



# KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 23, No. 10

October 2006

Our 23rd Year

## VICE-PRESIDENT'S CORNER

Anne Chesny

The days leading up to September 11, 2006, were electric—Kathrine Switzer, a pioneer in women's running, was coming to speak to the Essex Running Club!

Before 7:00 that evening, Kathrine and coauthor and husband Roger Robinson were interviewed inside Church Street Café for local cable TV (Montclair's community-access channel 34). This interview, set up by Martta Rose, our advertising guru, will be aired at 8:00 pm Mondays, Wednesdays, and Fridays throughout October.

From 7 to 8, Kathrine and Roger obliged many of us by signing copies of their books, including *26.2: Marathon Stories* and *Running in Literature*—personalizing each copy sold. Their warmth and sincerity really touched our hearts.

Special thanks to the sponsors that made this evening possible: Fleet Feet Sports, Grove Pharmacy, Montclair Bikery, Sneaker Factory of Millburn, and Dan Murphy's Ashenfelter 8K Classic and Egan & Sons Lager Run.

Some members of Clifton Roadrunners Club, North Jersey Masters, and Morris County Striders attended, as did several local running enthusiasts, thanks to Martta's PR work. It was nice to see some longtime ERC members come out for this event as well.

On this five-year anniversary of 9/11, Roger opened the 8:00 meeting with a tribute. He read from his eloquent *Runner's World* article on running in postattack New York City.

Later, Kathrine described her early life as an athlete and the events leading up to her running Boston, the grandmother of all marathons, in 1967. That accomplishment, together with the widely seen photograph of race director Jock Semple's unsuccessful attempt to remove her from the course, laid the cornerstone for the success of women in running over the next 30 years. Switzer had fired up a revolution without even knowing it. She would later become an Emmy Award-winning TV commentator and author.

Following Switzer, other women achieved their lifelong dreams in running. Tegla Leroupe, with her historic 1994 NYC Marathon win, in turn opened doors for other African women. Joan Benoit Samuelson won the inaugural Olympic women's marathon in 1984. Most recently, Mary Wittenberg became president of the New York Road Runners Club and race director of the NYC Marathon.

*Days decrease,  
And autumn grows, autumn in everything.  
—Robert Browning*

## ERC'S NEXT GENERAL MEETING! 7:30 pm, Monday, October 9

Church Street Café  
12 Church Street, Montclair  
BYOB

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

### Our Speaker

Dean Shonts, Athletic Hall of Fame inductee, former track and cross-country coach at William Paterson and Bergen Community colleges, former head of Amateur Athletic Union (now USATF) long-distance running, and owner of Millburn's Sneaker Factory when it opened in 1978, on injuries and how they have changed over 30 years, plus stories of the old days. At this meeting, Dean comes full circle; he was the very first ERC meeting speaker. Dean still runs several days a week. He also races a few times a year and is hoping for a comeback as he enters a new age group.

At the local level, ultimately we have Kathrine to thank for four women being elected ERC president over the years: Karen Mishler, Lynda Hollander, Eugenie Temmler, and me.

Today more women than men are running road races, a high percentage are running marathons, and many are joining the Essex Running Club! Thanks, Kathrine!

*Other comments on Kathrine and Roger appear on page 10.*

## NOTES & REMINDERS FOR OCTOBER

- **Sep 30; Oct 7, 14, 21, 28; Nov 4.** Shore Athletic Club XC. *Page 10.*
- **Oct 1.** Run for Life 5K, Hilltop Reservation (club race). *Page 4.*
- **Oct 3.** Tuesday trail runs switch to informal basis for the fall.
- **Oct 8.** Liberty Waterfront Half-Marathon (Championship race). *Page 4.*
- **Oct 9.** General meeting. *Page 1.* Also, Leif Eriksson Day.
- **Oct 14.** Gaffney Memorial 5K, Verona (club race). *Page 4.*
- **Oct 14.** Heroes to Hero 5K, Gloucester City (Masters Men). *Page 4.*
- **Oct 29.** USATF Cross-Country 5K. *Page 4.*
- **Nov 3.** Dick Beardsley to speak at Millburn Library. *Page 10.*

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### Postal Address

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

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Sal Ulto: [sulto@att.net](mailto:sulto@att.net)

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Anne Chesny: 201-869-1708

### Newsletter: *Keeping Track*

Chris Jaworski: [jaworski@verizon.net](mailto:jaworski@verizon.net)  
Material due 15th each month

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Lynne Mortimer: [lynne.mortimer@  
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## RUN FOR YOUR LIVES!

As mentioned last issue, the Marsh Creek Raptor Run 10-miler and the Half-Wit Half-Marathon were like yin and yang—the Raptor fun, and the Half-Wit half as much.

As things turned out, the Half-Wit (Aug 13, Reading, Pa) was my first half-marathon, but it was on a trail, and not just any trail, but the most difficult Pretzel City Sports trail that race director Ron Horn has up his sleeve. In addition, the Half-Wit came only two weeks after the Raptor Run and one week after River to Sea.

Sunday morning, short on sleep and catching a cold, I picked up Aubrey Blanda and Robert Stack and drove to the Keystone State.

For a while I had considered wearing a hydration backpack (so I could keep my hands free on this technical course), but right before the start I felt like running unencumbered and decided to rely on the water stations instead (I should have taken a bottle of sport drink at least, because for me water was more hindrance than help, and there were times I found myself thirsty between stations). We were seconds away from running when I realized (a) I had forgotten my cap, which I wear to keep sweat out of my eyes (I had taken the cap off for photos and left it in the car), and (b) I should have visited the bathroom one last time. Oh, well.

My only rationale/excuse for listing all these extenuating circumstances is that smart decisions, well-executed plans, and easy journeys aren't necessarily captivating newsletter material. Yeah, that's the ticket! I goof up for your benefit, Dear Reader!

So, before I get to the good stuff, let me mention the fun part. Near the beginning, the trail was engorged with runners, and there was no getting around them. Then I spotted a mud pit ahead and saw my chance. With people gingerly walking along its margins, I plowed straight up the middle, splatted mud left and right (I didn't mean to ... *or did I?*), and got free and clear!

Aubrey described the course terrain in the September issue. Basically, the hills have hills, and sure footing is never a given. At one point where I welcomed a respite, I discovered rocks (dastardly inanimate objects!) cleverly disguised as lush, forgiving grass. We were also treated to *128 Steps From Hell* (an urban relic); two hills, both marked *Worst Hill on Course* (or was it just one hill included twice?), that forced me to stop to look for oxygen; and, around mile 9, a long stretch designed to develop fatigued runners' ability to hop on rocks while dodging the leaders coming the other way (indeed, we could see what we'd be doing three miles into the future). After finishing the race, I had to sit down and rest for a good 15 minutes. In short, this was the most difficult running I've ever had the, er, pleasure of doing, and that's counting the marathon I ran less than two weeks later (see p. 5).

Postscript: Who should I see and say hello to at mile 8, at the summit of yet another hill? Someone I know from New Jersey—69-year-old Imme Dyson, who with a smile kept right on going while I stopped to catch my breath, drink some water, and contemplate having 4 more miles left. (Only later would I realize 8+4 does not equal 13.1!) After that encounter, a stop at the beer station was in order. Too bad, because I might've kept up with Imme, as she finished only 3 minutes ahead. Wotta strong runner she is!

Thirty-nine trail runners turned out for the hilly and technical but short and sweet Summer Screecher 5K in Lewis Morris Park in Morris Township (Sep 9). With live bluegrass and folk music playing before and after, and good postrace grillin' and eatin' going on, this inaugural event was more like a party with some fun physical activity (i.e., running) mixed in.

The race began near Sunrise Lake on one of those peaceful end-of-summer late afternoons. At 4:00, the warm air and gentle breezes were in perfect balance.

First we ran around the lake. Then we entered the woods, where we spent just a minute or so on the Patriot's Path trail before veering sharply right—and up the hillside on which we would spend the remaining two miles.

Early on, two other runners and I found ourselves in a single-file pack. This little group would hold tight all the way to the finish. When I was in the middle—our order would change a few times—I wanted to keep up with the person ahead and, hearing footsteps, not slow down and hinder the person behind. I think that dynamic helped me. I ran steadily, at a good clip, and all the way—and most of that was uphill, one switchback after another. Fortunately, practically the entire course was shaded by trees.

This trail 5K, a real workout, left me euphoric, totally wiped out and fulfilled.

I gabbed with Charlie Slaughter (I had known he'd be there) and my trail-running compadre Robert Stack (whose arrival was a pleasant surprise). They ran well, along with everyone else, it seemed. Charlie took 3rd overall and 1st in his age group, and Robert finished 4th in age.

After the Screecher, Robert and I ran a slower paced 4 miles on the Patriot's Path. When we returned, the barbecue was still going, the music still playing, and the evening falling gently.

The Summer Screecher is named after the screech owl, a "tough little owl ... one of the smallest owls, with intense features and eyes along with an independent attitude," according to Dave Hoch, the race organizer and person to blame for the biannual Morris Mauler 5K. (The next one is on Nov 4. Try it, you'll hate it!)

The Screecher, though no Mauler, is still a formidable course. Charlie, Robert, and I ran only 1½ to 2 minutes faster than we did at our most recent Maulers.

Two great events!

—Chris Jaworski

## WEEKLY RUNS: FALL 2006

Sat & Sun	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)

(▲) **West Essex Trail Run, Verona.** Sat & Sun 9:00 am. Meet near tennis courts in Verona High School parking lot at corner of Fairview Avenue and Sampson Drive (Sampson is a one-way street, 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.

(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.

