

The Pace Setter

May 2013

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



42ND ANNUAL

DISTINGUISHED SERVICE AWARD

8 MILE ROAD RACE

Sunday, June 9, 2013, at 9:00 a.m.

Honoring

★ **JOHN HALEY** ★

PAST RECIPIENTS OF DISTINGUISHED SERVICE AWARD:

| | |
|-------------------------------------|-----------------------------------|
| ED GILLEN ('12) | ED NEILES, JUDY DE CHIRO ('91) |
| CATHY SLIWINSKI ('11) | CHRIS RUSH ('90) |
| MARCIA & TOM ADAMS ('10) | RICH BROWN ('89) |
| NANCY BRISKIE ('09) | BERT SOLTYSIAK ('88) |
| JIM GILMER ('08) | KATHY CARRIGAN ('87) |
| DEBBIE BEACH ('07) | JOE HEIN ('86) |
| VINCE JULIANO ('06) | DIANE BARONE, BILL MEEHAN, CARTER |
| ELAINE HUMPHREY ('05) | ANDERSSON-WINTLE ('85) |
| PETE NEWKIRK ('04) | RAY NEWKIRK ('84) |
| ED THOMAS ('03) | TOM MILLER, PAUL MURRAY ('83) |
| LORI ANN CHRISTINA ('02) | CHUCK HAUGH ('82) |
| ART TETRAULT ('01) | MICHAEL LANCOR ('81) |
| KEN SKINNER ('00) | DAVID KELLEY ('80) |
| JIM TIERNEY ('99) | CONNIE FILM ('79) |
| DOUG BOWDEN ('98) | JOHN ARONSON ('78) |
| JIM BURNES & SHARON BOEHLKE ('97) | DON & LINDA BOURGEOIS ('77) |
| DON FIALKA ('96) | PAUL ROSENBERG ('76) |
| CINDY KELLY, JULIE LEEPER ('95) | DON WILKEN ('75) |
| STEVE BASINAIT, HANK STEADMAN ('94) | BILL SHRADER, SR. ('74) |
| AL MAIKELS ('93) | BURKE ADAMS ('73) |
| CHARLES MATLOCK, CARL POOLE ('92) | TOM OSLER ('72) |

Starts & Finishes near 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

Editors:

Daniel Gracey, Kristina Gracey
(pseditor123@gmail.com)

Production Editor for May 2013:

John Peters

Content Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Advertising/Business Director:

Robin Nagengast (psads123@gmail.com)

Photo Coordinator:

Bill Meehan

Photography Staff:

Tom Adams, Phil Borgese, Nancy Briskie,
Donna Davidson, Ray Lee, Bill Meehan,
Gerri Moore, Paul Turner

Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

Al Maikels

— **What's Happening**

Dr. Russ Ebbetts

— **Off The Road**

Nancy Clark

— **Athlete's Kitchen**

Dr. Tim Maggs

— **The Running Doctor**

Dr. Robert Irwin

— **For Your Health**

Mike Becker

— **Been There, Done That**

Jim Tierney & Ken Orner

— **Senior Running**

Editor Needed:

— **Profile of a Runner**

Joe Hein

— **Short Circuits**

Bob Kopac

— **Kopac's Korner**



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the HMRRRC automatically entitles one to receive The Pace Setter. Advertisements, race announcements and entry forms are paid for at the following rates: full page (\$150). Contract rates are available on a half year and a full year basis. Advertisement questions and space reservations should be directed to Advertising Director at psads123@gmail.com. After contacting the advertising director, material can be mailed to: C Allen, callen@gscallen.com or 179 Hollywood Ave., Albany, NY 12209. All other matters should be directed to the editors.

2013 HMRRRC. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

The Pace Setter

MAY 2013

- 4 President's Message
- 5 What's Happening in May
- 5 Letters to the Editor
- 7 Been There, Done That
- 9 Sub 3 Hour Marathon After Age 50 an Elusive But Not Impossible Goal
by Vince Juliano
- 10 Under and Over The Hudson River
by Donna Davidson
- 13 Short Circuits
- 15 Son of Trailrunners, Beware the Beak
by Bob Kopac
- 15 New HMRRRC Members
- 17 Coming Over The Hill
by Ken Orner
- 18 The Athlete's Kitchen: Sodium, Muscle Cramps and Sweat Losses: Tips for Sweaty Runners
- 22 Grand Prix Update
- 24 Minutes of the HMRRRC General Meeting, March 13, 2013

Photos in this issue by Chris Bishop

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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JON ROCCO
862-9279

Executive Vice President
MAUREEN COX
281-6575

Vice President for Finance
CHARLES TERRY
482-5572

Treasurer
MARY IBBETSON
376-6077

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
JONATHAN GOLDEN
hmrrcjon@gmail.com

HMRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
227-4328 • rmoore4626@aol.com

HMRRC Web Page
DIANE FISHER
hmrrcdiane@gmail.com

Clocks & Van Equipment
TOM ADAMS
366-5266

Volunteer Coordinator
MARCIA ADAMS
356-2551

www.hmrrc.com



President's Message

by Jon Rocco

The tulips popping out of the ground and blooming to full color in May are a sure sign of spring in Albany. They are seen by the thousands in Washington Park and throughout the city. Another sign of spring in downtown Albany and Washington Park are the thousands of runners and walkers who take to the streets on a weekday Thursday night in mid-May.

It is our #1 participant club race, which began in 1980 and remains as popular as ever. It will expect to see in excess of 9,300 runners and walkers representing over 450 companies, organizations, and agencies. It is the CDPHP Workforce Team Challenge. This year the event introduces chip timing and no manual score cards to complete for team scoring on race night.

The event truly defines what is stressed in our Mission Statement by promoting personal fitness and community as well as by creating opportunities for social activities. Many will battle their colleagues for bragging rights in their office. Many will encourage a co-worker to run or walk the race for the first time. Individual, and teams will set goals, and they strive to meet them. Several will be hooked, will wonder why they had not done it before, and hopefully continue on to a healthy or healthier lifestyle. Many will take the opportunity to enjoy the camaraderie with co-workers outside of the workplace. A lot of chatter about the event may even take place around the water cooler the next day. Many will share their experiences on Facebook or via Twitter using #WFTC13. Thousands will head out to downtown establishments after the event to complete their experience. It is a fantastic event and a great community event relished by the All-America City.

I was able to reach the mayor's office at City Hall to get a take on what the race brings to the downtown Albany and the business community. Mayor Gerald D. Jennings noted, "Each year the Workforce Team Challenge

brings a dynamic energy to downtown. The excitement of the run and the camaraderie that is seen as the teams head to local restaurants to celebrate their victory makes for a great night in Albany. Many of the downtown establishments have reservations months in advance for this event and some of the teams have been celebrating at the same venue for many years as a tradition. Albany looks forward to this race every year."

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. If interested, please contact Volunteer Coordinator Danny Arnold at darnold@getvitalized.com. In advance, thanks to all the volunteers, sponsors, team captains, and participants who make this event a great success. Congratulations to our 2013 Charities of Choice: Double H Ranch and Capital District Community Gardens.

Several days prior to the CDPHP Workforce Team Challenge, many females will take part in the Mother's Day Race at Central Park in Schenectady on May 12. This will provide to be a great tune-up for many, with the Freihofer's Run for Women set to take place some three weeks later.

Although roughly three percent of our membership attended the Annual Awards Banquet in February, special thanks to Bill Meehan, who captured the Hall of Fame introduction and induction speeches and awards presentations on video for all to enjoy. These can be found for viewing on the home page of the website under 'HMRRC Races Photos.' Our website also recognizes all twenty-six Hall of Fame members with a listing of their accomplishments and contributions to the club. They can be found under the 'members only' tab followed by the 'club honors' tab. Enjoy your May and remember that on the 16th Albany becomes alive at 6:25. □

Submissions for the July Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is June 1st. Contact Advertising Director at psads123@gmail.com to reserve space

Ads should be sent to:

callen@gscallen.com or C Allen, 179 Hollywood Ave., Albany, NY 12209

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.



What's Happening in May

by Al Maikels

The 33rd Annual Mother's Day race leads off the May schedule on Sunday, May 12 at 9:30 a.m. at Central Park in Schenectady. After a long run in Bethlehem the race moved to Schenectady in an effort to increase the race numbers. 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 club race in May is the largest and most name changed race in the Capital District. The CDPHP Workforce Team Challenge will be held on Thursday, May 16 at 6:25 p.m. at the Empire State Plaza. This is also the 33rd running of a great event that has formerly been called the Manufacturer's Hanover, Chemical Bank, Chase and JP Morgan Chase Corporate Challenge, as well as GHI Workforce Team 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 CDPHP race is the major fundraiser for the HMRRRC and with over 9,500 runners expected the event can always use the help.

If you want to run farther than 3.5 miles the Rotary Run in Schodack is a good choice. This

5 mile race is set for Sunday, May 19 at 8:30 a.m. at the Green Meadow School on Routes 9 & 20 in Schodack. If you want to run up a "slight" hill then the 5.67 mile Prospect Mountain Road Race will suit you. The race is set for Saturday, May 11 at 9 a.m. at the Lake George Forum on State Route 9 in Lake George.

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 25. 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 27 are also a personal favorite. These are also low-key races, well-organized, friendly people and, note the common theme, beer 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 issue of *The Pace Setter*.

The club business meeting for May will be Wednesday, May 8 at 7:30 p.m. at the Point of Woods Clubhouse at the end of the Washington Ave Extension. ☐



We welcome your Letters to the Editor and sent to pseditor123@gmail.com. Most letters will be those in response to articles published in *The Pace Setter*. Please include your name, email address and a phone number where we can reach you if needed. Thank you, as always, for your contributions.

Dear Editor,

I learned from a friend that Vince Juliano was doing an article on age 50+ runners who have run a sub-3 hour marathon. When I finally located Vince's email to give him my husband's name, he told me the article had already been submitted to *The Pace Setter*.

Since I felt this was a feat worth mentioning I want to add another name to that list of runners. My husband (Ed Bown) ran a 2:59:35 at the Vermont City Marathon on May 29, 1994 when he was 52. In addition to Ed, I want to congratulate all the runners who have accomplished this feat.

Jackie Bown
Broadalbin, NY





| | | | | |
|--------------------------------|--|----------------------------------|----------------------------|--|
| Saturday, June 15, 2013 | 9:00 AM Race Time | | | Joe Bruno Stadium 80 Vandenburg Ave. Troy, NY 12180 |
| | No-Day-of-Race Registration! | | | |
| Packet Pick-Up: | Saturday, June 15th 7:30 AM to 8:45 AM | | | |
| Registration: | <ul style="list-style-type: none"> • Online Registration Closes Wednesday, June 12th • Mail Registration Closes Monday, June 10th • Last Chance Registration Friday, June 14th 5:00 PM to 7:00 PM, Joe Bruno Stadium | | | |
| Entry Fees: | HMRRC Members \$18 | Non-HMRRC Members \$22 | Last Chance \$25 | |
| Running Shirts: | First 500 Registered Runners | | | |
| Refreshments: | Hot dogs, popcorn, bagels, juice, fruit, water, cookies, coffee | | | |
| Awards: | <ul style="list-style-type: none"> • Top 3 Males & Females in 5-year age groups beginning at age 5 • Top 3 Father/Daughter Teams • Top 3 Father/Son Teams | | |  |
| Kids: | A ¼ mile race will start at 10:00 AM and take place on the ball field. Day of Race registration only — entry fee \$1.00. All runners under the age of 12 can now join the ValleyCats Kids Club at www.tcvalleycats.com . | | | |

PLEASE PRINT[illegible]

ADDRESS:

CITY: STATE: ZIP:

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

E-MAIL: **HMRRC Member?** YES ☐ NO ☐ **T SHIRT SIZE:** S ☐ M ☐ L ☐ XL ☐

| | |
|--|--|
| COMPLETE THIS SECTION ONLY IF RUNNING AS A TEAM | |
| ALL TEAM MEMBERS MUST COMPLETE A SEPARATE APPLICATION | |
| FATHERS CAN BE ON ONLY ONE TEAM | |
| Father & Son Team? <input type="checkbox"/> | Father & Daughter Team? <input type="checkbox"/> |
| Team Members Names: _____ & _____ | |

☐ Check box if you would like to subscribe to the ValleyCats E-Mail Newsletter!

