

The Pace Setter

June 2015

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



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- What's Happening

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- Grand Prix Update

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- Kopac's Korner



The Pace Setter is the official monthly news-magazine of the Hudson-Mohawk Road Runners Club. Membership in the 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.

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The Pace Setter

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Photos in this issue are by Bill Meehan and Ginny Lerner

Cover Photo by Bill Meehan

Boston Marathon photos by John Parisella



HMRRRC Mission Statement

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

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

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President's Message

by Meghan Mortensen

Finally June! Welcome to the official start of summer! Equally important for some club members, this month is the 44th Annual Distinguished Service Award (DSA) Race. First-time organizer David Tromp heads this year's race after taking over for Mark Warner, following his phenomenal 20 years as race director. I'd like to thank David for stepping up to the plate as he has some big shoes to fill; however, I know he will do a great job as well. One would think Mark Warner would have a lot of extra free time since passing the baton of the DSA race, but that is certainly not the case. Last month, Mark directed his 3rd CDPHP Workforce Team Challenge race in downtown Albany, the biggest event on the HMRRRC calendar and undeniably a year-round job. I'd personally like to extend a thank you to Mark and his family for the many years of dedication and service, including his work on the DSA race, the CDPHP WTC, and to the club as a whole.

This year's 8-mile DSA event will be held on Sunday, June 7 at SUNY Albany at 9 a.m. For 44 years, an award has been presented to

individuals of distinction who have given their time selflessly for the betterment of HMRRRC. This year, one outstanding individual will be recognized for her active role and participation in making HMRRRC the successful club it is today. Maureen Cox has demonstrated wholeheartedly the definition of what it means to be a volunteer. Not a runner, Maureen continues to be tireless in her efforts in providing all of us runners a fun and safe experience at events. It has been an honor to work side by side with Maureen these last couple years. Her list of club roles is as long as it is distinguished. Maureen has been an HMRRRC Vice President and President, and assistant race director, and now coordinator of the Mohawk-Hudson River Marathon and Hannaford Half Marathon in the fall, refreshments coordinator for all of our Winter Series events and the CDPHP Workforce Team Challenge, and has served as a member of the Long-Range Planning Committee. I hope to see you all at this year's event and would love for you to join me in thanking and celebrating Maureen for her commitment to HMRRRC. □





What's Happening in June

by Al Maikels

Leading off in June is the best race that the club holds, the race that embodies all of what makes the HMRRC special. The 44th Distinguished Service Race is set for Sunday, June 7 at 9 a.m. at UAlbany. This race is 8 miles long, a good test of speed and endurance. Before the start of the race there is a brief ceremony where the past recipients are called up before the current winner receives their award. The award is given to club members for long and distinguished service to the club and this year's honorees is the very deserving Maureen Cox. Come join us this year as we honor Maureen for her years of hard work on the club's behalf.

The next club race in the June lineup is the Father's Day Valley Cats 5k, set for Saturday June 20 at 9:00 a.m. at the Joe Bruno Stadium on the campus of HVCC. This race features 4 Valley Cats tickets and a tour of the warning track as you head to the finish line. There are a variety of father/child prize categories, making this race a great event for the whole family.

Looking for more races? Races of note this month include the 17th Annual National Bank of Kinderhook OK 5k, set for Saturday, June 6 at 9 a.m. at the village square in Kinderhook.

This race is a favorite of mine and has a flat, fast course. Fans of mud will enjoy the Tawasentha Mud Mania races, set for Sunday, June 21 at 10:00 at Tawasentha Park in Guilderland.

If you need more than a 5k race there is a good race on the June schedule this year. The Adirondack Distance Run has moved from July to the June calendar. This is a great 10 mile race on a rolling course along the west shore of Lake George. The race is set for Sunday, June 21 at 7:30 a.m. at the Lake George Fire House.

June is also the month for the start of the summer track series at Colonie High School. The 48th season of meets starts on Tuesday, June 16 and runs through August. The first race (the mile) starts at 6:00 p.m. and there are races of varying distances, with multiple heats based on predicted time. These meets are free and open to all comers and are an excellent way to get in some speed work and socializing at the same time.

The club business meeting for June is set for Wednesday, June 10 at 7:30 p.m. at the Point of Woods clubhouse at the end of the Washington Avenue Extension. All club members are welcome to attend these meetings. □

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



Submissions for the August Issue of *The Pace Setter*

Articles:

Deadline is June 25.

Submit to:

Editor, pscontenteditor@gmail.com

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Deadline is July 1st. Contact

Advertising Director at psads123@gmail.com to reserve space. Please send ads to psads123@gmail.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.

Protein, Supplements and Building Muscles

So you want to get buff, eh, and have nicely defined muscles, a six-pack ab, and compliments galore about “looking great”?

The ads in magazines such as *Muscle & Fitness* easily lead wanna-be-buff athletes to believe that anyone can look like a hulk by simply taking an assortment of protein powders, muscle builders, essential amino acids, and recovery drinks. While the primary key to being buff is not nutritional supplements but rather hard work (have you ever watched those hulks train?), eating optimally is indeed important for optimal workouts. Runners and triathletes who want to look buff certainly can benefit from a well-planned sports diet that supports their muscle-building efforts.

This article can help you evaluate the role of protein supplements in helping you acquire the physique of your dreams. The information is from Nancy Rodriguez PhD of the University of Connecticut and Stuart Phillips PhD of McMaster University. They are both well-respected protein researchers who shared their knowledge at SCAN's Annual Conference in Colorado Springs, May 2015. SCAN is the 7,000-member Sports and Cardiovascular Nutrition practice group of the Academy of Nutrition and Dietetics. SCAN's referral network (www.SCANDpg.org) can help you find a local Certified Specialist in Sports Dietetics.

So you want to build some muscles...?

When it comes to building muscles, the prevailing beliefs are:

- 1) The more protein you eat, the more muscle you will build.
- 2) Protein supplements are more effective than food.

Let's take a look at what the research says.

- The amount of protein needed to build muscles ranges between 0.6 to 0.8 grams protein/lb body weight (1.2 to 1.7 g pro/kg). Runners new to lifting weights should target the higher amount to support the growth of new muscles. Experienced lifters do fine with the lower amount.

- Dieting runners need more protein: about 1 gram per pound body weight (2 g/kg), when calorie intake is limited. During an energy deficit, you will burn protein for fuel, not use it for building muscles. That's why it's hard to build muscle and lose fat at the same time. To lose undesired body fat, chip away at fat-loss by knocking off only 200 to 500 calories in the evening, to create a small deficit.

- Consuming more than 0.6 to 0.8 grams protein per pound of body weight (1.2 to 1.7 g pro/kg) is not better. Your body can use just so much protein to build and repair muscles. Excess protein does not get stored as bulging muscles; rather, it gets burned for fuel. Excess calories from unused protein get stored as body fat.

- Food can naturally provide the 95 to 135 g protein needed by a 120-lb (55 kg) female or 170-lb (77 kg) male runner who is new to lifting weights.

- Evenly distributing your protein intake throughout the day is important to optimize your body's ability to build muscle. Instead of skipping breakfast, eating a light lunch, and chowing down on a huge dinner with 90 grams of protein, the better bet is to consume about 25-30 grams of protein at each meal (a standard serving of meat, fish, chicken; a generous portion of plant protein) and 10 to 15 grams at afternoon and evening snacks.

