Diana Tobon-Knobloch
- 7 Heidi Nark
- 6 Erin Rightmyer
- 5 Irene Sommerville
- 4 Kelcey Heenan

#### Female 30-39

- 12 Gretchen Oliver

- 10 Kimberly Miseno-Bowles
- 8 Sally Drake
- 7 Jessica Hageman
- 6 Candice Panichi
- 5 Jen Hebner
- 4 Susan Bright

#### Female 40-49

- 12 Kari Gathen
- 10 Regina McGarvey
- 8 Marcia Harrison
- 7 Sharon Fellner
- 6 Chris Abowd

#### Female 50-59

- 12 Nancy Briskie
- 10 Martha DeGrazia
- 8 Joan Celantano
- 7 Susan Burns
- 6 Karen Dott
- 5 Joanne Barlow
- 4 Dot Grimaldi

#### Female 70-79

- 12 Anny Stockman
- 10 Eiko Bogue
- 8 Joan Corrigan

### Age Graded

Runner	Age	Gr
12 Martha DeGrazia	59	F
10 Anny Stockman	78	F
8 Rick Munson	53	M
7 Ahmed Elasser	47	M
6 Carl Matuszek	58	M
5 Paul Forbes	60	M
4 Nancy Briskie	53	F

### Totals after 10 Races

### Men

#### Male Open

- 66 Chuck Terry
- 61 Tom O'Grady
- 49 Andy Allstadt
- 38 Richard Messineo
- 29 Justin Bishop
- 27 Jim Sweeney
- 23 Andrew McCarthy
- 15 Brad Lewis
- 15 Josh Merlis
- 15 Chris Senez
- 13 Dave Vona
- 11 Michael Donovan
- 11 Zach Russo
- 9 Jason Lange
- 9 Kahill Scott
- 8 Paul Cox
- 8 Daniel Jordy
- 8 Louis Serafini
- 7 Kevin Treadwell



7 Tim White  
 6 Jordan Pantalone  
 5 Jonathon DiCesare  
 5 Mike Ryan  
 4 Seaton Drebitko  
 4 Matt Lange  
 4 Brien Maney  
 4 Tim Ryan

#### Male 30-39

70 Eamon Dempsey  
 48 Aaron Knobloch  
 47 David Tromp  
 26 Brian Northan  
 26 Michael Roda  
 23 Matthew Nark  
 22 Anthony Giuliano  
 20 Jeff Loukmas  
 19 Jonathon Bright  
 19 Chad Davey  
 18 Neil Sergott  
 17 Chris Mulford  
 13 Dallas DeVries  
 13 Patrick Lynskey  
 12 Joe Hayter  
 12 Patrick Sorsby  
 11 Parker Morse  
 8 Jonathon Catlett  
 8 Bob Irwin  
 7 Matthew Brom  
 7 Matthew Purdy  
 7 Andrew Rickert  
 6 Matthew Fryer  
 5 Jeff Andrews  
 5 Jim David  
 4 Mike Kelly  
 4 Andrew Loux  
 4 David Newman

#### Male 40-49

72 Ahmed Elasser  
 56 Tim Hoff  
 54 Jon Rocco  
 26 Christain Lietzau  
 23 Dan Cantwell  
 23 Tom Kracker  
 22 Rob Paley  
 20 Craig DuBois  
 20 Joseph Sullivan  
 15 Steve Becker  
 14 Kevin Creagan  
 14 Norris Pearson  
 11 Ken Evans  
 11 Todd Mesick  
 10 Bob Wither  
 7 Richard Cummings  
 7 Brian DeBraccio  
 7 Geoff Flynn  
 6 Frank Boscoe  
 6 Jim Foley  
 6 Bill Grimaldi  
 6 John Kinnicutt  
 6 William Kowal  
 5 George Burke  
 5 William Drapeau  
 5 Ed Hampston  
 5 Russ Hoyer  
 4 Mike Becker  
 4 Tom McGrath  
 4 Bill Sherman  
 4 Mark Sullivan

