



# KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 5

May 2006

Our 23rd Year

## PRESIDENT'S CORNER

Desmond Duncker

Spring has finally sprung, Daylight Saving Time has begun, and the cherry blossoms are out in the parks.

That means it's time for the spring marathons!

By the time you read this, many Essex runners will have run Boston and New Jersey and possibly other marathons.

As I was driving to Boston to pick up my race packet, I spent some time pondering, "Why do I run marathons?" When I finally arrived at the race expo, I realized to my surprise that the major sponsor, Adidas, had selected the same question as the theme for this year's race. Adidas had set up two huge walls displaying all the runners' race numbers and offering space in which everyone could write his or her reasons for running.

What did I write by my number? Two words: "It's fun!"

Now, you may start to question my sanity at this point, but hear me out.

I won't bore you with the details of my performance in this year's Boston Marathon, but I will tell you what made my weekend fun:

- Sharing a pasta dinner with Mick and Donna Close and Bob and Marian Gorman at Vinny T's, near the marathon finish line, the night before the race.
- Hanging out with Mick, Bob, and Chris Barnitt in the athletes' village.
- Taking a 26.2-mile running tour of neighborhoods in and around Boston.
- Taking that tour with 20,000 new friends—the other runners. They're always an interesting bunch!
- Being greeted and cheered by the spectators. There are no spectators like Boston Marathon spectators!
- Making the final turn, seeing the end a third of a mile away, and knowing that, no matter what, I'm finishing this race.
- Basking in the glow of a completed marathon while wearing a shiny new medal around my neck.
- Enjoying the post-race festivities. The dance floor at the Roxy was *packed* with runners and volunteers partying past midnight.

Yes, marathons can be fun!

*May ye gather 'round at ...*

### **ERC'S NEXT GENERAL MEETING! 7:30 pm, Monday, May 1**

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

#### **Our Speaker**

Steve Fleisig, an ERC member, on *Adventure Racing*. Since 1997, Steve has competed in more than 30 adventure races ranging in duration from 3 hours to almost 5 days. In this relatively new sport, teams of 2 to 5 people race nonstop while typically running/hiking, mountain biking, and paddling a wilderness course with the help of a map and a compass.

### **A Cross-Training Event**

Ray Smith, the owner of Montclair Bikery, has announced a local 3-mile run to benefit the nonprofit BikeMontclair and the Special Olympics. The Prudential Giro New Jersey Montclair Retro 3-Mile Run at Sundown (forever after called the Retro Run in these pages!) will take place on Thursday, May 25, at 8:30 pm. The 3-mile course, timed by CompuScore and sanctioned but not certified by USATF-NJ, will consist of three flat and fast 1-mile loops, starting and finishing on Bellevue Avenue at its intersection with Norwood Avenue. In addition, there will be an American Mile Challenge 1-mile run for men and women.

Awards go to the top 3 finishers overall and to the top 3 in each 10-year age group. And then there will be fireworks!

Also scheduled that day is a fair/festival featuring bike races, arts & crafts, entertainment, children's rides, and food.

BikeMontclair, which advocates for a more bicycle- and pedestrian-friendly environment, was awarded federal funding to create dedicated bike lanes in Montclair. The town manager hopes the work will begin this summer or fall.

Call Ray Smith (973-744-7252) for more information. Application available at [www.compucore.com](http://www.compucore.com).

## ESSEX RUNNING CLUB 2006

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Carl Sturcke . . . . . Treasurer  
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Elizabeth Simonetti . . . . . Membership  
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Donna & Mick Close

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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](http://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@  
yahoogroups.com](mailto:essexrunningclub@yahoo.com)

### ERC Clothing

Order club apparel from Sal Ulto:  
[sulto@att.net](mailto: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](mailto:jaworski@verizon.net)

## ***RUN FOR YOUR LIVES!***

On the foggy morning of Saturday, April 15, Jenn Hyres, Robert Stack, and I headed out to Reading for the Mt. Penn Mudfest 15K (the “Woodstock of Stupidity,” according to its race director), a gonzo trail run similar to the Ugly Mudder, which we survived in February (my Mudder report appeared in the April issue of *Keeping Track*).

The only reason I traveled to Pennsylvania to run 9.3 trail miles was to avoid the South Orange Rotary 5K that morning. No way was I gonna tackle the dreaded uphill first mile in that local race again! (That’s a little joke, of course, as there are plenty of quad busters in them thar Mt. Penn hills!)

For the second time, we had a navigation problem on our way to the race site. (I think Reading is called “Pretzel City” not because Bachman was founded there but because of the unique system of highways, streets, and signs in the area. It didn’t help that MapQuest and Google Maps provided two entirely different sets of directions.) Although we arrived exactly at the advertised start time, we were spared having to rush around too much—the race director took about half an hour to finish his stand-up comedy routine/course instructions.

It being the day before Easter, some runners were given raw eggs to carry from start to finish (these egg bearers were later rewarded with Godiva chocolates). Runners who picked up and brought back plastic eggs planted along the course received other prizes at the postrace party. Several participants came dressed or otherwise adorned for the occasion—pink shirts, rabbit ears, and a head shaved and decorated with what I hope was temporary paint. And, finally, there was the added distraction of an unattended jelly-beans-and-marshmallow-Peeps “aid” station. All in all, the theme on this wonderful spring day was colorful, in more ways than one.

The mud quotient (MQ) was higher for the Mudfest than for the Mudder but still not anywhere near slopworthy. Most of the mud was on the streambanks. Yes, we made four stream crossings, and there was no avoiding getting wet—the water came up calf-, maybe even knee-high. But on such a warm day (near 80 degrees), I welcomed the feel of the bracing cold water. I sloshed across each stream, carefully picked my steps up the bank to avoid sliding back down, and was on my way. Oddly, either my trail shoes drained and dried quickly, or I was soon oblivious to their being soggy. (They did acquire a funky aroma, but nothing that a thorough washing couldn’t exorcise.)

As with the Mudder, runners started wide before funneling onto single-track trail. I ran faster than usual to get ahead of as many people as possible—not for the sake of time but rather to avoid getting stuck behind slower runners and then wasting energy and risking injury trying to pass where there were few opportunities and little room to maneuver.

The first mile marker I saw was for mile 5 (time check, 53:00). I also saw the marker for mile 6 (66:00). I’ll give one guess as to the type of terrain in between. My remaining splits are a blur, but I finished in 1:44:57 (300th out of 568 runners). That amounts to an 11:18 pace—48 seconds faster than my pace over the shorter (7.25-mile) but perhaps hillier Mudder.

Robert finished in 1:35:13 (188th) and Jenn in 2:02:10 (446th).

Every finisher received a Mt. Penn Mudfest glass.

