

The Pace Setter

February 2010

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



Winter Series #1

HUDSON-MOHAWK ROAD RUNNERS CLUB 2010 DISTINGUISHED SERVICE AWARD NOMINATIONS

The Distinguished Service Award (DSA) is given by the Hudson-Mohawk Road Runners Club (HMRRC) annually to honor club members who have served the HMRRC with distinction over an extended period of time, typically several years or longer. Any member can nominate a candidate for the DSA by submitting a nomination form detailing the qualifications of the candidate. Nominations may be made via email to jonrocco@hotmail.com or by mailing a nomination form to Jon Rocco, 15 Lincoln Avenue, Colonie, NY 12205 by March 1, 2010. Nomination forms can be found at www.hmrcc.com. Nomination forms may also be submitted in person at the March 2010 club meeting.

Qualifications of nominees may include – but are not limited to – an elected officer, member or chair of a standing or *ad hoc* committee, a staff member or writer for The Pace Setter, a race director or coordinator, a staff member or volunteer who oversees/helps maintain the web site, a volunteer at club functions or races, or an attendee at monthly club meetings.

Previous recipients of the Distinguished Service Award:

Nancy Briskie (2009), Jim Gilmer (2008), Debbie Beach (2007), Vince Juliano (2006), Elaine Humphrey (2005), Pete Newkirk (2004), Ed Thomas (2003), Lori Christina (2002), Art Tetrault (2001), Ken Skinner (2000), Jim Tierney (1999), Doug Bowden (1998), Sharon Boehlke (1997), Jim Burnes (1997), Don Fialka (1996), Julie Leeper (1995), Cindy Kelly (1995), Hank Steadman (1994), Steve Basinait (1994), Al Maikels (1993), Charlie Matlock (1992), Carl Poole (1992), Ed Neiles (1991), Judy DeChiro (1991), Chris Rush (1990), Rich Brown (1989), Bert Soltysiak (1988), Kathy Carrigan (1987), Joe Hein (1986), Diane Barone (1985), Carter Anderesson-Wintle (1985), Bill Mehan (1985), Ray Newkirk (1984), Paul Murray (1983), Tom Miller (1983), Chuck Haugh (1982), Michael Lancor (1981), David Kelly (1980), Connie Film (1979), John Aronson (1978), Don Bourgeois (1977), Linda Bourgeois (1977), Paul Rosenberg (1976), Don Wilken (1975), Bill Shrader Sr. (1974), Burke Adams (1973), Tom Osler (1972).

The DSA committee will review all nominations and choose up to five final candidates. The list of finalists, together with a description of their qualifications, will be posted on the HMRRC website by March 31, 2010. The election of the DSA recipient(s) will take place at the April 2010 monthly club meeting. At that meeting, each finalist's qualifications will be presented by the nominator or the nominator's designee. All club members in attendance can vote.

If you have any questions, contact Jon Rocco, Committee Chair, at jonrocco@hotmail.com.

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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.

The Pace Setter

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Photos in this issue by Donna Davidson and 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 Mark Warner

Winter is a special time of year for the Hudson Mohawk Road Runners Club. For many, the Winter Series keeps us motivated to go out and run in the snow and cold day after day. For others it is just the beauty of running in freshly fallen snow or running through trees dripping with icicles. Winter is the time of year where many of us cut back on speedwork or tempo runs with the goal of maintaining a good base so we will be rejuvenated when spring comes around. Winter is also when the club holds its annual Hall of Fame banquet, organized for the past several years by Debbie Beach.

The banquet is an opportunity for us to recognize many of our fellow runners and HMRRRC members for their accomplishments. The two newest HMRRRC Hall of Fame members will be recognized at this year's banquet for their long-term contributions to the club as extremely talented runners and as frequent volunteers who are always willing to give back to the club and running community. This year's honorees are Emily Bryans and Paul Murray. Others will write and speak about their running accomplishments and volunteer activities in support of the club, but more than their accomplishments as runners, Emily and Paul are two of the nicest and classiest individuals you could ever meet. Emily is very humble about her accomplishments, always putting her team, the Willow Street Athletic Club, before herself. Paul has been a community activist, Albany School Board member and Siena professor in addition to his many accomplishments as a runner and tri-athlete. There couldn't be two more deserving individuals for this recognition.

One of the highlights I have as HMRRRC president is to recognize members with a President's Outstanding Service Award at the annual banquet. It was difficult for me to narrow down my selections to eight for the 2010 banquet. Nancy Briskie is recognized for chairing the Race Committee, co-directing the Mother's Day race and serving as refreshments coordinator for the Workforce Team Challenge. Kari Gathen is the editor of *The Pace Setter* and initiated a food drive at this year's Winter Series. Mike Kelly just completed a term as club president and continues to direct the Indian Ladder Trail Run. Barbara Light has served two years as club secretary and is a regular volunteer at races. Al Maikels is the master of ceremonies at the club banquet, directs the Turkey Raffle Run and has a monthly column in *The Pace Setter*. Robert Moore as chairperson for public rela-

tions keeps the newspapers and community informed of club activities and represents the club at several expos each year. Robin Nagen-gast has served as Managing Editor of *The Pace Setter*, one of the premier running club magazines in the country, for a year and a half. Charles Terry is in his third year as the club's vice president for finance, serves as chairperson of the Conflicts Committee (thankfully not a very active committee) and volunteers at several races during the year.

Also to be presented at the banquet are the Extra Mile Awards. These awards are chosen by the race committee chairperson to honor club members for contributions as volunteers to the almost thirty races the club holds each year. Marcia and Tom Adams are being recognized as volunteers at nearly every HMRRRC race. Maureen Cox handles refreshments at the Winter Series races and Stockade-athon as well as packet pick-up at several races. Will Dixon directs the Father's Day and one Winter Series race. Ed Gillen directs the Runnin' of the Green and a Winter Series race. Patrick Lynskey directs the 5th Winter Series race. Ed Neiles manages the timing and results at numerous races and made significant contributions to the success of the marathon. Barb Sorrell coordinates the race photographers for *The Pace Setter*. Cathy and Rob Sliwinski are the new race directors for the Mohawk-Hudson Marathon and the accompanying half-marathon. Ed Thomas coordinates the logistics for all races at SUNY Albany.

The individuals recognized at this year's banquet are integral to HMRRRC. Without such an extraordinary group of volunteers, there is no way the club could continue to put on nearly thirty races a year, hold a banquet and picnic, publish a world class running magazine and give back to the community through its charitable activities. Please let these individuals know how much you appreciate their contributions to the club as they and many more like them keep the club running. □

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**



What's Happening in February

by Al Maikels

The Winter Series ends in February with races of 4 miles, 10 miles and 20 miles on Sunday, February 7. The 10-mile race is a Grand Prix event and usually draws a strong field. Many use the 20-mile race as a good long run in preparation for a spring marathon while the 4-mile race is popular with those runners just looking to get in a short workout.

Quite often the race distance chosen is factor of the weather as is often the case with Winter Series races. The coldest Winter Series race in my memory was this February race in 1987 as temperatures were below zero all day. As always, volunteers are needed to help put these races on in the style to which we all have become accustomed.

The 37th Winter Marathon and 24th Annual 3 Person Relay will be held on Sunday, February 21 at 10 a.m. at UAlbany.

The relay consists of three legs of 9.2, 5.7 and 11.3 miles and there are various team categories based on age and gender. This race has a five hour limit for the sake of the volunteers and as always volunteers are needed.

The HMRRC Club Banquet will be held on February 6th at 6 p.m. at the Desmond Hotel in Colonie. The banquet features the Grand Prix awards, as well as other club recognition awards, and this year also features the induction of Emily Bryans and Paul Murray into the HMRRC Hall of Fame.

The club business meeting for February is set for Wednesday, February 10 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension in Albany. Club members are welcome and are encouraged these meetings. □

Winter Series #1 – 12/13/2009

by Mike Becker

My first impression when I walked in the gym at around 9:30 for the first Winter Series races of the 2009-10 winter was that there seemed to be more people in there than I have ever seen for any Winter Series race. That turned out to be the case, as 138 runners ran the 3-mile race, and 185 runners ran the 15K. I'm guessing that almost everyone there had run one of the many local turkey trot races just 17 days earlier, and maybe they wanted to maintain some level of conditioning. Let's face it, it's hard to get out there some days, when it's dark and cold before and after work, to go for a run. Having the Winter Series on the calendar gives some incentive to keep running during the long, cold winter. I told a friend the morning before the races that it was a perfect day for running: mid-20s, very little wind, good footing. She looked at me like I was crazy! I said it was perfect "for a winter day."

The races, directed by Ken Skinner and Doug Bowden, started right on time, and it was obvious most people were not trying for a PR but just out to get a good workout in and have a good time. Both races are together for the first 2.95 miles, when the 3-milers take a left and finish. The 15Kers go on ahead and do a "tennis court loop" and then go back to the State Campus for an inner and outer loop. As everyone settles in to their comfortable pace, the group thins out, and it's generally

rare for anyone to pass or get passed on the outer loop to the finish. It's also common to have large gaps between the runner in front of you and behind you. There was definitely a breeze on the last curve of the outer loop at around 11:00, but by then many of the faster runners were already done. Anyway, it's not a real winter series race without at least some wind! The weather gods were looking down favorably on us. Less than an hour after the last 15K finisher, snow and sleet began to fall, and the footing would have been treacherous.

Dan Jordy won the 3-miler with a time of 16:01, which was nearly 2 minutes faster than Tim Hoff, who was the top masters finisher. The fastest female in the 3-miler was Kristina DePeau-Gracey with a time of 21:02. The top masters female was Janice Phoenix with a 23:48. Seamus Nally was first in the 15K with a time of 50:02, 30 seconds ahead of Chuck Terry. Ahmed Elasser was top masters male with a 57:50. Martha Snyder was the top female 15Ker with a 1:05:28, and Nancy Briskie was top masters female with a 1:09:43. Fifteen racers finished in less than one hour.

I need to get out there for a few runs in the next 2 weeks. I have a half-marathon on my calendar on New Year's Day at noon. If I eat too much before then, I always have the Bill Hogan 3.5-miler to fall back on! □

New HMRRC Members

Dora Anderson and family
Samara Anderson and Melissa Frenyea

Jon Atwell
Bob Baniak
Steven Berg
Chris Boldiston
Marie Bosman and family
Karen Brady
Colleen Breiner
Kevin Burns
Michael Camarota
Diana Cesta
Dominic Coppola
Kelsey Fitzgerald
John P. Flack and family
Steven Girvin

Jill Gola
Daniel Gracey and family
Christopher Guiry
Colleen and Sean Hadley
Gordon Harder

Lauren Herbs and family
David Hodgdon
Richard Hughes
Gregg Johnson and family
Brenda King and John Winch
Todd Koblenky
Karen Kruszeski and family

Anthony Leonetti
Matthew Lindow
Dominic Marro
Bill Meeker
Joseph Miller
Diane Montes

Loretta Montgomery and Michael Sarayno
Parker Morse
Priscella Mueller
Amanda Nguyen
Enzo Paoletti
Jason Pare
Kimberly Pizarro
Parker Race

Jacob Reider and family
Deborah Robertson
Jennifer Romer
Matt Rousseau and family
Angela Sears
Stephen Skinner
Lori A. Stevens
Jeff Stone
Terra Stone
Jake Stookey
Mark Streb
Ken Tarullo

Diane VanAlstyne and family
Maureen VanWoert
Craig Weidman
Warren Wergeles
Mary Whittredge

The Runnin' of the Green (Island)

Four Mile Road Race and Kids Fun Runs

Presented by Hudson Mohawk Road Runners Club,
USATF Adirondack Association and the
Village of Green Island



10:00 A.M., Saturday, March 6, 2010

(Snow date: March 20, 2010)

Kids Races will follow main race at 11:30 AM

Location: American Legion Hall, 35 Cohoes Ave., Green Island, NY (off Tibbits Ave. exit, I787)

Registration: Begins at 8:00 AM day of race. (Kids up until 11:20 AM)

Entry Fees: ***RECEIVED BY 3/1/10***: HMRRC/USATF Members: \$13. Non-member: \$15.

Day of Race: \$20; Kids: \$1. Race Day only

Register online at www.hmrrc.com

Technical t-shirt to the first 400 registered runners in the main race.

Prizes: Overall and top 3 finishers, male/female, in 5 year age groups; top 10 age-graded finishers; team awards to top 3 open/masters, male/female teams (please contact USATF Adirondack Assn. at 518-273-5552 for team application)

This is a USATF Championship race and part of the HMRRC and USATF Grand Prix racing series. You must have a USATF 2010 membership in order to be eligible for USATF awards. In accordance with HMRRC/USATF policies, no headphones, iPods, etc. are allowed to be worn during the race.