Please read and sign: In consideration of HMRRC accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I might have against the race organizers and sponsors, the Tri-City ValleyCats, City of Troy, the Town of North Greenbush, and their representatives, assessors and assigns for all injuries, illness or property loss suffered by me while competing in or traveling to or from the race on June 15, 2013. I attest and verify that I am physically fit and sufficiently trained for the completion of this race. As a condition of participation in this race, I agree to run without headphones of any kind.

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

Make checks payable to: HMRRRC **Mail to:** Father's Day Home Run 5k, P.O. Box 12304, Albany, NY 12212
Applications available online at www.hmrrc.com.

"BEEN THERE, DONE THAT"

by Mike Becker

May 1973...Forty Years Ago

- The newsletter congratulates several club members with recent good times in races, including Larry Frederick, who ran 2:26 (second place) in the Syracuse Marathon, Jim Bowles, who ran 2:36 (ninth place) in the Yonkers Marathon, and Cathy Shrader for winning a six-mile race in New York City.

- The SUNYA Math Dept. ran 216.2 miles in a 24-hour relay and beat the UCLA Math Dept. by 13 miles.

May 1978...Thirty Five Years Ago

- The club newsletter for May-June is just seven typed pages and mentions the club officers: President – John Aronson, Treasurer – Burke Adams, Secretary – Carl Klinowski, and Advisor and Newsletter Editor – Paul Rosenberg.

- Several races were held at SUNYA on the seventh, with a background of band music and parachutists, part of a campus-wide festival.

- The Heritage Trail Marathon was held in and around Troy on the 28th on a very hot and humid day. Carlo Cherubino won with a 2:32. Also running under three hours were Marty Kittell, Mark Mindel, Pat Glover, and Dick Vincent. Cathy Shrader was the top woman with a 4:18.

May 1983...Thirty Years Ago

- The Great Saratoga Foot Races were held on the 15th, with races of six and three miles on a cool, rainy day. Over 700 runners participated with very strong fields. Among those in the top ten in the six-miler were Dale Keenan, Pat Glover, Pete Vangarderen, Anny Stockman, and Marge Rajczewski. The race entry fee was \$2.50, and the six-miler was part of the club Grand Prix Series.

- Among club members with good times in the Labatt's Lite National Capital Marathon in Ottawa, Canada on the 15th were Bill Robinson (2:39), Ed Neiles (3:05), Don Cohen (3:10), and Steve Basinait (3:17).

- Dennis Northrup ran a brisk 48:53 to win the Voorheesville 15K on the 30th. Elaine Barnabe was the female winner with a 64:45. Age group winners included Nancy Egerton, Dale Keenan, and Don Wilken.

May 1988...Twenty Five Years Ago

- Pat Glover ran a 34:38 to win the Don Cohen-directed Masters Championship 10K on the seventh in Gunderland. Marilyn Martin ran a 41:31 for top female honors.

- Ellen Weglarz ran a 19:28 in the Mother's Day 3.5-miler in Delmar on the eighth to set a course record that still stands. Anny and Inge Stockman won their sixth mother-daughter title.

- Bill Robinson directed a five-mile race in Cohoes, mostly an out-and-back on the bike path. Thirty-two runners participated on a hot and muggy morning. Dave Barsalow ran a



26:44 to beat Kevin Barrett by 20 seconds. Betsy Adams was the female winner with a 37:41.

May 1993...Twenty Years Ago

- Vinny Reda and Maureen McLeod were winners of the Masters 10K in Gunderland on the first with times of 34:14 and 44:10, respectively.

- Tom Dalton and Rich Coughlin both ran 17:52 to win the Chemical Bank Corporate Challenge on the 27th, one month after they also tied in the Delmar Dash. Linda Kimmey won her first of four consecutive women's titles with a 21:15. Team titles went to GE (men), The Travelers (women) and Albany Med (co-ed).

- Chris Buckley was profiled. He was a member of the Siena running program, and he lists among his PRs a 3:56 1500M, a 31:01 10K and a 69:11 half marathon. His favorite distance is the 1500M/mile because it requires strength, speed, and tactics and the recovery time is short. Chris is still an active member of the club and runs 5Ks in the 18-19 minute range.

May 1998...Fifteen Years Ago

- Jim Lebrun and Christine Varley won the Fourth Annual Law Day 5K Run in Washington Park with times of 16:48 and 20:53, respectively. Age group winners included Ken Plowman, Jo-Ann Spinelli, Ken Skinner, and Ken Orner.

- A total of 789 runners completed the Run For New York two-miler on a rainy evening on the fifth at the Empire State Plaza. Tom Dalton ran a brisk 9:40 to beat Vinny O'Brien by nine seconds. Amy Herold ran an 11:18 to beat Ellen Predmore by 22 seconds.

- Tom Dalton (17:26) and Beth Gottung (21:20) were winners of the Chase Corporate Challenge 3.5-miler on the 21st. Team winners were GE (men and co-ed), and Steuben Athletic Club (women). Winning this event was nothing new for Dalton, who eventually won 14 of them!

- Lynn Jennings won the Freihofer's Run for

Women 5K on the 30th by one second over local favorite Cheri Goddard-Kenah. Jennings took home \$7000 to Goddard-Kenah's \$5000.

May 2003...Ten Years Ago

- Chuck Terry ran a 15:57 to win the Neighborhood Challenge 5K on the third. This race started and finished at Albany Medical Center and went through Washington Park. Kari Gathen was the female winner with an 18:46. Age group winners included Ben Greenberg, Kimberly DeRocco, Nancy Taormina, Paul Bennett, and Eiko Bogue.

- Nancy Nicholson ran a 22:26 to win the 23rd Annual Mother's Day 3.5-miler in Delmar on the 11th. Alexandra and Gina Nichols were the top mother-daughter team, followed by Shannon and Cynthia Finnegan.

- Chris Hartshorn won the GHI Workforce Team Challenge 3.5-miler on the 22nd with a 17:03. Emily Bryans ran a 20:30 for her fourth of eventual six consecutive women's titles.

- Marla Runyan won the Freihofer's Run For Women 5K on the 31st with a 15:24. Mollie DeFrancesco was the top local finisher with a 16:57, good for 16th overall.

May 2008...Five Years Ago

- Diane Matthews won the 3.5-mile Mother's Day Race on the 11th in Delmar with a 21:42, just beating Judy Guzzo.

- Races of 15K and 3.2K were held in Voorheesville on the 24th. Joe Hayter won the 15K with a 55:17, with Kari Gathen topping the women with a 65:07. Macky Lloyd and Carrie Barown won the 3.2K.

- Club runners Chuck Terry and Jim Sweeney finished seventh and eleventh in the Vermont City Marathon on the 25th.

- Australian Benita Johnson won the Freihofer's Run For Women 5K on the 31st with a 15:45. Hannah Davidson was the top local finisher with a 17:07, good for 17th overall. Fifty-one year old Joan Samuelson (1984 Olympic Marathon gold-medalist) ran an amazing 17:49. There were 3097 finishers. □

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

TAWASENTHA MUD MANIA 3

Saturday, June 15, 2013 Tawasentha Park, Rte 146, Guilderland, NY

Awesome Kids & Adult Obstacle Course & Fun Run!

Kids' Race 11:30 am

Adult Races 12:00 – 1:30 pm



Get Muddy With Us! Register online at www.guilderlandrec.com (Code #500)

**Challenging & Hilly Course/Wacky Kids' Course/Monster Mud Pit/Awesome Slip 'n Slide/Costumes Encouraged
Fire Dept Will Hose You Down/Sponsored by Guilderland Parks & Recreation**



REGISTRATION NOW! ~ SIGN UP EARLY (by MAY 15th) ~ No T-shirts for Procrastinators!

Go to www.guilderlandrec.com to sign up online. Registration closes at midnight 6/12. **Race day registration for 1:30 race only!!**
Questions: Call Dennis Moore, Director of Parks & Recreation at (518) 456-3150 or email moored@townofguilderland.org



A HUGE Thank You to Our Sponsors!



CAPITAL BAUER
INSURANCE • FINANCIAL SERVICES



Guilderland
Chamber of Commerce
"In Business for Business"

PRINT | WEB | DESIGN
Our Towne
local small business marketing
1111 Western Avenue, Albany, NY 12203
356-3896



The UPS Store



| Race | Time | Early Bird Reg by 5/15 | Procrastinator Reg by 5/16-6/12 | Details | T-Shirt Size YS, YM, YL, S,M,L,XL,XXL |
|---|-----------------------|--|--|---|---|
| Kids Fun Run/1k* | 11:30 am (Untimed) | \$5.00 <input type="checkbox"/> \$15 w/shirt <input type="checkbox"/> | \$7/no shirt <input type="checkbox"/> | Does not include food or t-shirt | |
| Mud Mania Challenge/5k* Prizes/Top 3 M/F finishers | 12:00 Noon (Timed) | \$35 w/shirt <input type="checkbox"/> | \$35/no shirt <input type="checkbox"/> | Includes burger or dog & drink (This is a timed race & is part of the ARE** Grand Prix Series) | |
| Adult Fun Run/5k* | 12:30 pm (Untimed) | \$35 w/shirt <input type="checkbox"/> | \$35/no shirt <input type="checkbox"/> | Includes burger or dog & drink | |
| Adult Fun Run/5k* | 1:00 pm (Untimed) | \$35 w/shirt <input type="checkbox"/> | \$35/no shirt <input type="checkbox"/> | Includes burger or dog & drink | |
| Adult Fun Run/5k* | 1:30 pm (Untimed) | \$35 w/shirt <input type="checkbox"/> | \$35/no shirt <input type="checkbox"/> | Includes burger or dog & drink (Race Day Registration Allowed - no t-shirt included). | |

*Approx. length of course...Bring a Food Pantry Item...Proceeds to be used for improvements at Tawasentha Park Children's Playground... **Albany Running Exchange

Name: _____ Female: _____ Male: _____ DOB: ____/____/____

Phone: _____ Email: _____ Address: _____

City: _____ State: _____ Zip: _____ TEAM NAME: _____ (Optional)

Waiver of Liability and Statement of Fitness: In consideration of my entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Town of Guilderland, Guilderland Parks & Recreation, ARE Event Productions, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission to the Town of Guilderland to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I understand that my entry fee is NON-REFUNDABLE, even if the event is canceled for any reason.