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

**YAHOO E-MAIL GROUP:** Join at [groups.yahoo.com/group/essexrunningclub](http://groups.yahoo.com/group/essexrunningclub) and then send e-mail to [essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com).

### Winter Weekend Runs Start in December; Hosts and Organizers Needed

The 2005–2006 series of winter weekend runs was a good mix of hosted runs, holiday events, road trips to New York City races, and trail runs. Now we're looking to repeat the revelry in 2006–2007! The plan? Schedule a hosted run or other group activity (e.g., a trip to a race; a run in a nearby park or reservation) for one weekend morning, and then we'll use the other morning of that weekend for a West Essex Trail group run. The meeting time will be 9:00 in most cases, and the series will run Dec through Feb.

We hope you'll consider hosting a run or organizing an outing. These events are a great way to get to know your fellow club members, have some fun and exercise, and warm up those cold winter mornings!

To volunteer to host a run or other activity, pick an open Saturday or Sunday (Dec 2/3, 9/10, 16/17; Jan 6/7, 13/14, 20/21, 27/28; Feb 3/4, 10/11, 17/18, 24/25.) Then, send event info to me ([jaworski@verizon.net](mailto:jaworski@verizon.net)), and I will schedule your event, schedule the trail run for the day before or after, and print all details in *Keeping Track*. Dates will be reserved as they are received.

If hosting from home, please plot out a 3- to 6-mile out-and-back course and plan on providing post-run refreshments, which can be as simple or elaborate as you like. (The spread isn't important; the camaraderie is!) Some ERC members have chosen to host runs from places other than home (e.g., school track, restaurant, bagel shop); others have cohosted runs to save time, effort, and expense.

ESSEX RUNNING CLUB MEMBERSHIP APPLICATION		JOIN NOW ! *
<b>INDIVIDUAL</b>		
<b>Name</b>		<b>DOB</b>
<b>Street</b>		
<b>City, State, Zip</b>		
<b>Primary Phone</b>	<b>2nd Phone</b>	
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<b>Primary Phone</b>		
<b>E-Mail</b>		
<b>Annual Dues</b>	Make check (\$25 individual or \$40 family) payable to <i>Essex Running Club</i> and mail with this form to ERC, PO Box 183, Verona, NJ 07044. *Join after Sep 1, 2006, and you'll enjoy the benefits of membership (including this monthly newsletter) for the rest of 2006 and all of 2007.	

### WELCOME NEW MEMBERS!

Ronald A. Foster . . . . . Paterson  
 Amy Zavadil . . . . . Verona

### ERC CLOTHING

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

#### ERC Warmup Jacket

Brooks 100% microfiber polyester shell with 100% moisture-transfer polyester mesh liner. Jacket is red with white ERC logo screened on back and club name on front. Sizes from XS to XXL. Low price! \$40. Please contact Sal Ulto for more information or for an order form with photos. Write to Sal at [sulto@att.net](mailto:sulto@att.net) or at 27 Hunterdon Road, West Orange, NJ 07052.

### COACHING

Coach Joel Pasternack holds weekly speedwork sessions at the Brookdale Park track, Bloomfield/Montclair. For details on methods, dates, times, and rates, contact Joel at 973-773-2082, 973-919-1430, or [joelrun@aol.com](mailto:joelrun@aol.com).

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

### ERC DISCOUNTS HERE

**Fleet Feet Sports**  
 603 Bloomfield Avenue  
 Montclair  
 973-509-9707  
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## AT THE RACES WITH MICK CLOSE

### USATF–NJ Teams

The premier event of the Grand Prix and Team Championship is the Liberty Waterfront Half-Marathon (Sun, Oct 8). Gary Peters will be our team captain, and we hope to have a large turnout. Please contact Gary if you plan to run.

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

More information about USATF membership and the Grand Prix is available online ([www.usatfnj.org](http://www.usatfnj.org)) and by phone (973–334–8900). Please contact Mick Close or Gary Peters about running on an ERC team at any of these events.

[gary.peters@kraft.com](mailto:gary.peters@kraft.com)    [mickclose@aol.com](mailto:mickclose@aol.com)  
W 973–503–2442            W 973–974–6428  
H 908–665–1580            H 973–857–3612

### Run for Life 5K

Oct 1

This new race (Sun, 10:00 am) will take place in Hilltop Reservation (Verona, Cedar Grove, North Caldwell). From the Fairview Avenue entrance, runners will walk up the steep hill to the start, at the top of the mountain. The scenic course will loop through the beautiful tree-lined streets of the reservation and have a fast downhill finish. Register early for a great T-shirt designed by a local artist. Race info: director Kerry Peterson (973–857–8332 or [kerry41@optonline.net](mailto:kerry41@optonline.net)).

### Liberty Waterfront Run

Oct 8

The 13th annual Liberty Waterfront Run will be held in Jersey City at a new site. The half-marathon (8:30 am) takes runners on a fast, flat Liberty State Park course with views of the Statue of Liberty, Ellis Island, the Verrazano-Narrows Bridge, and the Manhattan skyline.

We should have many ERC teams (men, women, open, masters) for this USATF–NJ Half-Marathon Championship, one of only two 800-pointers on the 2006 Grand Prix schedule.

A 5K begins at 8:40.

We expect to organize car pools.

Race info: 201–377–6057 or [www.libertyhealth.org](http://www.libertyhealth.org). Register online: [www.active.com](http://www.active.com), [www.raceforum.com](http://www.raceforum.com).

### Stephen Gaffney 5K

Oct 14

This nice race is run in memory of Stephen Gaffney right here in Verona. It starts at 8:00 am at the Town Hall and goes along Fairview Avenue past the high school, then down to the community pool and back. The Gaffney family is looking for volunteers (you can run too). To help, call Christine Gaffney: 973–617–5003 (W) or 973–783–3627 (H).

### Heroes to Hero 5K

Oct 14

This USATF–NJ Masters Men's 5K Championship (Sat, 9:00 am) has quickly become a popular race. It is held in memory of three firefighters who gave their lives in a tragic house fire on July 4, 2002. Unfortunately, the race site, Gloucester City, is about two hours away (Turnpike exit 3), so we probably won't have enough people for teams. Race info: 856–364–0441, [www.heroestohero.com](http://www.heroestohero.com). Register online: [www.active.com](http://www.active.com).

### USATF Cross-Country 5K

Oct 29

The 5K Championship will again be run on the challenging Holmdel Park course, famous for its cross-country races, including all high school championships. On this Sunday, men race at 10:30 am, women at 11:30. We can arrange a car pool if there's interest. Race info: [www.usatfnj.org](http://www.usatfnj.org) or 973–334–8900.

### Other Races in October

This is another month of many varied and interesting races.

Club members training for a marathon or looking for a longer run can pick from the Jersey Shore Half-Marathon (Oct 1), the Long Beach Island 18-Miler (Oct 8), and the Seaside and Staten Island half-marathons (both Oct 15).

Trail runners will probably enjoy the Hot Chili Challenge (Oct 22), an 8-miler through the woods of picturesque Kittatinny Valley State Park in Sussex County (chili is served at the postrace party).

For dog lovers who want to run with their pets, there's the 3-mile Hounds & Harriers Run in Morris Township (Oct 14).

Local races include a new 5-miler, the Nutley Fall Five (Oct 15), plus many 5Ks: Race Judicata, South Mountain Reservation (Oct 1); Newark Corporate Race

(Wed, Oct 4, noon); Summit Y-5 (Oct 15); Maplewood (Oct 22); Robert Giaimo Memorial Run, Fairfield (Oct 28); and Newark Academy Off-Road, Livingston (Oct 28).

Other popular races: Paramus Run 10K/5K (Oct 15); East Brunswick Road Races 10K/5K (Oct 22); and Race for the Cure 5K, Princeton (Oct 29).

Good luck to runners at this month's marathons: Steamtown, Westchester, and Chicago (all Oct 8); Hartford and Baltimore (Oct 14); Atlantic City (Oct 15); and Marine Corps (Oct 29).

### NYC Marathon Bus

Seats are filling up fast for this bus from Grove Pharmacy in Montclair—the most convenient way to get to and from the marathon from our area. The bus leaves at 7:00 am (runners) and 10:30 am (spectators). Bagels are provided in the morning, and food and drink on the way back. Make your reservation now to be sure of a seat. More info: Larry Hollander, Grove Pharmacy, daytime (973–744–5550).

### RACE RESULTS

We in the Essex Running Club sure do love our numbers (race dates, distances, times, age-group places). These 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](mailto:essexrunningclub@yahoo.com)) or directly to the editor of *Keeping Track* ([jaworski@verizon.net](mailto:jaworski@verizon.net)). There's another good reason to do all this, after all ...

Each calendar year's race results are compiled for use in selecting the winners of the ERC Annual Awards, presented each 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.

## AT THE FINISH LINE

**NYC Nautica Triathlon** **Jul 16**  
*Rich Unis (PR)* ..... 2:57:35  
This triathlon was very well organized for its 3200+ competitors, and I had fun on the great course. I did the 1-mile swim down the Hudson River (very strong current) in 19:34, the 40K bike ride up and down the Henry Hudson Parkway in 1:26:11, and the 10K run through Central Park in 62:27, for an overall time of 2:57:35 and my personal best for this type of triathlon.

**Bradley Beach 5K** **Aug 19**  
*Phil Coffin* ..... 20:43

**Team Championship 5-Miler, NYC** **Aug 19**  
*Rick Pingitore* ..... 28:34

**Self-Transcendence Marathon, Rockland Lake State Park, Congers, NY** **Aug 25**  
*Chris Jaworski* ..... 4:28:25  
*Aubrey Blanda* ..... 4:32:05  
*Short story.* This race is a gem! Nothing to complain about, except maybe the weather (torrential rain). I would so run this race again—it's a must! The Self-Transcendence Marathon course should be certified soon, so next year it might start attracting a lot more people trying to Boston-qualify.