PLEASE PRINT: Complete application and mail with payment to: HMRRC, c/o Marcia Adams, 1009 Tollgate Lane, Schenectady, NY 12303. **Make check payable to HMRRC**

NAME: _____ M / F _____ AGE: _____ DOB: _____ FEE: \$13 _____ \$15 _____
ADDRESS: _____ CITY/TOWN: _____ ZIP: _____
STATE: _____ PHONE#: _____ USATF 2010#: _____ HMRRC Member? Y/N _____

Please read and sign: 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 might have against the HMRRC, the USATF Adirondack Association, any officials or sponsors of the race, their representatives, assessors, and assigns, for all injuries, illness or property loss suffered by me while competing in or traveling to or from this race. I attest and verify that I am physically fit and have sufficiently trained for completion of this race. As a condition of participation in this race, I agree to run without a headset, ear plugs, iPod, etc. of any kind.

Signed: _____ Parent/guardian if under 18: _____

When You Want to Lose Weight Quickly ...

Some athletes, such as wrestlers or rowers trying to make weight for an event, need to lose weight quickly. Others, like my client who insisted that slow weight loss would not work for her, just want to lose weight quickly. "I know everyone says to lose weight slowly, but I want to get rid of this excess flab NOW!!!!" she declared with disgust. "This fat is slowing me down. I could run faster if I was lighter ..."

So what is the best way to lose weight quickly? Do you simply "starve yourself" by eating as little as possible? The answer depends on your long-term goals:

- If you want to lose weight quickly for an event such as a marathon or triathlon and don't mind regaining the weight quickly, you can indeed "starve yourself" for a few days to drop to the desired number on the scale. Obviously, the better plan is to lose the weight far in advance of the event, to minimize the agony and optimize performance.

- If you want to lose weight and keep it off after the event and for the rest of your life, don't even think about quick weight loss. It backfires.

Why "quick weight loss" is a fantasy

While the promise of quick weight loss is enticing, runners who lose weight quickly on a severe diet inevitably regain the weight, if not more. That's because the body overcompensates for extreme dieting with overeating. You will never win the war against hunger...

Hunger is physiological. Just as your body needs to breathe, urinate and sleep, your body also needs to eat. Urges to overeat (that is, blow your diet) often have less to do with will power and more to do with the physiology of hunger. Just as you will gasp for air after having been trapped under-water without oxygen, you will devour food after having been denied calories during a crash diet (or after a long run, for that matter). Yes, you can white-knuckle yourself to stick to your crash diet, but your well-meaning plan to quickly shed some pounds has a high likelihood of exploding into a demoralizing pattern of binge eating followed by yet-another attempt to crash-diet. Don't go there.... it's depressing.

Tips for successful weight loss

To lose weight and keep it off, you must keep in perspective you did not gain the weight quickly and you should not plan to lose the weight quickly. The better plan is to chip away at slow but steady weight loss, targeting 0.5 to 2 pounds a week. Why, by just knocking off 100 calories at the end of the day (one cookie, one heaping spoonful of ice cream), you can theoretically lose 10 pounds a year. Knock off 200 calories at the end of the day (16 ounces of cola, 4 Oreos), and you've lost 20 pounds a year. By eliminating just a few hundred evening calories, you will lose weight when you are sleeping, not

when you are training or trying to deal with the stresses of your busy day. Plan to eat your calories during the day, when they can help you the most. Then, diet (by eating just a little bit less) by night.

Tips for runners who want to lose weight for an event

Runners who want to shed pounds for a marathon or other competitive event generally try to eat as little as possible. They fail to understand they could reach their goals by eating more than air. That is, if you eat less than 1,000 to 1,500 calories, your metabolism slows to compensate for the "famine." The less you eat, the more your body conserves:

- You will feel cold all the time, especially your hands and feet. You won't "waste calories" keeping your extremities warm.

- You will feel lethargic and have little energy to (enjoy) running, to say nothing of running fast. Observe how you conserve precious calories by fidgeting less, moving minimally and doing less spontaneous activity than usual in the non-exercise parts of your day.

- Your resting metabolic rate can drop by as much as 20%. This conserves calories and slows weight loss.

- Weight loss might be half muscle, half fat. Losing muscle is counter-productive to athletic performance. (Be sure to lift weights and eat some protein with each meal to help reduce loss of muscle.)

Should you add on a few extra miles to burn more calories and hasten fat loss? No. Research suggests exercising while crash dieting does not result in additional weight loss as compared to crash dieting without exercise. Plus, you might end up injured and overtrained, to say nothing of fighting deeper hunger. That is, after grinding through an extra six miles to burn off 600 additional calories, you could quickly wipe out that calorie deficit in less than 3 minutes by succumbing to 12 Oreos the instant you got home. White-knuckling yourself away from food is not fun—and is not sustainable.

Instead of doing extra hard training, plan to increase your non-training activity by walking more, doing projects, cleaning the house, playing with the kids and staying off the couch. Daily activity counts; keep moving during your waking hours so you do not become a "sedentary athlete."

You certainly should not eat less than your weight x 10 calories per pound (your resting metabolic rate—what you body requires to breathe, pump blood, and function). Targeting 13-15 calories per pound is still very restrictive and grueling for a serious runner. That's about 2,000-2,200 calories if you weigh around 150 pounds. As an alternative to counting calories, I suggest you simply reduce your food portions by about 20-30%, depending on how much

time you have to lose the weight. (A sports nutritionist can design a successful reducing plan for you. To find a local RD, use the referral network at www.SCANDpg.org.)

Divide your limited calories into four "buckets," eating evenly-sized meals on a time-line, at least every four hours throughout the day. That could be 500 calories at 7:00 a.m., 11:00 a.m., 3:00 p.m. (either a second lunch, or divide the calories into pre- and post-run fuel) and 7:00 p.m. Spend your calories on wholesome foods that include protein (to help keep you from feeling hungry) and "bulky" foods like vegetables and broth soups that help fill your tummy with fewer calories than compact foods (burgers, fries).

Runners who want to lose weight quickly often restrict fluids. One pound of water can be easier to lose than one pound of fat – but this option is counterproductive to top performance. You do not want to lose more than 2% of your body weight as sweat. (That's three pounds of sweat for a 150-pound runner.) More than that can hurt your performance, to say nothing of endanger your health. Hence, if you currently weigh 150-pounds, but want to be 140 in two weeks, you can reasonably lose about 3 pounds of sweat. You will then need to lose "only" 7 pounds of fat, of which half will likely be muscle with a crash diet. Your training will suffer and you'd undoubtedly compete better being well fueled than being 10 pounds lighter. Without question, I recommend against last minute weight loss for runners ... don't bother!

The bottom line

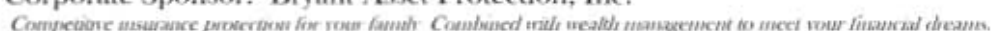
Losing weight quickly is hard work. The smartest plan is to lose weight slowly and be able to keep it off for the running (or wrestling, crew or other sport) season—and the rest of your life. Although slow weight loss may sound less appealing, it is easier and sustainable! Do you really want to do suffer through a restrictive weight reduction diet, regain the weight, and then have to lose it again?

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 weight loss help, read her Sports Nutrition Guidebook and food guides for new runners, marathoners and cyclists, available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

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- Position Stand of the American College of Sports Medicine: Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine & Science in Sports & Exercise*. 41(2):459-471, 2009
- Position Stand of the American Dietetic Association: Weight Management. *Journal of the American Dietetic Association*. 109: 330-346, 2009.
- Thompson JL, Manore MM, Skinner JS, Ravussin E, Spraul M. Daily energy expenditure in male endurance athletes with differing energy intakes. *Med Sci Sports Exerc* 27:347-54, 1995. □

Sunday, April 11, 2010 at 9:00 a.m.



NO LAST CHANCE OR DAY OF RACE T-SHIRTS

8 - The Pace Setter

"BEEN THERE, DONE THAT"

by Mike Becker



February 1975...Thirty Five Years Ago

- Since there are newsletters in early and late January, there is no club newsletter in February. However, there are the usual winter series races at SUNYA, on the 2nd and 16th. A total of 18 runners come out on the 2nd for races of three and eighteen miles. Participants include Paul Rosenberg, Don Wilken, and Ed Thomas. Seventeen total runners race the three and twenty-miler on the 16th. Don Wilken takes first in the twenty-miler with a 2:04. There were no female finishers. With so few runners, especially in the long races, it must have been quite lonely running loops around the campus.

- On the 9th, the executive committee held a meeting to discuss future operations of the club. Among the topics discussed are plans to raise money for the club by selling T-shirts, decals, and miniature track shoes, planning an awards banquet, and hosting club clinics.

February 1980...Thirty Years Ago

- One hundred-two runners race three, ten, and twenty miles on the 10th. Reed Parvis finishes last in the three-miler with a time of 55:45, but he had a handicap. He "ran" the entire race on crutches, refusing to let an injury keep him from participating.

- The 7th annual club Winter Marathon is held on the 24th at SUNYA. Thirty eight runners complete the race with Don Wilken taking top honors with a 2:42. The only female finisher is Marion Epstein, tying with her husband Irving with a 5:47. Nineteen volunteers are listed, including Jerry Burr, who rode the lead bicycle for the entire marathon.

February 1985...Twenty Five Years Ago

- An item in Short Circuits notes club member George Dowse participated in one of his first races, the Masters Age Group Championships in Gunderland, and turned in a respectable performance. During the awards ceremony, Dowse realized what a masters race meant. He was only 34, and masters competition doesn't begin until age 40. Those old codgers were tough competitors, and there was no way this young whippersnapper was going to horn in on their action and win an award.

- The Winter Marathon is held on the 24th, on a day that was 30 degrees above normal. Seven of the 38 finishers qualified for Boston, with Dale Keenan winning with a 2:32:56, nearly five minutes ahead of the second place finisher. This is Keenan's fourth consecutive club marathon win, with two in the fall and two in the winter. Bonnie Morse-Gillham is the top female with a 3:17:36.

February 1990...Twenty Years Ago

- *The Pace Setter* has a profile of runner James Girmindl, son of long time Shaker High School basketball coach Julius Girmindl. It is noted that James ran the 1989 Boston Marathon in 2:45, an excellent time on an unsea-

sonably warm day. Also included are stories on Lori Hewig, the idea of adding men's and women's Clydesdale divisions to the club half marathon and Stockade-Athon, a report of a race up Colorado's Pike's Peak by Pat Glover, and an article on the "fiber frenzy" by Nancy Clark.

- One hundred-eight runners participate in the ten-mile Grand Prix race on the 10th. Dale Keenan is the top finisher with a 53:10, and Karen Underwood is top female in 61:09.

February 1995...Fifteen Years Ago

- From the minutes of the club meeting on the 8th - *Pace Setter* Committee: Ed Mulheren reported that he met with several club members to come up with a plan to cut *Pace Setter* expenses. His group's suggestions were to eliminate the glossy stock paper used for the cover, decrease the number of pages comprising an issue, and/or eliminating the photo covers. Chris Rush stated that he would hate to see the quality of *The Pace Setter* diminished and would rather explore other avenues of expense reduction, such as combining issues. Other members in attendance felt similarly. Ed indicated he would discuss the members' reactions with *The Pace Setter* working group. Fortunately the club did not follow through with the idea of diminishing the quality of *The Pace Setter*.

February 2000...Ten Years Ago

- *The Pace Setter* has results from the Troy Turkey Trot, with 1,295 finishers in the 5K, 462 finishers in the Grade School Mile, and 709 finishers in the 10K. This seems like a lot, until it is compared to the 2009 races, which had 4,529 5K finishers, 639 Grade School Mile finishers, and 738 10K finishers. It's a good thing results are no longer printed in *The Pace Setter*!

- Club president Lori Christina notes the passing of Bill Bowerman, long-time coach of the University of Oregon track team, and co-founder of Nike, Inc. Bowerman was 88 and

had trained 31 Olympic athletes, 51 All-Americans, 12 American record holders, 24 NCAA champions, and 16 sub-four minute milers.

- The Winter Marathon and Marathon Relay are held on the 27th on a day that had wind gusts up to 30 mph. Dan Dominie finishes first in 2:46, and Jodi-lyn Couture was top female (17th overall) with a 3:24. Runners from Canada and eleven states participated.

February 2005...Five Years Ago

- Perfect winter running weather brought 204 runners to wrap up the Winter Series on the 13th at SUNYA. This was an increase of 38 runners over the previous year. More than half of the runners competed in the Grand Prix 10-miler. Josh Merlis (57:55) beat Derrick Staley by 65 seconds to take first place, and newcomer Eileen Combs was the top female (17th overall) with a 63:40.

- An item in Short Circuits notes that at the recent Turkey Raffle Run, there were at least a half-dozen canines in the run due to their fondness for turkey. One such canine emptied his bowels right in the middle of the running path. His running partner quickly bagged the "hot tamales." As she was placing them in the bag, a passing runner could be heard shouting out familiar words of encouragement: "S*** Happens!" □

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. 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. Questions about publication can also be directed to the same e-mail address.

