

The Pace Setter

September 2012

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



HUDSON MOHAWK ROAD RUNNERS CLUB

PRESENTS

THE ANNIVERSARY RUN - 2.95 M & 5.9 M*

***Grand Prix Race for HMRRRC Club Members • Commemorative Glass Mug for First 125 Registrants**

Location: University of New York at Albany — Gymnasium near Western Ave. Ent.

Time & Date: **9:00 a.m., Sunday, September 16, 2012**

FEE: Free for HMRRRC members, \$6 non-members — Day of Race Registration Only

Come join us for the 41st Anniversary Celebration!

Prizes for Top Three Overall Male and Female finishers in both races and
Top Male and Female finishers in each of 13 five-year age groups in the 5.9 Mile Race

For more info, or to volunteer, call Pat Glover at 877-0654

or email pjglove@aol.com



Official 2012 HMRRRC BALLOT

The Election Committee presented a slate of nominees at the July meeting. In addition, a notice appeared in the July issue of *The Pace Setter* indicating that petitions for nominations could be sent to P.O. Box 12304. The slate of nominees for the year October 1, 2012 to September 30, 2013 is as follows:

- ☐ JON ROCCO
President
- ☐ MAUREEN COX
Executive Vice President
- ☐ SABRINA KROUSE
Treasurer
- ☐ BARBARA LIGHT
Secretary

Please show your support for these nominees by casting your votes and mailing your ballot to:
HMRRRC Nominating Committee

P.O. Box 12304

Albany, NY 12212

Ballots must be received by September 24th, 2012.

To make your Ballot official, you must sign your name in the lower right hand corner of the envelope in which you mail the Ballot.

Editor:

Kristin Zielinski (pscontenteditor@gmail.com)

Managing Editor:

Robin Nagengast (pseditor123@gmail.com)

Assistant Managing Editor:

Open

Associate Editor:

Bill Robinson

Production Editors:

Kathleen Bronson, Mike McLean,
Robin Nagengast, John Peters

Advertising/Business Directors:

Jeanne and Meg Deguire

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Proofreader:

Daniele Cherniak

Contributing Editors:

Jim Moore

— **Grand Prix Update**

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— **Senior Running**

Ed Gillen

— **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 Jim Tierney, Advertising Director, at 869-5597. After contacting the advertising director, material can be mailed to: C Allen, 179 Hollywood Ave., Albany, NY 12209 (callen@gscallen.com). All other matters should be directed to the editors.

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The Pace Setter

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Photos in this issue by 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.

HUDSON MOHAWK ROAD RUNNERS CLUB

President
JOHN PARISELLA
269-1904

Executive Vice President
JON ROCCO
862-9279

Vice President for Finance
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482-5572

Treasurer
PAM ZENTKO
372-8275

Secretary
BARBARA LIGHT
326-0313

Race Committee Treasurer
JONATHAN GOLDEN
hmrrcjon@gmail.com

HMRRRC COMMITTEE CHAIRPERSONS

Membership Committee
DIANE FISHER
hmrrcdiane@gmail.com

Race Committee
MARK WARNER, 464-5698

Public Relations
ROBERT MOORE
377-1836 • rmoore4626@aol.com

HMRRRC 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 John Parisella

Welcome to the September Issue of *The Pace Setter*. Hopefully, you'll be progressing well in the running and training activities that you've planned leading up to the fall running schedule and your goal race (s).

I happen to direct one of this month's first races. The 24th Annual State Employee Federal Credit Union (SEFCU) 5k will be taking place on Monday the 3rd and I'd like to encourage you to enter this challenging race. The race starts and ends at the SEFCU Headquarters at 700 Patroon Creek Boulevard, and the course is on the state office campus. It is one of the HMRRRC Grand Prix races and always attracts many of the area's best runners.

This year SEFCU will be generously donating proceeds to three area programs that provide social assistance to members of the armed services and veterans of foreign conflicts. These programs are Operation Adopt a Soldier, STRIDE Adaptive Sports Wounded Warrior Program and Saratoga County RPC VET HELP Program.

Operation Adopt a Soldier provides care packages to thousands of soldiers serving overseas. Their goal is to serve as many American soldiers as possible and to help the families of soldiers who may experience difficulties during their loved ones' deployment.

STRIDE Adaptive Sports, Wounded Warrior Program provides opportunities for soldiers to learn how to live with a disability. Their affiliation with Warfighter Sports and Disabled Sports USA allows them to help our military service members and their families rebuild their lives through sports and recreation. Their programs restore hope, independence, and

freedom while improving self-esteem, confidence, and a sense of satisfaction.

Saratoga County RPC - VET HELP Program provides assistance to homeless veterans in Saratoga, Washington, Warren, Schenectady, Montgomery, Fulton, and Hamilton counties. Hardships, often compounded by a loss of family and social support networks, make the issue of homelessness a difficult social challenge. They believe that veterans helping veterans through shared experiences and in consideration of the whole individual is why their program is successful in empowering homeless veterans to embrace and maintain independent living and self-sufficiency.

Good luck as you progress toward your fall running objectives. See you out there. There are about 28 weeks to the Runnin' of the Green! □



Submissions for the November Issue of *The Pace Setter*

Articles:

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

Advertisements:

Deadline is October 1st. Contact Jeanne Deguire (Advertising Director) to reserve space, at 729-4772 or e-mail: tdeguire@nycap.rr.com

Ads should be sent to:

C Allen, 179 Hollywood Ave., Albany, NY 12209 or e-mail ad to: callen@gscallen.com

High resolution black & white files 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 September

by Al Maikels

Summer ends after Labor Day, so you might as well get over it with a good 5k race.

The 24th SEFCU Labor Day 5k will be held on Monday, September 3 at 9 a.m. at SEFCU Headquarters on the Washington Avenue side of the State Office Campus. There is no day of race registration available for this Grand Prix race, so an early sign-up is encouraged.

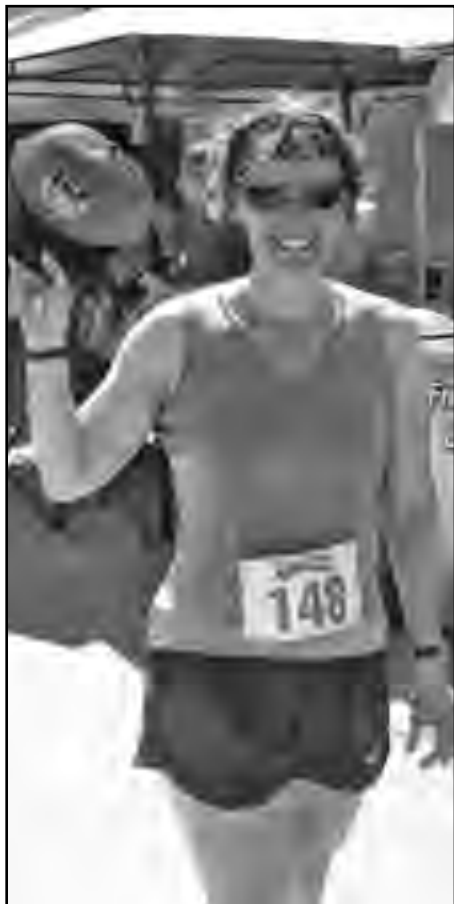
The HMRRC was founded in September of 1971 and celebrates this event every year with the Anniversary Day races. The races are 5.6 miles (Grand Prix race) and 2.8 miles; these unique distances are as a result of the original races not using the bus loop in front of the SUNY campus. The 41st anniversary celebration will be held on Sunday, September 16 at 9 a.m. at SUNY and features day of race registration only.

The Town of New Scotland 7.1 mile race rounds out the club schedule for September. This race features rolling hills, fine fall foliage and usually has tasty pies for the age group winners. The race is set for Sunday, September 30

at 10 a.m. at Swift Road Park in Voorheesville.