*Long story.* A few weeks before this race, I mentioned to Chris that STM looked like a great training run for our upcoming marathons. Unfortunately, I couldn't register, because I already had plans for an astronomy camp-out with my family, but Chris went ahead and signed up. It would be his first marathon and a good practice run (ha!) for New York City in November.

I swear I didn't do a rain dance, but Thursday night I learned that the astronomy camp-out would be rained out. I grabbed the phone and called Chris. He picked me up at 5:00 the next morning—it was a Friday race—and we headed up to Rockland Lake State Park for the 7:00 start.

My plan was to run STM as a long, slow training run for Steamtown. I'd always wanted to try a "training marathon" for its course support. My long runs hadn't been going well, and I thought STM might provide a spark. My goals were to run at a steady pace (10 minutes per mile), watch my form, use gels and salt tablets instead of Gatorade, and skip the headphones.

STM is produced by Sri Chinmoy, a self-proclaimed spiritual guru whose practice involves meditation and singing and focuses on striving for higher goals and self-transcendence. Or something like that. His followers, from 60 countries, believe that physical fitness is integral to spirituality. The Sri Chinmoy Marathon Team regularly sponsors fun runs for followers in places as far away as Australia. Some members who really want to guarantee self-transcendence run a 3100-mile race (5649 half-mile laps) in 51 days. Nine people finished last year!

The park was almost too easy to find. It took about 45 minutes from my house to the parking lot. We were able to park very close to the registration area. The scene was spooky as figures moved through the darkness and mist near

the lake in the park. Volunteers helped me register, and I got my bib number by 6:40 am. Just steps away was a well-organized baggage claim area, plus adequate portapotties and indoor bathroom facilities (and still lines were long).

About 800 runners lined up on time at the start, but we were then delayed 25 minutes waiting for the 75-year-old Chinmoy to arrive. Finally, he gave the crowd his unintelligible blessing—well, we were told it was a blessing—and we set off to run almost nine full laps on a wide and very flat asphalt path around the lake (each lap was 2.9 miles). A dirt path runs next to the asphalt. On the course were three aid stations, stocked with water, sports drink, Coke, juice, and food like watermelon, bread, Gummies, and seaweed (I guess seaweed is salty). There were plenty of volunteers.

Before this marathon, I had a hard time believing I could run nine laps and not go insane. But it was wonderful. After the first lap, I knew what to expect on the course and at each aid station. The path mostly followed the shoreline of the lake, where swans floated along, ducks swam, reeds waved in the mist—beautiful scenery. The course was well marked, though the mile markers were a little tricky to understand at first.

I was impressed by the variety of runners. First, this race was truly international, as many Chinmoy followers live in other countries. I heard German, Russian, French, Czech, and Indian languages being spoken. Second, many body types and ages were represented—a fair number of fast, lean marathoners but also quite a few older runners (a man who looked well into his 70s had run 908 marathons!) and many heavier ones as well. But all the participants looked very focused and committed when they ran.

Around mile 6 or 7, it began pouring! I'm talking heavy, drenching, all-out rain. An hour later came the thunder and lightning. I half-expected the race to be called off. It rained hard probably 75% of my time on the course. But it didn't bother me. I started reading all the quotations on T-shirts. Practically every other runner wore a shirt printed with one of Chinmoy's inspirational sayings, such as "The only perfect road is the one in front of you" and "Self-transcendence is eagerness in action." Everyone was so damned upbeat that it was hard not to be, even when my soaked shoes were squeaking with every step.

Being precocious, I discovered the meaning of the universe at about mile 6: *Coca-Cola! It's the Real Thing.* When I saw Coke at an aid station, I became one with the universe. With startling clarity, my higher aspiration called to me: *Keep going around the lake and get back to that Coke.* Every time I passed it, I grabbed two cups (probably a total of 4 oz) and guzzled it. While Chinmoy followers were chanting their mantras, I was chanting, "Get the Coke ... get the Coke ..." Okay, so I'm not that deep, but it worked! I ended up slowing and steadying my pace.

At mile 18, I felt the shadow of calf cramps, but nothing bad. At mile 22, however, the cramping really started. My right inner thigh muscle spasmed so painfully that I stopped, and I walked

it out. My calves cramped too, but my victory was that I was able to work through it. I'd been taking in salt and gels regularly, but now was the time to take more salt, and to drink more water at the stations. I think what *really* helped, and allowed me to keep running (slogging really), was that I got off the asphalt path and ran as much as I could on the dirt trail next to it. The going was slightly slower because of the water, puddles, and mud, but the cramping let up.

When I finally reached the last lap, I found that knowing the course inside and out gave me a powerful psychological boost. I knew all the landmarks (people) that told me I was nearing the finish: the guy playing the sitar (when it rained, he wrapped his instrument up and started chanting instead), the guys blowing on conch shells and playing drums, the girls chanting in tone-deaf voices (by the ninth lap, I wanted to slap them).

That boost helped keep me going another two miles, but by mile 25 I was toast. I had dug so deep and pulled so hard inside myself that I gave myself a brain wedgie. And that was just to get me to the finish line without walking. Finally, though, there it was! My time was 4:32:05.

My overall pace was slower than I had wanted, but, given the humidity and wet conditions, I can't complain. In fact, I was thrilled to finish the distance—and my third marathon. Yay!

The finish-line volunteers were wonderful! With my adductor still cramping, they offered to take me to a medical tent, but I said I'd walk it off.

Then I saw Chris wearing his medal. He had finished about 4 minutes earlier. But what makes his accomplishment even more impressive is that his prior longest run was only 14.5 miles (though he does a lot of trail running and is a strong runner). He was ecstatic to have finally run his first full marathon! I was happy to see it!

The food tent was full of fruit (watermelon's the best!), M&Ms, pretzels, and miso soup. Later, there was a barbecue with hot dogs, side dishes, and such. I was craving eggs, which I always do when I need protein, so Chris and I stopped at a deli on the way home, and I had an omelet. Big mistake. My stomach just wasn't ready for it, and it stayed in knots for hours.

It worried me how beat up I felt after running 10:19 per mile, slower than my usual slow-run pace. I guess I learned I'm not in the shape I was in last January. However, I enjoyed this race immensely, and I will still run Steamtown, but I'll revise my goals. Sub-4 will have to wait until I can put in the proper training. —Aubrey Blanda

I pretty much ran the Self-Transcendence Marathon on a lark! I was reading an online forum in which one person asked about good alternatives to the big and brassy marathons (e.g., NYC, which I'll be doing), and another person mentioned STM, which I read up on and found appealing for several reasons: laid back, lots of trees and a lake, laps (laps made a marathon seem manageable), and the possibility of a long, meditative run, which I got, including three hours in the rain. I mentioned STM to Aubrey, and she said I should do it. Just

like that. Well, I put it on the back burner while I continued running and racing and making sure I was staying healthy. Then, right before the deadline, I mailed in my application. But even then I wasn't sure I would run STM (I could cancel as late as Aug 20 and get back all but \$5 of my \$50 entry fee). I think I kept this race a secret because I was so iffy about it, or I feared I would do miserably and wouldn't want anyone to know!

The day before the marathon, Aubrey's plans for the weekend fell through, and she said she wanted to run too, so the next morning off we went! It would be good to share the experience with Aubrey and to know she was out there on the course with me, even if I didn't know exactly where. (Our paces differed slightly, so we parted ways after a few miles.)

I forgot to do two very important things before the marathon that Friday morning—take my multivitamin and slurp down my usual two cups of coffee. Hmm ... although caffeine withdrawal may have had something to do with my being cranky after the marathon, I cannot entirely rule out the effects of running 26+ miles.

I borrowed Aubrey's Garmin for this event and was glad to have the little high-tech buddy along for the run. With there being nine laps to cover, I was a bit concerned I would forget which one I was on, so it was cool and comforting to see the mileage accumulating on the Garmin. (Aside to Bob Gorman: 26.29 miles.)

As Aubrey mentioned, the farthest I had ever run was 14.5 miles (16 months earlier!), so this was a stretch. I decided I would simply run as far as I could. Then, once on the course, my first goal materialized—to reach 13.1 miles so I could compare my time in this "road half-marathon" with my time in the trail half (Half-Wit Half-Marathon) I had completed Aug 13 (report on p. 2). (The result? Road: 1:59:15. Trail: 2:45:05.)

I felt good completing the first half without walking. The body felt pretty good too. Still, as soon as I reached the halfway point I took a 5-minute walk break. Then I got back to business.

Reaching 16 miles was great. I think it was then that I knew I would finish—only 10 miles left! But also, a mile and a half before that, I had passed my previously longest distance, so now I was in the Land of Gravy, unexplored territory. With each passing mile—and the numbers seemed to come around faster and faster, even though I was running about a minute per mile slower than during the first half—I was getting to where no one had ever gone before.

But this wouldn't be a marathon without some hardship, right? After I took my second walk break, a 3-minute one at mile 18, the calf cramping began. It returned again and again over the next 8 miles and accompanied me right across the finish line. That is one running companion I can do without. Sometimes I ran through the cramping. Other times: Stop, stretch, massage, run, repeat. Without this problem, I would've come closer to 4 hours. Whatever the time, I'm very pleased I ran this event and finished!

I tried the seaweed but enjoyed the watermelon the most. I also rejoiced when I saw the Coke at a very late lap!

The calves ached the next day (which I had expected), but the knees were also decidedly *transcendent* (which was a surprise, as they hadn't bothered me on the course).