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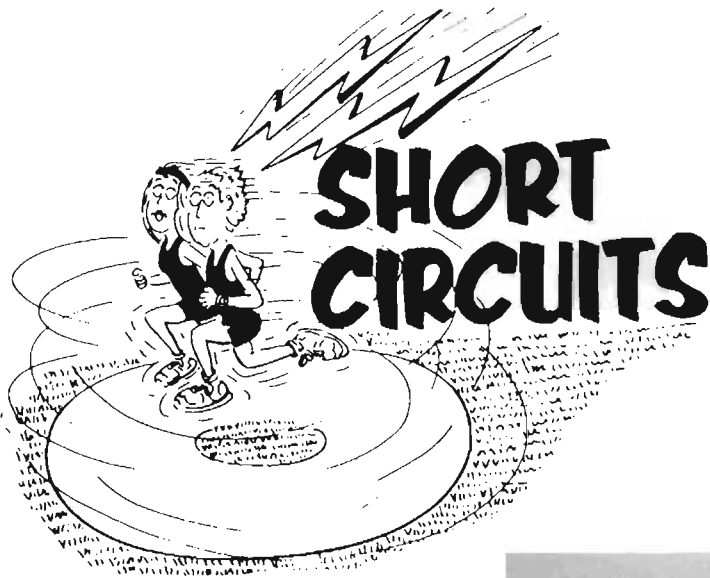
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(See 'membership benefits' under the 'membership info link')

**Applications must be submitted by
April 1, 2010.**



"The single biggest mistake competitive runners make is running too fast on their easy days." Jason Karp, Ph.D., exercise physiologist



"The single biggest mistake most runners make during a race is decelerating just before reaching the finish line. Runners should continue their full effort through the finish line. Race finish line personnel should accommodate this by keeping clear an area of at least 20 feet past the finish line." Clement Haymond, noted finish line official.



Congratulations to Jack Berkery for recently surpassing 33,000 miles run. 2009 was a good year for Jack, as he ran over 1200 miles, the most since his heart surgery in 1991.



Two Utes join in on the fun at the Kids Krafts Table at Winter Series No. 1



The Boston Marathon qualifying standard is under attack as being inconsistent across the age-groups (i.e., easier for some older runners to meet the standard). This may be intentional as the Marathon is seen as an economic stimulus to the Boston area economy and older runners spend more money. A proposal being discussed is to use age-graded tables to determine Boston qualification. The 65th percentile is proposed for all age-groups. If you create new qualifying standards by applying this same 65 percentile equalizer to all runners, the Boston standards become a little easier for all men, quite a bit tougher for women under 45, and considerably easier for women over 49.



Martin Parnell, of Alberta, Canada, has begun a fundraising quest to run 250 marathons during 2010. That is a total of 6,550 marathon miles. He plans to run five marathons a week. Most of the marathons will be run on the "Cochrane Foothills Marathon" course in Cochrane, Alberta. Others will be run in southern Canada and the northern U.S. including Boston, New York and Philadelphia.

Parnell hopes to raise \$250,000 for Right

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

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

To Play, an international humanitarian organization that uses sport and play programs to improve health, develop life skills, and foster peace for children and communities in some of the most disadvantaged areas of the world. Parnell was initially inspired with the idea five years ago while cycling through 10 countries in four months in Africa. □



Martin Parnell:
Will only run five days per week in 2010





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We encourage you to get *your* team together and register early for your place at the starting line. Last year was a record turnout, attracting upwards of 7,700 runners / walkers and 432 participating companies and organizations. This year's event takes place on May 20 and is sure to break attendance records. Register now, because you can't finish if you don't start.

Visit www.cdphpwtc.com for more information.



Profile of a Runner

SABRINA KROUSE



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

I am a 29-year-old stay at home mom of two great kids. I enjoy any kind of outdoor sports/activities. Some of my favorites are running, cycling, gardening and camping.

When and how did you get started running?

In high school, I would run every now and then, (but) when I joined the Army, I really learned to love and appreciate running.

Do you have a favorite race or races?

The Crossings 5K is a fun one, and Dodge the Deer 5k was very nice.

How do you train? Do you have training partners?

I don't really follow a designated training plan. I read a lot of running magazines for tips and base my training on what my body is feeling.

Do you have any future running goals?

I plan on doing the Rock and Roll Marathon in Phoenix, AZ in January. Someday I would like to complete a full Ironman.

Do you have a philosophy of running?

Listen to your body and go with the flow. ☐

Ed. Note: This Profile is being reprinted from last month's issue, as it had the wrong name. We apologize for the error.



Upcoming Races That Need Assistance:

**Winter
Marathon
and Relay**
February 21

**Runnin' of the
Green** March 6

Delmar Dash
April 11

**Bill Robinson
10K Masters**
April 24

Anyone can qualify as a volunteer.

We welcome everyone, so if you are planning to be at a race but not running, 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 mail me the following information:

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Telephone #


Email (if available)

Mail to:
Marcia Adams,
HMRRRC Volunteer Coordinator,
1009 Tollgate Lane
Schenectady NY 12303

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It's a Wonderful Run ... 5K, Seneca Falls, NY

by Steve Black



Seneca Falls claims it was the model for Bedford Falls in the 1946 classic film "It's a Wonderful Life." The town hosts a festival each December in celebration of this claim. New to the festival in 2009 was the "It's a Wonderful Run" 5k held at dusk on December 12. The date happened to be my 50th birthday, so my wife and daughter joined me for the trip out to run the race and enjoy the festival. It seemed an appropriate way to inaugurate membership in my new age group!

I turned out that the festival wasn't much. The events were small, spread out from one another, and few folks were in attendance. Downtown Seneca Falls is depressed as many upstate New York towns are, with many empty storefronts and few thriving businesses. Packet pick-up was in one of the otherwise empty stores. We were looking forward to browsing and shopping, but there was little to shop for. The town doesn't look that much like Bedford Falls, despite businesses named Clarence Hotel and ZuZu Café. But the bridge the race starts from does look much like the one Jimmy Stewart dives from to save his guardian angel Clarence.

One of the best features of the race is the nice new community center located next to the bridge. I changed in the locker room before the race, and it was a fine place to hang out and stay warm. (No showers, though.) My wife and daughter were especially glad to be there after the start. It was in the 20's at race time with little wind. That's great running weather, but

chilly for standing around.

The 5k started promptly at 4:30 p.m. on the "George Bailey" bridge with a simple "ready, set, go." The USTAF certified race course is pretty flat with few sharp turns and thus relatively speedy. From the start at the bridge the race goes downhill a tad and then up a few dozen feet, takes a right, then takes another right back over Van Cleef Lake. (The river is dammed up, not free flowing like in the movie.) The next 2 miles of the race are through a residential neighborhood. Few homes had Christmas lights on, but a dozen or so groups of people were out cheering everyone on. The last half mile is on the main road through town. In one section there was a bit more traffic than I like dealing with, but traffic was blocked where we turned into Fall Street to finish the race through the downtown business district. A short downhill brought us to the finish chute back at the base of the George Bailey bridge.

The race organizers did a fine job, especially for a first running. We had disposable RFID chips attached to our bibs. By the time I'd drunk a bottle of water and found my wife and daughter, my time was posted. My 23:16 (about average for me) was 10th in my new 50-59 age bracket, way behind the speedy 18:43 posted by 51 year old Terrence Doyle of Syracuse. He was just behind the top woman's 18:39 clocked by Karen Simmonds-Brady of Auburn. The overall race winner, C. Fred Joslyn, finished with an impressive 15:25.

The "It's a Wonderful Run" 5k attracted 414

runners and walkers. After the race there were not only bananas, bagels and water at the community center, but also free food samples from local restaurants. Red's Place, a downtown pub, supposedly had free beer for runners after the awards ceremony. Since my 3 year old daughter doesn't drink beer we decided to skip that and head on home.

The festival doesn't have enough going on to make it worth the three hour drive. But if you are going to be out that way anyway or you've been looking for an excuse to visit the Women's Rights National Historical Park in Seneca Falls, "It's a Wonderful Run" is a well organized community 5k. The web site is <http://itsawonderfulrun5k.com/>. □



Hall of Fame Inductee: Paul Murray

When Paul Murray reported to his first track practice in 1961 he had no idea he was embarking on a running career spanning five decades, but even then he knew that distance events were his forte. The coach asked what event he wanted to run, Paul replied, "What's the longest you've got?"

After an unspectacular career as a high school miler, Paul enrolled at the University of Detroit. His running days appeared to be over since the school had no track program. In his senior year, however, the university fielded a cross-country team. The school had recently dropped football and needed another sport to retain its NCAA Division I affiliation; cross-country was the cheapest alternative. Paul jumped at this opportunity. Records show the U of D team finished next to last at the 1965 NCAA cross-country championships. (This was before regional qualifying races.)

Except for a handful of Olympic athletes, running after college was unheard of in the 1960s. Contemplating the end of his athletic glory, Paul resolved to hang up his shoes after one last race. The Motor City Marathon was held on Thanksgiving morning; five circuits around Belle Isle, a city park in the middle of the Detroit River, comprised the course. Paul prepared for his first race longer than five miles with a couple of extended training runs after cross-country season. Intimidated by the distance, he began conservatively. Intoxicating aromas drifting across the river from the Hiram Walker distillery sustained the novice marathoner. After four laps Paul learned he was in 30th place. Medals were awarded to the first twenty-five places, so he picked up the pace, passing ten runners in the last five miles, to finish 20th with a time of 3:20.

Fast forward eight years. Paul is an assistant professor at a small Mississippi college, out of shape and pushing thirty, when he enters a fun run and the running bug bites again. Soon he is logging forty miles a week and training for the Mardi Gras Marathon. April 1976 finds Paul in Hopkinton for his first Boston Marathon. It's 95 degrees—the hottest race day on record. Four hours later, he staggers across the Prudential Center finish line, sadder but wiser for the experience. The next year he runs the International Rice Festival Marathon along a pancake flat course deep in Louisiana Cajun country. Passing the 10 mile mark in 58 minutes, he fears he has gone out too fast but somehow manages to hang on to record a 2:37:00 PR.

In 1978 the Murray family moved to Alabama. Paul's time was limited, so he concentrated on track workouts plus a Sunday morning ten-miler with the Birmingham Track Club. The intense training schedule paid off with a 33:45 personal best for 10K. A teaching posi-

tion at Siena College brought Paul to Albany in 1979. He soon discovered the HMRRRC and became a regular at Winter Series races. Two marathons per year were his standard fare, with an obligatory pilgrimage to Boston on Patriots' Day.

An unexpected knock on the door announced Paul Rosenberg's arrival at the Murray home on North Pine Avenue in 1981. Rosenberg explained that the HMRRRC desperately needed Paul's leadership. The flattery worked; Paul accepted the HMRRRC presidency and soon was presiding over marathon club meetings in his living room. He also volunteered as race director for the Price Chopperthon, a 30 kilometer race held each March from Schenectady to Albany. These efforts earned Paul the HMRRRC Distinguished Service Award in 1983.

When the Manufacturers Hanover Corporate Challenge came to Albany, Paul found another venue for his organizing skills, convincing Siena College to sponsor a competitive team. With Tom Dalton, Tom Bulger, and Bill Baller as his teammates, Paul's Siena squad won the Manny Hanny title twice in 1983. (There were two races that year.)

As his 40th birthday approached Paul began planning his entry into the masters ranks. With Ted Bick, Don Wilken, Lee Wilcox, Bill Shrader, and Anny Stockman as role models, he realized that running after forty offered a host of opportunities and Paul tried them all. He honed his racing skills at the Colonie summer track meets, recording a 4:44 personal best for the mile. He entered the HMRRRC Pentathlon, setting a masters record that still stands. He made several trips to the Empire State Games where he joined gold medal Adirondack relay teams. He even won a Grand Prix award one year before Bill Robinson and Pat Glover entered his age group.

By 1996 Paul's best marathoning days were behind him. A sore Achilles tendon slowed his times so he explored new directions. Borrowing a bike and a wetsuit from Pete Newkirk, Paul plunged into the triathlon world. He had been a high school swimmer and knew how to ride a bike, so the three event format satisfied his craving for competition while cross-training eased the pressure on his heel. He joined the Capital District Triathlon Club and reprised his race director's role at the Crystal Lake Triathlon. It wasn't long before Paul began contemplating the ultimate triathlon goal—the Ironman. On July 24, 2005 he tried the Lake Placid Ironman, completing the 2.4 mile swim, 112 mile bike ride, and 26.2 mile run in 13:50:19, good for second place in the M60-64 age group.

To fill the winter months Paul took up cross-country skiing and found long distance races there too. The Canadian Ski Marathon, a two-day 100 mile stage race in Quebec, and the Lake Placid Loppet on the grueling Mount Van Hovenberg course became regular dates on his calendar.

Whether racing on the track, the roads, or cross-country courses, in Mirror Lake or San Francisco Bay, on ski trails or dirt paths, on mountain bike or time trial machine, at the Boston Marathon or the Empire State Games,

Paul has never met a distance race he didn't like. He intends to keep racing as long as his body permits. He thanks his friends in the running community, especially the, Willow Street Gang, for providing many joyful hours of healthy competition, fascinating conversation, and good fellowship.

