



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 6

June 2006

Our 23rd Year

PRESIDENT'S CORNER

Desmond Duncker

It may come as a surprise to many of you that the Essex Running Club is changing venues for its monthly meetings.

The June meeting is our last at Just Jake's, and July is our first at Church Street Café, just a couple blocks away and the site of our April awards banquet.

For years we've struggled along with various inconveniences at Just Jakes—bar, kitchen, and television noise; limited space; wait-staff interruptions; and cigarette smoke.

But there's been one other problem. Just Jakes has been costing the club a considerable amount beyond what we've been collecting from meeting attendees.

Many of you were impressed with Church Street Café and told us so. Lynne Mortimer then met with owner Greg Spinelli to discuss our continuing needs, and it soon became clear that we were on the right track. Thanks, Lynne!

Less noise, more space (even more with an easy move downstairs), fewer or no interruptions, no smoke (gone from Just Jakes now too), and a healthier, buffet menu all went into our decision to pull up stakes. Also, Church Street's lower meeting charge and BYOB (bring your own booze) setup will allow us to minimize the club's monthly financial loss *even as we lower members' per-head charge to \$5.*

I am looking forward to Church Street Café. As with all new things, there will be kinks to be worked out, so be sure to pass along any suggestions you might have.

But remember, June's meeting is at Just Jakes!

NOTES & REMINDERS FOR JUNE

• **Jun 1: Thursday-Night Hosted Group Runs Begin.** ERC's traditional summer group runs kick off at 7:30 pm each Thursday, June through August. Volunteers are still needed for Aug 24 and 31 (see schedule, p. 3). If you can help, contact Chris (jaworski@verizon.net, 973-743-6965).

We also encourage you to come out to run and socialize at the other hosted runs on the schedule—it's all great summertime fun with your ERC friends!

Hosts plot a 3- to 6-mile out-and-back course and provide light food afterward. You can begin a run at a park, a track, a trail, your home, or anywhere else you'd like, and serve refreshments in a picnic area, on bleachers, from the

O, my Luve is like a meeting, / That's newly sprung in June

ERC'S NEXT GENERAL MEETING! 7:30 pm, Monday, June 5

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

Our Speaker

Aidan Walsh, distance coach at Fairleigh Dickinson University and 2005 winner, Ashenfelter 8K Classic, on his experiences as a runner and *How to Run Faster!* Aidan has won many races, holds the course record in the Ridgewood Elite mile, and placed 4th in the 2004 Irish Olympic trials. Best 1500 meter: 3:43! Best mile: 3:59!

trunk of your car in a parking lot, or even from your kitchen table. Refreshments need not be elaborate (e.g., bagels A-OK). Want to host a run but need help with preparation, cost, or location? Perhaps cohost with another member!

• **Jun 2 (RSVP) & Jun 9 (ERC Wine & Cheese Party).** We have enough desserts, so if you are going to RSVP to attend, please offer to bring an appetizer. If your RSVP card won't arrive by Jun 2, call George or Christa Studzinski (973-283-8664) or Catherine Alessi (973-984-0400 x200).

• **Jun 3: Cedar Grove's Clean Sweep Day.** Local organizations will be giving their time to clean up parts of Cedar Grove on this day, and ERC will be tackling a section of the West Essex Trail. Meet at the side of the Municipal Building (next to the Post Office on Pompton Ave) at 9:00 am. Please consider joining us (especially if you're a Cedar Grove resident). Free T-shirt to each volunteer. More information from mickclose@aol.com, 973-857-3612. —Mick Close

• **Jun 4: Montclair Run.** Club race (see p. 4 for details).

• **Jun 5: Warmup Jackets at Meeting.** The jackets are ready and can be obtained from Sal Ulto at the meeting. Or, e-mail him (sulto@att.net) to arrange other pickup.

• **Jun 6: Tuesday West Essex Trail Runs.** Beginning today, we'll meet at 7:00 pm. More daylight guaranteed!

• **Jun 29: Sunset Classic Postrace Party.** Phil & Laura's festivities follow Foley Field finish (see pp. 3 & 4 for details).

ESSEX RUNNING CLUB 2006

Officers

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Carl Sturcke Treasurer
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ERC Hall of Fame

Vince Carnevale 1995
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Postal Address

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

ERC Online

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

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

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

ERC Clothing

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

Speakers

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

Newsletter: Keeping Track

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

RUN FOR YOUR LIVES!

To help enhance your experience today—to appreciate the beauty all around you—here is a simple meditation/mantra adapted from the Navajo and Irish traditions. Say it as you run—it will give strength to your legs and courage to your heart.

Beauty before me as I run ... Beauty behind me as I run ... Beauty below me as I run ... Beauty above me as I run ... Beauty beside me as I run ... Beauty within me as I run ... I see beauty all around ... In beauty may we walk ... In beauty may we see ... In beauty may we all be

This starting-line blessing from Danny Martin, a former priest, brought a sense of veneration and quiet celebration to a cloudy, rainy Sunday morning, April 23.

But then 800 blessed runners responded with a surprisingly intense roar and whoop—a groundswell of spirit that seemed to come from somewhere else, from the earth, and travel up into our feet and legs, up through hearts and lungs, over tongues and lips. At work was something primitive, deep, large, inspiring. We weren't visiting Nature; we were part of it.

In the days leading up to the Leatherman's Loop 10K trail run, I had checked the weather reports. Rain, heavy rain, several inches of rain had been forecast for the hours preceding our morning on Ward Pound Ridge Reservation in Cross River, New York.

What about the two river crossings on the course? I heard race codirector Tony Godino say that the water was high and that a ladder might be needed for one crossing. Yikes!

At the start, Wayne Carlson, Rick Pingitore, and I were quickly separated in the torrent of runners surging over a field of thick, sodden grass. On hitting the trail, we quickly discovered some serious mud and puddles. So soon? So soon! After hopping around to avoid getting dirty and wet so early in the game, many simply gave in to the inevitable.