There are also some fine shorter distance races in September, located around the Albany area.. A perennial favorite is the FAM 5K "Fund Run," set for Saturday, September 22 at 10 a.m. at the Cobleskill Fairgrounds. Other fine 5k runs include the Dunkin' Run on Sunday, September 9 at 8:30 a.m. at the Albany Jewish Community Center and the 11th Annual Teal Ribbon 5k on September 9 with a 9 a.m. start at Washington Park in Albany. The 5k's keep on coming in September with the Guilderland YMCA Brenda Deer Memorial Run on Saturday, September 8 at 9 a.m. and the Crossings 5k Challenge on Sunday, September 23 at 10 a.m. at the Crossings in Colonie.

The club business meeting for September is scheduled for Wednesday, September 12 at 7:30 p.m. at the Point of Woods clubhouse at the end of Washington Avenue Extension. This is one of the last meetings in John Parisella's presidency and all club members are welcome. □



New HMRRC Members

John Bateman
Ellen Becker
Valerie Bousa
Chelsea Cramer
Geoffrey G. Cramer
Joshua Cramer
Andrew Gibson
Angela Gibson
Mark Hansen
Tami Hansen
Vanessa Hansen
Ryan Harrison
Jennifer Heptig
Russell Hoyer
Joseph Kelly, Jr.
Donald McBain
Michele Mesick
Zane Parry
Gaven Richard
Graham Richard
Fran Sarchioto
Kurt Schuttenberg
Kyle Schuttenberg
Laura Schuttenberg
Raymond Sergott
Matt Sikora
Maggie Sullivan
Molly Tarleton
Becky Thayer
Mary Ellen Torrisi
Brady Van Epps
Conlon Van Epps
Dixon Van Epps
Justin Van Epps
Morgan Van Epps
Todd Van Epps
Amanda Vincent
Mark Viscusi





Go to **HMRRC.COM**
for pictures

CLUB RUNNING APPAREL

Circle size and color where applicable

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

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

All prices include 8% sales tax

TOTAL DUE: _____

Shipping \$5.30

Check Payable to: **HMRRC**

Mail Order Form w/ Check to:

Christine Renaldi

17 Swayze Drive

Latham, NY 12110

Email: c_dahlem@yahoo.com

(If you want insurance, add \$1.85 for items up to \$50, \$2.35 for \$50-\$100)

Gift Certificates available for any amount - add \$.45. Smart ID tags, add .45

Name _____

Phone _____

Email _____

"BEEN THERE, DONE THAT"

by Mike Becker

September 1972...Forty Years Ago

• Races of 5K and 10K were held on the 24th on the beautiful grounds of Olana near Hudson. Jim Shrader won the 10K with Don Wilken taking third, among five SUNY math professors. As usual in those days, no women participated.

September 1977...Thirty Five Years Ago

• The Olana race was renamed the Bilbo and Frodo Birthday Run. Local runners who did well in the hilly 7.6-miler included Pat Glover (second), Don Wilken (eighth), Paul Rosenberg (tenth), Bill Shrader, Jr. (twelfth), and Dick Vincent (sixteenth).

• Club officers were President – John Aronson; Treasurer – Burke Adams; Secretary – Carl Klinowski; Publicity – Ray Williams.

• Bill Robinson won the fourth Anniversary Race 5.64-miler at SUNYA with a 30:53. Four original participants were there: Don Wilken, Burke Adams, Lou Brickman, and Bill Shrader, Sr. The race commemorated the first club race six years prior, but there was no race from 1972-74.

September 1982...Thirty Years Ago

• The Maple Leaf Half Marathon was held in Manchester, Vermont on the 19th. This race typically attracted a world-class field. Barry Brown was the top local finisher and seventh overall with a 1:06. Also running good times were Paul Murray, Rob Picotte, Wade and Anny Stockman, and Marge Rajczewski.

• Pat Glover ran a 28:29 to beat Dale Keenan by two seconds in the 5.64-mile Anniversary Race on the 19th. The top female was Ellen Weglarz-Mindel with a 32:50.

• The Athletics Congress (TAC) 30K Championship was held on the Colonie bike path, also on the 19th. Tom Bulger won with a 1:46. Also placing in the top ten were Peter VanGarderen, Lee Wilcox, and Tom Greene. TAC emerged from the AAU in 1979 and changed its name to USATF in 1992.

• Pat Glover and Ellen Weglarz-Mindel won the 12-mile Town of New Scotland road race on the 26th with times of 1:05 and 1:17, respectively. Doug Irons and Denise Herman won the 7.1-miler.

September 1987...Twenty Five Years Ago

• The entry form in *The Pace Setter* for the club Fall marathon says entries are limited to 400 and the member entry fee is \$7.

• Kathy Carrigan was honored for her Distinguished Service to the club on the 13th. Just 64 runners completed the race, partially due to a heavy downpour. Some of the course markings were washed away, causing some runners to get lost near the pond at SUNYA. Dale Keenan won with a 44:10, despite wet shoes and fogged-up glasses. Denise Herman won the women's division with a 51:57.

• A scary moment occurred during the An-



niversary Races at SUNYA. Runner Ed Bentley collapsed, and B.J. Sotile assisted him and summoned police and paramedics. Runners passing the scene on their second lap were understandably disconcerted. He was brought to St. Peters Hospital and was diagnosed with a heart attack. He was reported to be "improved."

September 1992...Twenty Years Ago

• The entry form in *The Pace Setter* for the club Fall marathon says entries are limited to 500 and the member fee is \$12.

• A note in *Short Circuits* says that 150 years ago, the treadmill was used as a device for punishment in European prisons!

• Joe Curtin and Lori Christina won the Chris Rush-directed Distinguished Service eight-miler at SUNYA honoring Carl Poole and Charlie Matlock. In 1996, this race was moved to June.

• Bob Irwin won the 5.6-mile Anniversary Race with a 29:29, edging Rick Bennett. Mary Beth Steffen ran a 37:13 to top the women. Amy Herold-Russom was the overall winner of the 2.8-miler.

• Rick Bennett and Michelle Simone won the SEFCU Labor Day 5K with times of 15:51 and 17:44, respectively.

September 1997...Fifteen Years Ago

• Vinny O'Brien won the SEFCU Labor Day 5K, then held in Schenectady's Central Park, with a 15:48. Mary Ann Janiszewski was the top female with an 18:23. Runners-up were 14-year old Katie Twarog and Rich Cummings.

• Vinny O'Brien also won the Anniversary Race 5.6-miler with a 30:05, with Amy Herold running a 33:02 for fifth overall. Herold was the dominant local female runner of the time.

• The Old Chatham Hunt Country 5K was held on the sixth. This race typically had a strong and large field, with 791 finishers that year. L'Houssiene Siba ran a 14:35 to win by over a minute. Amy Herold ran a 17:34 for top female honors. Dale Keenan was the top master and seventh overall with 16:36. Age group winners included Zach Yannone, JoAnn Spi-

nelli, Marge Rajczewski, and Anny Stockman.

September 2002...Ten Years Ago

• James O'Neil won the First Annual Ovarian Cancer 5K race in Washington Park with a 17:10, with Adrian Soto finishing second. Daniele Cherniak won the female division with a 20:43.

• Jamie Rodriguez and Nick Conway were the top local finishers in the CVS Pharmacy Downtown 5K in Providence, Rhode Island with times of 15:08 and 15:21, respectively. Kenyan Shadrack Kosgei won with a 13:39.

• Chuck Terry ran a 30:48 to edge Josh Merlis by 11 seconds in the 5.6-mile Anniversary Race. Emily Bryans ran a 34:31 to top the women and finished ninth overall. Chris Burns and Teresa Wuerdeman won the 2.8-miler.