After having a bagel and water, I headed straight for the massage tables, kicked off my shoes and socks, took one of the wet towels provided to clean mud off, and enjoyed a 10-minute leg massage.

Yes, I injured myself that day, but only after crossing the finish line. Walking around a truck parked near the postrace festivities, I smacked my forehead on a low-hanging tree branch. I didn’t see the branch, didn’t even see the tree! It seems you can never let your guard down at these events!

\* \* \*

The next morning, Easter morning, I went for a “recovery trail run”—six miles on the (thankfully flat) Paulinskill Valley Trail in Newton. Thanks to Rick Pingitore for the invitation!  
—Chris Jaworski

*Upcoming trail races: Spring Morris Mauler 5K, Lewis Morris Park, Morris Township, NJ (Jun 4); Summer Solstice 5M, Kittatinny Valley State Park, Andover, NJ (Jun 23); Double Trouble 15K/30K (you choose the distance during the race—one loop or two), French Creek State Park, Morgantown (near Reading), Pa (Jun 25); Half-Wit Half-Marathon, Reading, Pa (Aug 13).*

## WEEKLY RUNS: SPRING 2006

Day	Time	Location/Run
Tue	6:30 pm	(▲) Trail Run (time will change to 7:00 pm on Jun 6)
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 6:30 pm & 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](http://groups.yahoo.com/group/essexrunningclub) and then send e-mail to [essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com).

### West Essex Trail Cleanup—Now May 6 at 9:00 am

The Apr 22 cleanup was canceled because of rain. Now we'll meet on Saturday, May 6, to return the trail to its pristine state ... and run. For directions and other details, see the April issue of *Keeping Track* or e-mail me ([jaworski@verizon.net](mailto:jaworski@verizon.net)).

### LACING UP FOR SUMMER: HOSTED RUNS & OTHER SPECIAL EVENTS

#### *More Details in Coming Issues of Keeping Track*

- **Thursday-Night Hosted Runs Begin Jun 1.** If it's May, it's time again to make plans for ERC's traditional summer group runs, hosted at 7:30 pm each Thursday in June, July, and August. Hosts plot a 3- to 6-mile out-and-back course and provide some light food afterward. Volunteer hosts are needed! If interested, write to Chris Jaworski ([jaworski@verizon.net](mailto:jaworski@verizon.net)). He'll add runs to the schedule and print the details in *Keeping Track*. Already reserved are Jun 29, Jul 27, and Aug 3 (see items below). Want to host a run but need help with preparation, cost, or location? Consider doing what others have successfully done—team up with one or more members, cohost a run, and share in the fun!
- **ERC Wine & Cheese Party, Fri, Jun 9, 7:30 pm.** Dr. George and Christa Studzinski will host this year's wine & cheese party, and for that we give thanks! This is a club-sponsored event (i.e., it's free, free, free). In a few weeks, you'll receive an invitation, directions, and a request to bring an hors d'oeuvre or a dessert. We ask only that you try to RSVP as early as possible (it's what cool people do).
- **Sunset Classic Postrace Party, Thu, Jun 29.** Phil's festivities follow Foley Field finish.
- **Interclub Challenge, Sun, Jul 23, 8:30 am.** ERC runners of all abilities will be showing up in droves as we attempt to wrest the trophies for this event away from our archrival, Clifton Roadrunners Club, and restore them to their rightful place, our grubby little mitts. The challenge, at times also involving Rose City Runners Club and South Hudson Spiked Shoe Club, is 3.3 miles in Brookdale Park (three 1.1-mile loops). To equalize the field, runners start at 30-second intervals, age- and sex-adjusted.
- **Smoke Rise/ERC 4-Mile Challenge, Thu, Jul 27.** A summer night, a run, a beach barbeque. Ahh!
- **Project Children 5K, Thu, Aug 3.** Hoist a brew at the Shillelagh Club in West Orange after this club race in South Mountain Reservation.
- **River to Sea, Sat, Aug 5.** Seven-person ERC teams cross New Jersey—92 miles west to east!
- **Three-Hour Team Track Relay, Sun, Aug 13.** In the morning, we'll meet Clifton Roadrunners Club and possibly South Hudson Spiked Shoe Club at Brookdale Park track and form intermingled teams of approximately 6 runners each. Teams will relay around the track and try to cover as many laps as possible in 3 hours. We hope you'll come to run or to help out with what is sure to be a fun and unique event—or come cheer everyone on and meet our neighbors in the New Jersey running community!
- **Smoke Rise Biathlon, Sat, Aug 26.** Swim. Run. Party at the beach.

### WELCOME NEW MEMBERS!

Kathy Canale . . . . . West Caldwell  
 Jaclyn Elkins . . . . . Montclair  
 Jim Enslin . . . . . North Caldwell  
 Peter & Susan Hughes . . . . . Glen Ridge  
 Laurie O'Connor . . . . . West Orange

### ERC CLOTHING

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

### 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. Low price! \$40. Please contact Sal Ulto for more information or for an order form with photos. Write to Sal at [sulto@att.net](mailto:sulto@att.net) or at 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](mailto:joelrun@aol.com).

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

### ERC DISCOUNTS HERE

#### Fleet Feet Sports

603 Bloomfield Avenue, Montclair  
 973-509-9707  
[www.fleetfeetmontclair.com](http://www.fleetfeetmontclair.com)

#### Montclair Bikery

127 Valley Road, Montclair  
 973-744-7252

#### Sneaker Factory

308 Millburn Avenue, Millburn  
 973-376-6094  
[www.sneakerfactory.com](http://www.sneakerfactory.com)

## AT THE RACES WITH MICK CLOSE

### USATF–NJ Teams

Our women picked up another 4 points in team competition for their strong 5th-place finish at the Cherry Blossom 10K.

They'll be back in action for the Open Women's 5K Championship at Run for Rachel (Sun, Apr 30).

Next up (Sun, May 7) is the Masters 5-Mile Championship for both men and women at the Our House 5-Miler.

Please contact Gary or me if you'd like to run on a team at either race.

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*

### Millburn Spring Run

We had a nice turnout at South Mountain Reservation (Sun, Mar 26). There was still a chill in the air, but the conditions were good for running. We had a lot of award winners, including Rick Pingitore, Charlie Slaughter, Rebecca Rossi, and Laura Gelman (all four won their age groups).