Beauty before me as I run. Parts of the path were covered with one downed tree after another. I saw these trees not as obstacles but as elements to be integrated into my run. Some I crossed with an unbroken stride, others with a leap, still others with a jumping on and off. Other parts of the path were carpeted with red pine needles, which welcomed me with their startling color and muffled, cushiony crunch.

Beauty behind me as I run. The couple times I slipped or fell, I heard an inquiring voice at my back or felt a helping hand on my arm.

Beauty below me as I run. As for mud, the Loop put Pennsylvania's Ugly Mudder and Mt. Penn Mudfest to shame! Think thick, slippery, shoe-sucking mud. (Some runners wrapped duct tape around their shoes to keep from losing them.) Loss of friction made some hills hard to climb, but on one downhill it also allowed me 15 feet of mud-surfing! Later, in swampland, we could galumph through mud, splash through the puddles in between, or try to avoid all that by keeping to the trail's narrow, grassy, thorn-lined shoulders. What to do? Keep moving!

Beauty above me as I run. Not another hill to climb! Most often I avoided looking up and dug in to reach the top. One time was different. Leaving the low-lying swamp, I heard a man calling from up ahead, around the four-mile mark. As I drew nearer, I realized he was yodeling. Finally I saw our yodeler at the top of a hill, a 75-foot sandhill, the steepest hill on the course. His voice showed us the way and, I swear, pulled us up. Thank you, John Lawrence.

Beauty beside me as I run. At points, the trail ran along Stone Hill River, and a glance at one in relation to the other left me feeling that I too was in the flow. Once I stooped to get, trailside, a whiff of evergreen in April. After the sandhill, the path widened, and I was side by side with other runners, each dealing with the terrain differently—some seeking solid ground, others plowing straight through mud and water. Here I got one of those remedial life lessons ...

Beauty within me as I run. After silently chuckling at other runners' messy but minor falls, I myself became better acquainted with Mother Earth. I slipped, levitated, and landed face-first in a huge mud puddle! All I could do was laugh at myself and my muddy baptism ...

... and then rinse off! I had managed the early water crossing, a knee-high stream, just fine, but there was still the deeper one near the end. Would I have to pull myself across, rung by rung, on the ladder? There was no ladder. For safety's sake, I watched and followed another runner. The water was waist-high, but *cold*, and it dipped down precisely where the current was strongest. I kept moving, toward cheers on the far bank, and was soon on terra firma again.

But now what? Oh, yeah, don't stand around—run for the finish! With my legs flash-frozen by the water, however, the final quarter-mile was a real struggle. (Usually I've got a sprint in me at the end, but no way that day!) We finished in the middle of the same field where we had begun, near a large, lone oak tree, under a sky dwarfing runners and land.

Visit www.leathermansloop.org for photographs and more information about this annual event and its course, a "foot-boggling array of obstacles strategically placed by nature to impede forward motion of the swift and sure-footed kind."
—Chris Jaworski

WEEKLY RUNS: SPRING–SUMMER 2006

Tue	7:00 pm	(▲) Trail Run
Thu	7:30 pm	Thursday-Night Hosted Run (see schedule below)
Sat	9:00 am	(▲) Trail Run
Sun	7:00 am	(+) Grove Pharmacy (Grove Street Long Run)
Sun	9:00 am	(▲) Trail Run

(▲) **West Essex Trail Run, Verona.** *Tue 7:00 pm, Sat 9:00 am, Sun 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.

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

THURSDAY-NIGHT RUNS: JUNE–AUGUST 2006

6/1	Barbara Parzatk 973-736-8079 700 Eagle Rock Ave, West Orange <i>Some Very Steep Hills to Run</i> <i>From Montclair:</i> Take Bloomfield Ave west to Verona Park traffic light, turn left onto Lakeside Ave, turn right at 2nd light onto Eagle Rock, go 2.5 blocks, #700 beige house with brown trim on left, park on side streets before or after house.
6/8	Aubrey Blanda 973-748-3692 173 Hawthorne Ave, Glen Ridge <i>From Verona:</i> Take Bloomfield Ave east to Glen Ridge, turn right at light onto Ridgewood Ave, left at light onto Washington St, 1st right onto Hawthorne, #173 on left.
6/15	Robyn Silverman 973-857-3070 160 Woodland Ave, Verona Woodland ends on Pompton Ave (Rt 23). Or take Linden Ave to Woodland Pl to Woodland.
6/22	Genie Temmler with Joy Mishkin 973-783-3092 52 Harvard St, Montclair <i>From Verona:</i> Take Bloomfield Ave east, pass Montclair Center, turn left onto Grove St, go 1.3 miles, turn right onto Harvard.
6/29	Phil Coffin & Laura Messina 973-748-4688 37 Osborne St, Bloomfield <i>After Sunset Classic (see p. 4)</i> <i>From Bloomfield Ave:</i> Take Ridgewood Ave north 0.4 mile, turn right onto Osborne, go through stop sign, #37 on left. <i>From Brookdale Park:</i> Take Watchung Ave west to Ridgewood Ave, turn left, go 1.5 miles, turn left onto Osborne, go through stop sign, #37 on left. <i>From Foley Field (Sunset Classic Finish):</i> Go back to Broad St, turn left at Town Pub, take 2nd right (across from CVS) onto Osborne, #37 about 1 block up on right.
7/6	Mike Perry with Lynne Mortimer 973-625-2488 163 Pompton Ave (Rt 23), Verona, <i>but first meet for run at ...</i> Verona High School parking lot (course includes part of West Essex Trail). After run, drive to Mike's house and park a few doors down (in commercial building's parking lot).
7/13	Catherine Alessi (973-984-0400 x200), 5 Notch Park Rd, Little Falls, <i>Desmond Duncker & Chris Jaworski</i>
7/20	Val Kenny (973-857-3432), 77 Fairway Ave, Verona
7/27	Smoke Rise/ERC 4-Mile Challenge, George Studzinski (973-283-8664) & Adrian Dunner
8/3	Project Children 5K, South Mountain Reservation (973-762-2930); Shillelagh Club, West Orange
8/10	Martta Rose & Tom Kelly (973-571-1819), Verona Middle School Track
8/17	Lynne Mortimer (973-857-3344) & Rick Pingitore, Verona Park, then K&J Pizzeria, Verona
8/24	YOUR NAME CAN APPEAR HERE (e-mail jaworski@verizon.net for details)
8/31	YOUR NAME CAN APPEAR HERE (e-mail jaworski@verizon.net for details)

WELCOME NEW MEMBERS!

