



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 24, No. 2

February 2007

Since 1983

PRESIDENT'S CORNER

Desmond Duncker

I had a running partner most mornings over the past four months. She woke me each morning to run, and she enjoyed and looked forward to our time together. Although I was concerned about her covering longer distances, she quickly graduated from two miles to four and six with ease. And in that short time, she became much faster, even out-sprinting me to the finish two times out of three.

Sesame was a tiny dog with above average intelligence and a heart of gold. She was unique, too. Although a Chihuahua-chow mix, she resembled a small, scruffy terrier. My daughter, Stephanie, brought her home during summer vacation and left her in my care upon returning to school.

I started taking Sesame out on runs in nearby parks and discovered she had quite the weakness for squirrels. She chased them down until the squirrels scrambled up into the trees. I enjoyed watching her flashes of speed.

Initially I kept Sesame leashed until we got to the parks and only then let her run free with me, but soon I trained her to run beside me even to and from the parks. She learned at my command to stop and wait until I said "go" to move. Over weeks of warmer weather, I took her for longer and longer runs until I finally tired of circling the parks and wanted once again to travel my old routes with my new partner.

But Sesame was more than a running partner. She went everywhere with my son Jeremy and me and even became the unofficial mascot of Jeremy's soccer and lacrosse teams. During most games, she sat unleashed with me and watched until they were over, at which time I told her "go," and she raced onto the field to meet the players. On colder days, she asked for shelter inside my coat and then peeked out after I zipped it up.

A few weeks ago, I took my dear running partner for a seven-mile round-trip to Brookdale Park. As it was dark when we started, and we were on the main roads, I kept her leashed until we got to the park. At the park, and on the less traveled side streets on the way back, I let her run free by my side. Everything went smoothly until we began the turn onto my street, just a half-mile from home.

Sesame spotted a squirrel and, instead of turning with me, bolted straight ahead and across the street to chase it.

Hot yoga for a cold February?

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

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

Peter Petrovic on Bikram yoga for runners. Peter is a certified Bikram yoga teacher and owner of Bikram Yoga Montclair.

Before I could call her back, I heard a sickening thud. I quickly ran over to find Sesame motionless in the street and a car stopping ten yards away. I picked her up and realized she had been instantly killed. The driver hadn't had time to react.

(Continued on p. 7)

NOTES & REMINDERS

- **Feb 1.** Deadline for renewing your ERC membership and making sure this won't be your last issue of *Keeping Track*. *Application, page 2.*
- **Feb 1.** Deadline for submitting your 2006 race results into consideration for the annual ERC Awards. *Box, page 5.*
- **Feb 1.** Deadline for requesting application by mail for Spring Lake Five Mile Run, first race in Jersey Shore Golden Grand Prix. Send SASE to Spring Lake 5 Mile Run, 2007 Application, PO Box 841, Spring Lake, NJ 07762. After Feb 1, downloadable (mail-in) application and online registration at www.springlake5.org. Info: www.jsgrandprix.com.
- **Feb 2.** 100th Millrose Games. Contact Desmond Duncker about discount tickets for this famed Madison Square Garden event featuring many top athletes, including Bernard Lagat, Craig Mottram, and Alan Webb, who will be competing in the Wanamaker Mile.
- **Feb 5.** General meeting. *Box, page 1.*
- **Feb 6.** The Editor goes ape! Empire State Building Run-Up! *Page 2.*
- **Feb 7.** One year since Vince Carnevale's passing. *Page 8.*
- **Feb 25.** Final hosted run of winter 2007. *Page 3.*
- **Mar 5.** General meeting.
- **Mar 11.** Newark Distance Classic—first club race of 2007! *Page 4.*

ESSEX RUNNING CLUB 2007

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
 Martha Rose Fundraising/Advertising
 Sal Ulto Clothing

Staff

Elizabeth Simonetti Membership
 Chris Jaworski Newsletter
 Aubrey Blanda Ad/Photo Supplement
 Karen Mishler Honorary

Mailing & Editorial Assistance

Donna & Mick Close

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

Web site & membership application:
www.essexrunning.com

Join our e-mail group:
groups.yahoo.com/group/essexrunningclub

Send e-mail to the group:
essexrunningclub@yahoo.com

Membership

Elizabeth Simonetti:
elizabethsimonet@mindspring.com

Club Apparel

Sal Ulto: sulto@att.net

Monthly Speakers

Anne Chesny: 201-869-1708

Newsletter Editor

Chris Jaworski: jaworski@verizon.net

Ad/Photo Supplement

Ads to lynne.mortimer@cbmoves.com
 Photos to Aubrey Blanda:
spingoddess@covad.net

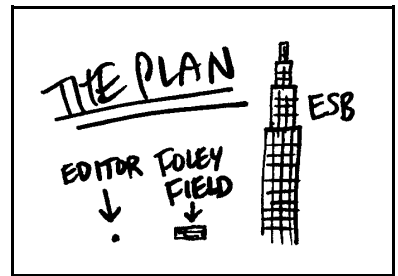
RUN FOR YOUR LIVES!

On Jan 16, I ran 9 miles, part of it up the Bloomfield Avenue hill to Highland Avenue in Montclair. On Jan 17, I jogged to Foley Field and then ran up 50 stadium steps, and down, then up 50 again, and down, until I had run up 1600 steps. Each time I reached the top of the stadium, I called out the cumulative total of steps up, and, when I reached 1600, I raised my arms above my head and yelled "Kong!" out over John F. Kennedy Drive and the rooftops of Bloomfield.

Why the hill? Why 1600? Why Kong? I'm training for the 1576-step Empire State Building Run-Up on Feb 6, and I'd like to do well enough to make the big ape proud. Ever since I was a kid, I've loved that creature, loved the 1933 version of the movie *King Kong*, and loved that quintessential New York City landmark. Add in a love of running, discovered in midlife, and you have the makings of a classic regression experience, plus a beautiful confluence of memory, time, place, action, life. Let's just hope, though, that it's not beauty kills the beast!

