



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 4

April 2006

Our 23rd Year

PRESIDENT'S CORNER

Desmond Duncker

The next club meeting will be our annual awards banquet. As with the Academy Awards, it's time again to honor those among us who have had outstanding accomplishments—either in a single race or over an entire season.

But I'd also like to honor *all* of us in the club. We had a great year last year, thanks to everyone's help in supporting one another. This is what makes a club great—its individual and social contributions.

It was wonderful to see our club cheetahs posting great times at races, of course, but it was also wonderful to see our fellow members who, through their participation in runs and races, also bring honor to us all; our members who, though not able to participate, showed up at races to encourage and cheer on their friends; and our members who volunteer their time and energy in helping with races, hosting runs, and doing the background work that keeps our club going strong year after year.

I mention no names here. The purpose of this column is not to single anyone out but to say thanks to all. In a few days, though we will honor a small group of members, we should also look around and say thanks to the people, such as yourself, who have made this club great.

In other words, a hearty thanks to everyone, and I hope to see you at Church Street Café on April 3.

Volunteers Needed for Earth Day (Apr 22) Cleanup of West Essex Trail (In Memory of Rod Munro)

Please join us for our annual spring cleanup of the West Essex Trail Saturday, Apr 22. We will meet at 9:00 am in the Verona High School parking lot by the tennis courts on Sampson Drive, between Grove and Fairview avenues, and we'll have bagels, juice, and free T-shirts available.

We should finish the cleanup by about 10:30 (am!), and then we'll have a run on the trail. The trail is about six miles round trip (to the end and back). If you'd like a shorter run, just turn around sooner (the trail is straight and easy to follow, so there's little chance of going astray).

Our annual cleanup is dedicated to the memory of former ERC member Rod Munro, the first person to arrive

April is the coolest month—time for the ...

ESSEX RUNNING CLUB AWARDS BANQUET!

7:30 pm, Monday, April 3

NEW LOCATION Church Street Café

12 Church Street, Montclair

*Park on street or in Crescent Parking Deck
behind Church Street between
So. Fullerton & So. Park*

*\$18 buffet includes artisan breads,
pasta (choice of), romaine salad, carrot cake,
soda, coffee, tea; BYOB*

*Please make check out to Essex Running Club;
mail by Monday, March 27, to Mark Frankel,
1444 Ratzer Road, Wayne, NJ 07470*

Questions?

*Call Lynne Mortimer at 973-857-3344
Hope to see you there!*

at the very first trail cleanup, organized by George Studzinski in April 1996. Rod passed away a few months later while running with his wife at Cedar Grove Reservoir, not long after running on our first River to Sea relay team with Tom Kelly and company. This is a way for us to honor Rod and help keep his spirit alive.

Gloves and other protective clothing are recommended for the cleanup. Try to bring a few large, strong plastic bags. Pruning shears may be helpful in cutting back smaller branches along parts of the trail.

If you've been running the West Essex Trail and enjoying its pleasures, we hope you'll consider giving back to it and the community by volunteering for this special event. See page 3 for directions. For more info, contact Mick Close at 973-857-3612 or mickclose@aol.com.

ESSEX RUNNING CLUB 2006

Officers

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Carl Sturcke Treasurer
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ERC Hall of Fame

Vince Carnevale 1995
Larry Hollander 2002
George Studzinski 2002
Lenore Piccoli 2004

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:
jaworski@verizon.net

RUN FOR YOUR LIVES!

What possessed me? Why did I drive two-plus hours to run seven miles up and down hills, over dirt and brush and rocks and possibly ice, in a wind chill of 13 degrees?

I wanted to know how the Ugly Mudder 7 Mile (More or Less) Trail Run would stack up against its organizer's race descriptions and e-mail updates, with their emphasis on toughness, laughs, and lunacy. Could a run be that difficult yet fun? Were its hinted-at risks real? Why the spike in attendance for this event, initially billed as the fourth largest trail race east of the Mississippi ... and then *the* largest?