- While consuming 30 grams of protein at dinner is simple (a small chicken breast), boosting protein intake at breakfast and lunch protein can be more of a challenge if you eat on the run. Protein-rich breakfast foods that add 20 to 30 g protein include:

1-cup cottage cheese (with banana and whole wheat toast)

3-egg omelet with a handful of shredded lowfat cheese

2 hard boiled eggs (pre-cooked) and a tall latte

1 cup Greek yogurt with granola + a handful of slivered almonds

- Muscles are most receptive to using amino acids (the building blocks of protein) within the 30 to 60 minutes after you exercise. Yet, muscles continue to utilize the amino acids (at a slower rate) over the course of the next 24 hours. The supplement industry urges you to consume their (conveniently available) recovery products ASAP, so you don't miss the “anabolic window of opportunity.” That window doesn't completely close!

- Leucine, an essential amino acid (EAA), triggers muscles to grow bigger and stronger. The recommended post-exercise dose of leucine is about 2 to 3 grams. That is the amount in a scoop of most whey protein powders. But you don't have to buy whey protein to get leucine. Leucine is an all protein-rich foods, with animal proteins offering more than plant proteins. Drinking 16 ounces of chocolate milk gives a hefty leucine dose and is far tastier than many recovery protein shakes!

- If you consume whey, your muscles quickly get the leucine they need for growth and repair. But if you consume a variety of proteins from natural foods, you'll get a variety of quickly available and longer-lasting EAAs that support continual growth and repair over a longer period of time. Twenty-percent of the protein in milk is from whey (fast acting) and 80% is from casein (slow acting). They work in synergy.

- Protein powders can be convenient for making protein shakes, but a less expensive option is instant (dried) milk. To boost the protein in your breakfast shake, simply blend 1 cup milk (dairy or soy, not rice or almond!) +

1/3 cup instant milk + 2 Tbsp peanut butter + a banana. Voila, 25 grams of balanced protein from natural, yummy, standard foods!

- The benefits of using powdered milk instead of a protein powder include: it is a nutrient-rich “real food” that offers more than just protein. It is rich in calcium (for bones), riboflavin (to convert food into energy), vitamin D (to boost the immune system), and a multitude of other life-sustaining nutrients. I consider protein powders to be highly refined engineered products that lack natural goodness.

- When you use “real food” such as (instant) milk, you know you are getting the nutrients you paid for. But if you buy whey protein, you might be getting cheated. Whey has become very expensive. It is not uncommon for companies to “dilute” whey with less expensive protein sources or fillers (talcum powder!). Buyer beware...

Summary

By eating a protein-rich food at each meal and snack, you will get the protein, essential amino acids, and leucine needed to support your muscle-building training program. Be sure to also consume some grains, fruits, and vegetables (carbohydrates) along with the protein to fuel your muscles so they can perform hard lifting sessions. The goal is three times more calories from carbs than from protein, such as eggs + bagel; nuts + dried fruit; milk + chocolate flavoring; chicken + rice.

With hard work and optimal fueling, you should see changes in your physique. But take note: The amazingly buff bodies in muscle magazines can be deceptively photo-shopped. Muscles do have a genetic limit and you cannot completely redesign your body (without steroids or plastic surgery, that is).

P.S. Few people can achieve the “perfectly buff” body while enjoying a normal lifestyle. I encourage you to strive for an excellent body. Excellence is way more attainable than perfection. The high price of looking buff often interferes with meaningful relationships with people who likely could care less about how you look. Your best friends should love you from the inside out, not because of your looks.

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, enjoy reading her Sports Nutrition Guidebook and food guides for marathoners, soccer players, and cyclists. They are available at www.nancyclarkrd.com. Also see www.NutritionSportsExerciseCEUs.com for online education. □



Along the Grande Randonnée

by Bob Kopac



Dirk Sauer and Lynne Kopac in Porspoder Brittany, France

Would you like to hike or run while on vacation and enjoy beautiful views? If so, France is the destination. My wife Lynne and I discovered this while spending a week with our German friends Thomas, Dirk and Inge at an oceanside farmhouse in Porspoder, Brittany on the northwest coast near Brest. We enjoyed many runs and hikes along the coastline, thanks to the foresight of French government officials.

In 1976 France passed a law to create “du sentier littoral,” a path along the coast of France for pedestrian use only: walkers, hikers and runners. The law preserved the right of French people to have access to the coast and not be blocked by private mansions and businesses, and a path at least 10 feet wide along the coast has been created for this purpose. Obstacles such as private beach walls were removed to provide public access. Where the coastal path is impossible due to the terrain, the trail can cross through private property.

The coastal path is part of an extensive “GR” long-distance hiking system throughout Europe, including Spain (Gran Recorrido), the Netherlands (Grote Routepaden) and Portugal (Grande Rota). The French GR system (Les Sentiers de Grande Randonnée) consists of over 35,000 miles of trails along the coast and through the French countryside.

In France the GR trails are marked by signs – sometimes wooden, sometimes metal – containing two horizontal painted lines: white on top and red on bottom. To indicate a particular direction of the trail, the sign is cut on one end like the tip of an arrow to point the way to the left or right, or sometimes on the top to indicate straight ahead. At an intersection of the trail with another trail or road, the sign contains a bottom third white line shaped in a 90

degree angle with an arrow on one horizontal end that points out the correct turn.

It is helpful to learn a few French phrases. “Du sentier littoral” means “the coastal path.” “Vous êtes sur le sentier” means “You are on the path.” It is important to know “mauvaise direction” which means “wrong direction;” this can also be marked simply by an X-shaped sign consisting of one white line and one red line. Another important symbol is a yellow triangle with a stick figure horizontal to a hill with squiggly lines below and the word “Danger.” No, this does not indicate parkour but the

danger of following off the cliff into the ocean. Fortunately the word “danger” has the same meaning in English and in French.

Even with (or perhaps because of) the sometimes dangerous spots, the coastal path is spectacular. We hiked and ran along GR34; this GR runs through Brittany from Mont Saint-Michel to Tour-du-Parc, along the northwest coast to the west coast and down along the southern coast of France. Each GR path is indicated by a number, and maps for each path can be found in French hiking guide books or through Internet sites (see <http://www.gr-infos.com>). You can also buy Grande Randonnée hiking maps for each section. The paths are usually marked on the maps as a dashed line with the letters GR and the number, such as GR34.

The word ambiance is appropriate for the setting. One morning we hiked 2 hours along the coast to a restaurant to eat a leisurely 3-hour lunch – very French – then we hiked 2 hours back. We wandered by harbors filled with fishing boats, past large rock formations, and through small villages.

Every morning Lynne and Dirk ran along the coastal path to a shop in the village of Porspoder to buy “baguette de tradition française;” that is, traditional French bread consisting of wheat flour, yeast, water, and salt. Why every morning? Because by French law the bread contains no additives or preservatives, so the baguette must be eaten the same day to avoid it from becoming stale. The sun would just be rising as Lynne and Dirk left the farmhouse, and they would arrive at the shop just as the baker made her delivery. I, on the other hand, was still in bed; I was on vacation, after all. I did arise early once to run with them to take photos for this article; one must suffer for art.

After leaving Porspoder, we spent an overnight stay on the northern coast of France at the Côte de Granit Rose (Pink Granite Coast)



Côte de Granit Rose (Pink Granite Coast)

where we did more hiking on GR34. This area is famous for its beautiful rare pink rock formations and pink sand. When the setting sun's rays hit the pink rocks, the rocks glow magically.

