

ESSEX RUNNING CLUB
NEWSLETTER

July, 1994

Because we are used to a top-quality Newsletter every month, this abbreviated version no doubt comes as a disappointment. Sadly, Mick Close's father died in England last week, and he is thus unable to produce the Newsletter for July. Firstly, we all extend our sincere sympathies to him for his loss. Secondly, now we all know the answer to the question "What would we do without Mick and his Newsletter every month?" The answer is: we'd do very poorly, and we enormously appreciate his constant efforts towards keeping the club together with the Newsletter.

The purpose of this mini-letter is just to keep everyone apprised of a few important dates:

1. Sunday, July 31, 1994, 9:00 a.m. Inter-Club Run (with Clifton Road Runners and Hudson Spiked Shoe) at Brookdale Park. Go in the Grove Street entrance, and meet the group near the parking lot at the children's playground area. Please be early, as we hope to "kick off" at 9:00 to avoid the worst of the heat. This year the run will again be an age-gender handicap, with the following handicap schedule:

Men		Women	
15-19	2.0 minutes	15-19	4.0 minutes
20-24	.5	20-24	2.5
25-29	.0	25-29	2.0
30-34	.0	30-34	2.0
35-39	1.0	35-39	3.0
40-44	1.5	40-44	3.5
45-49	2.0	45-49	4.0
50-54	3.0	50-54	5.0
55-59	4.0	55-59	7.0
60-64	4.0	60-64	8.0
65-69	5.0	65-69	10.0
70-74	7.0	70-74	13.0

For those who are unfamiliar with how this works, the various age and gender groups get a head start according to this schedule, which is based upon current American records. The "prime" group (25-34 year old men) start last. This was a lot of fun last year, with our own George Studzinski coming in second overall, having been caught only near the very end of the race by a Hudson man perhaps half his age. It's most interesting to see who you finish with when the advantages of age and gender are equalized. The team

with the most participants seems to be the team to win, so BE THERE!! We've got the trophy, and we want to keep it that way. Karen and Bill Mischler are again hosting a wonderful brunch after

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the race at their home (27 Irwin Place, Bloomfield); it would be helpful if people would bring extra lawn chairs.

2. Thursday, July 28, 7:00 p.m.: Group run hosted by Tony Sanchez, 15 The Crescent. Call him (783-1598) for directions.

3. Thursday, August 4, 7:00 p.m.: Final summer group run at Jill Booth's, 15 Hathaway Lane, Verona. Call her (239-9397) for directions.

4. Monday, September 5: Verona Labor Day Classic. Everything's well planned, but we need volunteers to work the race and assist in pre-race preparations. Please call Larry Hollander (744-5550) to lend your assistance, and he'll tell you what to do and where to go (figuratively speaking, of course).

5. Monday, September 12, 7:30 p.m.: Monthly meeting at The Nest. Bring your race results, your opinions of the Verona Labor Day Classic and your appetite. (NOTE: As usual, NO AUGUST MEETING.)