Hall of Fame Inductee: Emily Bryans

by Mike Kelly

One of the most pleasurable experiences I had during my term as HMRRRC President was the opportunity to serve on our club's Hall of Fame selection committee. I remember very distinctly reading the nominating letters for this year's candidates and being in awe at their running and volunteer achievements. I can volunteer with the best of them (Note: You need not be a terrific athlete to stand out on the state campus loop with a flag in single digit temps for multiple hours.), but I'm telling you for a fact, I could train my brains out and not match the running results of the candidates for this year's HMRRRC Hall of Fame. That being said, it is my sincere pleasure to write this article for one of this year's inductees, Emily Bryans.

Emily's husband, the indomitable Vince Juliano, told me that Emily's first running race was a 1-mile kids run at the Cazenovia 4th of July races at the age of 9. Emily does not recall training for the race or her finish time, but she does remember starting off slowly and passing runners until she approached the finish side by side with the lead runner. She finished second by a step, collapsed to the ground and just lay there, until a woman told her to get up and walk around and congratulated her on her race. That woman recognized first what many others would realize much later on ... that Emily had exceptional talent at the sport of competitive running.

Emily ran for Cazenovia HS and had to recruit her sister Amanda to run with her so that they could have a complete team. Emily's team was small with a focus on runner development and she does not recall any of her high school times, but does remember the Teisch sisters. The younger sister Sue ran with Emily, but older sister Marion would go on to participate in 3 Olympic Trials at the marathon distance. In fact, it was Marian Teisch's mother who first recognized Emily's talent in that 1-mile Cazenovia run, years earlier.

Hartwick College awarded Emily a scholarship. Ironically, it was not an athletic scholarship, but an academic one, and Emily only ran track at the college for 1.5 years before knee tendonitis convinced her to drop the sport and focus on her degree. She recalls that as a freshman she was seeded as the third run-

ner on her team, and at one meet, the plan was for her to go out hard to set the race up for their number one runner. Well, Emily did as instructed, but continued on to win the race. Knowing Emily, she probably apologized to the coach and her teammate for winning.

Emily was introduced to the HMRRRC by her sister who lived in Albany at the time, while Emily taught high school English in Springfield, Massachusetts. Amanda convinced Emily to visit on weekends and participate in a few area races. Some of her earliest races were the Race for the Cure and the Columbus Day 4-mile run in Scotia in 1995 and 1996. She won the Race for the Cure and the Columbus Day run twice. In 1997 she started participating in more HMRRRC events, and she met Vince at the Hour Run.

The 1998 Stockade-athon was Emily's first major victory, where she won in a time of 58:59. Emily would validate that victory by winning again in 2001 in 56:51. Emily finished second in 2000, 2003, 2004, and 2007. Her four runner-up performances in Schenectady are the most by any woman, and second only to Tom Dalton, who had 7 runner-up performances, in addition to his 6 victories.

Emily is probably best known in the Albany area for winning 6 consecutive Corporate Challenge races between 2000 and 2005. Her six victories are the most by a female runner in the 30 year history of the event. She also holds the Albany event record of 19:26. That time has more significance than many of Emily's personal bests as it is the fastest female time at the 3.5 mile distance ever run by a woman from the Adirondack Association.

Emily's performances have only improved with age and experience. Her fifth place in the elite master's division at the 2008 Boston Marathon in 2:58:12 was the first time an area athlete has won prize money at the Boston Marathon. Her time was also the top time that year by a New York State female (open or masters) at the Boston Marathon. Later that year, she established a new all-time masters record at the Stockade-athon, running a 57:24 to eclipse the old mark of 57:27 set by Lori Hewig. In 2009, Emily continued to excel at the national level as a masters racer. She placed second at the Chris Thater 5K with 17:36 and 5th at the National Masters 5K road championships at the Festival of Races where she ran 17:35. And at the National Masters 15K at Fleet Feet Buffalo, she placed second with a time of 57:08, lowering her masters PR from the Stockade-athon the year prior.

Other notable performances during Emily's career include:

- 5 time winner of the Runnin' of the Green (22:58 event record)
- 4 time winner of the Delmar Dash
- Winner of the Mohawk-Hudson Marathon (2:55:27)
- 2000 Wineglass Marathon winner
- 2 time winner of the Troy Turkey Trot
- 2005 Ottawa Marathon, 7th place overall, 1st American (2:57)

Finally, as a masters athlete, she continues to win races outright over open competitors. In the past two years, she has won the follow-

ing premier events: Delmar Dash, Adirondack Distance Classic, Bruegger's Bagel Run and the Troy Turkey Trot. And just last year, Emily set the new all-time masters record at the Colton Mile in 5:12.

Obviously, Emily is one of the most talented runners in Capital District history. What you may not know is that Emily has been one of the HMRRRC's most ardent volunteers throughout her distinguished running career.

Emily has been the go-to person for Vince in their efforts to produce the Stockade-athon year after year, including duties as volunteer coordinator managing over 100 volunteers; developing and editing the application organizing the Children's Run with the assistance of her sister; stuffing goodie bags for over 1000 runners; working the registration table at the expo and providing additional support on race day.

For six years, Emily served as the "content editor" for this magazine, as well as writing the occasional article, when required. There are countless other races that Emily has involved herself with since signing up as a member of HMRRRC, the list of which is too long to write out. The bottom line is, if it's an HMRRRC sponsored race, I'm sure she's volunteered at it.

We all know Emily is a gifted runner. What most don't see is all the work and dedication that goes into putting up terrific race results year after year. Here's what I know. She works as hard, or harder, than anyone else who steps up to the starting line. So while the talent is definitely there for Emily, so is the necessary devotion to be a champion. Sure Emily is gifted. But she also puts in the long runs, track workouts, tempo runs, cross training, core workouts and maintains the proper diet that lead to successful race days.

Emily is one of the most selfless people I know. In addition to running for herself, Emily has been the captain of the Willow Street women's running team since 2001. While out running, I'll often ask about her personal race expectations leading up to a team event and time after time, the discussion will quickly turn to Emily's concern about "not letting the team down" or "running my best for the women." In the end, more times than not, when Emily would end up winning the race outright or landing a podium spot, the only thing Emily would report back to me would be how well the other women on the team did or how the team as a whole finished. Thank goodness Ed Neiles is on the ball and I can find out how Emily did in a race on the HMRRRC website. Lord knows she's not going to tell me.

Recently, Emily has had to face what might be one of her most difficult challenges: a foot injury which has prohibited her from running for the better part of the last two months. So did Emily sit back, feel sorry for herself and start drinking more beer (red wine in her case) like I would have done? Nope, she immediately began searching for ways to maintain her fitness during her recovery period. This has entailed cross country skiing, spin classes and even aqua jogging. I made fun of aqua jogging, until I tried it with Emily and found it to be extremely difficult and great cardio workout. So look out area runners – she's coming back and

she's more dedicated than ever.

On a personal note I'd like to thank Emily for her sense of humor, timely levity, leadership, listening ability and friendship.

Congratulations to Emily on her terrific achievement!



THE GAZETTE NEWSPAPERS

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THANK the following individuals and organizations for assisting in making the
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| Children's Run | <i>Amanda / Emily Bryans</i> |
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Stockade-athon – A Unique View

by Vince Juliano

The last decision I made as race director in the moments leading up to the race was to accept a request from Lt. John B. to join him in the police car leading the race.

Here is a unique view from the catbird seat.

Start – The start was delayed five minutes as a few of the 20 policemen finished setting up barricades and getting into position.

Mile 1 - A trio of runners reach the mile mark in 5 minutes flat. Most surprising was Team Utopia's Justin Bishop, who had a breakthrough year in 2009 and prefers front-running race tactics. He confidently matched strides with the USA 25K record holder Fernando Cabada of Boulder Co. and Jordan Davis of Syracuse (See the January issue of *New England Runner* for story on Jordan Davis.)

Mile 2 - McClellan Street was clear of traffic as the leaders exited the park with the help of 38 volunteer course marshals. The Price Chopper parking lot exit was a difficult assignment, as shoppers were a bit testy with the limited access to and from the store.

Mile 3 - We passed Schenectady High School and drove onto Nott Street approaching Ellis Hospital, probably the most difficult section of the course to safely manage. A woman driver proceeded toward us and the lead runners. Lt. B hit the sirens as the woman was directed to pull over onto the sidewalk near the hospital. There she would have to wait for 30 minutes as the 1300 runners passed. The race developed into a two-way duel as Davis ran shoulder to shoulder with the more accomplished Cabada. In the distance I could make out the red shorts of last year's champion Emory Mort, who has caught early pace setter Bishop. Marshals were doing their best, but a few vehicles emerge on course; fortunately they are headed away from the lead duo tearing down Nott Street at sub 5 minute pace.

Mile 4 - We pass the new Price Chopper headquarters. Police had Erie Boulevard traffic stopped as the leaders crossed into the Stockade without incident. Two cars enter the course on Front Street and Lt. B. radioed information to his crew that vehicles were slipping through on a narrow residential street that was supposed to be blocked at the other end. I yelled to course marshals to get the drivers' attention to exit the course as soon as possible. Residents of the Stockade gather to watch the spectacle.

Mile 5 - Very impressive course management by the police! We turned onto State Street and a police officer had the section coned and his car lights flashing. A glance ahead, revealed an empty State Street, with officers everywhere. Police crime tape and barricades blocked smaller roads and we pass Proctors and head up State Street Hill unimpeded. Lt. B. turned to me and acknowledged in amazement, "these guys are good" as Cabada churns up the hill and opens a small separation from

Davis, who yields only grudgingly.

Mile 6 - A sense of relief for me as we enter the cemetery knowing that traffic concerns for the lead runners has passed. Cabada passed the 10K mat with a split of 30:50 as Davis followed in 31:00 flat, still sub 5 minute pace after cresting the infamous State Street Hill. Cabada and Davis would both comment after the race, that the hill was tougher than they expected, as they both fell 45 seconds short of their desired time goals.

Mile 7 - We exit the cemetery and cross McClellan Street for the second major climb back to the park. Cabada is running solo and barring the unexpected, will be the winner. Davis is 15 seconds back, and I can see no one else from the car. We pass the final water stop and spectators gather for the final 2 mile journey within the park boundaries.

Mile 8 - Cabada hits the split in 40 minutes an even 5:00 minute per mile pace.

Mile 9 - Course marshals, cones and barricades are all in proper position. Yellow arrows are clearly marking each turn on the course, as runners benefit from the work of John Haley, Ken Skinner, and Tom Adams, who freshly painted the arrows and set up cones. We pull off 50 yards from the finish, and I thank the Lieutenant and exit the car as Cabada crosses the finish line and a large crowd of spectators watch in near perfect weather.

Noteworthy performances:

Chuck Terry is the top local finisher, placing 5th in 48:34. Terry had arguably his finest year, starting off with a 19:45 PR at the Runnin' of the Green 4M, and followed with strong runner-up performances at the GHI Workforce Challenge, and the Silks and Satins 5K, where he finished behind 3-time champion David Raucci. Solid efforts at competitive contests such as Chris Thater 5K and the CVS Downtown 5K National Championship followed before his stellar Stockade-athon effort. He would culminate his year with a key victory at the Troy Turkey Trot 10K in 31:24 over a strong field of Adirondack Association athletes.

Scott Mindel, the son of former Stockade-athon champion Mark Mindel, also put forth an exceptional performance in his Stockade debut. His 5K splits were remarkably consistent 16:11, 16:13 and 16:16, with only Cabada and Davis running a faster final leg. Scott's father must have been proud of his 6th place finish, while the senior Mindel continued his streak of 34 consecutive finishes at the event.

Laurel Burdick may not be a recognizable name in the Capital District, but this former 3-time Footlocker finalist from high school powerhouse Fayetteville Manlius, and Boston College All-American certainly has the resume. After running 54:59 at the Utica Boilermaker this year in near perfect running conditions, she had the opportunity to run the Stockade-athon course in very similar weather

and delivered. Her 54:01 was the fifth fastest time in Stockade-athon history, with only Lori Hewig (3 times) and Kathy Brandell running faster. Burdick averaged 5:48 per mile in what was the second fastest woman's debut race, behind Brandell's 52:34 in 1985. Jen Adams improved to 55:54, a full minute faster than last year's debut, to finish runner-up for the second straight year.

James Derrick of Big Flats NY was voted the top master's runner in New York State the past two years for good reason. This year he completed an impressive trifecta at 15K road races. Derrick was the top New York masters runner at the Boilermaker (50:54), the Fleet Feet Run into Buffalo (51:25) and the Stockade-athon (51:17). Derrick won a competitive division, as the top 3 masters all ran sub 52 minutes. Lori Kingsley of Wysox, PA completed a similar 15K trifecta as the top American master's runner at all of the aforementioned events. Kari Gathen finished second in the masters division and joins a select group of women masters who have run sub 60 at the Stockade-athon.