• Familiar names Jamie Rodriguez, Birger Ohlsson, and Nick Conway finished one, two, three in the Niskayuna DARE Fall 5K run, with Lori Hewig topping the women with a 17:41, good for sixth overall.

September 2007...Five Years Ago

• Chuck Terry won the Town of New Scotland 7.1-miler with a time of 38:31. Penny Tisko was the top female with a 48:37. Runners up were Ben Greenberg and Kari Gathen.

• Justin Bishop won the Arsenal City 10K in Watervliet with a 34:35, with Lori Weaver taking the top female spot with a 44:26. Jared Newell and Emily Bryans took the 5K.

• A perfect 54-degree, sunny, windless day welcomed runners to the Anniversary Races on the 16th. Aaron Knobloch won the 5.6-miler with a 31:22, with Alyssa Lotmore running a 33:51 for top female honors. Anny Stockman was the age-graded winner. Dave Vona and Amanda Thornton won the 2.8-miler.

• Jamie Rodriguez ran a 15:53 to win the SEFCU 5K, with Emily Bryans running a 18:09 for top female honors. Runners-up were Bob Irwin and Dana Peterson. □

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



APPLICATION FORM

MADDIE'S MARK 5K OCTOBER 27, 2012 - 9:00 AM CENTRAL PARK, SCHENECTADY, NY

ENTRANT'S INFORMATION

NAME: (LAST, FIRST, M.I.) _____

MAILING ADDRESS: _____

PHONE: _____

GENDER: (PLEASE CIRCLE)

MALE

FEMALE

T-SHIRT SIZE: (PLEASE CIRCLE)

S

M

L

XL

AGE ON RACE DAY: _____

RACE INFORMATION

ENTRY DEADLINE: October 13, 2012 (* all applicants who enter before 10/13 are guaranteed a race t-shirt)

ENTRY FEE: \$20 until 10/13/12, \$25 Day of the Race (checks payable to "Maddie's Mark")

RACE SIZE: Maximum 500 runners

PACKET PICK-UP: 7:30 – 8:30 a.m. on day of the race

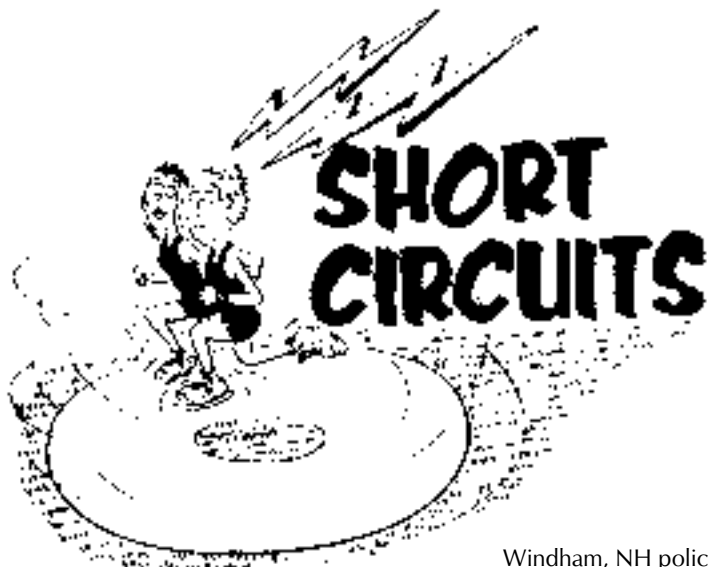
RACE DAY INFO: * One Water Stop on course

* Prizes for Top 3 male & female & Top Finisher in each age group

* Timed finish

APPLICATION AND ENTRY FEES SHOULD BE SENT TO:

Lori Antolick – Race Director
11 Sandcherry Hill Lane
Wynantskill, NY 12198



Windham, NH police just enough to get him a room in the county jail.

Tom Osler, HMRRRC founder and first President, sends us an update from Rowan College, NJ where he teaches math:

"It has been almost 40 years since I was in the Albany area. So much has changed in running since then. I am now 71 years old, but still run about 70 races a year. Most are 5k with an occasional 10k, 10 miles or half marathon. My 5ks are about 27 minutes. I hope all is well with HMRRRC members."

For the record: Tom's marathon PR was his 19th place finish in the 1967 Boston Marathon (2:29:04). Tom started wearing running shoes with the 1965 Tiger (Asics) shoe. Before that he did all his running in lightweight dress shoes.



Tom Osler – Then and now



In June, Jack "Sumo-Runner" Berkery posted on-line that he was about to run down the center of Rt. 7 to avoid all the annoying black flies. Well, a few days later, several east coast newspapers included the following headline:

"Jogger Arrested 3 Times for Running in Center of Road."

Could it be our Jack? Nope, it was Amay-sa Selcuk, 45, of Haverhill, MA, annoying the

The hazards of road running?



Joe Yavonditti
Road runner '08



Joe Yavonditti
Trail runner '10



Joe Yavonditti
Trail runner '12

A fond farewell to that Wild and Crazy Guy, Ed Gillen, and his lovely bride, Roxanne, who are moving to the west coast of Florida to continue their abundant lives in a more hospitable climate.



The recently "Distinguished" Ed Gillen heads south

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

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

Michaela Lee had just finished a run with her dog near a city park in the state of Washington. She let her dog loose for a minute and he chased some raccoons up a tree. Next thing she knows Michaela is swarmed upon by a gaze of raccoons. Her dog finally chased the raccoons away. Lee was treated for over 50 bites and 16 puncture wounds. She has learned her lesson on letting her dog loose.



Lee recuperates with her dog

Assistance needed:

SEFCU 5K – Sept. 3
Anniversary Run – 9/16
Voorheesville Race – 9/30
Marathon and Half
Marathon Volunteers! 10/7

Step up now to be a part of the one of the fastest Boston Qualifier races! If you are not planning on running, we could use your assistance! Needed: baggage coordinators; bus coordinator; refreshment assistance and coordinators; water stop leaders; course marshals, etc. It is never too early to volunteer!

WANT MORE INVOLVEMENT?
Come to a Club meeting and see why you want to be involved!

IF INTERESTED,
CONTACT MARCIA ADAMS,
VOLUNTEER COORDINATOR
at 356-2551
or madams01@nycap.rr.com



Run for the

All proceeds benefit the
Mollie Wilmot Radiation Oncology
Center of Saratoga Hospital



Application Fee: \$20 pre-registration by
September 21 or \$25 after that date and
on race day.

Description: 5K Run and Community
Walk with separate kids' event in the
historic Saratoga Flat Track. The first
500 registrants are guaranteed a T-shirt.
Music, refreshments and fun for the
whole family.

Day of Race Registration: 9:00 am at the
Grandstand, Historic Saratoga Flat Track,
Union Avenue, Saratoga Springs.

Course: 5K loop through beautiful,
historic Saratoga Flat Track Grounds.

Awards: Prizes and awards will be given
to the overall top three male and female
runners. Special "ROC" awards for the
top three male and female in each age
group.



Sunday, September 30, 2012

at 11:00 a.m.

Children's Event at 10:15 a.m.

Application for Annual Run for the ROC

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____ Date of birth ____ / ____ / ____ Age _____

Sex ☐ F ☐ M ☐ Runner ☐ Walker

Corporate Team? ☐ Yes ☐ No _____

(See Event Website for complete details.)

Name of Organization or Business _____

How did you find out about this event? ☐ Website ☐ E-mail ☐ Magazine ☐ Newspaper
☐ TV ☐ Radio ☐ Other

Register Directly Online at: http://www.areep.com/online_reg/registration.php?eventID=187
or make checks payable to: **Saratoga Hospital Foundation**

(\$20 per participant by September 21, or \$25 after that date)

Send application and check to:
Saratoga Hospital Foundation/Run for the ROC
211 Church Street
Saratoga Springs, NY 12866

For more information e-mail: rwheatley@saratogacare.org
or visit www.saratogahospitalfoundation.org

Separate Kid's Event "Li'l Derby Dash!"