Signature _____ Date _____ Parent's Signature _____ (if under 18)

**Make Checks Payable to: Guilderland Rec Dept. or sign up online at www.guilderlandrec.com
Mail Registration to: Guilderland Parks & Recreation, 181 Route 146, Altamont, NY 12009**

Sub 3 Hour Marathon After Age 50 an Elusive But Not Impossible Goal

by Vince Juliano

A sub 3 hour marathon was the accepted standard for a serious young male runner learning his trade, but few imagined glancing up at the finish clock and seeing “2” displayed as the hour digit for a senior runner age 50 or older.

HMRRRC Hall of Famer Jim Tierney has numerous career accomplishments in the sport of distance running, and has directed the Bill Robinson 10K Masters Championship for the past 15 years. Tierney competed on a 50+ team that won a national championship in Pennsylvania, and won several age-group titles in the HMRRRC Grand Prix. However, for some marathoners setting their sights on age 50, Tierney is singularly known for a rare and distinguished feat; he was the first local athlete to run a sub 3 hour marathon (2:59:08) at Boston at age 51. Few other local runners have accomplished this feat in the 25 years since.

Brian Debraccio, 47, will run his 16th consecutive Boston Marathon this April and certainly respects Tierney’s accomplishment. Says Debraccio, “I have run several sub 3 hour marathons in recent years, but have not done it at Boston since 1996. Tierney’s feat is special and remains a goal of mine when I turn 50.”

Ed Neiles, who has a 2:44 PR among his 63 marathon finishes and currently coaches marathon runners, said, “It is very difficult to do on old legs. My best after age 50 was 3:17.”

Lowell Montgomery, one of the top distance runners during the 1980’s, ran sub 3 hour marathons 15 times, and finished his final marathon at age 49, also a 3:17. Montgomery quipped, “my knees just couldn’t handle the stress anymore so I began riding a bike for fitness.”

The first local athletes to not retire from competitive distance running after age 50 were Ted Bick and Lee Wilcox. These two talented distance runners set the bar quite high, as they both ran sub 2:50 marathons after their 50th birthdays.

Bick, 82, was a math professor at Union College and one of the great masters runners of his generation. He ran a 2:46 at the Boston Marathon in his early 40’s and matched that superb time at the Berkshire Marathon after age 50. Wilcox was a former director of the MHR Marathon and an intense competitor who ran close to 50 marathons. He ran a remarkable 2:48 at the Twin Cities Marathon after age 50. Wilcox retired from RPI, and in 2007 was inducted into the HMRRRC Hall of Fame.

Since 2000, several local athletes have also accomplished the sub 3 hour marathon post age 50, and most did it at the very fast MHR Marathon course or the equally fast Twin Cities course that often hosts the USA Masters championships.

If you came in contact with Dennis Fillmore or John Parisella, you might think you were entering the Wrestling Hall of Fame, but these Clydesdale-framed athletes are also among the select few to accomplish this goal on the MHR course. Ballston Spa’s Fillmore posted up in 2:57 in 2002 at age 50, and Schenectady’s Parisella 50 finished in 2:58 at age 50 in 2008.

Bill Venner, a well respected top distance runner from Granville, NY and a regular competitor on the USATF Adirondack circuit, posted an impressive 2:53 on the MHR course in 2009, also at age 50.

Kevin Dollard from Hopewell Junction competes often in the Capital Region and has accomplished this unique feat at the Boston marathon (2:59) and the MHR marathon (2:57) in same year (2010) at age 54. The following year Johan Bosman, 51, of Niskayuna ran a 2:59 at the Boston Marathon, matching Jim Tierney’s feat. The same year, former Stockade-athon champion Dan Predmore ran a swift 2:54 at age 53 on the MHR marathon course.

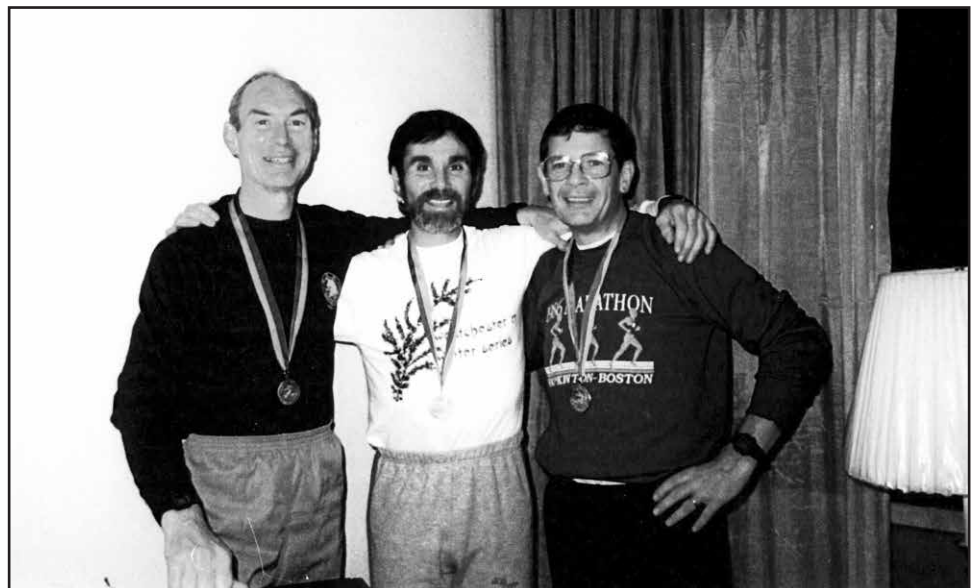
This begs the question of who is the local athlete to accomplish the elusive sub 3 hour marathon at the oldest age? The answer is the remarkably durable Lee Pollock of Glens Falls. Pollock is one of only 30 known male athletes (and 1 female – Joan Benoit Samuelson) to have run sub 3 hour marathons in 5 consecutive decades. Pollock started his run in 1978 with a 2:32 marathon at the Empire State Games in Syracuse. In 1980, he ran a

2:26 in mile-high Denver, followed by a 2:49 at the NYC Marathon in 1992. In 2007, he posted a 2:57 in the Philadelphia Marathon at age 55 and completed the MHR marathon in his 5th decade with another 2:57 at age 58 in 2010. Instead of retiring from marathon running after this remarkable accomplishment, Pollock then posted a 2:58 at Twin Cities last year at age 60.

As for world’s best, the legendary Canadian marathoner Ed Whitlock remains the only athlete to run sub-3 hours after age 70. Whitlock, born in England in 1931 and a peer of the first sub-4 minute miler Roger Bannister, made international headlines when he ran a 2:59 marathon in 2003 at age 72. At 73, he established the current age 70+ marathon world record of 2:54:48. Current WAVA age-graded tables suggest an equivalent marathon for a 20 year old would be 2:03. Whitlock would go on to post a sub-3 hour marathon for the final time a year later at 74, when he finished in 2:58.

USATF has a motto, “a sport for everyone, a sport for life.” With modern medical science continuing to find ways to prevent, manage and cure disease, lifetime athletes are continuing to test the boundaries of human athletic potential. The feat of a sub-3 hour marathon will likely continue to be reached by more athletes at ever-advancing ages. However, it is doubtful that we will witness another distance runner like Ed Whitlock.

Note: The near equivalent of a 2:59 marathon at age 50 for men would be a 3:25 for women. Two noteworthy HMRRRC Hall of Fame female distance runners have bettered this mark considerably. Martha Degrazia ran a 3:13 at the Boston Marathon at age 51, the equivalent of a 2:48 marathon by a male athlete at the same age. During the past 6 months, Nancy Briskie, 55, ran a 3:10 marathon at Philadelphia and a 3:12 marathon at the Rock and Roll Arizona Marathon. The equivalent would be 2:43 – 2:45 range for a male athlete at the same age. □



1986 Boston Marathon when Jim Tierney ran 2:59:08 at age 51. John Steger is on the left; Jim is on the right. Man in the middle was a friend.

Under and Over The Hudson River

by Donna Davidson

For anyone looking for athletic events that provide variety, road races and trail runs can provide some unique experiences. I have run on a runway at the Rochester Airport, the Harness Race Track in Saratoga, completed a lap on the Valley Cats baseball diamond and the Daytona Raceway, raced a train, and been chased by a gorilla. Road races also provide lessons. I have learned that runways, raceways, tunnels, Florida and especially the HMRRC Masters 10 K, are not flat.



My participation in road races started with an invitation to join a co-worker in a 5K race several years ago. I hadn't run since high school, when I was a short distance sprinter on the track team. There were limited opportunities for a female athlete in the 60's (Title IX was passed in my senior year of high school) and my friend's invitation resonated with my competitive nature. We continued to enter races through the summer. Although I never found the "runner's high," with my friend's encouragement, I continued to plod along. At some point, I discovered I could walk faster than I could run, but at the time, the only competitive race for walkers in the Capital District was the CCHS Raider Classic.

My sister called to wish me "Happy New Year" 2006 and announced that I "needed a goal." She went on to inform me she had taken the liberty of registering me in the upcoming More Half Marathon in NYC. The "More," a women's only event, sounded reasonable since it offered both a full and half marathon, for both runners and walkers, and encouraged first-time participants. My sister forwarded me a copy of a 12-week half-marathon training program and invited me over to use their treadmill. Never one to turn down a challenge



(especially from a sister), I marked off mileage on Rt. 7 and Rt. 5 where I could stay on a sidewalk and, if needed, I could catch a bus back home. I faithfully checked off the daily workouts on the training schedule.

The 2006 Mohawk Hudson Half Marathon followed that first "you need a goal" challenge. I was coached by Elaine Humphrey as part of the HMRRC training program for walkers and my personal (only) record improved. I anticipated "flat and fast" for my next Half Marathon, the 2008 "To the Beach and Back" in Daytona, but instead discovered bridges over the inter-coastal waterways loom like the mountains of the Helderbergs.

I loved walking the Daytona Beach while visiting family and added a "beach run" to my road race "bucket list" when it became apparent that the "Beach and Back" was exactly that ... the turn-around was at the beach's edge. Held annually on the Saturday before Easter, the Daytona Beach Run became my first race of the 2012 spring season. After completing the HMRRC Winter Series, what could be better than a race with an ocean breeze, seagulls overhead, the promise of a swim, and the lure of Krispy Kreme donuts at the finish line.



I first read about the Treetops to Rooftops 5K in *The Pace Setter* when the Walkway Over the Hudson first opened and added the 5K to my growing list of potential races. Combined with the Lincoln Tunnel Challenge 5K, my theme for the 2012 season "under and over" the Hudson was taking shape. I was again registered for Mohawk Hudson Half Marathon, which rounded out the 2012 theme with "beside" the Hudson, too.

The Lincoln Tunnel Challenge 5K is a fund raiser for Special Olympics, which appealed to me. Besides, it is empowering to be able to stop New York City traffic and be able to tell people I walked from New Jersey to New York and back again! I drove down to New York City the day before the race and stayed at the sponsoring hotel, the Sheraton Lincoln Harbor Hotel. It was a great location within walking distance to the race starting line on the New Jersey side



of the tunnel. Although there was no hot tub to soak in, following the race I had time to take a swim in the hotel pool before check out. Parking was included for the full day at the hotel, and there was the added convenience of being able to catch the ferry at the back entrance for those who wanted to add some NYC sightseeing and shopping afterwards.

