



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 3

March 2006

Our 23rd Year

PRESIDENT'S CORNER

Desmond Duncker

As most of you already know, Vince Carnevale, our local running legend, passed away on Tuesday, February 7.

I'm sure everyone has a story about Vince, and I hope you'll tell yours in next month's *Keeping Track* tribute issue honoring his memory.

Although I personally knew Vince for only five years or so, he left an indelible mark on me. For starters, I began to wonder about our longevity in running. How long could a person be a runner?

Vince lived each and every day. At his wake was a photograph of him finishing the Staten Island Half-Marathon. The time on the clock was 1:39:11, and Vince, in his 70s, was sprinting past a very surprised runner at least 20 years his junior. That image shows the competitive spark that drove Vince throughout his incredible athletic career—and is quite the encouragement to all us type A personalities!

Many studies have shown no difference between strenuous exercise, such as running, and less intense exercise, such as walking, in increasing life expectancy. I would counter that finding with the old adage that running may not add years to your life, but it will certainly add life to your years.

Vince seemed to enjoy life each and every day. He certainly lived a full and long life by any measure. I can only wish to live as long as he did. But more so, I would hope to live life as fully as he did every day.

We salute Vince! Not many of us can even consider accomplishing what he did in running, but we can all follow his example of living each and every day to its fullest!

Let's keep that Life in our years!

Running With Vince Carnevale: Share Your Thoughts and Memories in Our April Tribute Issue

We've all been saddened by Vince's passing. Now we'd like to reflect on and celebrate his extraordinary life as a runner. Please join us as we share our tales, perspectives, appreciations, and kid-at-heart jokes in the April issue. All items should be sent to Chris Jaworski (jaworski@verizon.net). No e-mail? Call 973-743-6965. Deadline: March 15.

*Winter's Hibernation Ends;
Spring Begins Early at ...*

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

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

Our Speaker

(Rescheduled From February 6)

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*

Thanks to Hosts and Organizers of the Winter Weekend Runs

As winter winds down, we thank these people, who hosted runs from their homes, organized road trips, or planned to host runs but were foiled by bad weather (!): Sue Palermo (Dec 4); Aubrey Blanda (Dec 10); Andrea Robik (Dec 18); Tom Kelly (Emerald Nuts Midnight Run, Central Park, Dec 31); John Fabbro (Fleet Feet New Year's Day Run, Jan 1); Paul Maloney (Jan 8); Mick Close (NYRR Frostbite 10-Mile, Jan 22); Rick Pingitore, Lynne Mortimer, and Wayne Carlson (Ramapo Reservation, Jan 28); Martta Rose and Tom Kelly (Feb 5); Val Kenny (Feb 12); Mick Close (National Masters 8K Cross Country Championship, Van Cortlandt Park, Feb 18); Catherine Alessi, Martta Rose, and Tom Kelly (Feb 25); and Chris Jaworski (Ugly Mudder 7-Mile Trail Run, Reading, Pa, Feb 26).

These 2005-2006 winter weekend runs were a good mix of home-hosted runs, special holiday events, road trips to New York City races, and trail runs near and far.

Summer weekend runs begin in June. Look for details in an upcoming issue.

ESSEX RUNNING CLUB 2006

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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!

Several times over the past two months, I woke up and soon found myself, a wild animal, running through woods and fields. I sniffed the winter air, picked up a scent, and bounded ahead, all the while wary of what might lie in wait 'round the next bend.

Jan 7, Freezing Cold Hash Run, Edison.* Took an hour to cover 4.5 miles. Climbed and clambered, hopped across streams, scampered through brush, and tried to avoid mud, water, thorns (one branch was particularly tenacious), low-hanging branches, dead critters, barbed wire, a rusted-out washing machine, a mattress spring (sans stuffing and covering), and automobile tires. Let's just call this an "urban adventure." Later, sore and banged up, I crawled into a corner and licked my wounds.

Jan 28, Ragin' Rick's Rocky Ramapo Reservation Run (RRRRRR), Mahwah. Good turnout (~10 ERC members) at this winter weekend run hosted by Rick Pingitore, Lynne Mortimer, and Wayne Carlson. The hills left my calves as dense as stone for three days. Over six-plus miles, I drew blood only once: On a downhill, I tripped on a root or rock, fell headfirst, landed on my right forearm, and ended up with an abrasion, a bruise, and a stiff pinky finger. Not a big deal but easily could have been! One thing about trails: Compared with streets, they are less forgiving of muscle fatigue (not picking up one's feet) and lapses in concentration. Somehow, though, the ice on parts of the trail was not a problem—I paid extra attention there.

Feb 2 and 7, West Essex Trail, Verona. After RRRRRR, running here was a stroll in the park. On Feb 2, however, I had to take an unscheduled detour up to Fairview Avenue when workers toppled a tower that ended up blocking the path.