Curiosity explains part of the attraction, but other forces were also at work. I've always been drawn to the odd and unusual. Combine that predilection with a small thrill-seeking streak, a growing interest in trails, and lack of an organized winter trail run closer to home in Jersey, and it was Reading, Pennsylvania, here I come!

ERC member Jennifer Hyres and her running partner, Robert Stack, joined me. Jen and Robert had run the Half-Wit Half-Marathon trail run in Reading last August, so I knew I was in good company. Our trips there and back flew by.

Our destination in Reading? The Liederkrantz German Singing & Sports Club, a hilltop restaurant with a bar and ample parking. In this Biergarten setting, the chilled air tasted mountainy, clean, refreshing. It was eminently gulpable air, the sort that would come in handy several times during the Mudder.

At the start were 860 runners, about 360 more than in 2005. The director adjusted for the increased popularity of the race by making a course change. A quarter-mile of road was added to the beginning to thin out the crowd before it reached the woods and the mostly single-track trail. That change helped the strong jackrabbits but probably didn't matter much to the rest of us, as the first two trail miles were up, up, and then up, and not too many runners were eager to jump ahead.

Our reward at the top was a good view of Reading below—a good *quick* view, given the rocky ridgeline. But soon enough we were winding our way down and around and up again until we reached—what else?—a steep flight of concrete steps leading up to a pagoda. The general agreement was to walk these steps. A bit farther on was a stop for ice water and ... red licorice.

Following the well-marked trail was easy. In fact, I felt I had to know only two directions: up and down. The ups ranged from gradual, runnable inclines to power-hiked hands-on-knees ascents and even some arm-assisted climbs. The downs were tricky, sometimes hazardous, wonderful. On the gradual downhills, I could run forever, but then it wasn't really running at all—I was letting gravity have its way ... I was controlling my descent ... floating forward while seeking the next safe touchdown ... and the next ... and the next. Body and time suspended.

The second stop, at around five miles, offered more water and ... beer (none for me).

Was the Mudder dangerous? It seemed so in spots, and I remembered the fall I had taken in Ramapo Reservation, so I was on constant watch. On the way, I developed a new appreciation for my trail shoes (they gripped like they meant it). Some paths were nothing but rocks. I saw several people take spills on downhills. Once I ducked to avoid a tree limb hanging over the path only to be almost taken out by a limb on the ground directly below!

As if the terrain weren't difficult enough, the organizer posted Academy Award-themed messages on a series of trees along a particularly rocky path. On one tree: *Capote wrote "In" Cold Blood. On the next: Now you're running "with" cold blood.* Then, *Brokeback Mountain* followed by *What your next running journal entry will be.* And, oh, yes, something about *Crash*.

There was exactly one tiny patch of ice, about a mile from the finish and clearly visible. After covering so much technical terrain, the runner ahead of me slipped and fell on that ice. He quickly recovered, but what a kick in the pants!

The final challenge was *Mt. Mud*. This short dirt incline leads up to the finish and the Liederkrantz. The only problem is that Mt. Mud is nearly vertical. Runners were reduced to climbing on all fours, seeking footholds, and pulling themselves up by whatever rocks, roots, and brush they could find (spectators' photos at <http://tinyurl.com/zjmys>, <http://tinyurl.com/fctkc>, <http://tinyurl.com/l2o54>). (Imagine scaling Mt. Mud on a wet day!) The best part of this last push was the cheering from on high, from the onlookers perched on the crest of the hill.

And then the finish line, food, and festivities were just 50 feet away. There were the usual postrace drinks and food but also complimentary eggs and pancakes. Inside the Liederkrantz were coffee and other hot drinks, a large selection of imported beers, a stage and a swell-sounding band, and plenty of warmth to go around before, during, and after the awards.