#### Male 50-59

70 Rick Munson  
 34 Derrick Staley  
 26 Paul Forbes  
 24 Richard Clark  
 22 Tom Dalton  
 22 Alar Elken  
 21 L.D. Davidson  
 21 John Parisella  
 16 Dale Keenan  
 16 Chris Murphy  
 15 Steve Vnuk  
 14 Rob Colborn  
 14 Bill Herkenham  
 14 Mark Warner  
 13 Patrick Culligan  
 13 John Haley  
 12 Kevin Dollard  
 12 Tom Messer  
 10 Russ Hoyer  
 10 Carl Matuszek  
 9 Jack Nabozny  
 9 Martin Patrick  
 8 Pete Cure  
 8 Jim Maney  
 8 William Ports  
 7 Ken Klapp  
 6 Dale Broomhead  
 6 Steve Conant  
 6 Steve Dickenson  
 4 Fred Kitzrow  
 4 Bob Somerville  
 4 Tom Tift

#### Male 60-69

70 Ernie Paquin  
 45 John Stockwell  
 43 Juergen Reher  
 34 Tom Yannone  
 33 Bob Ellison  
 30 Jim Bowles  
 27 George Jackson  
 18 Tom Adams  
 16 Joe Yavonditte  
 15 Frank Klose  
 14 John Silk  
 12 Bob Giambalvo  
 12 Pat Glover  
 11 Jim Fiore  
 10 Seamus Hodgkinson  
 10 Ken Klapp  
 10 Ray Lee  
 9 Paul Turner  
 7 Ed Bown  
 7 Frank Myers  
 7 Greg Rickes  
 5 Steve Engel  
 5 Ed Litts  
 4 Jack Berkery  
 4 Leo DiPierro

#### Male 70+

66 Wade Stockman  
 57 Jim Moore  
 50 Bob Husted  
 24 John Pelton  
 15 Ed Doucette  
 15 Ken Skinner  
 13 Don Wilken  
 12 Chris Rush

10 Joe Kelly  
 9 Paul Dillon  
 7 Jim Hotaling  
 7 Joseph Richardson  
 6 George Freeman  
 6 James McGuinness  
 5 Denis Burns  
 5 Joe Corrigan  
 4 Richard Eckhardt

### Women

#### Female Open

58 Karen Bertasso  
 49 Meghan Davey  
 40 Heidi Nark  
 36 Ada Lauterbach  
 34 Roxanne Wegman  
 35 Diana Tobon-Knobloch  
 28 Erin Rightmyer  
 31 Kristina Gracey  
 18 Katie Jones  
 16 Amy Becker  
 14 Carolyn Herkenham  
 13 Alicia Bousa  
 12 Brina Seguin  
 8 Erin McDonald  
 7 Kathleen Hermann  
 7 Sarah Jones  
 7 Sara O'Grady  
 7 Katie Vitello  
 6 Crystal Cammarano-Per  
 6 Shannon Finnegan  
 6 Melissa Patrick  
 5 Rita Ramos  
 5 Jennifer Senez  
 4 Ashley Brown  
 4 Christina Jordy  
 4 Julia Maloney  
 4 Jessica Sherry  
 4 Amanda Terzian

#### Female 30-39

60 Gretchen Oliver  
 51 Sally Drake  
 47 Kimberly Miseno-Bowles  
 30 Shelly Binsfeld  
 28 Stephanie Wille  
 24 Eileen Combs  
 23 Susan Bright  
 22 Karen Dolge  
 17 Christina Ardito  
 15 Deanne Webster  
 12 Julie Gold  
 12 Erin McMahon  
 10 Jessica Hageman  
 10 Jen Hebner  
 11 Stacey Kelly  
 10 Allison Bradley  
 8 Candice Panichi  
 7 Tammy Carroll  
 7 Kim Didrich  
 7 Jennifer Merritt  
 6 Kari Deer  
 5 Samara Anderson  
 4 Shanley Alber  
 4 Sarah Dzikowicz  
 4 Regina McGarvey  
 4 Diana Steenburg