*2 Mile*  
20:36    Ginger Brock (1st in age)

*10K*  
36:17    Rick Pingitore (1st in age)  
38:55    Charlie Slaughter (1st in age)  
39:22    Larry Czaplewski (2nd in age)  
44:34    Rebecca Rossi (1st in age)  
44:41    Mike Kalthoff  
47:56    George McIntyre  
48:19    Laura Gelman (1st in age)  
48:56    Howie Brown  
49:51    Bill Wilde  
50:43    Heather Welch (3rd in age)  
50:44    Wayne Carlson  
52:10    Martta Rose (3rd in age)  
1:01:58    Dave Benfield  
1:06:36    Catherine Alessi

### Building Tomorrows 5K

It was warm and humid for this 5K race in Brookdale Park (Sat, Apr 1), but that was much better than last year's torrential rain. The course was a tough two loops around the park with a long uphill the second mile. Our women did especially well, with Rebecca Rossi, Deb McNally, and Laura Gelman turning in excellent performances.

21:38    Rebecca Rossi (5th overall, 1st in age)  
21:45    Mike Kalthoff  
23:08    Deb McNally (2nd in age)  
23:36    Laura Gelman (1st in age)  
24:47    Grant Van Invegen (8 years old)  
25:28    Greg Van Inwegen  
26:07    Andi Robik  
26:43    Ron Wolfson (1st with stroller)  
28:51    Bernadette Lancaster  
30:48    Elizabeth Percevault  
30:59    Ed Trieste  
32:08    Beverly Salerno (3rd in age)  
34:28    Jim Deliyiannis  
39:51    Rameka Whitehurst (ran with her mom)

### Ten Town Distance Challenge

There were 21 early risers for our sixth annual 14.5-mile trek through 10 different towns (Sun, Apr 2). Runners were rewarded with great company and a beautiful spring morning. This year's award of Ugly Socks went to top finishers Glenn Trimboli and Laura Gelman.

Many thanks to Phil Coffin for the great job organizing this event, Larry Hollander for opening Grove Pharmacy for the prerun meet-up, and Laura Messina for helping with the food.

Phil's muffins and Laura's fruit salad were postrun hits!

### Cherry Blossom 10K

Branch Brook Park looked spectacular as almost 600 runners took over its roads on Sunday, Apr 9. The blossoms were on display, and the sun was shining under clear blue skies. The only drawback was the brisk, cold wind in our faces the second half of the race.

In this USATF–NJ Women's Open 10K Championship, our teams finished 5th and 9th of 14. Top runners Jen Lanterman and Rebecca Rossi picked up age-group awards, as did Rick Pingitore and Charlie Slaughter for the men.

36:19    Rick Pingitore (1st in age)  
38:48    Charlie Slaughter (2nd in age)  
39:07    Larry Czaplewski  
39:52    Gary Peters (4th in age)  
42:42    Mick Close  
43:28    Larry Miller  
43:41    Mike Kalthoff  
44:35    Jen Lanterman (2nd in age)  
45:08    Rebecca Rossi (3rd in age)  
45:32    Malco Urzua  
45:34    Megan Brady  
46:14    Maria Imas  
46:18    Sharon Morrissey

47:54    Deb McNally  
48:09    Lynne Mortimer  
48:33    Howie Brown (4th in age)  
49:49    Tom Kelly  
49:58    Bill Wilde  
51:05    Chris Jaworski  
52:22    Andy Kotulski  
53:15    Martta Rose  
57:10    Ken Turner  
58:11    Robyn Silverman  
1:00:21    Donna Cataliotti  
1:01:23    Gloria Moore (PR by 4 minutes)  
1:05:15    Catherine Alessi  
1:10:33    Ginger Brock  
1:18:52    Jack Martin

### Marathon Update

Congratulations to club members who ran a marathon this past month—especially Sharon Morrissey, who won her age group with a great performance at the Ocean Drive Marathon. Good luck to everyone participating in the upcoming spring marathons.

#### *Ocean Drive Marathon, Mar 26*

3:44:47    Sharon Morrissey (1st in age)  
4:48:00    Mike Wojcio

#### *Boston Marathon, Apr 17*

3:22:53    Desmond Duncker  
3:25:27    Chris Barnitt  
3:33:44    Mick Close  
3:39:34    Bob Gorman  
4:13:26    Andy Kotulski (29th consecutive B!)

### Run for Rachel 5K

Now in its sixth year, Run for Rachel (Sun, Apr 30) features a mostly flat out-and-back course and some of the fastest 5K times of the year. This USATF–NJ Women's Open 5K Championship, which begins at the Memorial Oval in Livingston at 10:00 am, is another team event for our women.

### Our House 5-Miler

This race begins at 1:00 pm at the Village Green in Summit (Sun, May 7). As it's the USATF–NJ Masters Championship, we hope to have both men's and women's masters teams.

The course winds through residential streets with many rolling hills. The first half is mostly downhill, but there's a tough last mile back up to the finish.

In just a few years, this race has become popular for its long-sleeved shirts and fabulous random prize drawings.

### Gilda's Run 15K

This new race (Sun, May 21), which should be a good replacement for the Midland Run 15K, is being held in Saddle River County Park in Paramus. The course is advertised as a beautiful park trail, mostly flat with some rolling hills.

The race is a fundraiser for Gilda's Club of Northern New Jersey, which offers free support to people touched by cancer.

Gilda's Run is also one of the few nonchampionship category 3 races in the USATF-NJ Grand Prix.

### Other Races in May

Two local 5Ks kick off the month—the **Essex Fells 5K** (Sat, May 6) and the **Nutley Chamber of Commerce 5K** (Sun, May 7).

Mother's Day weekend features the **Newport 10,000** in Jersey City (Sat, May 13). This 10K promises to become a premier event. With a prime waterfront location and \$20,000 in prize money, it should attract many of the area's top runners. Also advertised are a new, flat and fast course; premium goodie bags; and entertainment and prizes.

Another interesting May 13 event is the **Midland Memorial Run**, a group run organized by the Raritan Valley Road Runners for anyone mourning the Midland Run. Just show up at the Far Hills train station at 9:00 am and run the old 15K course. Donations will be solicited for presentation to the Midland School.

**Run for Freedom**, usually a Mother's Day race, will be held a week later (Sun, May 21). The 5-mile course runs through the heart of historic Newark. This year the organizer, Integrity House, will honor the memory of Vince Carnevale by giving special shirts to all runners age 65 or older and awarding a \$300 prize to that group's male and female winners (age-grade ranking).

It appears that the organizer of the **Memorial Run Thru the Caldwell's 5K** has canceled the race because of two deaths in the family. The event (originally set for Sun, May 21) may be rescheduled for the fall.

Marking the start of the summer on Memorial Day weekend are two of New Jersey's most popular races, the **Spring**

**Lake 5-Miler** (Sat, May 27; registration now closed) and the **Ridgewood Run** (5K & 10K; Mon, May 29).

### Montclair Run 10K

This local race (Sun, Jun 4), very popular with ERC members, courses through flat, tree-lined streets and scenic Edgemont and Anderson parks. The start is at 9:30 am (a 2-miler begins at 8:30).