I'd first heard of the run-up a few years ago, but it seemed shrouded in secrecy, much as Skull Island was. By invitation only! Then I read in the Jan 2007 *Runner's World* that "more than 1,000 people apply every November for just 200-odd slots ... so you'll have to set your sights on the 2008 run-up." You can apply? I just missed the deadline? Well, I checked the New York Road Runners Web site and learned the deadline was Dec 19. The application goes in the mail, I don't expect much, and then I receive an e-mail: "You have not been accepted to the ... *Invitational Race*. However, I would like to give you the opportunity to participate in the *PRELIMINARY RACE* scheduled to take place on the same date."

Foley Field here I come!
 —Chris Jaworski



Will This Be Your Last Issue of Keeping Track?

If you read *Keeping Track* for all the latest news on ERC and the local running scene, but have yet to renew your membership, mail this form with your check today. Not sure if you've renewed already? Check the date on your mailing label. Want the March *Keeping Track*? Renew by Feb 1. We hope you'll run with us in 2007! Questions? Membership Coordinator Liz Simonetti (973-325-2048, elizabethsimonet@mindspring.com).

ESSEX RUNNING CLUB MEMBERSHIP APPLICATION		JOIN OR RENEW
INDIVIDUAL		
Name		DOB
Street		
City, State, Zip		
Primary Phone	2nd Phone	
E-Mail		
FAMILY		
Spouse Name		DOB
Primary Phone		
E-Mail		
ANNUAL DUES & MAILING		
<input type="checkbox"/> \$25 Individual	<input type="checkbox"/> \$40 Family	Make check payable to <i>Essex Running Club</i> and mail with this form to ERC, PO Box 183, Verona, NJ 07044-0183.
<p>Membership Year. January through December. Current Members. Renew by Feb 1 to avoid an interruption in delivery of <i>Keeping Track</i>. New Members. Your first year may not be a full year. If you join after Sep 1, however, your membership will carry over to include all of the following year. Membership List. Your name, address, primary phone number, & e-mail address will be included on a membership list distributed about once a year to ERC members only. This list is solely for the personal use of members and is not to be used for commercial or political purposes of any kind.</p>		

YEAR-ROUND GROUP RUNS

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 and then send e-mail to essexrunningclub@yahoogroups.com.

WINTER HOSTED RUNS & OTHER EVENTS

ERC schedules a mix of hosted runs, holiday events, road trips to NYC races, and trail runs each winter (Dec–Feb). **Groups meet at 9:00 am.**

2/3	Rick Pingitore & Lynne Mortimer <i>Ramapo Reservation trail run.</i> Please RSVP so refreshments can be planned. Then join cohosts Rick and Lynne for 1 of 3 challenging trail runs at the reservation (or for a street run if the trails are icy) followed by refreshments at Rick's (133 Lawrence Rd, Mahwah, 10 minutes from reservation). Bring a change of clothes and footwear, as the trails may be muddy. <i>To reservation:</i> Take Route 287 north to exit 58 (Route 202 North/Ramapo Valley Road). After exiting, make 2 lefts to take 202 north. Following signs for Ramapo College, take 202 north about 5 miles to reservation. Parking lot on left.	908-612-8209
2/4	West Essex Trail (▲) or possible road trip/car pool to NYC for Gridiron 5K	
2/10	West Essex Trail (▲)	
2/11	Robyn Silverman & Val Kenny 160 Woodland Avenue, Verona Woodland Ave ends on Pompton Ave (Rt 23). Or take Linden Ave to Woodland Pl to Woodland Ave.	973-857-3070
2/17	West Essex Trail (▲)	
2/18	Susan Palermo & Wayne Carlson 27 Westwood Dr N, West Orange <i>From Bloomfield:</i> Take Bloomfield Ave west to Verona Park traffic light, turn left onto Lakeside Ave (becomes Pleasant Valley Way), pass Eagle Rock Ave, pass West Orange HS, pass Route 280, turn right at next major intersection (Starlite Pizza on right corner) onto Mount Pleasant Ave/Route 10 W, turn right at 2nd cross-street onto Carolina Ave, make 1st left onto Westwood Dr S, go up hill, #27 is around bend at top of hill, on left.	973-325-5127
2/24	West Essex Trail (▲) or possible road trip/car pool to NYC for Al Gordon 4M	
2/25	Aubrey Blanda & Doug Williams 173 Hawthorne Ave, Glen Ridge <i>From Verona:</i> Take Bloomfield Ave east to Glen Ridge, turn right at light onto Ridgewood Ave, left at light onto Washington St, 1st right onto Hawthorne, #173 on left.	973-748-3692

WELCOME NEW MEMBERS!

Laura Benanchietti Montclair
Audrey Gross Bloomfield
Pamela Holmes Montclair

COOKBOOK UPDATE

The ERC cookbook is at the printer, and in a couple of weeks I will have proofs for review. Tom Kelly wrote a beautiful dedication to Karen Mishler to accompany the dedication page photo. I will keep everyone posted as the process moves along. After looking over the submitted recipes, I can't wait to start making some of them—they all sound scrumptious! Categories include appetizers and beverages, soups and salads, vegetables and side dishes, main courses, desserts, cookies and candies, and "this 'n' that."

—Marta Rose

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.

POETRY CORNER

Donna Close

Long Standing

Well before race time

Long standing friends

Find seats where rain talk is chatter.

Street to Street

Spinning street to street

Like a billiard ball,

The runner flaunts his number.

Pyramids

Stacked into healthy food

Pyramids of vitamins

Await race day.



