

The Pace Setter

May 2011

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



Freihofer's
33rd run for women
Join the Sisterhood.

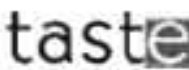
**Register now for the 33rd Freihofer's Run for Women
on Saturday, June 4th, 2011.**

To help set the pace for another record field, we are giving away iPod nanos to three lucky registrants! For every 1000 entries we will randomly draw another winner. The earlier you register, the more chances you have to win. We are also holding a drawing for a spectacular grand prize after registrations close.

So don't miss out. Register now and be part of the Capital Region's premier running event.

For more information or to register, visit www.freihofersrun.com.

The world's only 5K road race to hold the IAAF's prestigious "silver" label designation.



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— **Profile of a Runner**

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— **Short Circuits**

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— **Kopac's Korner**



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

The Pace Setter

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

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by Jon Rocco

The sport of running tends to be a pastime where its participants seem to thrive on statistics of the moment as well as having the opportunity to look back on them to analyze and compare. It is the 40th year of the HMRRRC and a steady trail of statistics, records, and history is out there for all to view, enjoy and reminisce about.

At the UAlbany gym lobby (track side), you can find the large HMRRRC Hall of Fame plaque listing all 22 inductees. Additionally, there are four plaques recognizing the female and male winners of the Masters 10K, now in its 31st year. The plaques include the winners from 1989-2000 during the period when the race was named after the late Tom Robinson and 2001 to the present with the race being named after Bill Robinson.

The Pace Setter magazine provides a nice look back in history in its monthly "Been There, Done That" column compiled by Mike Becker. It takes a look at events of the given month as to what took place in 5 year increments going back 35 years in time.

If you are looking for endless hours of statistics, records, and history just visit the club's website by logging on to www.hmrrc.com and seek out the 'members only' section. Ed Neiles has built and maintained quite a library of things over the decades. One can access past Pace Setter magazine issues going back from December 2008 to the present. The site contains the names of all of our past officers going back to the original roots of the club. All of our 49 Distinguished Award Winners from 1972-2010 can be seen as well as the full class of Hall of Fame inductees noting their accomplishments. The most in-depth section takes a look at records and race histories. Here you can find past Grand Prix Winners going back to 1982, notable fast marathon times of our local men and women, as well as a list of United States Champions with local connections. There are decades of histories for over 40 events, showing past winners, number of finishers, important footnotes, records, and much more. A photo gallery of various club races going back to 2006 is also there for casual viewing and certainly will be fun to look back at in the years to come.

I would be willing to bet that nothing gets looked at more times or 'studied' longer than the results section. I am sure you have noticed this at races when runners are hovering around the patient volunteer or timing person

trying to get results posted up. Then there is the crowd of people in front of you who seem to be memorizing the results while you are just trying to see how you placed in your age group. We have race results from events all over the Capital Region and beyond that our members participate at. In 2010 alone, results from nearly 250 events were posted on the site with the majority going up the day of or weekend of the race. We are also in the process of manually updating the results archives for club races going back from 1996 to 1971. Prior to this year, the results archives had gone back to 1997. Stay tuned and be sure to check back for results updates to be added.

I certainly can't close out my May Message without mentioning our #1 participant club race that is also rich in history, beginning in 1980. If you are looking to participate in the biggest race between New York City and Utica, then look no further than the CDPHP Workforce Team Challenge. The May 19 race, in its 32nd year, will be held on its traditional Thursday evening starting at 6:25pm.

Although Albany becomes 'Alive at Five' for a whole summer of Thursdays weeks later, the annual 3.5 mile run seems to kick things off for the summer season in downtown Albany. I was able out to reach out to the mayor for his take on what the event brings to the city. "I am extremely proud of the efforts put forth by organizers of the CDPHP Workforce Team Challenge to not only bring thousands of runners to the downtown area of our Capital City, but also to encourage exercise and teamwork in the corporate environment," said Albany Mayor Gerald D. Jennings. "This annual event has a positive impact on downtown Albany- it is part of what makes our All-America City so unique, and I am looking forward to another successful race."

If you were unable to twist your co-workers arms hard enough to form a team to participate in the event, let me remind you that a big race needs big volunteers. I hope to see you there!

□

NOTICE



All HMRRRC members are invited to attend monthly club meetings, held the second Wednesday of every month. All meetings are held at the Point of Woods Recreation Center and start promptly at 7:30 p.m. Point of Woods is located at the junction of Rt. 155 and Washington Ave. Ext. in Albany. Head West of this junction to entrance road of Point of Woods on your left. Follow entrance road to a "T", turn left and then take first right. Recreation Center is directly ahead at end of this road on your right.



What's Happening in May

by Al Maikels

The HMRRRC has two races on its schedule for May and they are each 3.5 miles long. That is where the similarities end, as the races are otherwise quite different. The 31st Annual Mother's Day race leads off on Sunday, May 8 at 10 am at the Hamagrael School in Delmar. This is a low key race that has between 100 to 150 participants. This race is for women and their children and is used by many women as their "tune up" for the Freihofer's Run.

The other 3.5 mile club race in May is the largest and most name changed race in the Capital District. The GHI Workforce Team Challenge will be held on Thursday, May 19 at 6:25 pm at the Empire State Plaza. This is also the 31st running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge. The Workforce Team Challenge is a 3 and one-half mile race and is run as a team competition open to employees of local businesses and government agencies. If your place of employment has a team, sign up. If there isn't a team, organize one. If all else fails, get a group of people together, or just your own self and volunteer for the race. The GHI race is the major fundraiser for the HMRRRC and with over 8000 runners expected the event can always use the help.

31 years seems to be another common theme for May as the Bob Smith Challenge 5 Mile Run celebrates its 31st running on Sun-

day, May 22 at the Green Meadow Elementary School in East Greenbush.

There are a number of 5k races to be found on the May schedule. This year marks the tenth running of Sean's Run, a 5k race set for Sunday, May 1 at 1pm at the Chatham High School. The Cherry Blossom Race for ALS is set for Sunday, May 15 at the Congregation Gates of Heaven in Schenectady with the 5k scheduled for 10:15am.

The best race value in the area is the Voorheesville Memorial Day races. There is a 2-mile race on the roads and a 15k that goes off the roads for 2 miles of fun in the Indian Ladder apple orchard. The races begin at 12 noon on Saturday, May 28. The post race festivities include two of the major components of the food pyramid, beer and hot dogs.

The Woodstock 5k and 15k races, held on Memorial Day, Monday, May 30 are also a personal favorite. These are also low-key races, with well-organized, friendly people and, note the common theme, a beer truck at the refreshment area. There is always a contingent of HMRRRC members at this race, and all seem to have a great time.

Race applications for all of these events should be found in the April or May *PaceSetter*.

The club business meeting for May will be Wednesday, May 11 at 7:30pm at the Point of Woods Clubhouse at the end of the Washington Ave Extension. □

Why Else Would You Race in Albany During The Month of February?

HMRRRC Grand Prix Race #2, Winter Series #5 – 10 Miler

The Hudson Mohawk Road Runners Club's annual Grand Prix series challenges even the most ardent and dedicated runners throughout an entire calendar year to perform at a top level to win the coveted Grand Prix award. The HMRRRC Grand Prix is a series of twelve races of differing lengths in which points are awarded based upon a runner's finish, gender and age group. Runners score their top six results. Traditionally, the contest among HMRRRC members to win the Grand Prix is hotly contested and 2011 looks to be no different.

The Winter Series 10 mile race took place on February 2, 2011 and it was the second race in this year's series. Early that morning the roads and sidewalks on the SUNY and state office campus were covered in a sheet of ice but by the time the race start arrived, thankfully most of it had melted. It was also a sunny day, which always makes those loops around

the state campus somewhat bearable.

The top finishers of the 10-miler were Roxanne Wegman (1:05:20) and Tom O'Grady (57:22). I remember seeing Roxanne and Tom at the start of the race. That was the last time I would see them that day. After finishing in third place in last year's Grand Prix Women's Open category, it looks like Roxanne is aiming for the top spot, taking first place and maximum points in the first two races. Tom seems to be charting a similar course. After being edged out by another terrific runner, Chuck Terry, in 2010, Tom has now collected a total of 22 out of a possible 24 points after just two events.

Other top Grand Prix finishers at the 10-Miler included Shelly Binsfield, Emily Bryans, Martha DeGrazia, Susan Wong, Chris Mulford, Ahmed Elasser, John Noonan, Paul Forbes and Wade Stockman. Elasser, Stockman, Bryans, DeGrazia and Wong finished at

or near the top of last year's standings and look like they are in top form again in 2011. Several of last year's top finishers also posted solid results during the ten-miler, including Gretchen Oliver, Sally Drake, Anne Benson, Eamon Dempsey and Ernie Paquin.

Even on the best of days when I run the loops of the state office campus I wonder "what the heck I'm doing out here?" In Albany's winter months, I think many runners take advantage of HMRRRC's Winter Series races to stay somewhat fit and maintain some base mileage. For a few of our area's elite runners, however, racing hard around those loops in early February is part of their plan and goals for the year. One of these goals is the honor of being an HMRRRC Grand Prix Winner. Congratulations again to Roxanne and Tom and to all of the finishers of this year's Winter Series #5. Lastly, thank you to Patrick Lynskey and his team of volunteers for braving the conditions and putting on a safe and fun day of races. □

Surviving Winter Running

by Connie Smith

Faced with wind chills in double digits, temperatures hovering around zero degrees, and a steady barrage of ice, snow, freezing rain or the like, surviving the winter of 2011 as a relative newcomer to outdoor running would never prove more difficult.

As a Boston Marathon 2011 entrant, The New Year's Day "Hangover Half" auspiciously kicked off my training program. On a downright balmy day, many of the record number of participants wore shorts and left jackets and gloves behind. But January soon devolved to its typical status of one winter weather advisory after another, after another. The treadmill became essential in allowing me to retain my mandated weekly mileage, but mercifully, my running group had the power to lure me out into the arctic elements. Reminding myself to buck up, play hard or go home, I would throw my neon winter gear, bank robber face mask and headlamp into my duffle on the mornings of team workouts. During the day, the second guessing head games would begin and alternate treadmill plans made in my mind (sometimes accompanied by a probing text to see if others were ditching the group run). Then the ritual of layering up, driving to the meeting spot, and greeting the huddled mass of runners was akin to diving into water - there was no turning back. "Numbed-over" limbs initially made the warm-up sheer torture. Through shivering frosty breaths, however, connecting with my teammates was the diversion I needed to relax. Thoughts of fireplaces and comforters gone, the warm-up gave way to the actual workout. In my opinion, winter running has been telling, with more self imposed mental obstacles than true physical tests. Kudos to all of you in my running groups (Utopia, Stryders, ARE) who helped me buck up and stay the course. □



36th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACE

PLUS

Children's Races - Fun Walk

MEMORIAL DAY CELEBRATION SATURDAY, MAY 28, 2011

Schedule:
10 A.M. Memorial Day Parade
11 A.M. Children's Races
12:00 P.M. 15 KM (9.3 mile) Race
12:10 P.M. 3.2 KM (2 mile) Race & Fun Walk

15 KM Course: Accurately measured; mostly flat; 2 miles of race in an apple orchard; loop course; starts at the Voorheesville American Legion.

Registration: 9:30 A.M. – 11:00 A.M. Voorheesville Ambulance Area.
Dressing facilities not available.

Awards:
15 & 3.2 KM Races - Trophy for 1st 3 places in each division
1st 125 finishers in each race receive a souvenir
Children's races (50 -100 yards according to age & sex) - no entry fees.