4 Terra Stone

#### Female 40-49

44 Emily Bryans  
 43 Chris Varley  
 23 Nancy Nicholson  
 20 Anne Benson  
 20 Cheryl DeBraccio  
 18 Kari Gathen  
 16 Regina McGarvey  
 15 Mary Buck  
 15 Judy Guzzo  
 13 Sharon Fellner  
 13 Mary Fenton  
 13 Megan Leitzinger  
 12 Michelle Costa  
 12 Marcia Harrison  
 12 Lauren Herbs  
 12 Kathy VanValen  
 10 Melissa Frenyea  
 10 Heather Machabee  
 10 Jamice Phoenix  
 10 Connie Smith  
 9 Patty Greene  
 9 Mary Signorelli  
 8 Kay Byrne  
 8 Diane Hanson  
 8 Barb Light  
 8 Julia Hotme Murphy  
 7 Tamie Jones  
 7 Joanne Nolette  
 7 Ruth Sadinsky  
 7 Lori Vink  
 6 Chris Abowd  
 6 Pamela DelSignore  
 6 Rachel Schabot  
 5 Miriam Hardin  
 5 Denise Iannizzitto  
 5 Susan Motler  
 4 Mary McNair  
 4 Pam Zentko

#### Female 50-59

72 Nancy Briskie  
 60 Martha DeGrazia  
 38 Cathy Sliwinski  
 37 Susan Burns  
 30 Joan Celantano  
 21 Peggy McKeown  
 20 Judy Phelps  
 18 Erika Oesterle  
 15 Katherine Ambrosio  
 15 Jane Mastaitis  
 14 Donna Charlebois  
 13 Debra-Jane Batcher  
 12 Jenny Lee  
 12 Beth Stalker  
 12 Nanyc Taormina  
 11 Karen Gerstenberger  
 10 Karen Dott  
 9 Cynthia Southard  
 8 Nancy Taormina  
 7 Elizabeth Herkenham  
 7 Nancy Piche  
 6 Barbara Sorrell  
 5 Joanne Barlow  
 5 Joyce Reynolds  
 4 Deb McCarthy  
 4 Dot Grimaldi  
 4 Pia Sanda

## Female 60-69

72 Susan Wong  
22 Mary Collins-Finn  
18 Ginny Mosher  
18 Ginny Pezzulo  
13 Liz Milo  
10 Katherine Ambrosio  
10 Coral Crossman  
10 Cecily Dexter  
8 Linda Keeley  
7 Noreen Buff  
6 Barbara Eames  
5 Susan Caccuitto  
4 Harriet Kang

## Female 70-79

72 Anny Stockman  
36 Joan Corrigan  
20 Eiko Bogue

## Age Graded

Runner	Age	G
51 Susan Wong	62	F
42 Martha DeGrazia	58/59	F
41 Nancy Briskie	52/53	F
40 Ahmed Elasser	47	M
39 Chuck Terry	27/28	M
33 Rick Munson	52/53	M
32 Tom O'Grady	24/25	M
26 Derrick Staley	51	M
25 Anny Stockman	78	F
24 Emily Bryans	42	F
23 Andy Allstadt	27	M
18 Dale Keenan	59	M
17 Judy Phelps	59	F
12 Joe Hayter	30	M
11 Eamon Dempsey	30	M
10 Bob Giambalvo	60	M
9 Tim Hoff	44	M
9 Christian Lietzau	47	M
8 Justin Bishop	29	M
8 Tom Dalton	51	M
7 L.D. Davidson	53	M
7 Paul Forbes	60	M
6 Jonathon DiCesare	13	M
6 Jason Lange	15	M
6 Carl Matuszek	58	M
6 Ernie Paquin	63/64	M
6 David Vona	27	M
5 Eileen Combs	32	F
5 Tom Dalton	51	M
5 Josh Merlis	28	M
5 Beth Stalker	50	F
4 Kevin Dollard	54	M
4 Daniel Jordy	26	M
4 Jon Rocco	43	M



## Profile of a Runner

# KATHLEEN HERMANN

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

I am a 25 year old mom who stays home with two young girls. I ran for two years at Siena College. I enjoy the outdoors and laughing and being crazy with my kids and friends.