Dan Murphy Glen Ridge
 Robert Nossa Upper Montclair
 Jennifer Odell Upper Montclair
 Samantha Trella North Caldwell

ERC CLOTHING

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

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 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.

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

Montclair Bikery

127 Valley Road, Montclair
 973-744-7252

Sneaker Factory

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

AT THE RACES WITH MICK CLOSE

USATF–NJ Teams

We're in 5th place in overall team competition after picking up points at the last two championship races, Run for Rachel (Apr 30) and Our House (May 7).

Pl	Team	Pts
1.	Raritan Valley Road Runners	107
2.	Morris County Striders	81
3.	Sneaker Factory Road Racers	58
4.	Running Company	47
5.	Essex Running Club	33
6.	Warren Street	26
7.	Clifton Road Runners	24
8.	Mizuno Runner's High	20
9.	North Jersey Masters	17
10.	Central Jersey Road Runners Club	15
11.	Shore Athletic Club	11
12.	Fleet Feet Racing Team	10

June features two more championship races, the Women's Masters 5K at the Portugal Day Run in Newark (Jun 11) and the Men's Open 5K at the President's Cup in Millburn (Jun 19).

Please contact Gary Peters or me about competing on one of our teams or go to www.usatfnj.org for more information about USATF membership and the Grand Prix.

gary.peters@kraft.com	mickclose@aol.com
W 973-503-2442	W 973-974-6428
H 908-665-1580	H 973-857-3612

Montclair Run Jun 4

This community event will be held on Sunday, Jun 4, with the 2-miler at 8:30 and the 10K at 9:30. Organized by the Montclair YMCA, it deserves its reputation as one of the best local races.

The course is mostly flat along tree-lined Montclair streets. The 10K passes through Edgemont and Anderson parks.

There should be a large field for both races. The YMCA has made a big effort in the local schools to encourage parents and children to participate in the 2-mile run. Also planned are Family Fun Day activities (9:00–11:00).

The YMCA is still looking for volunteers for the races. Please call Carol Kearney (973-744-3400) to see if you can help or to obtain more information about the Montclair Run. Registration and prerace packet pickup are at Fleet Feet Sports.

All race results now in "At the Finish Line."

Portugal Day Run Jun 11

This new club race will take place in Newark's Ironbound section at 9:00 am Sunday, Jun 11. As it was selected to be the USATF–NJ Masters Women's 5K Championship, we hope to have a few teams competing.

This race is supposed to be a good one, with a flat, fast course and lots of raffle prizes afterward. Parking is provided at a local restaurant, and we will likely organize a car pool if enough people are interested.

President's Cup Jun 19

President's Cup, one of the premier 5Ks in New Jersey, usually produces some very fast times. We should have several teams running in this USATF–NJ Open Men's 5K Championship on Monday, Jun 19.

President's Cup starts at 8:00 pm. The late start seems only to add to the excitement, as the race unfolds with nighttime approaching and with lots of spectators cheering runners on through the streets of downtown Millburn. This is a great race to watch. Walking back and forth just one block, you get to see the runners pass by several times.

The two-loop course has one slight hill just past Sneaker Factory. The start and finish are at Charlie Brown's Restaurant, where a postrace party features food, music and Samuel Adams beer.

For more information about President's Cup, contact Sneaker Factory at 973-376-0231.

5000-Meter Lager Run Jun 25

This new race is being organized by top masters runner Dan Murphy, director of the Ashenfelter 8K Classic in Glen Ridge and now a club member. It will be held at Egan & Sons Brew Pub Restaurant on Walnut Street in Montclair, Sunday, Jun 25, at 5:30 pm.

Dan thinks this race will be a fast one, with few turns and a mostly downhill course after the first quarter-mile up Walnut Street.

The race sounds as if it could become very popular, especially with the added attraction of locally brewed beer at the postrace party.

Sunset Classic Jun 29

This popular 5-mile Bloomfield race takes place Thursday, Jun 29, at 7:30 pm. There are kids' races as well as a 1-mile fun run earlier in the evening.

As in years past, there will be those famous collared shirts and that same great course through the residential streets of Bloomfield and Glen Ridge plus the exciting finish with a lap around the track at Foley Field.

After the race, there will be music, dancing, super refreshments, and random prize drawings while the crowd awaits the awards ceremony!

The Sunset Classic will replace our usual summer Thursday-night group run. Club members are invited to a postrace party hosted by Phil Coffin and Laura Messina at their house just up the street from the starting line (see p. 3).

Contact Fleet Feet (973-509-9707) for more information or register online at www.active.com.

Other Upcoming Races

There are plenty of other June races, such as Run for the Roses in Roseland (Sat, Jun 3).

The George Sheehan Classic is a favorite race for many people. It will be held in George Sheehan's hometown of Red Bank (Sat, Jun 10).

There are also several trail races, including the Summer Solstice 5-Mile Trail Run in Kittatinny State Park in Andover (Fri, Jun 23, 6:30 pm).

Coming in July is Montville's Firecracker 5K (Sat, Jul 1), a race originally conceived by ERC member Randy Miller. Another race run in the spirit of the Fourth of July is Cranford's Firecracker 4-Miler (Jul 4).

A few days later (Sun, Jul 9), the West Essex YMCA 5K will be held in Livingston.

New York City Marathon

Act now if you want to apply for this year's NYC Marathon (Sun, Nov 5). Lottery applications will be accepted only until midnight Jun 1. More information is available at the event's Web site: www.ingnycmarathon.com. Good luck to anyone hoping to run!