Entry Fee: For 15KM & 3.2KM: \$5.00 by mail before May 21st; \$6.00 on race day.
Send Entries to: Herbert W. Reilly, Jr.
22 Voorheesville Avenue
Voorheesville, NY 12186

Refreshments for all distance runners at the Voorheesville American Legion

Official Entry Form

Name: _____ Age (as of 5/28/11): _____ Phone: _____

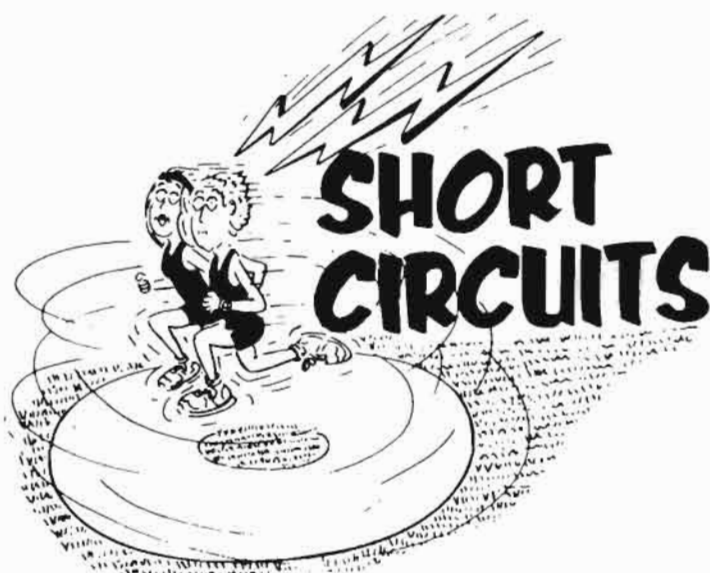
Address: _____ City: _____ Zip Code: _____

15 KM Race : Men's Divisions : _____ Open _____ High School _____ Sub Master
_____ Masters _____ Seniors _____ 60+
Women's Divisions : _____ Under 40 _____ 40 and Over

3.2 KM Race: Boy's Divisions: _____ Grade School _____ Grades 7 & 8 _____ Grades 9-12
Men's Divisions: _____ 18-29 _____ 30-39 _____ 40 & Over
Girl's Divisions: _____ Grade School _____ Grades 7 & 8 _____ Grades 9-12
Women's Divisions: _____ 18-29 _____ 30-39 _____ 40 & Over

In consideration of acceptance by the sponsors of my application to participate in the Voorheesville 15 KM race or the 3.2 KM race, I hereby record my recognition that participation in said race is undertaken at my own risk. I hereby release the sponsors and landowners from any and all liability or responsibility owing to or on account of any injury or physical illness which may occur attributable to my participation in said race. I am physically fit.

Date: _____ Signature: _____ Parent's Signature: _____
(If entrant is under 18 years of age)



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

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



A sumo wrestler from the US has broken the world record for the Heaviest Person to Complete a Marathon. Kelly "Fat Man" Gneiting, from an Arizona Navajo reservation, weighed in at 400 lbs. and recorded a time of 9:48 in the LA Marathon in March. He lost only 4 lbs. during the race. Gneiting jogged the first eight miles and walked the final 18, saying afterward that he lost track of where he was after mile 10 because he felt delirious.



Fat man in his usual garb

Oscar "The Blade Runner" Pistorius, the 24-year-old double amputee sprinter born without fibulae in both legs, has run a 400 meter qualifying time for the Olympic Games in London next year. If selected by the South African Olympic Association, the man who runs with two prosthetic limbs and carbon fibre blades for feet will become the first amputee sprinter to compete at the Olympics.



Blade runner headed for London?



Fat man does LA

Galen Rupp turned a lot of heads at the NYC Half Marathon by wearing a mask during the race which formed a tight seal around his breathing orifices. Supposedly, the mask raised the temperature of his intake air, which reduced his body's effort to warm such air. The temperatures during the race were in the 30s. Rupp finished third in 1:00:30 with 5K splits of 15:05, 14:27, 14:04, 13:53.



The Central Park Bandit



He ain't heavy...

22nd Annual
RUN IF YOU D.A.R.E.
5K Road Race and 1 Mile Fun Walk
Wednesday, May 25, 2011 – 6:30 p.m.
“Drug Abuse Resistance Education”

CORPORATE SPONSORS:

Jack Byrne Ford & Mercury, The Connors Agency, End Zone, DeCrescente Distributing, G.A. Bove & Sons,
McDonalds, Tres Jolie, Mechanicville PBA, Mechanicville Country Living Center,
Downtown Health & Fitness, Wever Petroleum, DeVito-Salvadore Funeral Home, Val's,
Carola, Bagnoli & Tollisen, Attorneys and Counselors at Law, Toyota and Scion of Clifton Park,
Charles F. Dyer & Sons, Burrello Construction, Inc., Fred & Renee DeCelle, The Vermilyea Family,
Legends Barbershop, Kearney's Service Center, Garone's Concrete Pumping,
Mechanicville Teacher's Association

- Location:** 40 North Central Avenue, Mechanicville
- Entry Fee:** T-Shirt to first 300 entrants and refreshments.
\$20 adult, \$15 16 and under
Make check payable to: "Run If You D.A.R.E."
Entries Must be Received by Tuesday May 24, 2011.
- Race Packet**
- PickUp:** Tuesday, May 24; Wednesday, May 25 from 9a.m. to 5:30p.m. at
The Connors Agency, 40 Central Avenue, Mechanicville, N.Y. 12118
- Course:** Flat, residential area, paved, mile markers, water stations, TAC Sanctioned.
Course map included with Race Packet.
- Categories:** 11 and under, 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus Open
and (Road Race Only) Wheelchair. *DARE OFFICER*
- Awards:** Trophies to first M/F finishers of road race, and to first M/F of each category.
Silver Medals to second place M/F of each category.
Bronze medals to third place M/F of each category.
- Group**
- Challenge:** Open to members of any group, business, corporation, or organization with the
most participants in the walk/run.
Plaques for 1st, 2nd, and 3rd place.
- Course Records:** Mark McKenzie 14:57:68 Amy Herold-Russom 16:35:43
- Ceremony:** Awards ceremony at the finish line immediately following the race.

SEND ENTRIES TO: The Connors Agency, P.O. Box 71, 40 No. Central Avenue, Mechanicville NY 12118.

OFFICIAL ENTRY BLANK

Name: _____ Group: _____

Address: _____ Sex: (M) (F) Age on Race Day _____

_____ Email Address: _____

_____ Phone: _____

Circle for T-Shirt size: (Adult) SM MED LG XL Circle as applies: RUNNER WALKER

I waive any rights and claims for damages I may have or may incur against "RUN IF YOU D.A.R.E.",
City of Mechanicville, and any of the sponsors or volunteers.

Signed: _____ Guardian Signature: _____ (if Under 18)

"BEEN THERE, DONE THAT"

by Mike Becker



May 1976...Thirty Five Years Ago

- A 15K cross country race is held in Voorheesville on the 29th. Carlo Cherubino runs a 48:36 to beat Wayne Roe by 34 seconds. Also running good times are Bob Oates, Paul Rosenberg, Bill Shrader, Jr., Lowell Montgomery, and Gage Hotchkiss.

- Burke Adams is profiled. He was one of the club founders and was honored with the Distinguished Service Award in 1973. He was a good basketball and baseball player in school and as a young adult. He started jogging in 1971 and began competitive running after meeting Bill Shrader, Jr. His best performances are a 1:44 in the 25K Bankathon and a 3:13 in the club marathon a few weeks before. He also ran a 3:18 at Boston and has a goal to run a sub-3:10 marathon.

May 1981...Thirty Years Ago

- Jennifer Wolff directs the first annual Mother's Day 3.5-mile race in Slingerlands on the tenth. The day was warm and humid for the 188 finishers, 59 of whom competed in their first race. Monika Oesterlin runs a 22:40 to beat Maureen McLeod by 41 seconds. Also running good times are Casey Ahearn, Chris Cashin, Sue Cohen, Kathy Keenan, and Anny Stockman. Sue and Amy Cohen are the top mother-daughter team with a total of 54:07.

- Just 21 runners compete in races of one, three, and six miles at SUNYA on the 16th. Chester Tumidajewicz runs a 36:50 in the six-miler to edge Steve Sweeney by 36 seconds. Ken Girodias and Brian Hall win the three and one-miler, respectively.

- Mike Kelly wins a 10K race in Kinderhook on the 17th with a 33:31, 22 seconds ahead of Fred Kitzrow. Maureen McLeod runs a 42:08 for female honors.

May 1986...Twenty Five Years Ago

- Don Cohen directs the Masters Championship 10K in Guilderland on the third. Pete Van Garderen runs a 35:20 to beat Lee Wilcox and Paul Murray by less than a minute. Nancy Gerstenberger is top female with a 46:26.

- Diana Richburg runs a brisk 19:28 to win the Mother's Day 3.5-miler in Delmar on the 11th. Places two through six go to Denise Herman, Inge Stockman, Maureen McLeod, Ann Michalek, and Anny Stockman. The Stockmans win the mother-daughter crown for the fifth consecutive year.

- Ed Thomas writes an article listing all runners who have been profiled in *The Pace Setter* from 1975-86, approximately 110 runners or couples. Ed also includes a profile quiz!

- On the 26th, Tom Dalton captures his fifth consecutive Manny Hanny Corporate Challenge 3.5-miler at the Empire State Plaza with a 17:12. Denise Herman runs a 20:24 for her third consecutive title. Top teams are Travelers Insurance (male), Saratoga Schools (female) and Albany Med (co-ed).

May 1991...Twenty Years Ago

- Judi St. Hilaire wins her second Freihofer's Run For Women 5K on the fourth with a 15:41. The top local finisher is Lori Hewig with a 16:31, good for 13th overall. Nancy Egerton wins the 10K with a 38:06, the last time the 10K was part of Freihofer's.

- The New York State Hospitality and Tourism Association's seventh annual Run for New York is held on the seventh. A record 505 participants run the two-miler at the Empire State Plaza with Lance Davidson running a 10:06 to beat Tom Bulger by ten seconds, and Lori Hewig running as 10:57 to beat Amy Herold-Russom by over a minute.

- Rich Coughlin wins his third Manny Hanny Corporate Challenge 3.5-miler on the 16th with a 17:16. Julie Litoff is top female with a 21:41. GE takes the male and female teams with Albany Med taking co-ed team honors.

May 1996...Fifteen Years Ago

- Eighteen-year-olds Matthew VanDeusen and Heather Stockton win the Law Day 5K Run in Washington Park on the first with times of 17:25 and 19:30, respectively.

- Nearly 600 runners come out for the Bruegger's Bagel 5K and 10K runs on the fifth in Albany. Tom Dalton wins the 5K with a 15:18, and Nicole Herring is top female with an 18:59. Lori Hewig wins the 10K with a fast 34:14. Top male is Jeremy Wilson with a 36:22.

- Fifteen-year-old Jennifer Fazioli wins the Mother's Day 3.5-miler on the 12th with a 20:39, nearly a minute ahead of Linda Kimmey.

May 2001...Ten Years Ago

- Nick Conway and Lori Hewig are winners of the Neighborhood Challenge 5K at the Albany Med South Clinical Campus on the fifth. Conway runs a 15:40 to beat Peter Flynn by 18 seconds, and Hewig runs a 17:37 to beat Vikki McKane by over a minute. Elaine Humphrey wins the Walk division.

- Vikki McKane wins the female division of the London (Ontario) Life Marathon with a 3:06 on the 13th.