The Ugly Mudder was 7.25 miles. Of the 860 starters, 849 finished. I came in 421st, at 1:27:41 (12:06 pace!). The Mudder was my most difficult and yet most fun run—and I'm already signed up for another Pennsylvania trail run, the Mt. Penn Mudfest 15K, on Apr 15 (registration closed). Maybe this one will live up to the mud in its name! —Chris Jaworski

WEEKLY RUNS: SPRING 2006

Day	Time	Location/Run
Tue	4:00 pm	(▲) Trail Run (time will change as the days grow longer)
Thu	7:00 pm	(○) Verona Middle School Track
Sat	9:00 am	(▲) Trail Run
Sun	7:00 am	(✚) 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.

POETRY CORNER Donna Close

Wintering Wood	Easy	Laughing People
Trees kissed by whisked snow, Paths snaked by wintering wood Coil my runner's cap.	Infectious energy On tree-lined streets Makes a hard race feel easy!	Roads are quiet now, Empty of laughing people Pushing over trees.

New ERC Warmup Jackets on Sale!

Is your warmup jacket getting old? Wish you had a nifty Essex Running Club warmup jacket to run in? Jealous of other runners sporting their team jackets? Well, have I got the answer for you! ERC is introducing its brand-new Brooks warmup jacket, with 100% microfiber polyester shell, 100% moisture-transfer polyester liner, and ERC logo proudly emblazoned on front and back. What's the cost, you ask? \$70? No way. \$60? No way. This jacket is yours for the incredibly low price of \$40! That's not a misprint! \$40! I will bring the jacket prototype to the April meeting so you can check it out in person. In the meanwhile, please see the order form below and note the Apr 20 deadline for the initial order. Hurry because supplies are limited! (Well, not really.) —ERC Clothing Director Sal "Gucci" Ulto

ESSEX RUNNING CLUB		ERC WARMUP JACKET ORDER FORM					
Name							
Street							
City, State, Zip							
Phone							
	(Circle One)	XS	S	M	L	XL	XXL
	\$40 each						
Payment	Make check payable to <i>Essex Running Club</i> and mail with this form to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052						

WELCOME NEW MEMBERS!

Michael Gulich Montclair
 Barbara Parzatkan . . . West Orange

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.

Brand-New for Spring— ERC Warmup Jacket!

Brooks 100% microfiber polyester shell with 100% moisture-transfer polyester mesh liner. Jacket is red with white ERC logo screened on back and club name on front. Sizes from XS to XXL. Order form with photos available by e-mail (sulto@att.net) and at Apr 3 meeting. Deadline for initial order is Apr 20. Incredibly low price: \$40. Make check payable to *Essex Running Club* and mail to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052.

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 Teams

Our teams got off to a good start at the Newark Distance Classic, picking up 14 points in the overall team competition. We hope to add to this in April, when there are two women's championship races, the Cherry Blossom Run 10K in Branch Brook Park (Sun, Apr 9) and the Run for Rachel 5K in Livingston (Sun, Apr 30). Contact Gary Peters or me if you can run for our women's team at one of these races.

Newark Distance Classic

We had an excellent turnout Sunday, Mar 5, for this first club race of 2006, fielding 4 men's and 4 women's teams in the USATF-NJ 20K Championship. Unfortunately, a few people had to drop out or weren't at their best because of flu and other ailments.

Now in its 32nd year, this event has a lot to like, and the City of Newark should be commended for its efforts in continuing this race. It can't be easy to stage a race of this length in an area like Essex County.

I've always liked the course through the downtown area and then out past the cathedral to the end of Branch Brook Park and back, with the long downhill finish. The city does a great job shutting down the streets and ensuring a safe race for all.

I was impressed by the number of water stops and the enthusiasm of the volunteers. The Warren Street gym provides a nice location for pre- and post-race activities, especially during cold weather. There's also a significant pot of prize money for faster runners.

It's unfortunate the race organizers can't resolve a few recurring issues. The race nearly always starts late, mileage markers aren't accurate, the awards ceremony takes forever, and post-race food is in short supply.

Except for a cold, swirling wind, the conditions were quite good under clear, sunny skies, and many people ran well. Deb Masri had a PR to win her age group in the 5K and was top masters woman. Ginger Brock also ran a PR and finished 2nd in her age.

John and Christine Piccoli followed in their parents' footsteps in the 5K as they blazed their way near the front of the pack to finish 3rd and 5th overall.