Many more tourists visit the Côte de Granit Rose than Porspoder, and the trail is wider and better maintained to accommodate the visitors; thus it is easier to run here than on the rockier trails around the Breton coast. On the downside, there are more restrictions; for example, I saw signs forbidding the use of trekking poles.

Porspoder and the Côte de Granit Rose each offer their own attractions and beauty, and I was glad I did not miss either one.

We had one last chance to run and hike in France when we stayed in Saint-Laurent-sur-Mer in Normandy. We could have used GR223, the Cotentin and Normandy beaches trail that runs from Mont-St-Michel to Berville-sur-Mer, a length of 415 miles. However, we did not, as my purpose there was not to move, but to stand still. After an all-day private D-Day tour, I stood at the exact spot where my father landed on Omaha Beach, Easy Red sector, on June 6, 1944. For a hiking and running vacation, standing still was the highlight of the trip.





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3K Walk

Kids Run

NEW CHIP TIMING AND ONLINE REGISTRATION



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Albany Branch • Mother's Day Weekend

WHEN: Saturday, May 9, 2015

WHERE: Albany Riverfront Park
at Corning Preserve

TIME: 8:00AM Registration

Southern Saratoga Branch • Spring Has Sprung

WHEN: Sunday, May 17, 2015

WHERE: Southern Saratoga YMCA
1 Wall Street, Clifton Park, NY

TIME: 8:00AM Registration

Greenbush Branch • Flag Day Trail Run

WHEN: Saturday, June 13, 2015

WHERE: East Greenbush Town Park
Elliot Road between Route 151
and Leslie Circle

TIME: 8:30AM Registration

Glenville Branch • Hawaii 5K

WHEN: Saturday, July 18, 2015

WHERE: Collins Park, Scotia

TIME: 8:30AM Registration

Guilderland Branch • Brenda Deer Memorial

WHEN: Saturday, September 19, 2015

WHERE: Guilderland YMCA
250 Winding Brook Drive

TIME: 8:00AM Registration

Troy Branch • Monster Madness Dash

WHEN: Saturday, October 31, 2015

WHERE: Troy YMCA
2500 21st St., Troy

TIME: 8:00AM Registration

Bethlehem Branch • Winter Wonderland 5K

WHEN: Saturday, December 12, 2015

WHERE: Hamagreal Elementary School
1 McGuffey Lane, Delmar, NY 12054

TIME: 8:00AM Registration



**SATURDAY,
JUNE 20, 2015**

**OPEN TO
THE PUBLIC!**

WHEN: Saturday, June 20, 2015

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

TIME: 8 a.m.-9 a.m. Registration
8:30 a.m. Dash for Hope Kids Race
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.

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**For kids
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Proceeds benefit the Albany Diocese Beacon of Hope Scholarship Fund in the form of tuition assistance at: Bishop Maginn High School, Catholic Central High School, Notre Dame-Bishop Gibbons School and Saratoga Central Catholic High School.

For Sponsorship information, please call Martha Fashouer, Director of Advancement, Catholic School Office at (518) 453-6676.

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

Register at finishright.com

or mail the form below:

----- 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 _____

School Name _____

Age on day of race _____ Gender ☐ M ☐ F T-shirt size _____
Size not guaranteed. Limited to the first 200 participants.

☐ 5K Run ☐ Dash for Hope Kids Race

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

Mail registration and fee to: Sharon Boehlke, Race With Us,
314 New Scotland South Rd., Slingerlands, NY 12159

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: _____

Running Away

by Kathy Barlow



Lake Placid Marathon™ & Lake Placid Half Marathon™

Hills! You either love running up and down them or hate them. There's no in-between with running hills, especially if you live in up-state New York. Most of this region is bounded geographically by hills ... or mountains! From the Berkshire, Green and Taconic Mountains to the east to the Catskills to the south, the Hel-deberg Range to the west and the Adirondack Mountains to the north, the Capital District is surrounded with hills and mountains.

I've always lived on a hill...or a mountain! My childhood home was on a hill that we reached by ascending another hill. When I married and moved to my own home we bought a home on a mountain. Hills have always been in my blood!

It's no wonder that several of my favorite races, including the Lake Placid Half Marathon, route you through short and long bursts of hilly terrain. Lake Placid, New York, a small village nestled in the High Peak region of the Adirondack Mountains, is about two and a half hours north of Albany and proudly boasts hosting two Winter Olympics (the first in 1932, then again in 1980).

The Lake Placid Marathon and Half Marathon are held annually on the second Sunday of June. June weather in Lake Placid is quite changeable! The first time that I ran this race, it was a cold and rainy morning— 38 degrees and a chilly drizzle. It was tough to leave the house that we rented with the cozy fire burning in the fireplace to make our way to the starting line. As we started the race the drizzling rain turned into a steady downpour which made running in wet clothes a chore. The race starts on Main Street in front of the skating oval, heads out Main Street and curves around the lake. Mile 3 and 4 bring you back out to Route 73 heading east and past the Horse Show grounds. This section of the race is relatively flat and offers you an opportunity to relax into your running groove.

The next seven miles are my favorite part of the race. After running down the hill, over the bridge and turning on to River Road, the landscape softens into farmland. The rolling hills and freshly planted fields reminded me of how fortunate I am to be able to run in this part of the state. This out and back stretch of the race feels very peaceful to me. Heading back up the hill through mile 11 I feel the excitement of running well and nearing the finish line.

Once I pass mile 12 (which is slightly downhill) I am filled with glee that the race is almost over. That is, until I hit the last two hills leading

up to the finish in front of the high school at the speed skating oval. I have tried to conquer these hills, really I have, and they beat me every time. I have run this half marathon twice and I cannot get my speed up to run these hills that switchback like a trail on a mountain. Someday....someday(!) I will do it!

I ran the half marathon again a few years later and it was 70 degrees at 8 a.m. and very humid and muggy. The wide range in temperature makes it very important to train under a variety of conditions in order to be prepared to run in unpredictable weather. I have learned that I must pack multiple clothing options and layers to be comfortable during the race. The year it was 38 degrees many of us had to go shopping to buy additional clothing to wear.

If you like to reward yourself with a little shopping, like I do, Lake Placid offers a mix of local and chain stores where you can buy a memento of your trip or a whole new wardrobe. I love to browse the little shops and find unique items such as the decorative stained glass hanging that we bought for our kitchen. There is a terrific running store in town with on-site owners to help you find just what you are looking for. In addition there are specialty stores that cater to climbing, hiking and biking. Finding an unusual item or looking to add to your collections, you'll find something appealing in the shops in Lake Placid!

Lake Placid is also home to many restaurants, ranging from coffee shops to fine dining. There are several lovely places I enjoy that overlook the lake or have outdoor dining patios or sidewalk dining. Many restaurants also have indoor dining with huge windows that look out on Mirror Lake. From the windows I have watched athletes training in the water, stand up paddlers and kayakers. During the winter, sled dogs take riders bundled up in blankets for a spin around the lake. Most restaurants do not have "dress codes" and welcome runners, hikers and fine diners alike! There are also two brew pubs and a few wine bars. Athletes from around the world come to Lake Placid to train in their various sports and often work at the local restaurants between training sessions. I have met and chatted with hardworking athletes about their sports and the countries they represent.

Lake Placid has a variety of accommodations including hostels, home rentals and hotels in many price ranges. We have rented homes near the center of town for a reasonable price and walked to the start line for the half

marathon. The village is very walkable. The sidewalks are lighted and well maintained.