- Judy Guzzo, Chris Varley, and Denise Herman are the top finishers in the 21st Annual Mother's Day 3.5-miler in Delmar on the 13th.

- Peter Flynn runs a 17:18 to edge Tom Dalton by three seconds in the Chemical Bank/Chase Corporate Challenge 3.5-miler on the 24th. Emily Bryans runs a 19:26 to beat Molly Mitke by over two minutes. General Electric are the top men's and co-ed teams, and Newkirk Products takes female team honors.

- Kimberly DeRocco and Charlie Casey win the 15K Memorial Day race in Voorheesville on the 26th with times of 66:42 and 53:58, respectively.

May 2006...Five Years Ago

- Jim Sweeney and Eileen Combs are winners of the Troy Literacy Run 5K on the seventh with times of 16:11 and 17:55, respectively. A total of 293 runners finished.

- Jill Perry, Judy Guzzo, and Mary Buck are the top finishers in the 26th Annual Mother's Day 3.5-miler in Delmar on the 14th. Judy Phelps and Gina Burnetter are the top mother/daughter team.

- Dana Peterson and Lou DiNuzzo are winners of the GHI Workforce Team Challenge 3.5-miler on the 18th with times of 21:40 and 17:51, respectively. GE again wins male and co-ed team honors, with Albany Med taking the female team title.

- Jim Sweeney and Eileen Combs are top local male and female at the Vermont City Marathon on the 28th. Sweeney runs a 2:37, and Combs runs a 3:10. Sweeney's time is good for seventh overall in the 2,495-person field. □

Editor Position Open at *The Pace Setter*

Volunteer position soliciting, reviewing and writing articles about the local running and racing scene for *The Pace Setter* magazine.

Responsible for assigning relevant topics to fellow runners/writers who would like to share their experiences with the road and trail running community, with an emphasis on finding people to write stories about all club races and events.

Average time commitment is approximately 8-10 hours every month.

The ideal candidate is someone who is already active or would like to be more active in running and/or races in the Capital region. Interested applicants can contact the Managing Editor at pseditor123@gmail.com.



13th Annual Kinderhook Bank

OK 5k

Saturday — June 11, 2011 — 9:00 AM

2011 USATF Adirondack Grand Prix Road Race

Certified 5K
Chip Timed

Start & Finish: Kinderhook Village Square (Route 9). Walkers welcome.

Registration

Web www.OK5krace.org or form below. email: ok5krace@hotmail.com

Entry Fee
(5K Race)

\$15.00 before June 3rd. \$20 June 3rd and after
\$13.00 KRC Members before June 3rd. \$20 June 3rd and after
\$12.00 Students on or before June 3rd. \$20 June 3rd and after

Packet Pickup

Friday, June 10, 5:00-7:00 PM, Kinderhook Bank Lawn - Village Square
Saturday, June 11 - Village Square - 7 - 8:30 AM. **No Race Day registration after 8:30**

Awards

Age Groups and 3 Member Teams - New - 70-74, 75-79 and 80 and greater age groups added. **No Race Day Registrations for Teams.**

USATF

Membership # required for USATF Scoring. Go to www.usatfadir.org or 518-273-5552

OK 1 Mile Run
Ages: 4 to 12

Sponsored by: **FairPoint Communications**
New Time - 8:15 AM - Finishers' Medals for all. Starts in Village Square. Fee: **\$2.00**
- Medal to winner in each 1 year age group

Ages: Under 6

8:40 AM - Reading Ramble - Free 50 & 100 Yard Dash. Meet @ Kinderhook Memorial Library for same day sign up.

Food Pantry

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

RACE APPLICATION FORM

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

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

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

5K RUNNERS ONLY, INDICATE PREFERRED SIZE FOR SHIRT:

☐ SMALL ☐ MEDIUM ☐ LARGE ☐ EXTRA LARGE

Age on Race Day _____

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

Street _____

City _____ State _____ Zip _____ Phone _____

Male ☐ Female ☐ KRC Member Circle One: Y N USATF # _____

Email address _____

FOR TEAM MEMBERS ONLY:

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

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

Signature _____

Date _____

Signature of Parent (if under 18) _____

Date _____

You Can't Run Home Again

by Bob Kopac

Lynne and I decided to do a road trip to Ohio for the Youngstown Peace Race 10K in our hometown. The Peace Race had started up 2 years after we had left Ohio, and now, many years later, we finally were going to run the event.

I had my running excuses prepared. I had my old standby of 2 artificial hips and Hallux Rigidus (arthritis in both big toes). And, the piece de resistance: I was recuperating from a sprained ankle due to an ill-considered attempt at trail running a few weeks earlier.

Lynne and I decided to enhance our Mid-Hudson Road Runners Club uniforms, with Lynne wearing pink fingerless gloves and a pink flower in her hair and I wearing my Woodstock '94 headband. After all, it was the Peace Race. Groovy, man.

We agreed to follow the Pirates of Caribbean rule: He who falls behind, gets left behind. The last time I used that rule was when I ran the Niagara Falls 10K with my friend Andrea, where she left me behind at the 8K point. The Peace Race started, and Lynne left me at the 1K point. Aaarrrrr! Hang the rules. They're more like guidelines anyway. I tried to keep sight of Lynne as she inexorably drew away. I looked to see if astronomers were correct that there would be a red shift, but Lynne was wearing running clothes and not a red shift.

The course soon left the city streets and entered Mill Creek Park, which consists of 5 connected lakes with thick woods on either side of the waterway. Passing the Old Mill and its scenic waterfall, I dodged falling leaves that perhaps had been shaken from the trees by the breeze of the passing runners or else by my gasping for breath.

When I passed a timing clock at the first mile, I was shocked at my pace: it seemed improbable that I could run that fast on a sprained ankle wrapped in a Velcro bandage contraption. It was due to the first mile being downhill. I had gotten caught up in the pace of my fellow runners, which was a mistake. I realized I should slow down, but I did not. Running makes you dumb, and the longer you run, the dumber you become.

It seemed the first half of the race was completely downhill. At the halfway point, I was alarmed at my time because I realized that what goes down, must go up at a far slower and very painful pace. I soon learned I had cause for worry, as the second half of the race had some serious uphill.

As I struggled up one of the hills, a fellow sufferer asked if I had oxygen in my CamelBak. He was one-third correct. Perhaps other runners thought it was excessive of me to carry water, but that was before they discovered that the first water stop was not until halfway through the race. With the unexpected heat that day, my fellow runners said they wished they were carrying water. I did not offer them any.

At one point a band played stirring music



to help distract the runners from the pain. I needed bands for the entire second half of the race! I finally distracted myself by striking up a conversation with a runner named Betsy. We talked about how long each of us had been running and about her training and my lack thereof. She recommended compression tights to help reduce lactic acid, but, based on the amount of lactic acid I was developing, I would have needed ones tight enough that would make my legs look like sausage links.

We finally left the park and approached the bridge spanning the Mahoning River. I thought it cruel to have such a steep bridge near the end of the race, but the only other way to cross the river would have been to turn the race into a duathlon. After crossing the bridge, I ran down the street to the finish line at Federal Plaza, Betsy ahead of me by scant seconds. I would like to say I graciously let her cross the line ahead of me, but in truth she beat me. Maybe I should buy compression tights.

Lynne was waiting for me at the finish line. She had set a 10K PR by over 4 minutes, breaking an hour in a 10K for the first time ever, in a time of 57:52. I had attributed her previous week's Columbus Half Marathon PR – a PR also by over 4 minutes – to 1 of 2 things: either gravity is weaker in Ohio, or else the elective surgery to remove her ovaries caused Lynne to weigh less and thus run faster. Now, based on my finishing time, gravity did not appear to be weaker in Ohio, so her PRs must be due to her surgery. I will have to figure out what body parts I can have removed surgically to lessen my weight. I will not consider that her PRs might be due to her relentless training.

I finished in 61:45, but please remember all of the pre-race excuses I had taken so much time to assemble. I wished I had run the race years ago in my prime before my hip replacements and my Hallux Rigidus, not to mention my sprained ankle. But then I remembered a T-shirt with the saying: "The older I get, the faster I was." How true. I guess I can't run home again. □

Profile of a Runner

RITA RAMOS



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

I am an events manager for an engineering company. I am 23 years old. My hobbies are running, photography, dog training and traveling.

When and how did you get started running?

I have been a runner my whole life. I started competitively running just over a year ago. Prior to this, I would run to keep in shape, but not for the competition.

How do you train? Do you have training partners?

I train with my husband Manuel. We are about the same speed, so it is always a fun challenge to run together. □



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by **Nike**

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healthylife

Carbs, Protein & Performance

What percentage of my diet should come from carbohydrates? ... Should I exercise on empty? ... How much protein should I eat after I lift weights? ... Is whey the best source of protein?

These are just a few of the questions addressed at the 27th annual meeting of SCAN, the Sports And Cardiovascular Nutritionist's practice group of the American Dietetic Association (www.SCANDpg.org). Over 400 sports dietitians gathered to learn the latest news from prominent sports nutrition researchers. I hope this information will help you choose a winning sports diet.

Carbohydrate Update

Louise Burke, PhD, Director of Sports Nutrition at the Australian Institute of Sport, addressed the following questions:

- What's the best percentages of carbohydrates, protein, and fat for a sports diet: 40-30-30 or 60-25-15?

Neither! A better approach is to define nutrient needs in terms of grams per kilogram (or pound) body weight. For example, the International Olympic Committee developed these guidelines:

Intensity of exercise	g carb/kg body wt	gm carb/lb body wt
Low intensity	3-5 g	1.5-2.5
Moderate (~1 hour/day)	5-7 g	2.3-3.2
Endurance (1-3 hours/d)	6-10 g	2.5-4.5
Extreme (>4-5 hours/d)	8-12 g	3.5-5.5

- How much should I eat during long runs?

--During long runs that last 1 to 2.5 hours, you want to target 30 to 60 grams of carbohydrate (120 to 240 calories) per hour. That's about 1 to 2 gels or 16 to 32 ounces of a sports drink per hour (after the first hour, if you ate a pre-run meal or snack).

--During runs longer than 2.5 hours, consuming 60 to 90 grams of different sources of carbohydrates (such as sports drink, banana, gummy candy) per hour is appropriate, as tolerated. Consuming the higher end of the range (90 g, as compared to 60 g) is associated with greater stamina and endurance.

- How long does it take to refuel from a long, hard training run?

If you eat a carb-rich sports diet, you can replenish depleted glycogen stores in 24 to 36 hours post-exercise (with no running during that time). While it's important to pay attention to your recovery diet, most runners do not need to eat immediately after exercise unless they are doing double workouts. (Soon after exercise, yes; immediately, no.)

- What can I do if I cannot tolerate any food during a long run?

Try mouth swishing with a sports drink.

This sends a message to the brain that energy is forthcoming and you'll feel more energetic. Swishing can enhance performance by 2% to 3% if you are exercising on empty and have not eaten pre-exercise—as often happens with morning runners. (Swishing seems to be less beneficial after a pre-run meal; more research is needed to verify these findings.)

Train low, compete high?

- Should I train with poorly fueled muscles, as a means to teach my body to burn more fat, so it spares the limited glycogen stores?

Training with low glycogen stores ("train low") drives up the metabolic adaptations to burn more fat. By burning fat instead of glycogen, you'll spare the limited glycogen stores. Theoretically, this should enhance stamina and endurance because glycogen depletion is associated with fatigue.

