



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 7

July 2006

Our 23rd Year

PRESIDENT'S CORNER

Desmond Duncker

Well, summer is now upon us, and that means hot summer group runs on Thursday nights.

In June, these hot runs started in grand style with hosts Barbara Parzatka, Aubrey Blanda, Robyn Silverman, Genie Temmler, and Joy Mishkin. You should be receiving this issue of *Keeping Track* just after the Sunset Classic and the postrace hospitality of Phil Coffin and Laura Messina. (Let's hope we don't have a major thunder-and-lightning storm that evening, as we have had in years past!) Great thanks to all these wonderful hosts and those members hosting group runs in July and August.

July is also host to a special annual event—the Interclub Challenge (Sun, Jul 23, 8:30 am), a head-to-head competition pitting Essex Running Club against Clifton Roadrunners Club and South Hudson Spiked Shoe Club. Brookdale Park is the place, and 3.3 miles (three 1.1-mile loops) is the race. Meet at the upper parking lot for this free event and enjoy the run, the fun, and the refreshments (supplied, but feel free to bring more). PS: Donations for a worthy cause will be accepted at the event.

Last year, the trophies for this competition were wrestled away from us partly because of Clifton's incredible and spirited turnout. (It only seemed their entire club attended!) This year, let's wrestle those trophies back for Essex!

The most important factor in doing that is *participation*. Everyone who shows up to run—fast, slow, or in between—helps ERC's overall results. (Yes, attendance *does* matter!) In addition, everyone who shows up to cheer and/or volunteer adds to the spirit and fun and maybe, just maybe, helps our runners find their hidden reserves of speed!

Each runner's start time is based on age and gender, so, if everyone puts in exactly the same effort, we should all finish around the same time. This year, we will miss our "first starter," Vinnie Carnevale. As the oldest participant from all the clubs, he always got us going with style.

Let's make this the year to show how big we as a club really are! Let's all participate! Let's make Vinnie proud!

Participation, after all, is what the Essex Running Club is all about. (At the Interclub Challenge, however, would it be so bad if we could also kick some butt?)

*We hold this truth to be self-evident,
that all runners are created equal*

ERC'S NEXT GENERAL MEETING!

7:30 pm, Monday, July 10

Not July 3 (holiday weekend)

NEW LOCATION

Church Street Café

12 Church Street, Montclair
BYOB

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

Speaker to Be Announced

Check your e-mail

NOTES & REMINDERS FOR JULY

- **Jul 6, 13, 20: Thursday-Night Hosted Group Runs Continue.** ERC's traditional summer group runs begin at 7:30 pm each Thursday. The June get-togethers were very well attended, and July and August should be great fun too. Only one more date (Aug 31) needs to be filled (see p. 3). Hosts plot a 3- to 6-mile out-and-back course and provide light food afterward. We encourage you to come out to run and socialize at these hosted events.
- **Jul 23: Interclub Challenge.** See President's Corner.
- **Jul 27: Smoke Rise/ERC 4-Mile Challenge.** A Thursday-night hosted group run with a twist! Smoke Rise and ERC runners race for all the marbles. See page 4 for more details and page 3 for phone numbers and directions.

ERC Warmup Jackets II

Sal Ulto is accepting a second round of orders for the ERC warmup jacket and needs just a few more to reach the minimum number required. If you were planning to purchase one of these sharp-looking jackets, now is a good time! See page 3 for all the details.

ESSEX RUNNING CLUB 2006

Officers

Desmond Duncker President
Anne Chesny Vice-President
Carl Sturcke Treasurer
Mark Frankel Secretary

Board Members

Catherine Alessi Entertainment
Phil Coffin At Large
Chris Jaworski At Large
Tom Kelly At Large
Gloria Moore At Large
Lynne Mortimer Entertainment
Gary Peters USATF
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Sal Ulto Clothing

Staff

Chris Jaworski Newsletter
Elizabeth Simonetti Membership
Karen Mishler Honorary

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ERC Hall of Fame

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

Postal Address

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

ERC Online

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

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

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

ERC Clothing

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

Speakers

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

Newsletter: *Keeping Track*

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

RUN FOR YOUR LIVES!

After recently running their first trail races, two club members sped past me so they could get to this page first. They were out of breath but eager to tell their tales. —Chris Jaworski

On June 23, I ran my first trail race—the Friend 2 Friend Summer Solstice 5-Mile Trail Run in Kittatinny Valley State Park. This race supports the free baseline mammography program offered by Image Care Centers for Women. After picking up my bib and product-filled goody bag (including a big box of my new favorite, Life Yogurt Crunch Cereal), I covered myself in bug spray and prepared for what turned out to be a thoroughly enjoyable running experience.

I joined a small but enthusiastic field of about 70 runners at the entrance to a forest. There was no starting gun, no “On your mark, get set, go!” Instead, after a few touchy-feely words that released our inner spirits, a race official called out, *I ... love ... YOU!* and everyone ran on *YOU*. This unique and joyful starting call reflected the tone of the entire race. The air was not thick with competitive tension, and there was no sound of raw nerves jangling. Instead, the atmosphere was relaxed. Some runners were there to challenge nature, others to enjoy the beauty of the trail, and all to do their personal best.

The course was beautiful and challenging, filled with winding paths, rocks and logs, tree roots and mosquitoes. As club member Chris Jaworski observed, the course had so many twists and turns you could end up meeting yourself. My biggest challenge was keeping my eyes glued to the trail to avoid tripping or twisting an ankle. But after a time I started to get the hang of trail racing, moving forward with smaller steps, bending into the steep ascents, and sliding sideways down the hills. Hey, this was fun! I started to look around and take in the view. Then I noticed I was completely alone. I heard voices far behind me, and a woman had passed me a few minutes earlier, but for at least the last mile I was running through the woods in solitude. Was that a real deer I passed?! I suddenly felt a strong urge to hug a tree.

I finished with burning calves, quads, and various other muscles. I was euphoric but tranquil, dotted with the mud of the trail. Drenched from the high humidity, I was grateful for all the fresh fruit at the post-race festivities. Pizza followed. Overall and age-group winners received medals and Lucite trophies engraved with a picture of the sun. Our very own Wayne Carlson finished sixth overall and first in his age group, with a time of 36:26. Chris’s time was 42:35; mine, 48:12; Dave Benfield’s, 58:48 (clock time after a wrong turn; his actual time was 57:00) A special thanks to Anne Chesny, who came with us to check out the event and cheer us on but who also ended up volunteering on the course! —Aubrey Blanda

I completed my first trail race! The Double Trouble 15K/30K Trail Run (a.k.a. Double Trouble mudfest!) took place June 25 in French Creek State Park in Morgantown, Pa. The 15K had 275 runners, the 30K another 84. The course is a 15K loop, and you can decide whether you want to do the 15K or the 30K during the race.

