

The Pace Setter

January 2013

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



HUDSON MOHAWK ROAD RUNNERS CLUB

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Photos in this issue by Chris Strebel, Neil Sergott, Ray Lee

HMRRRC Mission Statement

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

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

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President's Message

by Jon Rocco

Happy New Year club members! It is hard to believe how quickly 2012 went before our eyes (and legs). Our 2012 racing calendar recently culminated with the Doug Bowden 15K and 3M Winter Series on December 9. Winter recently hit the calendar and HMRRRC is ready to tackle both winter and the New Year.

We kick off 2013 with the ever-popular Hangover Half Marathon, which will be run for the 37th time. Last year we saw a record 385 finishers starting off with a 13.1 mile run on day one. Another 287 runners finished in a record number in the 3.5M Bill Hogan Run. The events on January 1 lead into the remaining winter series dates of January 13, January 20, and February 3.

We are also excited about two new changes to begin the year. Firstly, a volunteer database and website is being created which will allow members to express their volunteer interest for our club races. This will assist the volunteer coordinator and race directors to determine which volunteers are available for the designated races, as well as for assignment preferences.

The second change will be with the Grand Prix Series. While the events and scoring remain the same, the Club has adopted a volunteer requirement. A suggestion was made at the fall Race Committee meeting requiring Grand Prix participants to volunteer in at least one HMRRRC club race during the calendar year. After discussion, a motion was brought forward to a vote, which passed. It was then brought forward on the November monthly business meeting agenda, where the motion

passed, allowing the practice to be put into place.

The volunteer requirement must be met on race day of a club race. As a fully dedicated volunteer, the person will not be allowed to participate in the race that day for it to count toward the volunteer requirement. The only exception will be for races that offer volunteer 'shifts' which are often utilized at the Winter Marathon/3-person relay and Mohawk Hudson River Marathon. If working a shift, one must be available for the complete shift. A volunteer opportunity arises at some two dozen race dates in a given calendar year. It is vital that you check in with the volunteer coordinator and/or race director on race day and it is a continued requirement that you sign and complete the volunteer waiver form on race day. The Grand Prix scoring is updated shortly after each race and the volunteer requirement tracking will be noted periodically.

Speaking of volunteering, our Winter Series Participant eligibility continues.

If you participate in all five winter series events, including volunteering in at least one, you will receive a commemorative HMRRRC award for the 2012-13 season. Last year we had 62 individuals qualify, with 67 qualifying in the year prior.

I wish everyone a healthy, injury free, and prosperous New Year where your goals are met, personal records are achieved, new friends are made, and that you continue to have fun with what you love to do. I also hope 2013 proves to be a lucky one for you. ☐





What's Happening in January

by Al Maikels

Happy New Year! If you are reading this then the end of the world with the end of the Mayan Long Count on December 21, 2012 did not happen. This would make it the Yucatan's version of Y2K. Of course, if the doomsday nuts were correct, then I typed this article for nothing. Let's hope this is not the case.

The first month of this New Year shows a full race schedule. The racing kicks off on New Year's Day with the Hangover Half and its companion 3.5-mile run/walk. Unlike the other Winter Series races, the New Year's Day races begin at 12 noon. The half marathon race is also the first Grand Prix race for 2013. The Winter Series continues on Sunday, January 13 with races of 3 miles, 10k and 25k to choose from, with the start at 10 a.m. When the HMRRRC was a serious distance running club the 25k was a Grand Prix race, sadly those days still seem to be over. Sunday, January 20 is the date of the next Winter Series with races of 3 miles, 15k and 30k. All of the Winter Series races are held at UAlbany and start at 10 a.m., with the exception of the New Year's Day races. The Winter Series is one of the great assets of the HMRRRC and it takes a lot

to put these races on. If you can find the time, volunteer at one of these races and help the club keep this great series going.

Runners looking for an out of town racing fix are directed to the Winter Wimp 2.2 and 4.4 mile races, held on Saturday, January 12 at 1 p.m. in Hagsman, NY. For a slightly farther out of town experience, I would suggest the Key West Half Marathon in Key West, FL, set for Sunday, January 20 at 7 a.m. I have run this race over the years and for some reason I found running a slow half-marathon along the blue water and sandy beaches of Key West more enjoyable than freezing on a long run in upstate New York.

I want to take the time to wish all a safe, healthy and happy New Year, one with many miles and smiles. After foot surgery this past September, I hope to make a return to the running scene in more than just an announcing capacity.

Club members are welcome to attend the club's business meeting set for Wednesday, January 9 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Ave. Extension. ☐

Winter Series Participant Awards

Just a reminder that in order to qualify for an award, you should volunteer wholeheartedly for a least one race and either run in, or volunteer for, the other four races. "Wholeheartedly" means that you are available for the whole race where the Race Director needs you. So please pick one or more races and contact the Race Director well ahead of time. We promise to have warm weather and sunny skies this year.



"BEEN THERE, DONE THAT"

by Mike Becker

January 1973...Forty Years Ago

- Races of three, six, and nine miles were held at SUNYA on the seventh. A wind chill of -29 compelled just two to run the nine, with Jim Bowles going 56:10 after a 16-mile warm-up earlier in the day! Don Wilken, in serious training for the Boston Marathon, also ran nine.

- Three and six-mile handicap runs were held at SUNYA on the 21st, with four Shraders and five McConnells competing. Jim Shrader won the three-miler, and John Hurley won the six-miler.

January 1978...Thirty Five Years Ago

- Just 47 runners completed the second Hangover Half Marathon at SUNYA on the first, won by Phil Davis with a 72:35. Jean El-lison was the only female competitor, running a 1:52:45. Also part of the day was the Tenu-ous 10K, won by Steve Sweeney with a 40:29. Greg Floyd won the three-mile Sober Up with a 16:17.

- Among the finishers of a 15-mile race at SUNYA on the 15th were Don Wilken, Mark Mindel, Al Tatlock, Paul Rosenberg, and John Aronson. Marge Hennessy ran 12 miles before becoming hopelessly lost and did not finish!

January 1983...Thirty Years Ago

- Dan Larsen ran a 71:04 to edge Pat Glover by ten seconds in the Hangover Half Marathon. Nationally-ranked Kitty Consolo ran a 78:05 for top female honors, good for 16th overall. J. R. Gaige and Diana Richburg won the three-miler.

- The fourth Winter Series races were held on the 30th, with races of 5K, 15K, and 30K and directed by Diane Barone. Kevin Barrett, Pat Glover, and Tom Bulger all ran 1:48:42 to tie for the win in the 30K. Donna Anderson and Daniele Cherniak each ran 2:07:40 for the top female times. A total of 201 runners participated in the three races.

- Club officers included Ray Newkirk – President, Carter Andersson-Wintle – VP, Don & Susan Cohen – Secretary, and Thomas Miller – Treasurer.

January 1988...Twenty Five Years Ago

- Pat Glover won the Hangover Half Marathon on the first with a 74:02, three seconds ahead of Pete Gerardi. Denise Herman and Renee Mack were the female winners with a 86:00. Dave Twarog ran a 15:36 to win the three-miler, with Ann Michalek taking the female title with a 20:31. The race directors were Cindy Kollman and Dick Pagel.

- Bob Fancher won the 30K Winter Series on the 31st with a 1:44, with Anne Kulinski taking female honors with a 2:08. Boo Christman edged Art Kranick in the 15K, with Renee Mack the female winner. Greg Harrington and Mary Beth Steffen won the 5K. With temperatures in the upper 40s, there was a problem with standing water from melted snow in several areas.

6 – The Pace Setter



- *The Pace Setter* has a notice about The Athletic Attic going out of business. It was a running store in Latham Circle Mall that provided extraordinary support to the club and *The Pace Setter*.

January 1993...Twenty Years Ago

- Tom Corrado and Nick Solomos directed the Winter Series races on the first at SUNYA. There were a total of 305 finishers for both races, with just 19% female. Jason DeRocco won the half with a 1:15, 90 seconds ahead of Chris Murphy. Amy Herold-Russom was the familiar female winner of the era with a 1:27, nearly eight minutes ahead of Sandra Phibbs-Stockman. Jonathan Catlett and Jayne Grout won the three-miler.

- Pat Glover and Sabrina Ford won the 10K Winter Series on the 16th, with times of 35:45 and 42:15, respectively. John Ford edged Mark Warner in the 25K, with Daniele Cherniak the top woman.

January 1998...Fifteen Years Ago

- Mike Gross ran a 1:16:49 to edge Dale Keenan by about two minutes in the Hangover Half Marathon on the first. Also running in under 90 minutes were Rob Colborn, Rob Picotte, Tom Dalton, Pete Gerardi, and Amy Herold, who ran 1:28:32 to beat the second woman (Daniele Cherniak) by six minutes. Paul Bennett won the 3.5-miler. A total of 204 runners participated in the two races.

- Just 29 souls ran the 25K Winter Series race on the 11th, with Pete Gerardi winning with a 1:41:24. Andrea Gerardi was the top female with a 2:08:11. Paul Bennett won the 10K with a 39:17, with Cindy Novak running a 44:16 for top female.

- Dan D'Allard directed the Winter Series #4 races on the 25th, the third series of the month. Mike Gross was the only runner to break two hours in the 30K with a 1:59:22. Martha DeGrazia was the female winner. Andy Ruiz and Amy Herold won the 15K, and Tim Hoff and Tara Sheedy won the 5K.

January 2003...Ten Years Ago

- Jamie Rodriguez ran a 1:11 in the Hangover Half Marathon to beat Craig Fischberg by eight minutes. Emily Bryans ran a 1:27:34 for top female honors. Chuck Terry and Daniele Cherniak won the 3.5-miler. The co-directors were Elaine Humphrey and Jim Gilmer.

