



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 2

February 2006

Our 23rd Year

PRESIDENT'S CORNER

Desmond Duncker

My son David attends the US Naval Academy in Annapolis, Maryland. The midshipmen there refer to the stretch of time between the holidays and spring as the *Dark Ages*.

Most of them find this period the most difficult part of the year. Holidays are over, cold and darkness are incessant, and spring and warm weather seem very far away.

I can relate to that. We runners live through the same Dark Ages. For most of us, with the sun rising so late, around 7:20, and setting so early, before 5, running at this time of year means running in the dark.

Since my November marathon, I have been fairly casual with my running. Unfortunately, now I find myself behind the eight ball for Boston in April. Twenty-mile weeks must now be replaced with weeks of 40 miles or more. Contrary to what you may think of me after last year's marathon exploits, I am *not* a glutton for punishment!

This morning I dragged myself out into 20° driving wind and snow and questioned my sanity during my entire run. But the funny thing about marathons is that the monkey on your back must be paid. I pay him now with painful runs so that, come race day in the spring, he will not demand full payment at mile 22 for too many missed training days.

One's motivation comes to mind. Tom Fleming, coach at Montclair Kimberly Academy, elite runner in the 1970s, two-time New York City Marathon winner, and someone whose 150-mile weeks set the training standard of his day, once said to me, "Desmond, I hated running. It's the competition I loved!" Similarly, I can't say I look forward to what now comes with training every day—the cold, the darkness, the pain, the sweat, the aching muscles, and the overall sense of tiredness.

But, those who stick with it come to know the fruits of their labor—the movement and freedom, the benefits of endorphins, the muscular definition, the camaraderie and good times of running with others, and the indulgence in food (we know we'll burn off the excess). One reason I look forward to the USATF–NJ Awards Banquet is that it's great to see so many fit 40- and 50-year-olds!

Putting it all together, I must say that, despite having tried several other physical fitness activities over the past

Tell Your Sweetheart You're Shopping for Valentine's Day, but Go Instead to ...

ERC'S NEXT GENERAL MEETING! 7:30 pm, Monday, February 6

Just Jake's, 30 Park Street, Montclair
Across From Montclair YMCA

Our Speaker

Catherine Stone-Borkowski, a top tristate masters track and road runner (who often places overall and in her age group) and owner of a private fitness studio featuring one-on-one training and Fit Express equipment, on *Training & Nutrition for Effective Running & Recovery*

23 years, running has always been my exercise of choice—it has all the ingredients for maintaining a healthy lifestyle.

So hang in there through these Dark Ages. The more we invest in ourselves now—the more miles we bank—the greater the reward later on. Before you know it, spring will arrive, and we'll be running in shorts and T-shirts again. Can swimsuit season be far behind? Keep running!

Grace Angela Cunningham

On December 16, Beth Cunningham had a baby girl, Grace Angela (8 pounds 6 ounces, 20 inches). Congratulations to the Cunningham clan—Grace is destined to be running before she walks!
—Lynne Mortimer

Karen's Cookbook for Runners

Fire up your ovens and word processors! ERC is now collecting recipes for a runners' cookbook to be printed at the end of the year—with proceeds from sales to provide a financial assist to Karen and Bill Mishler. Send your favorite recipes (for appetizers, main dishes, desserts, drinks, etc.) as Word files to Catherine Alessi (catalessi@ss-intl.com), Martha Rose (kmartta@comcast.net), or Anne Chesny (1227 82nd Street, North Bergen, NJ 07047–4214).

ESSEX RUNNING CLUB 2006

Officers

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Postal Address

Essex Running Club
P.O. Box 183, Verona, NJ 07044

ERC Online

Browse our Web site and obtain our membership application form:
www.essexrunning.com

Join our e-mail group:
[groups.yahoo.com/group/
essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)

Send e-mail to the group:
[essexrunningclub@
yahogroups.com](mailto:essexrunningclub@yahoo.com)

ERC Clothing

Order club apparel from Sal Ulto:
sulto@att.net

Speakers

Submit names of potential speakers for monthly club meetings to
Anne Chesny: 201-869-1708

Newsletter: *Keeping Track*

Submit material by the 15th of each month to the editor, Chris Jaworski:
jawsey@verizon.net

RUN FOR YOUR LIVES!

After too many races between mid-October and mid-December, I looked forward to some "quiet time"—running without events, applications, fees, starting lines, goal times, CompuScore data, and USATF-NJ standings. I missed my early running days, when I headed out the door and followed my nose. And, as much as I love hitting the roads with a buddy or a group, I also missed my solo runs. Running on my own was how I had started a few years ago.

Yes, before races and running with others there were solo runs for exercise (my original motivator), for mental health and self-consultation, even for the weather. These runs often took me on some welcome detours.

Many times, at some point in a solo run I realized that I had been engrossed in thought, for who knows how long, and that I had covered a lot of ground in that time, with little apparent effort or tiredness. I found myself thinking through questions and difficulties, brainstorming solutions to work problems, putting paragraphs together. I even spent part of a recent solo run working on *Keeping Track*.

Other times, like when I grooved along on a treadmill—or when I circled the track at Nutley's DeMuro Park again and again, particularly when I had the track to myself during a soft, warm, enveloping rain—there was no thought involved. I was doing a running meditation, being-running. Every so often, when I looked around, I needed a few seconds to figure out where I was on the track, what direction I was facing, sometimes where on Earth I was. Sublime!

Don't get me wrong. Races give me a charge, and running with friends is great on so many levels (it can be meditative too, as on a recent hosted run). It's just that solo running is rewarding in different respects, all these different runs are complementary, and mixing them up feels like the healthy thing to do. —Chris Jaworski

ERC's New Membership Coordinator

Elizabeth Simonetti, who volunteered and was selected to become our new Membership Coordinator, has been hard at work already. Let's give Liz a hand for helping the club out! If you haven't done so already, let's also give her a *helping* hand by renewing your ERC membership as soon as possible. Welcome, Liz, and much thanks!