The temperature was in the low 70s, the skies were cloudy, and the rain began 45 minutes after the start and fell throughout the race (not a heavy downpour but enough for the trails to get pretty muddy). The course was of medium difficulty and quite “technical,” with lots of rocks, roots, fallen trees, and so forth. There were three major inclines, and they seemed to become steeper and steeper. A few people told me what the course is like, so my strategy was to take it slow and walk if I had to. And I did plenty of that, because some of those hills ... my goodness ... words cannot describe! With climbing over fallen trees, it was more like an obstacle course than a trail run! As challenging as it seemed, though, I got through it. I tripped a few times and braced myself from falling. For most of the race, I was pretty much alone, but the course was very well marked. There were three water stations, but I’m glad I carried my own fuel belt. The run was very peaceful and serene (beautiful country out there in Pennsylvania!). I wanted to take in the scenery, but I had to watch my footing.

Within the last three miles, I caught up with a lady who had passed me early on. Then, in the last half-mile, I got a surge of energy and started to pass her! She told me to go ahead, and I said, “No, I wanted to finish last!” Actually, come to think of it, there was someone else behind me at around mile 2, but I’m not sure if she finished because I didn’t see her after that. As far as I know, I came in second to last, maybe third to last if she finished. My time was 2 hours 34 minutes. Not bad for a trail race newbie, but that’s what I like about trail running the most ... you don’t have to worry about time! It’s all about finishing!

Double Trouble was a well-organized race that I will definitely do again! I’ve heard that race director Ron Horn (Pretzel City Sports) puts on some great races, and it’s true! He even put up these funny posters on trees along the course to make you laugh and keep you going. He’s a funny guy! I look forward to doing more of his events! My next trail race will be the inaugural Marsh Creek Raptor Run 5 miler or 10 miler in Marsh Creek State Park in Downingtown, Pa, on July 30. I’ll probably do the 10 miler! I can’t wait! —Gloria Moore

WEEKLY RUNS: SUMMER 2006

Tue	7:00 pm	(▲)	West Essex Trail Run, Verona
Thu	7:30 pm	(H)	Thursday-Night Hosted Run (see schedule below)
Sat	9:00 am	(▲)	West Essex Trail Run, Verona
Sun	7:00 am	(F=)	Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+)	Grove Pharmacy, Montclair (Grove Street Long Run)
Sun	9:00 am	(▲)	West Essex Trail Run, Verona

(▲) 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.

(F=) Fleet Feet Sports, Montclair (FF Long Run). *Sun 7:00 am.* Meet at Fleet Feet (603 Bloomfield Ave) for runs on 1 or more of 3 loops (each is 6–8 miles) at paces ranging from 7:30 to 9:00 per mile.

(+) Grove Pharmacy, Montclair (Grove Street Long Run). *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@yahoogroups.com.

(H) THURSDAY 7:30 PM RUNS: JULY & AUGUST 2006

7/6	Mike Perry with Lynne Mortimer 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).	973-625-2488
7/13	Catherine Alessi with Desmond Duncker & Chris Jaworski 5 Notch Park Rd, Little Falls <i>From Intersection of Bloomfield Ave & Route 23:</i> Take 23 north, turn right onto Ridge Rd, pass Bradford Ave, after reservoir take first right onto Notch Park, #5 third house on right. <i>From Route 46:</i> Take Great Notch exit and ramp toward Great Notch/Little Falls, turn left at traffic light, past Great Notch Fire House, stay right onto Ridge Rd, go through light (Francisco Ave), take first left onto Notch Park, #5 third house on right.	973-984-0400 x200
7/20	Val Kenny, 77 Fairway Ave, Verona <i>From Montclair:</i> Take Bloomfield Ave west to Verona Park light, turn left onto Lakeside Ave, go ~1 mile, pass <i>Entering West Orange</i> sign, take next right onto Fairway, continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on left.	973-857-3432
7/27	Smoke Rise/ERC 4-Mile Challenge Take Route 23 N to Kinnelon Rd (~8 miles north from Routes 46 & 80 or 3 miles north from Route 287), take jug handle immediately after <i>Coldwell Banker</i> sign on right, cross over highway (if when on Rt 23 N you pass Burger King, you have gone too far; take next jug handle on right [-0.25 mile] & exit on Kinnelon Rd), follow Kinnelon Rd for ~2 miles, pass Kinnelon HS on left, turn right at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise, a gated community), go ~0.5 mile to visitors entrance, ask for directions to beach parking lot. Adrian, Kevin, & George will be at parking lot to meet you.	Adrian Dunner cell 914-841-7151; 973-838-6633 Kevin Burke, & George Studzinski 973-283-8664
8/3	Project Children 5K, 7:00 pm start, South Mountain Reservation Shillelagh Club (postrace party), 648 Prospect Ave, West Orange	973-762-2930 <i>See page 4</i>
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	Susan Palermo (973-325-5127) & Wayne Carlson, 27 Westwood Dr North, West Orange	
8/31	YOUR NAME CAN APPEAR HERE (e-mail jaworski@verizon.net for details)	

WELCOME NEW MEMBERS!

Harry Blanda Glen Ridge
Tom Eaton Glen Ridge
Karen Feenaghty Glen Ridge
Kira Mickle Montclair
Joseph Schroeder Bloomfield

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

President's Cup (Jun 19) was the last championship race until the fall. We hope to have Essex teams competing at the championship races scheduled for the rest of the year:

9/17	Joel Spector 10K	Open Men
10/8	Liberty Half-Marathon	All Divisions
10/14	Heroes to Hero 5K	Masters Men
10/29	Cross Country 5K	All Divisions
11/12	Giralda Farms 10K	Masters M&W
11/23	Ashenfelter 8K	Open M&W
12/10	USATF–NJ 10-Miler	All Divisions

The Liberty Half-Marathon (Sun, Oct 8) is a key race in the team competition and the individual Grand Prix. For this event, we hope to have a great turnout, similar to last year's. For info on USATF membership or the Grand Prix, visit www.usatfnj.org or call 973–334–8900.