AT THE FINISH LINE

MK5K, Morris Knolls HS, Denville Apr 22
Sharon Morrissey 22:02

Woods and Lakes 5K Apr 29
(Trail Race), Mountain Lakes
George McIntyre (1st AG) 23:33.73
George Studzinski (1st AG) 25:48.62
Christa Studzinski (1st AG) 49:39.54
 We were all 1st-place age-group winners! Is this a first in club history? —*George Studzinski*

Queens Half-Marathon, College Point, NY Apr 29
Eric Stadnyk (PR by 5:13) 1:31:35
Tom Daniels 1:40:18
 Having some hip pain while training for the Vermont Marathon (end of May), I eased up on mileage. That gave me a taper for the Queens half, and I had a very good race. The course is a bit hilly but not like Central Park. My pace was 6:59, which sounds so much better than 7:00, doesn't it? I was a happy camper. —*Eric Stadnyk*

Run for Rachel 5K, Livingston Apr 30
Rick Pingitore (1st AG) 17:13
Mike Perry (2nd AG) 18:06
Charlie Slaughter (1st AG) 18:14
Larry Czaplewski 18:51
Gary Peters 19:02
Mick Close 20:09
Mike Kalthoff 20:35
Rebecca Rossi 21:16
Sharon Morrissey 22:09
Maria Imas 22:15
Deb McNally 22:35
Chris Jaworski 23:03
Howie Brown (2nd AG) 23:05
Tom Kelly (3rd AG) 23:17
Lynne Mortimer (3rd AG) 24:05
Martta Rose 24:44
Amy Ulto 27:35
Val Kenny 28:50
Ed Trieste 29:56
Beverly Salerno 30:46
Marissa Peters 31:32
Ginger Brock 34:24
Catherine Alessi 34:45
Jim Deliyannis 36:26
Susan Palermo 41:24

There was a strong women's field for this USATF-NJ Women's Open 5K Championship. The nice weather and mostly flat course led to some fast times. We fielded three teams, the top one finishing 7th thanks to excellent runs by Rebecca Rossi, Sharon Morrissey, and Maria Imas. Several people picked up age-group awards, and it was especially nice to see Howie Brown and Tom Kelly back in the winner's circle. —*Mick Close*

Long Branch Half-Marathon Apr 30
Richard Zanni 1:31:16
Jen Lanterman (qualified for NYC) 1:36:36
Kathy Canale (2nd AG) 1:37:46
Dean Gorman 1:55:02
Susan Hughes 2:03:07
Mellie Torres 2:11:39

New Jersey Marathon Apr 30
Peter Hughes 3:18:12
Doug Williams 3:24:07
Peter Connell 3:28:13
Bob Gorman (2 weeks after Boston!) 3:33:59
Jeff Burrows 3:38:39
Glenn Trimboli 3:38:55
Susan Mello (qualified for Boston) 3:39:18
Mike Wojcio 4:52:31
Mike Skara (led 5-hour pace group) 4:53:56
Gloria Moore 5:54:25

Revlon Run/Walk for Women (5K) May 6
Beverly Salerno 32:00
 This NYC event, which supports cancer treatment and research, begins in Times Square and ends in Central Park. I raised \$420 in memory of my husband, Joe, who died of cancer in 1995. You can't call this 5K a race—the timing is unofficial, and I'm not sure the clocks were coordinated—but it is lots of fun and has a real carnival atmosphere. I finished in 32:00—not my best but better than in 2005. I feel justified subtracting 60 seconds because we all stood around when the starting gun went off and tons of pink confetti began falling on us! All 40,000 participants—runners, walkers, adults, children, babies in strollers, and dogs—were squished together at the start, so it was a struggle to get to where I could run. But it was a beautiful event and a beautiful day!

Nutley Chamber of Commerce 5K May 7
Sharon Morrissey (2nd W, 1st AG) 22:18
Susan Mello (4th W, 2nd AG) 23:04
Bill Wilde 23:09
Anna Miller 26:12
Sal Ulto 27:29
Joe Cozzi (1st AG) 28:05
Amy Ulto 28:58
Nina Miller 30:13
Jim Deliyannis 34:49
 Great news! Joe Cozzi was back with a vengeance and looked fantastic today! The Ultos were back as well. Nice to see Sal and Amy and the baby! Sharon Morrissey was bulletproof—she took second-place female overall! And, finally, Susan Mello hasn't learned the word *tired*—she ran great even after last week's New Jersey Marathon! Congrats to all the ERC runners!

The Nutley Chamber of Commerce put on an excellent little race, which came complete with online registration, a certified course, USATF points, a kids' run, and a pace car with Batman clearing the roads. Nutley knows how to mark a course, too. The arrows taped to poles along the way were very bright! —*Randy Miller*

Joe Cozzi's performance may deserve some kind of special award. Joe hadn't run at all over the past six months and had angioplasty less than a month before this 5K! —*Mick Close*

It was good to break into this year's win column, meaning I finished without stopping and injury. No trophy, but I won a chiropractic pillow in the raffle. Yippee! What a day! —*Jim Deliyannis*

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 or another ERC member will include your data in a Yahoo group e-mail (later printed here, in "At the Finish Line").

If you don't see your result, 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 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.

Our House 5-Miler, Summit May 7
Rick Pingitore (1st AG) 28:36
Dan Murphy (1st AG) 29:30
Mike Perry 30:10
Charlie Slaughter (3rd AG) 30:40
Gary Peters 31:45
Mick Close 33:41
Phil Coffin 34:04
Tom Kelly 38:23
Adrian Dunner 38:46
Lynne Mortimer (4th AG) 38:54
Deb McNally 39:06
Chris Jaworski 39:16
Howie Brown 39:52
Carl Sturcke 40:11
George Studzinski (1st AG) 41:08
Martta Rose 41:39
Ginger Brock 1:01:30
 Our men's teams had one of their best days ever, strengthened by the addition of new members Dan Murphy and Mike Perry. We finished 2nd in M50 and 4th in M40 and M60, plus our M50 team finished 3rd in a special age-graded team competition. Our W40 team, missing some of its top runners, came in 7th. ERC had three state champions running—Dan, Rick Pingitore, and George Studzinski—with both Rick and Dan placing in the money, among the top 7 age-graded masters. —*Mick Close*

Broad Street 10-Mile Run, Philadelphia **May 7**

Joseph Schroeder 1:21:39
Robert Lewin (PR by 4:29) 1:29:44
Gloria Moore (PR) 1:43:05

Arriving in time for the start of big-city races has never been more difficult for me. On the morning of the Brooklyn Half-Marathon, for instance, the Goethals Bridge was closed. In the case of this Philadelphia run, I parked near the finish line, rode the subway, took a shortcut to avoid long lines, and arrived 75 minutes early only to give the 13,000-plus field a half-mile head start by getting in line to answer nature's call just before the gun. Then, as in Brooklyn, where I PR'ed by 4:34, I began my pursuit of a sub-9:00 pace for a long run by saying "Excuse me, pardon me" whenever I wanted to pass someone; jumping on center medians; and every now and then venturing into oncoming traffic (I squeaked out an 8:58). To start a race on time and without heightened anxiety would be an even better pursuit.