The Montclair YMCA organizes the morning's events, which include many children's activities (e.g., moon walk, games, music). Bring the family!

The Y is looking for volunteers. Anyone who is not running and wants to help can call Carol Kearney (Montclair YMCA, 973-744-3400). Carol has more information about the race, too.

Register at Fleet Feet Sports in Montclair or online at [www.active.com](http://www.active.com). Pre-race packet pickup is at Fleet Feet.

### Looking Ahead

June features two new club 5Ks. The **Portugal Day Run** in the Ironbound section of Newark (Sun, Jun 11) begins at 9:00 am. This USATF-NJ Masters Women's 5K Championship offers \$2700 in prize money.

The other 5K is the first ever **5000 Meter Lager Run** (Sun, Jun 25), which is to begin (5:30 pm) and end at Egan & Sons Brew Pub Restaurant on Walnut Street in Montclair. Proceeds from the race will benefit the PAWS animal shelter, and postrace refreshments will include Egan & Sons lager beer!

Two other June club races are the **President's Cup** in Millburn (Mon, Jun 19, 8:00 pm) and the **Sunset Classic** in Bloomfield (Thu, Jun 29, 7:30 pm).

The President's Cup is a fast and exciting two-lap 5K around downtown Millburn. The postrace party hosted by Charlie Brown's features Samuel Adams beer. This year's event will again be the USATF-NJ Open Men's 5K Championship.

The Sunset Classic is the very popular 5-miler that runs through Bloomfield and Glen Ridge and finishes on the track at Foley Field. All preregistered runners receive one of the event's famous collared shirts. This event replaces our usual Thursday-night group run that week.

## 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](mailto:essexrunningclub@yahoo.com)) or directly to the editor of *Keeping Track* ([jaworski@verizon.net](mailto: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.

## AT THE FINISH LINE

**St. Paddy's 10-Mile Race, Freehold Mar 19**  
*Rick Pingitore (1st in age) . . . . . 1:00:01*

**Ocean Drive Marathon, Cape May Mar 26**  
*Sharon Morrissey (1st in age) . . . . . 3:44:47*  
*Mike Wojcio . . . . . 4:48:00*

A logistical dream: race start at the tip of New Jersey, in the quaint town of Cape May ... baggage claim and shuttle services working without a hitch ... flat, well-marked course winding up the Jersey coast, through Wildwood, Stone Harbor, Avalon, and Sea Isle City ... temps always in the 40s ... and a course that's very easy for your fan club to follow.

The only glitches: guaranteed strong March coastal winds ... minimal crowd support ... and a tendency to go out fast while comingled with the 10-milers, who stop in Wildwood.

It may not be a PR marathon course, but, if you like the big-fish-in-a-small-pond atmosphere, Ocean Drive makes for a positive marathon experience and an enjoyable weekend.

—Sharon Morrissey

The March issue of *Keeping Track* showed us that Vince Carnevale was an inspiration to us all with his jokes and dedication to running. He kept going even when he had to walk in his later years. That's what many of my marathons are like now. Often I walk and jog those last 6.2 miles.

Ocean Drive Marathon was my 96th marathon. I ran from Cape May to Sea Isle City. The conditions were good. It wasn't as windy as last year. I finished in 4:48, exactly an 11-minute pace. I actually led the marathon for 14 miles, as about 20 of us slow runners were given a 55-minute head start. I found it funny that some spectators thought I was in the lead.

I ran my first 10 miles at about a 9:20 pace and the next 10 miles, about 11:00. I walked and slowly jogged the rest, at about 15:00 per mile.

Just past the 23-mile mark, Sharon Morrissey said hello as she flew by. Thanks, Sharon! She ran 3:44:47! (I remember having times like that about 20 years ago.) Congratulations to Sharon! I hope you run even faster in the future!

At the March club meeting, I collected many \$1 donations to be distributed to the Red Cross (50%), the Salvation Army (25%), and the Leukemia Association (25%). I want to thank everyone who gave \$1. If you didn't give then, and can now, please send \$1 to me, Michael Wojcio, 115 North 20th Street, Kenilworth, NJ 07033. I am trying to raise one thousand \$1 donations, and I really appreciate all the help!

This November, I'll be running my 100th marathon, in New York City, while carrying my two American flags, just as I've done in 90-plus marathons.

Thank you very much, and I hope all Essex runners stay injury-free! —Mike Wojcio

#### **MORE Women's Half-Marathon Mar 26**

<i>Susan Mello (qualified for NYM)</i> . . . . .	1:42:03
<i>Lynne Mortimer</i> . . . . .	1:50:13
<i>Aubrey Blanda</i> . . . . .	2:01:09
<i>Deborah Aromin</i> . . . . .	2:10:17
<i>Lisa Davis</i> . . . . .	2:34:28

I don't know who got the idea to hold a giant estrogen fest in Central Park, but it was a good one!

As usual for my Manhattan runs, I headed in at the crack of dawn to score a great parking spot near the finish. No, I can't reveal its location!

I had already picked up my chip, bib, and race bag at the marathon expo. Although this race was for women over 40, I was surprised the race bag contents really rubbed that fact in—samples of enzymes to aid digestion, vitamins to "reduce pain and stiffness," and, best of all, Nivea anti-aging treatment! There were also noninsulting items such as raisins and lotion. Okay, I'm over it, but I decided that in the future I will stick to races in which I can at least pretend I'm still 20.

The More half-marathon (8:00 start) was run by two-women teams (one woman must be at least 40). About 3500 women ran the half. The Marathon (8:20 start) was for women over 40.

According to NYRRC, the more challenging course is the half-marathon—two loops with major hills. The full course diverged from the half a few times, eliminating some tougher hills, but still there were four hard loops around the park.

The course was well organized, and there was a water-and-Gatorade stop at each mile. Many supporters cheered along the way. At one point, I began to walk, and several people started and kept yelling that I should keep moving, that I would reach a big downhill slope very soon. Nothing motivates like being embarrassed!

Sponsors provided nice postrace refreshments, free samples (more antiaging stuff), and entertainment. I didn't stick around very long, so I missed my opportunity to meet Cheryl Ladd of *Charlie's Angels* fame. Bummer.

The best thing about this all-women's race was the cleaner than usual portapotties.