Feb 14, unnamed Nutley trail. With a pack of dingoes hot on my heels and closing in on me at the end of a cul-de-sac, I took what I thought was my only escape, an opening into a small wooded area. Imagine my good luck when I discovered a trail behind the trees! I was desperate enough to run on snow and mud for a half-mile, to the end of the trail; the dingoes of Nutley were not. This prey, grateful for having found such a refuge from the concrete jungle, grateful for this unexpected "in-between" space, would live to run another day.

Feb 18, National Masters 8K Cross Country Championship, Van Cortlandt Park, the Bronx. Now I was running with a pack ... for about a minute. My speedy brethren quickly pulled ahead, took to the hills, scouted the environs. With the path thus secured, I could relax and follow at a leisurely pace. Soon enough, I joined the rest of the pack back where we began, and our feeding frenzy commenced.

Feb 26, Ugly Mudder 7-Mile Trail Run, Reading, Pa. Lungs, thighs, calves—okay, you too, loins—gird thyself for what Race Director Ron Horn calls a "rustic trail of rocks, logs, and Mt. Mud at the finish that comprise one of the tougher 7 miles most will ever run." Mr. Horn asks, "Will you be one of the 'hardy lot' [to] venture into a climate that could best be described as 'pleasantly chilly'?" Do you have the backbone to run on trails that even the deer find to be 'too complex'? ... If so, the Ugly Mudder is the race for you and ... other ... people of limited sense but tremendous fortitude." To which I can only respond, *arroooOOO!*

With the spring road race season getting under way, however, "civilization" calls, and my inner varmint may have to stay in its cage for a while. But would you do me a favor? Please pass the flea powder.

—Chris Jaworski

**On a hash run, a group of runners (a "pack" of "harriers") chases a leader (the "hare") along an 8K to 10K trail that may incorporate woods, fields, streams, swamps, hills, beaches, alleys, even streets. The hare marks a route with chalk, flour, paper strips, colored plastic ribbons, or some other substance or material. Some marks may be ambiguous, others deceptive. At certain points, the hare ends the trail with a "check" mark, and the pack must figure out where the trail resumes. Fast runners reach the check first and spend some time looking for the "continue" mark; their delay gives slower runners time to catch up. The result is that the pack reaches trail's end (usually a bar) at about the same time, and the beer flows. Actually, the beer may flow before and during the run, too. Hashes in NJ: <http://half-mind.com/Contacts/nj.htm>.*

WEEKLY RUNS: WINTER-SPRING 2006

Day	Time	Location/Run
Tue	4:00p	(▲) Trail Run (time will change as the days grow longer)
Thu	7:00p	(○) Verona Middle School Track
Sat	9:00a	(▲) Trail Run
Sun	7:00a	(✚) Grove Pharmacy (Grove Street Long Run)

(▲) West Essex Trail Run, Verona. *Tuesdays at 4:00 pm (time will change) & Saturdays at 9:00 am.* 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. The trail is blazed, and mile markers are posted on trees. In case of snow, rain, or mud, the meeting place is the same, but we will probably run a street course instead.

(○) Verona Middle School Track. *Thursdays at 7:00 pm.* Meet at track behind Verona Middle School (600 Bloomfield Avenue). Take either Gould Street or Park Place (both off Bloomfield Avenue) to track.

(✚) 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).

QUESTIONS: Wondering if anyone will show up for a run? Need to confirm a start time? Looking to buddy up for a certain distance or pace? Contact the Yahoo e-mail group to get answers about attendance, times, conditions, routes, alternative plans, distances, paces, and other items of interest.

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

NOTE THESE DATES

Race	Date for Reduced Fees	Fees Thereafter	RD
SDA Spring Thaw 5K (Liberty St Pk)	3/1	\$15 U, \$17 nm	3/18
Brooklyn Half-Marathon	3/4	\$11 N, \$17 nm	3/18
St. Patty's Day 5K (Morristown)	3/5	\$13 U, \$15 nm	3/11
St. Paddy's 10M/5K (Freehold)	3/10	\$20	3/19
Colon Canc Challenge 15K, 4M (NYC)	3/11	\$20 N, \$30 nm on RD	3/12
Bordentown St. Paddy's Day 5K	3/11	\$18 U, \$20 nm	3/18
MORE Women's Mara/Half (NYC)	3/12	\$40 N, \$50 3/13-3/25	3/26
Leprechaun Leap 5K (Mount Olive)	3/14	\$22	3/19
Winters End 5M (Rahway Park)	3/17	\$20	3/18
Millburn Spring Run 10K/2M	3/23	\$20	3/26
Indian Trails 15K (Middletown)	3/25	\$23	4/2
Build Tomorrows 5K (Brookdale Pk)	3/27	\$20	4/1
Cherry Blossom 10K (Branch Brook Pk)	3/31	\$18	4/9

RD = race date; U = USATF-NJ member; N = NYRR member; nm = nonmember.

2006 Membership Card

Most folks reading this can now call themselves card-carrying 2006 ERC members. If you have begun or renewed your membership for 2006, please take a moment to look for your card, included with this issue of *Keeping Track* (a facsimile of the card appears to the right). If you would like to join or renew now, or if you have a question about your membership or your card, contact Elizabeth Simonetti (elizabethsimonetti@mindspring.com or 973-325-2048).