### When and how did you get started running?

In 8th grade my friend and I had a crush on a boy on the school cross country team, and decided joining the team would be a creative and convenient way to stalk him. I ended up loving the sport.

### Do you have a favorite race or races?

I love the 3 week Tawasentha series each year. It's warm out, the race is free, there is food, friends and funny prizes, it is a true cross country course, and when you finish you have the feeling that your body just conquered something great. Going up that last hill I'm usually practically walking and I know I have given it absolutely everything I've got.

### What are your most memorable races?

My first high school race at SPAC when I ran fast enough to make it to the varsity team. Also winning my age group at the Delmar Dash when I was 15.

### How do you train? Do you have training partners?

Although I sometimes enjoy long solo runs, I am much more of a group run person. I train with ARE and Team Utopia. I love ARE because most runs turn into a social event with food and music after, and the club has so many creative ideas and so many entertaining characters. I love Utopia because Coach Bowles is a genius at designing awesome workouts and can really help you achieve your personal goals. It is a steady group of familiar faces each week and a really bonded team. I wouldn't be running today without the help of both groups.

### What are your current goals?

Mainly to stay injury free so I can continue to enjoy this wonderful sport.



### Do you have any future running goals?

To complete my first marathon, hopefully at Vermont City next year.

### Do you have a philosophy of running?

I see so many iPod runners these days, even in races. And sometimes we could all use the motivation of power music during a tough workout. However, running by yourself is one of the best times to really clear your thoughts and find yourself, which is hard to do in this busy world. I have found the answers to so many problems on long runs by myself when I finally just listen to my brain, and heart. There is a spiritual aspect of running that a lot of iPod runners miss because they cover it up with background noise. Group runs are great because they usually start with the lighthearted talk and jokes with friends, and then at the end when everyone is tired and pushing it in, there is no sound except everyone's breathing

and the feeling of moving in unison to a common goal. I think running is much more than just physically getting in shape the way you would on a treadmill or elliptical, and its benefits can be felt in all areas of your life. Whatever you give to running, you get back, threefold.

### Any funny stories?

I was once chased by a scrappy looking dog near railroad tracks, and it was in Menands. Have no idea where it came from or what it was doing there. Also one time I was running a race on Staten Island and coming around this big open field and suddenly there was all this wind, and a helicopter landed like fifty feet away, and Rudy Giuliani got out, and the runners were confused and some just stopped running, and he was confused as to why he was landing in the middle of a race, (turns out he was arriving for a memorial service for a fallen firefighter) but then everyone ran over around him and started chanting "Four more years!" Kind of random. □