My goal in running More was to evaluate my endurance after almost 6 weeks off. I felt okay the first 7 miles. The last 6 were a struggle, and not just my leg. I felt heavy, wooden, and slow, though I still managed to finish 3 minutes faster than my PW on the course. —Aubrey Blanda

#### **Indian Hills 15K, Middletown Apr 2**

<i>Charlie Slaughter (3rd in age)</i> . . . . .	1:01:34
<i>Chris Jaworski</i> . . . . .	1:24:03
<i>Jennifer Hyres</i> . . . . .	1:34:56

#### **Glen Ridge 5K Apr 8**

<i>Desmond Duncker (2nd in age)</i> . . . . .	19:56
<i>Tom Daniels (3rd in age)</i> . . . . .	21:24
<i>Laura Gelman (1st woman)</i> . . . . .	22:16
<i>Mike Kalthoff (pacing son Rees, 26:20)</i> . . . . .	26:17

A few of us who couldn't make the Cherry Blossom Run went for the Glen Ridge 5K. As predicted, the rain fell, and the temperature stayed down, at 40 degrees. I ran most of the race with two kids: I was beaten by the 13-year-old but came in 27 seconds ahead of the 12-year-old. My son, Desmond Jr, finished in 22:23, despite not running very often! —Desmond Duncker

#### **Thomas G. Labrecque Classic, NYC Apr 9**

<i>Peter Connell</i> . . . . .	27:08
<i>Aubrey Blanda</i> . . . . .	33:19
<i>Eileen Percevault</i> . . . . .	36:12

What a gorgeous day for this 4-mile race in Central Park! It was nippy at first, but the sun warmed things up for the 9:00 am start.

This race is held to raise awareness of lung cancer and to benefit lung cancer research. An announcer stated that about 50% of all people diagnosed with lung cancer are not smokers, and most of those have never smoked.

About 7000 people ran or walked. Runners who picked up their chips before the start had the opportunity to write the names of friends and loved ones on a card, which they wore during the race. I saw many participants wearing signs that read *Cancer Survivor* or *Running for Mom*.

I decided that I too would dedicate this race to my friends fighting cancer, and to my mother, who fought but lost the struggle in April 2001. On my card I wrote, *I'm running for Donna Close and Harriet Birzon*. A race volunteer pinned the card to the back of my shirt. With motivation like that, I'm not surprised that I PR'ed by 54 seconds! Hey, Donna, thanks for the good energy you must have sent me—it sure helped!

—Aubrey Blanda

#### **South Orange Rotary 5K Apr 15**

<i>Charlie Slaughter (1st in age)</i> . . . . .	18:46
<i>Eric Stadnyk (PR by 1:50!)</i> . . . . .	20:09
<i>Lynne Mortimer (2nd in age, course PR)</i> . . . . .	23:19
<i>Martta Rose (1st in age, course PR)</i> . . . . .	25:21
<i>Catherine Alessi (course PR)</i> . . . . .	29:34
<i>Jim Deliyiannis</i> . . . . .	34:58

Today took the prize for most beautiful weather in 2006 so far! Driving to the race, I remarked to Catherine that we might end up running through fog. It was thick as soup! By the time we reached South Orange Avenue, however, it had cleared up. The sun came out, but it was still nippy.

I was debating whether to run with my windbreaker. By 8:45, 15 minutes before race time, temps were climbing into the 70s, and my decision became easy. There was even a little spring humidity in the air—but nothing to prevent our Essex folks from having spectacular runs!

We chalked up several course PRs, one amazing overall PR, and several place awards. This is especially significant because, as anyone who has ever run the South Orange Rotary knows, this is not an easy course, especially with the first mile being all uphill. —Martta Rose

It was a great day for a race indeed. My previous 5K PR was 21:59 at President's Cup in 2004. As I hadn't run a 5K in such a long time, I was hoping to break 21 at South Orange. Now I'm sorry I didn't pull off a sub-20! It must have been that "fast course" Mick mentioned ... or maybe just wearing the Essex singlet again. In any case, it was great to see some familiar faces again, and congrats to those who took home awards!

—Eric Stadnyk

#### **Mt. Penn Mudfest 15K, Reading, Pa Apr 15**

<i>Chris Jaworski</i> . . . . .	1:44:57
<i>Jennifer Hyres</i> . . . . .	2:02:10

Race report on page 2.

#### **Boston Marathon Apr 17**

It was an exciting weekend in Boston. The first official "Essex function" was dinner at Vinny T's near the finish line. This is a great place to carbo-load, as was evidenced by the fact that Des, Mick, and I were unable to finish the huge portions. Marian and Donna were similarly portion-challenged. We all enjoyed the meal, and it was nice to relax together before Monday's race.

The next scheduled function was meeting in the athletes' village. This year there were two waves and two separate villages. Chris, Des, Mick, and I were in the first wave, so we passed the time together in the Blue start village taking the requisite group photo at the *Welcome to Hopkinton* sign. Desmond tried to meet all the women running the race the morning before, but officials did not let us pass over to the Red start village, so I think he met only half. I gave him my postrace dance ticket in case he got two dates or invited a nonrunner. Still waiting for that recap.

Des and I compared our Garmin GPS devices (he has the newest model). I inadvertently left my pacing charts in my hotel room (got dressed in the dark so my cheering section would be well rested). Des pointed out that I

could use the “virtual training partner” as a pacing aid, but that if I turned the unit off I might have to reprogram the whole thing. Well, he was right. I turned the unit off to conserve battery power and then restarted it as Mick and I crossed the starting line. About 5 minutes into the race, I tried to check the pace with the training partner only to realize I had to reprogram the thing on the run. When I got to the last step and hit *done*, the clock restarted. I tried to keep track of my chip time being 6 minutes or so behind the race clocks, and my clock being 5 or 6 minutes off that, but I decided it would be easier just to run with Mick and let him set the pace.

We had a good 17 miles together. Many spectators cheered us on in our Essex singlets. Two people asked if we were from Essex, England. Mick answered, “No, we’re from New Jersey.” They probably would have believed us if I had done the talking.

Somewhere after mile 17, nature called. It had been calling for about 10 miles, but now it was really time to stop. I didn’t see it happen, but a wheel must have come loose at that pit stop. Shortly after that, in the Newton hills, at least one wheel fell off, and I never saw Mick again.

My wife called my cell phone to give me her location at mile 22, near Boston College, and we coordinated a meeting there. I checked in with friends and family around the country and tried to enjoy or at least get through those final miles. That helped a lot. Eventually I lost track of my real pace and real chip time. I called Laura M, who I knew was at her computer checking race progress, to ask what my final chip time was.

After the race, I took the subway back to Harvard, where we stayed. It was nice of the old ladies to give up their handicapped seats for me. I don’t think it was the Mylar blanket that did it; the Frankenstein walk earned me those seats.

Now it’s time for some relaxed miles at the Jersey shore. Maybe at the end of the week.

—Bob Gorman

It was great to be back in Boston this year and a lot of fun to spend time with the other Essex/Grove runners at the pasta dinner Sunday night and before the race on Monday. Perhaps one year we can get a much larger crowd up there!