WELCOME NEW MEMBERS!

Kathleen Chasia Montclair
Doug DiChiara Essex Fells
Gerald LeRoy Cedar Grove
Jacklyn Mele Fairfield
Hiroshi Nobe Montclair
Edward W. Trieste Caldwell

And Welcome Back

Robyn Silverman Verona

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
Cockles 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

NYRR Frostbite 10-Mile

We organized a car pool into Manhattan on Sunday, Jan 22, for this New York Road Runners event in Central Park. It was great weather for January, and there were more than 3000 runners. The course was tough with rolling hills most of the way, but everyone seemed to enjoy it. After the race, many headed over to nearby P.S. 171 for hot chocolate and bagels. NYRR races are a nice alternative in the winter, when few races are held in New Jersey.

1:05:57	Gary Peters (5th in age)
1:11:45	Mick Close (5th in age)
1:13:48	Jeff Burrows
1:13:49	Eric Stadnyk
1:14:40	Tom Daniels
1:16:01	Sharon Morrissey
1:19:13	Howie Brown (6th in age)
1:23:50	Carlos Narvaez
1:23:51	Candice Meyer
1:25:14	Jean Zignorski
1:26:22	Aubrey Blanda
1:39:42	Robert Lewin

NYRR Manhattan Half-Marathon

Several club members went to Central Park the following Saturday, Jan 28, as the mild weather continued. After just missing her goal time at the Frostbite, Sharon Morrissey was very determined. She was much happier after this half-marathon, running a PR and qualifying for the New York City Marathon!

Despite there being little advance notice that this half was being moved from its usual summer date, almost 3500 runners showed up.

Replacing this half in August is a new race, the first New York City Half-Marathon, to be run from Central Park to Battery Park through Times Square and other famous parts of the city.

1:38:51	Eric Stadnyk
1:41:08	Sharon Morrissey (PR)
1:53:24	Maria Imas
1:53:38	Aubrey Blanda
2:13:38	Robert Lewin
2:26:31	Gloria Moore

NYRR Gridiron Classic

We had more good running weather and another good ERC turnout in Central Park for this 4-mile race on Super Bowl Sunday, Feb 5. Our runners were

among almost 5000 others! Rick Pingitore and Jen Lanterman both looked to be in good form after coming off injuries at the end of last year.

23:07	Rick Pingitore (3rd in age)
27:52	Eric Stadnyk (PR)
28:11	Jen Lanterman
28:37	Peter Connell
28:41	Rich Unis
28:43	Ken Simon
32:31	Chris Jaworski
33:17	Andrea Robik
34:37	Aubrey Blanda
34:48	Theresa Fallon
36:31	Eileen Percevault
41:47	Jeff Matthews

USATF–NJ Indoor Championship

The Jersey City Armory indoor track meet scheduled for Sunday, Feb 12, was cancelled because of the blizzard. The new date is Saturday, Mar 4. For more information, contact USATF–NJ at www.usatfnj.org or 973–334–8900.

National Masters 8K

Cross Country Championship

A few of us ventured over to Van Cortlandt Park in the Bronx on Saturday, Feb 18, to participate in this very competitive event, part of the 2006 USA Cross Country Championships.

Our race was four laps around a 2K loop. Half of the loop was in the woods and up some tough hills; the other half was mostly across flat open fields. Conditions were quite good—all the snow from the blizzard had melted, and just a few areas got a little muddy.



The event, however, was a somewhat humbling experience, with many of us getting lapped by the leaders. Even so, it was a lot of fun representing Essex in a national event on this famed cross-country course. Our masters 40+ team finished in 6th (last) place, but we still felt like winners—participating in an excellent race with so many great masters runners.

32:46	Gary Peters
34:16	Phil Coffin
34:40	Doug Williams
36:01	Mick Close
40:13	Chris Jaworski

Spring Club/Team Races

There's a variety of club and team races planned for the next few months, and we hope to see you all at some of them. Listed in bold print on the Race Calendar (pp. 9–10), these events are mostly either races that have become popular with club members over the years or USATF–NJ championship races in which we expect to have teams competing (the latter races are worth 200 extra points to Grand Prix participants).

USATF–NJ Teams

Gary Peters will be helping me with the teams again this year. All the championship races in the first half of 2006 are being held in Essex County, so we hope to be well represented.

The first two are the Newark Distance Classic (Sunday, Mar 5) and the Cherry Blossom Run (Sunday, Apr 10).

If you plan to run, please consider preregistering. That can help us get your bib number ahead of time (instead of on race day), and you will save money on entry fees (for discount deadlines, see Note These Dates, p. 3). Please contact one of us before each race so we know you're running and can include you on one of our teams.

Gary Peters gary.peters@kraft.com
973–503–2442 *work*
908–665–1580 *home*

Mick Close mickclose@aol.com
973–974–6428 *work*
973–857–3612 *home*

USATF–NJ 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. You can also join at any championship race. Please list Essex (ID number 246) as your running club.