- Rich Homencik ran a 2:14:25 to win the 30K Winter Series race on the 26th. Megan Leitzinger and Emily Bryans each ran 2:20:30 for top females and seventh place overall. Chris Hartshorn ran a 55:35 to win the 15K, and Liz Paola ran a 73:25 for top female honors. Bob Irwin won the 3.5-miler. Sharon Boehlke and Lori Christina were the directors.

January 2008...Five Years Ago

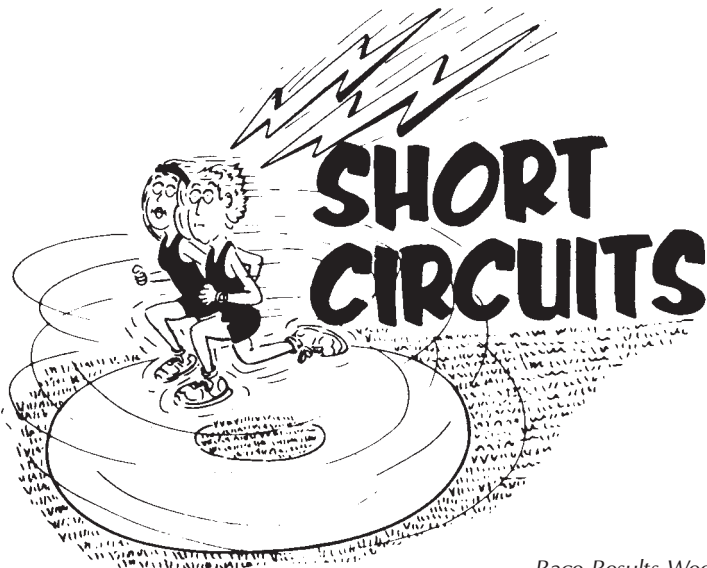
- Light snow with slippery footing greeted runners at the Winter Series races on the first. Chuck Terry easily won the Hangover Half Marathon with a 1:12:58, more than four minutes ahead of Josh Merlis. Jim Sweeney and Evelyn Marrero won the 3.5-miler. Brian and Cheryl DeBraccio were the directors.

- The ARE-produced Brave the Blizzard Snowshoe Race was held on the sixth in the Pine Bush. Josh Merlis won the four-ish mile race with a 28:01, with Lisa D'Aniello taking top female honors with a 35:50. A total of 115 snowshoers participated.

- Chuck Terry and Brina Seguire won the Fulmont Road Runners Winter Wimp 4.4-mile race in Hagaman on the 12th, with times of 23:20 and 26:44, respectively.

- Norris Pearson (3:35) and Jaime Stitt (3:36) led club members who participated in the Disney Marathon in Orlando on the 13th. □





The 2012 Stockade-athon had a record 1639 finishers. Of these, 7 runners broke 50 minutes (there was \$6,100 in prize money). Thirty years earlier the 1982 Stockade-athon had 1041 finishers. Of these, 18 runners broke 50 minutes (there was no prize money.)



Researchers from the Medical College of Wisconsin set up monitoring devices to measure foot strike during the 2011 Milwaukee Marathon. At the five-mile mark 93.7% of the 2,000 runners were found to be heel strikers.



9 out of 10 run like this



"Running too fast, too far and for too many years may speed one's progress toward the finish line of life," concludes an editorial published in the January 2013 British journal *Heart* (<http://heart.bmj.com/content/current>) which sent shock waves through the running community. *Runner's World's* Amby Burfoot responded, (<http://www.runnersworld.com/health/what-latest-excess-exercise-reports-mean>) basically agreeing with the latest study. The running boom may soon be over.



Race Results Weekly reports a 6% nationwide increase in Turkey Trot participation in November 2012 compared to 2011. Jack "Sumo" Berkery reports a 17% increase turkey trot participation in Hudson-Mohawk land.



Sumo Jack - counting turkeys



Dalton, Georgia Police Chief Jason Parker was on his usual 5-mile early morning run when he spotted a man carrying a bushel

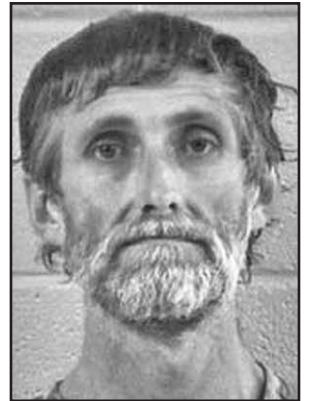


Chief Parker always gets his man

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

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

of stuff in a residential neighborhood. He watched as the man emptied the bushel in a car and then headed into a nearby house. Within a minute, the suspicious man exited the house with another bushel. The Chief yelled, "Stop! I'm a police officer." The man took off on foot and it didn't take the Chief more than 400 meters to catch the thief and arrest him for burglary.



No contest –
Chief outruns thief



Emerald Groom of Edmund, Oklahoma was on her first run since her marathon debut at Tulsa the week before. It was at night and she could not see what jumped at her and attached to her stomach as she was running down the sidewalk on a busy street. She thought it was a small dog but a car headlight illuminated a raccoon. She yanked it off but realized she had been bitten through six layers of clothing. A tetanus shot and rabies vaccine were on her next stop at the nearby hospital ER. □



Tummy tuck while running

Stockade-athon Upgraded Course Draws Praise as Top Level Talent Joins Record Field

by Vince Juliano

The Stockade-thon made significant changes to its traditional course by moving off major city streets where possible while continuing to highlight Schenectady's historic neighborhoods, parks and inner city greenways.

A record turnout for the 7th consecutive year also saw runners introduced to changes at the start, as men and women lined up separately for the first time on the divided roadway. "Women have fueled the growth within the sport for several years now, and the talent level at the top has also increased so we decided to seed runners and have them line up according to gender. Women deserve their own space," says director Vince Juliano.

The revised 9.3 mile course passes through two historic neighborhoods before a brief tour of the downtown arts district. The loop course then enters a newly constructed bike path through Vale Park and the historic cemetery before returning to Central Park.

This year the race attracted one of the rising stars of American women's racing, as Maegan Kriftchen, a Nike sponsored athlete running with the Stotans made her Stockade-athon debut. Kriftchen had plenty of 15K race experience prior to the Stockade-athon, having finished 4th in the Utica Boilermaker in 2010 and 3rd at the USA 15K Championships this year at the Gate River Run, where she ran a personal best 50:41. When recent Providence College graduate Mary Kate Champaign withdrew late with an injury, the question was not so much who would win, but whether Kriftchen could take down the 19-year-old Stockade-athon event record of 51:34 set by 7-time champion Lori Hewig. Kriftchen was fortunate to have ideal weather and one of the deepest men's fields in recent years to pace off of, but in the end, the tough course was her main impediment, as she won convincingly in 51:59, but fell short of the record.

Jodie Robertson, the defending champion, finished in a solid 55:00, securing the runner-up spot over Sara Dunham (nee Fac-teau) of Peru, NY. Dana Bush (nee Ostrander), the 2000 Stockade-athon champion made a successful return for the first time in 12 years and placed 4th with a strong effort (56:32). 10 women ran sub 60 minutes on the revised course, including top local performances by Kristina Gracey and Renee Tolan.

Unlike the women's race, the men's field had no clear favorite, but instead drew an all-star field from throughout the region. Tim Chichester, the defending champ, registered for his first road race since his 2:20 marathon debut at Boston, where he placed second American. Also racing was the second Ameri-

can from the Utica Boilermaker, Christian Thompson (PA), who decided to run when the 5K associated with the NYC Marathon canceled due to Hurricane Sandy. Two-time NY Runner of the Year Fred Joslyn and talented Stotan teammate Mark Mendrik-Laske were joined by Camden, NY runner Sam Morse, who entered off an easy 1:08 Empire State Half Marathon win in October. These five athletes ran in tandem through a 5:00 first mile, and separated from the chase pack that included another dozen runners with sub 52 minute credentials. That group included New England masters ace Kent Lemme, also making his Stockade-athon debut.

The 5 leaders passed the 5K mark in 15:42, and remained together through the Stockade District, where they passed 40 historic homes built prior to the Revolutionary War. Thompson countered a stiff surge by Joslyn at that point, as Joslyn commented post race, "he didn't seem to be fazed by it". Thompson slowly extended his lead up the first major climb into Vale Park approaching the 10K mark. After the race, he described the new tough climb as a "rude awakening". After the second climb, he knew he had the win, and finished in 47:01, as Joslyn would re-pass Sam Morse in the final mile to take the runner-up spot in 47:45. Defending champion Chichester would take 4th, with Mendrik-Laske posting up in 48:39. Kevin Treadway and Alex Paley took top two local honors, as first 7 men ran sub-49 minutes. Lemme, 46, was the top master, running 5:30 pace for 11th place overall, as Emily Bryans, 45, won the female master's title, averaging 6:14 per mile pace as the 7th women's finisher.

Linda Jennings, 60, of Tewksbury, MA, won the highly contested age-graded division with a world class 1:06:14 performance. Tim Haley, 63, (58:49), Kriftchen, Lemme, and Torrington, CT. mainstay Bill Borla (72) in a time of 1:05:15, followed with impressive 88%+ AG scores. Ed Whitlock, 81, the legendary Canadian marathoner and 7-time Stockade-athon age-graded champion, graciously helped with the award ceremony, needing more recovery after recently running the Toronto Marathon.

Post-race reviews of the course change were positive, as 6-time champion Tom Dalton, 53, commented "I liked it, it's a good solid course. Yeah, there are more turns, but that's fine". Joslyn, a former champion and 2-time runner-up said, "This is one of the premier races in the country. It's one of the few races that cares about the runners and clearly tries to make this an enjoyable experience for everyone that is here. It makes it that much more fun to come and compete". □

The Stockade-athon 20+ Club

by Jack Berkery

I have recently been collecting, scanning and digitizing all the results that could be found from the Stockade-athon. The past 20 years are already online but beyond that depended on scanning old issues of *The Pace Setter*. I had kept many, but also got help from fellow pack rats Ed Neiles and Paul Rosenberg.