Firecracker 5K Jul 1

This small race in Montville is a great way to kick off the Fourth of July weekend—and one of the few races being held then. Its early Saturday start (8:00 am) should help beat the heat, and you'll be guaranteed a warm welcome from Randy Miller—ERC member, local resident, and former F5K race director.

West Essex YMCA 5K Jul 9

This Sunday race has grown in popularity and developed a reputation as a well-organized summertime event. Held in Livingston at the West Essex YMCA off Livingston Avenue, it has a course similar to Run for Rachel's. The start is at 8:30 am. The first 100 registrants will receive a special tie-dyed T-shirt.

Interclub Challenge Jul 23

This year's race against Clifton Roadrunners Club and South Hudson Spiked Shoe Club will again be held in Brookdale Park. Clifton beat us bad last year, so we need as many people as possible to show up at 8:30 on Sunday to help us recapture the trophies!

The course is 3 loops around the road in the park (3.3 miles total), with runners starting at 30-second intervals using age and gender handicapping. Scoring is done by adding up the finishing positions for each team.

Refreshments will be available after the race, but any contributions of water, drinks, and food will be appreciated!

Smoke Rise Challenge Jul 27

Replacing the Thursday-night group run this week is our friendly 4-mile race against Smoke Rise Road Runners in Kinnelon, starting at 7:30. The beautiful surroundings in this community make for a great run, especially if you like hills! The course, on quiet, tree-lined streets, winds around a lake. This event is well worth the drive, and we always receive a very warm welcome from the folks at Smoke Rise. See page 3 for directions.

Project Children 5K Aug 3

This race in South Mountain Reservation also replaces our usual Thursday-night group run but begins 30 minutes earlier, at 7:00 pm. The course on tree-lined roads provides views stretching all the way to Manhattan plus occasional glimpses of white-tailed deer. After the race, stop in for beer and other refreshments at the nearby Shillelagh Club (648 Prospect Ave, West Orange).

River to Sea Relay Aug 5

ERC will have three teams in this 11th annual Jersey-spanning relay, which begins at the Delaware River, in Milford, and ends at the Atlantic Ocean, in Manasquan. The 92-mile course traverses 5 counties and 34 municipalities. Each team consists of seven people, each of whom runs two legs of 3 to 8 miles.

Teams' start times, which are based on their average 5K times, are handicapped (staggered) so that all teams will arrive at the finish in Manasquan close to one another and with an equal shot of winning.

Participating in this daylong Saturday event is a great way to see some of the nicer parts of New Jersey and to get to know other Essex members.

Phil Coffin and Tom Kelly have filled their teams, but Desmond Duncker and his "Air Jamaica" team were recently looking for one more runner plus one or two alternates. Please contact Desmond (duncker@mail.com, 201–207–0286) to take part in this unique event.

Looking Ahead

Sunday, Aug 13, is the date for the very first Three-Hour Team Track Relay in Brookdale Park! Members from ERC and other clubs will form mixed teams. Each team will alternate runners around the track for 3 hours. The team completing the most laps will win the competition.

Club members and friends are invited to the annual Smoke Rise Biathlon (Sat, Aug 26, 4:00 pm), a.k.a. *Battle at the Beach!* This is a 1/3-mile lake swim coupled with a challenging 4-mile run. Afterward, you can enjoy music, food, and fun on the beach at the lake.

The inaugural New York City Half-Marathon has its early start (7:00 am) on Sunday, Aug 27. This new race will begin with a loop around Central Park, pass through Times Square and along 42nd Street, and follow the waterfront to a finish near Battery Park in lower Manhattan. Registration, which opened Jun 21, was capped at 10,000 runners.

Call for Volunteers

ERC will again be helping out with the Verona Labor Day Classic (Sep 4), now in its 24th year. As usual, this event will be held in Verona Park, with the 1-mile fun run and health walk beginning at 9:00 am and the 5K at 9:30. We need as many volunteers as possible to make this a successful and safe event. To volunteer or receive more information, please contact race director Tom Kelly (973–571–1819).

Fall Marathons

Didn't get into New York this year? You might consider running one of the two fall marathons club members seem to enjoy the most: Steamtown in Scranton, Pa (Oct 8), and Philadelphia (Nov 19). The Marine Corps and Chicago marathons are already filled. Other options include Baltimore (Oct 14), Hartford (Oct 14), Cape Cod (Oct 29), and Richmond (Nov 11). The Web sites are:

www.steamtownmarathon.com
www.philadelphiamarathon.com
www.thebaltimoremarathon.com
www.hartfordmarathon.com
www.capecodmarathon.com
www.richmondmarathon.com

AT THE FINISH LINE

NYRR American Heart Assn Run May 17
Jean Zignorski 28:11
 NYRR advised runners that about 5 blocks were cut between miles 1 and 2, thus making the total distance 2.9 rather than 3.1 miles.

Run for Freedom (5M), Newark May 21
Larry Czaplewski (3rd AG) 31:07
Glenn Trimboli 34:26
Sharon Morrissey (4th W, 1st AG) 37:46
Tom Kelly (2nd AG) 38:42
George Studzinski (1st AG) 39:45
Martta Rose (2nd AG, PR) 40:21
 For this event, race organizer Integrity House introduced the Vincent Carnevale Award in honor of our own Vinnie "The Ciao" Kid. How fitting that George Studzinski, finishing in 39:45 and with a PLP (performance-level percentage) of 76.39%, not only won his age group but came away with the \$300 Carnevale Award prize for highest PLP among male runners 65 or over. The female winner, with an incredible 90.8% PLP, is the renowned Toshiko d'Elia, 76 years young.

Vince would have been proud of ERC at this race. Four members besides George placed well in their respective age categories, with Sharon Morrissey finishing 1st, Martta Rose 1st (technically 2nd, but the 1st-place winner in her group also won 3rd female, and double-dipping is not allowed), Tom Kelly 2nd, and Larry Czaplewski 3rd. Martta, who earned yet another PR, shaved 5 seconds off her previous best at the Westfield Turkey Trot 5M last November. —*Tom Kelly*