Awards Dilemma – age or age-graded

The Stockade-athon offered 111 individual awards, including 21 cash awards, 12 Clydesdale awards and 78 age-group awards. Approximately 9% of participants win an award. The increased popularity of age-graded divisions has led some race directors to question the need to offer both age-group and age-graded awards. The Stockade-athon continues to focus the majority of awards on age-group divisions, primarily because of the simplicity of understanding the results. There is little argument over who finishes first in a 5-year age-group, while many runners continue to lack an understanding of age-graded tables, despite their use for nearly 20 years. Despite their longevity, the age-graded tables continue to be a work in progress, and new tables will be released in 2010 to replace the current 2004 tables that were based on 2002 performance results. While the new tables in general corroborate the scientific work of previous tables, there will be some modification, especially in the scoring of women in advanced age-groups. This is the result of a surge in participation by such runners over the past 5 years, dramatically increasing the sample size. With older women continuing to break barriers thought unlikely only a decade ago, the new tables will be modified to reflect these results.

From an age-graded perspective, the 2009 Stockade-athon was exceptionally strong in two areas, the open men's division and the women's veteran division. 6 of the top 20 age-graded times came from the open division as the first 6 overall finishers made the top 20. Laurel Burdick the women's winner just missed, placing 21st. The women's veteran group had 4 of the top 20 age-graded performances led by Coreen Steinbach (58), Karen

Provencher (54), Martha Degrazia (58), and Nancy Briskie (52). Briskie's performance was especially impressive, since she placed 2nd in her age-group at the NYC Marathon a mere one week earlier.

At the top of the age-graded results were the familiar names of Ed Whitlock and Bill Borla, who continue to run world class times at age 78 and 69 respectively. The incomparable Whitlock won the age-graded division for a record 5th time, despite limited training and racing due to a bad knee. Borla, who will be 70 next year, has the rare opportunity to join the legendary Whitlock as the only 70 year old runners to break 1 hour at a 15K road race. He would need to improve slightly from his 1:00:41 this year. Though difficult, it is certainly in the realm of the possible for the remarkable Mr. Borla.

Of Special Note:

The debut from Mike MacAdam, who has covered the Stockade-athon as a sports-writer for the Gazette newspaper for over 20 years. MacAdam, 46, ran a very respectable 1:05:25, a pace of 7:01 per mile to place in the top 200 overall.

The Stockade-athon ends the competitive racing season for most, though several race participants continued to race impressively in the weeks that followed. Of note was a 2:24 debut marathon by Emory Mort at the Philadelphia Marathon and a 2:50 marathon by Emily Lasala at the California International Marathon in Sacramento. Mort placed third at this year's Stockade-athon in 48:19 and Lasala finished 4th woman overall in 57:53. Brian Debraccio, the Stockade-athon public announcer, ran a masters marathon PR of 2:55:10 in Las Vegas in early December.

The 35th anniversary of the race is planned for Sunday, November 14, 2010 with on-line registration available in July. □



Race Directors' Corner

by Nancy Briskie

First Up: Ed Gillen

We have had some key positions open up this year for our races. One of the open positions is race director for the Runnin' of the Green, to be held on Saturday, March 6th of this year. Ken Skinner is stepping down after serving 12 years as race director and I have to say Ken has done an exemplary job at this position. Ken works in many other capacities with HMRRRC, including course director for the GHI Workforce Team Challenge, race director for the Colonie Mile and volunteers at a multitude of other HMRRRC races behind the scenes. Ken also holds the position of secretary with Adirondack USATF. It's a good thing Ken is retired.

Race director of Runnin' of the Green is no easy task. This race had 469 finishers in 2009. The new race director for Runnin' of the Green is a familiar face to HMRRRC members – Ed Gillen. Ed is the current membership chair and co-race director for Winter Series #3 with Will Dixon. I had to tap into a very good friend of mine for club information on Ed, that person being Marcia Adams, our Volunteer Coordinator (among many other jobs she performs at HMRRRC.) So here's the scoop on Ed Gillen, fellow runners:

Ed's energy and enthusiasm for running can be felt in all that he does. He was responsible for working with Ray Newkirk to make registering or renewing membership in HMRRRC something a member can do on-line. He has also worked with a number of race directors to allow registering for HMRRRC races on-line and at no cost to the member.

Ed has been running for approximately 10 years and started as a way to improve his health. Aware that heart disease was in his family, he wanted to take proactive steps to lessen his chances. When the treadmill got boring for him, he began running outdoors and the rest, as they say, is history.

Because he likes to give back for all the benefits that running has given him, from health to new, good friends, Ed began his HMRRRC career as a volunteer at various events. In 2007 he became Membership Chair when that position was vacated. Despite recent knee surgery, Ed has kept his schedule of activities



Ed Gillen

in the running community very full. In addition to his race director's duties, Ed is the refreshment coordinator for the Stockade-athon and attends club meetings regularly. His volunteer efforts are numerous – from working registration at the Delmar Dash and the fall marathon, to course marshalling at the Winter Marathon and Turkey Raffle Run.

When you are running or registering for a race and you see a big, friendly grin at the other end of an outstretched helping hand, you can almost bet it's Ed Gillen. Thanks, Ed, for all you do! And thanks, Roz, for being right there next to him, helping out. □

Meet Patrick Lynskey



Meet our newest HMRRRC race director. Patrick Lynskey is an avid runner and has been a member of HMRRRC for about 7 years. He has been running with Team Utopia for 6 years and can be seen running with ARE as well. He has completed 8 marathons, 2 ultras, 3 half marathons and numerous other races.

He has always enjoyed the Winter Series and feels he has gotten a lot out of the club as a whole. So when given the chance to help out and give a little back by directing Winter Series #5 he took it. Patrick will be replacing co-race directors Scott Ginsberg and Lori Sciortino, long time race directors for WS #5, which is the longest and usually the coldest of the series. Scott has been directing this race since 2003 and Lori came on board to co-direct with Scott in 2005, after volunteering for the previous four years.

Patrick is a personal trainer working out of the Focus on Fitness Training Studio in Latham. You will also find him at the Freihofer's Run for Women and Troy Turkey Trot, as he has taken on a major role with those two races as well.

Patrick is hoping to get plenty of volunteers this year so no one will have to stand in the cold for a long time. You can reach Patrick at plynskey@nycap.rr.com. Please shoot him an email if you have a couple of hours to spare on February 7th. □

My 2009 NYC Marathon Experience

by Andy Allstadt

USATF Adirondack Association Members:

For those of you who don't know me, I am a 26-year-old graduate student at the University at Albany and a former member of the UAlbany XC and T&F Teams. Since graduating four years ago, I have been a USATF Adirondack member, running many local and regional races. In November, I ran the 2009 New York City Marathon and happily agreed to write about my experience for the members of our association. I had run two marathons previously, with a PR of 2:25:16. My long term goal is to qualify for the 2012 Olympic Trials in the marathon.

My NYC Marathon experience began last fall when I learned that it had been selected as the 2009 USATF National Marathon Championships. The Olympic Trials qualifying time is normally 2:19, but for the National Championships each year the time standard is relaxed to 2:22. I thought this presented a great opportunity to run the famous NYC Marathon and get a crack at the qualifying standard.

Training

For much of this summer, I was only able to run every other day due to a foot injury. After finally getting it under control at the end of August, I only had two months until the marathon! At this point, I was not certain I would be fit enough to race by November 1st. I decided to train as much as I could manage and make a final determination based on my performance at the Marine Corps half marathon three weeks prior to NYC.

Since the injury had significantly reduced my training over the summer, I was not starting off in great shape. However, over the next few weeks my 5k times dropped to where they usually are in the early fall. After running a PR at the half-marathon, I was confident and decided to give the marathon a go.

Final (lack of) Preparation

Unfortunately, I did not invest as much time in reading all the material the marathon sent me as I did in training. After checking out the paperwork more thoroughly, I realized I had missed a deadline to register for a sub-elite program that was available to me. This program would have guaranteed transportation to the start line, a place to stay, and the opportunity to start on the start line. Whoops.

More important, I had also missed the general deadline to register for transportation to the start line. Since the race begins on Staten Island, and they close the Verrazano Bridge early in the morning for the race, getting there can be tricky. I had no idea how I was going to do it, especially since I am not particularly familiar with New York.

Luckily, at the race expo I was still able to register for transportation, just no longer on-



Hurting with a mile to go ...

line. But the only openings remaining were for shuttle buses that would drop me off at the start line more than three hours before the race! I chose to risk it and take the ferry to Staten Island, with the hopes that they would let me on the shuttle buses without a pass. This way I would only stand in the cold for an hour before the race.

Getting to the Start

After a night tossing and turning worrying about getting to the start line (and the Yankees playoff game), I woke up at 5 a.m. to get ready to go. Fortunately daylight savings time ended that night, so I slept an extra hour.

I took the subway to the ferry, and as we headed across the bay the sun began to rise. I sat on the wrong side of the boat, so I could only see the base of the Statue of Liberty (sit on the west side!). I was still very worried about the shuttle buses waiting at the other end, but tried to relax and enjoy the trip. After getting off the ferry, I hopped on one of the buses cycling through with no problem. This was a huge relief, and I began to actually think about the race itself. I had plenty of time for that as I stood on the overcrowded bus for 30 minutes, waiting for them to let us off.

At the Start

I still had a crowded half mile walk to my start area (there are three start areas, I was in the blue start), where I sat around for a while trying to stay warm. When the announcement came that the first wave should go to their corrals, I turned in my extra clothes to the baggage collection volunteers and headed in that direction. I was in the first corral for my start line, and the race organizers were nice enough to leave us a little space to jog around. The other corrals were packed like sardines.

A half hour before the start, they began to walk us the ¼ mile from our corrals to the start line. There was a line of security officers walking in front of us to make sure we went

slowly and orderly. Unfortunately, there were no security officers for the other corrals, so the runners came pushing up behind us to get as close to the front as they could. While I can't blame them for this, I also wanted to be close to the front. Luckily the crowd seemed to be mostly populated by foreign men with an average height around 5'6", perfect for throwing elbows. I did alright keeping my spot, but that was my first angry mob experience.

When we stopped our march, we were about 50 meters back from the start line. Ahead of us were the elites and the local New York charity runners in separate areas. We stood for a while to listen to the national anthem and various dignitaries speak. All of a sudden, we were moving forward! I guess the race had begun and I hadn't heard it. After 10 seconds stumbling over the same people I had just spent a half hour elbowing, I made it to the start line and my NYC Marathon finally began.

The Race (splits at the end)

The race begins up the Verrazano Bridge. You don't realize it driving, but these bridges are big hills! I spent the first mile trying to get through the local runners who had started ahead of me. At one point, I jumped up on the curb on the edge of the bridge to get around people. I looked down the side of the bridge to see exactly how high up we were, and was impressed enough that I decided I'd rather be stuck behind someone than run up there again.

I hit the mile at 6:00 (gun time, not chip time) and headed down the other side of the bridge into Brooklyn. At this point I stopped passing slower local runners and caught up to my friend and fellow upstate New York runner Fred Joslyn. He said that he was trying to settle into 5:20 pace after the bridge, which was my plan as well. I guess we had different ideas of how to do it though, as we never really ended up running together.

The main reason that I wanted to run the NYC Marathon was that I thought there would be many people running at my pace, allowing me to sit on the back of a pack and relax. I also figured that since I had started behind the sub-elites, I needed to run a little faster than 5:20 pace to catch such a pack. For the first few miles, every group I caught immediately broke apart. Finally, I settled in with 3 guys who were running exactly what I wanted, at the price of running two or three sub 5:10 miles to catch them.

I stayed with this group though a 48:57 15k split (5:15 pace, still too fast!) but then we clicked off a few 5:30 miles before I realized it. The intelligent thing to do would have been to stay with them since I was already ahead of pace, but I am not known for being smart in races. At 12 miles, I sped back up to 5:20 pace and pulled away from them.

At the half marathon split (on the way into Queens) I hit 1:09:29, exactly on pace to break 2:19. I was already feeling my legs a little bit, but wasn't too worried. That changed when the Queensborough Bridge came into sight. It was huge.

Heading up the bridge I slowed consider-

ably. Coming down the bridge and up the east side of Manhattan, I kept a decent pace but could feel that I was going to crash in the next few miles. As I headed into the Bronx at mile 20, I died. I went from racing to finishing.

The next 6 miles back through Manhattan were painful, but at least I got to see some of my friends (as they passed me by). Occasionally I would try to run with a group of people going by, but couldn't keep up for long. As I headed up 5th Ave. and into Central Park, I caught up to another struggling runner. I laughed when we made eye contact because I realized it was Fasil Bizuneh, an elite runner I have met in the past. He probably didn't remember me, and may have been offended that I laughed when I saw him, but it did cheer me up to see someone else having a worse day than I was. That good cheer was short lived, as my calves cramped up with about a mile to go, and I ran the first seven-minute mile of my marathon career heading into the finish. Fasil passed me back with about 400m to go. He still wasn't laughing!