The purpose is to create a list of people who have run the Stockade-athon 20 or more times, not a hall of fame, but rather a list of lifetime achievement. Most on the list so far are among the most accomplished competitors this area has ever known. A few are past winners of the race, many others are frequent age group winners. But some, like myself, are notable only for showing up and reaching the finish line often enough. My claim to fame could only be having spent the most time on course, a dubious honor perhaps, but one of which I am proud.

At this time, the collection of old results is still incomplete. So the list is not definitive in that some may have run in years for which there is insufficient data. Also, the digitizing algorithm included in MS Office is not perfect and frequently confuses a G for a C or worse. Names sometimes do get mangled and where I recognized it, I corrected it. There can be some errors in the compilation then, but hopefully it is largely accurate.

In most instances a range for a person is listed because one cannot be sure they didn't run in years for which there are no results. When I can get those results, I'll make corrections and post the list on the club web site.

If anyone disagrees with the counts listed below or can suggest someone that may have been missed, please send a message through the HMRRRC web site or Facebook and it will be corrected. Also listed are those who are close to 20 just in case of an error in the count.

Perhaps there are a few other old-timers who have saved results for the years we could not find. If you're one of them, please contact me. The years for which there is limited information are: 1977, 1979, 1982 and 1985. The problem was that *The Pace Setter* did not reprint the full results for several years since they were mailed to all finishers prior to 1986.

The Stockade-athon 20+ Club

----- 35 -----	
Mark Mindel	37
----- 30 -----	
Chip Button	31
Pat Glover	30
----- 25 -----	
Jack Berkery	29
Anny Stockman	27-29
Peter Cowie	25-27
Russ Hoyer	25

Continued on next page

Stockade-athon Volunteer Coordinators are the Foundation of its Success

by Vince Juliano

Fifteen years ago, I volunteered to direct the Stockade-athon Road Race; 722 participants finished that race in 1998. An estimated 30 of those participants were among the 1639 finishers in the 2012 Stockade-athon. Among the most prominent was Tom Dalton, who finished second overall at age 40 in 1998, placed second in his age-group at age 54 in 2012, and Emily Bryans, who won the 1998 Stockade-athon women's division at age 31, and placed 7th overall and first female master runner at age 45. Other prominent individuals who ran both events included Anny Stockman and Martha Degrazia. The point is that 15 years is a lengthy period of time, and more than 1600 of the finishers at the most recent Stockade-athon have a much shorter racing legacy. However, if you take a look at the race officials who help to organize this event for the community, the length of their commitment is remarkable and noteworthy.

Chris Rush, who directed the Stockade-athon for 6 years prior to my promotion, has continued to provide valuable support to the race. This year he ordered and coordinated the placement of 18 port-o-johns within Central Park, and rode in the lead police car to monitor race developments. However, his most important role may have been acting as liaison between the race organizers and the city of Schenectady to ensure that we received the course permit in time, helping with press releases, and writing an excellent response to an opinion piece in the *Daily Gazette* to provide some editorial balance to the regularly published viewpoints from the Schenectady church community.

Jim Tierney served as assistant race director under Chris Rush and continues to provide valuable support for the race by making daily trips to the post office to pick up and organize Stockade-athon entries received by mail. This year we received 300 mail-in entries, in addition to 20 children's entries for the 1 mile run, and close to 45 entries from top-tier athletes who qualified for a free entry into the elite competitive field. Tierney organized all of these entries, and ensured that personal checks were transferred for deposit, and applications were delivered for accurate data entry. Both Chris Rush and Jim Tierney have well over 20 years of volunteer service with this event.

Ken Skinner has been contributing to race course management since the beginning of my term as RD, helping with chalking the mile marks, setting up clocks, and recruiting course timers that provide accurate splits at each mile of the course. Ken's experience has been invaluable over the years as we strive to provide

an accurate and safe course where runners are informed of their progress at each interval along their journey.

Deb Beach has organized much of the early packet pick-up at the Stockade-athon for my 15 years at various locations, including the Holiday Inn on Nott Terrace, the Proctor's downtown complex, and twice at the Gazette Building. Deb has also acted as an important liaison to help bridge the gap between race organizers and the church community that is often confronted with traffic delays on the Sunday morning of the race.

Emily Bryans has served the race with distinction for all of my 15 years, first in the important role of volunteer coordinator, and then in overseeing all aspects of the children's run, including registration, information, course safety, and race day activities. Emily has also served in the important role of suggesting new people to assist with the race, including many of her Willow Street AC teammates.

Dwight Wilson and Frank McHale have served in key roles for the past 15 years. Both were long term running partners and friends since I first started my daily training runs in the early 1980's. Dwight is responsible for putting together the annual volunteer post-race meal, and also arranges for the 50 gallon soup delivery that is so popular at the post-race refreshments. Dwight also rents equipment and acts as Central Park manager and liaison between the medical team and other race officials, and sets up an information table within the park to help with public inquiries. Frank McHale helps with water logistics and moving 200+ gallons of jug water to Central Park in advance of the race, and is responsible for the set-up and break down of the water stops at the start and along the course.

Marcia and Tom Adams have over 10 years of service to the race, with Marcia taking on the key roles of race day packet pick-up and taking responsibility for merging the paper and on-line data files that must be transmitted to the chip timing company for accurate scoring and results. Tom has taken on the responsibility of stocking the club van with most of the needed equipment for the race, and also helps with set-up and break down, and starting the pavilion fire with his own personal supply of firewood.

John Haley assumed a major role as Race Course Director nearly 10 years ago, and is responsible for the overall management of course marshals, and contributing many suggestions toward improving the safety along the course. John also paints the chalk arrows that comfort runners as they follow the winding loop course through Schenectady's historic

neighborhoods and inner city bike paths and parks.

Brian DeBraccio has served as MC and DJ, and has helped with the transport of bottled water and refreshments for nearly 10 years.

Harriet Jaffe has performed the data entry input for the 300 mail-in entries for approximately 5 years, and her due diligence has contributed to very accurate race results and awards.

Volunteer race officials with less than 5 years of service, but who provide vital support and much needed new energy to the race include Liz Chauhan, our volunteer coordinator in charge of recruiting 100+ volunteers; Dana Peterson and Penny Tisko, who are responsible for ordering, purchasing and transporting refreshments for Stockade-athon race participants; Anne Benson, who purchases and organizes the children's goodie bags; Kristina and Dan Gracey, who handled all aspects of purchasing the non-cash awards, and finally Adam Rice, who assisted as equipment manager and helping with the set-up of portable tents, staging, course traffic cones, and signs on race morning.

It is appropriate to publicly acknowledge the important roles of officials who have made the long term commitment to the race, but it is equally important to appreciate the contributions of new and younger race officials who fill essential roles that are vacated and provide new ideas and enthusiasm that contribute to the on-going success of this road race classic.

Perhaps you will consider stepping forward to offer your own unique contributions and energy for the 38th Stockade-athon next year? □



The Stockade-athon 20+ Club *Continued*

Frank Myers	24-26
Jim Moore	24-26

----- 20 -----

Wade Stockman	22-24
Paul Kuta	22-24
Brian Teague	22-24
Martha DeGrazia	22-23
Peter Gerardi	21
Jill Mehan	20-21
Tim Keegan	19-22
Rob Colborn	19-20

----- 15 -----

Richard Cummings	19
Dale Keenan	18-19
Mike Caccuitto	18
Larry Lewis	17-18
Dan Cantwell	17
Ron Bagnoli	16-17
Steve Obermayer	16
Tom Dalton	16
Jim Forbes	16
Suzanne Forbes	15
Judy Serth-Guzzo	15

In the Neck of Time (Part 3)

(Recap Part 1 & 2 — Many people/athletes suffer with biomechanical faults in their structures, some symptomatic, some not yet so. These faults can be identified on exam long before symptoms begin, and long before the detrimental effects of these faults take place. We need to educate our communities, as well as our doctors, to encourage people to be examined biomechanically and take a proactive approach in preserving their structures, improve their quality of life and drastically reduce these needless “reactive” healthcare expenses).

So many people suffer with neck pain, restricted range of motion, pinched nerves with radiating pain going down the arm and into the hand, arm weakness, headaches and many other conditions originating from a neglected condition in the neck. Part 1 & 2 of this series discussed in detail the biomechanics of the neck, which tests need to be performed, and how to interpret the findings.

Treatment & Rehab

If the patient is suffering with some inflammatory and painful condition, the first goal is to reduce the symptoms and inflammation. Inflammation usually is associated with trauma or joint fixation that has now become irritated. The standard protocols to reduce these symptoms are ice therapy at home, 15-20 minutes out of each hour. Ice therapy needs to be used beyond the traditional 48 hours, as the reduction of inflammation is the goal, and that may take up to 1 month. Secondly, during the acute, painful stage, reduced activity and exercise (computer use, washing windows, running, etc.) will allow for the inflammation to reduce quicker.



Fig. 1: Dr. Maggs adjusting Jamario Moon in seated position



Fig. 2: Dr. Maggs adjusting Alex Sausville lying down

During this phase, chiropractic adjustments (figs. 1 & 2) are also extremely beneficial, as they help to restore mobility back to fixated joints. Mobility is the key to a healthy spine, and biomechanical imbalances, the stresses of life and good old Father Time always help to fixate or “lock” joints. Chiropractic adjustments keep mobility in joints, allowing an individual to heal, then increase exercise and other demands on that area without the negative effect.

From a therapy point of view, any physical therapy modalities are very complimentary to the above. These include cold laser therapy, ultra-sound therapy, muscle stim and diathermy. My favorite is cold laser therapy, which accelerates the healing process, reduces inflammation and reduces pain the quickest. Finally, if a person is inclined to take nutritional supplements, proteolytic enzymes are ideal in helping the injury to heal quicker. They can be purchased through any doctor's office who sells supplements, or any health food store.