NOTE THESE DATES

● **Feb 1: Registration Begins for Spring Lake Five Mile Run.** The Jersey Shore Running Club's 2006 Golden Grand Prix (www.jsgrandprix.com) 5-race series kicks off with this popular, quick-to-close-out event. Although the SL5 doesn't take place until May 27, you'll need to keep checking the Web site (www.springlake5.org/page2.html) for the start of registration and apply online very early to secure a spot. There is overall-finisher and age-group prize money for each race in the series and for the Grand Prix as a whole. The other races are the George Sheehan Five Mile Classic in Red Bank (Jun 10); the Belmar Five Mile Run (Jul 8); the Asbury Park 5K (Aug 12); and the Pier Village 5K in Long Branch (Sep 4, Labor Day).

● **Feb 6: Team Registration Deadline, USA Masters 8K Cross Country Championships, Van Cortlandt Park, NYC.** Races are on Sat, Feb 18. If interested, send \$30 check to Mick Close before Feb 6 (e-mail mickclose@aol.com to get address). Mick will submit team entries. You must be a USATF member with ERC (ID number 246) listed as your club. Team competitions are in 10-year age groups (40+, 50+, 60+, 70+). We need 3+ women or 5+ men to enter a team. These races are a great opportunity for us to compete in a national event and run on the famed cross-country course in Van Cortlandt Park, just across the George Washington Bridge and <1 hour by car. Women race at 9:30 am, men 10:15. Carpool leaves from lot across from Grove Pharmacy at 7:30. For updates, check e-mail group. Also in the park that weekend: USA Cross Country Championships and World Cross Country Team Trials (top US distance runners vying for spots on US team that will compete at 2006 World Cross Country Championships) and NYRR 5K Community Cross Country Runs (\$20 or less to enter). More info: www.usatf.org/events/2006/USAXCChampionships. —Mick Close

WEEKLY RUNS: WINTER 2006

Day	Time	Location/Run
Sat	9:00a	(*) Winter Weekend Run: (♥) Hosted Run (or Road Trip) or (▲) Trail Run
Sun	7:00a	(+) Grove Pharmacy (Grove Street Long Run)
	9:00a	(*) Winter Weekend Run: (♥) Hosted Run (or Road Trip) or (▲) Trail Run

(*) **Winter Weekend Runs.** *Saturdays/Sundays (9:00 am, unless noted otherwise).* This year we're experimenting with the format of our winter weekend runs—alternating our traditional "hosted runs" with our newer, popular West Essex Trail runs. Some weeks, an ERC member will host a Saturday morning run, in which case the trail run will be on Sunday; other weeks, the schedule will be reversed (trail run on Saturday, hosted run on Sunday). We're also hoping members will mix in a few road trips for, say, runs in parks and reservations in the tristate area.

(♥) **Hosted Run (or Road Trip).** If hosting a run from home, please plot out a 3- to 6-mile out-and-back course and plan on providing a light breakfast after the run. Some ERC members have hosted runs from places other than home (e.g., restaurant, bagel shop).

Jan 28, Sat—Rick Pingitore (908-612-8209). Please RSVP so refreshments can be planned. Then join hosts Rick, Lynne Mortimer, and Wayne Carlson for 1 of 3 challenging trail runs at Ramapo Reservation (or for a street run if the trails are icy) followed by refreshments at Rick's (10 minutes from reservation). Bring a change of clothes and footwear, as the trails may be muddy. *Directions:* Take 287 North to exit 58 (Route 202 North/Ramapo Valley Road). After exiting, make 2 lefts to get onto 202 North. Following signs for Ramapo College, take 202 North about 5 miles to reservation. Parking lot on left.

Jan 29, Sun—West Essex Trail (▲)

Feb 4, Sat—West Essex Trail (▲)

Feb 5, Sun—Verona Middle School Track. Meet at track behind school (600 Bloomfield Avenue). Take either Gould Street or Park Place (both off Bloomfield Avenue) to get to track.

Feb 11, Sat—West Essex Trail (▲)

Feb 12, Sun—Val Kenny (973-857-3432). 77 Fairway Avenue, Verona. *Directions:* Traveling south on Bloomfield Avenue, turn right at Verona Park traffic light onto Lakeside Avenue. Take Lakeside about ¼ mile, pass *Entering West Orange* sign, take next right onto Fairway Avenue, continue on Fairway through stop sign (Forest Avenue) and up hill. Number 77, a cedar contemporary, is on the left (look for red ERC shirt outside).

Feb 18, Sat, 9:30 am—Road Trip/Club Race: USA Masters 8K Cross Country Championships, Van Cortlandt Park, New York City. See page 2 for details.

Feb 19, Sun—West Essex Trail (▲)

Feb 25, Sat—West Essex Trail (▲)

Feb 26, Sun, 10:00 am—Road Trip: Ugly Mudder 7-Mile Trail Run, Reading, Pa. Chris Jaworski (973-743-6965, jawsey@verizon.net): I'm signed up already. Anyone want to join me in the nuttiness—a 2-hour drive there plus a run that "in just 2 years ... has become the 4th largest race of its kind East of the Mississippi"? The course is very hilly and ends with an on-all-fours uphill; last year there was snow (several inches). Web site: www.pretzelcitysports.com. Fee \$23 if postmarked by Feb 8. Online registration available: www.active.com.

END OF HOSTED RUNS FOR THIS WINTER

(▲) **West Essex Trail Run, Verona.** Meet near tennis courts in Verona High School parking lot at corner of Fairview Avenue and Sampson Drive (Sampson is one-way, so approach from Grove Avenue). The trail's round trip from Verona to Little Falls is approximately 6 miles. Mile markers are attached to trees. In case of snow, rain, or mud, the meeting place is the same, but we will probably run a street course instead.

(+) **Grove Pharmacy (Grove Street Long Run), Montclair**

Sundays at 7:00 am. Meet at Grove Pharmacy (123 Grove Street) for runs of 4 to 20+ miles. We will try to find a pace and a distance for you (inquiries e-mailed ahead of time will be of help).

CONFIRMATION: Wondering if anyone will show up for a run during a snowfall? Don't want to be left out in the cold? Contact the e-mail group to get the scoop on attendance, conditions, alternative plans.

YAHOO E-MAIL GROUP: Join at groups.yahoo.com/group/essexrunningclub and then send e-mail to essexrunningclub@yahoo.com.

WELCOME NEW MEMBERS!