For me, *serene* is the last word that would come up regarding a marathon, but it did here—from the early-morning start; to the ghostly procession of people from buses to lake (in the dark, reflective strips on clothes and shoes were moving on their own); to the overcast sky and the mist on the mountains; to the full five minutes of dead silence as the crowd waited for Chinmoy to speak (time and the world had stopped, and suddenly we were in the now, *here*); to the quiet passage of runners early on (only a bit later did the cheering and music begin); to the swans, drifting; to the long periods of running in the rain, sometimes soft, sometimes very heavy; to my hearing only sounds when other runners conversed (no one spoke English, it seemed); to the course coming to life with the gradual appearance of spectators and singers and chanters and drummers and clappers and the sitarist and the accordionist and the guy enthusiastically calling out *Go-go-go-go* (he'd do that each time around).

Some of the singing sounded like birdsong; the blowing of the conch shell was not a call to arms but a call to continue; and the warm looks on volunteers' faces left me feeling they'd take my place if I fell or asked.

In the end, it wasn't difficult to see how participating in this marathon, and perhaps in others, could lead to self-transcendence. On returning home and turning left from Watchung onto Broad, I remarked to Aubrey, "Everything looks different." And then I recalled something I had overheard at the registration table that morning: "Things don't change; people do."

—Chris Jaworski

#### Smoke Rise Biathlon, Kinnelon Aug 26

Tom Kelly (run), Tynan Coslin . . . . . 38:47  
 Adrian Dunner (swim), Omar Rodriguez 39:56  
 Mick Close . . . . . 41:22  
 Anne Chesny (swim), Martta Rose (run) 41:25  
 Wayne Carlson . . . . . 43:17  
 George Studzinski . . . . . 50:36  
 Susan Palermo (walk), Darby McCauley 57:27  
 The cool air and calm water provided almost ideal racing conditions for our 7th annual Battle at the Beach. Eighteen individuals and 11 teams competed in this two-part event—a ½-mile swim followed by a 4-mile run on roads around the lake.

Competitors received souvenir long-sleeved T-shirts, and the postrace barbecue on the beach featured lots of beer, hot dogs, and other goodies. Many thanks to the Smoke Rise folks, including Adrian Dunner, George Studzinski, and Kevin Burke, for hosting this fun event.

The 1st-place team finished in 31:21, while D'mitri Tchikalitov from Smoke Rise was the overall individual winner for the 7th straight year (his time was 33:37). Top ERC honors went to Anne Chesny and Martta Rose, whose 41:25 captured 1st place in the female team category.

We hope to see even more people next year. Mark your calendars (Sat, Aug 25, 2007)!

—Mick Close

NYC Half-Marathon	Aug 27
Larry Czaplewski . . . . .	1:28:51
John Wickham . . . . .	1:33:29
Tom Daniels . . . . .	1:41:23
John Fabbro . . . . .	1:47:20
Sharon Morrissey . . . . .	1:48:49
Peter Bieber . . . . .	1:59:02
Eileen Percevault . . . . .	2:05:45
Robert Lewin . . . . .	2:15:47
Grundlingh Enslin . . . . .	2:28:42
Rameka Whitehurst . . . . .	2:29:18
Jeff Matthews . . . . .	2:31:45

Entering the city at 4:45 am (with Sharon Morrissey, John Fabbro, and Dana, one of John's Fleet Feet cohorts) was surreal. Central Park was eerily quiet and dark, yet filled with excitement for 10,294 runners in this new New York City Half-Marathon.

But Seventh Avenue crowds in August are not the same as First Avenue crowds in November; mile 9 was long and 10 was short; for us not fortunate enough to finish in 1:01:22 (Tom Nyariki) or 1:09:43 (Catherine Ndereba, by a foot), there were driving rain and stiff headwinds to contend with down the West Side Highway; and at the end Sharon's bag truck was completely disorganized, and people were screaming in frustration over the hour-long wait (the other trucks were fine).

Still, what an experience! It was great to be part of something big that will surely continue to grow in the coming years. Already drawn to this NYC half were many elite "rock stars," including Ndereba, deReuck (who set a masters record), Meb K, and Culpepper. Fun course: Central Park loop, down Seventh, across 42nd Street to the highway, and along the Hudson River to the Battery Park City finish. Great crowds. Nice poly shirt (powder blue, not the most masculine).

I was happy with my 1:41:23, considering the elements and lack of training, but clearly I have more work to do between now and Nov 5 if I am to harbor any dreams of Boston. After the Central Park loop, the course is fast and conducive to PRs. This NYC half is definitely something all should think about next year, when it will be sure to sell out quickly again. —Tom Daniels

Basically, you pay for the feel of the full NYC Marathon but experience it for half the distance. That can be appealing to some, others not.

Consider the \$60 entry fee, the point-to-point logistical nightmare (if you weren't as lucky as we were to have gotten a ride from Dana's mom), and the baggage-claim melee.

The course was extraordinary, though, and I'm happy to have run it. John and I got caught up in the crowds at the start and stopped for a bathroom break during mile 1. That put us with the 11-minute-per-mile pack, and it took me until around mile 4 to feel I was with the right group. Running out of Central Park during mile 7 and out onto Seventh Avenue was truly amazing.

So, we had a fun day, even though it started for me at 3:55 am.

August is a little early for a half-marathon predictor for the full NYC Marathon, but I'm with Tom. I have a lot of work cut out for me between now and November. —Sharon Morrissey

I had no expectations of finishing the NYC Half-Marathon, since I had run only twice that month because of injury. I decided to take it really easy. My goal was to make it to Times Square. When I arrived there, I felt good and kept going. Between miles 11 and 12, I started to feel the pains of not being ready for 13.1, but I was so close to finishing that quitting was no longer an option.

Running in Central Park is exhausting, but running down Seventh Avenue in the pouring rain and through Times Square was really cool! I don't even care that my time was my personal worst! Finishing this half boosted my confidence, as I'd been injured and was worried about the full marathon. So, I had fun, I hope everyone else did too, and I'll do this race again next year.

—Rameka Whitehurst

**Pier Village 5K, Long Branch Sep 4**

<i>Rick Pingitore (2nd AG)</i>	17:20
<i>Phil Coffin</i>	19:43
<i>Wayne Carlson</i>	20:22
<i>Heather Welch</i>	24:37
<i>Lynne Mortimer (2nd AG)</i>	26:39

Considering I ran 12.5 miles the day before and was feeling tight, I was happy with my time in this race, but it's not one I would do again. The race directors could have done better with the course (there were two out-and-backs), and they ran out of bananas and water (not appealing either).

I am glad I'm done with the Jersey Shore grand prix. I decided to run this five-race series because I wanted to see what the award was for finishing it. I got a pint glass (maybe a pint-and-a-half glass) with JSGP on it. Pretty nice. —Heather Welch

It was a beautiful morning for the last race in the Golden Grand Prix Series of the Jersey Shore Running Club: sunny but cool and without last year's headwinds. Five ERC members ran, and everyone seemed to be feeling good, including yours truly, recently emerging from the depths of "comeback." Well, not so fast.

Things started out well. Although 30 seconds off my typical 5K target pace, I was happy holding 7:45 through two miles, figuring I'd only been at 8:00 on the track a few days earlier. It was in the third mile that my strength and endurance faltered, and I ended up walking it in to save myself from setback, which I seem to be a real pro at! I kept recalling Aubrey's voice ("Stay away from speed and focus on longer, slower paced running while healing") and Rameka's e-mail ("Don't worry so much about the time"). I guess I was probably another week away from racing.

You can't imagine my shock when my name was called for 2nd in age, 1 second short of 1st! My age group had to be the only one that wasn't stacked, because in the others each time called out was more incredible than the last. As Heather said after Asbury, "Prize money sure brings out the elites!" The first man finished in 15:13, the first two women in 16 flat! There were 24 men under 18 minutes and 20 women (11 masters) under 20 minutes! Times were mind-boggling—most were good enough to take 1st in age at any other race, never mind 3rd, 4th, or 5th.

It was a great day with great people. My fellow Jersey Shore runners rank right up there with our Essex folk.

PS: Super job, ERC volunteers and runners, on the Verona Labor Day Classic—the race sounded like a winner all around. Sorry we missed it and the picnic fun!

Sometimes running gives us a little gift, an unexpected token that reminds us of one of the reasons we continue to lace up our shoes. It might be an effortless training run on a gloriously beautiful day, or a gratifying hard workout on the track, or a day when that damn dog doesn't chase you, or an unplanned meeting with a running buddy, or a makes-you-laugh-like-you're-a-kid blast through the rain and puddles.

Or a good race that you didn't see coming.

I had that today at the Pier Village 5K. We had abundant sun, a manageable breeze along the Long Branch boardwalk, and quite tolerable humidity in a field that probably topped 400.

Still, I wasn't expecting anything great. Oh, I had some hopes. I had pushed up my long run to Thursday to give myself some rest before this Monday race. (I did run Sunday, but only 4 miles or so, and easy.) Still, given my 5K times this year (20:07 best), my most recent 5K (20:43 two weeks earlier), and my lack of speed workouts, I did not have high hopes and would have been very happy to see 20:00 at the finish.

Then I did what I have been doing lately: I ran the first mile harder than was reasonable, in 6:19. My reaction: "What am I thinking?" But I didn't feel bad, so I thought, well, maybe I can run like that today. If I could follow up with a 6:30 pace the rest of the way, I had a shot to break 20.

And then I ran a 6:22 second mile and still didn't feel bad. The last three quarters of a mile of the race was going to have a slight tailwind, and if I could avoid blowing up or screwing up in the periodic swaths of sand covering the boardwalk, I was going to break 20. Hubba hubba!