Gilda's Run 15K, Paramus May 21
Rick Pingitore (5th OA, 1st AG) 55:42
Charlie Slaughter (1st AG) 58:46
Gary Peters (2nd AG) 1:01:51
Phil Coffin (4th AG) 1:04:41
Doug Williams (3rd AG) 1:05:08
Joel Pasternack (4th AG) 1:05:14
Mick Close (5th AG) 1:05:33
Mike Kalthoff 1:07:38
Maria Imas (2nd AG) 1:11:36
Deb McNally (5th AG) 1:12:10
Howie Brown (4th AG) 1:14:56
Bill Wilde 1:16:33
Heather Welch 1:18:11
Wayne Carlson 1:18:11
Lynne Mortimer (1st AG) 1:18:47
Adrian Dunner 1:19:48
Chris Jaworski 1:20:44
Aubrey Blanda 1:22:50
Robyn Silverman 1:39:01
Val Kenny 1:39:07
 Twenty club members and about 230 other runners were at the inaugural Gilda's Run 15K in Saddle River County Park in Paramus. The park is a nice setting for a race! Everyone seemed to like the mostly flat out-and-back course along shady paved trails (there was one slight hill and several small bridges over the river). The only real complaint was the mile markers, several of which were off by a couple of minutes. Many members placed in their age group, with Rick Pingitore, Charlie Slaughter, and Lynne Mortimer

all taking 1st. Rick also took home \$150 for finishing 2nd masters, while Heather Welch won \$100 in the random prize drawings. The 2nd-place finisher (49:53) was Aidan Walsh, the speaker at our June meeting. —*Mick Close*

Colorado Colfax Marathon, Aurora May 21
Carl Sturcke 4:47:15
 I finished, but it wasn't pretty. The race started at 6:00 am in Aurora and proceeded down Colfax Avenue (longest avenue in Colorado) to Lakewood, including perhaps 17 miles across Denver. My son, Greg, ran with me from mile 12 to mile 20, where my godson, Matt, jumped in to "run" with me to the finish. I say "run" because the last 6 miles were uphill, the temperature had reached the upper 80s, and the sun was strong. With inadequate training, I was grateful to break 5 hours. I felt very stiff afterward.

The race benefited the Colfax Foundation, which has as its goal the beautification of this historic Denver street, along which ranchers first brought their cattle to market back in the 1800s.

Wyeth 5K, Madison May 24
Mick Close (2nd AG) 20:20
Mark Frankel 20:47

Montclair Retro Run (3M) May 25
Debbie McNally (3rd W, 2nd AG) 19:03
 After picking my son up from gymnastics class, I figured, why not stop and run this inaugural race? My two boys and I first walked around the street fair and enjoyed good music and interesting booths. Then it was time to register. Instead of getting paper bibs, runners received sequentially numbered cotton shirts. These shirts were cute but also annoying (you had to wear yours during the race, and it was a hot night).

This Thursday-night event was small but fun, and I had an interesting experience. The course looped around a couple of blocks in Montclair. On the first lap of three, the lead runners went straight on Valley instead of turning down Bellevue. I turned and thus ended up being the lead runner just where the crowds were biggest! It felt weird, but the feeling soon went away—the fast runners turned around and quickly caught up. Hurray for small fields: I was the third woman in!

It seems I'm making a habit of this accidental front-of-the-pack thing. At Gilda's Run, I arrived late and begged the race directors to let me participate. Accommodating and nice, they threw me a chip and told me to jump in as the runners went by. That put me in the front with the speedsters. I had to laugh when Mick Close passed me and said, with concern, "You're off to a bit of a fast start, Debbie."

Spring Lake Five (5M) May 27
Rick Pingitore 29:26
Larry Czaplewski 31:09
Peter Connell 34:07
Doug Williams 35:24
Susan Mello 38:30
Heather Welch 40:35

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.

Buffalo Half-Marathon May 28

Aubrey Blanda 2:02
 Running my hometown race reinforced my belief that it is truly underrated. In 2005, I found the full-marathon course to be beautiful, not too flat but not hilly, well staffed, and sufficiently supported with fluid tables. The expo and postrace food were a bit lacking, but the race itself was stellar. This year, after months of injury, I changed my registration to the half-marathon. My piriformis and hamstring muscles still bothered me, so I set no time goals. I also decided to leave my iPod (security blanket) at home and, for the first time in a longer race, run without music.

The expo was now very small. I saw Mike Wojcio, who was there for the full marathon.

Race morning was sunny, warm, and humid. The first half of the half-marathon was mainly residential, which meant an abundance of spectator support—lots of cowbell! The courses for the half and the full converged in Delaware Park. By the time I hit mile 6, the lead marathon runners were approaching from the opposite direction. At mile 9, a little girl held a sign that read, "Run til you puke and then run faster!" and I thought, "I'm almost ready!" At mile 11, I started down the wide, mansion-lined avenue that goes all the way to City Hall and the finish line nearby. As is mandatory in a hometown race, I kicked it

into the finish and received for my effort a medal engraved with a picture of the Buffalo waterfront.

My time was almost a PW, but I ran much better than in a half two weeks earlier. I went slow but steady, drank and took in salt to compensate for the heat, and didn't miss my iPod one bit.

With its course and dedicated race director, the Buffalo Marathon has potential to be world-class. Doesn't anyone recall the Olympic marathon trials in Buffalo—and the Skylon Marathon, now reinvented as the Niagara International Marathon? Unfortunately, the city simply does not provide enough sponsorship or support. The race expo, as mentioned, has gone from small to microscopic, and postrace food amounts also seemed smaller. Finishing the marathon were 614 runners, about the same as in 2005, and 951 finished the half. I really hope this great race is there for me to run next year!

Vermont City Marathon, Burlington May 28

Eric Stadnyk 3:44:43
Unrelenting sun and heat, a nagging hip injury, cramping in both legs, and poor pacing led to my disappointing finish (3:44) in the Vermont City Scorchers and a visit to the medical tent. To give you an idea of how badly I paced, my time at the halfway point was 1:34. Plus, I got some really bad sunburn! Otherwise, the course was nice, and runners got free beer and ice cream, two of my favorite things to get for free.

Mayor's Trophy 5K, Rahway May 29

Ginger Brock 38:40

Ridgewood Run May 29

10K
Charlie Slaughter (1st AG) 38:56
Mark Frankel 43:54
Tom Kelly 47:15
George Studzinski (1st AG) 50:35
Martta Rose 51:28
Chris Jaworski 54:24
Andy Kotulski 54:52
Dave Benfield 1:03:40
Gloria Moore 1:09:23

5K
Charlie Slaughter (4th AG) 19:59
Mick Close (3rd AG) 20:19
Jen Lanterman (3rd AG) 21:37
Maria Imas (3rd AG) 22:01
Susan Palermo 41:20

The heat was definitely on for the 31st running of this Memorial Day event organized by North Jersey Masters Running Club. The 10K start was quite the sight, with runners going under an arch of red, white, and blue balloons and passing a huge American flag before heading out onto the mostly flat tree-lined streets of Ridgewood.