This was my 25th marathon (not counting the ones I did with Donna and Lisa) and my 7th Boston. It was also my slowest, but only about a minute off last year. Special kudos to Desmond on another great run as the club’s top finisher and to Andy Kotulski for his 29th consecutive Boston. I remember first meeting Andy at my very first Boston Marathon back in 1988, and it’s hard to believe he’s run it every year since then!

Here are some highlights and memories:

— There were almost 20,000 finishers, the most ever except in 1996 for the 100th running, when there were about 35,000. The Kenyans won both the men’s and women’s races. They also had 4 men in the top 10. However, there were also 5 US men in the top 10, including 3rd, 4th, and 5th. On the flip side, there were no US women in the top 10—though Deena Kastor sure made an

impression winning the London Marathon the following Sunday with a new American record of 2:19:36! At Boston, the men’s winner squeezed out a course record (2:07:11) by just 1 second!

— The weather (temperatures in the 50s, partly sunny, and little wind) was much better than in recent years. There were no thoughts of catching a train in Framingham or Natick this year!

— There was a new start designed to resolve some of the overcrowding and other problems in the village of Hopkinton. “Potty police” patrolled the area, too. The two waves of runners (10,000 in each) started a half-hour apart, at noon and 12:30. Everything seemed to work smoothly.

— Instead of clock time, chip time was used as official race time. This change was needed to accommodate the new two-wave start.

— The only real problem in our staging area at the high school was that bathroom lines became very long as we got closer to start time.

— A local 17-year-old singer from *American Idol* entertained the crowd in our area. She had a great voice but goofed at the end when she wished everyone good luck whether running the quarter, the half, or the full marathon!

— Dr. Bob and I started in the last section/corral of the first wave. It was 3 or 4 minutes before we started moving and just over 6 minutes before we crossed the starting line. Surprisingly, our first mile of just staying with the flow of runners was at an 8:03 pace. The steep downhill and the seeding of runners based on qualifying times helped everyone get off to a very quick start.

— It was fun to run the first 16+ miles with Dr. Bob, especially since in 2004 we had run over 25 miles together at Philly, where we both qualified for Boston. It was amazing to watch Bob play with all his electronic devices during the race. When he’s not checking his Garmin, he’s either speaking on his cell phone or text messaging.

— As we left Hopkinton and entered Ashland, Dr. Bob commented that we really shouldn’t have any problems running through eight towns that day, as both of us had completed the Ten Town Distance Challenge only two weeks earlier.

— A slight course change in the last mile introduced a new hill into the race. At the 25.4-mile mark, runners were diverted off Commonwealth Ave and down an underpass so Mass Ave could be kept open to help offset some of the traffic problems near the finish. This course change wasn’t as bad as I had expected.

— For crowd support, I definitely have to give the edge to Boston over New York, although maybe Boston fans were all juiced up after the Red Sox comeback win in the bottom of the 9th with 2 outs and a walk-off home run. I felt I was being carried the last 10 miles, from when we hit the Newton hills all the way to the finish line. Plus, there’s nothing like running past Wellesley just before the halfway mark. One of these years, I may just have to stop.

— Despite all my hill training at the reservoir and on Bradford, my quads took a beating and were sore for days after the race. Remind me to do more downhill training next time!

— Boston still has 10-year age groups, so my step up to 55 didn’t really help me much!

— If you’re trying to qualify for Boston, you might consider Chicago and Philly, the two races that produced the most Boston qualifiers. Then again, Austin in February was rated best for fast times, so maybe we should all try to join Howie Brown there next year.

— At the expo, Adidas gave out a nice poster inscribed with the names of all 20,000 runners and showing a photo of the 2006 finish line with the quotation: “Three words every runner lives to say: I finished Boston!”

Hope to see you there next year!

—Mick Close

**Dash for Organ Donor Awareness Apr 23**  
*Catherine Alessi (PR)* . . . . . 58:56  
Every April, my family and I volunteer and participate in the Dash for Organ Donor Awareness in Philadelphia.

The Dash’s 5K and 10K runs and 3K walk are held to increase awareness of the critical shortage of organ and tissue donors and to raise funds to support public education programs organized by the Gift of Life Donor Program.

The Dash is quite an event—with more than 3000 runners, live music, and large cash prizes and gifts donated by corporations and local businesses supporting this great cause.

Race refreshments are plentiful—boxes and boxes of oranges, bananas, protein bars, beverages, and, of course, my favorite, those famous Philadelphia pretzels.

This year, after the rain subsided, runners took off as usual from the steps of the Philadelphia Museum of Art. They continued on the pleasant, scenic course along the banks of the Schuylkill River. Trees and flowers were in full bloom. Running along West River Drive while watching the Schuylkill River regatta was exciting, and I finished my 10K in 58:56, a PR!

But that’s not why this event is so special to me. I ran for my niece Katie. Seven years ago, at age 13, Katie received a liver transplant, and our prayers were answered. Katie is 20 years old now, but she wouldn’t be alive today if it weren’t for the Gift of Life Donor Program.

At least 17 people die every day because an organ is not available. Thousands of people are on transplant lists, but only a small percentage will receive an organ. This is mainly because organ donation is not sufficient to meet the need. It’s hoped that more people will become organ donors. I can think of no greater memorial to a lost loved one than to have him or her live on through someone else through organ donation.

Check the Gift of Life Donor Web site ([www.donors1.org](http://www.donors1.org)) for more info about the Dash.

I would love to see some ERC members run the 5K or 10K next year. My brother and sister-in-law always throw a great postrace luncheon, and ERC members are welcome to come!

**Leatherman’s Loop 10K Trail Run, Apr 23**  
**Cross River, NY**

*Rick Pingitore (5th overall, 2nd age)* . . .44:40:65

*Wayne “Jeremiah” Carlson* . . . . . 59:23:50

*Chris Jaworski* . . . . . 68:30:86  
Race report next issue.

## Annual Awards Banquet

Everyone seemed to enjoy the ERC Awards Banquet, held this year at Church St. Café in Montclair on Monday, Apr 3. Guests were treated to a nice buffet of appetizers, pasta, salad, and carrot cake while applauding some of our top runners from 2005 and other members deserving of service awards and other special recognition.

Emcees Desmond Duncker and Anne Chesny did a terrific job. Many thanks to them and the other Awards Committee members, who have the difficult task of picking the winners. The club had another great year in 2005, with so many people deserving of awards.

Most of our running awards are now based on age-graded PLP (performance level percentage) rather than fastest times. This new system is fairer, as it puts older runners on a par with younger ones. Our using this system would not be possible without the efforts of Mark Frankel, who tabulated race results and calculated many PLPs.