USATF–NJ

Gary Peters

In 2006, whenever we had teams competing in a USATF–NJ championship race, we did well on both sides of the gender slate and scored ahead of other New Jersey running club teams. Our challenge in 2007 is to compete more often, if not at every

championship race. Participation is what it is all about, and everyone is welcome and encouraged to join in.

Essex Running Club has always been blessed with runners of all abilities and talents. We have folks who consistently place high within their age groups (eg, Sharon Morrissey, Charlie Slaughter, Jen Lanterman, George Studzinski, Lynne Mortimer, Dan Murphy) and others who often finish races within the top 10 overall (eg, Rollin Deas). And now we have new members like Greg Neal, whose recap of his first race in years (p. 6) perhaps indicates a “need for speed” and a desire to join in on the fun of running on ERC teams!

We are especially deep in the masters age categories (age 40+), and it would be great if we could show that off to the running community this year!

There have been changes to the championship schedule in 2007, starting with the St. Paddy’s 10-Miler (Mar 18) becoming an all-age-divisions race. The Newark Distance Classic 20K and 5K are still being held in March but are not championships this year, while the Pine Beach 5K (Jun 24) has been added as a masters men’s and women’s championship. In the fall, the USATF has tentatively scheduled Oct 7 and Oct 28 for 5K and 8K cross-country races. These are especially fun, usually not at all crowded or over difficult terrain, and good for earning extra team points. The last all-age-divisions championship race of the year, tentatively set for Dec 9, has been changed from 10 miles to 15K.

It is easy for you to participate on a team in these races. In general, we need declare only 5 men per team and only 3 women per team. All you need do is maintain an active

USATF membership, mark USATF championship events on your calendar, and let me know of your plans to race, as I submit prerace team rosters. I have used USATF team participation as a way to stay motivated and build stronger personal relationships with other ERC members. I hope that you’ll consider joining in on the fun.

[Check out the new USATF logo. —Ed.]



AT THE RACES

Mick Close

New Team Captain

The club again plans to enter teams in most USATF–NJ championship races, but this year I’m stepping aside so Gary Peters can take over as team captain. Look for Gary’s

USATF–NJ report in *Keeping Track* each month, and please try to support Gary and our teams in 2007. Go Essex!

Club Races

Club races will restart in March and continue through 2007. These races consist of USATF–NJ championship events, in which we usually have teams competing, plus many other races that have become popular with ERC members. This year we’d like to see more club participation, so we hope you’ll make room in your schedule for some of the events listed below. At these events, you’re likely to find many of your fellow ERC members participating and offering you encouragement and support.

Show your club spirit by wearing an Essex shirt! Our shirts help to promote the club and make it easier to find other members at events. If you’d like to get an ERC singlet or T-shirt, write to Sal Ulto at sulto@att.net or 27 Hunterdon Road, West Orange, NJ 07052.

The Newark Distance Classic 20K/5K (Sun, Mar 11) will be our first club race. Next in line are St. Paddy’s 10-Miler in Freehold (Sun, Mar 18) and the Millburn Spring Classic 10K/2M in South Mountain Reservation (Sun, Mar 25).

CLUB RACES: FIRST HALF OF 2007

3/11	Sun	9:30a	Newark Distance Classic	20K, 5K	
3/18	Sun	10:30a	St. Paddy’s 10-Miler (Freehold)	10M	USATF–NJ Open/Masters 10M, Men & Women
3/25	Sun	11:00a	Millburn Spring Classic (So Mtn Res)	10K, 2M	
4/1	Sun	7:00a	Ten-Town Distance Challenge	14.5M	Group Run Through 10 Towns in Essex County
4/7	Sat	9:00a	South Orange 5K	5K	
4/14	Sat	9:30a	Building Tomorrows 5K (Brookdale Pk)	5K	
4/15	Sun	10:00a	Cherry Blossom Run (Branch Brook Pk)	10K	
4/29	Sun	7:30a	New Jersey Marathon (Long Branch)	26.2M, 13.1M	
4/29	Sun	10:00a	Run for Rachel (Livingston)	5K	USATF–NJ Open 5K, Women Only
5/6	Sun	9:00a	Nutley 5K	5K	
5/6	Sun	1:00p	Our House Run (Summit)	5M	USATF–NJ Masters 5M, Men & Women
5/12	Sat	8:30a	Newport 10,000 (Jersey City)	10K	USATF–NJ Open 10K, Men & Women
5/20	Sun	9:00a	Gilda’s Run (Paramus)	15K	
5/28	Mon	8:45a	Ridgewood Run	10K, 5K	USATF–NJ Masters 10K, Men & Women
6/3	Sun	8:30a	Montclair Run	10K, 2M	
6/18	Mon	8:00p	President’s Cup (Millburn)	5K	USATF–NJ Open 5K, Men Only
6/24	Sun	9:00a	Pine Beach 5K	5K	USATF–NJ Masters 5K, Men & Women
6/24	Sun	5:30p	Lager Run (Montclair)	5K	
6/28	Thu	7:30p	Sunset Classic (Bloomfield)	5M	

AT THE FINISH LINE

Lou Lanzalotto Mem. 5K, Paramus Oct 15
Lynne Mortimer (1st AG) 25:57

Garden State Plaza 5K, Paramus Nov 12
Lynne Mortimer (2nd AG) 25:50

NYRR Hot Chocolate 10-Mile Dec 16
Rick Pingitore (3rd AG) 1:00:15
Tanya Lenkow 1:42:53
Jim Malone 1:55:16
Rick and I went to Central Park. Rick raced, while I used the course (plus a few extra miles) for a long training run. I felt better running today than I had in months, thanks to active release technique (p. 7). I seemed to have my mechanics back, and now, except for normal soreness from returning to real running (vs "limp-running"), I feel very good! After the great postrace hot chocolate party, we went to Rockefeller Center to see the tree and get into the Christmas spirit! —*Lynne Mortimer*

Ramona's Run (4M), Perth Amboy Dec 30
Charlie Slaughter (3rd AG) 24:46
Gary Peters (4th AG) 25:16
Chris Jaworski (PR) 30:24
Tom Kelly (4th AG) 30:53
Martta Rose (4th AG, PR) 33:07
Aubrey Blanda 34:23
Ginger Brock 46:22

Being that Ramona's Run took place two weeks later this year than last, and after rather than before Christmas, it wasn't as dark while running today, and the houses were not lit up as much. Still, the course was scenic ... and challenging ... and you couldn't have asked for better temps. ERC's *Will Race for Food* team finished this 4-miler and then headed straight for the buffet, in a gymnasium a block from the finish.