There were some very fast runners among the 850 in the 10K and the 1200 in the 5K. Some people ran both races. Winning 10K times were 29:22 for men (just off the course record) and 34:48 for women, and winning 5K times were 14:25 for men and 16:39 for women. There was also an impressive field of about 25 wheelchair

athletes for the 10K, with the winner finishing in an incredible time of 19:56 (3:12 per mile)!

The club didn't do too bad either. We had two 10K age-group winners (Charlie Slaughter, George Studzinski) and three 5K 3rd-place winners (Mick Close, Jen Lanterman, Maria Imas), each taking home a new BMW SUV (a model!). The best part of the day may have been the postrace Ben & Jerry's cookie dough ice cream. I'm not sure ice cream ever tasted so good!

The repeat winner of the Elite Mile was Aidan Walsh, our June speaker. —*Mick Close*

Rockaway Rotary 5K Jun 3

Lynne Mortimer (1st AG) 24:29
Went for a tempo run and got an "Our House" version of a 5K, including the killer hill at the end!

Kilometers for Karyn (5K), W Orange Jun 4

Thomas Kelly (1st AG) 23:43
Martta Rose (1st AG) 25:07
Marta Sylvester 29:10
Harry Blanda (age 8, first 5K!) 32:31
Aubrey Blanda 32:31
Jim Deliyannis 34:49
Susan Palermo (2nd AG, PR) 39:38
Harry, my 8-year-old son, ran his first 5K, Kilometers for Karyn! I ran alongside him every step of the way. Considering his training—he ran a mile the week before—he did great! Nearing the track at the end, he tripped and scraped his knee pretty bad, but he was up and running immediately, and he even kicked it at the end. Quite the trouper! Thanks to Tom and Martta for sticking around with Philip to cheer Harry and me to the finish line! Crossing that line has never been so much fun! I am so proud! —*Aubrey Blanda*

I can vouch that it was a very proud day for Harry. Kudos to Harry and mom! Aubrey's daughter, Isabella, ran in the kiddie race. Seems we have more than one potential ERC member!

We had great weather for running: overcast, 58 degrees, a slight breeze. Not a huge turnout (~145 runners), but that didn't stop us ERC-ers from putting on a good show. —*Martta Rose*

Morris Mauler 5K, Morris Twp Jun 4

Charlie Slaughter (2nd AG) 22:27
Wayne Carlson 24:23
Chris Jaworski 28:11
Heather Welch (2nd AG) 28:13
Dave Benfield (1st AG) 35:21

Five ERC members participated in the 6th bi-annual running of this hybrid cross-country/trail race in Lewis Morris Park. "Except for the number and steepness of the hills," conditions were ideal—cool, cloudy, and not so muddy. Charlie Slaughter, Heather Welch, and Dave Benfield all won age-group awards, and Wayne Carlson missed his by just 30 seconds. I knocked 1:55 off the time I ran last November.

After the race, there was a great barbecue (hot dogs, beef and veggie burgers) plus a wide array of drinks and food, including fresh strawberries. Having restocked our energy supplies, Wayne and I then searched the park for a trail to run. Near Sunrise Lake, we hooked up with the

Patriots' Path. We followed it on a long, gradual uphill, turned around, and then enjoyed the long and exhilarating return—a perfect way to cap the day after National Trails Day.

Next Mauler: Nov 4. —*Chris Jaworski*

Montclair Run 10K Jun 4

Rollin K. Deas (5th OA, 1st AG) 36:55
Gerry Messina (6th OA, 2nd AG) 37:18
Larry Miller 41:48
Jeff Burrows 42:04
Doug Williams 42:10
Mick Close 42:13
Phil Coffin 42:24
Mike Kalthoff 42:34
Peter Connell 42:54
Deb McNally (2nd AG) 46:19
Robert Nossa 47:03
Sharon Morrissey 47:22
John Fabbro 47:37
Bill Wilde 47:43
Susan Mello 47:52
Laura Gelman 48:11
Ron Wolfson (with baby stroller) 48:23
Rollin E. Deas 48:42
Jolynda Burton 50:25
Jennifer Odell 51:07
Tony DiNapoli 51:14
Sarah Sheridan 51:49
Bill Mishler 54:43
Beth Cunningham (with baby stroller) 56:20
Amy Ulto 57:27
Elizabeth Simonetti 57:59
Paul Maloney 1:07:50
Ginger Brock 1:10:57
Fred Forrester 1:42:41

The club was well represented, and everyone seemed to enjoy the camaraderie of this popular local race. While many people ran, others cheered and volunteered, and everywhere you went there was a familiar face. We had a lot of good performances but not many awards this year. Our top runners were Rollin K. Deas and Deb McNally. —*Mick Close*

George Sheehan Classic (5M), Jun 10 Red Bank

Rick Pingitore (1st AG) 28:25:48
Heather Welch (PR) 38:13:98
Lynne Mortimer (3rd AG) 39:15:55

The Sheehan Classic, one of five races in Jersey Shore Running Club's Golden Grand Prix and one of the top 100 road races in the country (*Runner's World*), has long been an ERC favorite. This year, there were almost 1600 runners, and conditions were great—cool with a slight wind off the water. With a hill in the last mile, the course is not the easiest, but it's not the worst either.

I debated going, as I had just lost my mom the day before (she died after a long illness) and had cried much of the day and was tired. But since she and my dad were in transit from Florida to our area, and there was nothing I could do, I decided to race in her honor (she always believed in living each day). Rick and I did not have our best times, but we both felt my mom smiling down on us saying, "Life goes on." This race was for you, mom. —*Lynne Mortimer*

Despite the wind, the rolling hills, and the large hill near mile 4, the Sheehan Classic was a great run—and my PR by 2 minutes 8 seconds! That was exciting, since I was very tired driving down to Red Bank after getting home late the night before (from the ERC wine-and-cheese party)! (Good thing I avoided having a drink there, or I never would have gotten up at 6:00 am!)

I saw Rick at the start but obviously wouldn't have been able to catch up to say hi! Congrats to Rick and Lynne for placing in their age groups! Awesome!
—Heather Welch

Circle of Friends NY Mini 10K Jun 10

Susan Mello 47:59
Aubrey Blanda 54:42
It was a great day in Manhattan for the Circle of Friends New York Mini 10K, sponsored by Legacy Foundation to promote awareness of tobacco-related dangers and disease. The chill and wind at the start were soon followed by warm sunshine and the shedding of layers of clothing. One and a half miles of Central Park West were shut down for this event, as 3500 women made their dramatic entrance into the park. Like other NYRR races, this 10K was both challenging (Central Park hills) and well organized (mile marker and water stop at each mile). Each finisher received a commemorative medal and a red rose.