After the race, they had the audacity to make us walk to get our bags! They start with the highest numbers near the finish and the lowest numbers at the end. The last thing I wanted to do was walk a mile (no exaggeration!). I made some friends along the way whining about the walk, picked up my bags, and caught the nearest subway out of there.

Thrilling Conclusion

After a shower, lunch, and a little tequila, I started to feel better about my race. My 2:30:33 clearly was not the time I was looking for, but not terrible for a challenging course.

I believe there were two main factors that led me to fade so early in the race.

First, while I may have hit my split for the half, I did it very unevenly. Some miles were under 5:10 pace, some where over 5:30 pace. It would have been easier to run the same time if I just ran even 5:20's.

Second, due to my shortened training period, I did not get in all of the long runs that I wanted. I think that this is why I was able to run through the half marathon relatively easily, but died after a few more miles. If I negatively split my next marathon (like everyone recommends) maybe it will take care of these problems. But...like I said, I've never been accused of being a brilliant runner. I run aggressively and sometimes it comes back to haunt me.

The main thing I realized after this race is how spoiled I usually am. I have never had trouble getting to a race, and rarely start one without my toes touching the start line. This experience made me much more grateful for the special treatment I receive!

I'd like to thank all my friends that were there to support me on race day, my training partners, and the USATF Adirondack Association and Willow Street Athletic Club for their support.

There is an excellent article about the 2009 NYC marathon by my teammate Emory Mort at: <http://www.letsrun.com/2009/ingnycreport1101.php>

See you soon! ☐

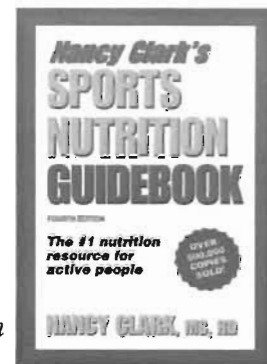


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Meeting Minutes of the HMRRC General Meeting - November 11, 2009

Attendance: Mark Warner, Jon Rocco, Ed Gillen, Nancy Briskie, Will Dixon, Barb Light, Marcia Adams, Tom Adams, Ed Neiles, Wade Stockman, Anny Stockman, Josh Merlis, Jim Tierney, Cathy Sliwinski, Chuck Terry, John Kinnicutt, Doug Bowden, Ray Newkirk, Susan DuFour, Ken Klemp, Tom Ryan, Diane Fisher, Melanie Snay, Dave Newman, Jennifer Senez, Ray Lee, Brian DeBraccio, Mike Kelly, Emily Bryans, Vince Juliano, Kari Gathen, Don Wilkins

Call to Order (M. Warner): 7:30PM

Reading and approval of October 14, 2009 minutes (B. Light). Motion to approve minutes as written made by Marcia Adams, seconded by Cathy Sliwinski; motion passed.

Reports of Officers

2.1 President (M. Warner):

2.2 Executive Vice President (J. Rocco): Schrader Scholarship information will be sent out in mid December to notify athletic directors in schools of scholarships and will put an ad in the Pacesetter. We will also reach out to Doug Kenny at the Section 2 website advising them of the program. The deadline to receive applications will be April 1st so that the committee can go over the candidates. We have increased the amount of the scholarships to \$2500 from \$1500.

2.3 Executive Vice President – Finance (C. Terry): Presentation of 2010 Annual Budget. Chuck passed out the proposed budget for 2010. Discussion continued on the budget. Voting on the budget will be next month if you have any questions, please contact Chuck Terry.

2.4 Secretary (B. Light): No Report.

2.5 Treasurer (J. Kinnicutt): No report

Reports of Committees

Membership (E. Gillen): Currently have 2127 members. Since October 2007 Ed Gillen has been member chair and has been working on a transition guide for whoever takes over this position. Ed Gillen will be transitioning in 2010 and a volunteer has stepped forward to take over. Diane Fisher who has been involved in memberships for non-profits will be taking over. Ed will be working with Diane over the next few months to make

smooth transition. Don Wilkins asked if the person needed to be appointed. It was discussed and it was determined they didn't have to be appointed. Only officers have to be appointed and voted on. Ed suggested that there should be a system set up so that if someone does step down the next person can follow the program. Don suggests that each appointment be made and endorsed by the board. Mark suggested we work out a way that committees make appointment and then be endorsed by President. Ed suggested that this suggestion be discussed by the executive board.

Volunteers (M. Adams): Marcia has started to tally points for volunteer recognition program. Ed Gillen has reached the top level. Thank you Ed for your help-it is certainly appreciated. There will be some changes in the program. She will have an event awards drawing among volunteers at each race. Each race will have awards based on the size of the race. For GHI we would have 12 awards for each major area of volunteers. She thinks it will be more exciting for the volunteers and more gratifying as they will be getting something back sooner than waiting for the end of year.

Public Relations (R. Moore): SEFCU Foundation pleased with our attendance at the expo on October 4th. They would like us to participate again next year. Thank you to the Schenectady Farmer and Green Market for the community booth they gave me to distribute Stockade-athon flyers. Stockade-athon expo went well. Gave out brochures and flyers about the club. Thank you to CJ of the Gazette newspapers for putting on the expo. Saturday, November 21st is the Adirondack Sports and Fitness Expo. It will be from 10AM to 6PM at the Saratoga City Center and will have free admission. HMRRC will have a booth there and they expect over 4000 runners and athletes to attend.

Race Committee (N. Briskie): Announcement of New Race Directors-Patrick Lynsky has stepped up to do Winter Series#5; he will also be working with George Regan and Friehofer's Run for Women. Had meeting with Ed Thomas so we are set with SUNY for the Winter Series races. Al Maikels has the Turkey RafAL on November 22nd; successful Stockade-athon-weather

was perfect; Vince stated that there was a pull out flyer Friday before the race with an article highlighting specific work race coordinators did. He is asking the Gazette permission to reprint the article in the Pacesetter. It was a great job of articulating what the staff and race officials do to put the race on. Vince rode in the lead police car for the event and will be writing an article about that experience. Had a record number of runners this year; he cut the race off online the last 5 days.

Race Committee Treasurer (P. Zentko): Emailed reports. See attached.

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

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): No report.

Grants Committee (R. Newkirk): Posting up on the website for January 1st grant deadline. He will get another post up for Youth Grant due January 1st. Ray wrote a summary about the grants and gave to Mark to put in the President column or as an article in Pacesetter.

Long Range Planning Committee (C. Sliwinski): Youth Running Proposal-Cathy Sliwinski passed out a budget for the youth running pilot program. Just Run is a web based program to encourage kids to run. Free to kids – it tracks mileage, has a nutrition component to learn to eat right. This program is just right as it is ready to go; the license to run the Just Run program is \$1000 which will give HMRRC a website under the Just Run program so that any schools in the program can go onto website and use it for the kids. We would like to set up two programs-one in suburban schools and one in the inner city. Trinity Institution is a service provider in Albany and they are very interested in participating. You can view the program at www.JustRun.org. Cathy would like to propose to commit for two semesters then decide what to do after that. We would have an administrator for HMRRC in charge of enrolling schools to get program running and viable; propose compensation for the administrator for the startup. Propose \$24500 in budget for pilot program in 2010; recommend that we leave the regular grants and youth grants as is but if we feel this

program is good we may scale back the grant program. Target younger age groups and expand to older age groups. Mark Warner asked if certain back ground checks needed to be done when working with kids; that is why Cathy would like to work with schools so that we would not have to get involved in that aspect. Will Dixon questioned if the license included all schools or if it was per school and it is for all schools. Mark asked if there were more costs involved if it was to be expanded. Ray noted that certain items are fixed costs and some are based on individual accounts. Budget can be adjusted as needed. Marcia objected to paying an administrator. She felt that this is a volunteer program and feel we need to make a strong effort to find a volunteer to take on this position. Don Wilkins asked how Cathy envisioned the administrator-the administrator would be the liaison for HMRRC and administer the program. Ray noted that the administrator would report to the club and be a trainer and recruiting person to get schools involved in the program and then the schools would get their personnel involved to help the kids. Josh noted that Burnt Hills had a similar program which encouraged kids to get involved from being part of that but it was hard to get faculty and kids motivated to keep coming back each week. That is why Ray wants to keep the youth grant program until we know how this program works out. Will Dixon thought this program should be listed as a separate line item under the grant section. Marcia also thought it would be a separate line item. Marcia did see this program in Portland, Oregon and it was a very good program. She feels that this program could really make a difference in the inner city schools. She feels that is where the emphasis should be. Ray does agree with Marcia about the compensation part of the administrator-he is talking to people to take on this program on a volunteer basis. Mark suggested we add the program to the budget and if we go for paid administrator to come back to the club to discuss further. Doug Bowden agreed we could make a bigger contribution in the inner city and asked if there was any consideration that the city case was a better case versus the suburban case? There was no con-

sideration they were just trying to balance it out. Ray noted that being part of a pilot program we will learn from it and then adjust as needed. It will be added to the budget as presented unless they need a paid administrator.

Unfinished Business:

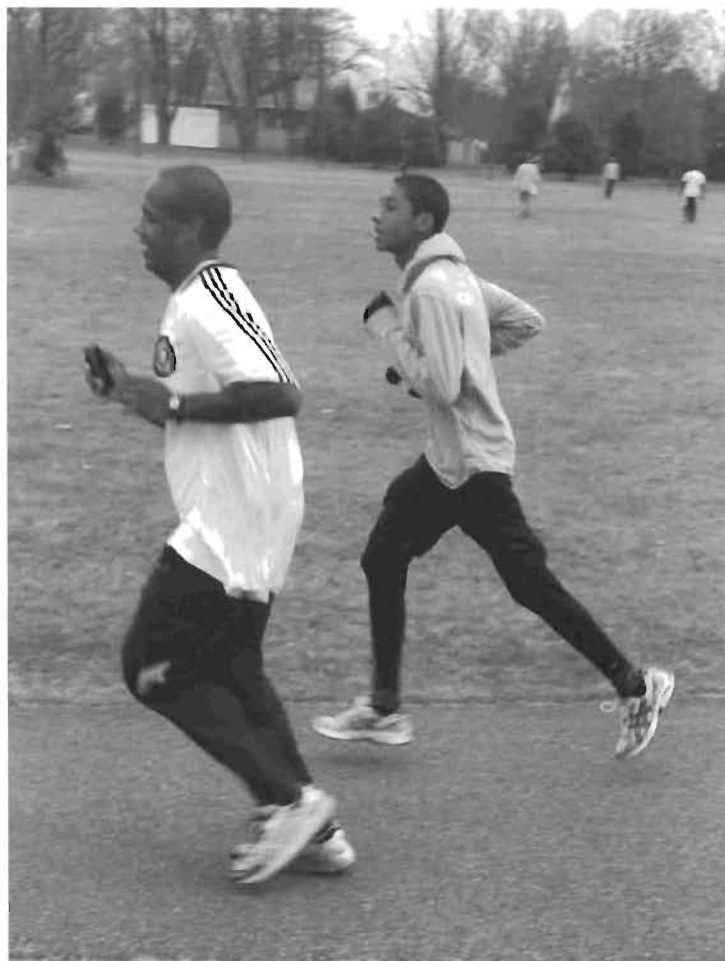
Vote on motion to set-aside up to \$40,000 for procurement of a vehicle (van/truck) (N. Briskie)- Doug moved to take the motion off the table; John Kinnicutt seconded; motion to vote on proposal made by Marcia Adams seconded by Ed Gillen; motion 29 in favor no opposed; motion passed. Moved forward with committee to go through process of purchasing van; Ed Neiles, Doug Bowden, Mike Kelly, Tom Adams as chairman, and Mark Warner.

New Business:

Pace Setter opt out from mailing option (E. Gillen)- Propose providing a choice to HMRRRC members to opt out of receiving the mailed, paper version of the Pacesetter, the club's monthly magazine. Over the past year, HMRRRC has placed a pdf version of the monthly Pacesetter magazine online on the website. It appears that it is our club's intention to continue this practice. Many of our members still prefer a paper copy over online so we would provide an option. The cost of publishing and mailing the Pacesetter to each member is prohibitively more than what the club receives back in membership dues. Running clubs around the country are starting eco-friendly "green" initiatives. Reducing paper copies would be one HMRRRC can boast about along with sneaker and t-shirt recycling. HMRRRC uses a mailing code in wild Apricot membership database to determine who receives a Pacesetter. Changing the code in the database would not be labor intensive. Membership form on website, on the fliers, and on back cover of the Pacesetter would have to be changed in the future to allow choice of opting out. Notifying members of option availability could be easily done through Pacesetter article and through email distribution list. Tom Ryan thought when the renewal notices go out we can give them an option to opt out. May save some paper but may not impact overall cost of producing Pacesetter. Josh noted that it is a great idea and no reason why we should not do this. Tom Ryan asked if it would reduce the advertising rates-probably not as you are still viewing the ads online. John Kinnicutt noted that we should not tell

our advertisers that we are opting out. Josh noted that now non members would be able to view the Pacesetter. You may be surprised how many people will view it. Don Wilkens wondered how it may affect membership. Tom Ryan noted it could attract more members. Ed Neiles noted that if we start this opt out option we need to let Robin know so she knows the numbers for the press run. Jim Tierney asked if we could find out how many people are accessing the Pacesetter online. Ed will look into. Right now we need to work on the opting out and if we proceed then we may make it so that people have to log in. We need to take one step first and then move on. Ed suggested we continue on for now as we are doing; if we see that our membership has dropped then we can change it. Kari noted that she is making efforts of getting articles written from people who may not be members so she doesn't want to restrict the visibility of viewing the Pacesetter just because they are not members. She objects to the fact that we may have to have them submit a password.