Louis Alloro Montclair
 Nicole Fey Montclair
 Susannah Haws Montclair
 Judith Heller Montclair
 Andrew Kotulski Montclair
 Carlos Narvaez Bloomfield
 Heather Sartorius Union Park
 Marta Sylvester West Orange
 Heather Welch Caldwell

ERC CLOTHING

See T-shirts, sweatshirts, running singlets, hats, and other club apparel either online (www.essexrunning.com) or at monthly club meetings. Between meetings, send queries and orders to Sal Ulto at sulto@att.net. ERC obtains clothing at close to cost and passes the savings along to its members.

***Our Winter Wear Is
 Guaranteed to Warm the
 Cocksles of Your Heart***

Long-Sleeved T-Shirt \$12
Red or White

Medium-Weight Sweatshirt \$20
Red or Black

Black Knit Winter Cap \$10

Each item features the ERC logo and is available in all sizes.

COACHING

Coach Joel Pasternack holds weekly speedwork sessions at the Brookdale Park track, Bloomfield/Montclair. For details on methods, dates, times, and rates, contact Joel at 973-773-2082, 973-919-1430, or joelrun@aol.com.

Named 2005 Cross-Country Coach of the Year by the New Jersey State Inter-scholastic Athletic Association.

ERC DISCOUNTS HERE

The Bikery
 127 Valley Road, Montclair
 973-744-7252

Fleet Feet Sports
 603 Bloomfield Avenue, Montclair
 973-509-9707
www.fleetfeetmontclair.com

Sneaker Factory
 308 Millburn Avenue, Millburn
 973-376-6094
www.sneakerfactory.com

AT THE RACES WITH MICK CLOSE

USATF–NJ Grand Prix

Last year's 4th-place finish in the overall team competition was the best yet for the Essex Running Club—the result of strong contributions from our men's and women's teams alike. Many thanks to everyone whose great efforts made this excellent achievement possible!

One big difference from previous years was the vast improvement in our women's team. Rebecca Rossi, Sharon Morrissey, and Lynne Mortimer were in the top 20 in the individual Grand Prix, and Maria Imas and Martta Rose were not far behind.

On the men's team, Charlie Slaughter, Gary Peters, and Larry Czaplowski once again led the way, but with many others providing excellent support. Charlie had an incredible year—he swept all three awards in his new age group—while George Studzinski went undefeated again in his age group to repeat as the overall champion.

Other ERC runners honored at the Jan 21 USATF–NJ Awards Banquet were Rebecca Rossi, Lynne Mortimer, Rick Pingitore, Randy Miller, Tom Kelly, Vince Carnevale, and our men's 50–59 team. Congratulations to these and all club members who finished among the leaders in the Grand Prix.

The results include a few people, like Rick Pingitore and Bob Carrigan, who run for other teams. Rick, who joined our club only last year, is one of the top masters runners in New Jersey, finishing 10th overall in the Grand Prix and 1st in his age group. He is also very active in USATF and gave a nice talk on the Grand Prix at the January meeting. Now we just have to convince Rick to run for Essex!

Overall Grand Prix Results: Women

14	Rebecca Rossi	4th in age, 4674 pts
16	Sharon Morrissey	6th in age, 4478 pts
19	Lynne Mortimer	5th in age, 4322 pts
31	Maria Imas	6th in age, 3795 pts
35	Martta Rose	6th in age, 3614 pts
79	Megan Brady	2423 pts
87	Cathy Alessi	2252 pts
105	Susan Mello	2011 pts
126	Jen Lanterman	1821 pts

Overall Grand Prix Results: Men

10	Rick Pingitore	1st in age, 5394 pts
18	Charlie Slaughter	1st in age, 5093 pts

26	Gary Peters	4th in age, 4825 pts
34	Larry Czaplowski	8th in age, 4712 pts
43	Mick Close	7th in age, 4345 pts
54	Phil Coffin	10th in age, 4119 pts
58	Doug Williams	4099 pts
70	Glenn Trimboli	3824 pts
98	Bob Carrigan	3444 pts
99	Mark Frankel	3434 pts
115	Tom Kelly	9th in age, 3115 pts
128	Chris Jaworski	2964 pts
141	Randy Miller	2815 pts
150	Mike Skara	2723 pts
152	Desmond Duncker	2696 pts
156	George Studzinski	1st in age, 2639 pts
167	Joe Cozzi	2527 pts
181	Bill Wilde	2374 pts
197	Peter Connell	2301 pts
211	John Piccoli	2192 pts
213	George McIntyre	2187 pts
251	Carl Sturcke	1935 pts
254	Kevin Burke	1921 pts
291	Chris Barnitt	1711 pts

Championship Races

Championship races will resume in March with the Newark Distance Classic. We hope to be well represented at this first race of 2006 and at all the championship races during the first half of the year, especially since they are all being held locally, in Essex County!

3/5	Newark Classic	All Divisions 20K
4/9	Cherry Blossom	Open Women 10K
4/30	Run for Rachel	Open Women 5K
5/7	Our House	Masters 5M
6/11	Portugal Day	Masters Women 5K
6/19	President's Cup	Open Men 5K

USATF Membership

Now is the perfect time to join USATF or renew your membership. The \$20 membership provides many benefits, including a preregistration discount for most races (run 20 races, save \$40!). It also allows you to compete in the Grand Prix and to run on an ERC team at championship races. Join or renew online (www.usatfnj.org) or call 973–334–8900. Please list Essex (ID number 246) as your running club.

Race Calendar

Club races planned for the first half of 2006 are mostly local races that have become popular with club members over the years or championship races at which we expect to have teams competing. We hope to see you at some of these races:

3/5	Newark Distance Classic 20K, 5K
3/26	Millburn Spring Run 10K, 2M
4/1	Building Tomorrows 5K (Bloomfield)
4/2	Ten-Town Distance Challenge (14.5 M)
4/9	Cherry Blossom Run 10K (Belleville)
4/30	Run for Rachel 5K (Livingston)
5/7	Our House Run 5M (Summit)
5/21	Run Thru the Caldwells 5K
6/4	Montclair Run (10K, 2M)
6/11	Portugal Day 5K (Newark)
6/19	President's Cup 5K (Millburn)
6/29	Sunset Classic 5M (Bloomfield)

Spring Marathons

This spring offers several, including a new Poconos one with a mostly downhill course, much like Steamtown's.

The Car-a-Mile Marathon that had been scheduled for May in conjunction with the Midland Run was canceled.

Some significant changes have been made to the New Jersey Marathon for its 10th anniversary. The course will be a double-loop with an oceanfront start and finish. Also planned: a two-person relay and a separate half-marathon.