Once the symptoms are reduced, (and it may take 2-6 weeks), then rehabilitative exercises need to be incorporated. I would continue the ice therapy during this phase as well, as increased activity has the potential to irritate and re-inflate an area. There are many different types of rehab, but some of the more effective types are range of motion, posture pump (fig. 3), mirror imaging exercises based on the x-ray findings, trigger point therapy (The Stick) and traction.

In our office, we use the posture pump, which is a pillow-type apparatus that a patient



Fig. 3: The Posture Pump

lies on, and self-inflates with a pump, holds it for 5-7 seconds, then deflates the pillow. This is repeated 5-7 times. The inflation of the pillow increases the curve in the neck, re-educating the muscles and joints, hydrating the discs, and mobilizing the joints. This should be done 3-7 times per week as a therapeutic exercise for rehab and maintenance once the neck is fully healed.

Conclusion

Musculo-skeletal problems are the leading cost in our entire healthcare system, and it is the very reason so many people are unable to continue enjoying life due to pain and disability. We as a society must stop neglecting the causes of these problems and treating only the symptoms. The industry today masks the symptoms with medications and the degeneration and disability continues to worsen. Our methodology must change.

The success of this industry will only occur when we begin examining patients and determining their unique biomechanical imbalances, fixations and weaknesses, and then prescribing a corrective program for them. This should ideally occur long before breakdown and disability occurs.

Until next time, best of luck and enjoy your run.

Dr. Maggs can be heard on his live internet radio show The Structural Management® Hour at his website, www.StructuralManagement.com on Thursdays 3-4 pm EST. He can also be contacted at RunningDr@aol.com □





The HMRRC Annual Awards Banquet

SATURDAY, FEBRUARY 9, 2013

THE DESMOND

660 ALBANY SHAKER ROAD, ALBANY, NY

NANCY BRISKIE and VINCE JULIANO

to be inducted into the HMRRC Hall of Fame

SOCIAL HOUR: 6:00-7:00 P.M.

CASH BAR PLUS

IMPORTED AND DOMESTIC CHEESES • FRESH FRUIT • ASSORTED CRACKERS

DINNER BUFFET: 7:00 P.M.

FRESH FRUIT • CAESAR SALAD • EXOTIC GREENS WITH RASPBERRY VINAIGRETTE
SUN-DRIED TOMATO & MOZZARELLA SALAD • VEGETARIAN BLACK BEAN CHILI
CHICKEN BREAST HUNTER STYLE • SIRLOIN AU POIVRE • AU GRATIN POTATOES
SEASONAL VEGETABLE MEDLEY • WARM BREAD PUDDING
CHOCOLATE LAYER CAKE • MINI VIENNESE PASTRIES

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2012 Turkey RaffAL Run – On the Move Again

by Al Maikels

The Turkey RaffAL Run found a new home in 2012, with the familiar hills of Tawasenthia Park the setting for this year's race. When I joined the HMRRRC in the fall of 1985 the first Pace Setter that I received had the race schedule for November in it. One of the club races listed was an event called the Turkey Raffle Run. The race was held at the Saratoga State Park near the Columbia Pavilion and featured a challenging 1 mile loop with a little bit of a cross country feel. The race lasted an hour, and each loop got you a raffle ticket. It was a fun race, a good workout with a little bit of suspense at the end with the raffle. If my memory serves me there may have been 75-100 people in the race and everyone seemed to enjoy themselves.

I ran in this race from 1985 through 1987 and was disappointed when the race was not on the HMRRRC schedule for 1988. When I expressed my unhappiness on the race's absence from the schedule during a training run with Ray Newkirk he suggested I stop whining and direct the race myself with the location moved into Albany.

From November of 1989 through 2006 the Turkey Raffle Run was held at Washington Park in Albany. For the first eight or nine years we had the full use of the facilities, including the lake house. The race attracted 100 to 140 runners, and was one of the staples of the fall schedule. There were years when I was traveling and Charlie Matlock would step in and direct the race and it didn't skip a beat. In 1996, the Holiday Lights in the Park began and slowly our access to the park began to be constricted. The city always worked hard to accommodate our use of the park, but as the Holiday Lights got bigger and more elaborate our presence was an intrusion on the setup work needed to get the Holiday Lights ready. I took a couple of years off directing the race, as Sharon Boehlke and her crew stepped in to keep the race going. I came back to direct the race in 2006, just in time to find that the continued expansion of the Holiday Lights necessitated our moving to a corner of the park and moving us away from the traditional loop around the lake. It

was clear that we would just be in the way if we kept trying to hold the race in the park, so I polled the runners to see where they might want to move to, and the Crossings of Colonie was the overwhelming choice.

I decided that if we were going to move the race we could tweak its name, thus the name Turkey RaffAL Run came into being. Apparently the spell check software used by the club has difficulty recognizing this change; perhaps we will have to produce the club race schedule manuALLy.

The Crossings was a popular venue for this event, but that popularity extended to other races, and the park is just too busy for its own good. All races have been moved to the back of the park and this year the water was shut off in the park buildings after October 31. It did not make any sense to me to rent the park just

to use the parking lot and paths when those would be free of charge at Tawasenthia.

Race day 2012 was produced by a great group of volunteers. Lisa Ciancetta, Letitia Ruderman and Marey Bailey took care of the registration and raffAL while Charlie Matlock brought the turkeys. Maureen Cox and her son did most of the set-up, along with Tom Ryan. Brian Northan, Gerri Moore and Coach Jim Bowles joined Tom Ryan in handing out raffAL tickets as Ray Lee took pictures. Jess Northan was in charge of the water stop and Patrick Lynskey made sure the runners stayed on course.

After the hour was over the crowd of runners filled out their raffAL slips with surprising speed and the raffAL took less than 30 minutes to conduct. I did not count how many items we had to raffAL to go along with the 12 turkeys, but my guess was that it was close to 90.

Among those winning turkeys were Will Dixon, Ralph Feinstein, Jim Moore, Todd Thomas and Victor Warner. Other prize winners included Carolyn George, Tina Hayden, Tom Constantine, Jess Northan, Sally Drake, and Mark Warner, just to name a few.

The race is always held the Sunday before Thanksgiving; see you there in 2013. □





Go to **HMRRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

Insport Tights, black, Male, S; Female S,L

Knit Hat, navy, black, light blue

Thermax Gloves, black

Warm-Ups, black and gray jacket and pants, Male S,M,L

Long Sleeve Coolmax Shirts:

Lightweight, white, mock turtleneck, club logo on sleeve, Unisex S,M,L,XL

Mock Turtleneck, club logo on chest, Unisex black M,L,XL

Coolmax Singlets:

White with royal blue side panels, Female M,L - CLEARANCE

White with royal blue side panels, Male S,M,L,XL

Short Sleeve Coolmax Shirts:

Hind with reflective stripes, Male, mustard S,XL, grey S; blue M,L,XL

Female V-neck, lemon, purple, S,M,L,XL; red S,M,L

Shorts with white club logo

Female Asics, yellow, peach M,L,XL; light blue S,M,L; turquoise L - CLEARANCE

Female Adidas, black with blue trim, XL - CLEARANCE

Female Race Ready Shorts, royal blue - ALL ON CLEARANCE

Split-cut, 1" inseam, M,L - CLEARANCE

Split-cut Long Distance, 1" inseam, back mesh pockets, blue, L - CLEARANCE

V-Notch, 3" inseam, S,XL - CLEARANCE

V-Notch Long Distance, 3" inseam, back mesh pockets, L - CLEARANCE

Easy, 4" inseam, S,M,L - CLEARANCE

Easy Long Distance, 4" inseam, back mesh pockets, S,M,XL

Male Race Ready Shorts, all are royal blue except where noted

Split-cut, 1" inseam, S,M,XL royal

V-Notch, 3" inseam, S,M,XL royal; L black

V-Notch Long Distance, 3" inseam, back mesh pockets, M,L, XL

Easy, 4" inseam, S,M,XL

Easy Long Distance, 4" inseam, back mesh pockets, S,M,L,XL

Sixers, black, 6" inseam, back mesh pockets, S

Running Cap, embroidered logo, white, white/royal

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

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Latham, NY 12110

Email: c_dahlem@yahoo.com

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Runnin' of the Green (Island)

by Letticia and Dave Ruderman

Welcome 2013! With this NEW Year, come NEW resolutions, NEW beginnings and NEW race directors to the Runnin' of the Green (Island) race, to be held on March 16, 2013. Dave and Letticia Ruderman are excited to be taking on the challenge as race directors this year. This race has truly come to be known as the "kick-off" to the race season. After a long winter filled with various, weather appropriate, cross-training activities... we all know that runners are excited for the opportunity to break out their NEW running gear and hit the pavement once again!

[Excerpt from *Adirondack Sports & Fitness Magazine*/Author: Vince Juliano]

The idea of holding a road race in association with St. Patrick's Day is a popular tradition, with large cities such as Portland, Oregon; Chicago; Rochester and Holyoke, Mass., all kicking off the spring season with large foot races in mid-March. In contrast, the Runnin' of the Green (Island) is held in Green Island, the smallest village in New York. "It's a small village but a BIG race." An accurate tag, as more than 750 runners will likely participate this year, despite no day of race registration.

Many runners are attracted to the fast, flat course and relatively short distance. More serious runners will be there also, as the race hosts the USATF Adirondack four-mile championship and is a dual Grand Prix event for the Hudson-Mohawk Road Runners Club and USA Track & Field.

It's hard to imagine the Capital District without a St. Paddy's Day race, but that was in fact the case in 1999 when the 8K St. Paddy's Day in Averill Park race died suddenly without adequate time to find a replacement. The following year, HMRRRC representative Ken Skinner successfully negotiated a new race, the Runnin' of the Green (Island) with the enthusiastic support of local officials from the tiny municipality. The village stepped up by providing their American Legion Hall for prerace and post-race activities, and the village offers spacious free parking nearby. The police and highway crews are quick to provide supports along the course and local businesses also contribute toward the abundance of post-race athlete recognition awards.