One of my flaws is to start too fast. Another is to finish tight—face contorted, fists balled, arms flapping like concrete flippers. Glenn Trimboli has coached me to think of holding eggs in my hands and to relax my face and shoulders. My finishing mantra has become *Botox face*—his effort to get me to relax and let the running come, not fight it. Today I didn't fight, I just ran, and I ran to a 19:43, my best 5K in 10 months.

There was nothing in my training to suggest this would happen, but it did. As I said, it was a gift. One gladly received. They don't come along that often, so it's all the more appreciated.

The next trick is to manage the expectations I might develop because of this unexpectedly good race. I'm hoping to run a road race each of the next two weekends—a 10K in Brielle and a 5-miler in Point Pleasant Beach—before returning to cross-country and running the USATF 8K in Washington Crossing State Park.

But who knows what will happen at any of these events? One of the joys of our sport is that, if we have been putting in decent effort, we can get decent reward at any time. And, sometimes, a gift. —Phil Coffin

**Verona Labor Day Classic 5K Sep 4**

1-Mile Fun Run

<i>Robbie Hollander (age 6)</i>	8:52
<i>Erica Taliaferro (age 13)</i>	9:03
<i>Daniel Taliaferro (age 9)</i>	9:09
<i>Abigail Robik (age 7)</i>	10:45
<i>Isabella Blanda (age 6)</i>	12:24
<i>Yael Gelman (age 4)</i>	13:52

5K

<i>John Piccoli, Jr. (3rd AG)</i>	17:45
<i>Charlie Slaughter (1st AG)</i>	18:44
<i>Larry Czaplewski (3rd AG)</i>	18:46
<i>Doug Taliaferro</i>	19:26
<i>Mark Frankel</i>	20:21
<i>Doug Williams</i>	20:23
<i>Peter Connell</i>	20:31
<i>Mick Close</i>	20:38
<i>Deb McNally (2nd AG)</i>	21:30
<i>Barry Giblin</i>	21:37
<i>Grant van Inwegen (age 8, PR)</i>	21:59
<i>Chris Jaworski</i>	23:00
<i>George Studzinski (1st AG)</i>	23:24
<i>Ken Turner</i>	23:36
<i>Greg van Inwegen</i>	23:56
<i>Richard Unis</i>	24:11
<i>Adrian Dunner</i>	24:15
<i>Amy Ulto</i>	24:27
<i>Marta Rose</i>	24:28
<i>Eileen Percevault</i>	25:43
<i>Sal Ulto</i>	26:05
<i>Andi Robik</i>	26:44
<i>Val Kenny</i>	28:38
<i>Ed Trieste</i>	28:53
<i>Liz Simonetti</i>	28:59
<i>Alexandra van Inwegen (age 11)</i>	29:50
<i>Genie Temmler</i>	30:52
<i>Charlie Lorber</i>	31:52
<i>Susan Palermo</i>	39:45

A big thank-you to everyone who helped put on this spectacular race and especially to race director Tom Kelly and his assistant, Marta Rose. The weather really helped bring out the people this year. There were 130 in the fun run and almost 400 in the 5K—an increase of about 100 from last year. This has to be one of the state's nicest 5K races, with its great course along Lakeside, Hillside, and Forest before the final sprint to the finish in the park.

The enthusiasm, knowledge, and experience of all our club volunteers help make this a first-class event. Many races struggle to recruit volunteers, who often know little about racing, so you can really appreciate the difference we make. The people at all the key intersections provide clear instructions to all runners, while Joe Cozzi and Paul Maloney are second to none giving split times at 1 and 2 miles. Great job, everyone!

The fun run was mostly kids with a sprinkling of parents, though there was a 64-year-old who came in 1st, in 6:29. It was nice to see so many ERC kids literally following in their parents' footsteps, and there were some impressive times, such as 6-year-old Robbie Hollander's 8:52. Next time you see father Larry, you may want to ask him if he can keep up with his 6-year-old! These kids are some of our future stars!



Many members ran the 5K, and there were some excellent performances. Charlie Slaughter and George Studzinski each won 1st in age, while Deb McNally led our women and took 2nd in her age group.

We all missed Vince Carnevale this year, but it was nice to see him honored, with the Vince Carnevale Memorial Award trophy being presented to the top overall male and female.

Next year marks the 25th anniversary of the Verona Labor Day Classic, and, based on this year's success, it should be even bigger and better. Put in on your calendars! —*Mick Close*

Joe Cozzi and I have given split times for this 5K for at least 5 years now, and we agreed that this year's runners were faster than usual. We missed walking down the hill with Vince. He loved everyone in the club and would be especially proud that members' children were both running and helping out. Congratulations to all the runners and volunteers! And thanks again to Tom and Martta. —*Paul Maloney*

I want everyone to know that we had a combined total of 528 runners this year (1-mile fun run plus 5K). This is the largest number of runners in the past 6 years! Everyone who raced, volunteered, and cheered deserves kudos for making this a successful race. A great big thank-you to all!

I also thank the folks who helped organize the post-race picnic. What a terrific way to relax and unwind with great friends and delicious food.

On a more somber note, I agree that it was sad not to see Vince proudly crossing the finish line. Many people expressed the same sentiment. —*Martta Rose*

As I get slower and slower, my son Grant keeps improving, though his time in this race was good only for 7th in age (damn fast 14-year-olds!). Having realized that running once a week won't help me beat him, I now vow to get back to my former 4-days-a-week running schedule. Daughter Alexandra was a good sport and ran with dad and her little brother. —*Greg van Inwegen*

I volunteered at this event in 2005, but the 2006 edition was much more exciting! Maybe it was the great weather, or the increased competition—I don't know—but it was a lot of fun watching runners come in to the 5K finish! More cowbell! Congrats, all! The picnic was a lot of fun too. —*Aubrey Blanda*

Larry and I were very impressed with the race. It always brings back great memories when we see all the members with whom we have run over the past 15 years. Of course, it was wonderful to see Karen Mishler looking great and in high spirits as always. George Studzinski, Gary Peters, George McIntyre, and Jack Martin will never age.

We were very proud to see our son Robbie finish the 1-mile run with such a great time. The enthusiasm he shows for all sports reflects the encouragement that Larry gives him, and the Essex Running Club provided that enthusiasm for both Larry and me during our running years.

So, congratulations to all the runners, but especially to the next generation of the Essex Running Club, our children. —*Lynda Hollander*

I heard many nice comments by runners at the finish. Nice job, Captain Tom! —*Jim Malone*

*Thank you, thank you, thank you! Thanks a million! Mucho gracias! Couldn't have done it without you!* Think of a platitude, and it applies to all the wonderful ERC volunteers who made this year's Verona Labor Day Classic a smashing success. Almost a quarter of the club's membership was involved in volunteering and/or running.

Mick Close superbly summarized the race and emphasized how having well-qualified ERC volunteers makes this one of the best New Jersey races. You guys and gals should be proud!

Going back 7 years, this Verona Run had a record turnout: 130 one-milers, 398 5K racers, 528 runners total. With 18 posts to be covered on the course, plus a busy registration table and finish line, every one of our 37 volunteers proved invaluable. It was good to see so many ERC veterans giving of their time. Even more satisfying was seeing several first-year members getting the ERC volunteering bug as well.

Next year's event will be the 25th annual Verona Labor Day Classic. With some special silver-anniversary plans in place, we expect to surpass this year's success. I'm already hoping we can count on our club's spirit to go above and beyond what it's been the past 24 years.

I apologize if I have omitted anyone's name from this list of volunteers (\*ran too): Catherine Alessi, Dave Benfield, \*Aubrey Blanda, Howie Brown and Judy Weiss-Brown, Donna Cataliotti, Anne Chesny, \*Mick Close, Joe Cozzi, Desmond Duncker, Tom Eaton, \*Mark Frankel, \*Laura Gelman, Larry Hollander, \*Chris Jaworski, \*Bernadette Lancaster, Robert Lewin, \*Charles Lorber, Tom Malanga, Jim Malone, Paul Maloney, Jack Martin, \*George McIntyre, \*Deb McNally, Joy Mishkin, \*Susan Palermo, Gary and Marissa Peters, John and Lenore Piccoli, \*Martta Rose, Bev Salerno, \*Liz Simonetti, Joan Szabo, \*Eugenie Temmler, and Amy Zavadiil. —*Tom Kelly*

**Ramsey Run 10K Sep 6**  
*Mark Frankel* . . . . . 42:39  
*Bill Wilde* . . . . . 50:08

**Summer Screecher 5K, Sep 9**  
**Lewis Morris Park, Morris Township**  
*Charlie Slaughter (3rd OA, 1st AG)* . . . . . 21:02  
*Chris Jaworski* . . . . . 26:06  
Race report on page 2.

**Brielle Hill & Dale 10K Challenge Sep 9**  
*Phil Coffin (3rd AG)* . . . . . 43:30  
Saw the hills, never met Dale.

**West Orange Downtown Classic 5K Sep 10**  
*Charlie Slaughter (1st AG)* . . . . . 18:40  
*Tom Kelly (1st AG)* . . . . . 22:31  
*Martta Rose (1st AG medal, PR)* . . . . . 24:11  
*Andi Robik (2nd AG medal, PR)* . . . . . 25:49  
*Susan Palermo (1st racewalker)* . . . . . 40:48

It was a beautiful day for a race, but only about 89 runners showed up. Several ERC members were there, though, and each went home with an award and/or PR. Tom had his best 5K time of 2006, and I received a 1st-in-age medal (but technically came in 3rd because the first two finishers took 1st and 2nd overall, and there was no double-dipping). Susan Palermo "walked away" with the 1st-place racewalking award! She received a huge trophy, and the look on her face was priceless, as she did not expect it at all. No one even knew the category existed! —*Martta Rose*

**Montreal Half- & Full Marathon Sep 10**  
*Roosevelt Lucas* . . . . . 1:41:37  
*Mike Wojcio* . . . . . 4:58:40  
I flew up for this marathon, my third Montreal Marathon and my 99th marathon overall.