If this race somehow lost its scenery and food, I'd still run it, in honor of my father, who has Alzheimer's disease. Proceeds from the event go toward Alzheimer's care and research.

Catherine Alessi photographed her teammates in action and cheered us on. Cat couldn't race because of a new stress fracture in her foot, and she dearly misses running, so let's wish her speedy, solid healing this New Year. That's also my wish for all other ERC members dealing with an injury. Get well in 2007! —*Chris Jaworski*

My father also has Alzheimer's disease, and I was very touched by the speech the mayor of Perth Amboy gave about his mother, in whose honor the race is named. The course was pretty, with some big hills, and that amazing buffet served by friendly volunteers was a great way to end my running year! —*Aubrey Blanda*

Asbury Park Polar Bear 5-Miler Dec 30
Jen Lanterman (6th W) 35:08
I saw Lynne Mortimer and Sue Palermo before this race. If I'm not mistaken, Sue left winning a fancy Polar Bear trophy!

This was my first Polar Bear event, and boy was it an experience! I hadn't raced since the

New York City Marathon—my body has been uncooperative—but I have been training to the best of my ability. I had no idea that this 5-miler takes place almost entirely on a wooden boardwalk—it really slows you down! We had to do four laps. We ran on the boardwalk to the cone turnaround (many people cheated and turned before reaching it) and then back on the boardwalk, through Convention Hall (on a hard floor made slippery by aid-station water), back on the boardwalk, to the turnaround again, back on the boardwalk, through the hall again, and back on the boardwalk. That's one lap! Three more to go! There was a small ocean wind, but the temperature was nice. Actually, I was hot because I had dressed for the freezing cold pre-race air (the big guy upstairs delivered springlike conditions right at the start).

The Peddie School girl who won the female division is the state preparatory school champion. She was also the defending Polar Bear champ. The guy who won, Pedro Espinosa, was tiny. I don't know how he stayed warm! Maybe he was so cold that it made him run really fast.

Some of my students ran the race, so I had a solid cheering section.

After the race, some people went for a Polar Bear swim in the ocean. They're nuts! Can't you give yourself a heart attack doing that? You just taxed your body racing, and raised your body temperature, and now you're making your temperature plummet precipitously by jumping into ice-cold water? The adventure appealed to me, but I am not interested in heart attacks or hypothermia, so I passed.

Midnight Run 4-Miler, NYC Dec 31
On New Year's Eve, Martta Rose, Tom Kelly, Sue Palermo, and I headed east for the New York Road Runners Club (NYRR) Midnight Run in Central Park. Despite all the Times Square hype, the trip into NYC at 10 pm was relatively easy.

It was cold and crisp, and once we arrived in the park, we sensed the excitement. There were runners in shorts, some in costumes, and others pushing baby joggers, all walking toward the band shell. (This year, the starting area was in a different location because of construction.) The crowd intensified along the way, with the New York City skyline silhouetted against the bright midtown lights. This was a perfect night.

We quickly weaved our way through the park to join the 4500+ other entrants already gathered. I asked a policeman what time it was. "It's midnight!" We wished each other *Happy New Year* as booms began the fireworks show over the park. The booms resounded off the buildings as the race began ... into 2007!

Martta and Tom, sneaking up toward the middle of the pack, ran into the slightly "abuzz" Eric Stadnyk, while Sue and I meandered in the back with the other walkers watching the fireworks illuminate the buildings. We were soon passed by Lance Armstrong impersonators, who whistled as they came up behind us, and their chaperones and pacesetters, who cleared the

way for them. While walking past the Metropolitan Museum of Art, the Guggenheim, NYRR headquarters on 89th, and the reservoir, we were accompanied by a trio dressed in giant, bright red, orange, and green wide-brimmed Mardi Gras-style hats. The crowd thinned out a bit at that point. We thanked the encouraging volunteers who stood out there in the cold for us. We found a red-feather tiara, which I wound up wearing, plus a green foam "2007" headdress and a beautiful cashmere scarf lost in the shuffle.

When we arrived at the Central Park cutoff and water station, all the alcohol-free sparkling grape juice was gone. That's okay! We continued on with groups of families and friends, foreign and American tourists, young and old, all enjoying this unique New Year's Eve experience, walking through the largest and most famous city park in the world. We were warmed by the spirit of the event—the onlookers lining the course; the partygoers out to absorb the excitement in the park, with their Champagne bottles and glasses; and other people making their way home from Times Square. It was really romantic!

As we approached the final mile, the winners running their warm-downs passed us headed the opposite way. Finally, we finished our 4-mile jaunt, crossing the line in 1¼ hours. There was still a lot of energy despite the late hour. People were

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) 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 each spring.

Only results reported in "At the Finish Line" are eligible for awards. ERC members who want their results counted are ultimately responsible for making sure they're published here.

dancing at the band shell, and some in costume were posing for photographers. We grabbed our bags of Emerald Nuts (provided by the race sponsor) and headed for the car. A slight rain, which had held off long enough not to spoil the festivities, began to fall over the city.