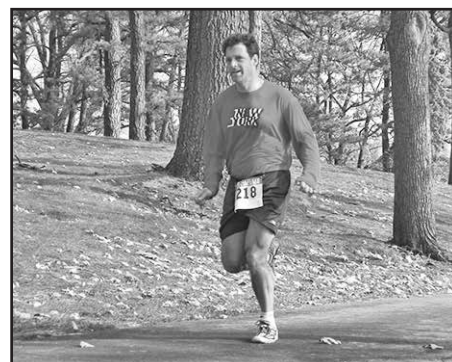
The race draws a competitive field, including the area's best racing teams, and the champion is often decided in the final strides, making the race spectator friendly. For runners of all abilities, there is the opportunity to dress up in green or at least to showcase new running apparel in spring's road race debut.

Keep your eyes open this month for further details and registration information, which will be communicated on the HMRRRC home and Facebook pages. This is a popular race and


will sell out quickly. Please also consider participating as a volunteer for this event as well as other HMRRRC events throughout the year. There will likely be several more weeks to play in the snow, but if you are a runner at heart, this is an event that should not be missed!

Please take a moment to introduce yourself to the NEW race directors, Dave and Letticia Ruderman! They welcome your friendship, advice and participation! Their email is ROG4Race@aol.com. □





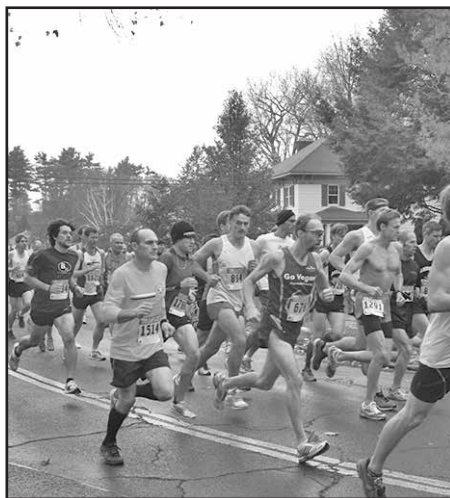
On the Web!
 The Hudson Mohawk Road
 Runners Club is on the Web



- Complete Race Schedule
- Grand Prix Update
- Race Applications
- Race Results in a flash

www.hmrrc.com





*Happy
New Year!*

*We need help at each event!
If you are not running, please
consider signing up today!*

Volunteers needed for:

*Winter Series Race #5
4M & 10M (GP), 20M
February 3*

*40th HMRRC
Winter Marathon &
Marathon Relay
February 17*

*Runnin' of the Green
(Island)
4 Miles
March 16*

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

*It's not just
about running...*



Submissions for the March Issue of *The Pace Setter*

Articles:

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

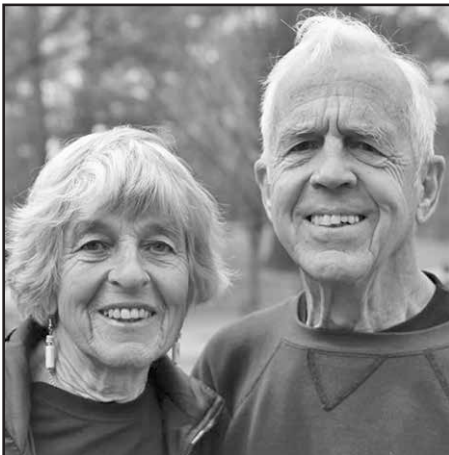
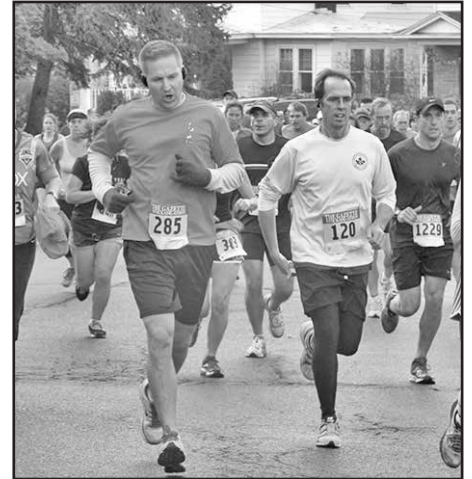
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High resolution black & white files or greyscale required (no compression). Full page ad size MUST be 7-5/8" wide by 10" high. Contact Cyndy Allen at callen@gscallen.com for further info.



Expanding Your Sports Diet: Seeds and Grains

Times have changed from when we used to joke about runners who ate “nuts and berries.” Today’s runners routinely enjoy nuts and berries and are now looking for ways to notch up their diets with more seeds (such as flax and chia) and whole grains (such as quinoa). This trend can enhance the health of both our bodies and the planet. That is, by choosing more plant foods, we’ll end up eating less meat and animal protein. If each of us were to eat just one less pound of beef per week, greenhouse gas emissions would drop significantly.

While seeds and grains are health-enhancing choices to include in your sports diet, their nutritional value can sometimes get exaggerated. The following information offers a perspective on some “trendy” foods that are getting mainstreamed.

Nuts and Seeds

Want to add a nice crunch, along with vitamins and minerals, to your sports diet? Sprinkle some slivered almonds, chopped walnuts, pistachios, sunflower and sesame seeds into your yogurt, cereal, salad, and smoothie. Nuts and seeds offer protein, healthy fats, fiber, vitamin E, magnesium, and many other nutrients. The fact that a plant grows from a nut or seed indicates it is life sustaining.

Many nuts and seeds offer alpha linoleic acid, aslo known as ALA, a type of health-protective omega-3 polyunsaturated fat. While ALA from plants is not as potent as the type of omega-3s found in fish, any omega-3 fat is better than none. But dieters beware! When you nonchalantly toss a few spoonfuls of nuts and seeds into your smoothies and salads to pump up their nutritional value, you can also easily toss in 100 to 400 calories. While vegans may need this protein and calorie boost, weight-conscious athletes who consume dairy and animal proteins might want to think twice.

Flax seeds, commonly consumed for their ALA omega-3 fat benefits, need to be ground before being eaten. Otherwise, they pass through your intestines whole and undigested.

Chia seeds also offer ALA omega-3 fats—but you don’t need to grind them. Just sprinkle chia on yogurt and enjoy the crunch. When soaked in water for 10 minutes, chia seeds create a gel that can be used as a thickener for smoothies and as an alternative to eggs and oils in some recipes. The slimy consistency of soaked chia seeds can be tough to enjoy for some athletes. If you fall into the “no thank you camp,” worry not. You have many other options for enjoyably consuming similar nutrients in other seeds and nuts.

Sunflower seeds have a mild, pleasing taste when added to salads, trail mix, or cold cere-

Comparing Seeds and Nuts

This chart shows how 1/4 cup of nuts and seeds (two spoonfuls or a large handful) adds a lot of calories but minimal protein towards the daily target of about 60 to 90 grams of protein. Vegans still need additional plant proteins, like beans and tofu, to get enough protein.

Seed (¼ cup/30 g)	Calories	Protein (g)	Fiber (g)	Calcium (g)	Iron (mg)
Chia	140	5	10	180	8
Flax, ground	150	5	8	70	1.5
Hemp seeds	180	10	4	--	1
Sunflower	190	6	3	20	1
Pumpkin	170	9	2	50	2
Sesame	200	6	4	350	5
Walnuts	190	4	2	30	1
		Daily target: 60-90 g	Daily target: 25-35 g	Daily target: 1,000 mg	Daily Target: 8 mg men, 18 women

als. For people with peanut allergies, sunflower butter is a popular alternative to peanut butter.

Pumpkin seeds, also known as pepitas, are slower to eat when you buy them in the shell. This can save unwanted calories.

Hemp seeds are touted as containing all the essential amino acids. Hemp adds a protein-boost to vegan diets, but at a high price. Hemp seeds costs about \$15 per pound, as compared to soy nuts, that also have all the amino acids, about \$3.50/lb.

Sesame seeds have a gentle flavor and make a nice addition to stir-fried tofu or chicken. Although sesame seeds are touted as being calcium-rich, their calcium is poorly absorbed.

Chopped nuts, such as walnuts or slivered almonds, add a protein boost—but not as much of a protein bonus as many athletes think. If you ate half a cup of walnuts (two man-sized handfuls), you’d get only 8 grams of protein. For the same calories, you could add 1.5 cups of cottage cheese to your salad and get five times more protein (40 grams).

Grains

Both whole and refined grain foods offer carbohydrates that easily fuel your muscles. Whole grains include whole wheat, brown rice, corn (including popcorn), oats, barley, millet, and quinoa. Unrefined grains offer trace minerals, such as magnesium and copper, that refined grains don’t offer because they are lost in processing.

However, most refined grains are enriched with B-vitamins and iron, two important nutrients for athletes. So, if you end up eating some white pasta or bread, there’s no need to fret! Dietary guidelines allow for half of the grains you consume to be refined.

Quinoa is actually a seed, but we eat it as

a grain, and it offers more protein than other grains. But take note (see the chart below): Quinoa is not a protein powerhouse, so eat it with tofu, beans or yogurt to reach the target of 20 to 30 grams protein per meal. Quinoa is also expensive: \$6 per pound, as compared to brown rice at \$1.50 per pound.

Grain/	1 cup				
Starch	cooked	Calories	Protein g	Fiber g	Iron mg
Pasta, white	2 oz dry	200	7	2	2
Pasta, whole wheat	2 oz dry	200	8	6	2
Rice, white	1/3 c raw	225	4	1	2
Rice, brown	1/3 c raw	225	5	2	1
Couscous	1/3 c raw	215	7	3	1
Quinoa	1/3 c raw	200	8	5	3

The bottom line:

When you resolve to “eat healthier,” be sure to create a sustainable plan that will offer lifelong enjoyment. While you want to explore new foods, you don’t have to routinely choke down seeds and whole grains that do not really please your taste buds. By filling your meals with a variety of wholesome foods—including generous portions of colorful fruits and vegetables—you’ll be able to consume abundant nutrients that invest in both good health and top performance. Plus, you’ll also help save the planet by choosing more seeds and grains and fewer steaks and chops.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com. See also

RECIPE using nuts, seeds, grains, and spices

This Super Spice Trail Mix includes a yummy combination of health-enhancing nuts, seeds, grain, and spices. Pack it into little individual baggies for snacks, sprinkle it into yogurt, or add it to cold or hot cereal. It offers a really nice crunch and flavor boost to shredded wheat and other bland cereals.