Go to **HMRRC.COM**  
for pictures

## CLUB RUNNING APPAREL

**Circle size and color where applicable**

	<b>Cost:</b>	<b>Total:</b>
<b>Dryline Zip Shirt</b> , black, Male S,M,L, XXL; Female XS,S,M,L,XL	\$36	_____
<b>Insport Tights</b> , black, Male, S,M,L; Female S,L	\$20	_____
<b>Club Jacket</b> , royal blue and black, Unisex S,L	\$49	_____
<b>Warm-Ups</b> , black and gray jacket and pants, Male S,M,L	\$65	_____
<b>Long Sleeve Coolmax Shirts:</b>		
<b>Lightweight</b> , white, mock turtleneck, club logo on sleeve, Unisex XS,S,M,L,XL	\$22	_____
<b>Mock Turtleneck</b> , club logo on chest, Unisex black M,L,XL	\$22	_____
<b>Coolmax Singlets:</b>		
<b>White with royal blue side panels</b> , Female M,L - CLEARANCE	\$11	_____
<b>White with royal blue side panels</b> , Male S,M,L,XL	\$21	_____
<b>Short Sleeve Coolmax Shirts:</b>		
<b>Hind with reflective stripes</b> , Male, mustard S,XL, grey S; blue M,L,XL	\$25	_____
<b>Female V-neck</b> , lemon, purple, S,M,L,XL; red S,M,L	\$20	_____
<b>Shorts with white club logo</b>		
<b>Female Asics</b> , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	_____
<b>Female Adidas</b> , black with blue trim, XL - CLEARANCE	\$15	_____
<b>Female Race Ready Shorts, royal blue - ALL ON CLEARANCE</b>		
<b>Split-cut</b> , 1" inseam, M,L - CLEARANCE	\$15	_____
<b>Split-cut Long Distance</b> , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	_____
<b>V-Notch</b> , 3" inseam, S,XL - CLEARANCE	\$15	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	_____
<b>Easy</b> , 4" inseam, S,M,L - CLEARANCE	\$15	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,XL	\$15	_____
<b>Male Race Ready Shorts, all are royal blue except where noted</b>		
<b>Split-cut</b> , 1" inseam, S,M,XL royal	\$19	_____
<b>V-Notch</b> , 3" inseam, S,M,XL royal; L black	\$19	_____
<b>V-Notch Long Distance</b> , 3" inseam, back mesh pockets, M,L, XL	\$24	_____
<b>Easy</b> , 4" inseam, S,M,XL	\$21	_____
<b>Easy Long Distance</b> , 4" inseam, back mesh pockets, S,M,L,XL	\$25	_____
<b>Sixers</b> , black, 6" inseam, back mesh pockets, S	\$27	_____
<b>Running Cap</b> , embroidered logo, white, white/royal	\$11	_____
<b>DeFeet Coolmax Socks</b> , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		_____
<b>Smart ID tag</b> , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		_____

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

**All prices include 8% sales tax**

**TOTAL DUE:** \_\_\_\_\_

Postage \$5.15

*(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 \$.44*

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:  
Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: [judylynch@nycap.rr.com](mailto:judylynch@nycap.rr.com) for info

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



11/7	1:00 PM	6th Mike Purcell 5K run	Washingtonville High School	Ruth Purcell	purcell4@hvc.rr.com
11/7	9:00 AM	5k run	Greenbush Area YMCA	Kendra Evans	kevans@cdymca.org
11/7	9:00 AM	<b>35th Stockade-athon 15K [GP]</b>	<b>Central Park Schenectady</b>	Vince Juliano	hamletbryans@nycap.rr.com
11/11	10:00 AM	Valatie Veterans 5K Run	Valatie	Jon Meredith	jmeredith@nycap.rr.com
11/14	11:00 AM	After the Leaves/ Josh Feldt Mem 20k	Lake Minnewaska State Park	Steve Schallenkamp	ssrun54@aol.com
11/21	10:00 AM	<b>HMRRC Turkey Raffle Run 1 Hour</b>	<b>The Crossings -- Colonie</b>	<b>Al Maikels</b>	<b>afmcpa1040@yahoo.com</b>
11/25	9:00 AM	Our Towne Bethlehem 5K Turkey Trot	Bethlehem Town Hall	John Guastella	jguastella1@nycap.rr.com
11/27	10:00 AM	3rd Annual Run Off That Turkey - Trot 5K	Altamont	Phil Carducci	holidayclassic@nycap.rr.com
12/4	9:00 AM	Jingle Bell Run	The Crossing Park in Colonie	Rainbow Doemel	rdoemel@arthritis.org
12/11	9:00 AM	Jingle Bell Run Saratoga	Starts in Skidmore College	Rainbow Doemel	rdoemel@arthritis.org
12/12	10:00 AM	Winter Series Race #1 3 Mile & 15K	SUNY/Albany	Doug Bowden -- Ken Skinner	bowden@nycap.rr.com

**Hudson Mohawk Road Runners Club**

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 415

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

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



## Hudson-Mohawk Road Runners Club Membership Application

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_

Address \_\_\_\_\_ Occupation \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

**TYPE OF MEMBERSHIP DESIRED** (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**For those who can afford it!**

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

**Mail applications to:**

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

**Make checks payable to:**

HUDSON-MOHAWK ROAD RUNNERS CLUB

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

SIGNATURE OF MEMBER(S) \_\_\_\_\_  
(leave blank if gift)

SIGNATURE OF PARENT OR GUARDIAN (if under 18) \_\_\_\_\_

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