The Lake Placid Marathon and Half Marathon races give you great value for your racing dollar. Treating yourself to breathtaking scenery, unparalleled views of the high peaks and a chance to boost your O2 by running some of the best hills in New York State! □



2015 HMRRC SUMMER TRACK SERIES

HMRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

- Race #1: **COLONIE MILE**
6:15 p.m., Tuesday, June 30
Location: South Colonie H.S. track
Fee: FREE
Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRC club members.**
- Race #2: **TWO PERSON RELAY**
6:15 p.m., Thursday, July 9
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.
- Race #3: **HOURLY RUN**
6:15 p.m., Thursday, July 16
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Participants run on the track for one hour. Participants running the furthest are the winners.
- Race #4: **PENTATHLON**
6:15 p.m., Thursday, July 23
Location: South Colonie H.S. track
Fee: Free for members, \$5 non-members
Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.

Summer Series Contact: Ken Skinner, 489-5311
E-mail: kennyskin@earthlink.net

Bryans and O'Connor Win 2015 Bill Robinson Masters 10K Championship

by Jim Tierney

With ideal running weather the 35th annual Bill Robinson Masters 10k road race took place, as it has for the past 35 years, at Guilderland High School. This year, the race was held on Saturday, May 16th, a change from the traditional April date. The date change was due to a series of events scheduled at the school in April.

This out and back 10k race is part of the Grand Prix Series for HMRR and the USATF Adirondack Association.

Emily Bryans was this year's female winner, with James O'Connor the male winner. Both led for the entire race. In second place for the women was five time previous winner, Anne Benson.

Sally Drake finished third with a fine performance.

James O'Connor from Troy, who also won the 2014 race, finished first with a time of 34:51.

With second place going to Volker Burkowski in a time of 35:17. Bob Irwin finished third with a time of 35:37.

Other female age group winners were Sally Drake, Mary Fenton, Anne Benson, Nancy Taormina, Martha DeGrazia, Susan Wong, Eiko Bogue, Anny Stockman.

Other male age group winners were Volker Burkowski, John Stadtlander, John Sestito, Derrick Staley, David Roy, John Carlson, Frank Close, Roger Robinson, Wade Stockman, Ed Doucette.

A special note of accomplishment goes to Eiko Bogue for competing and completing another of her many road races. A special salute to 85 year old Ed Doucette for also completing this challenging course.

A thank you goes out to club photographer Bill Meehan for all the nice photographs he took.

Just prior to the awards ceremony, I relayed a message sent to all runners from Bill Robinson wishing them well and good luck and saying he would love to be at the race but it is extremely difficult for him to be there. I do know for certain that Bill wishes he could be at the race.

Finally, we all sang "Happy Birthday" to the lead biker in the race: Mr. Vincent Juliano.

A huge thank you goes out to all the volunteers from the race director, Jim Tierney: Marcia and Tom Adams, Katherine Ambrosio, Emily Bryans, Mike Caccuitto, Kathleen Dogherty, Rich Eckhardt, Pat Glover, Tina Hayden and her daughter, Vince Juliano, Bob Knouse, Ken Klemp, Barb Light, Mike Lee, Bill Meehan, Joan and Lowell Montgomery, Ed Neiles, Ginny Pezzula, Joe Premo, and Jim Russo.

In closing, we all say thank you to the of-

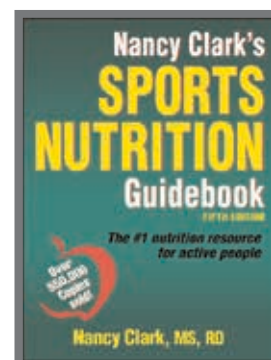
ficers and staff and EMT at the Guilderland Police Department for their cooperation, support and guidance in allowing us to put on another safe and successful road race. Also, a sincere thank you to the Guilderland High School staff for their continued assistance and ongoing support for this event.





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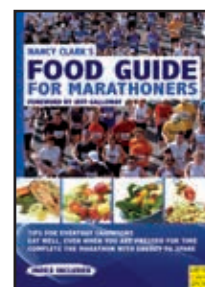


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**Saratoga Springs
Half Marathon & 5K**

Saratoga Springs Strong To Serve Half Marathon, Relay & 5K

Saratoga Spa State Park
Saratoga Springs, New York
Sunday July 12, 2015 7:30 AM

Presented by 3C Race Productions

The Saratoga Springs Strong To Serve Half Marathon is a beautiful, flat and fast course in Saratoga Spa State Park along with an accompanying 5K. Relay legs are 6.7M & 6.4M.

20% of all entry fees support Strong To Serve – helping orphans in 3rd world countries.

Entry Fees:	Half Marathon: \$60.00 until June 28, 2015; \$70 until July 11, 2015; \$80.00 on race day. Half Marathon Relay: \$90.00 until June 28, 2015; \$105 until July 11, 2015; \$120.00 on race day. 5K: \$30.00 until June 28, 2015; \$30 until July 11, 2015; \$40.00 on race day.
Amenities:	Technical shirts to all half marathon & relay runners; cotton T-shirts to all 5K runners; finisher medals to all half marathon & relay runners; Chip Timing by AREEP; fresh fruit and pastries at the finish line; flat and fast course through Saratoga Spa State Park, Saratoga Springs, and Milton, 6 water stops; and more.
Awards:	Saratoga Springs Half Marathon Pint Glasses to overall and age groups winners in the half marathon and 5K.
Directions:	Saratoga Spa State Park, Peerless Pool, East-West Road, Saratoga Springs, NY. Between Route 9 and Route 50.
Information:	Call Michael Amarello at (603) 429-8879 or email: michael@3craceproductions.com or go to: http://www.saratogaspringshm.com. Make check payable to 3C Race Productions. Mail entry to Saratoga Springs Half Marathon, 160 Amherst Road, Merrimack, NH 03054
Sponsors:	Saratoga Spa State Park, iRunLocal, Total Facility Solutions, BC Flynn, Plumbers & Steamfitters Local 773

Signup online at: <https://g2racereg.webconnex.com/saratogaspringshm2015>

\$10 Off Coupon Code MOHAWK

Select Race: ☐ Half ☐ Relay ☐ 5K

Individual Entry

Name1: _____ Gender: M F Age: _____ T-Shirt Size: S M L XL

Name2: _____ Gender: M F Age: _____ T-Shirt Size: S M L XL

Address: _____ City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-Mail Address: _____

I/We know that running is a potentially hazardous activity. I/We should not enter or run this event unless I/we are medically able and properly trained. I/We agree to abide by any decision of a race official relative to our ability to safely complete the run. I/We assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by us. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I/We, for ourselves and anyone entitled to act on our behalf, waive and release 3C Race Productions; Strong To Serve; the city of Saratoga Springs, NY; Saratoga Spa State Park; the state of New York; NYDOT; and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of our participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. I/We agree to these terms as signed by us or our team captain and our participation in this race.

Signature of _____

Date _____

Parent's Signature required for all
runners under 18 – sign on back of form.

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run to fund, raise awareness & build friendships.

**RACE DAY IS
FRIDAY, AUGUST 7, 2015
5K START @ 6:30 P.M.**

Mail In and Online Registration is now OPEN

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**FEEL GOOD
ABOUT YOURSELF
EVEN AFTER
THE
ENDORPHINS
WEAR OFF.**

5K Road Race (open to contestants of all abilities) - 6:30 PM • Awards - 7:45 PM • Race Packet Pick-up, Day of race: 4:00pm-6:00pm • Isabella Pavilion in Central Park

Bringing a Corporate Team. There are three steps in the registration process:

① **Create team** ② **Join the Team** ③ **Finalize Team**

Each team must meet the minimum registration requirements - four men for a male team, four women for a female team, or two men and two women for a mixed team. Registration as an individual is required for each runner. All runners must sign a waiver. Registration is \$25. Please note: -Each runner may be placed on only ONE team.-Each runner must be a full time employee of the company.