In the 20K, Rick Pingitore and Charlie Slaughter picked up where they left off last year and won their age groups. Jen Lanterman led a strong women's contingent to finish 3rd in age, and Maria Imas and Martta Rose ran PRs.

A big boost was provided by several club members: Lenore and John Piccoli (cheering on their "kids" running the 5K), Laura Messina, Phil Coffin, and Randy Miller (cast-free, he was popping up all over the place), Coach Joel Pasternack (running part of the race), and Anne Chesny (with cowbell, of course).

This was a great start to the spring racing season, and we hope to see even more club members at some of the other spring races.

Team Results

Women's Open	6th, 8th, 10th
Women's Masters 40+	5th
Men's Open	8th
Men's Masters 40+	6th
Men's Masters 50+	6th
Men's Masters 60+	4th

5K Results

17:52	John Piccoli Jr (3rd overall)
21:54	Christine Piccoli (5th overall, 2nd in age)
23:10	Deb Masri (PR, 1st in age, 1st masters)
24:13	Mike Wojcio
32:48	Ginger Brock (PR, 2nd in age)

20K Results

1:33:18	Jen Lanterman (3rd in age)
1:35:34	Maria Imas (PR)
1:37:28	Sharon Morrissey
1:39:04	Susan Mello
1:39:15	Rebecca Rossi
1:44:04	Lynne Mortimer (4th in age)
1:45:34	Laura Gelman
1:50:37	Martta Rose (PR by 12 minutes)
1:55:34	Andrea Robik (first race >10 miles)
1:13:47	Rick Pingitore (1st in age)
1:21:57	Larry Czaplewski
1:24:13	Charlie Slaughter (1st in age)
1:26:04	Peter Hughes
1:29:12	Glenn Trimboli
1:30:06	Doug Williams
1:30:41	Mick Close (5th in age)
1:32:46	Steve Fleisig
1:42:43	Ed O'Hara
1:47:00	Carl Sturcke
1:48:45	Desmond Duncker
1:50:14	Bill Wilde
1:51:32	Chip Bearden

1:53:57	Tom Kelly
2:09:02	Bill Mishler

Marathon Update

Congratulations to club members who completed marathons this winter. Howie Brown ran another great race in Austin to easily beat his Boston qualifying time, and Mike Wojcio stayed on track to run his 100th marathon this fall in New York.

1/8	Mike Wojcio	4:48:57	Disney
1/15	Donna Cataliotti	4:38:57	Arizona
1/15	Bernadette Lancaster	5:16:00	Arizona
2/4	Carl Sturcke	4:09:35	Tybee Isl.
2/13	Howie Brown	3:52:33	Austin
2/19	Mike Wojcio	4:52:34	Gasparilla
3/19	Megan Brady	3:39:12	Shamrock
3/19	Mark Frankel	3:52:10	Shamrock

These results do not include Andy Koutulski's. Andy, who rejoined the club this year, usually runs several marathons each month and has completed well over 500! He just ran one in Tanzania and will be running his 29th consecutive Boston Marathon in April!

Good luck to members planning a spring marathon such as Ocean Drive, Boston, New Jersey, or the Poconos.

Millburn Spring Run

Results next issue for this South Mountain Reservation event (Sun, Mar 26).

Building Tomorrows 5K

This nice local race, in its eighth year in Brookdale Park, will be held Saturday, Apr 1 at 9:30 am.

Proceeds will benefit a worthwhile cause, the Association for Retarded Citizens of Essex County. More information at 973-535-1181, ext. 1230, and www.oymp.net.

Ten Town Distance Challenge

Join the Sunday-morning Grove Street crowd Sunday, Apr 2, for its sixth annual 14.5-mile trek through 10 towns. Begin at Grove Pharmacy at 7:00 am.

Phil Coffin's famous homemade muffins await you at the finish. Shorter routes are also available. Questions? Contact Phil (philco53@comcast.net).

Daylight savings time begins Apr 2, so remember to set your alarm clocks forward 1 hour Saturday night!