In keeping with tradition, on the way home we stopped for our postrace party at the Tick Tock Diner on Route 3. As usual, the joint was jumping as we rehased our evening of good family fun and had lots of laughs! Thanks, Tom, for keeping the tradition going! —*Anne Chesny*

NYRR Fred Lebow Classic 5M	Jan 7
<i>Dan Murphy (3rd AG)</i>	30:35
<i>Peter Connell</i>	33:50
<i>Greg Neal</i>	37:22
<i>Scott Wickham</i>	38:47
<i>Jeff Matthews</i>	43:50
<i>Eileen Percevault</i>	45:12
<i>Jim Enslin</i>	49:31
<i>Jim Malone</i>	50:49
<i>Val Kenny</i>	50:44
— <i>Mick Close</i>	

So I am a new ERC member, having moved here from California this past year. After taking off almost 10 (ten!) years from running (I was playing on a men's soccer team for my fitness fill), I decided I finally needed to get back in running (and racing) shape, knowing full well I'd never meet those great PRs I earned back in the 1990s. I used the Fred Lebow Classic as my first real race in many, many years (and as my very first race in Central Park). In fact, the last race that I "raced" was in ... ugh, 1995. I was pretty happy being able to hold roughly a 7:30 pace and finish under 38:00 net, but, man, I could not believe how hard it was to run through those crowds. I spent the first mile zigging and zagging and skipping around, dodging and passing people. Like an idiot, I lined up in the 7-minute pace group, only to realize it would take me a good 2 minutes just to find some open space. It was a blast running in Central Park, but I learned my "newbie" lesson—to line up wayyyy ahead, especially when you start off through such a narrow chute and turn the first corner. Anyway, I look forward to running with some of you in the future.

—*Greg Neal*

Rock 'n' Roll Arizona Marathon, Jan 14 Phoenix

Aubrey Blanda 4:12:36
 And on the 14th day, the Running Gods smiled and said, "Let Aubrey have a decent marathon!" And so it came to pass ...

I arrived in sunny but unusually frigid Phoenix on Thursday. The plan was to combine an extended family visit with running either the half or the full marathon on Sunday. I debated which to run for two days. I knew I could run a half that would be satisfactory to me, but that would get me out of the house for only two hours or so. If I ran the full, I could get away for, hey, possibly 7 or 8 hours if I played my cards right!

And if that weren't reason enough, the weather looked perfect on race day. About 30 at the

start, a high of 60, sunny, beautiful. As that's 5 to 10 minutes for me right there, how could I pass up running the full? So, I decided to run the full as a training run to really practice the race's mental aspects, maintaining focus and positive attitude late in the game. Then I spent a lot of time choosing a goal time. Initially I chose 4:15, because that's the pace I want to run at the Shamrock Marathon in March (Mark Frankel will be a team leader for the 4:15 pace group there), but then thought I could hang on to a 9:30 pace, so I changed the goal to 4:10. I had a disastrous time at Steamtown in October, and I had some tendonitis in my left knee, so I wasn't the most confident runner, but among the things I wanted to practice with this marathon was challenging myself more, so I went with it.

My friend Jon, a 2:50 marathoner, was running the half. He offered to meet me at mile 21 after his race and pace me in, and of course I took him up on it. Cool! I would be just like Lance Armstrong, with my own personal pace team! So now I knew I had to be at mile 21 by 3:20 after the start, or I would miss him. More motivation.

After a bagel and Gatorade, I met Jon at 5:20 am to catch a ride with my brother to Stage Rock at the starting line. Stage Rock is, without exaggeration, the best, most awesome thing about the Rock 'n' Roll Arizona races. It's a huge, heated tent, with Starbucks coffee (though I wasn't about to try the cinnamon dolce latte with whipped cream I was offered), bagels, muffins, cookies, cotton gloves, pace bands, water, Gatorade, a table with items you might have forgotten (eg, Bodyglide, Vaseline, Band-Aids, nail files, Tylenol), and, yes (this is true, and I have pictures to prove it), heated portapotties. A deejay announced the time every so often and played high-octane music. Best of all, my brother's company was a tent sponsor, so Jon and I didn't have to pay \$30 each to get in! Runners relaxed, stretched, and chatted in the tent while waiting for their starts at 7:40 (the full) and 8:30 (the half).

Twenty minutes before my start, I put a throw-away long-sleeved cotton T over my singlet, pulled on gloves, and headed out into the dark, freezing cold. Jon walked me to my corral, we took some photos, and he headed back to the tent to warm up and go to the half start. As I waited, the sun began to rise, and I knew the weather just didn't get any better for running a marathon. I pulled on my headphones. I run faster with phones, I focus better with phones, and, dammit, I am going to wear my phones as long as they are permitted on the marathon course. I didn't want to listen to the crowd, as great as it was; I didn't want to hear the way-too-loud rock bands along the course (except a really great jazz band); and I was there to focus. I checked my 4:10 pace band. I hadn't worn one before, and this would be a test. I also wore my Garmin, but only to record splits. The horn sounded, and about 8000 runners set off from downtown Phoenix.

What can I say about the first 19 miles other than they were glorious? This course is flat and fast. It stayed 32 degrees for hours. The spectators were great throughout the course, especially the guy in the Darth Vader costume. A woman

held up a very moving sign at about mile 10: *Thank You for Saving My Life, Team in Training!* It seemed like a mile marker was in front of me whenever I looked for one, so I found it easy to use the pace band. Even with a pit stop (let's just say I'm lucky that bush at mile 4 wasn't a cactus) and a brief stop at mile 9 to take some Tylenol for the knee, I was able to maintain a 9:10 pace for 19 miles. I was tired, but not yet too slow at that point. I needed gels, but they had fallen out of my pocket. When I stopped at mile 19 to grab some, my hands wouldn't work. I could not make my fingers work, couldn't tear the packets open. Maybe from the cold? I asked a volunteer for assistance, but she couldn't rip them either and asked, "Do you mind if I use my teeth?" *Sure, go ahead, just get 'em open—stat!* I forced two gels down, gulped some water, and ran on. I was still on 4:05 pace and had plenty of time to meet Jon, but that also meant I hadn't taken any walk breaks, and my legs were starting to feel it.