The Treetops to Rooftops 5K is sponsored by the Mid-Hudson Road Runners Club. The Walkway Over the Hudson was created from a former rail bridge that was closed following a fire in 1974. After years of neglect there was talk of tearing it down, but instead the "longest footbridge in the world" was created and designated a New York State Historic Park. To honor the bridge's history, I decided to take the train to Poughkeepsie. Since there was an early start for the race to avoid rising temperatures later in the day, my journey began with the 6 a.m. train out of Rensselaer. I relaxed, gazing out the window, as the train meandered alongside the picturesque Hudson River. I arrived at the station in plenty of time to walk the dis



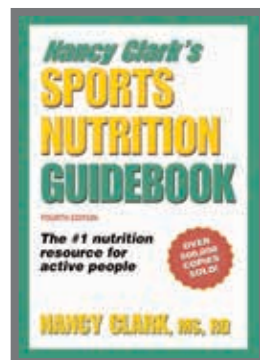
tance to the entrance of the "Walkway Over the Hudson" and race start. A gorgeous day greeted me, with a river breeze and breathtaking view of the river. Before my return trip to Albany, I traversed the bridge a second time to listen to the Talkway Over the Walkway, recordings accessed on your cell phone and synched with the photographs displayed the length of the Walkway. Rather than a subway series like the Yankees and the Mets, perhaps the HMRRC could start an Amtrak series with the MHRRC.

We are fortunate in the Capital District to have great clubs like HMRRC and ARE with dedicated volunteers who organize quality races. When not actively competing, I have enjoyed taking photographs for *The Pace Setter* and more recently volunteer with the Just Run Program as part of the Wellness Club at South Colonie's Sand Creek Middle School. Although the focus of HMRRC is on the running community, I have always felt included as a race walker. I have trained in Fleet Feet's No Boundaries programs and continue to hone my race walking technique, coached by Don Lawrence through Fleet Feet's Sportwalking program. ☐



MISSING LINK?

*Eat well,
train well,
have more
energy!*



*This new
edition can
help you:*

- *enjoy better workouts*
- *achieve your desired weight*
- *feel better all day.*

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



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



ORDER:

- ___ Food Guide for Marathoners \$22
- ___ Food Guide for New Runners \$22
- ___ Sports Nutrition, 4rd Edition \$26

Name _____

Phone _____

Address _____

Order online: www.nancyclarkrd.com

Or, send check to Sports Nutrition Services

PO Box 650124, West Newton MA 02465

Ph 617.795.1875 • MA Residents: +6.25% tax



38th ANNUAL VOORHEESVILLE 15 & 3.2 KM RACES

PLUS

Children's Races - Fun Walk

MEMORIAL DAY CELEBRATION SATURDAY, MAY 25, 2013

Schedule: 10 A.M. Memorial Day Parade
11 A.M. Children's Races
12:15 P.M. 15 KM (9.3 mile) Race
12:25 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. – 11:30 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 grade & sex) - no entry fees.

Entry Fee: For 15KM & 3.2KM: \$5.00 by mail before May 18; \$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 5/25/13): _____ Phone: _____

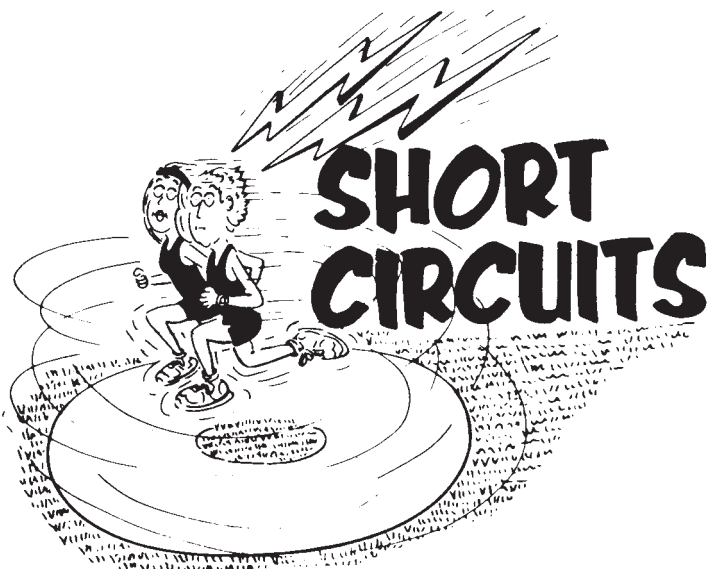
Address: _____ City: _____ Zip Code: _____

15 KM Race : **Men's Divisions :** ___Open(18-29) ___High School ___Sub Master(30-39)
___Masters(40-49) ___Seniors(50-59) ___60 and over
Women's Divisions : ___Under 35 ___35 to 49 ___50 and over

3.2 KM Race: **Boy's Divisions:** ___Grade 1-5 ___Grades 6 - 8 ___Grades 9-12
Men's Divisions: ___18-29 ___30-39 ___40 & Over
Girl's Divisions: ___Grade 1 - 5 ___Grades 6 - 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)



Voorheesville High grad Macky Lloyd, now a senior at the College of Saint Rose, continued his impressive streak with a seventh place finish in the mile at the 2013 NCAA Indoor Track & Field Championships in March. After qualifying with a 4:13.50 time in the mile preliminary, Lloyd finished seventh and earned All-America honors in the championship run behind a personal record time of 4:09.79. Two years ago, Lloyd participated in the 2011 NCAA championships and finished fifth in his heat and 11th overall with a time of 4:23.61.



Macky pushes to All-America

A YMCA in Ohio is prohibiting a blind man from running on its indoor track. The runner, Robert Jutzi, 48, has been running on the Y track three mornings a week, every week, since December 2001. Jutzi wears a colorful vest, runs in the opposite direction of other runners and stays on the inside lane to use the rail as guidance. According to the YMCA Director the decision was based on safety: "You need to weigh safety on the whole. There were just too many incidents, and too many close calls." The Director offered the facility's treadmills for Mr. Jutzi use instead.



Jutzi: Banned from the track

After Ray Clark's wife died, Ray needed something to fill his empty hours. So he joined a gym in Maryland and started lifting weights, using a rowing machine and treadmill. That was three years ago. Now Ray, 102 years old, has significantly improved his strength, balance, endurance and range of motion over the past three years, staving off frailty, possibly saving untold medical costs and proving that gains can be made at any age.



102 years young

After Julie Weiss' father died of pancreatic cancer, the 42-year-old Californian wanted to raise awareness, hope and money for this severely underfunded disease. "So," she said, "I decided to do something dramatic." She has just completed 52 marathons in 52 weeks, raising \$160,000 for pancreatic cancer research.



Raised \$160,000

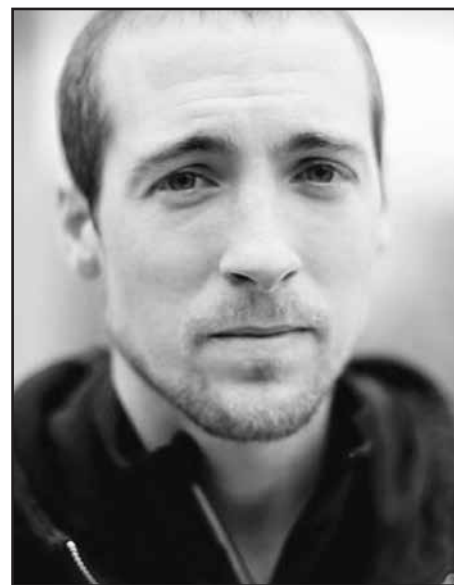
A Short Circuit is a brief third person narrative describing outstanding performances and unusual or humorous experiences by runners especially HMRRC members.

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

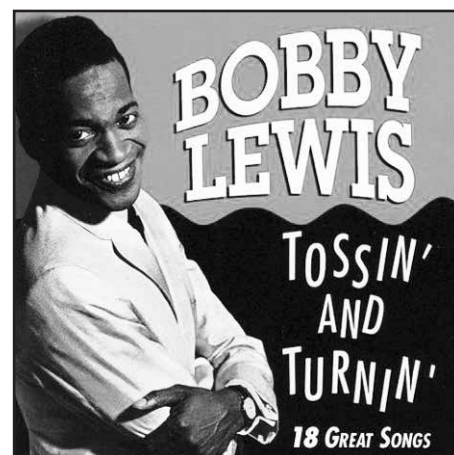
As soon as she left work at 5 p.m. on Friday she would be on a plane, ready to begin the next race, before heading back home to California on Sunday. Julie says the real challenge is to travel to a different city, state or country each weekend and be back in the office for Monday morning - all while raising two children.



"I didn't sleep at all last night," sang Bobby Lewis in 1961 and Dathan Ritzenhein in March 2013. Ritz could not sleep a wink the night before the NYC Half Marathon in March. But the lack of sleep apparently had no effect on his race effort. Ritz ran 1:01:09 to finish 3rd overall and first among Americans. □



Ritz Tossin' and Turnin' in NYC



Tossin' and Turnin' to Billboard #1

NOTRE DAME-BISHOP GIBBONS SCHOOL

2013

VALE PARK

5K
Run

Thursday • June 6, 2013 • 6:30 pm

TO BENEFIT THE BOOSTER CLUB OF ND-BG • SCHENECTADY, NY

■ **REGISTRATION AND FEES**

On or before June 1: \$20 Race Day – 5:30-6:15 pm: \$25
Make checks payable to and mail to: "NDBG Vale Park 5K,"
2600 Albany Street, Schenectady, NY 12304

■ **DIRECTIONS**

Vale Park is located in downtown Schenectady off Nott Terrace between State Street and Liberty Street across from Stewart's. Ample parking is available (opposite the Zion Lutheran Church); look for signs.

■ **FACILITIES/TIMING**

Restrooms available. No changing/shower facilities. Not wheelchair-accessible. For participant safety, official timing ends at 45 minutes.

■ **AWARDS/PRIZES**

Male and female overall; 1st, 2nd, 3rd in each age group (under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over). No duplications.

■ **SHIRTS**

T-shirts to first 150 entrants.

■ **COURSE**

Start in Vale Park. Run through Vale Park and Historic Vale Cemetery. Some off-road gravel and large hill. Splits at miles one and two.

■ **INFORMATION**

Notre Dame-Bishop Gibbons School (518) 393-3131,
or e-mail: strichmans@gmail.com

*Proudly sponsored by
the Booster Club of*



Notre Dame-Bishop Gibbons School
Serving Grades 6 through 12

Special thanks to our sponsors

MAROTTA'S
PIZZA AND CATERING

**Lange's
Pharmacy**

MAROTTA'S
BAR — RISTO

— — — — — **Detach Here – Submit one form for each entry. Please print clearly using blue or black ink.** — — — — —

Name _____
last first middle initial

Address _____

City _____ State _____ Zip _____

Home Phone _____

E-mail _____

Sex: ☐ M ☐ F Age on Race Day _____ Shirt Size: (circle one) S M L XL

Mail Entries and Checks to:

NDBG Vale Park 5K Run, 2600 Albany Street, Schenectady, NY 12304

OFFICIAL USE ONLY

Date Rec'd _____ Race # _____ Amt. Pd. ☐ \$20 ☐ \$25 RH

Certification and Full Release from Liability

In consideration of the opportunity to participate in this race, as well as other good and valuable consideration, I hereby unconditionally remise, discharge, and release the sponsoring agents, their members, and any and all persons staffing or associated with this race in and from any and all claims and/or demands that I may have as a result of my participation in this event. I certify that I am in good physical condition and that I shall assume all health risks associated with my running this 5 kilometer race. I realize that there are certain dangers and risks inherent or associated with this race, including but not limited to illness, injury or property loss which might occur to me while participating in, traveling to, or returning from this event. I release the City of Schenectady, Notre Dame-Bishop Gibbons School, race sponsors, the various officers of the foregoing and all race officials from any and all liability in connection with the aforementioned dangers and risks. I agree that this Certification and Full Release from Liability is binding upon myself, my heirs, my executors, and my assigns.