But the best part came after the race. Anne Chesny, assisting the elite athletes in her capacity as NYRR volunteer, took me to where they were awaiting the awards ceremony. I saw Lorna Kiplagat (the winner in 31:27); 2005 NYCM winner Jelena Prokopcuka (second place); and Gete Wami (third). I was as excited as my dad must have been when as a kid he saw Babe Ruth. I only regret not having a pen for autographs. Anne introduced me to NYCM director and NYRR head Mary Wittenberg, who hailed originally from Buffalo, my hometown! Thanks, Anne, for an exciting morning!
—Aubrey Blanda

Run for Marge 5K, Pequannock Jun 11

Beth and Grace Cunningham 25:04

Portugal Day 5K, Newark Jun 11

Charlie Slaughter (1st AG) 18:24
Gary Peters 19:12
Mick Close 20:02
Maria Imas (2nd AG) 22:20
Sharon Morrissey 22:42
Chris Jaworski 22:58
Howie Brown 23:14
Martta Rose 24:39
Ginger Brock 33:58

With all the banners, flags, and booths set up along Ferry Street for Portugal Day, the atmosphere in Newark was very festive! Our race started behind Penn Station and wound its way through the flat and narrow streets of the Iron-bound section. The morning was clear and cool, but a gusty wind proved troublesome during the second half of the race. At this USATF–NJ Women's Masters Championship, our somewhat depleted Essex team finished 7th of 9. Although there were only 250 runners or so, the field was very competitive.
—Mick Close

The sights, the sounds, the aromas, the people and tables lining narrow Ferry Street, the sense of anticipation leading up to the Portugal Day 5K and the festival that lasts all weekend—what a great morning! We passed all those people when we ran straight up Ferry Street at the start, and, then, when we returned down the same street for the glorious finish, we heard them all cheering us on again, even louder. With people to the left and people to the right, so close you could almost touch them, I felt as if the finish line were stretched out a half-mile long!

I didn't set a PR, but I got myself into the 22s (22:58) for the first time since the day I injured myself a year earlier (Jun 20, President's Cup). I'm happy about that—and about my strong finish.

I managed to catch and beat a runner who had passed me around the 1-mile mark. Also, with the final half-mile to go, I heard a friend calling out from the crowd. Jorge Lopes saw I was picking up the pace and passing runners and yelled for me to push it even more. Well, I did for a bit and then realized, oh, no, this hurts, and there's farther to go than I thought! (Although we were on a long straightaway, seeing the finish line amid all the decorations—street after street after street of them—was difficult.) I eased up a bit but soon saw a bunch of people I thought I could catch. I passed everyone I set my eye on. Two runners tried to keep up with me, but I poured it on—no contest. Jorge, my Portuguese American friend, had finished in 17:42!

Refreshments included water, coffee, Portuguese rolls and butter, orange drink, and decadent jelly and coconut donuts. It was pretty cool hanging out in the courtyard of Iberia restaurant after the race. We took in all the festival preparations (e.g., a marching band passing through the courtyard to the street, where it began playing); the friendly, animated chit-chatting of runners seated at picnic tables; the gorgeous blue sky; string after string of pennants fluttering, flapping in the breeze, fwapping when the wind picked up. Ah, in those moments I was giddy, aglow, and peaceful. I'm putting this race on my must-run list for 2007!
—Chris Jaworski

Woodcliff Lake Run for Education Jun 11

5K: *Jim Deliyiannis* 35:13
10K
Rick Pingitore (1st AG) 37:47
Lynne Mortimer (1st AG) 51:04

For 20 years the "toughest 10K road race in New Jersey," Woodcliff Lake makes Giralda Farms look flat. We ran hill after beautifully scenic hill! The course measures 6.36 miles on GPS watches, so don't stake your time on it. Still, an absolutely fabulous workout!
—Lynne Mortimer

Lake Placid Marathon Jun 11

Kathy Canale (5th W, 2nd masters) . . . 3:32:23

WABC Father's Day Fight Against Prostate Cancer 5-Mile Race, NYC Jun 18

Peter Connell 34:10
Rollin E. Deas 40:11
Eric Stadnyk 41:15

Lisa Gruenbaum 43:32
Mick Close 43:33
Aubrey Blanda 44:43
Peter Bieber 45:37
Jeff Burrows (clock time) 46:55

It was quite a thrill to run this 5-miler in Central Park with my daughter, Lisa. The park looked spectacular as we followed more than 4500 runners around the hilly one-loop course to the finish at Tavern on the Green (same as for the marathon). Luckily, the 8:30 start and the tree shade gave us some relief from the heat and humidity. It was nice to see club members at the race, and I extend a big thank-you to Peter Connell for his advice on parking.
—Mick Close

President's Cup 5K, Millburn Jun 19

Rick Pingitore (1st AG) 17:03
Larry Czaplewski 18:59
Gary Peters (2nd AG) 19:15
Charlie Slaughter 20:02
Mick Close 20:24
Mark Frankel 20:26
Mike Kalthoff 20:41
Jen Lanterman 21:14
Deb McNally (PR) 22:15
Maria Imas 22:18
Lynne Mortimer 22:51
George Studzinski (1st AG) 23:42
Chris Jaworski 23:51
Adrian Dunner 24:02
Ken Turner 25:13
Amy Ulto 26:15
Robert Lewin 27:46
Beverly Salerno (2nd AG) 32:26
Ginger Brock 36:59

A brief prerace shower helped cool the temperature off a little, but it was still warm and humid for this fast and furious 5K through downtown Millburn. Of 1200+ runners, more than 100 came in under 18:00, and 20 women broke 20:00. We had two teams in this competitive USATF–NJ Men's Open Championship, but they were off the pace and finished 14th and 19th. However, there were several excellent individual performances, with Rick Pingitore and George Studzinski winning age groups and Gary Peters taking 2nd. Of the women, Jen Lanterman had the fastest time (21:14), and Bev Salerno picked up 2nd in her age group. At the usual postrace party, everyone seemed in high spirits as runners either celebrated or drowned their sorrows with freely flowing Samuel Adams beer.
—Mick Close

Summer Solstice 5-Mile Trail Run, Kittatinny Valley State Park, Andover (4.8M) Jun 23

Wayne Carlson (6th OA, 1st AG) 36:26
Chris Jaworski 42:35
Aubrey Blanda 48:12
Dave Benfield . . . 58:48 (clock), 57:00 (actual)
Race report on page 2.