—Robert Lewin

Rau-Fitzgerald 5K, Hasbrouck Heights **May 13**

Jim Deliyiannis 35:04

Edison Family Day 5K **May 13**

Lynne Mortimer (4th W, 1st AG) 23:13.8
Chris Jaworski 23:28.9

I went mostly flat on this fast and flat course through corporate park no-man's-land. I thought the cool and cloudy weather would help, but it was humid too, and right before the start the sun began blazing. I tried to familiarize myself with the course by warming up on its major out-and-back straightaway, but apparently my map reading was 90 degrees off. When the gun went off, we took an immediate right turn into uncharted territory—a mile-long street that was terribly uneven, full of potholes, antiscenic, and industrial-stinky.

I was 25 seconds slower here than at the ever so slightly hilly Run for Rachel 5K, whereas Lynne and others who had been at Rachel improved at Edison!

This race, which drew 122 runners, was part of Edison Family Day at the New Jersey Convention and Exposition Center at Raritan Center.

There wasn't much postrace food at the finish line, but local businesses later opened their food-sampling tables in the expo center (the chicken fajitas were pretty good). Family-oriented activities (e.g., rides, games, crafts, lollipop run, puppet show, pediatric health fair and screening) were to run from 11 am to 4 pm. —Chris Jaworski

Phil Coffin's Jersey Shore Jaunt **May 13**

Two 5Ks within 2 hours & 12 miles of each other.
8:30 *Point Pleasant Beach Mother's Day 5K (7th OA)* 20:15
10:00 *Brandon's Run 5K, Seaside Heights (2nd OA)* 20:22

Newport 10,000, Jersey City **May 13**

Dan Murphy (1st AG) 36:47
Maria Imas (5th AG) 45:51

I didn't see any club members at this 10K, but I saw a lot of Kenyans, who turned up in force for the \$20,000 purse.

The course is fast, almost totally flat, with just one slight uphill (on a mile 2 ramp) followed immediately by a symmetrical downhill. My only complaints are that there are a couple of almost 180-degree turns, which make you put on the breaks, and that the course is not nearly as scenic as advertised. The last mile goes along the Hudson River, just as in the Liberty Half-Marathon, but the rest is on local city streets.

I ran my best 10K time of the year, 45:51, good for 5th place in my age group.

The winning times were amazing. Julius Kiptoo won the men's race in 28:43, and Ukraine's Tetyana Hladyr ran 32:00 to claim the women's title. Down went course records! John Henwood and Matt Downin were the first Americans in, at 29:36 and 29:39. PLP-wise, Hladyr's performance was even stronger than Kiptoo's!

Kenyans came all the way from North Carolina and Arizona.

It was cool to see so many elite athletes at a local race. One thing that I noticed was how slowly they ran their warmups—probably no faster than an 8:30 pace, which to them must be a total crawl! —Maria Imas

Mother's Day 5K, Berkeley Heights **May 14**

Marissa Peters (11 yo; 5th AG≤19yo) . . . 29:41

NYRR Mother's Day Half-Marathon **May 14**

Aubrey Blanda 2:01:18
This Central Park half was my eighth qualifying race (of nine) for the 2007 NYC Marathon.

Well, I bonked. Not even halfway into it, I wished I were done, and by 8 miles I was toast. I could blame the hilly course, or starting out too fast, or running the West Essex Trail the day before (that was fun, Martta and Dave!), but I finished only 9 seconds behind my time in the More Half-Marathon in March. The More was a slower race for me, but I felt pretty good throughout. So what happened yesterday?

I don't know. Maybe just a bad day. But even this bad running day left me with a new experience, another lesson learned, and strong motivation to continue running. I met a Course Angel.

Maybe our faster members focus on their pace so well that they have never noticed such a person, but for those of you who, like me, tend to lose focus toward the end of a long race and whose face expresses all the discomfort the body feels at that point—okay, I looked as if I were falling apart—a Course Angel comes up and gives just the right dose of encouragement to get you to the finish line.

As I logged past the 12-mile mark, I felt myself giving in to the thought that walking to the finish line would be just fine. I didn't care anymore. But just as I slowed down, a woman ran up beside me and gave me a pep talk. "The finish line is so close!" And I knew it was. "Don't stop—you'll cramp up!" Possible. "You can do this! You've come so far!" This last reminder hit home, and I was then able to pick up speed, or maybe I simply continued moving forward.

I didn't want to slow the woman down, so I promised to meet her at the finish line. Heh, actually I planned to walk again as soon as she was out of sight, but then I saw that the finish line really was just up ahead!

And I ran it in, finishing in 2:01:18 (not my worst time, but definitely my most difficult finish). Then I met up with my Course Angel at the water tables and thanked her for her help. She told me how other runners had often done the same for her, and she always appreciated it. She is a reminder to us all to give others a bit of encouragement—it really goes a long way!

A Refreshing Idea

Lynne Mortimer

Now that I'm getting older and more injury prone, I'm picking up new and interesting ways to aid my recovery. One thing I had heard a lot about was *ice baths*. They don't sound very appealing, but, having recently tried one after a run in 90-degree Florida heat, I changed my mind. Fill a tub with six inches of water and add ice cubes. At first it's like jumping into cold pool or ocean water, but the experience is so refreshing after that! It almost anesthetizes the muscles, and it's done wonders for my hamstrings and knees (I've been adding mileage). Deena Kastor has long sworn by ice baths. Now I know why! Try one—you just might like it!