Entry Fees - Registration - \$25 (per team member) \$100 for a team of 4.

Individual Entry Fees - \$25.00

**Race shirts and sizes only guaranteed
to the first 300 paid registered 5K participants.**

**Entry fees are non-refundable.
(fees may be applied for online registration)**

JESSICA & BRIAN NORTHAN:

The Dynamic Duo Plus!



To say that Brian and Jessica Northan are a couple on the go is an understatement. They thrive on activity as you will soon see, and both have a strong sense of commitment to help make organizations to which they belong better.

Neither is from the Albany region. Jessica is from a small town in Kansas between Dodge City and Wichita. She came to the area when her sister, who was with the U.S. Navy, was stationed in NY. Her sister left, but Jessica remained because after the “flatter than a pancake” vistas of Kansas, she was thrilled with the mountains, the scenery, the wonderful trails for running, and just being outdoors in New York State. Brian was born in Kingston, Ontario, Canada, in the same hospital as was another of our runners, Charles Bishop. As Stephen Wright says, “Small world, but I wouldn’t want to paint it.” Brian moved around Canada as a child and graduated from university in Waterloo with a degree in computer science. He relocated to the Albany region for a job about ten years ago, and as he says, he came for the job and stayed for the wife.

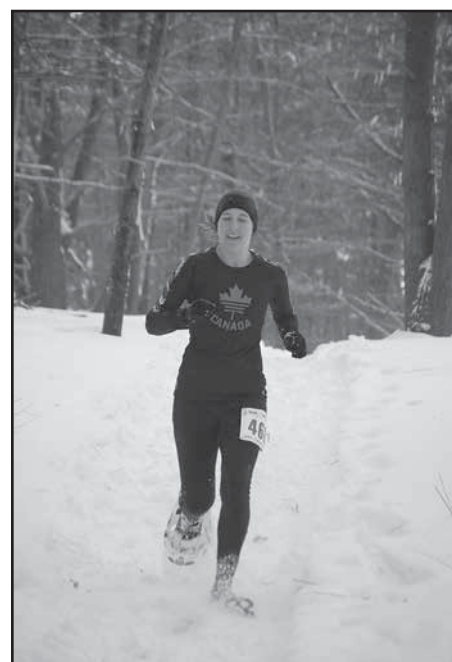
The sports programs offered at Jessica’s school in Kansas were limited, but she participated in all three: volleyball, basketball, and track. Of the three sports, she viewed running as a great way to stay in shape for the other two and would go out for runs when basketball or volleyball was not possible. As an adult in the Capital Region, she excelled at volleyball and

found that in addition to enjoying playing in tournaments for eight hours, she could actually make money from it, unlike running. However, somewhere along the path her interests changed and she realized that if she ran for an hour or two, she could have the rest of the day free to engage in a variety of outdoor sports so she began to run more and play volleyball less.

She arrived in Albany in wintertime and needed something to do. She didn’t know how to ski, which Brian later taught her, but she saw in the Adirondack News that there was a snowshoe race. So thinking it couldn’t be too hard, she tried it and found out that it was hard but that she loved it anyway. She later joined ARE so she could carpool with mates to snowshoe races. The association with ARE morphed into participating in running competitively on a large scale, and this is how she met Brian in 2007.

As a child, Brian began running occasionally with his dad, who was a natural runner. His father, on more than one occasion, ran five-minute miles at local competitions in Canada. In high school Brian participated in cross country skiing, basketball, and track. In college he did cross country skiing but didn’t run until he came to Albany about ten years ago. Realizing that cross country skiing was not practical here, he started running again. He joined Team Utopia and has been a loyal member ever since. He thinks he holds the record for attendance along with Chuck Terry, Sr., and John Parisella.

It was kismet when Jessica and Brian’s



Niagara Falls, on their wedding weekend



Jessica and Brian in Wyoming

paths crossed in 2007 since their passions are so similar. They love running, winter sports and the outdoors. They planned to visit national parks for their honeymoon and discovered El Vacquero Loco 25K in Afton, Wyoming, near the Grand Tetons. In August of 2012, they ran through lovely forests, around sparkling lakes and by snow covered mountains. On their vacations, they usually throw in a race somewhere new. They have done three 50K races together and individually their accomplishments are notable.

Jessica has run marathons and ultramarathons. Among the 21 marathons she has completed are Chicago, NYC and Boston, where she PRed at 3:23:57 in a time faster than her qualification race. She would love to do the Berlin and London marathons, but knows Berlin is not possible for a while as she is a 12th grade economics, AIS history and government teacher in Gloversville, and school is always in session then. Maybe in the future the London Marathon could be a possibility. As to ultramarathons she has done 12. She finished the Vermont 100 miler in 29 hours. With four friends from ARE, she ran the Northville-Placid trail that runs 133 miles through the Adirondack Park in northern New York State as a four-day stage run. At the Endur-Run in Canada, which is called the "Tour de France" of Running, she won prize money for placing third in the eight day, 160K race. She is also a "46er" having hiked all the 46 high peaks of the Adirondacks Mountains. She has also medalled at the Northeast Snowshoe Nationals, where she climbed a cool, three level podium made from snow to receive her medal. Just as Brian taught Jessica how to ski, she taught him how to snowshoe and together they have participated in snowshoe races. They love to go to Prospect Mountain in Vermont and do a 10K snowshoe race in the morning and then ski throughout the day. Each year they do several snowshoe races together and then ski for relaxation.

In April, 2015, Brian will have run the Boston Marathon seven times, which is impressive – The Pace Setter

sive since he has only been running for ten years. His best time is 2:59:57. His worst time, 3:45, came when he was in his best shape. As he said, when marathons go bad, it just keeps getting worse. Sometimes he doesn't know why he subjects himself to such torture, knowing that he could do a lot better on other courses, but for the last three years, Boston is the only one he has done. At the 2013 Boston Marathon he finished two hours before the bombing and was on the subway. To his amazement, the subway was closed down and everyone was told to leave. When he got a cab, he learned what had happened and was shocked. This year his goal was to run the marathon and qualify for 2016, which he did easily. His time of 3:05:50 was almost ten minutes under what was required! Brian has run the MHR Marathon course for the last two years on Columbus Day, the day after the official run. Each time for fun, he ran it in reverse, making it more challenging. Brian also loves the Stockade-athon and enjoyed the new route. He has done well in 5K races such as the Siena Fall Classic, which he won in 2007 in 17:10, with a 5:02 pace, but he still likes long distances the best.