3/19	Virginia Beach Marathon
3/26	Ocean Drive Marathon (Cape May)
3/26	MORE Marathon for Women (NYC)
4/17	Boston Marathon
4/30	New Jersey Marathon (Long Branch)
5/7	Mount Pocono Marathon

Frostbite 10-Miler

On Sunday, Jan 22, we carpooled to Central Park for this New York Road Runners event. Results next issue.

USATF–NJ Indoor Championship

An indoor track meet is being held at the Jersey City Armory on the afternoon of Sunday, Feb 12. The armory is supposed to be an excellent facility with a new "mondo" track. Two events at the meet are the 1500 meter and the 3000 meter, both of which should provide good competition and a great workout. The atmosphere differs vastly from that of a road race, but past participants have given the meet high marks.

For more information, contact Randy Miller (earmill@optonline.net) or visit the USATF Web site (www.usatfnj.org). Randy was hoping to organize some relay teams, but the project may be in jeopardy now that he has a cast on his leg. Get well soon, Randy!

National XC Championships

See page 2 for details and deadline.

Newark Distance Classic

The Newark Distance Classic (Sunday, Mar 5) will be our first club race of 2006, and we will have teams competing in the 20K, a USATF–NJ Championship race. A 5K will be run at the same time.

The races start together at 9:30 am and follow the same route for about 3 miles around the downtown area before the 20K heads out past Sacred Heart Cathedral all the way to the end of Branch Brook Park and back, while the 5K makes a quick turnaround to the finish. Much of the 20K course is the same as the Cherry Blossom Run.

The Rutgers gymnasium on Warren Street is where registration takes place and where you can stay before and after the race if the weather is bad. The gym is in a decent area of Newark not

too far from Route 280, and there's plenty of parking on nearby streets and at the various university parking lots.

This is an excellent event, and the 20K usually attracts top runners. (The prize money is substantial—\$7000 was awarded last year!) For more information, contact Newark Division of Recreation (973–733–3749). You can probably download a race application from www.compuscore.com.

Race Applications

Applications are usually available at our monthly club meetings and in *Metro Race Forum*. You can also find many race applications on the Internet (www.compuscore.com and elsewhere). Online registration (www.active.com) is also possible for many races. Our own Race Calendar (p. 10) is a comprehensive compilation of upcoming-event information from a variety of sources.

RACE RESULTS

We in the Essex Running Club sure do love our numbers—all those race dates, distances, times, and age-group places lovingly aligned in neat rows and columns. The pleasure, however, does not stop with simple aesthetics—our delightful digits tell terrific tales, too!

Close finishes, personal bests, comebacks—oh, the humanity, the drama!

That's why we hope you'll submit your race results to *Keeping Track* each month. Often, either Mick Close will include your data in a Yahoo group e-mail covering a popular race (later printed here, in "At the Races"), or another ERC member will do the same for a less well attended event (printed in "At the Finish Line").

If your result is not listed, send it in an e-mail either to the ERC Yahoo group (essexrunningclub@yahoo.com) or directly to the editor of *Keeping Track* (jawsey@verizon.net). There's another good reason to do all this, after all ...

Each calendar year's race results are compiled for use in selecting the winners of the ERC Annual Awards, presented the following spring.

Only results printed in "At the Races" or "At the Finish Line" are eligible for awards. ERC members who want their results to be counted are ultimately responsible for making sure they're published here.

AT THE FINISH LINE

FINAL POSTINGS FOR 2005 RACES

Ramona's Run 4-Miler Dec 17 (Perth Amboy)

A wonderful event with proceeds going to Alzheimer's care and research.

Lynne Mortimer (1st in age, PR) 29:24
Chris Jaworski (first 4-miler) 30:41
Catherine Alessi (8th in age) 38:41
Ginger Brock (first 4-miler) 46:39

With special run-on guest appearances by Rick Pingitore and George McIntyre!

Historic buildings, beautiful homes with their Christmas lights seemingly turning on to mark our passage through the streets and illuminate the way, a first-mile downhill and a few not insignificant ups, a little old lady coming out from indoors to clap for us and say "God bless you," running past a wedding party posing for pictures on the waterfront, and a real nip in the air as the light faded and the day died down over Raritan Bay—magic!

The postrace food was the best—stuffed grape leaves, pierogies, baked macaroni and cheese, Spanish rice, etc., etc.

In a raffle, I won a football jersey signed by Detroit Lions tackle Scott Conover, #76. It came in handy when I was chilled and had to run a ways back to the car. There were some other nifty prizes, including a DVD player and an iPod.

We really missed running with Tom and Martta, who wanted to but couldn't be there. Next year!

—Chris Jaworski

Chip Bearden
Ocean Drive Marathon (Cape May) Mar 20
3:39:00

Aubrey Blanda
Newark Distance Classic 20K Mar 6
1:52:20

Morristown St. Patty's Day 5K Mar 12
26:53

ARC of Essex County 5K (Bloomfield) Apr 2
26:09 (2nd in age)