Newark Distance Classic

The Newark Distance Classic on Sunday, Mar 5, will be our first club race of 2006, and we will have teams competing in the USATF–NJ 20K Championship. There's also a 5K.

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, with about \$7000 in prize money, the 20K usually attracts some top runners. For more information, contact Newark Division of Recreation (973–733–3749). You can download a race application from www.compucore.com.

Millburn Spring Run

The Sneaker Factory in Millburn organizes this annual event in South Mountain Reservation to celebrate the return of spring. This year, the date is Sunday, Mar 26, and the day's activities begin earlier than in previous years.

The 2-mile race at 11:00 am is followed by the 10K at 11:30 am. (The 10K is a double-loop, while the 2-miler is an out-and-back.) Children's races—a half-mile run for kids 10 or under and

a 1-mile race for 11- to 14-year-olds—begin at 10:30.

Usually, a nice awards ceremony/party is held behind Sneaker Factory (308 Millburn Avenue, 973–376–6094). The festivities feature three-foot subs and refreshments from Guinness. Race applications are available from www.compucore.com.

Looking Ahead to April

The **Cherry Blossom 10K** in Branch Brook Park (Sunday, Apr 9) is one of our most popular club races. This year it will also be the USATF–NJ Open Women's 10K Championship.

Another popular April club event is the **Ten Town Distance Challenge** (Sunday, Apr 2), organized by ERC member Phil Coffin. This sixth annual 14.5-mile fun run, which starts at 7:00 am from Grove Pharmacy (123 Grove Street, Montclair), will be a good opportunity to find out more about the special group of diehard runners who meet at Grove every Sunday at 7:00 am throughout the year. Phil provides muffins after the race, and there are often other surprises as well. For runners who do not want to take the full challenge, Phil maps out some shorter alternatives.

One day earlier (Saturday, Apr 1), the **Building Tomorrows 5K** is run in Brookdale Park. This nice local race helps raise money for the Association of Retarded Citizens (ARC) of Essex County.

Closing out the month is the **Run for Rachel** in Livingston (Sunday, Apr 30). This race has been around only a few years but has quickly become popular. It's one of the fastest 5K courses and this year will again feature the USATF–NJ Open Women's 5K Championship.

Race Applications

Race applications are available at our meetings, in *Metro Race Forum*, and on the Internet (www.compucore.com and elsewhere). Online registration is often possible at www.active.com. Our own Race Calendar (pp. 9–10) 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

Windmill 6.5-Mile Run, Feb 19 Golden Gate Park, San Francisco

Lynne Mortimer 47:57
It was 50° and a gorgeous morning for this race, which I ran while in town for Coldwell Banker's International Business Conference. A historic windmill at the Great Highway entrance to Golden Gate Park marked the start of the course. Prerace, I got some great pictures of the park and the water and some with the famous Dolphins Runners, the oldest running club in San Fran.

The first half of the course was a long uphill, but thank God what goes up must come down! Although this race was advertised as a 10K on the Internet, when I arrived I discovered it was actually a 6.5-miler. I'm happy with my time of 47:57 considering the extra mileage and the difficulty of the course.

My training runs out there were equally as sweet—one over Golden Gate Bridge and one to Fisherman's Wharf. Sounds more like a running vacation than a realtor's conference, now that I'm reading this!

Ten Town Distance Challenge No. 6
Phil Coffin

Equinox 20K? Gone. Midland 15K? Gone. So what's a distance runner to do in the spring? The sixth annual Ten Town Distance Challenge, scheduled for Sunday, Apr 2.

The TTDC isn't a race, but it's a lot more fun, and we promise homemade muffins to everyone who finishes the 14.5 miles through 10 towns: Montclair, Glen Ridge, Bloomfield, Nutley, Belleville, Newark, East Orange, Orange, West Orange, and Verona.

Don't think this is a run only for marathoners, though it makes a good last long run for those preparing for Boston on Apr 17 and a good prep for those training for the New Jersey Marathon on Apr 30. Anyone yearning for a long run with plenty of company (we've had as many as 30 runners), two water/Gatorade stops, a downhill finish of almost three quarters of a mile, and goodies at the end should consider taking the challenge.

We'll start at 7:00 am at Grove Pharmacy (123 Grove Street, Montclair); parking is across the street, in the Deron School lot. Course directions and/or maps will be available in advance and on the day of the run.

Remember, it's not a race, so leave those racing flats in the car ... though we do have "prizes" for the first finisher.

If you have any questions, e-mail me at Philco53@peoplepc.com.

And get training for 10 towns and one great run!

EYE ON THE SPEAKER

Mark Frankel

USATF–NJ Grand Prix in 2006

The USATF–NJ Grand Prix will be scored the same this year as last year, according to ERC member and USATF–NJ Men's Long Distance Running Vice Chair Rick Pingitore, featured speaker at the Jan 9 meeting.