@ 10:15 a.m. is FREE!

Race Day registration only.
Medals & Goodie Bags
for all kids!



Early Race Packet Pickup on Friday, September 28, 4-7 p.m.
at Mollie Wilmot Radiation Oncology Center, 211 Church Street, Saratoga Springs



*In consideration of acceptance by the sponsors of my application to participate in the Annual Run for the ROC 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. **No pets, wheelchairs, motorized vehicles, scooters, bikes or rollerblades, please!***

Participant's Signature _____

Parent/Guardian Signature (if under 18) _____



SUNDAY, SEPTEMBER 30, 2012
CLIFTON COMMONS, CLIFTON PARK, NY

Northway to Exit 9. West on Rte. 146. Left on Vischer Ferry Rd.
Clifton Commons on left

IN HONOR OF BEN MAYO!



NICK'S DASH-12:00pm 2 MILE WALK-12:45pm ZUMBA Warm-up-12:30pm 5K RUN-1:00pm

PLEASE COMPLETE REGISTRATION IN FULL – AGE REQUIRED

Prizes given to top overall male & female finishers and first place in each of the following male & female categories:
14 & under 15-19 20-29 30-39 40-49 50-59 60+

Parking for runners and spectators. No strollers allowed on 5k run. Lunch/refreshments included for participants.

Crazy Hats! Wear your Crazy Hat to walk, run, or just have FUN!

For more info, contact Liz Fox at (631) 645-4801 or email nicksrun@fighttobehealed.org

2 mile Walk and 5K Run Pre-registration: Per person \$20 (\$25 day of race)

(1st 250 pre-registered walkers/5k runners guaranteed dri-fit t-shirt—size upon availability)

Nick's Dash (short dash—6 & under; 1 mile—ages 7—11): \$5 per child

(Nick's Dash participants may only register via mail or day of event)

Prizes for every Nick's Dash Participant!

Registration starts at 10:30am on day of event

Nick's Foundation supports local pediatric cancer patients (501 c 3 organization)

Register online at www.fighttobehealed.org or make check payable to: NFTBHF

Mail to:

Liz Fox

c/o NFTBHF

PO Box 217

Rexford, NY 12148

Fee must accompany application.

\$3.25 processing fee will be charged for each online registrant.



Official use only: Bib # _____

By submitting this form you have read, understood and agreed to this waiver.

WAIVER: In consideration of accepting your 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 Nick's Fight to be Healed Foundation, The Town of Clifton Park, and any officials and promoters of this race. I attest and verify that I am physically fit and have trained for the completion of this walk/run.

Signature _____

Date _____

Parent/Guardian Signature (if runner under 18) _____

Please print

Entrant's Name _____ Age _____ Gender _____ Phone _____

Address _____

Email _____ DOB _____

Pre-registration: walk \$20 _____ 5k run \$20 _____ Team Name: _____

Day of event Registration: walk \$25 _____ 5K run \$25 _____ Nick's Dash \$5 _____

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Protein for Athletes: What Do The Researchers Say?

Protein is a popular topic among both casual joggers and competitive runners, many of whom are confused about how much protein they need, when they should eat it, and the best kinds of protein to choose. The following article answers some of the questions runners commonly ask about protein in a sports diet. The information was presented by prominent protein researchers at the American College of Sports Medicine's Annual Convention (May, 2012). The session was sponsored by P.I.N.E.S., a global network of Professionals In Nutrition for Exercise & Sport (www.PINESNutrition.org).

Do some athletes need more protein than others?

Just as children have high protein needs during growth periods (0.6 g pro/lb; 1.3 g pro/kg), athletes also have requirements higher than the RDA (0.4 g pro/lb; 0.8 g pro/kg) when building muscles: 0.55 g/lb (1.2 g/kg) for endurance athletes (such as runners) and 0.75 g/lb (1.7 g/kg) for strength athletes. These protein recommendations assume the athlete is consuming adequate energy from carbohydrate and fat. Runners who restrict their food intake end up using some protein for fuel, thus they need a higher protein intake. In general, most athletes consume ~0.7 g pro/lb (1.6 g/kg/day), so they easily meet the protein recommendations—without supplements.

The biggest way to stimulate muscular growth is to lift weights or do other forms of resistance exercise. To support muscular development after hard lifting, runners need to consume high quality protein (with all the essential amino acids) in close proximity to their training. High quality proteins include milk products, poultry, eggs, fish, lean beef, all meats, and soy protein.

How should I spread my protein intake over the day? Is it better to have a large steak for dinner or smaller protein doses every few hours?

Many runners eat very little protein for breakfast, but then feast on a high protein dinner. Current research suggests the trick to optimizing muscular development is to spread the protein intake evenly throughout the day. For example, if you were having a carbohydrate-based breakfast (such as oatmeal or a bagel) and a salad for lunch, you would be wise to include more protein in those meals. The goal is to consume at least 20 grams of protein every 3 to 4 hours. For example, a 150 lb (68 kg) runner who chooses at least 20 grams of protein per meal and snack will easily consume the recommended 82+ grams of high quality

protein: 3 eggs for breakfast (21 g protein); 2 cheese sticks for a morning snack (14 g pro); 4 oz. deli meat in a lunchtime sandwich (28 g pro); an afternoon snack with 6 oz. Greek yogurt (18); a medium (5 oz.) chicken breast for dinner (35 g pro); and 4 oz. cottage cheese (12 g pro) before bed easily does the job, with no need for protein supplements.

Are all dietary protein sources the same? What about supplements: whey vs. soy vs. casein?

Different types of proteins are comprised of differing amounts of essential amino acids (EAA) and have different rates of digestion. For example, whey is more rapidly absorbed than casein. Soy protein contains fewer EAAs than whey or casein. The EAA leucine is a key "trigger" for building muscle, so leucine-rich foods with rapid digestive properties are best for recovery from resistance exercise. Animal proteins—including plain or chocolate milk, lean beef, and tuna—are leucine-rich. Plant proteins contain leucine, but in lower amounts.

Because casein is slowly absorbed, consuming casein-rich foods before bedtime (such as cottage cheese) can help support muscle-building processes throughout the night. This may be particularly important for athletes seeking to maximize muscular growth during building seasons, such as during a pre-season training program.

Do other nutrients consumed at the same time as protein affect muscle recovery?

Yes. You want to enjoy carbohydrates in combination with protein. Carbs are important to refuel muscles, while protein's job is to build and repair muscles. Adding some fat, such as low fat or whole chocolate milk vs. fat free chocolate milk, also seems to increase protein uptake. Researchers are unsure why a little fat enhances protein uptake, so stay tuned!

Does adding protein to a sports drink enhance performance and/or recovery?

Studies suggest no improvement in either endurance or speed (time trial performance). The benefits of having protein in a sports drink relate more to recovery. Protein contributes to slightly higher muscle protein synthesis and glycogen replenishment.

Should I eat protein before exercise to promote post-exercise recovery?

Won't hurt, but may not help. Eating 20 grams of protein 45 minutes before exercise increases amino acid uptake by the muscles to an equal extent as eating protein immediately



after exercise. Take note: 20 grams of protein per recovery dose is plenty. Runners who consume higher amounts of protein either burn it for fuel or store it as fat.

When runners lose weight, they also lose muscle. Is there a way to prevent that loss?

About 25 to 30 percent of weight loss relates to muscle loss. To abate this loss of lean tissue, dieting runners can 1) create just a small calorie deficit (as opposed to starving themselves with a crash diet), 2) consistently choose protein-rich meals and snacks, and 3) include resistance exercise twice weekly in their training.

How should vegetarian runners - particularly vegans - meet their protein needs?