To date, "training low" has been most effective in research with untrained individuals. Training with low glycogen during low intensity workouts might be one way to stimulate the muscle adaptations to burn more fat (and thus spare the limited glycogen stores). But athletes should do their high intensity workouts when they are fully glycogen-loaded. Runners who exercise with depleted glycogen are unable to exercise at high intensity and that may hinder performance.

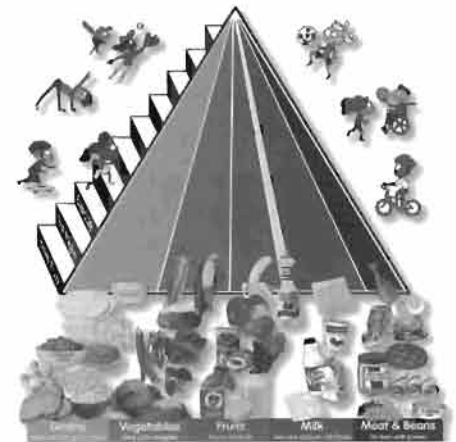
Exercise physiologist and researcher John Hawley, PhD of Melbourne, Australia acknowledged that training low and competing high (i.e. with high muscle glycogen availability) is receiving a lot of attention among serious endurance and ultra-distance athletes. Hawley suggests "train low" should be defined as "train at 50% of resting muscle glycogen, 50% of the time"—and only for selected sessions. Training with low carbohydrate availability can be achieved by exercising with 1) low blood glucose, or 2) low muscle glycogen stores. Both generate adaptations that promote the training response and might be advantageous to competitive endurance athletes. Hawley cautions serious runners who "train low" that this compromises training intensity and may lead to inferior performance during an event, particularly if the athlete needs to do a competitive sprint to the finish. That final sprint often determines who wins the race...

Protein Update

Stuart Phillips, PhD, professor of kinesiology, McMaster University in Ontario, Canada presented an update on protein, answering these questions—

- Do runners need more protein than non-athletes?

While the recommended protein intake for the average American is 0.4 gram protein



per pound body weight (0.8 gram protein per kg), most exercise scientists agree that athletes need a more to optimize muscular development: 0.5 to 0.8 grams protein per pound (1.2 to 1.7 grams of protein per kilogram) body weight per day. However, most active women and men generally consume about 0.55 to 0.65 g protein/lb (1.2 g and 1.4 g protein/kg) body weight per day, respectively. They can appropriately meet their higher need without supplements.

- How much protein do I need after I lift weights?

Consuming 20 grams of protein-rich food (Greek yogurt, tuna sandwich, 16 oz. chocolate milk) after resistance exercise is plenty to optimize the rate of muscle synthesis. Runners should then continue to eat protein and carbs at meals and snacks throughout the day. The highest rate of protein synthesis is 3 to 5 hours post-exercise. This raises the question: Should runners who work out twice a day plan to avoid exercising during that time frame? Remember: The "good stuff" (building muscle) happens during rest and recovery and the "bad stuff" (muscle damage) happens during exercise. Hence, rest is an essential part of a strength training program.

- Should I buy whey protein supplements?

Probably not unless you are a frail, elderly person with a limited food intake. Drinking milk (20% whey, 80% casein) and eating a balanced sports diet can be as effective as whey supplements. Hard, hard work is the basic trigger for stronger muscles!

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes win with nutrition. Her private practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Nancy Clark's *Sports Nutrition Guidebook* and her food guides for new runners and marathoners offer additional information. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com. □

Walgreens Run for Pride 5K Run and Rainbow FunRun

SATURDAY JUNE 11, 2011

Join us for the 2nd Annual "Run for Pride" 5K and
Rainbow Fun Run during Capital Pride 2011!

Show your Pride while supporting the Pride Center of the Capital Region!!

Sponsored by Walgreens and the City of Albany, as part of Capital Pride 2011.
Capital Pride 2011 is produced by the Pride Center of the Capital Region

Race Information:

Saturday June 11, 2011

8am Registration, 9am 5K Race (3.1 miles), 10:00am Rainbow Fun Run 1K (.6 miles)

Start and Finish site: Washington Park Lakehouse, Albany

Course Description: Within Washington Park

Awards: Top 3 Male and Female Overall, Top 3 in each age group, not including winners:

0-20, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

The "Best Use of Rainbow" Award for Fun Run participants, along with other prizes

Awards Ceremony: following the Rainbow Fun Run at the Lakehouse

Registration Information: PLEASE COMPLETE ONE REGISTRATION PER PERSON

Registration is available at Active.com (Fees Apply) or complete the information below and mail to

Pride Center at the address at the bottom of the form. **REGISTRATION DUE MONDAY MAY 30, 2011 AT 5PM**

Name: _____

Address: _____ City/Zip _____

Telephone: _____ Email: _____

Age on race day: _____ Sex: _____

T-shirt Size: All pre-registered participants will receive a t-shirt: S M L XL XXL

Registration Fee: (non-refundable) DUE MONDAY MAY 30 AT 5PM

___ \$15 ___ \$20 day of race

___ Check enclosed; please make payable to: Pride Center of the Capital Region

___ M/C-Visa Card Number _____ Expiration: _____

Signature _____

WAIVER AND RELEASE STATEMENT: Please read and sign

In consideration of this entry, being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against the Capital District Gay & Lesbian Community Council or any of the sponsors involved in the Run for Pride and Rainbow Fun Run. I certify that I am physically able to participate in this event.

Signature: _____

Date: _____

Signature of Parent/Guardian (if under 18) _____

Walgreens
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pridecenter
OF THE CAPITAL REGION

Please send completed and signed form to:
Pride Center of the Capital Region
332 Hudson Ave Albany, NY 12210
Questions? Call the Pride Center at
518.462.6138 / Fax: 518.462.2101

On The Run (again) in North Florida

Part Two: Crossroads

By Greg Rickes

Past the halfway point on my snowbird series, and with a credible effort at the Lanier Bridge run I was hoping I was on the right track, aiming towards a big finish at the Gate River 15K.

It didn't take long for the train to fall off the tracks. A run on the beach at Fernandina went bad at 30 minutes when my right calf cramped up to the point I was walking, again. More stretching, more massage work with my roller, but less running.

Event five was the Ortega River 5 mile. Imagine the Delmar Dash with twice as many runners. This course runs through residential areas, with two bridge crossings. But these are modest bridges, not Lanier style. The first is just about ground level, with sailboats bobbing nearby. By now my confidence was fragile, with a pace to match. Not very satisfying. Coming up on four miles, somewhere around 30 minutes, you can guess what happened – calf muscle tightens up. Slow down even more. Right calf doesn't get any worse. Then the left starts to feel the same, a new and unpleasant sensation. Shuffle along, try to objectively assess the best course of action. Stop or keep going? I decided to keep shuffling. Whatever the shuffle did, it helped. By the finish I felt a little better.

The best part of the Ortega may have been after the finish. Baily's, a local convenience store chain, is a main sponsor. In addition to the usual refreshments they brought their capucino maker, a rare and welcomed treat.

As an antidote to my continuing difficulties I offset less running with more time on the bicycle, but I knew sooner rather than later I needed to increase my distance. With that in mind, I set off down the beach determined to run for an hour, concentrating on time rather than distance. I can't say it was graceful, but the goal was reached. One step forward.

One week until the Gate River 15K and the calendar called for the Nocatee TrailBlazer 5k. This one was something of a misnomer for us northerners. Nocatee is new "planned community" between Jacksonville and St. Augustine. The trails we'd be blazing would not be rocks, roots and dirt, but paved paths through the community greenbelt. How civilized.

Though the entry count was a modest 300, the event featured chip timing, including the start as well as the finish. 1st Place Sports, Jacksonville's leading runners store, is also the predominant supplier of race support services, and Nocatee would serve as a test environment for their latest enhancement: text messaging of split and finish times. Cross the finish line, fetch your cellphone, and your pertinent data was already there waiting for you.

Mile one didn't go badly – my pace was close to the "good old days", though by mile two I was already fading a bit, and by the finish my legs just felt heavy and there was no kick left.



Star of the day was our family's original runner, my wife Debbie. Debbie was part of a medal-winning team in the days of the old Manny-Hanny race (now known as the Workforce Challenge), back when it wound around Empire state Plaza, past the always-convivial crowd at The Grinch.

These days Debbie can't run much due to ankle problems (unrelated to her prior endeavors) but she walks with verve and gusto. At Nocatee it paid off with an award-winning third in her age group, at a pace better than two minutes per mile quicker than just a few weeks previous at the Pirates Run 5k. Well done, and well deserved.

By now the final leg of the snowbird series, the Gate River 15K, was less than seven days away. It was compellingly urgent to get in a run that at least approached race distance. With one day of rest after Nocatee I hit the road. There was still no lightness in my step and nine miles seemed interminable. I wasn't exactly looking forward to the experience that lay ahead, and I didn't have high expectations.

The Gate River Run is a big deal. It's the largest 15k in the country, now approaching 20,000 entrants. It is also a major social occasion for all running clubs in and around Jacksonville. The Amelia Island Runners go all out for this one. They partner with the Florida Striders for a "members only" hospitality area for both pre- and post-race festivities.

This year the AIR stepped it up further, adding a Friday evening al fresco pasta party hosted by the island's fitness emporium, Current Running. Even as newcomers, everyone welcomed us with true Southern hospitality. The collective smiles of excitement and enthusiasm were infectious and I made the commitment to get the most out of this run, focusing on the quality of the experience rather than the statistics.

Saturday morning was, as they say in Florida, "crisp", mid 40s, but crystal clear as we waited for the sun to rise. The hospitality compound not only offered its own "comfort stations" but also complimentary massage. This would literally and figuratively get me off on

the right foot. Going to the starting line I hadn't felt this loose and limber in months.

The Gate Run has a seeding system based on threshold times achieved by each runner, and I was a bit embarrassed to move into my starting group knowing I was not the same runner I was a year ago and unlikely to match the pace of those around me.

With the sun starting to bring warmth and the sky a stunning crystal blue, we got under way. Even with broad avenues for the early stage of the race the pace was more or less determined by the movement of the pack, and I just got carried along with the tide.

The Main Street Bridge is one of the first litmus tests. It's not especially steep but the metal grate surface is disconcerting. As compensation it offers a great view.

Mile three moves the runners into the neighborhoods of San Marco. The avenues are now narrower, but the pack has streamed out too. Running along River Road offers a ground level view of the river, glistening in the morning's light. There's music too, and lots of enthusiastic community support. Unofficial water stops are even more plentiful than the official refreshment havens, and have more variety too, though sausages fresh from the grill and cold beer sound better in theory than practice.

A glance at the clock at 10k gave me boost; my pace was notably better than my last training run. It was time to get in the groove.

As mile 8 approaches, the trademark of the Gate River Run loomed into view. It's the Hart Bridge, aka The Green Monster. I took a last slurp of Gu and vowed not to let the ghosts of runs past intrude on my enjoyment of all the wonderful elements of this day.