Both Northans believe in giving back to the running community from which they gain so much. Brian was hailed at the recent HMRRRC Awards Dinner as the "Grand Prix Tsar" for the work he has done in this area. Brian does pre-specialized computer programming for medical imaging. He concentrates in doing ophthalmic imaging of the eye, writing computer programs for research scientists to use to analyze images. Brian was contacted by Jim Moore, who was retiring from the Grand Prix, to see if he would automate the manual program for the computer. The task was harder than one would imagine due to so many little mistakes that creep into the data, like misspellings of people's names, time errors, and data for races being in different formats. It would take Jim Moore two days to enter all the information into a spreadsheet and with a computer it took seconds, but because

there was always some human intervention, it was necessary to compare results. He and Jim worked together for a year to iron out the kinks. Jim would compare his work with Brian's and each would find about five different errors. They assumed after a year that they covered it all but Ed Hampston is now helping Brian to ensure its accuracy. In addition to taking over the Grand Prix data production, Brian is now the race director of the Runnin' of the Green (ROTG). He was presenting data at a meeting of the race directors when he heard that the ROTG needed a new director and a new venue. Brian volunteered and was amazed when he immediately got the role. Jess supported him in this. Preparing for the race, which obviously had to occur around March 17, was difficult. Clearance for the site was not obtained until the end of January, leaving only six weeks to organize the event. Compared to this, next year the ROTG should be smooth running. In addition to these functions, they both volunteer at numerous races for both the HMRRRC and ARE, and Jessica is a "running buddy" for the Girls on the Run group.

Both are members of Team Utopia. They run together using a technique advocated by Coach Jim Bowles, of running slower in training than in races. It sounds counterintuitive, but it works and they found their race times improving. In training, they will run together slowly, doing 12 miles in two hours, then will do a tempo run where they go from 10 minute miles to six minute miles for six miles. Coach Jim also influenced them to wear lighter shoes in races. Both Jessica and Brian found their times dropped dramatically in races by following this advice. Jessica runs on average 20-25 miles a week and Brian 50, although when training for long races, their mileage increases. Jessica keeps a log of her mileage, but surprisingly Brian, who works with data all day, does not. Jess replaces running shoes when they accumulate miles, but Brian does not and proudly told me that for one year he kept three pairs of running shoes going.

When asked what their running tips were, they dovetailed together. Jessica has a mantra to "Let the run come," and just do it as long as it feels good. Distance is not as important as the exercise and your satisfaction with it. Brian advised to not run in pain. Even though distance is important, if you are not happy, than it is futile to continue. Many run with the "No pain, no gain" ethic, but Brian feels this can lead down the path to injuries and disappointment. A relaxed attitude and enjoying the race is the best way to go. Although he has not always followed his own advice, at times he wishes he had.

Jessica and Brian have many more races to go, fields to cross country ski, and mountains to hike. Whatever it is, they will do it together having fun as they go and volunteering within the sports community. We thank them for the help they have given the HMRRRC and hope that the Runnin' of the Green brings the luck of the Irish to them.

Happy running!



NAME:

FIRST NAME LAST NAME

[illegible]

Team Members Names: _____ & _____

The Pace Setter – 19

Running around trying to make sense of health insurance?

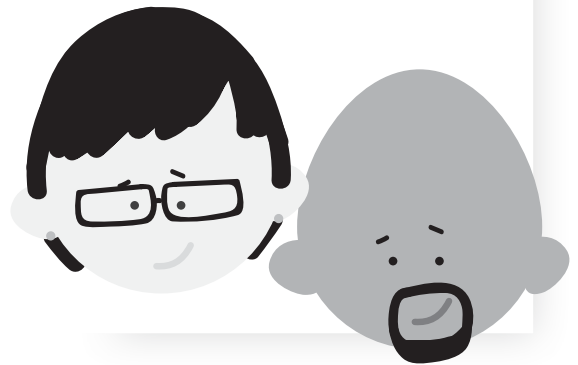
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Getting Past the Wall

by Ray Gamino

Have you ever struggled late in a marathon? I certainly have. In fact, it had been my typical outcome. However, late last year I completed my fifth marathon (Philadelphia 2014), and for the first time ever, felt strong throughout almost the entire race. While Philly was not quite my fastest time, it was without a doubt my strongest marathon (and a Boston Qualifier), in that I was able to maintain my goal pace through more than 24 miles. In the other marathons I have run, despite solid training programs, I almost invariably hit the wall, and struggled home the last 6-8 miles, slowing significantly. I wanted to share two training and nutritional tactics that helped me improve this time, in the event they might possibly help someone else. Many runners may have already implemented one or both strategies in their marathon preparation, but they are well worth bearing in mind.

1) Marathon pace runs, as a part of the long run regimen.

I always used to run my long runs at an easy pace, as recommended by various training plans, including 20-24 milers. The plans also called for marathon pace runs, but they were done separately from long runs, and typically maxed out at 10 miles or so. But *Advanced Marathonning*, by Pete Pfitzinger and Scott Douglas (Reference 1), a technical book on marathon training, introduced me to the idea that marathon pace running should be an element of some of the longest runs. Pfitzinger called for pace runs maxing out at 14 miles, but done in conjunction with a long run. Also, he suggested that select long runs could include several miles at pace at the end, to simulate marathon pace when you are fatigued (e.g. 17 miles easy, then 5 at marathon pace). This type of pace work is not recommended for every long run so as not to exhaust you in training, but can be done every third week or so. These types of workouts build stamina and confidence, and teach you what it feels like to run your marathon pace when you are tired. More importantly, they show you that you can! For example, in the 22 mile run described above, I developed some stomach pain about mile 19, but kept going at my marathon pace knowing I had only 3 miles left. The pain subsided within a mile or so, and I was able to complete the run feeling strong physically, and stronger mentally knowing that I had run through the discomfort.

2) Taking in enough calories the morning of and during the race.

Realizing adequate calorie intake, both in the hours before and during the race, was a huge change for me. I increased the amount of carbohydrates I took prior to, and during, long runs and the marathon itself, by about 2-3 times. Also, you'll certainly want to practice this during your long runs leading up to the marathon to ensure you can tolerate it well.

PRE-RACE: I used to take in about 250 calories before the marathon (e.g., a packet of 22 – The Pace Setter

oatmeal, and then 1 packet of 'Gatorade 1' just before the race). In training and in the marathon itself, I increased to about 750 calories before the run. For these small meals I would get up 3 hours before a long run or race to eat. I initially thought this was over the top, but it led to increased energy and reduced fatigue during the long runs and the marathon, without any GI issues. I changed to a packet of oatmeal topped with dried fruit, a small bagel with peanut butter, and two scoops of Perpetuem (high carbohydrate energy powder made by Hammer) in 16-20 ounces of water. Then I would rest and just before the race/long run I would have 1 packet of 'Gatorade 1' pre-race liquid. Two sources that convinced me to eat about 3 hours prior to running, and which discuss nutrition in more detail, were the website *Endurance Doc* and *The New Rules of Marathon and Half-Marathon Nutrition*, which I've listed below.

DURING THE RACE: I used to take one gel every 45 minutes, and a couple of sips of Gatorade at most water stops. This time, in training and the marathon, I took the gel every 45 minutes, but drank ~16 oz. of Perpetuem (~1.5 scoops for each bottle) per hour, or as close to that volume as I could. So I estimate that I increased my hourly carbohydrate intake from ~150 calories per hour to ~300 calories per hour. Most of this came from Perpetuem being higher in calories per ounce than Gatorade, but I also tried to drink more. The combination of pre-race and during-race calorie intake left me with the ability to hit the desired paces for significantly longer during long runs, and the marathon itself, compared to my prior efforts with less calorie intake.

With marathon performance dependent on so many factors, I can't guarantee these two tactics will work for you. But if you've ever struggled with hitting the wall, you might want to try one or both for an upcoming long run or marathon training run and see if you don't notice the same improvements I did.

Good luck, and feel free to let me know how it worked for you: rggamino@aol.com.

Reference. 1 *Advanced Marathonning*, 2nd Edition, Pete Pfitzinger and Scott Douglass, 2009, Human Kinetics Publishing.