Cherry Blossom Run

The Cherry Blossom Run (Sun, Apr 9, 10:00 am) is the USATF–NJ Women's Open 10K Championship, a team event for our women, and one of our most popular club races.

Part of Branch Brook Park's annual spring Cherry Blossom Festival, the race is one of the best in Essex County. Running while surrounded by all the blossoms is a great way to celebrate the return of spring.

More information at 973–376–0231. Applications at www.compucore.com.

Run for Rachel

Now in its sixth year, the Run for Rachel has developed an excellent reputation as a first-class event. This race begins at the Memorial Oval in Livingston on Sunday, Apr 30, at 9:30 am, a few weeks earlier than in previous years.

The mostly flat, out-and-back course usually produces some of the fastest 5K times of the year. The race, which has been the USATF–NJ Women's Open 5K Championship for several years and offers prize money for the top seven women, always attracts a strong women's field and should be another good challenge for our rejuvenated women's team!

Preregistrants will receive a goodie pack and a T-shirt, and random prize drawings are on tap.

More information at 732–381–0318 and www.oymp.net. Applications: www.compucore.com. USATF members will receive a \$3 preregistration discount.

Looking Ahead

Many changes this year, including the loss of the Midland Run, have left the May race calendar looking quite different. There's only one USATF–NJ championship race, Summit's **Our House 5 Miler** (Sun, May 7, 1:00 pm). This event will again be the Masters 5 Mile Championship for both men and women.

On the same weekend are three other races members like. The **Apple Chase** in Pompton Plains (Sat, May 6) features a 5K and a 10K on a very flat course. The **Essex Fells 5K** (Sat, May 6) and the **Nutley Chamber of Commerce 5K** (Sun, May 7) are local races, with Nutley being more popular.

The next weekend is Mother's Day, and the **Newport 10,000** in Jersey City (Sat, May 13) promises to become one of New Jersey's premier races. With a prime waterfront location and \$20,000 in prize money, this event should attract many of the area's top runners. Also advertised are a new, flat and fast course; special T-shirts; premium goodie bags; and entertainment and prizes.

Want a good replacement for Midland? **Gilda's Run**, a new 15K, is now on the calendar (Sun, May 21). This race will take place in Saddle River County Park in Paramus, and the course is described as a beautiful, flat park trail with some rolling hills. The event is a fundraiser for Gilda's Club of Northern New Jersey, which offers free support to people affected by cancer.

May 21 also features a second new race, the local 5K **Memorial Run Thru the Caldwell's**, but not much information is available yet.

Rounding out May on Memorial Day weekend are two of New Jersey's oldest and most popular races—the **Spring Lake 5 Miler** (Sat, May 27; registration closed) and the **Ridgewood Run 5K and 10K** (Mon, May 29).

A *third* new race will likely prove popular with club members—the **5000 Meter Lager Run** (Sun, Jun 25, 5:30 pm). It's organized by Dan Murphy, race director of the Ashenfelter 8K. The start and finish are at Egan & Sons Brew Pub Restaurant (118 Walnut Street, Montclair), and the course is a "rolling road route along the beautiful tree-lined streets of Montclair." Proceeds from the race will benefit the PAWS animal shelter, and postrace refreshments will include Egan & Sons lager beer!

More good news: The **Morristown Corporate Run**, which had been cancelled for this year, has acquired a new sponsor and is keeping its date of Thursday, Jul 20. The run will no longer be part of the NYRR Corporate Challenge series.

USATF Membership

You can join USATF or renew your membership in one of three ways: online (www.usatfnj.org), in person (at any championship race), or by phone (973–334–8900).

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* (jaworski@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.

The \$20 USATF membership fee provides many benefits, including a preregistration discount for many races. It also allows you to compete in the Grand Prix and to run on an ERC team at championship races. When joining USATF, please list Essex (club number 246) as your running club.