Cherry Blossom 10K (Newark) Apr 10
51:58

Glen Ridge 5K Apr 16
24:40

Buffalo Nissan Marathon May 29
4:07:53

Ginger Brock
South Orange Rotary 5K Mar 26
42:41

Wee Run Wild 5K (Union) Apr 17
43:14

Run for Rachel 5K (Livingston) May 22
47:22

Kilometers for Karyn 5K (West Orange) Jun 5
Walked

Roselle 21st Century 5K Jun 12
42:32

West Essex YMCA 5K (Livingston) Jul 10
Walked

Downtown Westfield 5K Jul 27
43:52

Neptune City 5K Aug 6
43:47.5

Asbury Park 5K Aug 13
45:07.3

Fallen Heroes Memorial 5K (Elizabeth) Sep 10
41:55

West Orange Downtown Classic 5K Sep 25
40:30.9

Carlos Negron 5K (Jersey City) Oct 2
40:19

CPL Breakfast Run 5K (Cranford) Oct 15
39:25.1

Meadowlands 5K (Lyndhurst) Oct 23
38:37

Run for Runaways 5K (Bridgewater) Nov 10
37:35

Emerald Nuts Midnight Run, NYC (4M) Dec 31
50:00

Desmond Duncker
B&A Trail Marathon, Severna Park, Md Mar 6
3:37:23

Boston Marathon Apr 18
3:20:26

Maine Marathon, Portland Oct 2
3:35:09

Jennifer Lanterman		NY Junior League Mother's Day 5K	May 8	Lawyers for Kids 5K (Morris Township)	Jul 7
Cherry Blossom 10K (Newark)	Apr 10	23:28		32:54	
52:16		Circle of Friends NY Mini 10K	Jun 11	Fallen Heroes Memorial 5K (Elizabeth)	Sep 10
JPMorgan Chase Corporate	Jul 21	51:21		31:46 (third in age)	
Challenge, Morristown (3.5 M)		Newark Corporate 5K Run	Oct 5		
25:08		23:36			
Philadelphia Distance Run (13.1 M)	Sep 18	NYRR Poland Spring	Oct 30	FIRST POSTINGS FOR 2006 RACES	
1:37:38		Marathon Kickoff (5M)		Hangover 5K Run, Westfield	Jan 1
		39:34 (<i>I was in the baggage-check area</i>		Gary Peters (1st in age)	19:00
Robert Lewin		<i>when the gun went off, so I got caught</i>		Larry Czaplewski	19:04
Stornoway Half-Marathon (13.5+ M)	May 29	<i>way in the back of the crowd!)</i>		Rich Unis	21:49
Isle of Lewis, Scotland		NYRR Holiday 4-Mile	Dec 3	Rollin E. Deas	23:56
2:25:11 (<i>a horrific trail "half-marathon";</i>		31:45		Jolynda Burton (2nd in age)	24:00
<i>all the gory details next issue!</i>)		NYRR Hot Chocolate 15K	Dec 17		
		1:12:45		First Day 5K, Fair Lawn	Jan 1
Debbie Masri		Sharon Morrissey		Rick Pingitore (1st overall)	18:03.8
Verona Labor Day Classic 5K	Sep 5	New Jersey Marathon, Long Branch	Apr 17		
26:30		3:45:55		P.F. Chang's Arizona Rock 'n' Roll	Jan 15
Susan Mello		Bev Salerno		Marathon & Half-Marathon, Phoenix	
All NYRR races, except Newark.		Wyeth 5K Run (Madison)	May 25	Donna Cataliotti	4:38:57
Thomas G. Labrecque Classic, 4M	Apr 25	32:43		Bernadette Lancaster	5:16:00
30:37				Aubrey Blanda	(PR) 1:51:43

RING OUT THE OLD, RING IN THE NEW

Emerald Nuts Midnight Run, New Year's Eve, Central Park Martta Rose

About 5000 people showed up for the Emerald Nuts Midnight Run in Central Park on New Year's Eve—down from last year's 7000 because of the weather—but a good time was had by all.

At 7 pm, we almost bagged it, based on the snowy, icy conditions we experienced in New Jersey, but by 8 pm things were looking better, and we correctly predicted that the streets of New York City would be clearer.

The "we" included Tom Kelly, Susan Palermo, Catherine Alessi, Joan Szabo, and me. We were on the road by 8:45 and wound up in the city about 9:30. Yes, it was cold and damp, but it had stopped raining/snowing, and there was virtually no wind. We headed over to New York Road Runners on East 89th Street to pick up our race packets, and then we were off to Central Park for the festivities.

We saw a costume parade in which the grand prize winners were a dozen or so people hoisting "dancing feet," a very creative series of giant handmade sneakers and other footwear. These people were members of a New York-based running club, one obviously with a lot of spirit. As cold as it was, the race kept true to its tradition of including at least one nearly naked person. This year it was a guy dressed like an Egyptian warrior, sans shirt. The cold didn't seem to bother him.

One of the highlights of the evening was having our photo taken with Mr. Emerald Nuts himself.

At 11:30, we lined up, running in place to keep warm. Although there were pace placards set up, no one paid them any attention; runners lined up wherever they wanted.

At midnight, the fireworks went off, and so did we. If you've ever done this race, you know it's almost impossible to run your best time. The first two miles are usually a zoo. Plus, you have to watch out for the occasional pothole or slushy patch and the runners looking backward over their shoulders at the fireworks. The good thing is that most of the last mile is downhill.

Tom and I crossed the finish line together, followed soon after by Catherine and Susan. (Joan did not run but offered us moral support and watched our belongings as we ran.) This was Susan's first New Year's Eve run, and she was ecstatic upon crossing the finish line.

The best part is that we all did PRs for 2006!

After the race, it was off to a Route 4 diner for matzo ball soup and other goodies.

A happy, healthy New Year to everyone!

And the Rest of 2006 Seems So Much Easier

Phil Coffin

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By the time many readers have reached for their first aspirin on New Year's morning, hundreds of New Jersey runners will already have raced their first mile.

Well over 1,000 runners will take part in one of four well-established New Year's Day races in the state—the Hangover 5K in Westfield; the Resolution Run, a 5-kilometer race in Hillsborough; the First Day 5K Run in Fair Lawn; and the Hamilton Hangover 5-Miler in Hamilton Square. Last year, those races totaled 1,395 official finishers.

Despite the cold. "Two or three years ago I did the Hangover run in freezing rain," said Ron Wolfson, a 43-

year-old Bloomfield resident who has run in three different New Year's Day races over the years. "My hands were so numb that it took me 10 minutes to open the door to my car and another 10 minutes to garner enough feeling to start the engine." The cold slowed him at the time, but not since; Mr. Wolfson ran in Hillsborough last Jan. 1 and is planning to race again this weekend.

There are many reasons for donning shorts and gloves to race hours after celebrating New Year's, with a T-shirt and hot chocolate as rewards.

"For me this is a perfect way to start off the new year and to shake off the post-holiday blues," said Mick Close, 55, from Cedar Grove, who has run New Year's Day races nine times, including the past four in Westfield. "Most people are out there just to have fun, and it's great to share in the festive atmosphere and renew some old acquaintances."

Runners find other incentives. Mr. Wolfson won an award for finishing second in his age group last Jan. 1. "The runners in these races tend to have long faces and glassy eyes, so it is a rare opportunity for me to finish within spitting distance of the second pack," he said.

Then there are other benefits. Last year's New Year's Day finishers combined to burn more than a half-million calories. That's enough to offset 6,000 light beers the night before.

Read "At the Finish Line" to see how six ERC members fared in the Westfield and Fair Lawn races. —Ed.