Reference. 2 www.endurancedoc.com/Training/Training_running_a_marathon.htm

Reference. 3 *The New Rules of Marathon and Half-Marathon Nutrition*, Matt Fitzgerald, 2013, De Capo Press.



BOSTON MARATHON 2015



3rd Edition

HILLTOWN TRIPLE CROWN 5K SERIES

RACE #1 – AUGUST 8TH - FOX CREEK 5K
BERNE TOWN PARK – BERNE, NY

RACE #2 – AUGUST 22ND - VOORHEESVILLE 5K
VOORHEESVILLE HS – VOORHEESVILLE, NY

RACE #3 – AUGUST 29TH - ALTAMONT 5K
BOZENKILL PARK – ALTAMONT, NY

.....
HILLTOWN TRIPLE CROWN ENTRY FEES: Ages 1-69 \$45.00 --- Ages 70 and up \$35.00
(No Refunds)

Awards – Top 3 M&F in the following age groups: 12&under; 13-19; 20-29; 30-39; 40-49; 50-59

60-69; 70-79; 80+plus

Points awarded after each race finish: 1st = 10 pts; 2nd = 8 pts; 3rd = 6 pts; 4th = 4 pts; 5th = 3 pts; 6th = 2 pts

All other places receive 1 point.

Awards presented at the Altamont 5K.

Note: All participants in “All 3 races” will receive t-shirts, and all those not in the Top 3 M&F,
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Checks are payable to L.E.A.P. and mailed to 251 Cole Hill Rd., East Berne, NY 12059

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Enter by August 2nd Pre-Registration \$16.00 Pre-Reg age 70 & up \$12.00

After August 2nd \$20.00 for all ages

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30-39; 40-49; 50-59; 60-69; 70-79; 80 & up

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Register online at <http://www.active.com/berne-ny/running/distance-running-races/fox-creek-5k-2015>

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FOX CREEK 5K ENTRY FORM ----- HILLTOWN TRIPLE CROWN ENTRY FORM

“ONE PERSON PER ENTRY FORM”

CIRCLE ONE ONLY: FOX CREEK 5K HILLTOWN TRIPLE CROWN(all 3 races)

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PHONE _____ AGE _____ SEX _____ T-SHIRT SIZE _____

Signature _____ (if under 18 Parent/Guardian must sign)

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Indian Ladder Trail Runs-2015

21st Annual

15K, 3.5 Mile Trail Races & 1 Mile Kid's Run

John Boyd Thacher State Park

Haile's Cave Picnic Area

Enter at Park Office — Park in Pool Lot

Sunday – August 2, 2015

9:00 am – 15K and 3.5 mile start

10:30 am – 1 Mile Kid's Run start

Note: 15k and 3.5 mile races will be run simultaneously

Day of Race Registration

7:45 to 8:30 am – 3.5 mile & 15k

9:00 – 10:00 am - 1 mile Kid's Run

*Kid's Run is FREE

1st 250 registrants
Will receive an ILTR shirt.

Directions from ...Albany: I-90 Exit 4 to Route 85 West for 11.5 mi. to top of New Salem hill – Right 4mi. on Rte 157 [Thacher Park Rd]

Altamont: Route 156 [up the hill]; left at Route 157– Follow signs to Thacher Park.

What you pay ...

Pre-Registration [postmark by July 18]: \$17 – Member; \$20 – Nonmember/Guest
July 19 to Day-of-Race: \$20 – All (Mailed Reg's must be postmarked by July 25)

What you get ...

Race entry; Indian Ladder T-shirt to 1st 250 registrants of 15k or 3.5m race; John Boyd Thacher State Park entry pass and post-race refreshments.

Course Descriptions ...maps available at www.hmrcc.com. Start and finish in front of Haile's Cave Picnic Area Marked course with water/aid stations on course
15K – Loop – 97% natural surface – hiking & XC ski trails, wood roads– two challenging hills; **3.5M** – Loop – 99% natural surface–rolling terrain

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Awards

15K & 3.5M races

Overall Female & Male Winners

Age-groups Winners: (2 deep)

0-19/20-24/25-29/30-34/35-39/40-44/45-49/

50-54/55-59/60-64/65-69/70+

NO AWARDS MAILED & NO AWARD DUPLICATION

Questions? Email: mjk3ny@gmail.com

Register Online or Mail w/check payable to **HMRRC** to: HMRRC, 1009 Tollgate Lane, Schenectady, NY 12303

Name (print)			Race [check race entering] <input type="checkbox"/> 3.5 mile <input type="checkbox"/> 15K	
Address (Street/P.O. Box)			<input type="checkbox"/> 1 mile kids run(free)	
City	State	Zip	Gender [check one] <input type="checkbox"/> M <input type="checkbox"/> F	
Phone/Email	DOB m m dd yyyy	Age on 8/2/2015		
Pre-registration by July 18 [postmark] <input type="checkbox"/> \$17.00 HMRRC Member <input type="checkbox"/> \$20.00 Guest			Total enclosed \$ _____	
Pre-registration July 19 to July 25 <input type="checkbox"/> \$20.00 All				
<p>Read the following waiver carefully: In consideration of your accepting my application, I hereby release the State of New York, the NYS Office of Parks, Recreation and Historic Preservation, Thacher State Park, Hudson-Mohawk Road Runners Club, race officials, and all persons and organizations involved in this event from all liability for any injury, losses or damages to my person and property that I may suffer resulting from participation in this event. I fully recognize the physical dangers inherent in trail running and attest that I am physically fit and sufficiently trained for this event and assume any and all risks that arise from my participation.</p>				
Signature of applicant required [parent or guardian ,must sign for applicant under 18]				