Please contact one of the club's USATF representatives, Gary Peters or Mick Close, for more information about USATF or about competing on one of our Essex teams:

Gary Peters	gary.peters@kraft.com 973–503–2442 <i>work</i> 908–665–1580 <i>home</i>
Mick Close	mickclose@aol.com 973–974–6428 <i>work</i> 973–857–3612 <i>home</i>

AT THE FINISH LINE

Tybee Island Marathon, Georgia Feb 4

Carl Sturcke (4th in age) 4:09:35
I was on pace to break 4 hours, which surprised me given my lack of training, but I found I didn't have the leg strength to keep going at my desired pace around miles 18 to 22. My heart rate was fine, and my will to run was there, but my legs couldn't keep up with my expectations. The last few miles were good, but I definitely lost time for a while. Nevertheless, my trip was great.

I stayed with a fraternity brother and his wife on Skidaway Island before the race, then joined some of my Antarctica-trip friends in a beach house, and finished up by visiting a dear friend in Florida for golf at TPC Sawgrass. Good stuff.

Next up is Nashville at the end of April (after round 1 of tax season), followed by Colorado in May. Nashville has a country-and-western concert the night of the marathon. Also good stuff.

Freescale Marathon, Austin, Texas Feb 19

Howie Brown 3:52:33
My trip was great. The best part was spending time with my son and his family. I don't think anyone is as excited as Judy and I to see the twins, but I'll keep it short and simply mention we had fun taking them to the Curious George movie.

The marathon was good, too. The runners numbered 5200, up from 3000 in 2005. The race was delayed from 7:00 to 7:30 because some of the overpasses used by runners to get to the start had iced up overnight and needed sanding. At race time, temperatures were in the upper 30s to lower 40s—good for runners but cold for spectators. Nevertheless, my son had his wife and the boys out there cheering for grandpa.

The course had a net downhill of 400 feet and was very fast. Staying with the 3:45 pace group, I ran even splits for the first 21 miles, at which point my chip time was 3:00 (8:35 pace).

Then the wheels came off the wagon. The last 5.2 miles took 52 minutes (10:00 pace). I wound up 15th in my age group. The 14 guys ahead of me were all younger than me (the group winner, a 60-year-old, ran 2:55). Only 4 guys older than me (including a 70-year-old) were faster. So, I was very happy with my race, plus I had no aches or pains to speak of.

There are some fancy graphics at the race Web site (www.freescaleaustinmarathon.com).

Al Gordon Snowflake 4-Mile, NYC Feb 25

Rick Pingitore (5th in age) 22:37
Peter Connell 27:54
Kenneth Simon 29:16
Lynne Mortimer 30:17
Susan Mello 30:33
Aubrey Blanda 36:45
Eileen Percevault 37:15
Seven hardy ERC members braved windy, chilly conditions in Central Park today. We received sweatshirts instead of the usual T-shirts, which was cool. Men raced at 8:30, women at 9:30.

I had planned on walking this NYRR event, but I had to jog to keep my fingers from falling off because of the cold. But, this is another qualifying race out of the way for me—five more to go to get a spot in the New York City Marathon!

—Aubrey Blanda

Ugly Mudder 7 Mile (More or Less) Feb 26 Trail Run, Reading, Pa (7.25 M)

Chris Jaworski 1:27:41
Jennifer Hyres 1:54:06
Race report on page 2.

E. Murray Todd Half-Marathon, Mar 5 Lincroft

Rich Unis 1:45:24
Gloria Moore (PR by 3 minutes) 2:19:23
Val Kenny (3rd in age, PR) 2:20:29

I almost ran the Newark Distance Classic but instead did this race and wound up PR-ing! This was my first Lincroft half-marathon, and I wasn't racing it—I was just running at marathon pace. I also saw Val Kenny—well, I almost ran past her, until she shouted my name. Although she was running "for fun," she placed 3rd in her age group! Way to go, Val! Congratulations!

—Gloria Moore

St. Patty's Day 5K, Morristown Mar 11

Rick Pingitore (1st in age) 17:24
Charlie Slaughter (2nd in age) 18:45
Ron Wolfson 21:22
Debbie Masri (PR) 23:07
Heather Welch 24:40
It was colder than the weather reports had said it would be, and windy, so it felt colder still. I did not think I'd dressed appropriately as I stood shivering at the starting line. As things turned out, though, I ended up peeling off a layer.