Runners will be scored on their top three performances in each of three categories—for a total of nine races. Category 1 races are 4 miles or less; category 2, 5 miles to 15K (not including 15K); and category 3, 15K and up.

The USATF–NJ Grand Prix is a competition among runners, with awards (some cash) presented to winners at the USATF–NJ Awards Banquet. Winners of age-group awards at championship races are also awarded points, which are redeemable for merchandise.

Pingitore described five proposed rule changes:

1. In Grand Prix races, USATF–NJ members will now be scored against *all* participants—members and nonmembers alike—rather than just against other members.
2. The top three Grand Prix finishers will not be allowed to place in miniseries 1 or 2. The result will be that more members will receive awards.
3. In 2006, there will be an "Exhibition Grand Prix" for members who run a lot of races. Pingitore cited Sergio Cano as an example. In 2005, Cano ran 51 races for a total of 21,457 points.
4. Minimum ages (14 for females, 16 for males) will be set for participants in open championships.
5. A masters runner will be able to run for two different age-group teams concurrently only if most runners on each team are in its specified age group. For example, a 50-year-old man will be able to run for both a 40s team and a 50s team only if each team has a majority of 40s runners and 50s runners, respectively.

As an associated club, ERC encourages all its members to join USATF–NJ. Benefits include not only participation in the Grand Prix but also race-fee discounts, merchandise discounts, and supplemental insurance. The Web site for the organization is www.usatfnj.org.

Karen's Cookbook for Runners

ERC is collecting recipes for a runners' cookbook to be printed at the end of 2006—with proceeds from sales to provide a financial assist to Karen and Bill Mishler. Send us your favorite recipes for appetizers, main dishes, desserts, drinks, and so on. Word files to Catherine Alessi (catalessi@ss-intl.com), Martta Rose (kmartta@comcast.net), or Anne Chesny (1227 82nd Street, North Bergen, NJ 07047–4214).

Upcoming Special Event: ERC Awards Dinner, Monday, April 3!
Details to come. Please reserve the date—and bring your best applause!

POETRY CORNER

Donna Close

Haikus About Shoes

Shoes suit happy feet
Grateful for the exercise
Dawn till dusk and more.

Calm came to harsh thoughts
On a middle stretch of road
While my shoes kept dance.

Perfectly in love,
Avid runners court the world
On breath of shoestrings.

Our thoughts are with Donna Close as she battles illness. In printing "I Write Poems" here, we are sending her own words to her, with the hope that they will give back to her a portion of the cheer, courage, and laughter that she has so often given us.

I Write Poems

I write poems that travel along streets
Blinking at colorful traffic lights.

I write poems that tangle through my hair
Then tickle down to my feet, left and right.

I write poems that whistle to kids on the corner
As I shout "Come on, let's run!"

I write poems with numbers pinned to their pages
That need only the applause of solitude.

I write poems that sing, skip and jump all the day
Because they make a world of difference.

River to Sea Relay

Yes there was an epic blizzard in February, but don't let that deter you from thinking about the 11th annual River to Sea Relay (R2C11). In fact, you can now mark the date on your calendar: Saturday, Aug 5!

R2C11 is a 92-mile relay race across New Jersey. It begins at the Delaware River (in Milford) and ends at the Atlantic Ocean (in Manasquan). Each member of a seven-person team runs two legs of the race. The shortest leg is just less than 3 miles; the longest, 9.6.

Running the relay is a great way to see our beautiful Garden State on foot. You pass through 34 towns in Hunterdon, Mercer, Somerset, Middlesex, and Monmouth counties and get to know other members of the club along the way. At the end of the day, we usually end up at Leggett's Bar in Manasquan for a well-deserved beer!

Each year, we try to enter two teams into this event. To reserve a spot on Cap'n Phil Coffin's team or Cap'n Tom Kelly's team, send a \$45 check payable to:

Tom Kelly
650 Bloomfield Avenue, #7
Verona, NJ 07044

The sooner we can submit our team reservations, the better. Teams that miss the early-bird entry deadline in May will have to pay a higher fee to participate.

We'll be talking this up in the coming weeks and months, but we wanted to give everyone an early heads-up!

If you have any questions regarding R2C11, please call Tom at 973-571-1819 or Phil at 973-748-4688.

Marathon Majors Launch Grand Slam

Mark Frankel

For many years, the world's top five marathons—Berlin, Boston, Chicago, London, and New York—were loosely allied. In January, the Big Five formalized their alliance and dubbed themselves the World Marathon Majors (WMM).

Now the WMM and the International Association of Athletics Federations (IAAF) have launched a new series to crown an overall marathoning champion of the world.

The idea was to generate more excitement in marathoning by creating a circuit similar to the PGA Tour for golf or the Grand Slam for tennis. "We believe this is the most exciting thing that has happened in our sport of marathon running in some time," said Dave Bedford, race director of the Flora London Marathon.

The marathons will include not only the WMM but the World Championship and Olympic marathons as well.

The first series will begin with the 2006 Boston Marathon and conclude with the 2007 New York City Marathon, at which time \$1 million in prizes will be awarded (\$500,000 each to the male and female series champions).