POETRY CORNER

Donna Close

Breath of a Marathon

Take in the breath of a marathon
Then, let it out
With a whimper.

Work

Complain as you will,
You still need to work
For every goal accomplished.

One Rose

The race ends
With me both cranky and tired
While handed one long-stemmed rose.

Adventure Racing

Imagine a 10-day, two- to five-person team race in which you have to run, bicycle, paddle, and navigate while staying within 100 meters of a teammate. Sound tough? Well, sticking together is one of the more challenging aspects of adventure racing, according to ERC member Steve Fleisig, featured speaker at the May meeting.

Fleisig has competed in more than 30 adventure races since 1997 and is a founding board member of the New York Adventure Racing Association (NYARA).

He said that adventure racing is a natural progression for runners and bikers—an “off-road triathlon.”

There are three types of adventure races: 3- to 12-hour races (“sprints”), 24-hour races, and 48- to 240-hour races (“expeditions”). Races lasting two days or less are usually unsupported, which means athletes are responsible for their own meals and logistics. Fleisig said that, in an unsupported race, for example, an athlete’s bike might be parked in a transition area, whereas in a supported race a volunteer would get the bike ready for the athlete.

Either way, athletes must bring a lot of gear with them. Fleisig, a self-described “gear junkie,” handed out a two-page list of 89 items that were mandatory for a race in 2003. He and a teammate divided the items between them and carried them in backpacks throughout the race.

That situation is typical of any race, which is why Fleisig does a lot of his long runs with a backpack on his back. Besides running, his training also involves biking, weight lifting, paddling, and going to orienteering meets.

Compass navigation is critical, even more than speed. According to Fleisig, adventure racing is more mental than physical. Dealing with adversity is a huge component, as is dealing with faster or slower teammates. The best teammates, he said, are able to deal with uncertainty well. That is why it is important to ask probing questions of each teammate before the race. On the NYARA Web site (www.nyara.com), Fleisig wrote about team dynamics:

Races are physically demanding and mentally stressful; that’s why we love them. But you are never quite sure as to how someone will handle the ups and downs of a race. Physical exertion combined with sleep deprivation can cause peculiar behavior, even from people who you’ve known for a long time. The best that you could shoot for is to make sure you did your homework and everyone has a clear idea of where each teammate stands. Just having taken the time to focus on these issues will put you way ahead of the other teams and also give you a better chance of having a great race experience.

In fact, on some better teams, a faster member and a slower member will attach themselves to each other with a bungee cord. In this “towing” setup, the faster teammate is forced to go slower, and the slower teammate faster, for an overall faster average. Towing also helps teams adhere to the 100-meter rule.

Fleisig suggested that a person capable of running a 10K could do a four- to five-hour adventure race.

CORRECTED 2005 ERC DISTANCE AWARDS

<5K, Randy Miller

<5K, 5K to 4M, 8K/5M, 15K, 10M, Lynne Mortimer

5K to 4M, 8K/5M, 10K, 15K, 10M, Charlie Slaughter

10K, Gloria Averbuch

20K to Half-Marathon, Jennifer Lanterman & Dr. George Studzinski

18M, Tom Kelly & Jennifer Lanterman

Marathon, Desmond Duncker & Sharon Morrissey

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), Martha Rose (kmartta@comcast.net), or Anne Chesny (1227 82nd Street, North Bergen, NJ 07047–4214).

THE WEST ESSEX TRAIL

Spring Cleaning Done!

About 10 ERC members participated in the club’s annual spring cleanup of the West Essex Trail (May 6). As usual, we paused for a moment at the start to remember former member Rod Munro.

Thanks to groups like ours, the West Essex Trail requires much less work than in years past. Nevertheless, we filled several garbage bags and cut back branches that protruded onto the trail. We finished up at the section (by Essex County Hospital) that some people seem to think is a dumping ground and left it in a much cleaner state than before.

Several members, enjoying a leisurely postcleanup run, commented how the trail is in excellent shape now. Its shade and cooler temperatures make it great for summer runs. If you’ve never been to the trail, try to join us for our weekly group runs (Tue 7:00 pm, Sat & Sun 9:00 am). Running the trail is a fantastic way to slow down, get back to nature, and experience the true joy of running. —Mick Close

Trails to Rails: Running Into the Past

During our very moving moment of silence for Rod Munro, I had a few recollections about the trail and its history.

The West Essex Trail is on what was once a railroad bed. Although most of the track ties have been removed, other relics from the heyday of rail travel remain, such as mile markers 18 and 19, with the letters *JC* on them—Jersey Central Railroad? Jersey City distance? In addition, foundations for roof pillars still mark where a station stood on the hospital grounds bordering the trail. Finally, the trail ends at the tracks for the working NJ Transit Boonton Line. So, for rail buffs the West Essex Trail is a neat run—maybe not a *Runner’s World* Rave Run, but close.

Speaking of “Close,” Mick deserves a huge round of applause for carting away all the bags of debris we picked up from the trail. —Dave Benfield

The State of Marathons

Mark Frankel

In 2005, the New York City Marathon (36,856 finishers) was still the largest marathon in the world, despite some serious competition from London (35,260) and Chicago (32,951), the Road Running Information Center (RRIC) reported in April.

In addition, in 2005, the latest year analyzed by the RRIC, 6 of the 10 largest marathons in the world were held in the United States. After New York and Chicago came Honolulu (6th at 24,261), Los Angeles (7th at 20,638), Marine Corp (8th at 18,841), and Boston (9th at 17,528). Overall, the number of US marathon finishes increased from 120,000 in 1980 to 432,000 in 2005.

Also up was the percentage of female finishers: 10.5% in 1980 versus 41% in 2005. Interestingly enough, 44% of all marathon finishers were masters runners (over age 40). The marathon with the highest percentage of masters finishers was Boston (54.8%), closely followed by Big Sur (52.4%) and Miami (52.0%).