As the incline steepened there was a strange echo across the span. It sounded like a platoon of marines counting cadence. I couldn't see them, but their rhythm zeroed in my focus and my resolve. The bridge was not going to beat me. □



RUNNIN' OF THE GREEN (ISLAND)



RUNNIN' OF THE GREEN (ISLAND)



MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, OCTOBER 9, 2011

- Start:** 8:30 a.m. Marathon – Central Park, Schenectady, NY/Half Marathon – Colonie Town Park, Cohoes, NY
- Finish:** Albany Riverfront Park at Corning Preserve, Albany, NY
- To Register:** Online registration and mail in applications available at www.mohawkhudsonmarathon.com. No day-of-race registration. Last year, both races sold out. Register early!
- Host Hotel:** Crowne Plaza, State and Lodge Streets, Albany. Special race room rate of \$104 per night available until room block is filled. Call 1-877-462-4441 for reservations, mention code "DJB"
- Packet Pick Up And Expo:** Saturday, October 8, 2011 • 10:00 a.m. to 6:00 p.m. • Crowne Plaza, Albany
EXPO IS PRESENTED BY ADIRONDACK SPORTS AND FITNESS
PLEASE NOTE: THERE IS NO DAY-OF-RACE PACKET PICKUP.
The Expo will be a U.S. Marine Corp Reserves Toys for Tots collection site. Bring a new, unwrapped toy to the Expo and help kick off the 2011 Toys for Tots campaign!
- The Course:** Flat, fast point-to-point course. The May 2009 Runner's World Magazine named the MHRM one of the top 10 U.S. "Superfast Marathons", because the course helped many runners meet the Boston Marathon qualifying standards! The Half Marathon merges with the Marathon at its half-way point for a scenic run along the Mohawk, then Hudson Rivers. This is your PR course!
- Awards:** **Marathon** – Cash awards (\$750-\$500-\$250-\$150-\$100) to the top 5 male and female finishers. adidas running gear to the top male and female age-group finishers.
Half Marathon – Cash awards (\$375-\$250-\$125-\$75-\$50) to the top 5 male and female finishers.
Commemorative awards to the top 3 male and female finishers in the running and walking divisions and the top 3 male and female age group winners in the running division.

For more info and to register: www.mohawkhudsonmarathon.com or www.hmrrc.com.

HMRRC Members: The marathon is part of the HMRRC Grand Prix Series.

USATF Adirondack Members: The marathon is the USATF Adirondack Association Marathon Championship. Team competition entry form can be found on the race website. Both races are part of the USATF Adirondack Grand Prix Road Race Series. Race registration must include your USATF membership number for Grand Prix scoring. To join USATF, go to www.usatfadir.org.



The Stretching Controversy

One would think with all the research and scientific advancements that are part and parcel of our daily lives the practice of stretching would not, could not generate any controversy. The fact is, one would be wrong.

It is not that the experts disagree on whether or not one should stretch (most agree) but the controversy is all about when one should stretch and how.

If you watch a dog or cat upon waking they stretch. They appear to have the how and when pattern down. Their routine is to stretch the back and usually the shoulder and hip joints. And then it is on with life.

The problem with humans is we like to complicate things, particularly if one is involved in sport. Surely most would note the increased joint range of motion from something as simple as toe touching. And I am also sure most would question why this is bad.

In truth it is more important to understand why we need to stretch in the first place. Flexibility is one of the five biomotor skills that, along with strength, speed, endurance and skill, make an athlete an athlete. One of the unique qualities of flexibility is that it is the only non-competitive biomotor skill. One cannot enter a competition for flexibility. Although I have heard that there is lobbying to get competitive yoga in the Olympics.

Nonetheless, flexibility serves several critical functions for an athlete. An elastic joint allows for a fuller range of motion which in turn can produce more powerful force application. One can also potentially activate a more forceful stretch reflex (assuming correct technique) which can also aid performance.

Flexibility also plays a critical role in injury prevention. Remember—maximal use is always abuse. The constant starting and stopping of repetitive efforts can lead to the accumulation of microtears to the soft tissues that accumulate over time. What some would dismiss as “age” can be also described as the consequences of this repetitive microtrauma endlessly repeated to an ill prepared joint complex. One’s athletic life longevity directly hinges on one’s ancillary recovery methods and personal lifestyle, which includes flexibility.

Much of the controversy regarding flexibility revolves around intent. In yoga, for example, the intent is usually relaxation and creation of a meditative state. This can be therapeutic for a number of reasons, but if one is involved in an explosive power event such as the 100 meters, this type of flexibility would be counter productive. Meditative yoga would have a calming effect on the nervous system, whereas the demands of sprinting call for a heightened state of awareness and an alert nervous system.

This leads to one of the other controversies regarding stretching – how should one stretch before or after a competition? For most, stretch-

ing is stretching. You assume a position and hold it for a period of time. Some warn about stretching before competition. Most like to feel “loose” before they compete and they achieve this through stretching. While “looseness” may be dismissed as a psychological quality (it cannot be objectively measured with a meter or machine) most would agree that it is important for an athlete to approach a competition feeling ready, with a heightened state of awareness, however this readiness is achieved.

Use of long, relaxing stretching prior to a competition not only calms the mind but also decreases the responsiveness of the neuromuscular system. The solution? Short stretches to an end point and backing off. This can be repeated 5-7 times. The point here is to improve one’s range of motion and ease of movement while not necessarily maximizing one’s flexibility. Using dynamic movements to the end range, holding one to two seconds and then backing off – almost that quick.

Post competition stretching is a different story. Most athletes who have made a competitive effort may experience muscle soreness in the coming days. One way to decrease this muscle soreness is to stretch after a competition. After one has done a cool-down and the heart rate has approached normal, 10-15 minutes of easy stretching can go a long way towards normalizing body functions and decreasing any soreness in the coming days. In this case holding a position 7-10-15 seconds would be recommended with the position repeated several times. An added action that has proven particularly effective is to follow the stretching with 5-10 minutes of cold immersion.

Cold immersion is where one plunges into a tank or pool with water that is usually below 65 degrees Fahrenheit. Although not for the faint of heart, this has several therapeutic effects on the body. It temporarily “freezes” the tissues in an elongated position. This allows for greater ease of movement, especially combined with the fact that the colder water has an analgesic effect, numbing the pain of a superlative effort. The pressure of the water (called hydrostatic pressure) also has the effect of squeezing inflammation out of the traumatized joints which facilitates healing and also aids ease of movement.

But when is enough flexibility enough? You have no doubt made the comparison of yourself and a friend and concluded that he or she is either more or less flexible than you. Are there standards?

In fact a therapist named Gray Cook (*Movement: Functional Movement Systems*, On Target Publishing) has come out with a short list of seven movement postures one should be able to execute that indicate a critical and healthy range of motion for a joint complex. Cook has correlated these movements with balance and



symmetric movements of other body parts.

Competitive sport is a series of coordinated movements, not static postures. Due to the repetitive nature of practice and competitions, there is a tendency to overdevelop an area of the body due to the demands of the sport. Distance running is essentially a linear activity which erodes one’s ability to move laterally. This over-development predisposes one to injuries that are characteristic for one’s activity.

What Cook has postulated is that the inability to perform his dynamic movements for certain joint complexes provides a strong correlation with the potential for injury to that area of the body. It is a simple analysis but a brilliant observation. What makes this line of thought all the more intriguing is that even the most highly accomplished athletes evidence some, if not many, glaring deficiencies. They excel in spite of themselves. Imagine how good (or how long) their careers could last if could compete with optimal body symmetry?

One exam that provides a very telling example for most runners is the simple squat. The ability (or inability) to squat down, getting the hips below the knees while keeping the heels flat on the ground, tells volumes about one’s low back, hip, knee, ankle and foot flexibility. The inability to “sit on the heels” from a stand may indicate either an impending or chronic injury to the plantar fascia, Achilles, gastroc, knee or low back. The quick exam would highlight areas to work on, over a period of weeks, in a post-workout flexibility session.

As mentioned in an earlier column, Hittleman’s 28-Day Guide to Yoga would be an excellent post-competition habit to acquire. Stretching before? Keep it short and movement oriented. That will allow one to optimize one’s range of motion while not unnecessarily maximizing it.

The stretching controversy will not resolve anytime soon due to people’s understanding and misunderstandings of anatomy and physiology. But what I have long taught and practiced is to clearly differentiate the stretching that is done before and after an activity. Just as one should train with intention, one should stretch with a specific intention in mind.

Dr. Russ Ebbets is editor of *Track Coach Magazine*, the technical journal for USA Track and Field. He is author of the novel *Supernova* on the famed running program at Villanova University. Copies are available for 12.95 plus \$3. shipping and handling from PO Box 229, Union Springs, NY 12866. □

TUESDAY NIGHT SUMMER TRACK PROGRAM

Sponsored by the Hudson Mohawk Road Runners Club

—43rd Season—

JUNE 14, 21, 28

JULY 5, 12, 19, 26

AUGUST 2 (Ribbon Night), 9

• FREE OF CHARGE •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

- ORDER OF EVENTS -


- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (KIDS)
- 100 METER DASH
- 400 METER DASH
- 800 METER RUN
- 200 METER DASH
- 2 MILE RUN
- RELAYS
- FIELD EVENTS

For further information, contact Frank Myers at 869-9333

**** A Reminder - The Dynamic Duo is August 6th ****



August Home Game!

Registration, Packet Pick-up:	7:30 AM – 8:45 AM	Joe Bruno Stadium	Plenty of parking	Restrooms available
Entry Fees:	Pre-registered HMRRRC members \$13.00	All other pre-registered \$16.00	Day of race registration \$20.00	Pre-race registration deadline June 22, 2011
Course:	From the start in front of the stadium the course winds through local neighborhoods and the HVCC campus before finishing at home plate!			
Running Shirts:	First 200 pre-registered runners			
Refreshments:	Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee			
Awards:	Top 3 Males, Females in 5-year age groups beginning at age 10	Awards Ceremony at 10:30 AM	<i>No Duplicates</i>	
Kids:	A 1/4 mile race will start at 10:00 AM. Day of race registration only. Entry fee - \$1.00 All registered runners under 12 will have an opportunity to join the ValleyCats Kids Club or can sign up now at www.tvvalleycats.com .			

[illegible]

ADDRESS:

CITY: STATE: ZIP:

PHONE: () - SEX: F M DATE OF BIRTH: / / AGE:

[illegible]

Signature: _____ Parent/Guardian (If under 18): _____

The Pace Setter - 21

Grand Prix Update

Race #3 Runnin' of the Green (Island) 4 Miler. March 12, 2010

Men

Male Open

12 Chuck Terry
10 Tom O'Grady
8 Brad Lewis
7 Justin Bishop
6 Kahil Scott
5 Andrew McCarthy
4 Richard Messineo

Male 30-39

12 Eamon Dempsey
10 Mike Roda
8 Chris Mulford
7 Anthony Giuliano
6 Jon Catlett
5 Clay Lodovice
4 David Tromp

Male 40-49

12 Ahmed Elasser
10 Christian Lietzau
8 Jon Rocco
7 Thomas Kracker
6 Timothy Egan Sr.
5 Kevin Creagan
4 Ed Hampston

Male 50-59

12 Derrick Staley
10 Art Reilly
8 John Parisella
7 Ken Evans
6 Patrick Culligan
5 Rick Munson
4 Steve Conant

Male 60-69

12 Bob Giambalvo
10 Paul Forbes
8 Pat Glover
7 Bob Ellison
6 George Jackson
5 John Stockwell
4 Juergen Reher

Male 70+

12 Jim Moore
10 Wade Stockman
8 Chris Rush
7 Ken Skinner
6 James McGuinness
5 Jim Hotaling
4 Armand Langevin

Women

Female Open

12 Kristina Gracey
22 – The Pace Setter

10 Brina Seguire
8 Crystal Perno
7 Karen Bertasso
6 Meghan Davey
5 Christine Sloat
4 Liz Chauhan

Female 30-39

12 Eileen Combs
10 Shelly Binsfeld
8 Gretchen Oliver
7 Sally Drake
6 Stephanie Wille
5 Kari Deer
4 Heidi Nark

Female 40-49

12 Emily Bryans
10 Anne Benson
8 Karen Dolge
7 Judy Guzzo
6 Mary Buck
5 Nancy Nicholson
4 Megan Leitzinger

Female 50-59

12 Joyce Goodrich
10 Jane Mastaitis
8 Debra-Jane Batcher
7 Erika Osterle
6 Peggy McKeown
5 Cathy Sliwinski
4 Marryanne McNamara