Each competitor in the series will be awarded points based on his or her place in each marathon run over the two-year period. A first-place finish will be awarded 25 points; second place, 15; third, 10; fourth, 5; and fifth, 1.

Years will overlap, meaning that prizes will be awarded annually. To qualify, athletes need compete in only one of the five or six WMM races conducted each year and submit a minimum of three and a maximum of four results over the two-year period.

No decisions have been made to include marathons besides the original ones selected, but the WMM will examine the possibility of adding other events so as to increase marketing appeal and television exposure.

"We look forward, from a TV content perspective, from website content, from our race programs, to [providing] reports, updates from our respective races. This is all built around cultivating a fan base that's bigger and greater than it is now. So the more we can do to promote each other and use our ... vehicles, we will," said New York City Marathon Race Director and New York Road Runners President and CEO Mary Wittenberg at the press conference announcing the WMM series.

"Hopefully we'll look back on this day and see that today was a major step in the development of our sport of marathon running," added Bedford.

"All for the Shot Glass": Stornoway Half-Marathon, Scotland

Robert Lewin

The Isle of Lewis, approximately 60 miles off the western coast of Scotland, is the northernmost member of the Outer Hebrides. This sparsely populated island is famous for its Calanais circle of stones, which date back circa 3000 BC (older than Stonehenge). At the other end of the island is a nature's paradise with views out onto the Atlantic Ocean. Gaelic voices can be heard all over the Isle of Lewis.

Stornoway, the island's port village, is a 2½-hour ferry ride from Ulapool on the mainland.

The Stornoway Half-Marathon is the second race in the Outer Hebrides Half-Marathon Grand Prix. On May 29, 2005, while thinking of everyone sunning themselves back in the States, I was walking toward the start of the course in a deluge of rain and wind gusts up to 50 miles per hour—wondering if I should go back to bed. The Scot part of me won out, though, and I continued on my way.

Fortunately, all 150 wee souls running the race were able to stay warm and dry in a golf clubhouse until just before the start. I bought golf gloves to protect my hands against the wind and rain and to avoid scrapes in the event of a fall.

Warm up? I was having no part of it.

I began the run with visions of grandeur. The first mile, for example, would take us around the town center and then twice around Lewis Castle!

My visions of grandeur were squashed on the rock-embedded muddy trails surrounding the castle when I saw two runners fall. One ended up with a gash on a knee and a noticeable limp. Despite moaning like a wounded soldier, he pressed on.

I sped up to escape the moaning and then decided to go into survival mode to finish the race. After all, I didn't

want to injure myself and have to leave Scotland before seeing the Calanais stones later that day.

To experience the full force of the wind, we ran twice along a two-mile stretch facing the port. The wind kept moving my body, and at times I had to run with my head at a 90° angle.

To add insult to injury, the course (revised for safety!) was about a half-mile longer than the usual 13.1.

Still, it was all smiles as I finished and was handed a shot glass with the race insignia on it. The runner with the bad knee? A true Scot, he too completed the race—limping across the finish line.

My time for this 13.6-mile run on difficult trails under horrific conditions was 2:25:11.

The wind had been so strong that my legs, despite being covered with running pants, were beet red after the race. Thank God the people at the golf club allowed us to use their showers to clean up.

Some men, me included, had trouble determining which door (1 or 2) was for the men's locker room. I decided to enter door 2, only to have several naked "lassies" turn to me and say, "Dear, your locker room is next door."

The race organizers put on a ceiladh dance and dinner that weekend as well. Great fun!

Before and after visiting the Isle of Lewis, I stayed in Inverness and the Highlands. The best part of my trip was spent hiking 14 miles along a portion of Great Glen Way, from Invermoriston to Drumthradrocket. (This is the area famous for its tacky Loch Ness tourist shops and exhibits.) The hiking route, parallel to River Ness, begins and ends at ground level but scales 700 to 800 feet above the river and offers spectacular views.

I now feel inspired to follow in the footsteps of fellow Scot John Muir, founder of the US National Park Service, and hike or run some of the great trails in this country.

P.F. Chang's Arizona Rock-n-Roll Marathon and Half-Marathon, Phoenix, Jan 15

Donna Cataliotti

I ran the full marathon, my first, with the Strides for Hope Marathon Team and raised over \$5000, in memory of my Mom, for The Wellness Community, an organization that provides support to cancer survivors and their families.

We had 30+ survivors on the team—some running the marathon, others running or walking the half. It was a great experience, one I highly recommend. My time was 4:38:57. Bernadette Lancaster, also an ERC member, trained and ran with me and finished in 5:16:00.

Special thanks to my friends from the West Essex Trail runs for all their encouragement!

Upcoming Special Event: ERC Wine & Cheese Party hosted by George Studzinski, Friday, June 9! Details to come.

Aubrey Blanda

Eight weeks into a 24-week marathon training plan, I was eager to see if all my work was paying off. The Arizona half would be my test race. Besides assessing my fitness level, I also hoped to clear my head of my performance in last August's Manhattan Half-Marathon, possibly the worst experience, mentally and physically, of my life.