Vegan runners can successfully meet their protein needs by eating a variety of plant foods. Most grains (wheat, rice, quinoa, corn, barley, rye) contain all 9 essential amino acids, just in lower amounts than an equivalent serving of animal foods. Hence, vegans need to consume generous portions of plant protein to compensate for both the lower density of the protein as well as the fact that plant proteins are less bioavailable (due to their fiber content).

The wisest way for a vegetarian to optimize protein intake is to consume adequate food. If the vegan is undereating, the energy deficit will easily lead to a muscle loss. Vegans who want to lose fat (not muscle) will want to focus their limited food intake on protein-rich plant foods. More tofu anyone?

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, and cyclists offer additional information. They are available at www.nancyclarkrd.com and sportsnutritionworkshop.com. □

Reduce, Reuse, Rerun

These days many races provide technical shirts instead of cotton shirts. Tech shirts wick sweat away from your body, whereas cotton shirts absorb so much sweat that you need "peeler" volunteers to peel the shirt off of your body after a race. Many tech shirts consist of polymers that are made from petroleum. I propose that the price of oil has skyrocketed due to the many runners now wearing oil-based tech shirts. In my patriotic quest to drive down the price of oil, I submit the following suggestions for replacing these shirts with clothing made from common items.

Since ethanol made from corn is an additive for gasoline, why not have running clothes made from corn? No, not the husks, as the swinging husks might inflict bruises on your body. Instead I recommend corn stalk leaves. Imagine running a race as the leaves sway side-to-side, cooling your body; it would be an Iowan luau. An added benefit when holding these races in the Corn Belt is the race participants become moving scarecrows, thus helping to protect the farmers' crops, including corn; this is called synergy or cornergy.

An outfit consisting of a bare minimum of corn stalk leaves would be perfect for the

San Francisco Bay to Breakers 12K. The gently swaying leaves would hint at certain body parts, thus being sexier than many nude B2B runners (especially the ones who do not work out at a gym); this is known as the Gypsy Rose Lee Effect.

But what do you do in places such as New York City where corn stalk leaves may not be readily available, or available only at NYC prices? I recommend using materials you normally discard. For example, create running outfits made of obsolete computer hard disks and floppy disks. It should be obvious which body parts should be covered with floppy disks versus hard disks.

Floppy disks could be used for creating runner caps, as using hard disks would result in "helmet hair." Hard disks could be used as ankle protection against yappy designer dogs that are the size of rats. Running shorts could be created from hard disks to safeguard against larger dogs. However, if your running route is guarded by dogs the size of wolves or werewolves or direwolves, you can create Ned Kelly body armor for your torso, arms and legs by using cans of various sizes. To protect your derriere, you can use Crisco cans,

which also act as a cushion if you happen to fall on your can(s).

The body armor also is beneficial for marathons. The late Mid-Hudson Road Runner Club member Bob Rother discovered after running the New York City Marathon that he was covered with bruises; he then realized he had been struck by flying elbows at the start of the race. Wearing tin can body armor would have protected him. Adding glass shards to the outfit guarantees you will only be struck once by a fellow runner's elbow, and the outfit would make a great "Mad Max" costume for the Bay to Breakers 12K.

A race that has corn stalk leaves (scarecrow), body armor (tin man) and Dolly Parton (Dorothy) could be called the Wizard of Ozarks Race. I know that Ms. Parton has nothing to do with the subject matter, but I thought Dolly Parton running was an interesting visual, what with her big hair and all.

Some tech shirts are made from discarded plastic bottles. Skip one step in the process and wear plastic bottles. Besides shielding yourself from other runners' elbows, the bottles act as a floatation device should you miss that last turn at the Bay to Breakers 12K and instead run directly into the breakers.

I cannot claim credit for suggesting tires as running shoe material; this has been done before by many, including the Tarahumara tribe. Instead, I recommend adding bottle caps to the soles as a) running cleats or b) a method for a race director to break the Guinness Book of World Records record for the largest number of people tap dancing. ("Come and meet those running feet...")

Those are my suggestions. You may have your own to reduce, reuse, rerun.... but not recycle, unless you are dressing for a duathlon. □

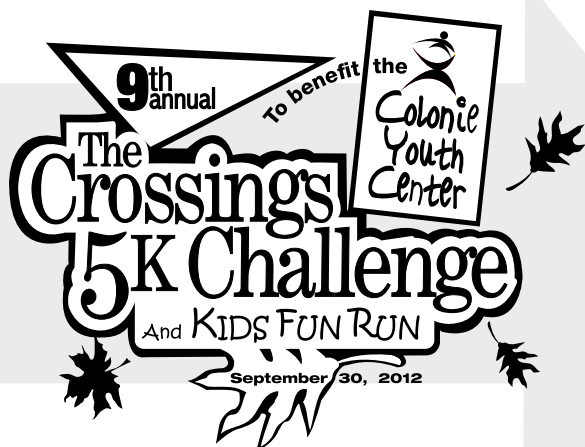


Participants in the 2011 Bay-to-Breakers 12K including one dressed as the Tin Man from the Wizard of Oz; the Tin Man can be used as an example of my proposal for runners' body armor



Walkers are welcome too!

Register EARLY for the best deal!



5K Challenge Run/Walk

- **FREE** dri-fit long sleeve shirt to first 300 runners/walkers registered. Food and drinks for all entrants.
- 5K run/walk is fairly flat and fast course down Aviation and through the park.
- **Awards-1st, 2nd, and 3rd place overall male & female finishers** And the same for: 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over categories.
- **Strollers OK for registered WALKERS only.**
- **Chip timing by ARE Event Productions.**

**Strollers only allowed for registered 5K walkers.

Registration by mail or online at
www.active.com

Overall Event Details:

Event starts and finishes at CYC's own Rudy A. Ciccotti Family Recreation Center
*30 Aviation Road, Colonie * 867-8920.

Ample parking at the Ciccotti Center.

Registration open 8:00 – 9:30am
5K Challenge Race/Walk 10:00am
Kids Fun Run..... Est. 10:45am

Proceeds benefit CYC's community programs. For more about CYC visit colonieyouthcenter.org.
Sponsorships Available from \$100.00 and up, please call 518.438.9596 or
email: Bbloodram@colonieyouthcenter.org

Kids Fun Run

- All kids though age 12 get a medal and post-run pizza party.
- One mile or 1/4 mile distance.
- **FREE** to enter; must be registered.
- Youth shirts available while they last for a \$10.00 donation to the Colonie Youth Center (CYC)

REGISTER ONLINE at Active.com or Mail entry form to: Colonie Youth Center, 21 Aviation Road, Colonie NY 12205

*Additional forms and information available at www.colonieyouthcenter.org Form may be photocopied. One entry form per person. *Entry fees are non-refundable*

Crossings 5K Challenge Participants

- ☐ 5K Challenge Runner
 - ☐ 5K Challenge Walker
 - ☐ \$20.⁰⁰ register early online or by mail by 9/25
 - ☐ \$25.⁰⁰ 9/26 through race day; paper registration only
- Free shirt to first 300 registered runners/walkers
(Circle preferred size) S M L XL XXL

Kids Fun Run Participants

- ☐ Check here for **FREE** Kids Fun Run through age 12.
- *Youth long sleeve tees available for a \$10.⁰⁰ donation.
- Circle Size (if applicable): YS YM YL ☐ Payment Enclosed
- Check Distance: ☐ Mile ☐ 1/4 Mile

How did you here about the event?

First Name _____ Last Name _____ Business (if applicable) _____
Street Address _____ City _____ State _____ Zip _____
E-mail _____ Phone _____ Date of Birth _____ Age (on 9/30/12) _____ Male _____ Female _____

☐ Credit Card (Please Circle: Visa Master Card American Express Discover)
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Please make check payable to
Colonie Youth Center

READ BEFORE SIGNING

In consideration of my entry to this race/event, I hereby release and waive any and all claims for injuries/damages against the Colonie Youth Center, and any and all sponsors and their representatives and any official or participant for any injuries I may suffer in conjunction with this race/event. I also certify that I am in good physical condition and have trained for this race. Further, I hereby grant all permission to any and all the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record for this event for any purpose.