Signature

(Parent/guardian signature for participants under 18)

Date _____

Son of Trailrunners, Beware the Beak

by Bob Kopac

A while ago I wrote an article about a hunting accident. I provided valuable insights on how the event related to trailrunners. However, based on a recent Associated Press story in the *Villages Daily Sun* (FL) newspaper, I decided I needed to update my article. Here is my original article, followed by my new insights.

Trailrunners love to exercise by running through woods and ravines, wanting to get close to nature. Well, beware! This article is a public service announcement to warn you of the dangers lurking in those woods!

I do not mean the type of danger that caused me never to go camping again after I watched the movie *Deliverance*. Well, that is not entirely true. Many, many years after seeing that movie I slept overnight at a campsite in upstate New York. At 2 a.m. gun shots rang out in the camp. As I lay there, I contemplated the fact that a tent is not really bulletproof. At least I did not hear banjo music.

No, I want to alert you to a new and ominous hazard that I learned from a local newspaper article. A news item in the *Poughkeepsie Journal* (NY) newspaper reported that a hunter shot at a turkey but hit his hunting partner instead. The article states:

"The victim, 57, was carrying the dead turkey upside down..."

"(His hunting partner) apparently did not realize the turkey was being carried..."

Trailrunners, if you think the way I do, you immediately recognize the danger: There must be woodland birds and animals that can fool hunters--and runners--by hanging upside down! Imagine the peril: you are out on a long run on the Appalachian Trail when, suddenly, you round a curve and your face smacks into a turkey beak; the turkey is at eye level because it is hanging upside down from a branch.

Inquiring minds may ask, "Why would a turkey want to hang upside down?" There are several possible reasons.

The turkey may be pretending to be a bat. The turkey may have observed that hunters shoot turkeys, not bats, probably because bat meat is not very tasty. At least I guess that is true. I admit I have never eaten bat meat. I have eaten guinea pig in Peru; although guinea pig meat is somewhat greasy, the claws make for an excellent toothpick. However, I doubt that bat feet would make for a good toothpick, although turkey feet might.

The turkey may be interested in a healthy lifestyle but not be able to afford an inversion table. Instead, it must rely on the poor man's (or turkey's) inversion table by hanging upside down by its claws.

The turkey may be addicted to the high of blood rushing to its head. It hangs upside down longer and longer, until eventually it starts falling from the tree and hitting its head, causing brain damage and a desire to go to

shopping malls.

The article also states: "The turkey was expected to be autopsied by environmental conservation officers, to see if any shot pellets from (the other hunter's) gun hit the turkey..."

Question: Why? Would the other hunter be awarded part of the turkey if his shot pellets were in the turkey? Sounds like a Barry Bonds home run ball ownership issue to me.

Well, what should you, as a concerned trail runner, do to protect yourself from upside-down turkeys?

Wear safety goggles while running. The goggles will protect your eyes from eye-level turkey beaks.

Carry a bat with you. No, not the animal, but a baseball bat. Swing the bat in front of you while running. Hopefully you will knock away any upside-down turkeys. If not, at least it will be excellent upper-body exercise.

Avoid running in forests. Instead, run in meadows or deserts where there are no trees. If you run into a turkey hanging upside down from a bush or a cactus, its beak would only hurt your ankles, not your eyes. Since trailrunners constantly injure their ankles anyway, any turkey-beak injuries would not be such a big deal.

In conclusion, what have we learned?

Trailrunners should beware of hanging turkeys.

Bat feet do not make good toothpicks.

A desire to go to shopping malls is a sure sign of brain damage.

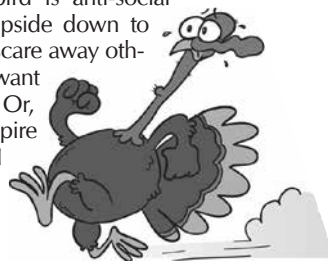
I thought that was the complete story until an Associated Press article in the *Villages Daily Sun* (FL) newspaper changed my perspective. The article said Bridgewater, NJ wildlife officials hung a dead vulture upside down from a tree to prevent dozens of black and turkey vultures from roosting in a neighborhood and to prevent bird droppings (excrement, not falling birds). The article said, "Vultures may like to eat road kill but it turns out they don't like the sight of their own dead upside down."

The AP article did not say why birds do not like the sight of an upside-down bird. That's my job:

Any bird who prefers hanging upside down must be one tough bird that should be avoided at all costs.

Or, it is a vampire vulture.

Or, the bird is anti-social and hangs upside down to deliberately scare away other birds: "I want to be alone." Or, if it is a vampire vulture, "I want to be alone." □



New HMRRC Members



John Bensetler
Paula Bott
Michael Brennan
Don Brown
Amanda Bryans
Matthew Canavan
Zibby Eckhardt
Rex Ellis
Juliana Gonzales
Yukako Kambe-Stone
Dan Keefe
Rachael Kruse
James Larkin
Caitlin Lather
Craig Maslowsky
Karter Maslowsky
Nora Maslowsky
Eric Meichtry
Lynne Neeley
Jennifer O'Connor Teepe
Megan Parker
Leith Ramsey
Christopher Richard
Sean Roche
Theresa Rodrigues
Rachael Seguin
Kristine Sonnenberg
Laura Tobin
Sara Underwood
Michelle Wuttke

Enjoy Warmth & Comfort with



Homemade Soups
Sandwiches & Wraps
Sweets & Fresh Baked Breads
Catering
Private Parties
Corporate Meetings/Events
Gifts
Dine In / Take Out

438-3540

Stuyvesant Plaza • 1475 Western Avenue
Albany 12203
www.bountifulbread.albany.com

Coming Over The Hill

by Ken Orner

In all the years that I have been running, I guess I have been very lucky to not have experienced a medical setback. But that all came to an abrupt end on JANUARY 19, 2013 when I was driving west on Gateway Blvd. approaching the intersection with Congress Ave., in Boynton Beach, FL. While approaching a red traffic light at the intersection, my brakes failed and I plowed into the rear end of a Ford Explorer. Subsequently, the Ford hit the car in front of it and that vehicle went into the rear of the first vehicle waiting at the traffic light.

The Boynton Beach police arrived quite rapidly and tried to determine if anyone was injured and needed medical attention. I apparently was in shock and did not think I was injured, just shook up, but that was all. My car's front end was crushed in and not able to be driven. On December 26, 2012, less than four weeks prior to the accident, I had traded in my 2005 Lexus sedan on a 2010 Lexus sedan, so it was less than four weeks in my possession and I was in complete disbelief.

After all the data was shared relative to names, addresses, registrations, insurance and other personal data, a police officer was kind enough to offer me a ride home to my condo so I could clean up and attend to my numerous lacerations and abrasions, especially to my knees and lower legs.

Two days later my friend Bill Kogan picked up and we went to the Olive Garden restaurant for lunch. He noticed the many cuts and bruises on my body, but also the pain and discomfort I was suffering in my left shoulder. After lunch he insisted on taking me to a nearby outpatient emergency clinic and there, to my shock, x-rays indicated that my left clavicle (more clearly defined as my collar bone) was fractured and a nurse placed my left arm in a sling. Apparently I was still in a state of shock and the physician at the clinic had me transferred by ambulance to JFK Hospital for further evaluation and treatment.

After several hours in the hospital emergency room, I was relocated to an in-patient bed on the fourth floor. It was fortunate for me that none of my many lacerations needed sutures, however I was still pretty well shaken up and it was determined that at least an overnight stay was necessary. (I don't know if it was necessary for me or for the hospital?).

The next day many further tests were performed and I was put on pain killers as well as an antibiotic. The lacerations were treated and bandaged but no stitches were necessary. Finally late that afternoon I was allowed to be discharged with directions to contact an osteopath in about a week to have him check on my fractured collar bone; I was given the names and phone numbers for several osteopaths from which to choose. Obviously, with my arm in a sling and the many bandaged lacerations on my legs, I was unable to run or jog.

As directed, I made an appointment with an osteopath from the list I was given. I chose

Dr. Ross Stone, whose office was located in a professional medical facility next to the JFK Hospital where I had been an overnight patient. My appointment was just one week after my discharge from JFK Hospital. Following a routine temperature and blood pressure test, a medical aide brought me to another room and he took two x-rays of my shoulder. Then I was brought to another room and approximately fifteen minutes later I finally met Dr. Ross Stone, who appeared to be in his fifties and he acted quite professional in his poise and his demeanor. He immediately checked my left shoulder and then showed the x-rays to me and he pointed out the line of the fracture across the clavicle. He said it was healing nicely and I no longer needed the sling for my arm. He did show me some exercises for my upper arm and shoulder, but did not think I needed any physical therapy. I asked if I could go back to jogging and Dr. Stone cautioned me to wait, go easy and not start running at this time. But he saw no reason that I could not try brisk walking as a starting point and that he would like me to check back with him in three weeks.

Following the doctor's precautions I began brisk walking on the treadmill at the gym located in our condominium club house and I felt fine. After about a week, I started to alternate walking and jogging on the treadmill, and I tried running at a 13 minute per mile pace to begin with. By the time I was scheduled to see Dr. Stone, I was able to jog for twenty minutes before I had to go back to brisk walking again. When I returned to Dr. Stone, he examined my shoulder and he said it looked fine and he saw no reason why I could not start jogging again, but a slow and easy pace. I didn't tell him that was the only way I could jog. My goal was to gradually get back to where I had been before I had the auto accident.

Within another week I was able to sustain jogging at the 13 minute per mile pace for about a half hour. This was still on the treadmill at our gym. I foolishly believed that I was ready to try a 5K race, so I signed up for a 5K entitled "RUN FOR THE HEALTH OF IT". It was sponsored by The University of Miami School of Medicine; JFK's Hospital of Internal Medicine Department and Palm Beach Radiology. The race was scheduled for March 2 at John Prince Park in Lake Worth, FL about six miles north of Boynton Beach where I live; it had a 7:30 a.m. start time. If your familiar with south Florida races, then you know the start times are generally in the early morning hours to avoid the hot Florida daytime temperatures.

My running friend, Chet Lipner, picked me up at 6:30 a.m. the morning of 3/2/2013 and it took about 15 minutes to get to the parking area adjacent to the race venue. The weather conditions were unpleasant for Florida: the temperature was 48 degrees but the wind chill brought it down to the high thirties. NOW THAT'S DOWNRIGHT COLD FOR FLORIDA

and especially for us sun worshipers. We spent most of the time before the start of the race in Chet's car with the heat on. At 7 a.m. we made a pit stop at a nearby bathroom and then jogged slowly to loosen up just before the whistle blew and sent us on our way.

And that's when I found out that running on the treadmill in the gym was vastly different than running outside on the pavement, especially in 30 degrees and winds 15 to 20 miles per hour. That's also when I learned that I would not be jogging a full 5K this morning. I had to alternate jogging with brisk walking; it was the only way that I would be able to complete the race. It took me 47 minutes to cross the FINISH LINE and if you check the math, that indicates a fifteen minute per mile pace. Prior to the auto accident my 5K running pace was generally around 13 minutes per mile. Oddly enough, in this race, they had an upper age group of 80 to 99 and there were only three of us in that age group. Consequently, I very unexpectedly received a small third place plaque for my unspectacular 5K running/walking time.