I arrived in sunny Phoenix three days before the race so I could adjust to the time zone and the dry, desert climate.

Race day began in style at Stage Rock, a tent near the starting line. My brother's company was a Stage Rock sponsor, so my \$30 admission fee was waived, but man—I would definitely pay that much to hang out in a place like this before a marathon, especially on a really chilly morning! For their \$30, runners were treated to *heated portapotties*; coffee, hot chocolate, cookies, muffins, and bagels; and sunblock, Bodyglide, and cotton gloves.

Immediately before the start, I ignored my bladder and hooked up my iPod. Soon I was off, running well—a 7:45 pace over the first three miles. Then I needed a bathroom break. I spotted an older couple watching the race from outside their house, ran up to them, and asked if I could make a pit stop. They were happy to oblige. I probably lost no more than a minute and got right back to a 7:50 pace.

As planned, I began walking through water stations beginning at mile 7. The sun was blazing by this time, and I had stupidly decided against bringing a visor. I popped two electrolyte pills along the way and was sweating heavily. Unfortunately, the water breaks did me in. My GPS showed a sub-8:00 pace for the first seven miles (except for the pit stop at mile 3), but after that I ran no split at less than 8:15, and most were 8:30 to 8:50.

I kept plugging. At mile 11, I felt twinges in my calves and for a second was terrified I might develop the cramps that had hurt me at the Toronto Marathon in September (they had been so bad that I couldn't run through them). Fortunately, this time my cramps remained mild.

The course was flat, though not scenic at all. Nevertheless, spectators were out watching and cheering at just about every point along the way.

Across the finish line, the water, sports drink, and food were plentiful, and the baggage claim was well organized. Given that 18,000 people participated in the half, while another 15,000 ran the full marathon on a nearby course, the race was very well done.

My time was 1:51:43—a 44-second PR. I crossed the finish line only 52:48 after Haile Gebrselassie, who set a new world record half-marathon time of 58:55.

I came off my initial disappointment with my small PR to feel well satisfied with my race. Although I had hoped to see more of an improvement, I had only been marathon training for eight weeks. My Arizona results left me confident that, if I stayed the course and stuck to the plan, I would continue to improve over the remaining 14 weeks. Best of all, the Manhattan Half became a very distant memory.

Jenn Ennis Wins a State Title, Sets Records Left and Right

Jenn Ennis, daughter of former longtime ERC member Jim Ennis, has again added to her track highlights. According to the Jan 30 *Star-Ledger*, Jenn, a senior at Roxbury High School, made history the day before at the NJSIAA/SL (New Jersey State Interscholastic Athletic Association/*Star-Ledger*) group 3 indoor track championships in Princeton.

Jenn took her first state title by winning the 1600-meter run in 5:01.01, a record for the meet and Morris County. Just two hours earlier, in the 3200, she ran 10:42.97 (another county record) for a 4th-place finish (the first three runners broke the all-groups record). Jenn's time in the 1600 surpassed the old county mark ... which she herself had set at the county meet the previous week.

On Feb 19, Jenn finished 2nd in the state 1600 at the Meet of Champions in Princeton's Jadwin Gymnasium (Feb 20 *Star-Ledger*). Her PR of 4:56.08 had her recapturing the record for a Morris County runner.

Again, a great big congrats to Jenn from ERC, and best wishes to her proud dad, Jim, who is recuperating from a serious illness.

—Tom Kelly

Jenn, a phenomenal athlete, won a full scholarship to North Carolina State University. The running bug runs deep in the

Ennis family. Jenn's stepbrother, Joe, of Mercer County, is one of the top cross-country runners in the state.

—Mark Frankel

America's Running Routes

Using cutting-edge technology provided by Google Maps, USATF has developed a revolutionary service, *America's Running Routes*, which allows runners to map and measure their favorite running routes and then save them to the largest searchable database of running routes in the country. Currently the database has nearly 10,000 routes.



America's Running Routes allows runners to search all routes in a particular city or to narrow their search to find routes on a specific type of terrain, from hotels, in parks, from trail heads or from running stores.

Ever wonder how far your run was? Just visit America's Running Routes [www.usatf.org/routes], map out your run, and the distance you ran will be displayed, including mile marks along the route. Think others might enjoy your running route? Just hit the "save" button, and your route will be added to the national database.

Adapted from www.usatf.org/routes.