Double Trouble 15K/30K Trail Run, French Creek State Park, Morgantown, Pa Jun 25

Chris Jaworski (15K) 1:45:51
Jennifer Hyres (15K) 1:57:56
Gloria Moore (15K) 3:54:00
Race report on page 2.

How to Run Faster!

Running is a lifestyle, not just a sport, according to Aidan Walsh, the featured speaker at the June meeting. Walsh, an elite miler from Ireland, is Men's and Women's Distance Coach at Fairleigh Dickinson University. He has won the Men's Elite Mile at the Ridgewood Run five times and in 2004 finished fourth in the 1500 at the Irish Olympic trials. At the meeting, he discussed techniques for running faster:

1. *Start with distance.* Running for a long time makes you stronger. Walsh cited the example of his friend, marathon record-holder Paul Tergat, who had the speed to run well but did not have the strength until he added long runs of up to 35 miles to his training.
2. *Increase leg turnover.* There is only so much speed you can get out of your legs, so taking more strides over a certain distance will help you become faster.
3. *Increase endurance.* Doing so will help you maintain speed over distance.
4. *Increase efficiency.* Smooth your stride. Walsh illustrated his point by saying that a truly efficient stride is two centimeters longer than an inefficient one. "This is not an improvement in fitness, though it will increase your speed." Two good ways to improve efficiency, he said, are to do knee lifts and kick-backs on runs. He said that efficiency is based more on strength than on flexibility. Plyometrics are important strength exercises, as are situps and pushups.

The most important element to running is to enjoy it. "If running is not fun, do something else," Walsh said.

High School Track & Field

Mick Close

- Running for Verona, club member Rollin K. Deas put in an impressive performance at the NJ State Group 1 Championship. He ran and placed in three events—finishing 5th in the 800 meters (1:59.05), 4th in the 1600 (4:32.37), and 6th in the 3200 (10:01.21). Rollin followed that up with outstanding runs at the state Meet of Champions. He finished the 1600 in a PR time of 4:23:03 and the 800 in 1:59.37. I remember him telling me at the Awards Ceremony a few months ago that one of his goals this year was to break 4:25 in the mile! This high school meet was Rollin's last before heading off to La Salle University in the fall. Congratulations, Rollin!
- Former club member Jenn Ennis, running for Roxbury at the NJ State Group 4 Championship, finished 3rd in the 1600 meters with a 4:52.46 (PR) and 1st in the 3200 with a 10:40.74. At the Meet of Champions, she added an exclamation point to her amazing high school achievements by winning her first state title in the 3200 with a PR time of 10:31.93 and yet another Morris County high school record. Jenn will be running for the University of South Carolina in the fall. Congratulations, Jenn!

Beverly Salerno

I recently visited my daughter in Bethesda, Maryland, and got to run the Capital Crescent Trail. This is an 11-mile paved bike path that runs from Silver Spring to Georgetown and along the Potomac. It is very nice, with mile markers and benches along the way. I ran it for 4 miles in Bethesda around 7:00 am on a Sunday, and lots of people were already out running. At one point, I passed a crowd of about 100 people going the opposite way. I asked one of them if they were in a race. He said no—they were on their club's Sunday-morning group run. That must be a big running club! Anyway, if you're ever in the DC area, the Capital Crescent Trail is nice for both running and people-watching, as many Congressmen and other government employees use the trail. My daughter once saw John Kerry there.

Running Partners

Beth Cunningham

We all know how important a good running partner is, and I've had some of the best. It all started in seventh grade, when my best friend Leah begged me to join cross-country so she wouldn't be the only person on the team. Our training consisted of Leah running effortlessly far out ahead and then circling back to breathless, trudging, me.

Years later, smitten with the marathon bug, I trained with Kim Collins, and we ran the Motorola Marathon in Austin, Texas, together. I've run with wonderful members of the Essex Running Club, and I hooked up with John Fabbro and the Fleet Feet group on Sunday mornings. A few years ago, I met Nicole Sanders at an ERC meeting. I knew in an instant that this person was my running "sole" mate. We started running together in the early morning, and I enjoyed our friendship immensely. When she had to return home to Washington two years ago, I was devastated. I met Sarah Sheridan shortly after, and she inspired me with her perseverance in both running and life in general.

I am now training with my newest running partner. When I say training, it's really me who's doing all the hard work. She's just along for the ride—literally. She weighs about 15 pounds, and we began running together in March 2005, before I knew what she looked like or even that she was a she. Gracie rides in a BOB stroller (awesome, by the way) and loves the fresh air and the sights. With infancy so fleeting, I am embracing our time together, knowing she'll soon be wanting to run alongside me and push the stroller herself. Or maybe she won't. Joe, my husband, says that if she wants to become a cheerleader, I'll have to let her—not that there's anything wrong with cheerleaders! (I was one myself, though I rarely discuss it.)

Gracer the Pacer and I trained for our first race, the Montclair 10K. The experience isn't about going fast or far, but that we do it together. She has taught me so much about running, and I am thankful for every step we take on our runs. Well, I hear my running partner getting up from her nap, so ... we're going to get rolling.

GPS-Assisted Racing

Bob Gorman

Those of you who read my Boston Marathon recap in the May issue of *Keeping Track* know a little about my experience and problems in depending on a GPS (global positioning system) device* during a marathon.

I have a 1½-year-old Garmin Forerunner 201, which seemed to be the GPS device I saw most often at my last three races. Desmond has the latest, the 205. After comparing notes, I think my observations apply to both models.

I dabbled with the Garmin's "virtual training partner" when preparing for Boston this year, but using it during the race was a last-minute decision. For anyone planning to run a "GPS-assisted marathon," here are some tips.

Before the race, set up your device and do not turn it off. If you turn it off, you will have to reprogram it on the run, and your clock time and distance will be inaccurate.

Even when you do everything right, you might encounter problems. To record a run accurately, a GPS device must "see" its satellites. Des and I lost our satellite signals in the Newton hills during Boston. Most commonly, a signal is lost because it is being blocked by trees with full foliage. When the signal returns, the device extrapolates any data that may have been missed. If you ran in a straight line while the signal was blocked, the estimate should be accurate; if you made a few turns, your distance may be underestimated.