I must confess to you that after 25 years of running I feel remarkably illiterate in not recognizing the difference between running on a treadmill and running outside on the pavement. Since I am not back to my running stamina that I had before the accident, what's next? Well recently, on line, I read a short article from Active.com suggesting running programs for beginners as well as runners making a COMEBACK from injuries. One tip that was given: walk to get loosened up and then run relatively hard for as long as it was comfortable and then drop back to brisk walking. Also another tip would be to alternate walking with running for a half hour to forty five minutes and do this every other day until your running is improving and your stamina allows you to run for longer times and, of course, distances. This morning I tried following the aforementioned tip and was able to run/walk for about an hour and it seemed to work, so the future looks bright for this Ancient Mariner of running and I hope to be continuing this program until I find my way back to the Albany area in the spring.

So now you are up to date with my COMING BACK OVER THE HILL; AND REALISTICALLY, ISN'T THAT BETTER THAN COMING BACK UNDER THE HILL?

AND WHAT WOULD ONE OF MY ARTICLES BE WITHOUT A COUPLE OF BAD PUNS?

How did Moses prepare his tea?
HEBREW IT.

Did you hear in the news that the bathrooms were stolen from a local police station?

Yes and the police have nothing to go on. ☐



Sodium, Muscle Cramps and Sweat Losses: Tips for Sweaty Runners

We've all heard the stories about marathoners and soldiers who have died due to consuming too much water. Clearly, overhydration can be as dangerous to your health as underhydration. So what does a sweaty endurance runner need to know about staying adequately hydrated without stomach sloshing? Dr. Timothy Noakes' book *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* is an interesting yet controversial resource that addresses that question.

According to Dr. Noakes, the sports drink industry has effectively marketed a positive image (successful athletes) despite having an overhyped product (salted sugar-water). Noakes believes the sports drink industry has brainwashed athletes to overhydrate—and this has created life-threatening problems. For example, between 1983 and 1998, more than 700 cases of exercise-induced hyponatremia (overhydration that leads to low blood sodium, brain swelling, coma, and even death) were documented in the Gatorade-sponsored Ironman Hawaii Triathlon. The participants had been encouraged to drink copiously. Did that advice backfire? For the Comrades Marathon, participants were told to drink according to thirst. Race organizers placed aid stations every 5 km (3 miles), and cases of hyponatremia dropped.

The information in *Waterlogged* challenges the theory drink before you get thirsty. Noakes believes elite athletes who become champions can tolerate significant sweat loss without intolerable thirst. He contends the associated weight lost via sweating enhances performance. Others question if those athletes could run better if better hydrated!

Below are a few droplets of less-controversial hydration information to help you quench your thirst, perform well, and stay out of the medical tent when you are doing extended exercise in hot weather.

- Our bodies can deal with transient underhydration that lasts from 4 to 8 hours. In contrast, chronic dehydration leads to health issues—such as happens when elderly people are trapped in hot apartments during a heat wave.

- Most runners feel thirsty at about 2% dehydration. At that point, they'll start looking for water. Ultrarunners can maintain performance at 3% dehydration. (To determine your percent dehydration, weigh yourself naked before and after your workout. A one-pound drop equates to a loss of 16-ounces of sweat; 2% dehydration equates to a 3-pound sweat loss for a 150-lb. runner.)

- Thirst is a powerful fluid regulator. Noakes disapproves of the advice to drink before

you are thirsty because that can create problems with overhydration. Yet, others contend drinking on a schedule can help endurance runners maintain proper hydration, as long as they do not aggressively overhydrate but rather replace fluids according to their sweat losses (as learned during training via pre-post exercise weigh-ins).

- Exercise-induced hyponatremia (low blood sodium) occurs when runners drink excessively during prolonged exercise. It can also occur when even dehydrated endurance athletes lose significant amounts of sodium in sweat. Data from 669 ultramarathoners indicates 15% experienced low blood sodium. Of those, 24% were overhydrated, 36% were dehydrated, and the rest were in fluid balance (but not sodium balance) (1).

- The amount of sodium lost in sweat varies from person to person. Some runners are salty sweaters. Runners accustomed to exercising in the heat retain more sodium than unacclimated runners. (Compare the saltiness of your sweat on first hot day of spring vs. in the fall.)

- Athletes lose relatively more water than sodium, so under standard conditions, the blood sodium level can actually increase during exercise (unless you overhydrate). But with abnormally high sodium high losses, such as during an ultramarathon, blood sodium can be low even in a dehydrated runner. Hence, sodium replacement can be a wise idea.

- The amount of sodium in a sports drink is small—and unable to counter the dilution of body fluids that occurs with overdrinking. The 220 milligrams of sodium in 16 ounces of Gatorade is far less than ~1000 milligrams of sodium in 16 ounces of sweat loss.

- Noakes says evidence is lacking to prove that runners who cramp have low serum sodium or are more dehydrated than non-crampers. He suggests muscle cramps are related to fatigue, not sodium deficiency. If sodium deficiency were the problem, wouldn't the entire body cramp, not just one muscle?

- Exercise-induced muscle cramps occur in muscles that perform repetitive contractions. Runners who get cramps tend to be those who do high intensity exercise, as well as those who have a history of cramping. Note: Many exercise scientists believe there are two types of muscle cramps: some related to fatigue, others related to sodium imbalance. The science of cramping lacks a clear consensus!

- Stopping exercise to stretch resolves muscles cramping. (Stretching also resolves nocturnal cramps.)

- A 2.5 oz. mouthful of (salty) pickle juice has been shown to alleviate muscle cramping within 90 seconds of drinking the pickle juice.

This rapid benefit is unlikely due to changes in blood sodium levels—too quick! Noakes speculates drinking the (acidic) pickle juice triggers a reflex in the throat that lessens or stops the cramps.

- A runner who collapses after the finish line is most likely experiencing blood pressure changes—not severe dehydration. When exercise stops, the heart stops pumping enough blood to the brain; the runner collapses. What to do? Noakes advises to quickly raise the athlete's feet and pelvis above the level of their heart. This aids the return of blood to the heart and rapidly corrects the situation—without any IV fluids.

So what's a sweaty endurance runner supposed to do during prolonged exercise? Learn your sweat rate and drink accordingly. If fluid in your stomach starts "sloshing", stop drinking! The body can absorb about 600 to 1,000 ml/hour (women/ men). Adding carbohydrates and sodium to the water enhances fluid absorption as well as palatability and performance. Consuming "real" foods (salty pretzels, pickles, chicken broth, ham-cheese-mustard wrap) during ultraendurance events can do a fine job of providing needed electrolytes. Just don't get too aggressive with water or sodium intake—and have fun!

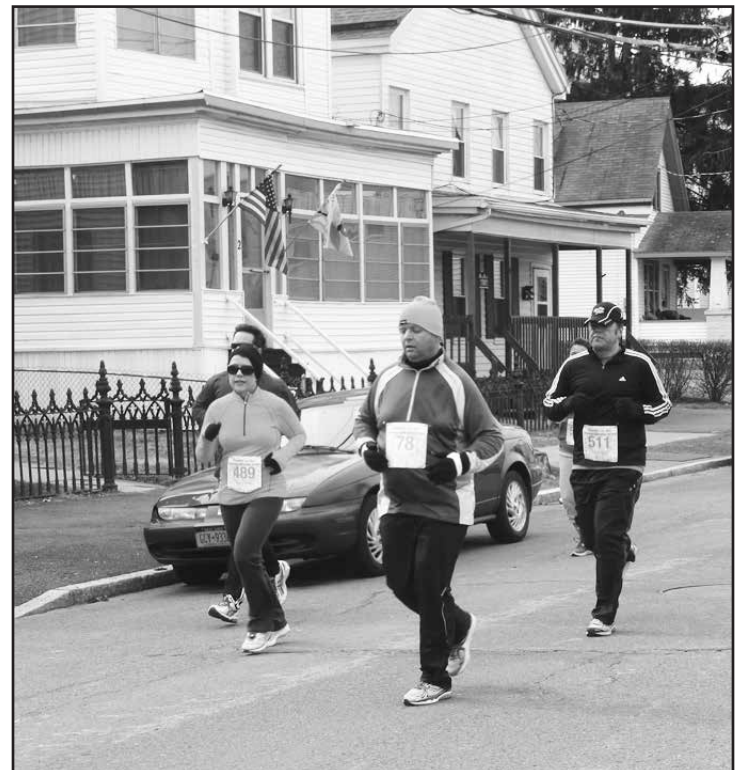
Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her Sports Nutrition Guidebook and food guides for new runners and marathoners offer additional information. They are available at www.nancyclarkrd.com.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

Reference:

(1) Hoffman M, Hew-Butler T, and Stuenkel K. Exercise-Associated Hyponatremia and Hydration Status in 161-km Ultramarathoners. *Med. Sci. Sports Exerc.* 45(4):784–791, 2013.









Grand Prix Update

Race #3 Runnin' of the Green 4 Miles, March 16, 2013

Men

Male Open

12 Tom O'Grady
10 Kevin Treadway
8 Richard Missineo
7 Nick Webster
6 Erik Carman
5 Paul Cox
4 Griffin Keegan

Male 30-39

12 Chuck Terry
10 Chris Judd
8 Jake Stookey
7 Joe Hayter
6 Jim Sweeney
5 Jim Eaton
4 Aaron Knobloch

Male 40-49

12 Jon Rocco
10 Volker Burkowski
8 Tim Hoff
7 Kevin Creagan
6 Steve Becker
5 John Stadtlander
4 Andy Reed

Male 50-59

12 Johan Bosman
10 Rick Munson
8 Ken Evans
7 Patrick Culligan
6 Richard Clark
5 Bart Trudeau
4 Russ Hoyer

Male 60-69

12 Ken Klapp
10 Kevin Donohue
8 Paul Forbes
7 Rich Tanchyk
6 John Stockwell
5 Tim Fisher
4 Steve George

Male 70+

12 Ed Bown
10 Wade Stockman
8 Ray Lee

Women

Female Open

12 Meghan Mortensen
10 Brina Seguire
8 Liz Chauhan
7 Shylah Weber
22 – The Pace Setter

6 Samantha McBee
5 Hannah Patzwahl
4 Sara Conroy

Female 30-39

12 Kristina Gracey
10 Crystal Perno
8 Erin Corcoran
7 Estelle Burns
6 Judy Guzzo
5 Sarah Reed
4 Kimberly Morrison

Female 40-49

12 Emily Bryans
10 Anne Benson
8 Karen Dolge
7 Sally Drake
6 Chris Varley
5 Mary Buck
4 Penny Tisko

Female 50-59

12 Beth Stalker
10 Nancy Nicholson
8 Karen Provencher
7 Lauren Herbs
6 Susan Burns
5 Karen Gerstenberger
4 Jenny Lee

Female 60-69

12 Judy Phelps
10 Erika Oesterle
8 Susan Wong
7 Martha DeGrazia
6 Katherine Ambrosio
5 Suzanne Nealon
4 Eileen Mahoney

Female 70+

12 Marge Rajczewski
10 Anny Stockman

Age Graded

Runner Age

| Runner Age | G | |
|-------------------|----|---|
| 12 Emily Bryans | 45 | F |
| 10 Beth Stalker | 53 | F |
| 8 Judy Phelps | 62 | F |
| 7 Tom Dalton | 54 | M |
| 6 Mike Roda | 37 | M |
| 5 Anne Benson | 48 | F |
| 4 Alexander Paley | 26 | M |