EVENT SCHEDULE				
DATE	TIME	EVENT	LOCATION	CONTACT
06/07/2015	9:00 AM	SUNY/Albany -- Day of Race Signup only!	44th Distinguished Service Race 8 Mile (GP)	David Tromp
06/07/2015	8:00 AM	Albany's Coming Presence	Pride 5K	Pfahur-Snead
06/12/2015	6:00 PM	PIETER B COEYMAN'S ELEMENTARY SCHOOL	Ravena Color Run 3K	Rachel Landau
06/13/2015	5:30 PM	Fort Plain	20th Annual Lions Ramble	John Geesler
06/13/2015	10:00 AM	East Greenbush Town Park	Greenbush YMCA 1st Annual Flag Day 5K Trail Run	Arlison Reinhardt
06/13/2015	8:00 AM	The Clark Sports Center Coopersstown	Race The Lake Marathon and Half	mcowd@clarkssportscenter.com
06/13/2015	9:00 AM	Crossings of Colonie	Sunflower Run HM 5K run/walk	sunflowerunithm@gmail.com
06/13/2015	9:00 AM	University at Albany - Dutch Quad	5th Annual Run for the Rhubarb 5K	Betsy Feathers
06/14/2015	9:00 AM	Greenwich	5K for Kidneys	carol.lafleur@healthykidneys.org
06/16/2015	6:00 PM	Colonie High School	Colonie Summer Track #1 of 8	FLYINGBB45@aol.com
06/20/2015	9:00 AM	HYVAC Campus -- Joe Bruno Stadium	Whipple City 5K	whipplecity5k@yahoo.com
06/20/2015	9:00 AM	The Crossings	Ti-City Valley Cats Home Run 5K	j.haley36@yahoo.com
06/21/2015	7:30 AM	Lake George Fire House	Dioesan Dash 5K	bassele@nd-bg.org
06/21/2015	9:00 AM	Fort Hunter	Adirondack Distance Run 10 Mile	madonet@roadrunner.com
06/21/2015	10:00 AM	Tawasentha Park	Mule Haul 5 Mile Road Race	bill.platt@fmc.org
06/22/2015	6:15 PM	Camp Saratoga	Tawasentha Mud Mania 1K Kids and 5K Obstacle Course	knatts@areep.com
06/23/2015	6:00 PM	Colonie High School	Saratoga Stryders Camp Saratoga 5K Trail Race	laure@saratogastryders.org
06/27/2015	9:00 AM	15 Rothermel Ave	CHAOS 5K	FLYINGBB45@aol.com
06/28/2015	11:30 AM	Brewery Ommeegang	Raise the Roof Fun Run/Walk - 4 mile Run/2 mile walk	eric@dekraal.com
06/30/2015	6:00 PM	Colonie HS Track -- Day of Race Signup only!	Raise the Roof Fun Run/Walk - 4 mile Run/2 mile walk	hablita@sego@gmail.com
07/04/2015	9:00 AM	Saratoga Springs City Center	The Colonie Mile (GP)	kennyx@earthlink.net
07/06/2015	6:15 PM	Camp Saratoga	Firecracker 4 Mile	bob@releascopeccasail.com
07/07/2015	6:00 PM	Colonie High School	Saratoga Stryders Camp Saratoga 5K Trail Race	laure@saratogastryders.org
07/09/2015	6:15 PM	Colonie HS Track	Colonie Summer Track #4 of 8	FLYINGBB45@aol.com
07/11/2015	8:00 AM	Gavin Park	HMRRCC Two Person Relay 6 X 1 Mile	peternewkirk32@gmail.com
07/14/2015	6:00 PM	Colonie High School	Friends of Wilton Parkfest 2015 5K Run/Walk	Friends@wiltonrec@gmail.com
07/16/2015	6:15 PM	Colonie HS Track	Colonie Summer Track #5 of 8	FLYINGBB45@aol.com
07/18/2015	9:30 AM	Collins Park	42nd HMRRCC Hour Run	tombarabb@aol.com
07/18/2015	8:45 AM	Maple Ski Ridge	Glenville and Schenectady YMCA Healthy Community Ser	pnnccmack@cdymca.org
07/18/2015	7:30 AM	The Great Escape & Splashwater Kingdom	Maple Ski Ridge 5 and 2K	kate@mapleskridge.com
07/19/2015	8:30 AM	Voorheesville HS Track	Roller Coaster Race @ The Great Escape 2015 (10K/5K)	helli@rollercoasterace.com
07/20/2015	6:15 PM	Camp Saratoga	Let's Help Alex 5K	ataxsk@yahoo.com
07/21/2015	6:00 PM	Colonie High School	Saratoga Stryders Camp Saratoga 5K Trail Race	laure@saratogastryders.org
07/23/2015	6:15 PM	Colonie HS Track	Colonie Summer Track #6 of 8	FLYINGBB45@aol.com
07/28/2015	6:00 PM	Colonie High School	39th HMRRCC Pentathlon	toddmesick@yahoo.com
08/01/2015	8:30 AM	Colonie Town Park	Colonie Summer Track (Ribbon Night) #7 of 8	FLYINGBB45@aol.com
08/02/2015	9:00 AM	John Boyd Thacher State Park	The 37th Dynamic Duo Pursuit Race	FLYINGBB45@aol.com
08/03/2015	6:15 PM	Wilton Wildlife Preserve & Park	21st Indian Ladder Trail Run 15K & 3.5 Miler	mjk3n@gmail.com
08/04/2015	6:00 PM	Colonie High School Track	Saratoga Stryders Camp Saratoga 5K Trail Race	laure@saratogastryders.org
08/07/2015	6:30 PM	Central Park	Colonie Summer Track #8 of 8	FLYINGBB45@aol.com
08/08/2015	9:30 AM	Our Lady Queen of Peace Church	5th Annual Schenectady ARC 5K Walk/Run	dougs@arschenectady.org
08/09/2015	9:00 AM	Landis Arboretum	OLQP Festa 5K	Garmela Pasquarella
08/09/2015	9:00 AM	Grafton Lakes State Park	Landis Arboretum 5K Perennial Forest Run	David Roy
08/10/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race only!	Fox Creek 5K - Hilltown Triple Crown Series	LEAP
08/15/2015	8:30 AM	Brookside Museum	Run for the Roses 5K	Cynthia Pulito
08/17/2015	5:30 PM	Saratoga Casino and Raceway Harness Track	Tawasentha XC 5K #1 of 3	John Kinnicutt
08/17/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race Only!	14th Annual Jailhouse Rock 5K Race	Carolyn
08/17/2015	6:15 PM	Wilton Wildlife Preserve & Park	10 miles	Jim Glavin
08/22/2015	9:00 AM	Voorheesville HS - 432 New Salem Rd	The Monday Night Mile (1 mile race)	John Pecora
08/23/2015	8:00 AM	Point Au Roche State Park	Tawasentha XC 5K (GP) #2 of 3	John Kinnicutt
08/24/2015	6:30 PM	Tawasentha Park Guilderland -- Day of Race only!	Saratoga Stryders Camp Saratoga 5K Trail Race	Laura Clark
08/29/2015	7:00 AM	Bozenkill Park	Tout De Force Charity Run	Phil Carducci
09/05/2015	9:00 AM	Wallace Park	Patriot Highlander Challenge 5K	Thomas Brown
09/07/2015	9:00 AM	Hartman State Office Campus	Altamont 5K Run/Walk (18th)	John Kinnicutt
09/12/2015	8:30 AM	HYVAC TEC Smart 345 Hermes Road Malta	Voorheesville 5K Cross Country Challenge	Kirk Holme
09/13/2015	9:00 AM	SUNY/Albany -- Day of race signup only!	22th SEFCU Foundation Labor Day 5K (GP)	Phil Carducci
09/13/2015	9:00 AM	Washington Park	Malta 5K Presented by Global Foundries & Malta BPA	John Parisella
09/19/2015	5:30 PM	Guideland YMCA	44th HMRRCC Anniversary Run (GP)	Paul Loomis
09/20/2015	7:45 AM	Saratoga Springs	Teal Ribbon 5K (14th)	Pat Glover
09/26/2015	10:00 AM	Slingerslands	Nisky Fall Fun Run 5K	Jim Foley
09/26/2015	10:00 AM	Cobleskill Fairgrounds	Guideland YMCA Brenda Deer 5K	Ben Luke
09/27/2015	8:30 AM	Dunkin Run 2015-----5K	Saratoga Palio Half Marathon	blue@cdymca.org
			CRSS Race for Hope 5K	meghan.crozier@invenithhealth.com
			FAM 5K Run	csorber@capitalregionalspecialsurgery.com
			Dunkin Run 2015-----5K	fam5k@famrunners.com
				tomw@albanycc.org

Hudson Mohawk Road Runners Club

P.O. BOX 12304

ALBANY, NEW YORK 12212

ADDRESS SERVICE REQUESTED

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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 _____

E-MAIL _____ NEW APPLICANT ☐ RENEWAL ☐ GIFT MEMBERSHIP ☐**TYPE OF MEMBERSHIP** (check one): ☐ INDIVIDUAL (\$12) ☐ YOUTH (Under 20) (\$9) ☐ COUPLE or FAMILY (\$15)

For a family/couple membership, list other family members:

Name	Relationship	Gender	Date of Birth
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_____	_____	_____	_____
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_____	_____	_____	_____
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_____	_____	_____	_____
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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!*