Eating dinner at a Mt. Royal Street restaurant, I found the atmosphere simply marvelous. I enjoyed listening to all the French conversations going on as I watched people bicycling past.

When I ran this marathon in the 1980s, with other ERC members, there were about 10,000 participants. This year, while campaigning for \$1 donations (for the Red Cross, the Salvation Army, and the Leukemia Association), I learned there were only 1200 marathoners. However, thousands would be doing the 5K, the 10K, the half-marathon, the walking event, and the biking event.

That evening, I spoke with Jacqueline Gareau, female winner of the 1980 New York City Marathon. In Montreal, Jacqueline spoke in English and in French about her marathons.

Then I met some nice Canadian and German people. I wrote down their e-mail addresses, but on race day a gust of wind blew my paper into the St. Lawrence River! Luckily, I reconnected with these people just before the race.

The Montreal Marathon runs downhill at the beginning. It has about five long uphill as well as a good one at the 25K mark. This marathon is about as difficult as New York and Boston. I liked saying a few French words to the spectators and runners I met during the race.

My shirt reads *Dedicated to the Servicemen and Women Who Died for Us & 9/11*. During the race, a guy running by me around the 15-mile mark told me he liked my shirt and showed me his bib number: 911. Amazing! When I reached 21 miles, I saw him sitting on the curb and stopped to talk with him. His name was Julien Fiset, from Montreal. After encouraging him to finish the race, I had to move on myself, as I was getting very tired. Later I felt I should have talked with him longer. What an irony meeting Julien twice on the course that day. I hope he finished.

I am happy I finished under 5 hours (4:58:40) and glad I returned to Montreal, truly a romantic city.

I was supposed to run this marathon solo. Well, at the last minute my friend Anthony Andrews drove up from Massachusetts and surprised me with a slap on the back while I was having a pasta dinner. He told me he was going to run Montreal, his third marathon. I told him not to, since he had been running only 5 to 15 miles a week, and suggested he try the 5K, 10K, or half-marathon instead. I also told him that, if he did



run the marathon, he shouldn't drive home the same day by himself. (Massachusetts is five hours from Montreal. I could not go with him because I was flying back to Newark Airport.)

Anthony ran the marathon and finished in a PR of 5:23, which is sensational considering his training. I had assumed he would have taken 6 to 6½ hours, so I didn't wait for him after I finished.

Against my advice, Anthony drove home immediately after the marathon. He was very tired, so he picked up a hitchhiker for company. The hitchhiker told him he was going to Albany. At the US border, authorities asked for picture IDs, but the hitchhiker didn't have one. They searched him, found drugs on him, and discovered he was wanted by Canadian police for a variety of crimes. Well, then Anthony was searched and interrogated for several hours before being let go! Somehow I think he won't be picking up hitchhikers anymore, especially after a marathon!

Avoir, and good luck in your next marathon!  
—Mike Wojcio

#### **Ocean Grove Run for the Arts 5K Sep 16**

*Phil Coffin (4th OA, 1st AG) . . . . . 19:43*  
Nice little race. The most retirees as race volunteers I've ever seen, and ultra-friendly if not running-savvy. One way to make a 53-year-old feel young.

#### **Great Cow Harbor 10K, Northport, NY Sep 16**

*Rick Pingitore . . . . . 37:35*  
I never recovered from the enormous hill (miles 2–3) to run the time I wanted, but it was a great race with some incredible athletes, and there was a great postrace party.

#### **Berkeley Heights 5K Sep 17**

*Tom Kelly (1st AG) . . . . . 22:41*  
*Martta Rose (1st AG) . . . . . 24:28*  
Tom and I were the only two ERC runners to take home awards, but that's because we were the only two Essex runners in the race! Perfect running weather, overcast and cool (60s), but there were a few challenging hills and hairpin turns, and our times reflect that. —*Martta Rose*

#### **Brian's Run, Wayne Sep 17**

5K  
*Jim Deliyiannis . . . . . 34:53.3*  
10K  
*Mark Frankel . . . . . 43:40.5*  
*Chris Jaworski . . . . . 49:26.1*  
*Jack Martin . . . . . 1:12:47.6*

Challenging course, truly rolling, with steepish hills, plus plenty of shade and a long lap around a lake. I didn't quite know how to run this course. I took the downs quickly, because the ups were going to be hard no matter what. And I was at PR pace up until mile 4, but the remaining hills were too much. Still, it was good to be back in the 49s again—15 months is a long time!

Wayne Carlson joined us in cheering in the 5K runners. After the 5K, Wayne and I went to Mark and Cindy's house for a fantastic postrace brunch. Thanks, Mark and Cindy!

—*Chris Jaworski*

#### **Joel Spector 10K, Washington Township (Bergen County) Sep 17**

*Rick Pingitore (3rd AG) . . . . . 38:07*  
*Larry Czaplowski . . . . . 38:33*  
*Charlie Slaughter (3rd AG) . . . . . 40:02*  
*Sharon Morrissey (2nd AG) . . . . . 46:37*  
*Laura Gelman (1st AG) . . . . . 47:43*  
*Howie Brown (2nd AG) . . . . . 48:03*  
*Jim Malone . . . . . 1:04:27*  
*Ginger Brock . . . . . 1:10:53*  
We didn't have enough runners for an Open Men's 10K Championship team, but several people picked up awards. —*Mick Close*

#### **Henry Hudson 8-Mile Trail Run, Middletown Township Sep 17**

*Gary Peters (3rd OA) . . . . . 52:37*  
This course was just okay—not very scenic, as it was simply an asphalt bike path paralleling Route 36, albeit mostly isolated by trees, swamp, and grassland. It was a flat out-and-back course but not a fast one; we were continually crossing roads. I held the lead until just before the 4-mile turnaround, when two youngsters passed and buried me. The race was fun and very low key, with no formal awards ceremony. This race was a definite mental break from the more pressure-packed USATF championship races.

#### **Philadelphia Distance Run Sep 17**

*Heather Welch . . . . . 1:58:12*  
*Aubrey Blanda . . . . . 2:03:32*  
This was my first half-marathon, and boy did it feel long! I pretty much bonked at mile 4 and then finally hit the wall around 12.5. I kept going only because the big crowd was cheering every one on. The spectators got me to the finish.

My time was about 7 minutes slower than what I wanted, but I am happy I came in under 2 hours after running only once or twice a week over the past month (because of my knee). My 21-year-old cousin Sarah finished in 2:00:16.

The course was flat (one small hill) and well-supported with water stations and Port-a-Johns.

Finishers' medals are beautiful, and, for \$20, you could have yours engraved with your name and chip time. After the race, big sponsor Spenco (gel-cushioned insoles) gave out nice sandals. There were bananas, oranges, bagels, large Philly "not-so-hot" pretzels (they were great!), small bags of pretzels, and Amino Vital drinks (I'm not a fan of these drinks).

The pre-race expo and vendors were good, and race-packet distribution was very organized. Another big sponsor, Puma, was showing off its 2007 running sneakers. —*Heather Welch*

I didn't see Heather, but the night before I met club members Joan Perzanowski and Dave Benfield and Dave's wife, Kathy, for a wonderful pre-race dinner in Philadelphia's Chinatown.

On race day, I woke at 4:45 for a quick bagel and coffee and later headed out to meet some people I know from online running forums. We met in front of the Philadelphia Art Museum. Of course, I couldn't help but hum the *Rocky* theme as I ran up the steps. Immediately in front of the museum, the crowd was growing as runners

arrived and headed for the baggage check area and Port-a-Johns. The Philadelphia Distance Run is a large event with more than 11,000 runners and a very festive atmosphere. The corral system made for an efficient start, though I heard faster runners were still bottlenecked early on.

On Saturday, I felt good and decided to give PDR my best shot at racing; as soon as I started running on Sunday, I knew racing wasn't in the cards. The course was fine, mostly flat with slight hills inside the park, but my legs felt heavy and wooden from mile 3 on. The sun was strong and glaring, yet I didn't feel hot. I began taking an entire minute to walk through each water station. I didn't really care—a strange experience.

Usually when I can't push myself, I relax and enjoy the scenery or whatever else. That didn't happen. I just felt tired. I finished in 2:03:32 and didn't feel anything about finishing—not happy, not disappointed, just tired, and not in that good postrace way. Now I'm trying to figure out exactly what happened, and the only diagnosis I can make is that I've been running too much, without enough recovery. So my goal now is to recover and taper well for the Steamtown Marathon, so I can put forth my best effort. Else, why bother?

Overall, PDR was very nice, and I would run it again, though with a better attitude next time!

The medals are very nice carvings of the Liberty Bell. They're heavy! —*Aubrey Blanda*

#### **Danskin Triathlon, Sandy Hook Sep 17**

*Jen Lanterman . . . . . 1:15*  
I completed my first triathlon, the sprint-distance Danskin Triathlon! I trained, but not really (lots of running but only occasional swimming and biking). The winning time was 1:01. I finished in 1:15—11:27 for the swim (a bit less than ½ mile), 34:59 for the 11-mile bike ride, 22:02 for the 5K, and the remaining time in the transitions. I placed 81st of 1280 overall and 12th of 103 in my age group.