Only race results printed in *Keeping Track* are considered for awards each year, so remember to e-mail your finishing times to Chris Jaworski (jaworski@verizon.net) or mail them to the ERC post office box. Who knows? Maybe you will be our next Rookie of the Year or winner of one of our other awards next year. —Mick Close

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### ESSEX RUNNING CLUB 2005 AWARDS

<5K, Randy Miller

5K, 5 Mile, 10K, 10 Mile, & 15K, Charlie Slaughter

10K, Gloria Averbuch

20K, Half-Marathon, or 18 Mile, Jennifer Lanterman & Dr. George Studzinski

Marathon, Desmond Duncker & Sharon Morrissey

Interclub Challenge, Rebecca Rossi & Charlie Slaughter

Track & Field Athlete of the Year, Rollin K. Deas

Multisport Athletes, Anne Chesny & Jean Zignorski

USATF Runners of the Year, Rebecca Rossi & Charlie Slaughter

Cheerleaders, Anne Chesny, Paul Maloney, Laura Messina, Randy Miller, & Joan Szabo

Supporting Business Awards, Joel Pasternack, Fleet Feet Sports, Grove Pharmacy, Just Jakes, & PIP Printing

Julia Child Memorial Awards, Val Kenny & Laura Messina

Newsletter/Journalism Award, Mick Close

Marco Polo Awards, Aubrey Blanda & Robert Lewin

Sally Sammon Awards for Courage in the Face of Hardship, Donna Close & Karen Mishler

Larry Hollander Award for Club Service, Mark Frankel

Rick Derella Award for Community Service, Tom Malanga

Purple Heart & Comeback Runner Awards, Chris Jaworski

Most Consistent Runners, Sharon Morrissey & Gary Peters

Youth Runners of the Year, Rollin K. Deas & Marissa Peters

Lifetime Service Award, Anne Chesny

Vince Carnevale Lifetime Achievement Award, Dr. George Studzinski

Most Improved Runners, Martta Rose & Eric Stadnyk

Rookie of the Year, Jennifer Lanterman

Runners of the Year, Tom Kelly & Lynne Mortimer

## Running and "Ruggles"

Martta Rose

There are as many reasons to run as there are runners, I suppose, but I've never met a runner who didn't *enjoy* running. Whether you've run a marathon in all 50 states, have run for 30 years, or just completed your first 5K, the thing that all runners have in common is a love for the sport.

Try explaining that to my nonrunning friends and family! (I affectionately call nonrunners *Ruggles*, a nod to the non-magical *Muggles* in the Harry Potter novels.) Don't get me wrong, most of my friends and relatives (the ones I still speak to anyway) support and encourage what I do, but more often than not I hear things like, "The only time I'll run is when someone is chasing me."

My dear mother told me years ago that if I ran track, I would get muscles in my legs. Heaven forbid!

And then there's the portly relation who asked me why I run so much. "Because it allows me to eat what I want." Patting his rotund belly, he replied, "I already eat whatever I want, and I don't have to run for it."

In 2002, I excitedly told a friend that I completed my first half-marathon. Without missing a beat, he asked, "What happened to the other half?" I *think* he was kidding.

I've also been asked, "You run in this cold weather?" "You run in this heat?" "You run in this rain?" Yes, yes, and yes!

I have a nephew who's an orthopedic surgeon. While some part of me likes to think he's proud of his aunt, he always *tsk-tsk*s me when I tell him some of the distances I run. "You keep that up, and you'll be coming to see me in a few years, and it won't be for a social visit," he once said.

The kid (he will always be a kid to me) has a point, as more than half his patients, he says, are athletes or former athletes. But, you know, you can end up in the orthopedist's office after having spent your life as a couch potato, too. That said, I prefer my life off the coach and on the roads.

Running is as much part of my life's routine as brushing my teeth is, though running is much more pleasurable and far less routine. Yes, there are risks (to joints, tendons, muscles, vertebrae, etc.), but that can be said of anything that's worth pursuing. The benefits far outweigh the little aches and pains I may encounter along the way.

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### POETRY CORNER

Donna Close

*Open Windows*

When you live behind closed doors,  
Open windows  
To watch runners pass by.

*Electrified Breath*

Electrified breath,  
Toasty warm inside my chest,  
Jolts the finish line.

*Leads Me to Where?*

His breath, my breath  
Leads me to where love must go  
On roads that rattle bones.



## Even His Blisters Have Blisters

# After 562 Marathons, Andy Kotulski Still Finds the Next as Exciting as the Last

Dave Caldwell

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Andy Kotulski said he had never run through so much water in his life. Considering that he has run in 562 marathons, that's really saying something. The rain had started the day before, and stretches of the course were under water up to his knees.

Mr. Kotulski, lanky and lithe even at 66, slogged on. Then the steady rain turned into a downpour on the island of Hawaii last month, slowing him even more. But Mr. Kotulski does not pay as much attention to the stopwatch as he does to his surroundings.

Soon enough, he was treated to a joyous sound.

"The streams were roaring like freight trains," he said, smiling. "Gosh, it was unbelievable."

And that is why Mr. Kotulski runs on.

He plans to run Monday in the 110th Boston Marathon. It will be his 29th consecutive "Boston," as marathoners like to refer to the race. But his next marathon may as well be his first, given his enthusiasm.

"People who go to Boston have come to run," he said over coffee one recent afternoon. "It's good to get high fives from the crowd and everything, but you want to go there and do your best. Most of the people who run there really let it all hang out."

Mr. Kotulski, who lives here in Montclair, will consider himself fortunate to finish the marathon in four hours—almost double the probable winning time. But he expects to finish, and for a man who has diminished lung capacity and leaky heart valves, he says he will be happy to finish strong.

"Some guys golf on Sundays," he said. "I run marathons."

A former smoker who once inhaled two packs of Pall Malls a day, Mr. Kotulski has run marathons all over the world and at least 5 in each of the 50 states.

His first was the 1977 New York City Marathon, which he was so delighted to finish that, as he said, "I wanted to turn around and run the other way."

Mr. Kotulski continued to run after he nearly died following a marathon in Moscow on Sept. 9, 2001. After the race, he went to St. Petersburg to do some sightseeing.

He rose from a park bench to walk back to his hotel the afternoon of Sept. 11 when, in his words, "the air just went out of me." Eerily, he said, his illness came at about the same time as the World Trade Center towers were destroyed.

He became violently ill and had to remain in his hotel for a week. With the help of a college student whom he had hired to give him a ride from the airport, Mr. Kotulski, using a wheelchair, left Russia.

Eventually, he made it to the Port Authority Bus Terminal in Manhattan to catch the last bus of the day back to his home. He said, laughing at his persistence, "I just didn't want to die not at home—what a strange thing."

He ended up in the emergency ward at Mountainside Hospital in Montclair. A bacterial infection of undetermined origin had led to double pneumonia. He was told that his organs were shutting down. A priest administered last rites.