So I arrived at mile 21, and there was Jon in a neon green tech shirt. I was so relieved I made it on time! As he jogged next to me, I told him to do all the talking, and I would just listen. He told me he had run a 1:20:31 half, which had started 15 minutes late, and then run backwards up the marathon course as fast as he could to mile 21. Everyone had been yelling he was going the wrong way! He noticed my skin was covered in salt and encouraged me to drink a lot of Accelerade at the next station, but it was revolting.

Then my pace began to slide. Mile 23 had been the wall for me in several marathons, and this race was no exception. My legs were dead, and, if Jon hadn't been such a great "coach" right then, I would have started walking. He kept me jogging toward the finish, though my pace was a crawl those last 3 miles. All notions of focus were out the window, and all I could think about was how badly my quads hurt. But I also noticed that I didn't have any of the bad muscle cramps that had struck in two other marathons.

Keeping my legs moving for the last 1.2 miles was really hard, but I never thought it was impossible. Mentally, I really felt good—I just couldn't make my legs feel good. I slogged until mile 26 and then summoned up a final kick to go over the mat at 4:12:36. And when I crossed that mat, I felt good! Tired, but not beaten up as I had been at Toronto and Steamtown. So, I didn't get a PR in Phoenix, but my time there is my second best, and I finished 27 minutes faster than my last marathon, so I'm happy.

The finish line volunteers were wonderful. One young man met me at the mat and escorted me to the medical tent. I wanted to take care of a blister, but then I saw medical volunteers using plastic wrap to wrap bags of ice around finishers' knees. Awesome! Helluva idea! I hopped (well, hobbled) in line, and they ice-wrapped my knees and quads. I kept the ice on about 30 minutes, while meeting Jon and another friend who ran, and we went to the well-organized UPS trucks to claim our bags. By this time, we were so chilled that our teeth were chattering, but that didn't stop us from trading war stories—and picking our next marathons.

Manhattan Half-Marathon	Jan 21
<i>Dan Murphy (4th AG)</i>	1:24:13
<i>Mike Skara</i>	1:32:30
<i>Desmond Duncker</i>	1:32:47
<i>Phil Coffin</i>	1:32:54
<i>Jeff Burrowes</i>	1:37:49
<i>Tom Daniels</i>	1:40:25
<i>Peter Connell</i>	1:40:51
<i>Sharon Morrissey (7th AG)</i>	1:42:07
<i>Ira Ford</i>	1:43:32
<i>John Fabbro</i>	1:46:34
<i>Richard Bernstein</i>	1:48:13
<i>Susan Mello</i>	1:48:28
<i>Greg Van Inwegen</i>	1:53:46
<i>Chip Bearden</i>	2:00:26
<i>Eileen Percevault</i>	2:07:09
<i>Robert Lewin</i>	2:08:55
<i>Jeff Matthews</i>	2:12:21
<i>Aubrey Blanda</i>	2:12:23

Eighteen ERC members ran in a field of 4000+ in this Central Park race. Congratulations on the excellent times. —Mick Close

I hadn't seen this many Essex runners together since the holiday party. In a race? Must've been Ashenfelter. About 15 of us car-pooled from Grove Pharmacy into the city, and while it seemed ominously cold and the forecast warned of stiff winds, it turned out to be a good day for racing. Heck, I perspired enough to wind up with salt encrusted on my face and my tights. And no frostbitten fingers, even though the water, out in cups at the stops, all had a layer of ice on top.

How good a day for racing? Good enough that I managed to take only third place in my car pool. Desmond and Fast Mike were up ahead of me, although we finished within less than a minute of one another. Mike sailed by me around mile 11, and I tried to go with him but managed only to get Trimboli'd by him for two miles. Mike and Des both ran great.

Still, it was an enjoyable day. Some folks, like Tom, are old hands at the NYRRC races (and his knowledge helped some of the rest of us negotiate everything before the start). I hadn't run

a Road Runners Club race in the park in years, and I had forgotten how big they can be (almost 4400 finishers today), how many logistical details there can be to solve, how compressed the start and first mile or so can be ... and how efficient the Road Runners Club can be. I marvel at the number of race staff they had on the course on a mid-January day, and their general attentiveness and good humor were beyond expectations. I know how uncomfortable it was standing around for a few minutes before the race; imagine being out there for 3½ hours. Yikes.

Thanks to the drivers who made our travel work well this morning, and special thanks to Mick Close for the cheers and photos. It was a boost to have a friendly face out there, especially on the back side of the second loop when the race became work. —Phil Coffin

Chilly Cheeks Trail Run, Reading, Pa Jan 21
Chris Jaworski 1:18:46
 Next ish: recap of this stone-cold hilly 7.2-mile thing.

President's Corner (Continued from p. 1)

I was devastated and could not run for days afterward. In my head, I kept replaying the events, as if I could change them, but all I could do was accept the lesson and make a promise: I'll never let a pet run off-leash on the roads again.

Jeremy asked if we could make a time machine to undo that moment, but I could only say no. Searching nationwide pet Web sites, I quickly realized I was looking to replace a dog that was unique in so many ways, and I stopped. Sesame, you are loved, and you will be terribly missed.

EYE ON THE SPEAKER Mark Frankel

Water-Based Training

Aquajogging is a wonderful workout for runners of all types, from elite competitors to recreational athletes, according to Scott Butterworth, an agent for AQx Sports and the featured speaker at the January meeting.

Butterworth, a recent graduate in exercise and sports science from Colby-Sawyer College, said that aquajogging delivers many of the same benefits that land-based running does but without stressing the joints.