The swim was interesting. I got kicked and slapped from the other little swimmers. The only scary part was when someone was literally swimming on top of me. One woman held on to my ankle. She was heavy to tow!

The transitions were the hardest parts. The run from water to bicycle was tough on the feet. After bicycling, running seemed difficult; I felt I didn't have any legs under me. That was the hardest 5K I have ever done! My time, though, was 22:02, not bad for feeling like molasses!

I saw Anne Chesny at the expo on Saturday. I think she is one of the lovely swim angels!

I am so excited—I am officially a triathlete!

I will be running the Liberty Waterfront Half-Marathon in October and then the NYC Marathon. So, I will be running a lot now—but I really liked this multisport event, so I will do another!

For me, a first-time triathlete coming off several years of inactivity, the Danskin event was incredibly fun. I was pleased to finish in the top half and happily surprised with my 5K time (27 minutes), which, though much slower than Jen's, was quick for me! I'm inspired to keep up this training and would be happy to hook up with training partners, even virtual ones. —*Beth Rubin*

## Thanks, Kathrine & Roger

When I met Kathrine Switzer at the More Half-Marathon expo in March, she took the time to really talk to me, and I was awed by how genuine and down to earth she was for someone of her stature. The next day, seeing me cross the finish line and remembering how I had told her this was only my second half-marathon, she gave me a huge hug. (I couldn't believe she remembered me period!)

Over the next few months, as I began to think about the approaching marathon season, I thought it would be great to have her speak about her 26.2 book (and about her life) at one of our fall meetings. Well, not only did she and Roger Robinson come out to see us, but they were as warm and genuine as I remembered her being in March.

Kathrine's passion for running is as strong as the day in 1967 she ran Boston, and the best part is how she conveyed that and made it real for each and every one of us. She got to the core of why we all do it, beyond races and results and such, and to the heart of running and how it can touch and transform our lives, and be a part of us forever. This is something I'll never forget. —*Lynne Mortimer*

Big thanks and congratulations to Lynne Mortimer and Desmond Duncker for putting together such a great meeting. Kathrine and Roger were excellent speakers. Obviously they had told their stories many times before, but they spoke with so much passion and excitement it seemed they were telling them for the first time. And what stories! I wonder if, when my six-year-old daughter grows up and enters college, she will even be able to imagine a time when women were barred from organized running events. —*Aubrey Blanda*

I also enjoyed the meeting and was delighted to meet Kathrine in person. I shared with her that I had showed my college students a video—made in the 1970s by George Sheehan and featuring Kathrine—about how being physically active changes people's quality of life. I had just begun my

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## POETRY CORNER

Donna Close

### *Remember*

Punishing roads do not remember  
Better efforts  
When years younger.

### *Frosty Breath*

A traveler's frosty breath  
Stays with him all the year  
To cool August.

### *Bone Tired*

Bone tired, brain alert,  
Body sails into the blue  
High wired.

### *I Trace Sound*

Dreaming,  
I trace sound of your breathing  
On roads which do not yet exist.

running career back then. At the meeting, it gave me great pleasure to tell Kathrine that she had inspired me to persist. Women were just beginning to get into the sport of running at that time, but look at us now—wow! I did go on to complete a marathon when I was in my middle 40s. It was an amazing journey, totally worth the effort. —*Joan Szabo*

## Dick Beardsley at Millburn Library Nov 3

Mike Wojcio

Dick Beardsley, running author, winner of many marathons, and the man who came in second to Alberto Salazar in the 1982 Boston Marathon, will speak at Millburn Library (2nd floor) 8:00 pm Friday, Nov 3. The library is paying for this presentation, which will be free and open to the public.

I am happy to be getting Dick to speak in Millburn two days before the New York City Marathon. Let me tell you, he is an excellent speaker—one of the best in the world, in my opinion—and he just talks about his life. He has made it through many difficult times.

Dick will answer questions about his talk and about any technical aspects of running. In addition, you will then be able to buy a copy of his book, *Staying the Course: A Runner's Toughest Race*, and have him autograph it.

I hope many Essex runners can come to listen.

## Board Elections

Are you interested in serving on the ERC Board of Directors? Volunteers are encouraged to apply for election. For details, contact one of the board members (names on p. 2).

## Golden Grand Prix Series Ends

Lynne Mortimer

The 2006 Jersey Shore Running Club's Golden Grand Prix consisted of five races—Spring Lake Five (5M), George Sheehan Classic (5M), Belmar Five (5M), Asbury Park 5K, and Pier Village 5K. Points accumulated for overall and age-group prize money at the individual races and for the entire series. Final standings included Rick Pingitore (1st in age, five races) and Lynne Mortimer (3rd in age, three races).

## Shore Athletic Club XC Series Begins

The fall SAC Cross-Country League series begins Sep 30 and continues for five more Saturdays:

Sep 30	Thompson Park
Oct 7	Tatum Park
Oct 14	Wolf Hill Recreation Area
Oct 21	Holmdel Park (awaiting confirmation)
Oct 28	Thompson Park: <i>Halloween Run for the Pies</i>
Nov 4	Tatum Park

Each race starts at 9:00 am, registration and course review at 8:15. Both individuals and teams can compete; at series end, prizes are given for best overall performances (including "Woodland Elf" trophy for winning team). Entry fee is \$6 per race. Directions to parks: [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com). More info: Bob Bazley ([lrbazley@msn.com](mailto:lrbazley@msn.com)).

## Goodwill 5000 Meter Run Aubrey Blanda

Thanks in large part to the generosity and spirit of Essex Running Club members who volunteered and participated last November, we are able to present the second annual Goodwill 5000 Meter Run (Sat, Nov 18).

The race will again start and end at the elegant Montclair Art Museum and travel along South Mountain Avenue through Montclair's beautiful estate section.

Proceeds from this race benefit the Goodwill Rescue Mission of Newark, providing shelter, food, and counseling to the poor and homeless since 1896.

Runners of all abilities, walkers, and jogging strollers are welcome at this USATF-sanctioned 500-point 5K race, which will feature ChampionChip timing and CompuScore scoring. Postrace refreshments will be provided by donors that include Starbucks Coffee and Bloomfield's Best Bagels.

Please mark the date—Nov 18—on your calendars! If you can't run, walk, or jog the race, please consider volunteering. Without volunteers, this race will not happen! Race applications will be available at the October meeting; online registration is also available ([https://www.active.com/event\\_detail.cfm?event\\_id=1334962](https://www.active.com/event_detail.cfm?event_id=1334962)).

We look forward to greeting you at the starting line, where we will be collecting canned food and frozen turkeys for Goodwill Rescue Mission's pantry.

## Keeping Track in London Maria Imas

In Hyde Park and Kensington Gardens, I've seen lots of other runners. A recent Hyde Park women's 5K race benefiting local charities had 20,000 participants. I couldn't run because it was sold out months in advance, but I went to watch, and it looked to be on a scale with the New York City Marathon! I hadn't seen anything like this before, even in Central Park. Paula Radcliffe and other celebrities participated.

I still have to hook up with a running club here. There are literally dozens of clubs in London, so of course I will have to pick the closest and friendliest. I'm still wearing my ERC shirt and jacket, though!

## BOOK REVIEW

Mark Frankel

### *Ultramarathon Man*, by Dean Karnazes

For many, a marathon is a noble goal of self-fulfillment, but for runners like Dean Karnazes "a marathon is just a warm-up." In his biography, *Ultramarathon Man*, he describes how he evolved into an ultramarathoner.

The first part of this book consists of several touching stories of his youth, and of how running and adventure would influence his adult life. By the third grade, Karnazes, the youngest of three siblings, was running in organized races, some he himself organized. Most were sprint distances.

His first real big solo endurance adventure came on his 12th birthday. He wanted to celebrate the day with his grandparents, so he took some of his allowance money, lied to his mother about his destination, got on his bike, and zigzagged 40+ miles to their house in 10 hours. Neither his parents nor his grandparents were upset over his escapade—just happy he was safe and a bit impressed with what he had done. The episode left quite an impression on young Karnazes:

For a kid my age to do what I had just done was almost unthinkable, and I could feel the power in it, the ability to inspire. All I needed was to get on a bike or start running for some extraordinary distance, and the family would join together and rally around me in celebration. Naïve as that may seem, it's the lesson I took away on that day.

As a freshman in high school, Karnazes ran cross-country. Benner Cummings "functioned more as a guru than a coach, using training methods that were unorthodox but indisputably effective." At the league championship, Coach Benner advised Karnazes to "run with your heart." Karnazes won in the championship. Soon after, in a school fundraiser in which students collected \$1 a lap, Karnazes ran 105 laps (he wanted to run the equivalent of a marathon).

The next spring, with Benner retired, Karnazes tried out for track. Annoyed that his new coach was yelling out split times (something Benner never did), Karnazes complained. The coach responded, "But if you don't know what your split times are ... how do you pace yourself?" "I run with my heart," said Karnazes. As the coach roared with laughter, a frustrated Karnazes walked away. He would not run for 15 years.

Instead, he continued surfing and turned to socializing and partying. But early in college his partying ended when his sister Pary, to whom he had been incredibly close for many years, died in a car crash. Karnazes then began putting more effort into his academic work, then graduate school, then business school, and finally a high-profile marketing career.

On his 30th birthday, Karnazes and a friend went to a bar, where he got drunk and began flirting with a woman. When both admitted being married, Karnazes decided to cool things off by leaving. He walked home, put on a pair of gardening shoes, stripped to his undershirt and loose-fitting jockey shorts, and started running. He ran 30 miles that night, but then the untrained Karnazes was in such bad shape that he had to call his wife to be picked up. The die, however, was cast. With that run Karnazes was re-created into both a runner and an ultraendurance athlete:

Every devout runner has an awakening. We know the place, the time, and the reason we accepted running into our life. After half a lifetime, I'd been reborn. Most runners are able to keep a rational perspective on the devotion, and practice responsibly. I couldn't, and became a fanatic.