Signature _____ Date _____ Emergency Phone Number (s) _____

Signature of Parent or Guardian if participant is a minor _____ Date _____

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Meeting Minutes of the HMRRC General Meeting July 11, 2012

Attendance: Barb Light, Chuck Terry, Marcia Adams, Jim Tierney, John Parisella, Jon Rocco, Diane Fisher, Jonathan Golden, Maureen Cox, Mark Warner, Wade & Anny Stockman, Vince Juliano, Cathy Sliwinski

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

Reading and approval of June 13, 2012 minutes (B. Light). Motion made to approve minutes by Marcia Adams seconded by Chuck Terry. Motion passed.

Reports of Officers

President (J. Parisella): Vince did some investigating of use of defibrillators at races. Vince went to Delanson Emergency Squad for initial input. The club will continue to investigate the acquisition of defibrillators. Pacesetter Ads – snafu in some ads. Mark is working through it. John Parisella talked to Ray Newkirk about parking the van at Newkirk Products. It is no problem about parking it there. Marcia is afraid that it may not get reorganized after a race if left at Newkirk. Mark Warner agreed with Marcia—he thinks we need a person responsible for the van. Need to make sure it is full of supplies instead of having Race Directors responsible. Repairs, inspections, etc. need to make sure that someone is checking that and taking care of it. With the investment that the club has made, he feels that we need to have someone responsible for it. Vince noted that someone is responsible he can notify that person a month before his race that he will need specific items in the van. Clocks can't stay in the van, they have to be charged. Megaphones also need to be charged. Keeping general inventory for the van. Mark suggested we put a notice up on the website asking for someone to volunteer for this job. Marcia will put together a description about what is needed. Club acknowledged that Tom & Marcia Adams did an outstanding job being in charge of the van. Thank you!! Joan Benoit Samuelson –There's No Finish Line movie being presented at the Egg August 28th. Joan will be there. Next morning 2 runs being led by Joan. She is promoting healthy wellness and lifestyle.

Executive Vice President (J. Rocco): Thank you note from one of the recipients of the scholarships. Niskayuna High School–Shannon Trant-. "One of the greatest honors

I have received. I immediately hung my beautiful plaque. Thank you."

2.3 Executive Vice President – Finance (C. Terry): No report.

2.4 Secretary (B. Light): No report.

2.5 Treasurer (P. Zentko): See attached report.

Reports of Committees

3.1 Membership (D. Fisher): Current membership at 2788. We are up 333 from last year. Membership is usually slower in summer, picks up during the fall.

Volunteers (M. Adams): Buses to Boilermaker was a huge hit by everyone. Hopes to do again next year. Brown Transportation was very accommodating. Thank you to Ed Gillen and Maureen Cox for helping out with the buses and at the race. Will send out Hour Run email. River Cruise has been cancelled.

Public Relations (R. Moore): All press releases for the summer track series and Tawasentha Races, and Dynamic Duo race sent to papers. Wishing everyone a great summer.

Race Committee (M. Warner): Colonie Track meets have been going well. Father's Day Race, 549 finishers. Issues having it at the Crossings with the number of runners and the location they have us use. Someone suggested that maybe consider merging the Father's Day Race and Valley Cat race for next year. Talked to Megan and John and Valley Cats and they are supportive of it but we don't know if we can have it on Father's Day. We won't know until October. Their preference is to have it on Saturday of Father's Day weekend. Vince noted that might be better as it wouldn't conflict with the Mule Haul race. Will probably make decision about merging them before October. Valley Cat race went well 391 finishers which was a record for that race. Colonie Mile held had less finishers than last year, but it was night before the Firecracker 4 Mile. Think that is why there were less runners. Lots of races coming up so if you can volunteer for any races it would be greatly appreciated. Indian Ladder race and picnic coming up. Will be doing email blast on that race. Race Directors will be contacted next few weeks so we can start building schedule for next year. Meeting will be set in September. Cathy Sliwinski asked if we could get race schedule printed up before the marathon so she could hand

out. Mark will see what he could do to get that done.

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

PaceSetter (R. Nagengast / K. Zielinski): No report.

Conflicts Committee (C. Terry): No report.

Safety Committee (V. Juliano): Vince doing research on defibrillators. It is something we can do, but we need to decide what it would be used for. Big races have medical teams and would prefer to have them take care of things, but summer events and track events it could be very helpful if the need arises. It is something to consider especially with smaller events and when it gets very hot and humid. There is a wide variety of models and prices to choose from. Vince would like input from the club to see if we pursue it and it should be kept in the van. The battery does not need to be charged, it will last 5 years, but it needs to be checked to make sure it is still good. Batteries cost \$300 and are easy to replace. Cathy Sliwinski noted that Mike Daly Medical Director hoped that we could have them at every race. Dr. Daly said he would come and talk to us about it also. Cathy's concern is a legal and liability concern. We need to make sure that we are responsible as to who uses it and that they are trained on it. We will need to make sure that we have a schedule of who will be there at each race to use it. Marcia noted that the club should insist that there should be an EMS at every race. No matter how small. May have to go to the local emergency squads to have them attend and there may be a charge

for this which will have to be considered by the Race Director. There are liability issues that we need to consider.

Grants Committee (R. Newkirk): 4 requests and 3 approved. Kinderhook Runners Club for \$1000 for a 20 mile fun run. Nicks Run to Be Healed-a 5K for \$1000, Schemectady ARC 5K \$1000. Committee turned down to request from No Kids Allowed Race because it needs to be open to all runners.

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

Just Run Program (K. Skinner): No report.

Unfinished Business: No petitions from election, so slate of candidates are now official. Jon Rocco-President, Maureen Cox- Vice President, Sabrina Krause Treasurer, Barb Light as Secretary

New Business: Vince will be meeting August 12th with John Halley and proposing major changes to Stockade-athon course. Course changes have been thought about for safety reasons and with the increasing number of runners. If changes can be made it would reduce police costs and not be on public roads as much. He will keep us posted on it. No expo downtown this year, packet pickup will be held at The Gazette. Website is up and running.

Announcements: None

Adjourn: Motion made to adjourn by Marcia Adams, seconded by Jon Rocco, meeting adjourned at 8:50PM. □



5K Race and Fun Walk



4th Annual Race Away Stigma

Help "Race Away"
the stigma
that surrounds
mental illness



Saturday, October 13, 2012

Hudson Valley Community College
Joseph L. Bruno Stadium

80 Vandenburg Avenue, Troy, NY 12180



Registration begins at 8:30 a.m.

Race/Walk begins at 10 a.m.

Awards and post-race snacks at 11 a.m.

Sponsored by The Center for Counseling and Transfer
in collaboration with:



Entry Fee: \$17 HMRRC members, \$20 non-members

\$25 Day of Race Registration (T-shirt based on availability.)

(T-shirt, raffle
prizes, post-race
snacks included)

Name _____

Address _____

City

State

Zip

Shirt Size S M L XL XXL Age: _____ Sex: _____

If you are under the age of 18, a parent or guardian must sign. _____

Parent or guardian signature

Date

I represent that I am 18 or older (unless my parent or guardian has signed above), that I am physically fit to participate in the Race, and that my condition has been verified by a medical doctor within a reasonable period of time. I give up my right to bring an action to recover any compensation for injury or damages to me or my property arising from my participation in the Race, and release, to the fullest extent allowed by law, Hudson Valley Community College, Rensselaer County, the State University of New York and their respective agents, servants and employees ("collectively Releasees") from any claim I or my heirs, executors, administrators and assigns may have against any Releasee in any way resulting from my participation in the Race, to the fullest extent allowed by law and I agree to defend, indemnify and hold harmless Releasees from all such costs, claims, losses or damages. I recognize and voluntarily and knowingly assume the risks inherent in the Race.