New Year's Day Icecapades

Phil Coffin

The tradition of a Resolution Run on New Year's Day from Fleet Feet to the 9/11 memorial at Eagle Rock Reservation has taken hold. The previous three years, some runners who had paused at the memorial for reflection had gone public with resolutions—running, nonrunning, it didn't matter.

This year, with the biggest group to date at the memorial—at least 20 runners took part in the run—the biggest resolution was to get back to Fleet Feet safely.

That may not exactly have been running we did going up and down Snake Hill, which was covered with ice from the New Year's Eve slop. But everyone negotiated the impromptu bobsled run safely and returned to Fleet Feet, where, drier and on firm ground, we celebrated the new year with Champagne, juice, and bagels. And running friends, the best part.

The course is 8.5 miles—except for Laura Messina, who wound up doing 10-plus because of (I blush) wrong directions—with parks, hills, Michael Strahan's house, animal footprints, and plenty of talk. A good way to start the year.

Icecapades Addendum: The ice did claim a victim, just not on Jan 1. A week later, after surviving Snake Hill on New Year's Day, Randy Miller was waylaid by leaf- and snow-covered ice in the Mills Reservation during a Grove run and broke his right fibula. Randy somehow managed to go a quarter-mile through the woods on his own to the road on the reservation border while the rest of us dashed three-plus miles to get a car. The good news is that he had

companions on the run who could get help. The bad news is that all of us have undertaken similar runs by ourselves before, without a phone, without telling anyone where we've gone, and without ID; we just got lucky and didn't get hurt. A bad break for Randy is a good reminder for all of us: Think about safety before you head out for your run.

A Letter From Goodwill Rescue Mission

December 15, 2005

Thanks so much for the donation of four boxes of canned and nonperishable food products that we received recently from the Essex Running Club. It is truly appreciated!

Through your generosity, someone who would otherwise go without will be able to enjoy some good food ... and we hope much more. You see, it is often a small act of kindness—a hello, a hot meal, a night in our shelter, or something warm to drink—that makes our homeless clients willing to let down their guard and let the love of God into their lives. This in turn leads to taking the step off the

POETRY CORNER

Donna Close

The Road Began to Crumble

Edges of the road eventually began to crumble
And dissolve.

I made turns which complicated matters,
... Provoking, misdirecting
Until I was left to drift ignored
And camouflaged against the scenery.
Oh, ... what scenery of laughing waterfalls
And tall, grey-green pine!

You were more than ready to unburden yourself
Of a mundane, everyday norm,
Needing merely to unbody the deep kinks
From their glassy-eyed, moose-repose.
Then your attention was focused on a harder climb
And to some imaginary goal you'd set for us.
Our own hunger for commitment
Would not stop the road from crumbling.

I could only chew the rocks you threw ...
Before the road began to crumble.
... Before breathing the in and out of what hurt the most
Became unbearable!
When we broke from each other
Only then might we see our own magnified distances,
A newly discovered, individual existence
Which began, ended and began again on the same mountaintop.

ASHCAN RUNNER

Vince Carnevale

Kids Are Funny!

What did the cuffs say to the collar? *Sleeve us alone!*
What do you get when you drop a piano down a mine shaft? *A flat miner!*
Which state can you wear? *New Jersey!*
What happened when Rosie and Tom tried to kiss in the fog? *They mist!*
Knock, knock. Who's there? Olive. Olive who? Olive ya, Rosie!

Ciao!

streets and into our recovery program, where they will have the opportunity to have their lives fully restored to dignity, responsibility, and productivity. When you make a donation to Goodwill, you become an integral part of this process and help us extend a hand up to those who are downtrodden and downcast.

Thank you again. May God bless you and all the members of the Essex Running Club for your kindness and generosity!

Sincerely,
Rev. Daniel Shaw
Development Director

Cheating Scandal at Marine Corps Marathon

Mark Frankel

Since the 30th running of the Marine Corps Marathon (MCM) on October 30, about 325 runners have been disqualified for cheating. Many belonged to JeansMarines, a Toronto-based "charity" organization.

"The founder and coach of JeansMarines assisted runners to circumvent a portion of the course, thereby not completing the requisite 26.2 [miles]," according to MCM Race Director Rick Nealis in an editorial published in *Runner's World Daily (RWD)*.

Founded by Dr. Jean Marmoreo in 2001, JeansMarines had set out to help women in the greater Toronto area complete a marathon. Using the slogan "Yes, ma'am, you can do a marathon," the group focused on MCM.

Like many charity groups, JeansMarines aimed to have all its members finish the race. So, when Nealis asked the cheaters to return their finisher medals a few days after the race, Dr. Marmoreo hesitated.

According to *RWD*, she e-mailed her members, "Even though this has been the bypass route utilized by [Leukemia and Lymphoma Society's Team in Training] for their slowest participants in order to let them finish their own race, and even though it's impossible to 'cheat' when your chip times tell the tale of missing the total distance, there are people in the running community who feel some of our runners and walkers did not earn the medals we so proudly wore that Sunday evening."

A few days later, Dr. Marmoreo admitted making a mistake. Nevertheless, Nealis barred JeansMarines from entering the 2006 MCM. In the *RWD* editorial, he wrote, "The organization will be banned from being a partner in 2006 for their lack of professionalism and unethical conduct."

For her part, Dr. Marmoreo indicated on the JeansMarines Web site that the group will place less importance on finishing, steer some members toward shorter races, and hire an ethics officer to "help restore the reputation of JeansMarines, where necessary, in the eyes of other race directors and the running community."

Nealis also began investigating Team in Training. According to *RWD*, nine-time marathoner Fiona McMillin, who was a spectator at MCM, witnessed "3-4 members of JeansMarines running across the Mall to cut 4 miles from

the course, including 'The Jean' herself, who was leading and directing the exodus," and "6-8 purple-shirted Team in Training runners doing the same."

McMillin continued, "An on-the-course Team member in a shirt labeled 'Sweeper' was directing them." When McMillin asked the "sweeper" why he was having them cut the course, he replied, "Because it's important for them to finish and get a medal. They've worked hard, so hard, for this."

But, as Nealis explained in the editorial, "for the sport, it's about distance, 26.2 miles ... plain and simple. For the training, it's about moral and physical courage and dedication. For the rules and regulations, it's about running the distance, staying on course, and receiving no assistance from outside sources.