Next, Karnazes trained for, qualified for, and ran his first Western States 100, a trail race legendary for its mountainous terrain. Despite his good training, the going was rough. Meeting his parents at the aid stations was one of the few things that kept him going. He sums up the race:

I was forever changed by the Western States experience. Everything took on new meaning. My demeanor grew more carefree, as if the important things in life had become clearer. My outlook became more expansive; my shortcomings less significant. Others were treated with greater compassion, increased tolerance, broader humility.

In part 2 of the book, Karnazes focuses on his first efforts in three races: Badwater, the South Pole Marathon, and a 199-mile California relay race called, simply, the Relay (which he ran solo).

Karnazes's birth family was impressed with the boy's running, and now his wife, children, and parents all assist him with his ultra events, even serving as his support crew.

I view running as the savior that's brought my family together. Not only has running provided my restless energy with an outlet, it has given us a common goal to rally around. The kids love traveling to events and helping with the preparations and crewing. They've joined in my victories and shared in the disappointment of defeat. They've witnessed firsthand the struggles and sacrifices required to achieve success.

In this book, Karnazes goes into excruciating detail about his ups and downs in various ultramarathons. Still, the book brings out the impressive background of the man who on Sep 17 began running 50 marathon courses in 50 states in 50 days for charity.

## 2006 RACE CALENDAR: OCTOBER & NOVEMBER

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

10/1	Sun	8:45a	Grete's Great Gallop (NYC)	13.1M	212-860-4455	
10/1	Sun	9:00a	Mahwah 5K	5K	201-825-1182	NBGP: 500 pts
10/1	Sun	9:00a	Jersey Shore Half-Marathon (Sandy Hook)	13.1M, 5K	732-409-3948	
10/1	Sun	9:30a	Carlos Negron Run (Liberty State Park)	5K	201-991-9103	NBGP: 500 pts
10/1	Sun	9:30a	Hackensack Run	5K	732-381-0318	NBGP: 500 pts
<b>10/1</b>	<b>Sun</b>	<b>10:00a</b>	<b>Run for Life 5K (Cedar Grove)</b>	<b>5K</b>	<b>973-857-8332</b>	
10/1	Sun	10:00a	Race Judicata (South Mountain Reservation)	5K	973-622-6207	
10/1	Sun	10:00a	Country Squire Run	10K, 5K	973-879-1372	NBGP: 10K (500 pts), 5K (500 pts)
10/4	Wed	Noon	Newark Corporate Race	5K	973-376-0231	NBGP: 500 pts
10/7	Sat	9:00a	Healthy Neighbors 5K (Hoboken)	5K	201-418-2433	NBGP: 500 pts
10/7	Sat	10:00a	Fall Spectacular (Harrington Park)	5K	201-750-9447	NBGP: 500 pts
10/8	Sun	7:30a	NYC Marathon Tune-Up	18M	212-860-4455	
10/8	Sun	8:00a	Steamtown Marathon (Scranton, Pa)	26.2M	570-963-6363	
10/8	Sun	8:00a	Westchester Marathon & Half-Marathon	26.2M, 13.1M	203-262-3376	
10/8	Sun	8:00a	Chicago Marathon	26.2M	888-243-3344	
<b>10/8</b>	<b>Sun</b>	<b>8:30a</b>	<b>Liberty Waterfront Run (Jersey City)</b>	<b>13.1M, 5K</b>	<b>201-915-2040</b>	<b>NBGP: 13.1M (800 pts), 5K (500 pts)</b>
10/8	Sun	9:00a	Jefferson 5K (Lake Hopatcong)	5K	973-208-2377	
10/8	Sun	10:00a	Meadow Breeze 5K (Washington Township, Warren)	5K	732-381-0318	NBGP: 500 pts
10/8	Sun	10:30a	Long Beach Island 18-Mile Run	18M	609-494-8861	NBGP: 500 pts
<b>10/14</b>	<b>Sat</b>	<b>8:00a</b>	<b>Stephen P. Gaffney Memorial 5K (Verona)</b>	<b>5K</b>	<b>973-783-3627</b>	
10/14	Sat	8:00a	Greater Hartford Marathon	26.2M	860-652-8866	
10/14	Sat	8:00a	Baltimore Marathon & Running Festival	26.2M, var.	410-605-9381	
<b>10/14</b>	<b>Sat</b>	<b>9:00a</b>	<b>Heroes to Hero 5K (Gloucester City)</b>	<b>5K</b>	<b>856-364-0441</b>	<b>NBGP: 700 pts</b>
10/14	Sat	9:30a	Hit the Bricks 5-Miler (Sayreville)	5M	732-390-7092	NBGP: 500 pts
10/14	Sat	10:00a	St. Aloysius 5K (Liberty State Park)	5K	201-435-9240	NBGP: 500 pts
10/14	Sat	10:00a	Wyckoff 5K	5K	201-848-8738	NBGP: 500 pts
10/14	Sat	10:00a	Hounds & Harriers Run (Morris Twp, must run w/dog)	3M	973-377-6276	
10/15	Sun	8:30a	Nutley Fall Five	5M		NBGP: 500 pts
10/15	Sun	8:30a	Atlantic City Marathon	26.2M, var.	609-601-1RUN	
10/15	Sun	9:05a	Paramus Run	10K, 5K	201-265-9321	NBGP: 10K (500 pts), 5K (500 pts)
10/15	Sun	9:30a	Run 4 SHADC (Liberty Corner)	4M	908-766-7925	NBGP: 500 pts
10/15	Sun	9:40a	Staten Island Half-Marathon	13.1M	212-860-4455	
10/15	Sun	10:00a	Seaside Half-Marathon	13.1M, 5K	732-370-2948	
10/15	Sun	1:00p	Summit Y-5	5K	732-381-0318	NBGP: 500 pts
10/21	Sat	9:00a	Run for Angels (Demarest)	5K	201-768-7822	NBGP: 500 pts
10/21	Sat	9:30a	CPL Breakfast Run (Cranford)	5K	732-381-0318	NBGP: 500 pts
10/21	Sat	Noon	Great Race of Middletown	5K	732-787-5768	
10/22	Sun	9:00a	Maplewood 5K	5K	973-378-7907	
10/22	Sun	9:00a	Meadowlands 5K (Lyndhurst)	5K	201-967-8100	NBGP: 500 pts
10/22	Sun	9:30a	Hot Chili Challenge (Kittatinny Valley State Park, trail)	8M	973-300-0142	
10/22	Sun	11:30a	Kurt Steiner XC Classic (Van Cortlandt Park)	5K	212-860-4455	
10/22	Sun	1:00p	East Brunswick Road Races	10K, 5K	732-463-RVRR	NBGP: 10K (500 pts), 5K (500 pts)
10/28	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	NBGP: 500 pts
10/28	Sat	9:30a	Robert Giaimo Memorial Run (Fairfield)	5K	973-575-6416	
10/28	Sat	10:00a	Newark Academy Off-Road 5K (Livingston)	5K	908-800-1808	
10/28	Sat	10:00a	Run for Kids Sake (Spruce Run, Clinton)	5K	908-689-0436	NBGP: 500 pts
10/29	Sun	8:15a	Marine Corps Marathon (Washington, DC)	26.2M	800-RUN-USMC	
10/29	Sun	9:00a	Marathon Kickoff (NYC)	5M	212-860-4455	
10/29	Sun	10:00a	Race for the Cure (Princeton)	5K	609-252-2008	
10/29	Sun	10:00a	Run With the Vikings 5K (South Brunswick)	5K	732-940-3111	NBGP: 500 pts
<b>10/29</b>	<b>Sun</b>	<b>10:30a</b>	<b>USATF-NJ 5K XC Championship (Holmdel Park)</b>	<b>5K</b>	<b>973-334-8900</b>	<b>NBGP: 700 pts</b>
10/29	Sun	11:00a	Trick or Trot (Long Branch)	4M	732-542-6090	
10/29	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	732-381-0318	NBGP: 500 pts
11/4	Sat	9:00a	International Friendship Run (NYC)	4M	212-860-4455	
11/4	Sat	9:00a	Endurance 50 with Dean Karnazes (Long Branch)	Var.	732-578-1771	
11/4	Sat	10:00a	Run for Runaways (Duke Island Park, Bridgewater)	5K	908-526-6605	NBGP: 500 pts
11/4	Sat	10:30a	Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
<b>11/5</b>	<b>Sun</b>	<b>10:10a</b>	<b>New York City Marathon</b>	<b>26.2M</b>	<b>212-860-4455</b>	
11/12	Sun	9:30a	Passaic Valley River Run (Little Falls)	5K	973-256-5001	
11/12	Sun	10:00a	Bergenfield 5K	5K	201-385-3391	NBGP: 500 pts
11/12	Sun	10:00a	NYRR XC Championships (Van Cortlandt Park)	15K	212-860-4455	
11/12	Sun	11:00a	Hashathon (Cheesecake State Park, trail)	6M	732-528-0132	
<b>11/12</b>	<b>Sun</b>	<b>Noon</b>	<b>Giralda Farms Run (Madison)</b>	<b>10K, 5K</b>	<b>973-376-5644</b>	<b>NBGP: 10K (700 pts)</b>
<b>11/18</b>	<b>Sat</b>	<b>8:30a</b>	<b>Goodwill 5000 Meter Run (Montclair)</b>	<b>5K</b>	<b>973-865-1919</b>	<b>NBGP: 500 pts</b>