Signature

Date

Mail form and entry fee to:

HVCC: Race Away Stigma 5K
Center for Counseling and Transfer
80 Vandenburg Avenue, Troy, NY 12180

OR

Online Registration and Forms:

www.hvcc.edu/cct/race.html
www.active.com

(Checks payable to
HVCC Project Aware)

Contact and Questions: Carrie Zurenko, (518) 629-7176, c.zurenko@hvcc.edu • Larry Ellis, (518) 629-7175, l.ellis@hvcc.edu



Saturday, September 22, 2012

Benefiting:

Schoharie County

Community Action Program



10:00 Race Starts—

Cobleskill Fairgrounds

30 minutes from the

Capital Region

8:15-9:30 Race Day Registration

or REGISTER ONLINE!

See application at FAM5K.com



THE FALL FRUN 10k

To benefit the Children's Hospital at Albany Medical Center



Sunday, November 4 at 9am
Shenandoah High School, Canton Park

One Heck of a ~~PERIOD~~ Time!

www.FallFrun10.com

Like to race? The September ARE Event Productions' schedule has you covered. We'll see you at the races!

9/8 MBPA 5k	Malta, NY	9/21 Arsenal City Run 5k	Watervliet, NY
9/8 5k for SMA	Colonie, NY	9/22 Schenectady Pedal-Paddle-Run	Scotia, NY
9/8 Ossining Matters 5k	Ossining, NY	9/22 Get Your Rear in Gear 5k	Saratoga, NY
9/9 Tunnel to Towers 5k	Albany, NY	9/22 DanRan 5k	Burnt Hills, NY
9/9 Run for Dunkin 5k/10k	Albany, NY	9/22 Albany Law Alumni 5k	Albany, NY
9/13 GE 5k/10k	Schenectady, NY	9/23 Adirondack Marathon Distance Festival	Schroon Lake, NY
9/15 5k Race for Hope	Slingerlands, NY	9/23 BrockTrot 5k and 10k	Lenox, MA
9/15 Rockeater Advent. Race	Plattsburgh, NY	9/23 5k Run to Cure Diabetes	Colonie, NY
9/15 Albany Autism 5k	Schenectady, NY	9/29 Garrett Loomis Memorial 5k	Sackets Harbor, NY
9/16 Saratoga Palio 5k/Half	Saratoga, NY	9/29 ChesapeakeMan Endurance Festival	Cambridge, MD
9/16 Doug Ellett Mem. 5k	Cohoes, NY	9/30 Crossings 5k Challenge	Colonie, NY
		9/30 Run for the ROC 5k	Saratoga, NY



Hairy Gorilla Half Marathon & Squirrely Six Mile



The eighth year of mayhem ominously brought to you by ARE Event Productions

9:30AM

SUNDAY, OCTOBER 28, 2012

THACHER STATE PARK, NY

CHOSEN AS BEST COSTUME TRAIL RACE IN AMERICA— RUNNER'S WORLD "THE TRAIL" SUMMER 2012

WHAT YOU NEED TO KNOW

This highly popular event typically draws runners from over ten states. It is one of the largest trail races in the northeast and participants range from national-class to those brand-new to trail running. The course is a roller-coaster ride with mud, muck, roots, steep drops, big puddles—and the occasional grave that may have your name on it.

Many runners compete in costume—be it simply wearing a ridiculous outfit to an all-out, performance-inhibiting full body uniform of sorts. This event is about having fun and we guarantee that you will. Be sure to consider entering one of the special categories.



AWARDS

Custom-made awards await the top 3 overall male and female finishers. Delicious gorilla and squirrel cookies await the top 3 males and females in: 14-under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Additional categories (if you dare!)

Best: Gorilla Impersonation - Costume - Pumpkin Carving;
Finisher carrying the most bananas.



We will also award the fastest male and female teams.
For team applications, please visit the event website.

☀ BRING BANANAS TO APPEASE THE HUNGRY GORILLAS

☀ GORILLA "MEDAL" TO ALL FINISHERS IN THE HALF



☀ POST-RACE COOK-OUT WITH BURGERS, DOGS, AND MORE!

EVENT SCHEDULE

8:00am: Day-of registration and packet pickup opens
9:00am: Gorilla Chase Kids Race (600 meters)
9:15am: Day-of registration and packet pickup closes
9:30am: Squirrely 6m and Hairy Gorilla Half Marathon
11:00am: Squirrely 6m Awards Ceremony
12:00pm: Hairy Gorilla Half Marathon Awards Ceremony

ENTRY FEE	6m/Relay	1/2 Marathon
Early Reg.	\$20	\$25
Late. Reg.	\$25	\$30

Entry fees are non-refundable.

Early Registration: Postmarked by October 20.

Do not mail after 10/20. Checks out to **AREEP**

We highly encourage you to register online.

There are no additional fees and ARE members receive a discount when registering through the ARE members page.

AMENITIES

Chip timing. The first 500 entrants are guaranteed a commemorative item. The course is decorated in the spirit of Halloween with ample relics of despair and frustration, as well as numerous cemeteries indicating the demise of many participants by name. There is a huge cook-out.

HALF MARATHON CUT-OFF TIME

All participants not past the 5.75 mile mark in 1:17:30 (13:30 pace) will be redirected to finish the six mile.



WWW.HAIRYGORILLAHALF.COM

Please complete, cut, and return the bottom portion to: HGH-AREEP, PO Box 38195, Albany, NY 12203

✂ - ✂ - ✂ - ✂

We really prefer that you register online. That way your information is assured to be as accurate as you type it. :)

NAME _____	____/____/____ BIRTHDAY	AGE (ON RACE DAY) _____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____	EMAIL _____		
CITY _____	STATE _____	ZIP _____	
PHONE () _____	RACE: <input type="checkbox"/> 6M <input type="checkbox"/> HALF MARATHON		
<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)	RANDOM FACT ABOUT YOU: _____		
In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against ARE Event Productions (AREEP), Thacher State Park, 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 and that injury or death may result from my participation. My physical condition has been verified by a licensed medical doctor and I am physically fit and prepared for this event. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation. I further understand and agree that my entry-fee is non-refundable, including if the event is canceled for any reason whatsoever.			
SIGNATURE _____	DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	

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NORTHEASTERN NY



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Local Honorary Chair

Benita Zahn, WNYT Channel 13

**KOMEN NENY
RACE FOR THE CURE®**
P.O. Box 13535
Albany, NY 12212-3535



Facebook.com/komenneny

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2012 Komen NENY Race For The Cure® Entry Form

FIRST NAME _____ LAST NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE NUMBER _____ EMAIL ADDRESS _____

AGE ON RACE DAY _____ GENDER ☐ M ☐ F

Please check your event

☐ Co-ed 5k Race ☐ Co-ed Family Walk ☐ Sleep In for The Cure ☐ Kids for the Cure Dash

Would you like to be recognized as a breast cancer survivor by receiving a complimentary pink cap and t-shirt? ☐ Yes ☐ No

FOR SLEEP IN FOR THE CURE® INDIVIDUALS AND TEAM MEMBERS ONLY

(includes runners, walkers, and sleepers): All team members must sign the Race Release below.
TEAM ENTRIES MUST BE POSTMARKED BY SEPTEMBER 22, 2012

TEAM NAME _____

TEAM DIVISION ☐ Schools ☐ Businesses ☐ Family & Friends ☐ Colleges

TEAM CAPTAIN _____ STATE _____ ZIP CODE _____

Check t-shirt size required: Adult ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL Children ☐ S ☐ M ☐ L

Entry fees

_____ \$25 per individual
_____ \$30 at Packet Pick-up on 10/4/12 and 10/5/12
_____ \$35 on Race Day on 10/6/12
_____ \$10 for children under 12

**Make check payable to
and mail to:**

**Komen NENY Race
For The Cure®
P.O. Box 13535
Albany, NY 12212-3535**

PHOTOGRAPHIC AND RESULTS RELEASE AND WAIVER AND RELEASE OF CLAIMS

I AGREE THAT ANY AND ALL REPRESENTATIONS MADE AND RELEASES, WAIVERS, COVENANTS, CONSENTS AND PERMISSIONS GIVEN BY ME HEREUNDER ARE GIVEN ON BEHALF OF ME AND ANY AND ALL OF MY MINOR CHILDREN OR PERSONS OVER WHOM I HAVE GUARDIANSHIP PARTICIPATING IN OR ATTENDING THE EVENT.