This was the first time I'd run two races in a week. I hadn't planned on it—I decided to run Morristown at the last minute—and I'd run every day in between. It wasn't a good idea. I started too fast and couldn't settle in. The entire race, I was struggling to breathe, and at mile 2, where there was a monster hill (i.e., people puking on the side of the road), I thought I would stop—something I've not done in a race yet.

To add insult to injury, a 10-year-old boy kept zipping ahead of me. Each time I caught up, he zipped off again. At the end of the race, he entered the chute ahead of me, but I think he received my time (23:10) and I his (23:07).

I saw Heather at the race. —Debbie Masri

It was nice seeing someone from the club there. Wayne Carlson came to cheer me on, and it was great to have a friend give me some encouragement and tips. I ran 24:40 and was really happy with that time (was hoping to run under 26:00). Couldn't have run that fast without the trail group on the weekends!

—Heather Welch

Colon Cancer Challenge, NYC Mar 12

4M Aubrey Blanda 34:13
Eileen Percevault 48:02
15K Peter Connell 1:07:26
Gregory Van Inwegen 1:24:20
Robert Lewin 1:30:16

Despite dark, wet skies, ERC turned out in Central Park. The 4-mile race started at 8 am, the 15K at 9:15. Race sponsors Mount Sinai Hospital and Montefiore Medical Center set up cancer information booths at the finish line. —Aubrey Blanda

NYRR Brooklyn Half-Marathon Mar 18

Eric Stadnyk 1:36:48
Rich Unis 1:45:01
Jean Zignorski 1:56:38
Robert Lewin 2:05:57
Gloria Moore 2:21:51

Winter's End 5-Miler (Rahway) Mar 18

Charlie Slaughter (1st in age) 31:41
Jen Lanterman (3rd woman, 2nd in age) 34:53
Lynne Mortimer (1st in age) 38:26

2006 New York City Marathon

Applications are being accepted for the 2006 ING New York City Marathon to be held Sunday, Nov 5. The starting field will consist of 35,000+ people from 100+ countries and all 50 states. Anyone who will be 18 or older on race day can apply for entry.

Lottery. Most of the 20,000+ US entrants will be selected in a mid-June random lottery drawing. Approximately half the people who enter the lottery get into the race. The lottery application deadline is Jun 1. To apply or get more information, visit www.ingnycmarathon.com, e-mail marathonmailer@nyrrc.org, or call 212-423-2249.

Guaranteed entry. The guaranteed-entry application deadline is May 1. Six groups of athletes are guaranteed entry into the 2006 marathon:

- Those who have been a New York Road Runners Club member since Jan 31, 2005, and have completed at least nine NYRR-scored qualifying races during calendar year 2005.
- 2005 New York City Marathon entrants who canceled prerace.
- Those who have completed 15 or more New York City Marathons.
- Those who won overall or placed first in age in an NYRR-scored qualifying race in 2005.
- Those who have applied but have been denied entry to the last three New York City Marathons (2003, 2004, 2005).
- Those who have completed a half- or full marathon faster than the qualifying time in a race since Jan 1, 2005, based on their age on the day of the qualifying race. (They made some of the qualifying times easier again this year, but they are still harder than Boston!)

Good luck to all who hope to run this year! Maybe we'll see you on the Essex bus Nov 5—along with Mike Wojcio, who hopes to make this his 100th marathon! —Mick Close

Training and Nutrition for
Effective Running and Recovery

The best way to train the body is to change one's focus throughout the year, said Catherine Stone Borkowski, a personal fitness trainer, professional runner, and aerobics instructor, during her presentation at the March meeting.

Borkowski likes to divide the year into three four-month segments, each focusing on a particular racing distance, with four weeks of transition between segments. The first segment focuses on track races, possibly 5Ks, or cross-training; the second focuses on five-milers through half-marathons; and the third focuses on the marathon.