AQx invented the Aquatic Training Shoe (ATS), which, with its "strategically placed series of gills, ... adds 20-30% more resistance to your leg movement patterns [when you exercise at a medium pace] in the water" (from the AQx Web site and cited by Butterworth). "In essence, this activates more muscle groups in the lower body (particularly in the hamstrings, quads, hip flexors, and glutes), burns more calories, increases overall metabolic cost, and provides an intense cardiovascular workout."

Butterworth said that ATS aquajogging was designed to duplicate the benefits of land-based running but that water-based running is superior because it demands more muscular effort, as water stops momentum.

He played an AQx training video that focuses on the cross-country technique, in which the runner mimics the stride used in land-based running. Other ATS exercises shown in the video are knee-lifts, jump-split squats, carioca, and ski jumps. (See a video clip at www.aqxsports.com.)

Active Release Technique

Lynne Mortimer

After 4½ months of running through pain, missing enough fun to consider quitting and starting an aquarunning club, going through chiropractors, physical therapists, massage therapists, acupuncturists, psychic channelers, and voodoo priests, all to no avail, I finally learned of Dr. Michael Dworkin and active release technique (ART), which may well be the greatest thing since sliced bread! He identifies a problem area and then applies ART, which I warn you can be painful, but in a good way. He kneads and works the area until you stand up in shock that you might actually feel normal again. Look for him to speak at a Monday meeting later this year. His Web site is www.functionalhealthconcepts.com.

River to Sea Relay: Year 12

As we just had a little snow and are in the midst of some frigid temperatures, it's time to think about sand—the sand at Manasquan beach, where many River to Sea 12 (R2C12) relay teams will finish their multihour journeys on what will undoubtedly be a typically hot and humid August day.

R2C12 has been scheduled for Saturday, Aug 4. We will be talking this event up in the coming weeks and months, but we want to give everyone an early heads-up.

If you're new to the club, you might not know that R2C is a 92-mile relay race across New Jersey, beginning in Milford at the Delaware River and ending in Manasquan at the Atlantic Ocean. Each member of a 7-person team runs

2 legs of the race. It's a great way to see our beautiful Garden State on foot while passing through 34 towns in Hunterdon, Mercer, Somerset, Middlesex, and Monmouth counties.

Club spirit and camaraderie are the order of the day as we cheer one another on and engage in friendly competition with clubs from New Jersey and beyond.

This year's race is expected to involve 100 teams and be the biggest R2C to date. Essex is the only club that has had a team participate each year since the race's inception. Let's continue this love affair with R2C!

To sign up or obtain more info, call Captain Tom Kelly (973-571-1819) or Captain Phil Coffin (973-748-4688).

Vince Carnevale: Not Forgotten

Depending on your age or history of running races in New Jersey, you have an image of Vince Carnevale either flying or trotting to the finish line. This week, the week before, the week before that, the year before, the year before that—heck, in a decade when you weren't even racing yourself. Either as a speedster in his 70s or a smiling force of nature in the back of the pack in his 80s, Vince could be found racing somewhere.

Until a year ago, when Vince crossed the final finish line. On Feb 7, 2006, Vincent J. Carnevale died at the Job Haines Home in Bloomfield. He was 89.

Chronologically. He could act 9 or 19 or 29. When he was 69 and uncorked a 3:38 marathon, he ran as if he were 39.

Vince knew his numbers—the logbook he kept of his hundreds of races once he turned 70 was spectacularly precise—but he wasn't about numbers. He was about friendship and humanity and the remarkable ability of laughter to transform us all. He was colossally competitive but equally warmhearted. Vince came from a big family—he was the eldest of nine kids—but he created a bigger family, and we in the Essex Running Club were perhaps the biggest beneficiary of that.

So when you go out on Wednesday, Feb 7, for your run, or when you toe the line at your next race, think of the fun Vince would have if he were there with you. He'll be sharing the road with you again, and loving every minute of it.

We miss ya, Vince. But thanks for living on in all of us.
—Phil Coffin

BOOK REVIEW

Mark Frankel

Duel in the Sun [Part 2]

In part 1 last issue, I described the life of Dick Beardsley as told by John Brant in *Duel in the Sun*, the story of the famous Boston Marathon in which Beardsley struggled fiercely with Alberto Salazar. This issue, I turn to the other dueler.

Salazar came from an upper middle class family in Cuba. His father, an ally of Fidel Castro, fled the island nation after the leader turned the country Communist. The elder Salazar came to the United States penniless but soon found a good job in Massachusetts, and the family settled in Wayland, not too far from the Boston Marathon course.

Salazar took to running and in high school became a highly touted prospect. He did much of his training with the Greater Boston Track Club, which featured legendary coach Billy Squires and newly minted New York and Boston champion Bill Rodgers. The brash young Salazar was given the nickname *The Rookie*.

He accepted a scholarship from the University of Oregon, where he would win several National Collegiate Athletic Association (NCAA) titles. In 1978, as a 20-year-old heading into his junior year, he entered the famous 7.1-mile Falmouth Road Race.

Salazar wanted to prove his mettle to his old teammates, show them that he was no longer *The Rookie*. Rodgers, for his part, wanted to put the upstart kid in his place. Rodgers steamed to the lead, and Salazar went with him for about six miles. In the boiling heat, however, Alberto eventually withered to a tenth place finish. Just past the finish line, he turned white and collapsed from dehydration.

Salazar's experience at Falmouth left him more willing to take the risks necessary to become a champion. In 1980, now a senior, Salazar decided to run his debut marathon at New York, and he publicly announced that he'd finish under 2:10.

"Alberto wasn't exactly bragging; he was just extremely confident," Beardsley recalled. "He had already trained with ... Rodgers, ... reigning champion of the marathon, and he knew that he was in just as good shape as Billy—in fact, a lot better shape. He didn't predict victory, just that, if the day went reasonably well, this is how he'd perform. It's not really bragging if you back it up."