I give my consent and permission to The Susan G. Komen Breast Cancer Foundation, Inc. d/b/a Susan G. Komen for the Cure ("Komen"), its affiliates and races, their sponsors and corporate sponsors, their successors, licensees, and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) any photographs, videotapes, audiotapes, or other recordings of me that are made during the course of this event (the "Event"); and (ii) the results of my participation in this Event (e.g., race time, name, participant number).

I understand that (i) my consent to these provisions is given in consideration for being permitted to participate in this Event; (ii) I may be removed from this competition if I do not follow all the rules of this Event; and (iii) I am a voluntary participant in this Event. I am in good physical condition and am solely responsible for my personal health, safety and personal property. I know that this Event is a potentially hazardous activity and I hereby voluntarily assume full and complete responsibility for, and the risk of, any injury or accident THAT may occur during my participation in this Event (INCLUDING, BUT NOT LIMITED TO, MY FUNDRAISING ACTIVITIES associated with the event) or while ON THE EVENT PREMISES (COLLECTIVELY, "MY PARTICIPATION"), TO THE FULLEST EXTENT OF THE LAW, I, FOR MYSELF, MY NEXT OF KIN, MY HEIRS, ADMINISTRATORS, AND EXECUTORS (COLLECTIVELY, "RELEASEES"), HEREBY RELEASE AND HOLD HARMLESS AND COVENANT NOT TO FILE SUIT AGAINST (i) KOMEN, Northeastern New York Affiliate of the Susan G. Komen Breast Cancer Foundation D/B/A Northeastern New York Affiliate of Susan G. Komen Race for the Cure AND ALL OTHER KOMEN AFFILIATES AND THEIR RESPECTIVE DIRECTORS, OFFICERS, VOLUNTEERS, AGENTS AND EMPLOYEES; (ii) ANY EVENT SPONSORS; AND (iii) ALL OTHER PERSONS OR ENTITIES ASSOCIATED WITH THIS EVENT (COLLECTIVELY, THE "RELEASEES") FOR ANY INJURY OR DAMAGES I MIGHT SUFFER IN CONNECTION WITH MY PARTICIPATION. THIS RELEASE APPLIES TO ANY AND ALL LOSS, LIABILITY, OR CLAIMS I OR MY RELEASEES MAY HAVE ARISING OUT OF MY PARTICIPATION, INCLUDING BUT NOT LIMITED TO, PERSONAL INJURY OR DAMAGE SUFFERED BY ME OR OTHERS, WHETHER SUCH LOSSES, LIABILITIES, OR CLAIMS BE CAUSED BY FALLS, CONTACT WITH AND/OR THE ACTIONS OF OTHER PARTICIPANTS, CONTACT WITH FIXED OR NON-FIXED OBJECTS, CONTACT WITH ANIMALS, CONDITIONS OF THE EVENT PREMISES, NEGLIGENCE OF THE RELEASEES, RISKS NOT KNOWN TO ME OR NOT REASONABLY FORESEEABLE AT THIS TIME, OR OTHERWISE. I UNDERSTAND THAT I AM SOLELY RESPONSIBLE AND LIABLE FOR ALL ASPECTS OF MY FUNDRAISING ACTIVITIES ASSOCIATED WITH MY PARTICIPATION, INCLUDING, BUT NOT LIMITED TO, THE SAFE AND LAWFUL CONDUCT OF ANY FUNDRAISING ACTIVITIES.

This Photographic and Results Release and Waiver and Release of Claims (collectively, the "Release") shall be construed under the laws of the state in which the Event is held. In the event any provision of this Release is deemed unenforceable by law, (i) Komen shall have the right to modify such provision to the extent necessary to be deemed enforceable; and (ii) all other provisions of this Release shall remain in full force and effect.

I understand that I have given up substantial rights by signing this Release, and have signed it freely and voluntarily without any inducement, assurance or guarantee being made to me and intend my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.

PARTICIPANT'S NAME _____ SIGNATURE _____ PARENT'S OR GUARDIAN'S SIGNATURE IF UNDER AGE 18 _____ DATE _____

To register for the Northeastern NY Race For The Cure visit www.komenneny.org or to volunteer call 518-250-5379

Local Event Schedule

Date	Time	Event	Location	Contact	Email
9/8	9:00 AM	Brenda Deer 5k Run 3k Walk and Kids Fun Run	Guilderland YMCA	Harrison Moss	hmoss@cdymca.org
9/8	8:30 AM	Malta Business & Professional Assoc 5k	HVCC TEC SMART 345 Hermes Road Malta	Paul Loomis	maltabpa@gmail.com
9/9	7:30 AM	Moreau Lake 15K Trail Run	Moreau Lake State Park	Chris Bowcutt	events@greenleafacing.com
9/9	9:00 AM	11th Annual Teal Ribbon Run/Walk	Washington Park	Pam Robbins	probbins@prainc.com
9/9	8:30 AM	The Dunkin' Run 2012-- 5K, 10K, Kids Fun Run	Albany Jewish Community Center	Tom Wachunas	tomw@sajcc.org
9/15	10:00 AM	4th Annual Capital Region Special Surgery 5K	1220 New Scotland Road, Slingerlands	SarahNicole Mahoney	smahoney@capitalregionspecialsurgery.com
9/15	9:00 AM	9th Annual Walk & 5K Run For Autism	Central Park, Schenectady	Janine Kruiswijk	jkruiswijk@albanyautism.org
9/16	9:30 AM	Doug Ellett Memorial 5k Run/Walk	Cohoes High School	Debbie Matthews	debjef89@aol.com
9/16	9:00 AM	41st HMRRRC Anniversary Races 2.95 & 5.9 Mile [5.6 GP]	SUNY/Albany -- Day of race signup only!	Pat Glover	pjglove@aol.com
9/22	8:00 AM	Saratoga Get Your Rear in Gear 5K Run/Walk	19 Roosevelt Dr Saratoga Springs	Kristin MacDonald	kwernig@gmail.com
9/22	10:00 AM	SVC 5K Challenge 2012	Southern Vermont College, Bennington	Maria Stuber	mstuber@svc.edu
9/22	5:30 PM	Nisky Fall Fun Run 5K	Niskayuna Town Hall	Lori Peretti	lperetti@niskayuna.org
9/22	10:00 AM	FAM 5K Fund Run/Walk	Cobleskill Fairgrounds	Frank Privitera	fprivitera@famfunds.com
9/23	11:00 AM	JDRF 5k Run to Cure Diabetes	The Crossings	Susanne Keller	skeller@jdrf.org
9/30	10:00 AM	33rd Voorheesville 7.1 Mile [GP]	Voorheesville Town Park -- Day of race signup only	Jim Thomas -- Russ Hoyer	jth430@verizon.net
9/30	9:00 AM	A New Leash On Life 5k	Blatnick Park, Niskayuna	Amy Pollard	apollard34@gmail.com
9/30	10:00 AM	Crossings 5K Challenge & Kids Fun Run	Rudy A. Ciccotti Family Recreation Center	Barbara Boodram	bboodram@colonieyouthcenter.org

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

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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 ☐ _____

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!*