Borkowski then further defined the three segments and provided four recommendations for planning how to take best advantage of them:

1. *Know your outcomes.* Focus on a few races and don't worry too much about the others.
2. *Map out a plan and write it down.* A person is more likely to stick to a plan if it's written, she said.
3. *See if the plan is working.* Constantly evaluate whether you're getting stronger and faster and are still interested in pursuing the goal.
4. *Make small changes one at a time.* Adjustments need to be made, she said, but don't panic if you have a bad race, though you may want to scrap your plans if you have had three bad races in a row.

During her talk, Borkowski emphasized weight training. She trains twice a week with weights during the running season and more often during off-season.

She focuses on the upper core muscles but doesn't ignore the lower. Weight training makes the muscles work more efficiently, which can lead to significant increases in speed.

In fact, from 1988 to 1998, Borkowski didn't run at all; she kept herself in shape by weight training. (Before that, she was an All-America track runner at the University of Arkansas.) Because of her weight training, however, she has enjoyed success as a masters runner, and she became national indoor champion in her age group in the 800-meter run and the mile.

Borkowski then talked about nutrition. The most important meal of the day, she said, is the one you eat after you've run. Make sure to get carbohydrates within 30 minutes of running and protein within 90 minutes. Don't wait until after you've finished the remainder of your workout and showered.

Borkowski's studio is Weight Shapers Plus in Butler. Her phone number is 973-838-9323, and her e-mail address is weightshapers@yahoo.com.

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.

What foods and drinks will keep runners healthy, powered up, and licking their lips? Tell us your secret recipes for appetizers, main dishes, desserts, drinks, and so on.

Please send 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).

2006 RACE CALENDAR: APRIL-JUNE

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

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	9:00a	Glen Ridge 5K	5K	973-672-2140	
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	9:00a	Easter Road Race (Ironbound, Newark)	5K	201-998-1872	
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	Essex Fells 5K	5K	973-226-7181	
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	9:00a	Nutley Chamber of Commerce 5K	5K	973-667-5300	NBGP: 500 pts
5/7	Sun	9:30a	Rumson Run	5M	732-842-5368	
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	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 (Saddle River County Park, Paramus)	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	9:00a	Run for Freedom (Newark)	5M, 1M	973-623-7247	NBGP: 5M (500 pts)
5/21	Sun	9:30a	Olmsted 5K (Weequahic Park, Newark)	5K	973-885-0280	
5/24	Wed	6:30p	Wyeth 5K (Madison)	5K	973-376-0231	NBGP: 500 pts
5/27	Sat	8:30a	Spring Lake Five	5M	732-449-3544	
5/29	Mon	8:45a	Ridgewood Run	10K, 5K	201-445-8638	NBGP: 10K (500 pts), 5K (500 pts)
5/29	Mon	9:00a	Mayor's Trophy 5K Run (Rahway)	5K	732-669-3600	
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	Rockaway Rotary Run	5K	973-664-2291	NBGP: 500 pts
6/3	Sat	9:00a	Stillwater Stampede (Newton)	5K	973-383-7933	
6/3	Sat	9:30a	Wayne AM Rotary Club 5K	5K	973-942-2063	
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	
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	8:30a	George Sheehan Classic (Red Bank)	5M	732-988-7725	
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	6:30p	Girls on the Run (Duke Island Park)	5K	908-296-2116	NBGP: 500 pts
6/12	Mon	7:15p	5000 Strides (Morris Township)	5K	732-381-0318	NBGP: 500 pts
6/16	Fri	7:15p	June Moon 5K (Colonial Park, Somerset)	5K	866-841-9139	NBGP: 500 pts
6/17	Sat	8:30a	Florham Park Jaycees 5K	5K	973-236-1280	
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	
6/25	Sun	5:30p	5000 Meter Lager Run (Montclair)	5K	973-748-0093	NBGP: 500 pts
6/29	Thu	7:30p	Sunset Classic (Bloomfield)	5M	732-381-0318	NBGP: 500 pts