2006 RACE CALENDAR: MARCH–JUNE

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

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	NBGP: 500 pts
3/26	Sun	11:00a	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	9:30a	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
4/15	Sat	9:00a	Glen Ridge 5K	5K	973-672-2140	
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	8:00a	MK5K (Denville)	5K	973-896-5236	NBGP: 500 pts
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	10:00a	Earth Day 5K (Liberty State Park)	5K	201-795-4555	NBGP: 500 pts
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	Lincoln Tunnel Challenge	5K	609-896-8000	
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	Adidas 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	
4/29	Sat	8:30a	New Providence 5K	5K	908-464-4430	
4/29	Sat	9:30a	Clinton Township Day	10K, 5K	973-386-6884	NBGP: 10K (500 pts), 5K (500 pts)
4/29	Sat	9:30a	Westfield Recreation Run	5M	908-789-4080	
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	8:00a	Apple Chase (Pompton Plains)	10K, 5K	973-831-5280	NBGP: 10K (500 pts), 5K (500 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	8:45a	Rubin Run (Tenafly)	10K, 5K	201-569-7900	NBGP: 10K (500 pts), 5K (500 pts)
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
5/13	Sat	9:30a	Shepherd's Lake 5K (Ringwood)	5K	973-962-9465	NBGP: 500 pts
5/13	Sat	9:30a	Rau-Fitzgerald 5K (Hasbrouck Heights)	5K	201-288-1426	
5/14	Sun	8:00a	Mother's Day Half-Marathon & 5K (NYC)	13.1M, 5K	201-860-4455	
5/14	Sun	9:00a	Run for Freedom (Newark)	5M, 1M	973-623-7246	NBGP: 5M (500 pts)
5/14	Sun	9:00a	Mother's Day 5K (Berkeley Heights)	5K	908-464-8373	
5/14	Sun	10:00a	HOHA Classic (Hoboken)	5M	201-792-0340	
5/20	Sat	9:00a	Maywood 5K	5K	201-845-0920	NBGP: 500 pts
5/20	Sat	9:00a	Healthy Kidney 10K (NYC)	10K	212-860-4455	
5/21	Sun	9:00a	Gilda's Run	15K	732-381-0318	NBGP: 500 pts
5/21	Sun	9:00a	Memorial Run Thru the Caldwell's	5K	973-985-3011	NBGP: 500 pts
5/21	Sun	9:00a	EMUNAH 5K (Teaneck)	5K	908-245-3000	NBGP: 500 pts
5/21	Sun	9:30a	Olmsted 5K (Weequahic Park, Newark)	5K	973-885-0280	
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)
5/29	Mon	9:45a	Mayor's Trophy 5K Run (Rahway)	5K	732-669-3600	NBGP: 500 pts
6/3	Sat	8:30a	Jill & Jack 5K (Westfield)	5K	732-381-0318	NBGP: 500 pts
6/3	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
6/3	Sat	9:00a	Stillwater Stampede (Newton)	5K	973-383-7933	
6/4	Sun	8:30a	Montclair Run	10K, 2M	973-744-3400	
6/4	Sun	9:00a	Kilometers for Karen (West Orange)	5K	732-381-0318	NBGP: 500 pts
6/4	Sun	9:00a	Tenafly 5K	5K	201-871-3008	NBGP: 500 pts
6/4	Sun	10:30a	Spring Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	NBGP: 500 pts
6/4	Sun	5:00p	Pleasant Valley Twilight Challenge (Basking Ridge)	5K	908-204-2523	NBGP: 500 pts
6/5	Mon	7:00p	Merry Heart 5K (Roxbury)	5K	973-584-6709	NBGP: 500 pts
6/10	Sat	9:00a	Fishawack 4 Mile Run (Chatham)	4M, 1M	973-377-4444	
6/10	Sat	9:00a	New York Women's Mini Marathon (NYC)	10K	212-860-4455	
6/11	Sun	8:00a	Run for Marge (Pequannock)	5K	973-835-8901	
6/11	Sun	8:30a	Run for Education (Woodcliff Lake)	10K, 5K	732-381-0318	NBGP: 10K (500 pts), 5K (500 pts)
6/11	Sun	9:00a	Portugal Day Run (Ironbound, Newark)	5K	973-589-7878	NBGP: 700 pts
6/11	Sun	6:00p	Roselle 21st Century 5K	5K	732-381-0318	NBGP: 500 pts
6/12	Mon	7:15p	5,000 Strides (Morris Township)	5K	732-381-0318	NBGP: 500 pts
6/17	Sat	8:30a	William & Teresa Wright Memorial 5K (Randolph)	5K	973-442-8116	NBGP: 500 pts
6/18	Sun	8:30a	Father's Day Fight Against Prostate Cancer (NYC)	5M	212-860-4455	
6/18	Sun	9:00a	Father's Day 5K (Edison)	5K	—	
6/19	Mon	8:00p	President's Cup Night Race (Millburn)	5K	973-376-6094	NBGP: 700 pts
6/21	Wed	7:00p	JP Morgan Chase Corporate Challenge #1 (NYC)	3.5M	212-423-2248	
6/22	Thu	7:00p	JP Morgan Chase Corporate Challenge #2 (NYC)	3.5M	212-423-2248	
6/23	Fri	6:30p	Summer Solstice Trail Run (Kittatinny State Park)	5M	973-300-0142	
6/24	Sat	9:00a	Lesbian & Gay Pride Run (NYC)	5M	212-860-4455	
6/29	Thu	7:30p	Sunset Classic (Bloomfield)	5M	732-381-0318	NBGP: 500 pts