I found this recipe at www.McCormick.com. The McCormick Spice website offers lots of really nice and flavorful recipes filled with herbs and spices. Take a tour?

1/4 cup firmly packed brown sugar
2 teaspoons cinnamon
2 teaspoons ginger
2 teaspoons paprika
3 cups nuts, such as a mix of almonds, shelled pistachios, and pecan halves
1 cup rolled oats
1 cup roasted pepitas (shelled pumpkin seeds)
1/4 cup apple juice concentrate, thawed
1-1/2 cups dried fruit, such as a mix of dried cherries, cranberries, and golden raisins

1. Preheat oven to 250°F. Mix brown sugar, cinnamon, ginger and paprika in small bowl. Set aside.

2. Place nuts, oats, and pepitas in a large bowl. Add thawed apple juice concentrate; toss until nuts are evenly coated.

3. Sprinkle with spice mixture, tossing to coat well.

4. Spread evenly on two 15x10x1-inch baking pans. Bake 30 minutes, stirring halfway through cook time. Cool completely on wire rack.

5. Stir in cherries and raisins. Store in airtight container.

Yield: 24 1/4-cup servings

Approximate calories per serving: 200 □



New HMRRC Members



Cheryl Abert
Jack Arnold
Andrea Becker
Lily Becker
Hope Bigwarfe
Douglas Burns
Luciano Camuglia
Anthony Chiesa
Holly Chiesa
Isabella Chiesa
Matthew Chiesa
Denise Connolly
Steve Connolly
Doug Cooper
Julie Cooper
Kim Cooper
Mia Cooper
PJ Cooper
Maureen Cox
Colleen Delay
Mark Delay
Kim Eisler
Nelson Furhno
Roy Gibbs
Paula Gilbert
Kara Gokey
Benjamin Graham
Todd Gray
Kevin C. Harkins
Vicki Harkins
Robert Harris

Erika Hebert
Daniel Heenan
Kathleen Hoffman-Hart
Michael Jesep
Amy Keegan
Antoinette Leto
Jack Leto
Jim Leto
Taylor Leto
Carly Lombardi
Shannon Lombardi
Matthew McCormick
Elaine Montes
Diane Myers
Kristie Newhard
Ted Newhard
Gail Perry
Amy Picunas
Addison Pokines
Hanna Catherine Pokines
John Allen Pokines
Michael Rapp
Jon Ricciardi
Matt Roberts
William Schmitt
Sydney Smith
Mindy Stookey
Shannon Toomey
Mary Walsh
Michael Williams

Meeting Minutes of the HMRRRC General Meeting November 14, 2012

Attendance: Barb Light, Chuck Terry, Tom & Marcia Adams, Maureen Cox, Jon Rocco, Cathy Sliwinski, Jonathan Golden, Diane Fisher, Ed Hamston, Ray Lee, Wade & Anny Stockman, Jim Tierney, Mark Warner, Ken Skinner

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

1. Reading and approval of October 10, 2012 minutes (B. Light). Motion made by Marcia Adams to approve minutes by seconded by Maureen Cox. Motion approved.

2. Reports of Officers

2.1 President (J. Rocco): Congratulations to Vince Juliano & Nancy Briskie who will be inducted into the Hall of Fame for February.

- Club Treasurer (resignation and appointment): Sabrina Krause resigned. Jon did find a replacement, Mary Ibbetson will be the new Club Treasurer. She is a manager of a Law Firm, Times Union blogger, Personal Trainer. She is excited to volunteer for this position. She met with Pam this week to get things started.

- Race Review Committee: committee Mark Warner, Jonathan Golden & Marcia Adams. Appointed Ed Hamston, and David Tromp. Ed will chair the committee. Review committee will document the races as they exist, look at races on our calendar to see if they should stay on our calendar, (historical value, unique). Will have a recommendation for the 2014 race calendar. Maureen noted that the report should be completed by August before schedule is in place.

- Club Volunteer Vacancies: Pace Setter Managing Editor, Van/Equipment Management, Insurance Coordinator: positions have been posted on website. Did meet with people about the Pacesetter Editor but they couldn't accept. It is still a possibility to have Darryl be in charge of it. Maybe go to 6 issues a year, but still trying to work it out. Van/Equipment Manager-Tom & Marcia will take on the van for 2 years. Wants to make sure that it gets the service it requires. Still actively pursuing another person. The van will be prepped up in Adams yard, Race Directors are to call/email and let them know when they want the van for their race and they have to pick up the van at their house. Mark Warner will send message to Race Directors with that message also. They will not supply water for the races,

cups will be provided in the van. Nothing perishable should be left in the van after the race. Insurance Coordinator-description has been posted on website and will be in Pacesetter. Hoping to have someone step up and Cathy will be training that person.

2.2 Executive Vice President (M. Cox): No report.

2.3 Executive Vice President – Finance (C. Terry):

- Presentation of 2013 Annual Budget: See attached. Discussion followed after reviewing the budget. Budget will be voted on at next month's meeting.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (TBA): See attached reports.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2805, 8 down from last month, 275 up from this time last year, 48 new members last month. 1166 likes on Facebook, 67 followers on Twitter.

3.2 Volunteers (M. Adams): Held Registration 101 and had 5 attendees. Marcia will be working on Volunteer database.

Public Relations (R. Moore): Oct 27 & 28 booth at Adirondack Sports Expo. Thank you to all who helped. Here are the volunteers who helped at the expo: Nikki Viscusi, Kim Kilby, Judy Phelps, Joyce Goodrich, Mary Kruegler, Liz Arroyo, Terry Smith, Sarah Reed, Ray Lee,

Vince Wenger

3.3 Rob was also at Hairy Gorrilla and collected shirts/sneakers. Received various requests from media outlets about the NYC Marathon to get feedback about runners participating. Marcia noted that she doesn't understand why we have a hard time to get media to give us PR. Ray Lee noted that Monday's Times Union had a picture from the Stockadeathon. Mark Warner thought maybe we aren't aggressive enough. We need to cultivate relationships with the media. We may get a better response to them. Jon will think about getting media-type person.

3.4 Race Committee (M. Warner): Stockadeathon-new course, 1800 registered, 1600 finishers, several people liked the new course, positive feedback. Upcoming Turkey RafAL at Tawasentha Park, Winter Series #1 on December 9th. Ed Thomas will coordinate

Winter Series Races. Having meeting for Winter Series Race Director's on 11/26. WTC meeting last week-making progress. Contract is close to being signed off on. CD-PHP still looking at it-they added extra language to it with other services to provide. This will be a 3 year contract. Working on getting coordinators. Talking to someone for Treasurer, need Volunteer Coordinator. Coordinator for Plaza Activities to work with OGS. Looking into Chip Timing. Race Refund Policy-consensus is that we need statement that we all use on all entry forms, websites, etc. Send wording to Race Director to use for their races. Statement on the forms, Race Director will have to determine if there will be a refund. There is some discretion with the Race Director about the refund. Discussion followed. Will get 2013 race schedule printed.

3.5 Race Committee Treasurer (J. Golden): See attached reports.

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

3.7 Conflicts Committee (C. Terry): Marcia Adams contacted club about hiring someone to prepare volunteer database. Had \$2500 in budget, put in again this year, received proposal from Diane Fisher. Marcia notified Chuck due to potential conflict. Did adopt Conflict of Interest policy 5 years ago. Chuck Terry, John Parisella, Maureen Cox, Mike Kelly met and discussed the situation-it is a club policy not to enter into contract with club member if they are to make money from the contract. The policy does allow the club to enter into these contracts if it is in the best interest of the club. They feel it is in the best interest in the club and they wanted it to be put on the agenda and put a vote on it. Mark Warner noted that it isn't a new precedent and it is good that it is brought up to the club. Ken noted that we should set a certain level to spend then if it goes above that level they should have separate rules. Marcia made motion that we vote to allow contract with Diane Fisher to do Volunteer Database as to the contract that was proposed to Marcia Adams. Mark Warner seconded it. New database will be created to keep track of volunteers. It will be interactive so that volunteers can go online and express interest in volunteering. Info will be sent to the Race Director and then the Race Director can contact the volunteer.

Eventually the whole process will be automatic. There are no recurring costs only some regular costs. We will need a server for this but we need one for HMRRRC website. Will be able to train other people to use the program. Club member may attend meeting and participate in discussion, but will not be able to vote on the motion. 14 in favor, 0 opposed, 1 abstention, and motion passed. Looking to have completed by January 2013.

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

3.9 Grants Committee (R. Newkirk): Cutoff date of December 21 for first round of grants to be awarded.

3.10 Long Range Planning Committee (E. Neiles): No report.

3.11 Just Run Program (K. Skinner): Due to Hurricane Sandy-Cross Country meet was cancelled and moved to November 7th. Had 250 kids who participated in the Fall program, very successful. Volunteers did a great job. Had a great turnout of parent participation. Will be gearing up for Spring Just Run program. Schools usually start around March 1st. Anticipating 3 or 4 new schools. Could have about 20 schools participating.

4 Unfinished Business:

- Volunteer race requirement for Grand Prix awards (tabled motion from October meeting): Motion made by Marcia Adams to bring volunteer race requirement for Grand Prix awards seconded by Ken Skinner. Proposal is: Require the annual Grand Prix age group winners (top 3) to have volunteered in at least on HMRRRC Club Race during the calendar year. Discussion followed. After discussion a change was made in the proposal, new proposal now is Annual Grand Prix participants to have volunteered in at least one HMRRRC Club Race during the calendar year. Motion made by Maureen Cox to vote on revised proposal, seconded by Marcia Adams. 13 in favor, motion passed.