But he made it through the night and stayed at the hospital for a couple of weeks. One day, he got up to look at himself in the mirror and saw his bones through his skin. He tried to walk but could take only one or two steps. He was eventually discharged, and a doctor weaned him off heavy doses of antibiotics. Mr. Kotulski started walking two blocks to get the newspaper. Then he started running again.

"I'd run two steps today, and I'd say, 'Let's give 'em hell tomorrow and go for three,'" he said.

Because no one told him he could not run, he ran the Boston Marathon in April 2002—seven months after the marathon in Moscow. He completed the course in 3 hours 55 minutes, only 16 minutes slower than his time in the 2001 Boston Marathon.

"It took a while for him to get back, but not nearly as long as I thought it would," said Bill Mishler, a Bloomfield resident and a friend of Mr. Kotulski's who has run in a mere 65 marathons.

Mr. Kotulski, a native of Chicago who moved to New Jersey in 1976, said he had missed so much work after his infection that he "got retired" from his job as an engineer for a cryogenics company. That was fine, in a way. He had more time to run. As Mr. Kotulski, who lives alone and has no wife or children, says, "I'm married to my running."

He began hitting the streets in the late 1960's and became good at it, posting marathon times well under three hours. One year, he ran 52 marathons. He compiled a remarkable streak in which he ran at least four miles every day—for 26 years.

"I'm not really addicted to running marathons," he said. "I just like to do races in different places."

He runs now because he always has. He considers a run of any length to be challenging and therapeutic. Mr. Kotulski does not always feel like running every day, but he is almost always glad he did. He can chase the blues with a good run.

"It's tough to cry and run at the same time," he said. "Things are not that bad after you finish a run, no matter what the problem is. It's just a matter of taking the first step."

Other than occasional aches and pains, he has not injured himself running. His knee and ankles have been resilient, and he has a theory that weekend warriors are more susceptible to injuries because they often pick up a sport and put it down.

Mr. Kotulski started running when long-distance runners were pretty much on their own. There were no sophisticated running shoes or books or advice to be had. In his early 40's, he ran 80 to 100 miles a week and bicycled another 80 to 100 miles a week.

"Some days it is tough, but I think a runner knows that 99 times out of 100, once you walk out that door, you're good to go," said Tom Fleming, an acquaintance of Mr. Kotulski's who is the track coach at Montclair Kimberley Academy. "You don't have to go to Yankee Stadium for this. Every day, Yankee Stadium is at your front door."

Mr. Fleming has run in 63 marathons. A two-time winner of the New York City Marathon, he stopped running marathons when he could not win. He admires runners like Mr. Kotulski because they are persistent and patient.

"His passion is what other people would consider as hard work," Mr. Fleming said. Because of the Boston Marathon's prestige, a runner must post a qualifying time, and Mr. Kotulski has insisted on posting his time in the previous year's race. "Bostons" are not easy races in which to post a qualifying time. The course is notoriously hilly.

But Mr. Kotulski plans to keep returning. He is one of 38 members of the Quarter-Century Club, whose members have active streaks of running in the Boston Marathon at least 25 years in a row.

"It's like coming home again," said Ronald Kmiec, a 63-year-old concert pianist from Carlisle, Mass., who is the president of the club. "At this point, it's like a labor of love. For lack of a better term, it's a trip to Mecca for us."

That trip for Mr. Kotulski begins late each afternoon at his front doorstep. Sometimes, he tells himself that he will run down to the traffic light and turn around if he does not feel like running.

"But it's never felt that bad," he said. "It just gets better."

## 2006 RACE CALENDAR: MAY & JUNE

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

5/6	Sat	9:00a	Essex Falls 5K	5K	973-226-7181	
5/6	Sat	9:00a	Xercise 5K (Chatham)	5K	732-381-0318	NBGP: 500 pts
5/6	Sat	9:00a	Revlon Run/Walk for Women (NYC)	5K	212-379-3199	
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	11:00a	Madison High Five	5K	973-966-5584	
<b>5/7</b>	<b>Sun</b>	<b>1:00p</b>	<b>Our House 5 Miler (Summit)</b>	<b>5M</b>	<b>732-381-0318</b>	<b>NBGP: 700 pts</b>
5/13	Sat	8:30a	Newport 10,000 (Jersey City)	10K	732-381-0318	NBGP: 500 pts
5/13	Sat	9:30a	Fairfield Recreation 5 Mile Run	5M	973-882-2745	
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	
5/17	Wed	6:30p	Wall Street Run (NYC)	5K	212-860-4455	
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	
<b>5/21</b>	<b>Sun</b>	<b>9:00a</b>	<b>Gilda's Run (Saddle River County Park, Paramus)</b>	<b>15K</b>	<b>732-381-0318</b>	<b>NBGP: 500 pts</b>
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	973-623-7247	NBGP: 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
5/25	Thu	8:30p	Montclair Retro Run	3M	973-744-7252	
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	Roseland Run for the Roses	5K	973-226-6552	
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	
<b>6/4</b>	<b>Sun</b>	<b>8:30a</b>	<b>Montclair Run</b>	<b>10K, 2M</b>	<b>973-744-3400</b>	
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	9:00a	NYRR 48th Anniversary Run (NYC)	4.8K	212-860-4455	
6/4	Sun	10:00a	Spring Trail Run (Hartshorne Woods, Monmouth)	7.2M	732-578-1771	
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	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)
<b>6/11</b>	<b>Sun</b>	<b>9:00a</b>	<b>Portugal Day Run (Ironbound, Newark)</b>	<b>5K</b>	<b>973-589-7878</b>	<b>NBGP: 700 pts</b>
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
6/14	Wed	6:00p	Flag Day 5K (Basking Ridge)	5K	908-630-3522	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	8:00a	Father's Day Fight Against Prostate Cancer (NYC)	5M	212-860-4455	
6/18	Sun	9:00a	Father's Day 5K (Edison)	5K		
<b>6/19</b>	<b>Mon</b>	<b>8:00p</b>	<b>President's Cup Night Race (Millburn)</b>	<b>5K</b>	<b>973-376-6094</b>	<b>NBGP: 700 pts</b>
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	8:00a	Jen & Jack Race for Freedom (Somerville)	5K	908-722-0200	NBGP: 500 pts
6/24	Sat	9:00a	Lesbian & Gay Pride Run (NYC)	5M	212-860-4455	
<b>6/25</b>	<b>Sun</b>	<b>5:30p</b>	<b>5000 Meter Lager Run (Montclair)</b>	<b>5K</b>	<b>973-748-0093</b>	<b>NBGP: 500 pts</b>
<b>6/29</b>	<b>Thu</b>	<b>7:30p</b>	<b>Sunset Classic (Bloomfield)</b>	<b>5M</b>	<b>732-381-0318</b>	<b>NBGP: 500 pts</b>