Total After 3 Races

Men

Male Open

25 Nick Webster
22 Tom O'Grady
22 Kevin Treadway

15 Richard Missineo
14 Erik Carman
12 Alexander Paley
7 Pat Cullen
6 Jonathon Lazzara
6 Brad Lewis
5 Paul Cox
5 Andrew McCarthy
5 Victor Warner
4 Griffin Keegan
4 Bret LaFave
4 Kevin Messineo

Male 30-39

24 Chuck Terry
16 Joe Sullivan
12 Mike Roda
10 Eamon Dempsey
10 Chris Judd
10 Brian Northan
8 Shawn DeCenzo
8 Jake Stookey
8 David Tromp
7 Joe Hayter
7 Gaven Richard
6 Michael DiNicola
6 Jim Sweeney
5 Gabe Anderson
5 Jim Eaton
5 David Newman
4 Aaron Knobloch
4 Matthew Lindow
4 Todd Smith

Male 40-49

25 Tim Hoff
22 Jon Rocco
11 Andy Reed
10 Volker Burkowski
17 Tom Kracker
17 John Stadtlander
11 Kevin Creagan
9 Brian Borden
8 Randall Cannell
8 Christain Leitzau
7 Mark Stephenson
6 Steve Becker
6 Paul Partridge
5 Richard Hamlin

Male 50-59

16 Ken Evans
16 Rick Munson
12 Johan Bosman
12 Tom Dalton
12 John Noonan
12 David Roy
10 Doug Campbell
10 Richard Clark
10 Jay Thorn
8 Ed Drebitko
7 Patrick Culligan
7 Jon Weilbaker
6 Jack Arnold
5 Mark Nunez

5 Bart Trudeau
4 Russ Hoyer
4 Christopher Kunkel
4 Mike Stalker

Male 60-69

24 Lee Pollock
14 Paul Forbes
13 Tom McGuire
12 Frank Broderick
12 Ken Klapp
10 Kevin Donohue
10 Steve George
10 Carl Matuszek
10 Juergen Reher
10 John Stockwell
10 Rich Tanchyk
8 Dennis Fillmore
7 Paul Bennett
6 Bob Ellison
6 Pat Glover
5 Pete Cowie
5 Tim Fisher

Male 70+

30 Wade Stockman
24 Ed Bown
22 Ray Lee
12 Frank Klose
8 Joseph Richardson
7 Bob Knouse
5 Mike Caccuitto

Women

Female Open

27 Liz Chauhan
24 Meghan Mortensen
10 Valerie Belding
10 Kristen Quaresimo
10 Brina Seguire
8 Kim Maguire
8 Irene Somerville
7 Molly Casey
7 Courtney Hill
7 Shylah Weber
6 Amy Becker
6 Jen Masa
6 Samantha McBee
5 Hannah Patzwahl
5 Andrea Stagg
4 Leigh Ann Brash
4 Sara Conroy
4 Erika Hebert

Female 30-39

36 Kristina Gracey
26 Crystal Perno
18 Erin Corcoran
13 Nikki O'Meara
10 Christine Ardito
7 Shelly Binsfeld
7 Estelle Burns
6 Sally Drake

6 Judy Guzzo
6 Sara Reed
5 Jessica Chapman
5 Kari Deer
4 Allison Bradley
4 Kimberly Morrison
4 Deanne Webster
4 Laura Zima

Female 40-49

26 Chris Varley
24 Emily Bryans
22 Anne Benson
16 Karen Dolge
9 Connie Smith
8 Cheryl DeBraccio
7 Sally Drake
7 Judy Guzzo
6 Christina Friedman
6 Martha Gohlke
5 Marcy Beard
5 Mary Buck
5 Regina McGarvey
5 Andrea Robinson
4 Michelle Rocklein
4 Stacia Smith
4 Penny Tisko

Female 50-59

20 Jenny Lee
19 Susan Burns
12 Nancy Briskie
12 Beth Stalker
10 Kim Law
10 Nancy Nicholson
8 Denise Iannizzotho
8 Aileen Muller
8 Karen Provencher
7 Patty Ells
7 Kathleen Goldberg
7 Lauren Herbs
6 Nicolette Pohl
6 Mary Signorelli
5 Sharon Fellner
5 Karen Gerstenberger
5 Cathy Sliwinski

Female 60-69

24 Karen Spinozzi
20 Katherine Ambrosio
17 Martha DeGrazia
16 Susan Wong
12 Judy Phelps
10 Mary Collins Finn
10 Erika Oesterle
7 Judy Lynch
5 Suzanne Nealon
4 Eileen Mahoney

Female 70+

34 Anny Stockman
12 Marge Rajczewski

Age Graded

| Runner Age | G | |
|------------------|----|---|
| 19 Emily Bryans | 45 | F |
| 17 Tom O'Grady | 27 | M |
| 12 Nancy Briskie | 55 | F |
| 12 Chuck Terry | 30 | M |

| | | |
|-------------------|----|---|
| 12 Kevin Treadway | 24 | M |
| 10 Beth Stalker | 53 | F |
| 8 Johan Bosman | 53 | M |
| 8 John Noonan | 53 | M |
| 8 Judy Phelps | 62 | F |
| 7 Tom Dalton | 54 | M |
| 7 Tim Hoff | 47 | M |
| 7 Lee Pollack | 60 | M |
| 6 Jon Rocco | 46 | M |
| 6 Mike Roda | 37 | M |
| 5 Anne Benson | 48 | F |
| 5 Kristina Gracey | 30 | F |
| 5 David Roy | 57 | M |
| 4 Alexander Paley | 26 | M |
| 4 Anny Stockman | 80 | F |



***Runners create
exciting finishes;
Volunteers create
great events!***

VOLUNTEERS NEEDED AT UPCOMING RACES!

Mother's Day – May 12

CDPHP Workforce Team
Challenge – May 16

Distinguished Service –
June 9

Tri-Valley Cats 5K – June 15

Indian Ladder - August 4

Contact the race director
the events for more information

**ALSO SEEKING INDIVIDUALS
WHO WANT MORE
INVOLVEMENT IN THE CLUB FOR
COMMITTEE POSITIONS AND
OTHER DUTIES**

If interested, contact
Marcia Adams,
Volunteer Coordinator, at
madams01@nycap.rr.com

It's not just about running....

Meeting Minutes of the HMRRC General Meeting March 13, 2013

Attendance: Jon Rocco, Barb Light, Jim Tierney, Maureen Cox, Chuck Terry, Marcia Adams, Tom Adams, Tom Ryan, Dan Doak, Rob Moore, Doug Bowden, John Parisella, Mark Warner, Dave & Letticia Ruderman, Diane Fisher, Jonathan Golden, Cathy Sliwinski

Call to Order (J. Rocco): Meeting called to order at 7:33 PM.

1. Reading and approval of February 13, 2013 minutes (B. Light). Motion made by Marcia Adams to approve February minutes seconded by Rob Moore, motion approved.

2. Reports of Officers

2.1 President (J. Rocco): Thank Bill Meehan and Ray Lee for taking pictures at the year end banquet. Bill has videos and photos up from the HMRRC banquet on the website featuring speeches, and presentations of awards. Jim Tierney thought the awards were great and the one that was emotional to him was the one to Mike Bartholomew.

- HMRRC Apparel Sales 2012-13 and Coordinator Update – 2012 sales was \$1200. 50% of the money came from the Stockade-athon, 25% Marathon training group rest from Delmar Dash and mail order. Christine has asked to step down from Clothing coordinator, apparel is now at Jon's house.

- Last call for 2013 Distinguished Service Award Nominations

2.2 Executive Vice President (M. Cox): Received 2 nominations for Distinguished Service-Vince Juliano nominated John Haley, Marcia Adams nominated Diane Fisher. Maureen will put on webpage and the vote will be held at the next meeting in April.

- Running USA Conference-Maureen attended conference from 2/24-2/26 in Atlanta, GA. 400 people attended. Maureen gave us a recap of the conference. 2014 conference in San Diego, CA.

2.3 Executive Vice President – Finance (C. Terry): Did get the clothing sales figures from Jon and Christine and did fill out and file sales tax return for year ending on February 28. Was just under \$50.00 which is 4% on clothing items. For year-end reports-working on getting information and putting together so we will have 2012 year end reports and complete the 990 tax return. This should be done within the next few weeks. Chuck will report back next month. Tax report due May 15th.

2.4 Secretary (B. Light): No re-

port.

2.5 Treasurer (M. Ibbetson): See attached reports. Marcia pulling out a monthly report from Pay Pal and sending it out to Chuck, Mary Ibbetson, and Race Directors.

3. Reports of Committees

3.1 Membership (D. Fisher): Current membership is at 2,968. We are up 7 from last month, 62 new members.

3.2 Volunteers (M. Adams): Need volunteers for Delmar Dash and Workforce Team Challenge. DArnold@getvitalized.com to volunteer at Workforce Team Challenge. Active volunteer database online by end of next week. If you were a Race Director for a Winter Series race, Marcia has received list of volunteers from one race-please make sure that you send Marcia the list of volunteers. Need these reports to track grand prix points. Marcia will send out mass email for the volunteer need for the upcoming races.

3.3 Public Relations (R. Moore): Past weekend had expo at Saratoga Springs, HMRRC booth. Well attended event. Thank you to Diane Fisher and Marcia Adams for sending out recruitment email for the expo. Rob thanked volunteers that helped- Liz Milo, Ray Lee, Jay Thorn, Ron Boutin, Bryn Cherry, Patrick Stephen, Gerard Falotico, Dave Karn, Sarah Reed, Laura Anderson, Luciano Camuglio, Amanda Serafina, Kristy Race, Mark Nunez, Vic Pugliano, Kelly Pugliano. Thank you to Mark Warner and Lisa Stratton for the Workforce Team Challenge Flyer to hand out. Will be at the table at Workforce Team Challenge in May. May 31-June 1 Frierhofer Run for Women expo- we did get booth and shirt/sneaker drive at that expo.

3.4 Race Committee (M. Warner): Did send out email to Race Directors that they send volunteer names to Marcia and not to put up clock on windy days. Marathon and relay 76 finishers for marathon, 54 teams for relay. Thanks to all the volunteers, it was a cold and windy day. Running Of The Green, Delmar Dash and Masters 10K are races coming up.

3.5 Race Committee Treasurer (J. Golden): See attached reports. Any Race Director that needs a reimbursement must be accompanied by receipts.

3.6 Pace Setter (K. & D. Gracey /K. Zielinski): No report.

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

3.8 Safety Committee (V. Julia-no): No report.

3.9 Grants Committee (R. Newkirk): No report.

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

3.11 Just Run Program (K. Skinner): 20-22 schools participating in the Just Run Program this Spring. Two meets will be scheduled at Union College in June. Met with Athletic Director at Union and June 4-5 with June 6 rain date will be the dates of the track meets for Just Run. This brings us up to 1000 in program. Most schools starting this week, some after Easter break.

4 Unfinished Business:

- Proposal that HMRCC become a co-sponsor for the USATF Grand Prix Series for \$3,000 for 6 races in 2013 which includes race official fees. Discussion followed. Motion passed unanimously.

- Automation Grand Prix committee-Ed Neiles will be setting something up shortly and will be moving forward with that.

- Website had race committee person needed-Rob asked how long term was for-no term limit for that. Rob Moore would like to continue Public Relations chair, but would like to think about race committee chair position as well.

- Cathy gave Jon & Ed names of attorney's who deal with Non-profit organizations to look over some of our contracts to make sure all in order. Jon & Ed will be following up with them in next couple of months.