Pop-up Display to be used for Expos and Club Activities (M. Kelly) Mike met with Skyline to do the display. He has had recommendations for this company. 2 products-1 pop up from floor to ceiling all in one piece and then roll out your displays from that. Second is more portable and looks like old projector screen we would decide width; it has lighting that comes out and shines on the display. With either display we would spend between \$2700-\$2800. Price includes printing and designing of the display. Mike would like suggestions as to what goes on the display. Please let



Mike know what you would suggest. Mark Warner asked how easy it would be to update with pictures. The smaller display would be more easily changed than the larger one. Anyone who would like to help Mike review the ideas for the display please let him know. John Kinnicutt suggested we let the design company tell us what to do since they are the professionals.

Announcements:

December refreshments – Tom and Marcia Adams

Adjourn: 9:20 Nancy Briskie made motion to adjourn; Will Dixon seconded, meeting adjourned at 9:20PM

Action items: vote on the budget; Tom Adams will give update on status of van purchase. □

Submissions for the April Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is March 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 (pdf preferred, no compression). 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.

MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON TRAINING PROGRAM

Want to challenge yourself to train for and finish a marathon or half marathon? Want to motivate yourself by training with a group? Then join us this year! All Hudson Mohawk Road Runner Club members* are invited to join our training program designed for novice runners who have never before completed the distance and are attracted by the challenge. The program will be geared toward the Mohawk Hudson River Marathon or Half Marathon on October 10, 2010. This gradual, progressive and structured 5-month program will begin in late April. The cost for the program (\$100 for the marathon, \$75 for the half marathon) includes coaching, weekly group runs, guaranteed entry into the marathon or half marathon, a training t-shirt, paid lunch at the HMRRRC summer picnic, and water/gels during training runs. The program is limited to the first 50 registrants.

**Not a HMRRRC member? Become one! Add \$12 for a one-year membership.*

Please circle event you are registering for: Marathon Half Marathon

Last Name _____ First name _____ Age (on 10/10/10) _____

Address _____ City _____ State _____

Phone _____ Email _____ Gender M F

Shirt Size : S M L XL XXL Birth date: _____

Have you run a marathon or half marathon previously? Yes No

Bus ticket needed from Albany to the start of the race? Yes No

Emergency Contact name and telephone number: _____

Liability Waiver (please read): This waiver covers participation in the training program and participation in the marathon or half marathon. I wish to participate in the MHRM Training Program and run or walk in the MHRM or Half Marathon. I understand that there are risks associated with training for and participating in a marathon or half marathon, including risks associated with using public streets, bike paths and facilities and risks of physical injury that may result from training or participating in the event. I am fully aware of and appreciate the risks that may result from my participation in this training program and race. I verify that I am in good health, physically fit, and capable of participating in the training program and race. I acknowledge that I am solely responsible for my personal health and safety, and the personal property I bring with me. I acknowledge full and sole responsibility for my own medical expenses, and I am responsible for any and all medical expenses incurred on my behalf. I understand that the training program coach(es) is/are not licensed physicians and any suggestions or recommendations the coach(es) may make regarding any aspect of my training or physical fitness are not being rendered as medical advice. Having read this waiver and in consideration of being permitted to participate in the training program and the race, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson-Mohawk Road Runners Club, USATF, its sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in these events, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver. I further understand and agree that no headphones are permitted in the race and my use of such will constitute grounds for my disqualification. Further, I consent and give permission to use my likeness and/or voice in any photographs, motion pictures, records and/or other record of the MHRM and Half Marathon for any legitimate purpose.

Date: _____ Signature _____

Parent/Guardian Signature (if under 18) _____

Registration for the training program, which includes registration for the Mohawk Hudson River Marathon or Half Marathon, is Non-Refundable. Please make checks payable to Mohawk Hudson River Marathon.

Return to: MHRM Training Program, c/o HMRRRC, PO Box 12304, Albany, NY 12212. For more information, contact Jim Thomas at jth430@verizon.net or Cathy Sliwinski at cslwiwin@nycap.rr.com .

WINTER SERIES #1





Meeting Minutes of the HMRRRC General Meeting - December 9, 2009

Attendance: Mark Warner, Jon Rocco, Tom Adams, Marcia Adams, Joe Hein, Ed Gillen, Barb Light, Jennifer Senez, Dave Newman, Doug Bowden, Chuck Terry, Vince Juliano, Cathy Sliwinski, Tom Miller, Don Lawrence, Joseph Sullivan, Diane Fisher, Tom Ryan, Kari Gathen

Call to Order (M. Warner): Meeting called to order at 7:32PM

Reading and approval of November 11, 2009 minutes (B. Light). Motion to approve minutes from November meeting made by Joe Hein 2nd by Marcia Adams, motion approved.

Reports of Officers

2.1 President (M. Warner): Winter Series Food Drive for all races-organized by Nancy Taormina and Kari Gathen. We are asking each participant to bring a food item to be donated to the Northeast Food Bank. Our goal is to reach 100 items per race for a total of 500 items for the series. The Annual Awards Banquet will be held on February 6th at The Desmond. There will be a social hour between 6PM and 7PM; dinner will be served at 7PM with the awards program following dinner. Al Maikels will be the Master of Ceremonies for the event, and Brian DeBraccio will be providing music for entertainment. Information for the program should be given to Debbie Beach by end of month. Tickets will be \$30 with a discount if purchased by January 25th for \$25.00.

Pop-up Display to be used for Expos and Club Activities (M. Warner for M. Kelly) Mike has been working on a 32" display that would cost \$2,016.00 which includes design time. Mike is ready to move forward as soon as it is approved. He would like input on the design to be used on the display. Cathy Sliwinski questioned where would we keep the display? If we could keep it at USATF we would need to figure out a safe place to keep it. Marcia Adams suggested it should stay with public relations person that way if someone needs it they can contact him to get it. Mark Warner will talk to Rob Moore to ask if that would be OK with him. Tom added that it might be able to be kept in the van.

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

2.3 Executive Vice President – Finance (C. Terry): Approval of 2010 Annual Budget-Chuck distributed the 2010 budget for review. Discussion followed-as was discussed last month he added certain items to the budget to allow for new items. A motion to approve the budget as written was made by Marcia Adams, seconded by Joe Hein. Motion passed.

2.4 Secretary (B. Light): No report

2.5 Treasurer (J. Kinnicutt): John emailed report to Mark Warner of the year to date financial summary. Mark will review it and will be asking John to report next month on the summary to match with the budget.

Reports of Committees

Membership (E. Gillen): Currently there are 2097 active members; last month we all agreed to put out the word about the option to opt out of receiving the Pacesetter. As a result he has received responses from 35-40 people who wish to opt out. People have also contacted him not to send out 3-4 copies to them. The hole in the systems is that when they join online as a family or couple they are not clicking "PRIMARY" or SECONDARY and we are not following up on how they are signing up and that is why they are receiving multiple copies. Ed will be sending out a notice about that problem to help fix the problem. Ed will be at the Winter Series races to work the membership table. He is also working on transitioning with Diane Fisher during the next few months for her to take over. If a couple or family membership is receiving more than one Pacesetter, please contact membership chair Ed Gillen.

Volunteers (M. Adams): No report

Public Relations (R. Moore): No report

Race Committee (N. Briskie): Winter Series Race #1 on Sunday, December 13th.

Race Committee Treasurer (P. Zentko): Emailed reports to Mark Warner-see attached reports.

Pace Setter (R. Nagengast/K. Gathen): Kari wants to reintroduce letters to the editor but not be part of the Pacesetter. She sent out a short email to fellow Pacesetter staff that maybe the letters to the editor can be placed on the message

board part of the HMRRRC website. Letters to the editor will be limited to 100 words, Kari will review them to make sure they are OK to post them. This will give the community a chance to voice their opinion on certain topics. Kari is wondering who she needs to talk to so she can set up the community board up on the website. Kari will talk to Ed Neiles about it.

Conflicts Committee (C. Terry): No report

Safety Committee (V. Juliano): Vince will be sending in an article for the February issue of the Pacesetter on a recap of the Stockade-athon from the perspective of riding in the police car.

Grants Committee (R. Newkirk): No report-but a reminder that January 1st is the cut off for the next group of grants.

3.10 Long Range Planning Committee (C. Sliwinski): No report-She now has money in the budget so she will contact the Just Run program to get set up and will contact the Trinity Institute to get them started. She will have a more complete report in January.

3.11 Truck Acquisition Committee (T. Adams)- Tom Adams had productive meeting with the committee and they are closing in on a van for the club. They are looking into an extended sprinter van similar to a delivery van-possibly a used one. Hopefully by the end of the month they will have movement on this acquisition.

Unfinished Business: None.

New Business:

Proposal for HMRRRC Facebook and Twitter accounts (D. Fisher) This would be a great help to promote our membership and getting the HMRRRC name out there. We would need to update regularly; it is free to set up and maintain. Facebook allows a discussion group where we could post races and schedules; Twitter could send out notices about race closings, etc. Both are an opt in so we can send emails and Tweets as often as we want. If people become a fan then all their friends get updates about HMRRRC. Marcia asked how it is different than the website-it is a more public website and as a result may send more traffic to our HMRRRC website. Mark noted that it would be hitting the younger generation and we may hit a different audience and it is important to try and connect with them. Ed Gillen noted that with general announcements-unless someone logs into our website and went to

the message board they would not receive it. With Facebook it is put on and it is automatically updated. Marcia's concern is that information may not make it to the official website of the club. We have a website and if it isn't as efficient as is should be then we need to work to make it more efficient. Diane noted that Facebook and Twitter will be noted on the website. Vince noted that some information that people read or hear on Facebook or on blogs needs to be verified by website. Diane noted that someone from the club needs to monitor both Facebook and Twitter. You will need to monitor it for spam, Diane has offered to do this job. Doug Bowden noted that one of the things Josh Merlis learned from his race conference was that the club should think about a social network site. Mark Warner suggested that we pilot it for three months and have Diane come back and report on it and we can improve it or say it doesn't work and go from there. Marcia noted that we may not be using the tools we have efficiently and that by adding a new feature won't necessarily solve the problem. Mark noted that we may be able to reach more people and we need to really explore that possibility and to get our club name out there. Proposal to recommend HMRRRC set up a Facebook and Twitter account and to have Diane administer it-Joe Hein approved, Ed Gillen seconded; motion approved.

Archive of HMRRRC race results (J. Hein)- Joe Hein presented a proposal to archive HMRRRC race results. We currently have race results for club races and non-club races that go back to 1997. The first club race was in 1971. We have races from 1971-1998 that is some place-Joe thought it would make sense to put all our club races on

the website from 1971. It should cost about \$2000.00 to manually go through all the Pacesetters, take out the results, scan them and put them on the website. Pacesetters go back to 1979 from '71-'79 there are infrequent newsletters. Joe is trying to preserve the history on our website. Vince noted that he thought it would be a great idea to have the history to reflect on records and new records. Doug Bowden made a motion to spend up to \$2000.00 archiving past club race results on the website. Tom Adams seconded the motion. Marcia Adams made the motion to table the motion; Cathy Sliwinski seconded that motion-motion has been tabled. Questions to be answered is how is the \$2000.00 estimated and where would the money go to. Mark Warner noted that we should verify results from 1997 since there are gaps and to see if we can fill in those gaps. There were also club races then that aren't club races now. If they were a club race at the time they will be included.

Announcements:
January refreshments – Mike Kelly

Adjourn: Motion to adjourn made by Marcia Adams, seconded by Joe Hein motion approved. Meeting adjourned at 8:30PM

Action items Mark to follow up with Rob Moore and with Mike Kelly about where to keep the display-USATF or the van.