Median US marathon finishing times have declined over the years, which is not surprising given the growing popularity of the events and the introduction of slower training methods in the 1990s. In 1980, median times were 3:32:17 (males) and 4:03:39 (females). By 2005, those times had slowed to 4:20:29 and 4:51:19, respectively.

Of marathons with more than 1000 finishers, Philadelphia had the fastest median finishing time (4:02:57), a bit of good news for us Jersey folk, and Honolulu the slowest (5:39:40). Honolulu also had the lowest percentage of masters runners (18.3%). Boston had the largest percentage of runners who finished in less than 4 hours (59.0%).

Marathons continue to grow in popularity. Although still for fringe exercisers, these events have developed more mainstream appeal over the past 25 years. RRIC reported that US marathons with more than 1000 finishers increased in number from 25 in 1980 to 58 in 2005, and in 2005 the United States was home to 234 marathons overall.

Complete RRIC survey results at www.runningusa.org.

VOLUNTEERING AT THE NEW JERSEY MARATHON

Pacing Yields Huge Rewards ...

Although I have now run as a pacer in six New Jersey Marathons, none was more pleasurable and important for me than this year's.

Back when I was working through an injury, I signed up to pace a five-hour group. After healing, I decided to stay at five hours so my buddy Steve and I could run the marathon together. I had the best time ever!

Running with a group of about 10 people we'd met at the start, we sang and danced for 20 miles. At one time or another along the way, I gave each person some encouragement and offered a suggestion, such as changing stride. One runner began struggling, so I hung back with her. She was in real trouble. I got her to calm down and rest, and we

then jogged the next four miles together. Even with two more stops, we still picked off 40 other runners.

Then we agreed that I would go find Steve. Steve and I were able to run the last bit of the marathon together, and we crossed the line simultaneously.

Later, I met up with several people from the group, and each thanked me profusely. I got such a great feeling knowing I had given these back-of-the-pack runners the help they needed.

To any marathoners who want to volunteer at a race, I can highly recommend running as a pacer. —*Mike Skara*

... As Does Assisting Athletes at the Finish!

If you want to study the depths of your own soul, run a marathon. If you want to study the depths of human nature, volunteer at a marathon finish line!

I didn't think about volunteering at the New Jersey Marathon to "give back to the sport" or for any other noble reason. I wanted to have fun and be entertained! And let me tell you, I had a blast as a volunteer! I reported for duty at 6:00 am and didn't stop moving until seven hours later.

At the starting line, I helped set up water and sunblock tables and wished a great race to everyone who came by. I saw a few ERC members, including Susan Hughes and Gloria Moore, all ready to run.

After the full-marathoners took off, I moved to the finish line and helped set up water tables and timing-chip baskets. We volunteers had a prime vantage point! I stood by the chip mats inside the chute.

The first half-marathoner entered the chute at 1:09:46. Seeing his finish close-up was very exciting, like having the best theater seats in the world. Then the number of incoming runners began to pick up, and each of us on the "chip retrieval crew" began working in earnest—bending down to remove a runner's Velcro ankle bracelet (containing a chip) and then quickly moving from runner to runner.

My job also included some major cheerleading for the marathoners going by. I managed to avoid yelling "You're almost there!" and instead kept repeating "Great job ... keep going ... halfway done!" My throat was sore for a couple of days afterward, but I appreciate the same kind of encouragement when I'm running, so I didn't let up.

The fun really started when the marathoners began crossing the mats. They arrived in dribs and drabs at first, with the winner coming in at 2:31:35, but then their numbers began increasing.

I greeted everyone with a big *Congratulations!* Before bending down to remove a bracelet, I asked if the runner was ready, mainly because I didn't want to get thrown up on, but also because many runners could not stop without cramping. I walked with these runners until they felt up to stopping, a quarter-mile or so. I told everyone not to bend down (some runners fell over when they tried to remove their bracelets themselves). Many bracelets had caused severe chafing, and some that I pulled off were covered with congealed sunblock and blood, sweat, and probably tears. Bracelet removal is not for the faint of heart!

What made this volunteer experience truly remarkable was seeing the range of emotions on finishers' faces, whether after three hours or five hours. Most finishers—exhausted, exhilarated, overjoyed, and proud—smiled and waved their medals for photos being taken by family and friends. One woman was smiling and crying and hugging the man next to her all at the same time. I guessed her age and asked her if she had qualified for Boston. He said yes, she did, for the first time! Some finishers were dazed, and others were clearly upset with their performance. A few grimacing in pain were quickly escorted to wheelchairs.

The finisher who stands out most in my mind was clutching his hip and in obvious pain, but he just wouldn't stop. He ran past the medals and hats, so I ran after him with one of each. His face showed so much pain, but he just wouldn't stop! Still running, he told me he thought he couldn't walk! I put my hands on his shoulders and, shouting for a wheelchair, guided him to a bench. I put his medal and hat in his lap as the medics wheeled him away, but I think he was in too much pain to notice. That experience made me question the sanity of marathoning, but just for a minute, and then I was jealous of all the runners again.

I was thrilled to see so many club members cross the mats. I had the privilege of greeting half-marathoners Jen Lanterman (whose time qualified her for the New York City Marathon) and Susan Hughes, as well as full-marathoners Peter Hughes, Doug Williams, Glenn Trimboli, and Mike Wojcio. And I finally met the great Susan Mello, who stopped and introduced herself after seeing my ERC shirt.

Two days after the marathon, I could barely walk, even though I hadn't run a step! My quads were shot. I think the muscle soreness was simply from showing solidarity with everyone who ran: You are not alone! Uh, or maybe it was all that bending and squatting to remove bracelets.

Volunteering at the New Jersey Marathon was a wonderful experience, just a notch below actually running a marathon. Of course, I hope I'm all healed up and ready to run by next year, but now I know that, if for some reason I can't run, volunteering is a very satisfying alternative!

—Aubrey Blanda

To help enhance your experience today—to appreciate the beauty all around you—here is a simple meditation/mantra adapted from the Navajo and Irish traditions. Say it as you run—it will give strength to your legs and courage to your heart.