"The marathon distance has become one of those ultimate challenges in life that society has recognized as an incredible feat. A very, very small percentage of the human race will ever say they've achieved this plateau of being a 'marathon finisher.'"

Running and Chiropractic Care

Rebecca Rossi

Chiropractic care seems to stir up controversy. Some runners believe in it, and others do not. I decided to share my personal experience with a particular chiropractor simply because it has been great!

Let me rewind a bit. I started running in 1998, and since then I have had most of the usual aches and pains that runners encounter. It was not until I missed the Liberty Half-Marathon because of muscle pain that I realized something needed to change in order for me to run happy and healthy again.

I saw different chiropractors and massage therapists and got temporary relief, along with some answers runners don't want to hear: "Don't run for a month," "Well, that's what happens when you put stress on the body," and so forth. I was learning to "just deal" with the constant pain in my neck and hip.

Then, at Brian's Run, I met and spoke with Dr. Michael Magwood. After visiting him at the Chiropractic Wellness Center of Clifton (www.drmagwood.com), I decided to try chiropractic care once again. Soon things began to change.

Not only did the aches, pains, twinges, and twangs that I got from running calm down, but I started sleeping better. Also, since then, I have not gotten sick, and I've been feeling better overall. So, what makes Dr. Magwood different from other chiropractors I have seen? He listens more than they did, and he goes beyond what you would expect from a chiropractor. When I visit his office after a long run, I simply explain where any pain is, and he adjusts not only my spine but also the area in question. He has worked on my knee and done tissue work on my hamstrings and calves.

I feel as though I have truly found someone good. It is difficult to express how *much* better I feel. It has been, and still is, simply amazing.

COURSE OF A LIFETIME

What roads have you taken? How far, how long, how fast, how slow? Have you changed direction? Stopped along the way? What is the history of your running? Why did you start? What has kept you going? What has running meant to you? And now? After a run beginning and ending at Paul Maloney's house, Debbie Masri told me about her high school track coach. Immediately I knew she had the perfect story for an ongoing series I had wanted to launch—a series set at the intersection of Running and Life. —Ed.

Debbie Masri

So now I am officially a runner. As I sat at the January ERC meeting listening to explanations about Grand Prix point allocation while calculating how many races I could potentially run this year (and massaging my sore hip), I thought, "How did I get *here*?" It began in a small town in Maine ...

In high school, I hated softball but wanted to be involved in a spring sport, so I chose track. It didn't hurt that the assistant coach was the cute new history teacher. It was less appealing that the head coach was the somewhat gruff father of one of my teammates. I was not a good runner and was lazy, so I told the coaches I was a sprinter. I figured: shorter distances, less actual running, and I'd be done with my events sooner and could sit on the grass and hang out with my teammates. The assistant coach soon deduced my strategy—and picked up on the fact that I was just getting moving at the end of 200 meters—and told me I might be more of a distance runner. The coaches even convinced me to run hurdles a couple of times. My high school days ended on a high note when I both qualified for States (with a little help from the head coach's stopwatch) and won the *Most Improved* award at the seniors' sports banquet. *Most Improved*, though, seemed to be saying to me, "When you started you were abysmal, and now you're not quite as dreadful as you used to be." Whatever the reality, my running career was done.

I played field hockey in college, but running still seemed only to get me into trouble. One day during fall training, the field hockey coach sent the team out to run a two-mile loop around campus. As we approached a particularly steep hill, friends drove by and asked if we could use a ride. Two of us accepted: the captain of the team and yours truly. As we were dropped off at the crest of the hill, the coach stood there waiting. The entire team had to run the loop again—and didn't speak to us for a week. Enough with this running!

Like many others, I spent the rest of the 1980s and most of the 1990s wearing hideous leotards and terry headbands and bouncing around to disco music at aerobics classes. I became a Jazzercise devotee. I also explored many other varied offerings: *Yoga for the Utterly Inflexible* (touch your nose to your *what?!*), *Water Aerobics for the Under-100 Crowd* (canceled because of lack of enrollment), and *Short Circuit Training* (turned out to be a course for electricians).

In the spring of 2005, several factors conspired to bring me back to running and back to myself. I was going

through a painful divorce (is there any other kind?); I'd decided to escape for the summer and decamped to a house on the shore of a peaceful lake in the Poconos; Apple was selling iPods like hotcakes; and around the lake there just so happened to be a dirt road measuring 1.2 miles (but who's counting?). Early mornings, I got up before the kids and ran that road—tuning out the noise in my life and tuning into Green Day on the iPod. As running became more and more a morning ritual, I came to rely on my solo time to help me feel strong and capable. The more I ran, the more I wanted to run. And the better I began to feel.

Then came a week I was planning to spend with family in Maine. My sister-in-law, a longtime runner, would be there. Thinking we could run together, I packed some shorts and a pair of beat-up sneakers. Unbeknownst to me, a brand-new 5K race was scheduled to pass right by my mother's house during my stay—a memorial race honoring one of my brother's high school football teammates who had been killed in the line of duty in Iraq several months earlier. My brother helped coordinate the race, and my sister-in-law planned to run. She suggested I join her. With serious doubts—after all, I'd run only on a dirt road in Pennsylvania for six weeks—I decided that, even if I didn't finish, my participation would be for a good cause. And, anyway, it was time to take some risks and test out this new self I'd discovered.

The morning of the race dawned hot and humid (blistering by Maine standards) on the weekend of my 42nd birthday. My sister-in-law ran with me—at a pace much slower than she was accustomed to—and coached me through the hills and water stops. Not only would I finish, but I had set a decent pace for a first-timer. However, as I struggled over the last few meters and looked at the finish line, I had a surreal experience. There at the end of the chute stood my gruff high school track coach! I sincerely thought I must be dehydrated and delusional. It couldn't be that the first time I'd run competitively since high school, my coach was there. Did he come to see me? How did he know I'd be running? Would he critique my form? Was that my field hockey coach standing behind him scowling and telling me to run the whole thing over again? No, my track coach was not a mirage; he was actually there, and as a spectator. I paused to speak with him, but he defaulted to coach mode and told me to keep walking, cool down, and stretch and get some water. But he also looked proud, so much so that I didn't see the need to correct his likely belief that I'd been so inspired by my high school track experience that I'd kept on running ever since.