Female 60-69

12 Judy Phelps
10 Martha DeGrazia
8 Susan Wong
7 Katherine Ambrosio
6 Suzzane Nealon
5 Nancy Johnston
4 Noreen Buff

Female 70+

12 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	Gr
12 Bob Giambalvo	61	M
10 Derrick Staley	52	M
8 Emily Bryans	43	F
7 Judy Phelps	60	F
6 Susan Wong	63	F
5 Martha DeGrazia	60	F
4 Anne Benson	46	F
3 Ahmed Elasser	48	M
2 Eileen Combs	33	F
1 Paul Forbes	60	M

Totals After 3 Races:

Men

Male Open

32 Tom O'Grady
16 Brad Lewis
16 Andrew McCarthy
16 Jim Sweeney
12 Pat Cullen
12 Chuck Terry
8 Richard Messineo
7 Justin Bishop
7 Paul Cox
7 Josh Merlis
7 Zach Russo
6 Kahil Scott
5 Andrew Coy
5 Paul Mueller
4 Michael McClure

Male 30-39

32 Chris Mulford
22 Eamon Dempsey
20 Brian Northan
16 David Tromp
13 Jon Catlett
12 Matthew Nark
10 Mike Roda
8 Aaron Knobloch
7 Anthony Giuliano
7 Matt Mallet
7 David Newman
5 Clay Lodovice
5 Todd Smith

Male 40-49

36 Ahmed Elasser
18 Jon Rocco
12 Kevin Creagan
10 Ed Hampston
10 Christian Lietzau
10 Larry Poitras
8 Craig Dubois
8 Russ Lauer
7 Jonathon Bright
7 Brian DeBraccio
7 Thomas Kracker
6 Timothy Egan Sr.
6 Robert Paley
5 Ken Evans
5 Mike Kelly
4 Bruce Beesley

Male 50-59

27 Rick Munson
16 Patrick Culligan
14 Richard Clark
12 John Noonan
12 Derrick Staley
10 Steve Conant
10 Art Reilly
8 John Haley
8 Jim Newlove
8 John Parisella
8 Robert Wither
7 Ken Evans
7 Bob Somerville

7 Steve Vnuk
6 Peter Gerardi
4 Alar Elkin

Male 60-69

34 Paul Forbes
25 Bob Ellison
22 John Stockwell
12 Ed Bown
12 Bob Giambalvo
12 Juergen Reher
8 Pat Glover
6 George Jackson
6 Terry Smith
6 Jim Thomas
5 Leo DiPierro
4 Ken Klapp

Male 70+

34 Wade Stockman
22 Jim Moore
16 James McGuinness
8 Chris Rush
7 Ken Skinner
5 Jim Hotaling
4 Armand Langevin

Women

Female Open

24 Roxanne Wegman
22 Meghan Davey
22 Kristina Gracey
22 Crystal Perno
17 Karen Bertasso
11 Erin Rightmyer
11 Katie Vitello
10 Liz Chauhan
10 Brina Seguire
6 Erin Ring
5 Christine Sloat
4 Kate Thomas

Female 30-39

34 Shelly Binsfeld
26 Gretchen Oliver
21 Sally Drake
18 Stephanie Wille
12 Eileen Combs
10 Christine Ardito
9 Stacey Kelley
7 Martha Snyder
5 Kari Deer
5 Angela Squadere
4 Allison Lynch
4 Heidi Nark
4 Deanne Webster

Female 40-49

30 Anne Benson
24 Emily Bryans
17 Megan Leitzinger
14 Mary Buck
13 Cheryl Debraccio
12 Kari Gathen

- 12 Kimberly Miseno-Bowles
8 Karen Dolge
8 Melissa Frenyea
8 Connie Smith
7 Judy Guzzo
5 Nancy Nicholson
4 Regina McGarvey
4 Chris Varley

Female 50-59

- 24 Martha DeGrazia
20 Peggy McKeown
16 Debra-Jane Batcher
14 Joan Celentano
12 Joyce Goodrich
12 Cathy Sliwinski
10 Jenny Lee
10 Jane Mastaitis
7 Erika Osterle
7 Cynthia Southard
5 Kathleen Goldberg
5 Deb McCarthy
4 Lois Green
4 Marryanne McNamara

Female 60-69

- 32 Susan Wong
20 Ginny Pezzula
14 Katherine Ambrosio
12 Judy Phelps
10 Martha DeGrazia
8 Anna Dickerson
6 Mary Collins Finn
6 Suzzane Nealon
5 Nancy Johnston
5 Judy Lynch
4 Noreen Buff

Female 70+

- 24 Anny Stockman
10 Eiko Bogue

Age Graded

Runner	Age	G
24 Susan Wong	63	F
23 Martha DeGrazia	59/60	F
19 Ahmed Elasser	48	M
12 Paul Forbes	60	M
12 Bob Giambalvo	61	M
12 John Noonan	51	M
10 Derrick Staley	52	M
9 Tom O'Grady	25	M
8 Emily Bryans	43	F
8 Anny Stockman	78	F
7 Pat Cullen	24	M
7 Judy Phelps	60	F
4 Anne Benson	46	F
4 Rick Munson	54	M
3 Ginny Pezzula	65	F
3 Roxanne Wegman	23	F
2 Eileen Combs	33	F
2 Peter Gerardi	59	M
2 Larry Poitras	45	M
1 Anne Benson	45	F
1 Paul Forbes	60	M
1 Kristina Gracey	28	F



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**

Help Wanted: NO EXPERIENCE NECESSARY

Volunteers needed at the following races:

Distinguished Service:
June 12

Father's Day:
June 19

Tri-City Valley Cats:
June 25

Indian Ladder:
July 31

HMRRC Picnic:
July 31

Tawasentha XC 5K Series:
August 8, 15 and 22

SEFCU 5K:
September 5

*If interested, contact
Marcia Adams,
Volunteer Coordinator,
at 356-2551 or
madams01@nycap.rr.com*

It's not just about running...





Father's Day 5K

Sunday, June 19, 2011, 9:30 a.m.

The Crossings of Colonie, 580 Albany Shaker Road

Registration; Packet Pick-up:	8:00 a.m. to 9:15 a.m. pre-registered and race day registrants at the Crossings.
Entry Fees:	Pre-registered HMRRC Members: \$17 / All Others: \$20 Day of Registration: \$25
Pre-race Registration Deadline:	Mail-in entries must be postmarked by June 14th . Online registration at hmrrc.com is available through June 15 th .
Course:	Flat, fast USATF certified course through the Crossings.
Chip Timing:	By Albany Running Exchange Event Productions.
Technical Race Shirts:	To the first 600 registered runners in the main race.
Awards / Ceremony:	5k Awards ceremony at 10:45 a.m. with complimentary refreshments. Overall Male & Female / Top 3 Males & Females in 5-yr. age groups Top 5 Father-Son & Father-Daughter Teams
Father-Child Teams:	Lowest combined age graded times for Father/Son & Father/Daughter teams.
Kids Races: (Approximate times based on finish of 5K)	Awards to top male and female 1 mile finishers. 10:00 to 10:30: Registration (race day sign up only for Kid's Races) 10:45 a.m.: Kid's Race up to 5 years old: 50-75 meters FREE 11:05 a.m.: Kid's Race 6 to 10 years old: 1/2 mile loop FREE 11:15 a.m.: Kid's Race 11-15 years old: 1 mile loop \$1
Parking:	Please consider carpooling. Park on Metro Drive off Wolf Road and in the park.

HMRRC Father's Day 5K Registration Form

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

[illegible]

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

Please read and sign: I know that running a road race is a potentially hazardous activity. I attest that I am physically fit and sufficiently trained to compete in this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all of the risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hudson Mohawk Road Runners Club, the Town of Colonie, their sponsors, officials, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the personnel or organizations named in this waiver. I also understand that the use of headphones, ear buds, or other listening devices during this race is prohibited and may result in my disqualification. In addition, I agree to pay \$25 for an unreturned timing chip.

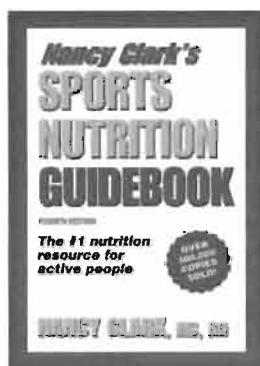
Signed: _____ Parent/Guardian (if under 18)

MISSING LINK?

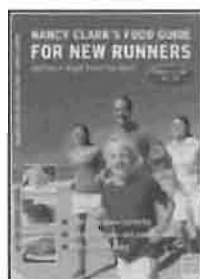
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train well,
have more
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- *achieve your desired weight*
- *feel better all day.*



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



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



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Submissions for the July Issue of *The Pace Setter*

Articles:

Deadline is May. 25. Submit to: Editor, pacesetterarticles@nycap.rr.com

Advertisements:

Deadline is June 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.

Movement Matters

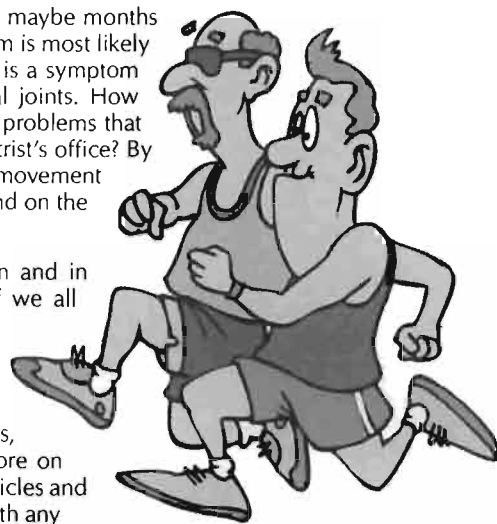
by Mathew Nark: NASM, FMS, ISRCP, Coach
Mnark01@yahoo.com

It is my experience as a runner for over 20 years, a coach of collegiate runners, and now a movement and rehabilitation professional who has evolved my philosophy on training to a new level. Functional movement analysis can be the key to getting your joints out of dysfunction and into performance.

As we strive to be the best that we can be in the wonderful sport of running, it's easy to sometimes neglect the basics. We all focus primarily on our weekly mileage, training intensities, injury rehabilitation, and future race schedules. Does most of this sound familiar to you? It seems that most of us, including myself put the cart ahead of the horse on many occasions. Movement matters is the premise of this more comprehensive approach to training. There are many reasons why the best of the best are who they are. Everything from elevated V02 max levels from years at altitude to the highest quality coaches money can buy. One thing is for sure, if we had a chance to evaluate the movement patterns of the best you would see certain characteristics that facilitate being at the top.

As recreational runners our goals may not be to set world records. Our main focus is probably more likely to be to finish a race, set a new PR or win a local race. With these goals in mind, let's talk about some basic principles. As a fitness professional, I have begun a process of assessment of basic mobility patterns of the body. This movement analysis allows for the determination of dysfunctional movement patterns that lead to a decreased running economy and is a precursor to future running injury. Not many of us realize that the knee pain that has been persistent for weeks and maybe months has nothing to do with the knee. The problem is most likely originating from the ankle or hip. The knee is a symptom of dysfunction that exists in the other local joints. How many of us have had a long lasting IT band problems that have led us to physical therapy or the podiatrist's office? By evaluating and correcting your functional movement patterns we can keep you free from injury and on the path to a more productive running season.