When I ran the New York City Marathon last November, I started on the lower level of the Verrazano-Narrows Bridge and lost the signal for 2 miles, but they were *straight* miles, so the extrapolated distance was correct. As a matter of fact, the accuracy of the Garmin over the first 8 miles was amazing. Farther along, I noticed that my GPS distance was longer than what the mile markers indicated. I finished NYCM with a distance of 26.5 miles on the Garmin.

I had expected that any discrepancy would have been due to unrecorded turns and that the GPS distance would have been short, but then I recalled that courses are measured along perfect tangents, which no runner can follow—and so we all run a bit longer than what is advertised. Running on New York's wide avenues and getting water sometimes on the right and sometimes on the left probably gave me that extra 0.3 mile. So why does this matter?

In April, I ran the New Jersey Marathon with the specific goal of qualifying for the 2007 Boston Marathon (at Boston this year, I missed qualifying by 3½ minutes). I was ready. I had the pace chart I had forgotten to bring to Boston's starting line, I had the Garmin programmed with my goal pace, and I had kept the device turned on.

But one thing I forgot to do was adjust for the tangents discrepancy. Around mile 20, I checked the virtual training partner, which indicated I was 0.4 mile ahead of my goal pace. That statistic, however, did not tell me my exact total mileage, and I didn't think to switch screens to look it up.

*GPS devices link up with satellites to track and tell you, among other things, where you are on Earth, how fast and in which direction you are moving, and your mileage from point A to point B.

When I examined my pace chart, however, I realized I was still ahead—but not by as much as I had thought. In the end, I had run another 26.5-mile marathon!

I met my main goal of qualifying for Boston, and I had a lot of fun zigzagging that extra 0.3 mile while getting fluids and high fives from cheering fans. Now I'll see how the Garmin works in some shorter summer races.

Running in the Rain

Jen Lanterman

A run in the rain is likely to elicit a number of responses: *You'll get blisters! Don't slip and pull something! Don't get struck by lightning!* The list goes on. I admit that I am not necessarily a fan of having my cool Nike low-rise running shorts stick to my thighs, but I recently reexperienced something from my teen years—something that still compels or propels me to get out and run in all the elements, when everyone else is looking at me like I am nuts.

On a recent day, I was warming up for a track workout, and down came a monsoon. I just kept running. The next day, I waited for threatening weather to pass so I could run. Around 11:00 am, with the sky clearing, I headed out. Then the heavens opened, and at times I could barely see. I just kept running. All 10 planned miles were run in the rain, with wet clothes, wet socks, and shoes full of water.

People fishing under the bridge looked at me funny. I just smiled at them. I remembered when, as a teenager, I used to go to track practice or a meet and afterward head out for a solo run to work through all my teen angst. One day the rain came down after I had run about an hour from home. I just ran back. It didn't bother me. It was liberating. There wasn't any social noise, mean kids, or school pressure, and the only competition was me. I jumped hard in puddles to try to create little tidal waves. I was totally free in a way that teens rarely are.

I think that grown-ups, or at least me, can sometimes forget these simple things. We have our deadlines, laundry, bills, shopping, and cleaning to take care of. As I ran in the rain on those two recent days, I found my freedom again. Maybe it's what keeps me returning to long training runs in the snow, the ice, the ridiculous heat. But today I remembered why. I was conscious of it. So, next time you think about not running because of the rain, rethink it. Running in the rain may be exactly what you need.

POETRY CORNER

Donna Close

Challenge

Voices from a race ahead
Are filled with challenge
And hearty delight.

Effort

Two miles incomplete
Makes note of age and gender
Proud of the effort.

Energy

Energy spoon-feeds runners
A delicious taste
Of the big apple.

2006 RACE CALENDAR: JULY–SEPTEMBER

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

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	973-687-0463	
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	
7/15	Sat	10:00a	Crohns & Colitis 5K (Lake Como)	5K	732-786-9960	
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	7:30p	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	7:30p	Smoke Rise/ERC 4-Mile Challenge (Kinnelon)	4M	973-283-8664	
7/29	Sat	10:00a	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	7:00a	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	
8/10	Thu	7:00p	Christmas in August 5K (Newton)	5K	973-383-7933	
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	Batsto Pig Iron 5K (Wharton State Forest)	5K	866-841-9139	NBGP: 500 pts
8/13	Sun	9:00a	Three-Hour Team Track Relay (Brookdale Park)	Many laps	973-743-2349	
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	
9/2	Sat	9:00a	Saturday in the Park Women's 5K (Holmdel)	5K	732-542-6090	
9/3	Sun	9:00a	Crossroads of NJ 5K & 10K (Woodbridge)	10K, 5K	732-549-9440	NBGP: 10K (500 pts), 5K (500 pts)
9/4	Mon	7:15a	Knights of Columbus 5K (Basking Ridge)	5K	908-766-6755	NBGP: 500 pts
9/4	Mon	8:30a	Pier Village 5K (Long Branch)	5K	732-571-2162	
9/4	Mon	9:00a	Verona Labor Day Classic	5K	973-239-4111	NBGP: 500 pts
9/4	Mon	9:30a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
9/9	Sat	9:00a	Brielle Day 10K	10K	732-528-6600	
9/9	Sat	9:15a	Mind, Body, Spirit Games (NYC)	4M	212-860-4455	
9/9	Sat	4:00p	Summer Screecher 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
9/10	Sun	10:00a	Fallen Heros Memorial Run (Elizabeth)	5K	732-381-0318	NBGP: 500 pts
9/10	Sun	1:00p	Legal Runaround 5K (Somerville)	5K	908-245-3000	NBGP: 500 pts
9/16	Sat	9:00a	Newstead 5K (South Orange)	5K		
9/16	Sat	9:00a	Kinnelon 5K	5K		
9/16	Sat	10:00a	Race for the Kids 5K (Riverside Park/72nd St, NYC)	5K	212-786-7461	
9/17	Sun	7:45a	Philadelphia Distance Run	13.1M	800-311-1255	
9/17	Sun	8:30a	Brian's Run for Tomorrows Children (Wayne)	10K, 5K	973-904-1395	NBGP: 10K (500 pts), 5K (500 pts)
9/17	Sun	8:45a	Joel P. Spector YJCC Run (Washington Twp)	10K, 5K	201-666-6610	NBGP: 10K (700 pts), 5K (500 pts)
9/17	Sun	9:00a	Run for Lupus (Cranford)	5K	973-379-3226	
9/17	Sun	9:30a	Berkeley Heights 5K	5K	908-464-8899	NBGP: 500 pts
9/17	Sun	9:30a	Henry Hudson Trail Run (Middletown)	8M	732-530-6561	

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