Since that race, a whole new area of life has opened to me. I attend ERC meetings, participate in group runs, and read e-mails about PLPs and DMRs. I'm learning about USATF point values. I've run several 5Ks, and a 10K (as part of an ERC women's team), and placed in my age group for the first time (at the Goodwill 5000). In rediscovering running, I feel as though I've come home somehow. *Debbie Masri is a freelance writer and ERC member living, raising her kids, and running (!) in and around Verona.*

2006 RACE CALENDAR: FEBRUARY–MAY

Compiled by Mick Close. Club/Team races in bold print. Some dates and times tentative—call to confirm. NBGP = New Balance Grand Prix.

2/5	Sun	9:30a	Gridiron Classic (NYC)	4M	212-860-4455	
2/5	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/12	Sun	12:30p	USATF–NJ Open & Masters Indoor Track & Field Championships (Jersey City)	Var	973-334-8900	
2/18	Sat	9:30a	Masters XC Championship (Van Cortlandt Park)	8K	212-860-4455	
2/18	Sat	11:00a	Mid Winter Beach Run (Manasquan)	2M	800-435-0066	
2/25	Sat	8:30a	Al Gordon Snowflake 4-Mile (NYC)	4M	212-860-4455	
3/5	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/5	Sun	9:00a	Salsa, Blues, and Shamrocks 5K (NYC)	5K	212-860-4455	
3/5	Sun	9:30a	Newark Distance Classic	20, 5K	973-733-3749	NBGP: 20K (700 pts), 5K (500 pts)
3/11	Sat	10:00a	St. Patty's Day 5K (Morristown)	5K	973-401-1300	NBGP: 500 pts
3/12	Sun	8:00a	Colon Cancer Challenge (NYC)	15K, 4M	212-860-4455	
3/18	Sat	8:00a	Brooklyn Half-Marathon	13.1M	212-860-4455	
3/18	Sat	10:00a	SDA Spring Thaw Run (Liberty State Park)	5K	201-434-3500	
3/18	Sat	10:00a	Winters End 5 Miler (Rahway Park)	5M	908-245-3000	NBGP: 500 pts
3/18	Sat	10:00a	Bordentown St. Paddy's Day 5K	5K	609-298-3947	NBGP: 500 pts
3/19	Sun	10:30a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	
3/19	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-448-3589	
3/26	Sun	8:00a	MORE Women's Marathon & Half-Marathon (NYC)	26.2, 13.1M	212-860-4455	
3/26	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M	609-523-0880	
3/26	Sun	9:30a	Millburn Spring Run	10K, 2M	973-376-0231	NBGP: 10K (500 pts)
4/1	Sat	9:30a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/2	Sun	7:00a	Ten-Town Distance Challenge (Montclair)	14.5M	973-748-4688	
4/2	Sun	9:00a	Indian Trails Run (Middletown)	15K, 3M	732-842-4317	NBGP: 15K (500 pts)
4/2	Sun	9:00a	Fool's Run (Kutztown, PA)	10M, 5K	856-468-0010	
4/2	Sun	9:30a	Scotland Run (NYC)	10K	212-860-4455	
4/8	Sat	10:00a	River Edge Run	5K	201-599-6295	NBGP: 500 pts
4/9	Sun	9:00a	Thomas G. Labrecque Classic (NYC)	4M	212-860-4455	
4/9	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-268-3500	NBGP: 700 pts
4/15	Sat	9:00a	South Orange Rotary 5K	5K	732-381-0318	NBGP: 500 pts
4/16	Sun	9:30a	Easter Road Race (Ironbound, Newark)	5K	973-589-7878	
4/17	Mon	12:00p	Boston Marathon	26.2M	508-435-6905	
4/22	Sat	9:00a	Jersey Shore Relay	25M	732-793-3000	
4/22	Sat	9:30a	Main Street 5K (Sparta)	5K	973-729-9141	NBGP: 500 pts
4/22	Sat	9:30a	Westfield Recreation Run	5M	908-789-4080	
4/23	Sun	8:45a	Bogota 5K	5K	201-498-1874	NBGP: 500 pts
4/23	Sun	9:00a	Run for Children (Elizabeth)	5M	908-820-4050	NBGP: 500 pts
4/23	Sun	9:00a	Hook Mountain Half-Marathon & Hope 5K (Rockland Lake State Park, Congers, NY)	13.1M, 5K	914-720-9139	
4/23	Sun	10:00a	Miles for Matheny (Liberty Park, Peapack)	5K	732-381-0318	NBGP: 500 pts
4/23	Sun	10:00a	Run for the Parks (NYC)	4M	212-860-4455	
4/29	Sat	8:00a	Queens Half-Marathon	13.1M	212-860-4455	
4/29	Sat	8:30a	Draft Day 5K (Giants Stadium)	5K	732-381-0318	
4/30	Sun	7:00a	New Jersey Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
4/30	Sun	9:30a	Run for Rachel (Livingston)	5K	732-381-0318	NBGP: 700 pts
5/6	Sat	9:00a	Revlon Run/Walk (NYC)	5K	212-860-4455	
5/6	Sat	9:00a	Xercise 5K (Chatham)	5K	732-381-0318	NBGP: 500 pts
5/7	Sun	8:00a	Pocono Mountain Run for the Red Cross Marathon	26.2M	570-992-4113	
5/7	Sun	1:00p	Our House 5 Miler (Summit)	5M	732-381-0318	NBGP: 700 pts
5/13	Sat	8:30a	Newport 10,000 (Jersey City)	10K	732-381-0318	NBGP: 500 pts
5/13	Sat	9:30a	Edison Family Day 5K	5K	732-248-7364	NBGP: 500 pts
5/14	Sun	8:00a	Mother's Day Half-Marathon & 5K (NYC)	13.1M, 5K	201-860-4455	
5/14	Sun	9:00a	Mother's Day 5K (Berkeley Heights)	5K	908-464-8373	
5/20	Sat	9:00a	Healthy Kidney 10K (NYC)	10K	212-860-4455	
5/21	Sun	9:00a	Memorial Run Thru the Caldwell's	5K	973-985-3011	NBGP: 500 pts
5/27	Sat	8:30a	Spring Lake Five	5M	732-449-3544	
5/29	Mon	8:45a	Ridgewood Run	10, 5K	201-445-8638	NBGP: 10K (500 pts), 5K (500 pts)