Remember, injuries happen for a reason and in most cases could have been prevented. If we all would take a more proactive approach to our basic movement patterns we could keep ourselves on the roads and out of the Doctor's office. All apologies to the MD's of the world but by managing our movements, we all can stay pain free! There will be more on Functional Movement Screening in future articles and at events this year. Feel free to contact me with any questions or comments to mnark01@yahoo.com. Thanks, Mathew Nark ☐



Meeting Minutes of the HMRRC General Meeting - March 9, 2011

Attendance: Tom & Marcia Adams, Jon Rocco, Ken Klemp, Diane Fisher, Wade & Anny Stockman, Barb Light, Doug Bowden, John Parisella, Ed & Roxanne Gillen, Maureen Cox, Chuck Terry, Ken Skinner, Nancy Briskie, Cathy Sliwinski, Dave Williams, Vince Juliano, Leslie & Knoll Bennett, John Peters, Louie Tobias.

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

1. Reading and approval of February 9, 2011 minutes (B. Light). Motion made by Marcia Adams to approve minutes, seconded by John Parisella.

2. Reports of Officers

2.1 President (J. Rocco):

□ Final Banquet Report(for D. Beach) Annual banquet was held on February 12th with 86 attendees which is down 108 from last year, and 120 from the year before. Debbie thanked Brian DeBraccio and Al Maikels for helping with the banquet. The cost per person came out to be \$37.20. Club charged \$30 and \$35 late reservations. Income of \$2640 expenses \$5513.00 with a net loss of \$3053 up \$463 from last year. Debbie booked the Desmond for next year on February 11th, 2012. Debbie requested to increase the price but Jon Rocco said we will keep cost the same.

□ Update on Recycling Coordinator and Clothing Coordinator: Eva Barsoum resigned as recycling coordinator due to relocating out of the area. Jon will not replace recycling coordinator as of yet. Will look at upcoming races and do recycling for shirts and sneakers and give to local organization. Jon will follow up with Louie Tobias about Green Sneakers. New Clothing coordinator-Leslie Bennett. Leslie has plans for upcoming clothing sales-stay tuned. Received letter from Winter Series food drive from the Bethesda House-thanking us for generous donation of food. Jon thanked Kari Gathen for handling the food drive for the Winter Series.

2.2 Executive Vice President (J. Parisella):

□ Announcement of 2011 Distinguished Service Award Nominees-Two Nominations: Cathy Sliwinski nominated by Tom & Marcia Adams; Ed Gillen nominated by Vince Juliano. We will post these nominations on the website and the voting will be held on April 13th. An email blast will also be sent out to club

members about the voting. Still waiting for Schrader Scholarship applications to come in.

2.3 Executive Vice President – Finance (C. Terry): No report yet-still working on year end reports.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): No report.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2408 which is up 68 from last month and 230 from this time last year.

3.2 Volunteers (M. Adams): Double sided clock is all fixed. \$351 to repair. Volunteer Insurance-have two quotes from Bryant Asset-one at \$3675 and one at \$3013.50. Accident and medical expense benefit covers for 52 weeks, \$5000 for accident, \$10000 total aggregate. We estimated 1225 volunteers and there is no deductible. Marcia asked if we wanted to pursue-discussion followed. Jon asked about # of issues that the club has had with volunteers getting hurt. Marcia is aware of 2 injuries that resulted in volunteer going to hospital. This insurance is more to cover us if the volunteer doesn't have insurance and we have the coverage. We currently have them sign a liability waiver. Does the USATF sanction cover volunteers? Answer is no. USATF will cover runners if they are a USATF member. They do not cover volunteers. The insurance we are considering will cover anyone who is associated with HMRRC. If they sign a volunteer form and they are working as a volunteer they are covered even if they are not a member. Volunteer can use own insurance this policy will be a secondary policy. If you do not have insurance this insurance will cover it. This insurance will protect us and it also gives the volunteer a reason to sign the waiver. Cathy commented that we have a general liability policy with another company, Marcia said she would check with them to see about getting a quote since we currently have our insurance with them. Cathy will send Marcia a name of the contact. Marcia will come back next month with an update. General consensus was that we should pursue it. Need volunteers for Delmar Dash.

Public Relations (R. Moore): Got press releases for upcoming races to all the papers. Times Union has the

runners blog that gives many running tips and updates on practices. Good to check out They usually post things/topics on running every few days.

Joe Benny has long runs throughout winter/spring. Open to runners of all paces. Adirondack Track and Field is having an indoor Track/Field Championships next Sunday March 20. Open to all. Registration is from 12-2 for Track/Field Events. It is at the Indoor SEFCU Track at University of Albany. For more info check their website www.usatfadir.org

Ed Neiles and Diane Fisher doing an awesome job with HMRRC schedule on Facebook.

Adirondack Sports is having their Summer Expo on April 16/17 at the Saratoga City Center from 10-6. HMRRC has been invited and will have booth there again this year. I will have Ed send out recruitment email to get volunteers to man the booth. I plan to be up there both days.

Race Committee (M. Warner): The Winter Marathon was held on 2/20/11. The race directed by Dana Peterson, Ken Klemp and Ed Neiles had 77 finishers, the third most in race history. Runners came from 12 states to compete. The marathon relay had 43 teams. The race had 73 volunteers with much positive feedback from the participants expressing their appreciation for the volunteers. The marathon made a small profit of \$259. Two upcoming races are scheduled before the next club meeting. The Runnin' of the Green will be held Saturday (3/12/11). This race, directed by Ed Gillen, is on pace for over 600 entrants. The Delmar Dash, directed by Marcia and Tom Adams, is scheduled for 4/10/11. One race committee issue of note should be brought to the attention of the club. The Winter Series 5 races were held while snow plows were still out on the State Campus. It could have been a potentially dangerous situation with snow plows out on the same roads as the runners. There has been some communication with OGS over the situation. A sub-group of the race committee (Cathy Sliwinski, Ed Thomas and I) is planning to meet with OGS to determine the best way to handle this type situation in the future. One option would be to cancel the race but if canceled it should be done by 8 AM so word can be put out prior to

most people driving to the race. Another option is to use an alternate course at SUNY which would avoid crossing over to the State Campus. The results of the meeting with OGS will be reported back to the club. It has also been recommended that the race committee develop some guidelines for race directors on cancelling or delaying races due to snow, cold, rain or lightning.

Ed Gillen reported on preparations for Running of the Green race. Course should be open after the fire last week; he will have a plan B if needed. Ed noted that the Village of Green Island has been super to work with during this incident. Thanked Tom & Marcia for all their help. Delmar Dash-if you want a shirt-register by March 18th. Vince noted that USATF prize money comes from races that participate in program. Grand Prix races contribute to the prize money. Winter Series#5 Doug noted that they have snow emergency route to use for bad weather-they have to redo it since construction has taken place. He and Ed Thomas will meet and make a new route for emergency. Committee will report back after meeting with OGS. Registration opened February 26th for Half Marathon and March 1st for Marathon-Cathy noted 250 signed up and another 40 training people and the race is 25% full so far. Ed Gillen noted that Runners World mentioned Mohawk Hudson Marathon in April issue.

3.3 Race Committee Treasurer (N. Briskie): see attached report. Attended race director conference. Will do presentation at Race Director meeting. Really is a Marathon Race Director conference. Great tool to get to know and network with people.

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

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

3.6 Safety Committee (V. Juliano) No report.

3.7 Grants Committee (R. Newkirk) 2 youth grants given out in February for \$1000 each.

3.8 Long Range Planning Committee (E. Neiles) meeting this month with committee and Ed is still working on posting old results.

3.9 Just Run Program (K. Skinner) Most of 12 schools getting program started. We have 500 kids participating in the program. Ken will go back with leaders to make sure number is right so shirts can be

ordered. Originally they received a free t-shirt and singlet and shoe certificates for free shoes through Fleet Feet. Because of the numbers and program being successful Ray Newkirk was thinking of a Cross Country program in the Fall. Instead of t-shirt and singlet, Ken got feedback and the singlet isn't necessary and will just give the t-shirt. Each program site has 1 leader and we have 35 adults who are helpers with the program. Good support and enthusiasm for the program. Berne Knox Westerlo school may have groups because he has 87 kids interested. Schoharie has about 75 kids. Also enthused about having end of year celebration geared toward kids that we have. Ken met with Union College about using the track for this program. Marcia and Maureen will help out with this program and getting food for the participants. This will take place the week of June 6th -Ken will work out and let us know. Looking at track meet with 300-400 kids. Ken will talk to Bob Oates about working with us as meet director for the track meet. Each site will have a different color shirt for their participants. Ken will have to meet with Ray about a proposal for the Cross Country part of the program for the fall. Something to think about in the future-many schools signed up by word of mouth-as word gets out about the Just Run program we will have many more who will want to participate and we will have to figure out how to handle this in the future. The way Just Run works-if we don't have room in Hudson Mohawk program, they can sign up through California but won't get benefits from us. Ken would like to send out a press release about the program. Ken will work on that.

4. Unfinished Business: None.

5. New Business: Volunteer cruise on the JP Morgan.

□ Volunteer Cruise Proposal (M. Adams)- Event is being proposed as a social/networking party for members of HMRRRC and also as a thank you party to members for being part of HMRRRC and to thank volunteers who have assisted in races January 1-June 30 of this year. We are proposing a 3 ½ hour cruise on the Captain JP out of Troy on August 5, 2011. The cruise would include a buffet dinner and entertainment-a dining and dancing experience. The event would be dressy casual with little or no formal presentations. Marcia presented proposed budget for the event and discussion fol-

lowed. Ken Skinner asked if we had to guarantee a certain number-we would need 125 people for bottom part of the boat. Maximum is 400 people. This event may help encourage volunteers. Marcia made motion that we budge \$3700 toward a social/networking and thank you party on the Captain JP on August 5, 2011. Doug Bowden moved to table motion until next month. Motion passed to table until next month. Vince asked if we didn't get the minimum people would we be obligated to pay the difference. Marcia noted we would be that we still wouldn't be over our budget. If a significant other came they would have to pay full price unless they are also a volunteer. Nancy noted that it is a great idea because we need to do more for our volunteers. Rewarding them is a great idea and makes them feel appreciated.

□ 6th Annual Canal Clean Sweep April 15-17 (M. Adams)-Give the Earth a Treat, clean up after your feet. April 16th at 1PM at Colonie/Niskayuna rail station on River Road-anyone interested clean in either direction. Marcia will make up flyers and will send out information. We will be the only group registered in the capital district. If you are interested, please let Marcia know. Information on Adopt a trail-will talk about it and get more information on it.

6. Announcements:

□ April refreshments- Doug Bowden

7. Adjourn: Motion to adjourn made by Marcia Adams, seconded by Cathy Sliwinski meeting adjourned at 9:18PM □



Runnin' of the Green (Island)

by Vince Juliano

The 12th annual HMRRRC Runnin' of the Green (Island), dubbed the Fire & Ice edition by RD Ed Gillen after a warehouse fire and relentless snow and ice storms left in doubt the availability of the recently certified course.

The small village of Green Island stepped up in a BIG way, as the demolition crews leveled the burnt out building, and repaired a water main break in the final 48 hours to allow the USATF Adirondack Association 4-mile championship to commence on schedule and on course.

A record crowd of 700 competitors turned out on a cool breezy morning and were treated to the latest advances in race technology, compliments of the newly hired Albany Running Exchange Events Management team. AREEP introduced disposable electronic chips embedded in the race bibs, a 2 mile split mat, and a large finish line monitor that instantly displayed the athlete's name and finish result.