5 New Business: None

6 Announcements:

- December refreshments-Chuck Terry

7 Adjourn: Motion made by Marcia Adams to adjourn, seconded by Maureen Cox meeting adjourned at 9:10PM. □

Grand Prix Update

Race #12 Stockade-athon **15 K** **November 11, 2012**

Male Open

12 Kevin Treadway
 10 Alex Paley
 8 Nick Webster
 7 Alex Gilgore
 6 Ryan Walter
 5 Paul Cox
 4 Daniel Jordy

Male 30-39

12 Michael Roda
 10 Josh Merlis
 8 Chris Judd
 7 Anthony Giuliano
 6 Chuck Terry
 5 Tucker Chrapowitzky
 4 Jake Stookey

Male 40-49

12 Kevin Creagan
 10 Tim Hoff
 8 Thomas Kracker
 7 Bob Radliff
 6 Randall Cannell
 5 Craig Dubois
 4 John Stadtlander

Male 50-59

12 Thomas Dalton
 10 John Noonan
 8 William Venner
 7 Rick Munson
 6 Jonathon Stillman
 5 Stephen Jones
 4 Steve Conant

Male 60-69

12 Lee Pollock
 10 Carl Matuszek
 8 Tony Maddaloni
 7 Paul Bennett
 6 Dennis Fillmore
 5 Juergen Reher
 4 Peter Gerardi

Male 70+

12 Wade Stockman
 10 Ray Lee

Women

Female Open

12 Jodi Robertson
 10 Kristina Gracey
 8 Emily Finnegan
 7 Karen Bertasso
 6 Meghan Davey Mortensen
 5 Kristen Quaresimo
 4 Shylah Weber
 22 – The Pace Setter

Female 30-39

12 Renee Toland
 10 Gretchen Oliver
 8 Shelly Binsfeld
 7 Kari Deer
 6 Christine Ardito
 5 Christina Jordy
 4 Laura Zima

Female 40-49

12 Emily Bryans
 10 Anne Benson
 8 Terri Artese
 7 Karen Dolge
 6 Christine Varley
 5 Lisa Nieradka
 4 Shanley Alber

Female 50-59

12 Beth Stalker
 10 Karen Provencher
 8 Kim Law
 7 Janice Phoenix
 6 Joyce Goodrich
 5 Nicolette Pohl
 4 Lauren Herbs

Female 60-69

12 Judy Phelps
 10 Susan Wong
 8 Judy Lynch
 7 Laura Clark
 6 Ellen Mueller
 5 Diana Graziano
 4 Linda Meier

Female 70+

12 Anny Stockman
 10 Eiko Bogue

Age Graded

Runner	Age	G
12 Tom Dalton	54	M
10 Judy Phelps	61	F
8 Emily Bryans	45	F
7 John Noonan	53	M
6 Beth Stalker	53	F
5 Lee Pollock	60	M
4 Kevin Treadway	24	M

Total After 12 Races

Men

Male Open

44 Richard Messineo
 34 Paul Cox
 34 Jonathon Lazzara
 26 Ryan Walter
 22 Tom O'Grady
 22 Alex Paley
 20 Justin Wood

16 Eric Young
 16 Kevin Treadway
 15 Daniel Jordy
 15 Chuck Terry
 12 Connor Devine
 12 James Faraci
 12 Jeffrey Hayes
 12 Andrew McCarthy
 12 Jordan Pantalone
 11 Dave Vona
 10 Kellen Henderson
 10 Jason Lange
 10 Brad Lewis
 10 Josh Merlis
 10 Blair Williams
 8 Joseph Crowe
 8 Aaron Lozier
 8 Kevin Messineo
 8 Brendon VanVlack
 8 Nick Webster
 7 Jeffery Budka
 7 Alex Gilgore
 7 Matt Lange
 7 Zack Russo
 6 Tim Budka
 6 Nick Przekurat
 6 Tom Scudder
 5 Mohammad Qneibi
 5 Ambrose Schaffer
 4 Daniel Ayala
 4 Marcus Debergh
 4 Ryan Egan
 4 Mark Grammatico
 4 Andrew Gravelle
 4 Noah Valvo

Male 30-39

56 Michael Roda
 49 Aaron Knobloch
 38 Chuck Terry
 38 David Tromp
 30 Chris Judd
 29 Josh Merlis
 28 Bob Irwin
 28 Mathew Nark
 26 Brian Northan
 24 Joe Hayter
 22 Anthony Giuliano
 22 Jim Sweeney
 21 Todd Smith
 20 Bill Davis
 19 Andrew Rickert
 18 Clay Lodovice
 16 Dennis VanVlack
 10 Eamon Dempsey
 9 David Newman
 8 Jon Catlett
 8 Eamon Dempsey
 8 Richard Hamlin
 8 Joey Sullivan
 6 Thomas Fraser
 6 Chris Nowak
 6 Aaron Robertson
 5 Tucker Chrapowitzky
 5 Jonathon Golden
 5 Kevin Shaughenssey

4 Joe Benny
 4 Michael Clark
 4 John Deer
 4 Greg Ethier
 4 Matthew Purdy
 4 Pat Sorsby
 4 Jake Stookey

Male 40-49

72 Jon Rocco
 50 Kevin Creagan
 46 Ed Hampston
 34 Christian Lietzau
 32 Brian DeBraccio
 27 John Williams-Searl
 26 Thomas Kracker
 25 Ken Tarullo
 24 Ed Menis
 22 Tim Hoff
 19 Dennis VanVlack
 16 Randall Cannell
 16 John Stadtlander
 15 Bruce Beesley
 13 Craig Dubois
 12 Karl Sindel
 10 Neil Sergott
 8 Sunil Kumta
 8 Tomo Miyama
 8 Craig Tynan
 7 Jonathon Bright
 7 Douglas Campbell
 7 Timothy Egan, Sr.
 7 Dan Korff
 7 Bob Radliff
 6 Russel Lauer
 6 Jeff Loukmas
 5 Gil Chorbajian
 5 Bill Grimaldi
 5 Joe McDonald
 5 Samuel Mercado, Jr.
 5 Bill Street
 5 Mike Verdichizzi
 4 Steve Cummings
 4 Brian Dillenbeck
 4 Richard Homenick

Male 50-59

64 Ken Evans
 48 Derrick Staley
 38 Richard Clark
 37 Rick Munson
 32 John Noonan
 25 Robert Wither
 22 Kevin Dollard
 20 Tom Dalton
 18 William Venner
 17 Robert Somerville
 16 Ed Gravelle
 15 Bryan Coyne
 14 John Couch
 12 Dan Cantwell
 12 Jim Giglio
 12 John Parisella
 11 Steve Conant
 11 Martin Patrick
 10 Richard Kelly

10 Bill Martin
 10 James McElroy
 10 Bill Ports
 10 David Roy
 9 Daniel Esper
 8 Keith Haugen
 8 Tom Tift
 7 John Beard
 7 Steve Black
 7 Michael Bromm
 7 Ralph Sansaricq
 7 Carl Urry
 6 Mike Brinkman
 6 Rob Picotte
 6 Jonathon Stillman
 5 Robert Colborn
 5 Jim Devine
 5 Stephen Jones
 5 Dan Nugent
 5 Steve Vnuk
 4 Joe Benoit
 4 Mark Canary
 4 Bruce Stevens

Male 60-69

72 Paul Forbes
 59 Paul Bennett
 47 Juergen Reher
 40 Norman Dovberg
 36 John Stockwell
 33 Tom McGuire
 32 Carl Matuszek
 21 Joe Yavonditte
 18 Ken Klapp
 17 Frank Broderick
 17 Ed Litts
 16 Pat Glover
 14 Bob Ellison
 14 Peter Gerardi
 13 Tom Adams
 12 Lee Pollock
 12 Rich Tanchyk
 10 Timothy Fisher
 9 Tom Kollar
 8 Randall Craig
 8 Tony Maddaloni
 7 Kevin Donohue
 6 Dennis Fillmore
 6 Frank Myers
 5 Dominick Delorio Jr
 5 Jim Fiore
 5 Greg Taylor
 5 Jim Thomas
 5 Frank Wittman
 4 Jack Berkery
 4 Pete Cowie
 4 George Jackson
 4 Charles Terry

Male 70+

72 Ed Bown
 62 Wade Stockman
 52 Jim Moore
 46 Ray Lee
 19 Chris Rush
 16 James McGuinness
 13 Armand Langevin
 12 Mark-Richar Butt
 12 Bob Knouse
 8 Don Wilken
 7 Joseph Richardson

6 Charles Bishop
 6 Jim Hotaling
 6 Ken Orner
 6 Tony Scott
 4 Raymond Bremm
 4 Richard Green

Women

Female Open

70 Kristina Gracey
 62 Meghan Davey Mortensen
 56 Shylah Weber
 41 Karen Bertasso
 24 Jodi Robertson
 18 Kelly Virkler
 17 Alicia Bousa
 17 Roxanne Wegman
 16 Kelcey Heenan
 14 Lisa D'Aneillo
 14 Taryn Reese
 13 Erin Rightmyer
 12 Molly Casey
 12 Leah Schaffer
 11 Liz Chauhan
 11 Kristen Quaresimo
 10 Michelle Davis
 10 Alison Kerr
 10 Brina Seguire
 8 Rebecca Cain
 8 Emily Finnegan
 7 Jessica Kostek
 7 Danielle Skufca
 6 Emma Hampston
 6 Katie Jones
 6 Joselin Schmitz-Morfe
 5 Amy Becker
 5 Kylar Foley
 5 Angela Gerace
 5 Ada Lauterbach
 4 Laurel Abowd
 4 Michelle Carter
 4 Erin Ring
 4 Sarah Scott