Vote next month on archiving race results-Joe Hein will follow up with the questions we have

John Kinnicutt-present Treasurer's report to match with budget ☐





THE ADIRONDACK RUNNERS 24th ANNUAL **Shamrock Shuffle**



MARCH 28th, 2010 - 11:00 AM
GLENS FALLS HIGH SCHOOL
TO BENEFIT



WARREN-WASHINGTON COUNTIES SPECIAL OLYMPICS

CORPORATE SPONSORS

GLENS FALLS NATIONAL BANK & TRUST
ROSE & KIERNAN INSURANCE, INC.
GE INDUSTRIAL SYSTEMS



AWARDS

Male & Female

Overall
1st, 2nd, 3rd

Age Groups
1st, 2nd, 3rd

Special Masters (40+)
1st Male & Female

Wheelchair Overall
1st, 2nd, 3rd

No Duplicates

LOCATION: Glens Falls High School - Sherman & Quade St.s, Glens Falls, NY.
CHECK IN: 8:30am - 10:45am at the Glens Falls High School Gymnasium.
COURSE: 5 mile basically flat & fast loop course - Pick Up Maps Race Day.
ENTRY FEES - DONATIONS: **\$15.00** - Pre-Registration Fee (Received by March 23rd).
\$13.00 - TAR Member Pre-Registration Fee (by 3/23).
\$20.00 - Race Day Registration Fee.

DONATIONS: All proceeds benefit Warren-Washington Counties Special Olympics Programs.

T-SHIRTS: Custom, High Quality, Short Sleeve T-shirts (**First 400 Entrants**).

RESULTS: Posted, No Ties, Decisions of Race Directors are Final.

FACILITIES: Glens Falls High School. Showers & Restrooms available.

INFORMATION: Kevin Sullivan - (518)798-9593 or ksullivan@queensburyschool.org

The Leprechaun Leap

CHILDREN'S (12 & Under) FUN RUN - 1/8 Mile Run - Donation: \$2.00.

Registration: 8:30am - 9:45am - Start 10:00am. - Medals For All Finishers.

Detach Here

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|--|--|--|--|--|--|--|--|--|----------------|--|--|--|--|--|--|--|--|--|-----------------|--|--|--|--|--|--|--|--|--|----------------------------|--|----------------------|--|
| LAST NAME | | | | | | | | | | FIRST | | | | | | | | | | MIDDLE INITIAL | | | | | | | | | | SHIRT SIZE SM MED LG XL | | | |
| ADDRESS | | | | | | | | | | PHONE | | | | | | | | | | | | | | | | | | | | | | | |
| CITY | | | | | | | | | | STATE/PROVINCE | | | | | | | | | | ZIP/POSTAL CODE | | | | | | | | | | Age Race Day | | Sex (M/F) Wheelchair | |

I know that participating in The Adirondack Runners events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I am voluntarily entering and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including, snow, sleet and rain traffic, and the conditions of the course, all such risks being known and appreciated by me. I grant to the Adirondack Runners its designee access to my medical records and physicians, as well as other information, relating to medical care that may be administered to me as a result of my participation in this event. Having read this Waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release The Adirondack Runners, Road Runners Club of America, the City of Glens Falls, Town of Queensbury, Glens Falls City School District, and their agencies and departments, and all sponsors, and their representatives and successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT (if under 18) _____

Make Checks Payable To: The ADIRONDACK RUNNERS

MAIL ENTRIES: SHAMROCK SHUFFLE, 13 Lawton Ave., GLENS FALLS, N.Y. 12801

active.com
Register online!!!!

| | |
|--------------------------|----|
| Entry Fee | \$ |
| Addl Donatn | \$ |
| Amount Enc. | \$ |
| OFFICIAL USE ONLY | |
| Date Recd | |
| Check# | |
| Race # | |



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

| | Cost: | Total: |
|---|-------|--------|
| NEW! Dryline Zip Shirt , black, Male S,M,L, XXL; Female XS,S,M,L,XL | \$35 | _____ |
| Insport Tights , black, Male, S,M,L; Female S,L | \$19 | _____ |
| Club Jacket , royal blue and black, Unisex S,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 | _____ |
| Mock Turtleneck , club logo on chest, Unisex black S,M,L,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 | _____ |
| Short Sleeve Coolmax Shirts: | | |
| Royal blue , Unisex, S,XL | \$13 | _____ |
| Hind with reflective stripes , Male, mustard S,M,L,XL, grey S; blue M,L,XL | \$25 | _____ |
| New! Female V-neck , lemon, purple, S,M,L,XL; red S,M,L | \$20 | _____ |
| Shorts with white club logo | | |
| Female Asics , yellow, light blue, turquoise, peach S,M,L; yellow and peach XL - CLEARANCE | \$15 | _____ |
| Female Adidas , black with blue trim, XL - CLEARANCE | \$15 | _____ |
| 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,XL | \$17 | _____ |
| V-Notch Long Distance , 3" 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 where noted | | |
| Split-cut , 1" inseam, S,M,XL royal; L black | \$18 | _____ |
| V-Notch , 3" inseam, S,M,XL royal; L black | \$18 | _____ |
| V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL | \$23 | _____ |
| Easy , 4" inseam, S,M,L,XL | \$20 | _____ |
| Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL | \$24 | _____ |
| Sixers , black, 6" inseam, back mesh pockets, S,M,L,XL | \$26 | _____ |
| Running Cap , embroidered logo, white, white/royal | \$11 | _____ |
| 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 orange, neon green, purple \$2.25 ea. or 3/\$6 | | _____ |

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

TOTAL DUE: _____

All prices include sales tax

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 \$.42

Check Payable to: **HMRRRC**

Mail Order Form w/ Check to:
Judy Lynch

56 Schuurman Rd., Castleton, NY 12033

Email: judylynch@nycap.rr.com for info

Name _____

Phone _____

Email _____

Event Schedule

Club events are in blue type

| Date | Time | Event | Location | Contact | Email |
|-------|----------|--|--|-------------------------------|---|
| 2/6 | 8:00 PM | HMRRC Club Banquet – HOF Induction | The Desmond | Debbie Beach | dbeach2@nycap.rr.com |
| 2/7 | 10:00 AM | Winter Series #5 – 4M | Univ at Albany – Day of Race Signup only | Patrick Lynskey | plynskey@nycap.rr.com |
| 2/7 | 12:30 PM | 36th Annual Bob Simulens 5K/10K | Cooperstown | Scott Barton | scottabarton@mac.com |
| 2/21 | 10:00 AM | 24th Marathon Relay - 3 Person | University at Albany | Dana Peterson – Ken Kiemp | peterson@albany.edu |
| 2/21 | 10:00 AM | 37th HMRRC Winter Marathon | University at Albany | Dana Peterson – Ken Kiemp | peterson@albany.edu |
| 3/6 | 10:00 AM | 11th Runnin' of the Green (Island) 4 Miles [GP] | Green Island | Ed Gilen | edgilen7@aol.com |
| 3/27 | 9:30 AM | 1st Annual Firefighters Run for your Life | Central Park | Brian Demarest | sbdemarest@hotmail.com |
| 3/28 | 11:00 AM | The Adirondack Runners 34th Annual Shamrock Shuffle 5-Mile Road Race | Glens Falls High School, 10 Quade St | Kevin M. Sullivan | ksullivan@queensburyschool.org |
| 4/3 | 10:00 AM | 16th Annual Rabbit Ramble 4 Miler Run | Guilderland High School | Phil Carducci | rabbtramble@nycap.rr.com |
| 4/11 | 9:00 AM | 22nd Delmar Dash 5M (GP under 40) | Bethlehem Middle School | Marcia & Tom Adams | madams01@nycap.rr.com |
| 4/17 | 9:00 AM | Peppertree 3rd Annual Furrry Fun 5k Run/Walk | University at Albany | Catherine Kunz | catherinekunz@hotmail.com |
| 4/17 | 10:00 AM | Dodge the Deer 5k and Kids Races | Schoodack Island State Park | ARE Event Productions | info@areep.com |
| 4/24 | 9:00 AM | 30th Annual Bill Robinson Masters 10K (GP40+) | Guilderland High School | Jim Tierney | runnerjmt@aol.com |
| 5/1 | 9:00 AM | 5K Wellness Run/Walk | Monticello High School | Douglas Murphy | dmurphy@K12mcsd.net |
| 5/9 | 10:00 AM | Habitat for Humanity Annual 5k Race Casa Dolce Casa | 1957 Foster Avenue | JennaLee Wright | wright.jenna@yaho.com |
| 5/9 | 10:00 AM | 36th Mother's Day 3.5 Miler | Hamagrael School Delmar | Sharon Boehke & Jim Tierney | sharonruns@mindspring.com runnerjmt@aol.com |
| 5/20 | 6:25 PM | 34th Workforce Team Challenge 3.5 Mile | Empire State Plaza Albany | Pete Newkirk | pnewkirk@newkirk.com |
| 6/5 | 9:30 AM | Run with the Trojans | Colleen Road | Brad Lewis | bradlewislawncare@gmail.com |
| 6/12 | 9:00 AM | 12th Annual Kinderhook Bank OK 5k | Kinderhook | Dan Curtin | curtin@berk.com |
| 6/12 | 8:30 AM | OK 1 Run (1 mile Kid's Run) | Kinderhook | Dan Curtin | curtin@berk.com |
| 6/13 | 9:00 AM | 39th Distinguished Service Race 8 Mile [GP] | Univ at Albany – Day of Race Signup only | Mark & Angela Warner | mwarner1@nycap.rr.com |
| 6/20 | 9:00 AM | Community Resources Father's Day 5K Run | The Crossings Colone | Will Dixon – Randy Goldberg | fathersdayfivek@yahoo.com |
| 6/26 | 9:00 AM | 5th Annual Valley Cats Home Run 5K | HVCC Campus – Joe Bruno Stadium | John Haley – Megan Leitzinger | j.haley36@yahoo.com |
| 7/6 | 6:15 PM | The Colonie Mile [GP] | Colonie HS Track – Day of Race Signup only | Ken Skinner | kennysking@earthlink.net |
| 7/14 | 6:15 PM | HMRRC Two Person Relay 6 X 1 Mile | TBD | Pete Newkirk | pnewkirk@newkirk.com |
| 7/18 | 9:00 AM | Dippikill Froggy Five Mile | Warrensburg | Albany Running Exchange | info@areep.com |
| 7/21 | 6:15 PM | 37th HMRRC Hour Run | TBD | Doug Bowden | bowden@nycap.rr.com |
| 7/28 | 6:15 PM | 35th HMRRC Pentathlon | TBD | Todd Mesick | toddmesick@yahoo.com |
| 8/1 | 9:00 AM | 15th Indian Ladder Trail Run 15K & 3.5 Mile | J.B. Thacher State Park | Mike Kelly | mjkhome@verizon.net |
| 8/1 | 12 Noon | HMRRC Club Picnic | J.B. Thacher State Park | Cathy Siwinski & Marcia Adams | csiwinski@nycap.rr.com madams01@nycap.rr.com |
| 8/2 | 6:30 PM | Tawasentha XC 5K #1 | Tawasentha Park Guilderland – Day of Race only | Josh Merlis | josh@albanyrunningexchange.org |
| 8/9 | 6:30 PM | Tawasentha XC 5K [GP] #2 | Tawasentha Park Guilderland – Day of Race Only | Josh Merlis | josh@albanyrunningexchange.org |
| 8/16 | 8:30 PM | Tawasentha XC 5K #3 | Tawasentha Park Guilderland – Day of Race only | Josh Merlis | josh@albanyrunningexchange.org |
| 8/28 | 9:00 AM | 13th Annual Altamont 5K Run | Altamont | Phil Carducci | altamont5k@nycap.rr.com |
| 9/6 | 9:00 AM | 22nd SEFCU Foundation Labor Day 5K [GP] | Harriman State Office Campus | John Parisella | jparisella@nycap.rr.com |
| 9/19 | 9:00 AM | 39th HMRRC Anniversary Races 2.8 & 5.6 Mile (5.6 GP) | SUNY/Albany – Day of race signup only | Pat Glover | pglover@aol.com |
| 10/3 | 10:00 AM | 31st Voorheesville 7.1 Mile | Voorheesville Town Park – Day of race signup only | Jim Thomas – Russ Hoyer | jth430@verizon.net |
| 10/10 | 8:30 AM | 28th Mohawk Hudson River Marathon [GP] | Central Park Schenectady | Cathy Siwinski | csiwinski@nycap.rr.com |
| 10/10 | 8:30 AM | 9th Annual Mohawk Hudson River Half-Marathon Presented by the USMC Reserve | Colonie Town Park | Rob Siwinski | csiwinski@nycap.rr.com |
| 10/23 | 10:00 AM | 2nd Annual Race Away Stigma 5K Race & Fun Walk | Hudson Valley Community College | Michael S. Washco | m.washco@hvcc.edu |
| 10/31 | 9:30 AM | Hazy Gorilla Half Marathon and Squirrelly Six Mile | Voorheesville Town Park -- Day of race signup only | ARE Event Productions | info@areep.com |
| 11/14 | 9:00 AM | 35th Stockade-athon 15K [GP] | Central Park Schenectady | Vince Juliano | hamletbryans@nycap.rr.com |
| 11/21 | 10:00 AM | HMRRC Turkey Raffle Run 1 Hour | The Crossings – Colone | Al Maikels | afmcpa1040@yahoo.com |
| 11/27 | 10:00 AM | 3rd Annual Run Off That Turkey - Trot 5K | Altamont | Phil Carducci | holidayclassic@nycap.rr.com |
| 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

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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!*