The color Green may have been the race theme, but a coed group of 25 Kinderhook runners arrived in red shirts to take honors for the largest racing team. Other large teams included the Saratoga Stryders women's team, Team Utopia, Albany Running Exchange and Adirondack AC. The Willow Street AC restored the St. Patrick's theme with their traditional green uniforms and another large turn-out of 15 men and woman. The variety of team uniforms added a vivid display of color on an otherwise gray late winter day. If this trend of fledgling club teams continues to grow, the sport would be the beneficiary of new energy and developing talent.

Noticeably absent at this year's start was 2-time champion Andy Allstadt, and as expected the men's race was a wide open affair as 7 men passed the 1 mile clock in a conservative 5:03 split. At the 2 mile mat, Willow Street ace Chuck Terry ran in tandem with Syracuse Charger talent Justin Wood, with Dan Haggerty, Tom O'Grady and Brad Lewis, all wearing Willow Street colors, stalking the lead duo. Terry had to settle for the runner-up spot for the 3rd consecutive year, as Wood pulled away with a strong final mile. Wood was in good spirits post-race as he spent most of last year battling a plantar foot problem and began to rebuild his fitness earlier this winter at indoor track meets. Terry was declared the USATF Adirondack 4-mile Champion with a finish time of 20:52.

If the men's race turned into a tactical affair, 2007 woman's champion Eileen Combs had a different strategy as she ripped through the first mile at a torrid 5:18 pace, with Willow Street teammate Emily Bryans in hot pursuit after a 5:35 initial split. Bryans ran even 2-mile splits of 11:28 and 11:30 to reel in her teammate prior to mile 3 and went on to win her 6th Runnin' of the Green title, while Combs posted a fine 23:31 in the runner up spot. Team Utopia's Kristina Dupeau Gracey earned the 3rd spot on the podium, posting a solid 24:36.

In the popular age-graded division, Bob Giambalvo ran a superb 23:41 or 5:55 per mile pace at age 61 to score 89.25% on the WAVA percentage tables. Percentages are derived by comparing an athlete's time to the world's best time for a runner of the same age, with percentages greater than 80% considered national class and 90% or better ranked world class. Derrick Staley of Ballston Spa and the aforementioned Emily Bryans took the top 3 AG spots with scores greater than 88%.

New event records established in 2011 at the Runnin of the Green are listed below:

75+

Wade Stockman lowered his own record from last year 33:04 (33:46)

60-64

Bob Giambalvo lowered his own record from last year 23:41 (24:08)

45-49

Anne Benson lowered her own record from last year 24:59 (25:02)

40-44

Emily Bryans bested Lori Kingsley's record from last year 22:58 (23:14)

In a remarkable achievement, Emily Bryans equaled the women's open record of 22:58, a time that she herself recorded a decade ago at age 33 on a slightly different certified course. □



Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

	Cost:	Total:
Dryline Zip Shirt , black, Male S,M,L; Female L,XL	\$36	
Insport Tights , black, Male, S; Female S,L	\$20	
Knit Hat , navy, black, light blue	\$ 8	
Thermax Gloves , black	\$ 8	
Warm-Ups , black and gray jacket and pants, Male S,M,L	\$65	
Long Sleeve Coolmax Shirts:		
Lightweight , white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL	\$22	
Mock Turtleneck , club logo on chest, Unisex black M,L,XL	\$22	
Coolmax Singlets:		
White with royal blue side panels , Female M,L - CLEARANCE	\$11	
White with royal blue side panels , Male S,M,L,XL	\$21	
Short Sleeve Coolmax Shirts:		
Hind with reflective stripes , Male, mustard S,XL, grey S; blue M,L,XL	\$25	
Female V-neck , lemon, purple, S,M,L,XL; red S,M,L	\$20	
Shorts with white club logo		
Female Asics , yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE	\$15	
Female Adidas , black with blue trim, XL - CLEARANCE	\$15	
Female Race Ready Shorts, royal blue - ALL ON CLEARANCE		
Split-cut , 1" inseam, M,L - CLEARANCE	\$15	
Split-cut Long Distance , 1" inseam, back mesh pockets, blue, L - CLEARANCE	\$15	
V-Notch , 3" inseam, S,XL - CLEARANCE	\$15	
V-Notch Long Distance , 3" inseam, back mesh pockets, L - CLEARANCE	\$15	
Easy , 4" inseam, S,M,L - CLEARANCE	\$15	
Easy Long Distance , 4" inseam, back mesh pockets, S,M,XL	\$15	
Male Race Ready Shorts , all are royal blue except where noted		
Split-cut , 1" inseam, S,M,XL royal	\$19	
V-Notch , 3" inseam, S,M,XL royal; L black	\$19	
V-Notch Long Distance , 3" inseam, back mesh pockets, M,L, XL	\$24	
Easy , 4" inseam, S,M,XL	\$21	
Easy Long Distance , 4" inseam, back mesh pockets, S,M,L,XL	\$25	
Sixers , black, 6" inseam, back mesh pockets, S	\$27	
Running Cap , embroidered logo, white, white/royal	\$11	
DeFeet Coolmax Socks , white with royal blue lettering (S,M,L,XL) 7.00/pair or 3/\$20		
Smart ID tag , snaps onto shoe, white, blue, neon yellow \$2.25 ea. or 3/\$6		

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

All prices include 8% sales tax

TOTAL DUE: _____

Postage \$5.15

Check Payable to: **HMRRRC**

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

Mail Order Form w/ Check to:

Gift Certificates available for any amount. Just add \$.44

Leslie Bennett

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*Announcing
40th Anniversary
Grand Prix Series*

- **June 12 – 8M Distinguished Service Race**
- **September 11 – 5.6M Anniversary Run**

Male, Female and Age Graded Champions

Running and/or volunteering participants
in both races including the 2.8M Anniversary Run
will receive a commemorative
40th Anniversary HMRRRC Technical Shirt



40th ANNUAL

DISTINGUISHED SERVICE AWARD

8 MILE ROAD RACE

Sunday, June 12, 2011, at 9:00 a.m.

Honoring

★ **CATHY SLIWINSKI** ★

PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:

MARCIA & TOM ADAMS ('10)	CHRIS RUSH ('90)
NANCY BRISKIE ('09)	RICH BROWN ('89)
JIM GILMER ('08)	BERT SOLTYSIAK ('88)
DEBBIE BEACH ('07)	KATHY CARRIGAN ('87)
VINCE JULIANO ('06)	JOE HEIN ('86)
EMILY HUMPHREY ('05)	DIANE BARONE, BILL MEEHAN, CARTER
PETE NEWKIRK ('04)	ANDERSSON-WINTLE ('85)
ED THOMAS ('03)	RAY NEWKIRK ('84)
LORI ANN CHRISTINA ('02)	TOM MILLER, PAUL MURRAY ('83)
ART TETRAULT ('01)	CHUCK HAUGH ('82)
KEN SKINNER ('00)	MICHAEL LANCOR ('81)
JIM TIERNEY ('99)	DAVID KELLEY ('80)
DOUG BOWDEN ('98)	CONNIE FILM ('79)
JIM BURNES & SHARON BOEHLKE ('97)	JOHN ARONSON ('78)
DON FIALKA ('96)	DON & LINDA BOURGEOIS ('77)
CINDY KELLY, JULIE LEEPER ('95)	PAUL ROSENBERG ('76)
STEVE BASINAIT, HANK STEADMAN ('94)	DON WILKEN ('75)
AL MAIKELS ('93)	BILL SHRADER, SR. ('74)
CHARLES MATLOCK, CARL POOLE ('92)	BURKE ADAMS ('73)
ED NEILES, JUDY DE CHIRO ('91)	TOM OSLER ('72)

Part of HMRRRC 40th Anniversary Grand Prix Series
40th Anniversary HMRRRC Technical Shirt Awarded to Volunteers and/or Participants in both
the Distinguished Service Race and the September 11th Anniversary Run

Starts & Finishes in front of the Physical Education Building at The University at Albany

Registration: 8:00-8:45 a.m. at the rear of the PE Building

**DAY OF RACE
REGISTRATION ONLY!**

ENTRY FEE:

FREE for HMRRRC Members, \$6.00 for Non-Members

AWARDS:

Top Three Overall Male & Female & Age Group Winners (5-year age groups)

For Info or to Volunteer:
Call Mark & Angela
464-5698 or e-mail:
mwarner1@nycap.rr.com

Event Schedule

Date	Time	Event	Location	Contact	Email
6/4	9:00 AM	Make it a Great Day Half Marathon & 1 Mile Walk	Brittonkill Central School	Heidi Bentley Barcomb	heidib@thedragonflyadventure.com
6/4	10:00 AM	Charlton 5k	Charlton Village Center in Ballston Lake	Bill Herkenham	bherk@nycap.rr.com
6/4	10:00 AM	Freihofer's Run for Women 5K	Madison Ave at the NYS Museum	USATF Adirondack	runninginfo@freihofersrun.com
6/4	7:30 AM	USA National 10K Race Walk Championships	Empire State Plaza	USATF Adirondack	runninginfo@freihofersrun.com
6/11	5:30 PM	16th Annual Lions Ramble 10K/2Mile	Fort Plain	John Geesler	kgeese@telenet.net
6/11	9:00 AM	Kinderhook Bank 13th Annual OK 5k	Kinderhook Square	Dan Curtin	ok5krace@hotmail.com
6/12	9:00 AM	40th Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarn1@nycap.rr.com
6/12	8:30 AM	Classic 10K/5K	MHS Stadium	Valerie Kilcoin	vkilcoin@yahoo.com
6/14	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/17	6:30 PM	Greenbush Area YMCA Spring 5K Run		Kendra Evans	Kevans@cdymca.org
6/18	8:30 AM	Whipple City 5K Run/Walk	Greenwich Middle School - Grey Avenue	Barbara Hamel	bbhhhpt@gmail.com
6/19	7:30 AM	New Paltz Challenge Father's Day Family 5K & Half Marathon	Huguenot Street	Joyce Minard	info@newpaltzchamber.org
6/19	9:00 AM	HMRRC Father's Day 5K Run	The Crossings Colonie	Roxanne Bilodeau Gillen	rmonahan63@yahoo.com
6/21	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/25	9:00 AM	6th Annual Valley Cats Home Run 5K	HVCC Campus -- Joe Bruno Stadium	John Haley -- Megan Leitzinger	j.haley36@yahoo.com
6/25	9:00 AM	Strides for STRIDE 5K	Corning Preserve - Albany	Debbie Ebersold	debersold@stride.org
6/25	9:00 AM	Run Amuck 5K Mud Run & Music Festival	Harriman State Park - Sebago Beach	Scott Johnsson	Coordinator@runamuckfestival.com
6/26	8:00 AM	Fleet Feet Albany Wolf Road Mile	Wolf Road Albany NY 12205	Charlie Woodruff	ffalbanyevents@yahoo.com
6/26	7:30 AM	35th Annual Adirondack Distance Run	Lake George Firehouse	Marcy Dreimiller	madone1@roadrunner.com

Hudson Mohawk Road Runners Club
P.O. BOX 12304
ALBANY, NEW YORK 12212
ADDRESS SERVICE REQUESTED

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

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



Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____
Address _____ Occupation _____
City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE OR FAMILY (\$15) ☐ Names _____
NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

Mail applications to:
HUDSON-MOHAWK ROAD RUNNERS CLUB
P.O. BOX 12304, ALBANY, NY 12212

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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