5 Announcements:

- April refreshments- John Parisella

6 Adjourn: Motion made by Marcia Adams seconded by Cathy Sliwinski meeting adjourned at 8:26PM. □



*Training for the 2013 CDPHP® Workforce Team Challenge? Try this **FREE** training tool!*



CDPHP® InMotionSM will become your virtual running buddy, helping you to map your running routes, discover new ones, and record your progress – all online or through your smartphone.

inmotion.cdphp.com



MAP IT | LOG IT | TRACK IT | ANALYZE YOUR RESULTS FOR YOUR BEST RUN EVER!



**SUNDAY,
MAY 19, 2013**

**OPEN TO
THE PUBLIC!**

WHEN: Sunday, May 19, 2013

WHERE: The Crossings, Town of Colonie Park, South Pavilion

TIME: 8 a.m.-9 a.m. Registration
9 a.m. 5K Road Race and 5K Walk

ENTRY FEE: \$15 Students in Diocesan Catholic Schools
\$20 Early-Bird Adult/Non-students on or before May 1
\$25 Race Day — All Participants

AWARDS: Male and female overall.

COURSE: Fast, mainly flat course, starting at the South Pavilion.

Proceeds to benefit the Albany Diocesan High Schools. Please make checks payable to CSO Diocesan Dash.
For additional information, please call Christine Baseel at (518) 393-3131, Ext. 107.

For sponsorship opportunities, please call Tish LaTorre at (518) 456-6666.

Sponsorships to benefit the Beacon of Hope Scholarship Fund.

----- Detach Here. Submit one form for each entry. Please print clearly using blue or black ink. -----

Name _____
last first middle initial

Address _____

Email _____

City _____ State _____ Zip _____

Age on day of race _____ Gender ☐ M ☐ F T-shirt size _____

☐ 5K Run ☐ 5K Walk Size not guaranteed. Limited to the first 200 participants.

_____ I will not be able to attend, but please accept my donation of \$ _____.

Mail registration and fee to: CSO Diocesan Dash
40 N Main Avenue,
Albany, NY 12203



Certification and Full Release from Liability

I hereby release the Roman Catholic Diocese of Albany and the Town of Colonie whose property and personnel are used, and other sponsoring or co-sponsoring individuals from responsibility for any injuries or damages I, or my child may suffer as a result of my/his/her participation in the Diocesan Dash 5K. In addition, I authorize the use of my/his/her photo in newspapers, brochures or other promotional materials without compensation. I have read the entry form and acknowledge my agreement with the terms of same by signing below.

Walker/Runner Signature: _____

Parent/Guardian Signature for minor: _____

EVENT SCHEDULE

| DATE | TIME | EVENT | LOCATION | CONTACT | EMAIL |
|------|----------|--|--|--------------------------------|---|
| 5/4 | 2:00 PM | Cerrones 5K | Johnstown | Karl Stewart | karl@cerrones.com |
| 5/4 | 8:00 AM | Mother Teresa Academy's 7th Annual 5K Run | Halfmoon Park | Joyce Maddalone | marketing@motherteresacademy.org |
| 5/4 | 3:00 PM | CCRC 5K Run/Walk/BBQ and 1K Kids' Run | CC Reformed Church - 1010 Rte. 146 Clifton Park | Pat Glover | pjglove@aol.com |
| 5/5 | 10-2 PM | 4th Annual Walk 4 Friendship 5K Run | Tawasentha Park in Altamont | Emily Blakeslee | walk@capitalfriends.org |
| 5/5 | 9:00 AM | Run / Walk for Literacy 5K | RPI Tech Park Troy | Barb Wyman | barbarawyman1035@aol.com |
| 5/10 | 5:00 PM | 2013 VBF Annual Challenge - 5K | Niskayuna Soccer Complex | Basia Joyce | basiajim99@nycap.rr.com |
| 5/11 | 8:30 AM | DACC 9th Annual 5K Dash Walk/Run | Duanesburg Area Community Center | Darcie Adams | dadams@dacc.info |
| 5/11 | 8:00 AM | 3rd Annual Run to the Sun 5K/10K & Half Marathon | Davidson Nissan 18423 Route 11 Watertown | See Website | haff.foundation@gmail.com |
| 5/11 | 8:30 AM | Healthy Community Series 5K Run/3K Walk & Kids Fun Run | Albany Riverfront Park at Corning Preserve | Ben Luke | bluke@cdymca.org |
| 5/11 | 10:00 AM | Spartan 5K Run/Walk | Burnt Hills-Ballston Lake High School | Brian Watts | bwatts@bhlta.org |
| 5/11 | 10:00 AM | The Bridesmaid's 5K | Six Mile Waterworks - Fuller Rd Albany | Robyn Haberman | bridesmaids5k@hotmail.com |
| 5/11 | 9:00 AM | Ryan's Run 5K Run/Walk | Saratoga Spa State Park - Warming Hut | www.areep.com | miopfoundation@gmail.com |
| 5/11 | 10:00 AM | Middleburgh Slougher 5K | Middleburgh High School | Stephen Hoerz | shoerzy@midtel.net |
| 5/11 | 5:30 PM | 25th Annual Towpath Trail Run 10K/2mile | St. Johnsville | John Geesler | kgeese@telenet.net |
| 5/11 | 9:00 AM | Healthy Community Series 5K Run/3K Walk and Kids Fun Run | Albany Riverfront Park at Corning Preserve | Ben Luke | bluke@cdymca.org |
| 5/12 | 9:30 AM | 33rd Mother's Day 5K bRUNch | Central Park - Schenectady | Dee Fisher & Jon Golden | hmrrcmothersday@gmail.com |
| 5/12 | 9:00am | Run Like A Mother 5K Run/Walk | Saratoga Spa State Park | Sharon Boehlke | sharonruns@mindspring.com |
| 5/12 | 9:00 AM | Mom's Day 5K | Albany Corning Preserve | Lauren Quirk | Lauren@planaheadevents-albany-saratoga.com |
| 5/16 | 6:25 PM | CDPHP Workforce Team Challenge 3.5 Mile | Empire State Plaza Albany | Mark Warner | mwarner1@nycap.rr.com |
| 5/17 | 6:30 PM | 4th Annual Ella Grace Chiari Foundation 5K Country Run | Nassau Commons - John Street | Deb La Due | ladue2000@aol.com |
| 5/18 | 8:30 AM | Emma Foundation 5K Run & Kids Fun Run | Waldorf School - Saratoga Springs | Candice Murray | Skpace@waldorfsaratoga.org |
| 5/18 | 9:15 AM | Pennsylvania Spring Biathlon 4K Run and Shoot | Whittetail Preserve Bloomsburg | Frank Gaval | barb123@ptd.net |
| 5/18 | 9:00 AM | Joan Nicole Prince Home 6th Annual 5K run/walk | Collins Park Scotia | Patti Cuda-Nicolella | pnicolella@nycap.rr.com |
| 5/18 | 8:00 AM | 3rd Annual Make it a Great Day Half Marathon | Brunswick Central School | Heidi Bentley-Barcomb | heidib@thedragonflyadventure.com |
| 5/18 | 9:00 AM | 28th Annual Wood Memorial Road Race - 5K | Hoosick Falls | Peter Church | peterchurch@gmail.com |
| 5/19 | 8:30 AM | SRC Rotary Run Five Mile, 5K and 1 Mile | Green Meadow School Across from Schodack Plaza Rts | Peter Brown | pbrown34@nycap.rr.com |
| 5/19 | 9:30 AM | Steel Rail Half Marathon | Berkshire Mall | Kent Lemme | kent@berkshirerunningcenter.com |
| 5/19 | 8:00 AM | Shires of Vermont Marathon | Bennington to Manchester | Robert Pini | info@shiresofvermontmarathon.com |
| 5/19 | 9:00 AM | Mastadon Challenge 15k 5k and Kid's Fun Run | Cohoes | Lisa Osario | lisathompkins@hotmail.com |
| 5/25 | 10:00 AM | Survive The Farm 5K Challenge | 11447 St Rt 40 Easton | Ed Johnson | ed@survivefarm.com |
| 5/26 | 8:30 AM | MILE-MANIA (one mile races on the track) | Voorheesville HS | Phil Carducci | milemania1@yahoo.com |
| 5/27 | 9:00 AM | Woodstock Races 15K & 5K | Zena Elementary School | Rich Gromek | gromekr@aol.com |
| 6/1 | 9:00 AM | West River Trail Run 11 miles | 34 West River Street South Londonderry VT 05155 | Chrissy Blaylock | info@thecollaborative.us |
| 6/1 | 9:00 AM | Rail Trail to the Footbridge 5K | 17 Water Street Granville | Kerri Thomas | racedirector@railtrailtothefootbridge5k.com |
| 6/1 | 10:00 AM | Charlton 5K | Town of Charlton- Village Center | Bill Herkenham | bherk@nycap.rr.com |
| 6/1 | 9:45 AM | 35th Freihofer's Run for Women | Empire State Plaza | Run for Women Office | runninginfo@freihoferstrun.com |
| 6/6 | 6:30 PM | Vale Park 5K | Vale Park Entrance on Nott Terrace, Schenectady | Steven Strichman | strichmans@gmail.com |
| 6/8 | 10:00AM | Rainbow Fun Run 1 Mile race | Washington Park Lakehouse Albany | Curran Streett | cstreett@capitalpridecenter.org |
| 6/8 | 9:00 AM | 18th Annual Lions Ramble | Fort Plain | John Geesler | kgeese@telenet.net |
| 6/8 | 9:00 AM | 15th Annual Kinderhook Bank OK5k Road Race | Village Square Kinderhook | Dan Curtin | ok5kpace@hotmail.com |
| 6/9 | 8:00 AM | 37th Crowley Road Races and Events (5K, 10K, 1/2 Marathon) | Rutland | Paula S. Lannon | crowleyroadrace@aol.com |
| 6/9 | 8:30 AM | REACH Foundation 5K - 1 Mile Kids Run - 1 Mile Walk | St. Lawrence Ctr 115 Torne Valley Rd Hillburn | REACH Foundation of Rockland | REACHFoundation@aol.com |
| 6/9 | 9:00 AM | 42nd Distinguished Service Race 8 Mile [GP] | SUNY/Albany --- 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 |
| 6/15 | 9:00 AM | Tri-City Valley Cats Fathers Day Home Run 5K | HVCC Campus -- Joe Bruno Stadium | John Haley -- Megan Leitzinger | j.haley36@yahoo.com |
| 6/18 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |
| 6/23 | 7:30 AM | 37th Annual Adirondack Distance Run 10 Miles | Lake George Firehouse - Lake George NY | Marcy Dreimiller | madone1@roadrunner.com |
| 6/25 | 6:00 PM | Colonie Summer Track | Colonie High School | Frank Myers | FLYINGBB45@aol.com |

Hudson Mohawk Road Runners Club

P.O. BOX 12304
ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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

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

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



Hudson-Mohawk Road Runners Club Membership Application

Name _____ Sex _____ Age _____ D.O.B. _____

Address _____ Occupation _____

City _____ State _____ Zip _____ Phone _____

TYPE OF MEMBERSHIP DESIRED (Check one):

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

NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐ _____

E-MAIL _____

For those who can afford it!

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

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

Make checks payable to:
HUDSON-MOHAWK ROAD RUNNERS CLUB

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

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

SIGNATURE OF PARENT OR GUARDIAN (if under 18) _____

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