Female 30-39

66 Gretchen Oliver
 63 Crystal Perno
 42 Shelly Binsfeld
 42 Sally Drake
 23 Kari Deer
 22 Stacey Kelley
 20 Renee Toland
 16 Jessica Northan
 16 Deanne Webster
 14 Leah Jachym
 13 Christine Ardito
 13 Sarah Reed
 12 Mary Jane MacPherson
 10 Michelle Pendergast
 10 Stephanie Pitts
 9 Laura Zima
 9 Cynthia Zinzow
 8 Jessica Chapman
 8 Christina Jordy
 8 Shannon Judisky
 8 Nikki O'Meara
 8 Sonya Pasquini
 7 Jennifer Merritt
 7 Candice Panichi

7 Tricia Pendergast
 7 Diana Tobin-Knobloch
 7 Stephanie Vioria
 7 Stephanie Wille
 6 Susan Bright
 6 Erin Corcoran
 6 Anne Kubasiak
 6 Kim Morrison
 6 Amanda Zenner
 5 Melissa Hasan
 5 Sabrina Krouse
 5 Sara Madden
 5 TuAnh Turnbull
 4 Laura Lutz

Female 40-49

72 Emily Bryans
 50 Chris Varley
 40 Kimberly Miseno-Bowles
 44 Anne Benson
 30 Stacia Smith
 27 Karen Dolge
 23 Regina McGarvey
 20 Penny Tisko
 19 Barbara Light
 18 Connie Smith
 17 Judy Guzzo
 17 Dana Peterson
 16 Laurie Hoyt
 13 Megan Leitzinger
 10 Christine Capuano
 10 Mary Ibbetson
 10 Brenda Lennon
 8 Terri Artese
 8 Bonnie Barr
 8 Roxanne Gillen
 8 Leah Giordano
 7 Marcy Beard
 7 Christine Friedmaan
 7 Tammie Jones
 7 Kathy VanValen
 6 Kaye Byrne
 6 Heather Machabee
 6 Ruth Sadinsky
 5 Chris Abowd
 5 Miriam Hardin
 5 Lisa Nieradka
 5 Colleen Smith
 4 Shanley Alber
 4 Kay Byrne
 4 Martha Gohlke
 4 Jean Foti
 4 Kirsten LeBlanc
 4 Sarah Reed-Esper

Female 50-59

55 Susan Burns
 50 Jenny Lee
 41 Joan Celentano
 39 Nancy Taormina
 34 Beth Stalker
 26 Karen Provencher
 24 Nancy Briskie
 22 Nancy Nicholson
 20 Kim Law
 19 Karen Dott
 15 Cathy Sliwinski
 14 Sharon Desrochers
 13 Karen Gerstenberger
 12 Inge Aiken
 12 Maureen Fitzgerald

12 Peggy McKeown
 11 Maryanne McNamara
 10 Joan Brown
 10 Kathleen Goldberg
 8 Sharon Fellner
 8 Joanne Fitzgerald
 8 Lois Green
 7 Donna Charlebois
 7 Janice Phoenix
 7 Carol Wittman
 6 Joyce Goodrich
 6 Cindy Michelin
 6 Joyce Reynolds
 6 Barbara Sorrell
 5 Harriet Jaffe
 5 Nancy Piche
 5 Nicolette Pohl
 5 Deb Sanger
 5 Mary Signorelli
 4 Lauren Herbs
 4 Jill Mehan
 4 Aileen Muller
 4 Daine Peverly
 4 Valerie Pezzula
 4 Kim Sack
 4 Audrey Vandervoort

Female 60-69

72 Judy Phelps
 66 Susan Wong
 41 Katherine Ambrosio
 35 Martha Degrazia
 34 Erika Oesterle
 28 Mary Wilsey
 22 Judy Lynch
 9 Linda Keeley
 8 Mary Collins Finn
 7 Laura Clark
 7 Gail Hein
 7 Linda Meier
 7 Ginny Pezzula
 6 Ellen Mueller
 6 Sue Nealon
 5 Diana Graziano
 5 Jacqueline Tremont
 4 Linda Keeley
 4 Kathleen Santarcangelo

Female 70+

70 Anny Stockman
 38 Eiko Bogue
 12 Coral Crossman
 12 Marge Rajczewski

Age Graded

Runner	Age	G
64 Judy Phelps	60/61	F
62 Susan Wong	64	F
45 Paul Forbes	61/62	M
44 Derrick Staley	53	M
40 Emily Bryans	44/45	F
23 John Noonan	52/53	M
22 Beth Stalker	52/53	F
21 Michadel Roda	36	M
17 Paul Bennett	61	M
17 Jim Sweeney	31	M
16 Kevin Dollard	56/57	M
15 Nancy Briskie	54/55	F

14 Anne Benson	47 F	7 Erika Osterle	61 F
13 Aaron Knobloch	36 M	6 Christian Lietzau	48/49M
13 Chuck Terry	30 M	6 Carl Matuszek	60 M
12 Kristina Gracey	29 F	6 Meghan Davey	27 F
12 Karen Provencher	57 F	Mortensen	
12 Jodie Robertson	27/28 F	6 Karen Dolge	42 F
12 Tom Dalton	54 M	5 Christine Capuano	45 F
10 Connor Devine	18 M	5 Kari Deer	33 F
10 Tom O'Grady	26 M	5 Ken Klapp	62 M
9 Anny Stockman	80 F	5 Jordan Pantalone	17 M
8 Eamon Dempsey	32 M	5 Lee Pollock	60 M
8 Jon Rocco	45 M	5 Marge Rajczewski	71 F
8 Justin Wood	28 M	4 Joe Hayter	31 M
7 Josh Merlis	30 M	4 Jason Lange	17 M
7 Richard Messineo	24 M	4 Kevin Treadway	24 M
7 Nancy Nicholson	50 F	4 David Tromp	37 M



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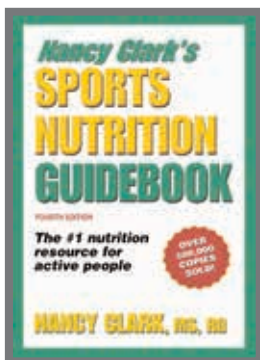
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Event Schedule

Club events in blue

Date	Time	Event	Location	Contact	Email
2/3	10:00 AM	Winter Series #5 -- 4M, 10M[GP], 20M†	Univ at Albany ---- Day of Race Signup only!	Patrick Lynskey & John Parisella	plynskey@nycap.rr.com
2/9	6:00 PM	HMRRC Club Banquet -- HOF Induction	The Desmond	Debbie Beach	dbeach21@verizon.net
2/17	10:00 AM	40th HMRRC Winter Marathon & Marathon Relay	University at Albany	Dana Peterson -- Clay Lodovice -- Ed Neiles	peterston.danac@gmail.com
3/16	10:00 AM	1th Runnin' of the Green (Island) 4 Miles [GP]	Green Island	Letticia & Dave Ruderman	letticiaaviles@aol.com
5/12	10:00 AM	33rd Mother's Day 5K	Central Park, Schenectady	Diane Fisher	hmrccmothersday@gmail.com
5/16	6:25 PM	CDPHP Workforce Team Challenge 3.5 Mile	Empire State Plaza Albany	TBD	
6/9	9:00 AM	42nd Distinguished Service Race 8 Mile [GP]	UAlbany --- Day of Race Signup only!	Mark & Angela Warner	mwarner1@nycap.rr.com
6/11	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/18	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
6/25	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/2	6:00 PM	The Colonie Mile [GP]†	Colonie HS Track -- Day of Race Signup only!	Ken Skinner	kennyskin@earthlink.net
7/9	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/11	6:15 PM	HMRRC Two Person Relay 6 X 1 Mile†	Colonie HS Track	Pete Newkirk	pnewkirk@newkirk.com
7/16	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/18	6:15 PM	40th HMRRC Hour Run†	Colonie HS Track	Doug Bowden	bowden@nycap.rr.com
7/23	6:00 PM	Colonie Summer Track	Colonie High School	Frank Myers	FLYINGBB45@aol.com
7/25	6:15 PM	37th HMRRC Pentathlon†	Colonie HS Track	Todd Mesick	toddmesick@yahoo.com
7/30	6:00 PM	Colonie Summer Track†	Colonie High School	Frank Myers	FLYINGBB45@aol.com
8/3	8:30 AM	The 34th Dynamic Duo Pursuit Race	Colonie Town Park	Frank Myers	FLYINGBB45@aol.com
8/4	9:00 AM	19th Indian Ladder Trail Run 15K & 3.5 Mile	John Boyd Thacher State Park	Mike Kelly	mikhome@verizon.net
8/6	6:00 PM	Colonie Summer Track†	Colonie High School Track	Frank Myers	FLYINGBB45@aol.com
8/12	6:30 PM	Tawasentha XC 5K #1†	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
8/19	6:30 PM	Tawasentha XC 5K [GP] #2†	Tawasentha Park Guilderland -- Day of Race Only!	John Kinnicutt	jkinnicutt@gmail.com
8/26	6:30 PM	Tawasentha XC 5K #3†	Tawasentha Park Guilderland -- Day of Race only!	John Kinnicutt	jkinnicutt@gmail.com
9/2	9:00 AM	25th SEFCU Foundation Labor Day 5K [GP]	Harriman State Office Campus	John Parisella	iparisel@nycap.rr.com
9/15	9:00 AM	42nd HMRRC Anniversary Run 2.8 & 5.6 Mile [5.6 GP]†	SUNY/Albany -- Day of race signup only!	Pat Glover	piglove@aol.com
9/29	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
10/13	8:30 AM	30th Mohawk Hudson River Marathon [GP]	Central Park Schenectady	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com
10/13	8:30 AM	12th Mohawk Hudson River Half Marathon (USMC Reserve)	Colonie Town Park	Cathy Sliwinski & Maureen Cox	racedirector@mohawkhudsonmarathon.com

Hudson Mohawk Road Runners Club

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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 ☐ _____

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P.O. BOX 12304, ALBANY, NY 12212

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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!*