Beauty before me as I run
 Beauty behind me as I run
 Beauty below me as I run
 Beauty above me as I run
 Beauty beside me as I run
 Beauty within me as I run

I see beauty all around
 In beauty may we walk
 In beauty may we see
 In beauty may we all be

Benjamin Isaac Wismuller; Brian's Run

It's time to announce the addition of Benjamin Isaac to our family. He's an amazing little guy, and we are two proud parents. Needless to say, we have been extremely busy with the life-changing adjustment.

As some of you know, Lauren and I moved in September 2005 to Goldens Bridge, New York (northern Westchester County). We are enjoying our new place, and I'm now 10 minutes from work. A big thank-you to Lynne Mortimer for helping with the sale of our house.

As far as training goes, I'm working toward my first triathlon in June 2006. It has been great to get out and run again, especially with the warmer weather these days.

FYI: Brian's Run for Tomorrow's Children's Fund was a big success in 2005, and we are looking forward to another great race on Sep 17. More info to come.

—Steve Wismuller

Brian's Run is an annual Wayne, NJ, event (5K run/walk, 10K run, kids' 1-mile fun run) honoring Brian Kwiat, who lost his battle with aplastic anemia (www.briankwiat.com). Proceeds from the event benefit the Tomorrow's Children's Fund (TCF) of Hackensack University Medical Center. TCF "is a privately funded, nonprofit organization dedicated to easing the pain and speeding the healing of children with cancer and serious blood disorders" (www.atcfkid.org).

Immediately after the race, Mark and Cindy Frankel will be hosting a brunch at their house, 5 minutes from the race site. All ERC runners, volunteers, and spectators are invited. Mark can be reached at 973-389-0329 or mongozus@yahoo.com. Directions in the September issue.

2006 RACE CALENDAR: JUNE–AUGUST

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

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	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	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	8:00a	Run Around Lake Mohawk (Sparta)	8M	973-729-2383	
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 (Pequanock)	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
6/14	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		
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	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	
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
7/1	Sat	8:00a	Firecracker 5K (Montville)	5K	973-331-3305	
7/4	Tue	9:30a	Firecracker Four Mile Run (Cranford)	4M	908-709-8012	
7/6	Thu	7:15p	Lawyers for Kids 5K (Morris Township)	5K	732-381-0318	NBGP: 500 pts
7/8	Sat	8:30a	Belmar 5 Mile Run	5M	732-542-6090	
7/9	Sun	8:00a	Bronx Half-Marathon	13.1M	212-860-4455	
7/9	Sun	8:30a	West Essex YMCA 5K (Livingston)	5K	732-381-0318	NBGP: 500 pts
7/9	Sun	9:30a	Amber Pizzo Memorial Run (Berkeley Heights)	5K	908-322-8709	
7/11	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/11	Tue	7:00p	Miles for Smiles (Hoboken)	5K		
7/15	Sat	8:30a	Teterboro Airport 5K	5K	732-381-0318	NBGP: 500 pts
7/15	Sat	8:30a	Dash & Splash (NYC)	5M	212-860-4455	
7/16	Sun	7:30a	Nike Bunker Loop 5K Challenge (Highlands)	5K	732-578-1771	
7/16	Sun	6:45p	Sprintin' Clinton	5K	908-238-0970	NBGP: 500 pts
7/20	Thu	7:00p	NIKE Run Hit Wonder (NYC)	5M	212-860-4455	
7/20	Thu	7:30p	Corporate Classic 5K (Morristown)	5K	973-898-1261	
7/21	Fri	7:00p	Run for Rich (Newton)	5K	973-383-7933	
7/22	Sat	8:30a	Run for Central Park (NYC)	4M	212-860-4455	
7/22	Sat	6:30p	Ole Town Festival 5K (Phillipsburg)	5K	908-859-2823	
7/23	Sun	8:30a	Interclub Challenge (Brookdale Park)	3.3M	973-783-3092	
7/25	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/26	Wed	7:00p	Downtown Westfield 5K	5K	732-381-0318	NBGP: 500 pts
7/27	Thu	7:00p	Smoke Rise/ERC 4-Mile Challenge (Kinnelon)	4M	973-283-8664	
7/29	Sat	8:30a	NY Mets Run to Home Plate (Shea Stadium, Queens)	5K	212-860-4455	
7/31	Mon	7:00p	Race Against Crime & Drugs (Hoboken)	5K	201-420-2195	NBGP: 500 pts
8/3	Thu	7:00p	Project Children 5K (So. Mountain Reservation)	5K	973-762-2930	
8/5	Sat	TBD	River to Sea Relay (Milford to Manasquan)	92M	908-381-0318	
8/5	Sat	8:00a	Neptune City 5K	5K	732-776-7224	
8/6	Sun	8:30a	Sea Girt 5K	5K	732-974-1289	
8/6	Sun	8:30a	Hope & Possibility Run (NYC)	5M	212-860-4455	
8/8	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
8/12	Sat	8:30a	Asbury Park 5K	5K	732-571-2162	
8/13	Sun	8:30a	Turkey Swamp Race Day (Freehold)	Var.	732-872-1255	
8/13	Sun	9:00a	Three-Hour Team Track Relay (Brookdale Park)	Many laps	973-743-2349	(Desmond, Essex Running Club)
					201-991-8106	(Barbara, Clifton Road Runners)
8/13	Sun	9:00a	Batsto Pig Iron 5K (Wharton State Forest)	5K	866-841-9139	NBGP: 500 pts
8/19	Sat	8:30a	Bradley Beach 5K	5K	732-774-3492	
8/22	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
8/26	Sat	4:00p	Smoke Rise Biathlon (Kinnelon)	Swim+4M	973-283-8664	
8/27	Sun	7:30a	New York City Half-Marathon	13.1M	212-860-4455	

Online race applications and related information: www.compuscore.com (CompuScore), www.nyrr.org (New York Road Runners Club), www.oympt.net (On Your Mark Productions), www.raceforum.com (Metro Race Forum), www.active.com/running (Active.com).