Salazar won the race in 2:09:41. (Beardsley, ninth, finished in 2:13:55.) Salazar then set out to become the greatest distance runner ever, setting records in every distance from 5000 meters to the marathon. Crushing his opponents in every long distance race became an obsession.

Salazar's successful marathon debut at New York only added to his swagger. Heading into the now famous 1982 Boston Marathon, Salazar was interviewed on TV:

"There's no other runner here who especially concerns me," Salazar had told the reporters. "If de Castella or Seko were competing, it would be different. But looking at the rest of the field ... let's just say I'm fit and prepared. If there are no injuries or unforeseen developments ... well, the facts are plain: I'm the fastest man in the race."

Beardsley, as one could imagine, was outraged, but he decided to ignore the slight and run as well as possible. He was becoming a little faster in each marathon. In fact, he had run 15 marathons going into Boston in 1982, and each of the first 13 had been faster than the one before. He told Brant, "Every marathon I ran, I knew I had a faster one in me. Even though I'd be spent, even though I'd be cramped up, I knew with a little more training, a little more preparation, a little more experience, I could run faster."

Halfway through the race, the lead pack consisted of Beardsley, Salazar, Rodgers, and Ed Mendoza. Rodgers and Mendoza soon faded, leaving Beardsley and Salazar to fight their epic duel.

Beardsley led most of the way, little more than a stride ahead. In the final mile, though, Salazar shot past Beardsley. Adding insult to injury, Beardsley then stepped into a pot-hole that seemed to spell the end of his race, but amazingly he recovered, sprinted, and caught up to the front-runner. It was not enough. With his indomitable spirit, Salazar pushed across the finish, two seconds sooner, 2:08:52 to 2:08:54.

Ironically, the famous *Duel in the Sun* didn't usher in a brand-new rivalry, as the press had hoped, between the young runners, Salazar, 23, and Beardsley, 26. Instead, Boston was the climax of their careers. Both men would win one more marathon that year, and then decline. Salazar's fall would be a bit more gradual than Beardsley's:

After Boston I was never quite the same. I had a few good races, but everything became difficult. Workouts that I used to fly through became an ordeal. And eventually, of course, I got so sick that I wondered if I'd ever get well. ... It took me a long time to connect the dots, and see that the line stretched all the way back to Boston.

Salazar didn't drink enough at that race, and his overheating resulted in exercise-induced asthma, which reduced his lung capacity to 60% of that of a normal person (most elite runners are around 125%). The effectiveness of the hypothalamus, the part of the brain that regulates body temperature, was also compromised.

In 1993, Dr. Paul Raether, a friend with similar problems, claimed that the antidepressant Prozac had helped him to regain much of his lost running ability. Although skeptical, Salazar decided he had nothing to lose. He told Brant,

I was ecstatic. I was shocked. Paul had turned me on to a magic pill. Before Prozac, the fastest pace I could run was about 5:20 per mile, and even doing that killed me. Three days after I began taking Prozac, I ran a workout of three one-mile repeats. I ran each of them in five minutes, comfortably. A few days later I did a six by one-mile workout at 4:42 per mile.

Nevertheless, at age 35, with his lung capacity diminished, Salazar gave up the marathon. He could still withstand pain, run long distances, and do six-minute miles, but he could no longer maintain a five-minute pace indefinitely. He turned his attention to the ultramarathon—in particular, the most competitive ultra of all, the 54-mile "Comrades Marathon" in South Africa. In 1994, he won that race in 5:38:39.

Soon afterward, an Achilles injury led to early retirement. Currently, Salazar is an event coordinator for Nike and a coach at Central Catholic High School and the Oregon Project, where protégés Dan Browne and Galen Rupp run.

Beardsley fell much more precipitously after Boston. He ran *Grandma's Marathon* on a sore Achilles tendon two months later, and won in 2:14:49, but then finished 30th in New York in October in what was supposed to be a rematch with Salazar. (Salazar won.) Achilles surgery kept Beardsley out of the 1984 Olympic Marathon Trials. In 1988, he finished 45th in the trials and retired. Boston was to be his best effort, and he was content with that:

After the race, people came up to me and said, "Gosh, Dick, if you hadn't had to fight through all of those police motorcycles, you might have won." ...

But I don't look at it that way. I ran the race of my life. ... Alberto happened to run two seconds faster. All I know for certain is that I left everything I had out on that course. I didn't give an inch. Neither did Alberto. The way I look at it, there were two winners that day.

In Sep 2003, the pair met for a reunion at the Dick Beardsley Half-Marathon in Detroit Lakes, Minnesota. Neither man cared to compete; they made it a 13.1-mile fun run.

Looking back, and summing up Boston for the both of them, Salazar said,

I look at that marathon as the epitome of what running is all about. There hasn't been a Boston Marathon since where the two favorites ran together all the way from Hopkinton doing everything possible to beat each other, neither giving an inch. I think it was the greatest American distance race.

**From "Creative Energy" by Roger Robinson
(*Running Times*, Jan/Feb 2007)**

- In 2007, running clubs all over the world will celebrate their 30th (or 25th or 35th) anniversaries. Our clubs are volunteer organizations that provide support, affirmation, education, events, the sense that every runner's results are significant, and much else. They ground the worldwide sport deeply in every locality.
- So where have we run to, these 30 fast-moving years? Our major races represent the biggest peaceful participant communal activity in human history, except perhaps for religious worship and pilgrimages ("peaceful," not war; "participant," not spectator). That's a very big claim, but I believe it's the truth. Our races, including their spectators, are a vibrant mass celebration of individual endeavor—symbolic, I believe, of the best in our society. Our grass-roots culture in clubs and schools, in coaching groups and running stores, in publications and on-line, is as welcoming and enlivening as it was in the growth years of the 1970s.

Last night, at a runners' function in Pleasantville, New York, three runners separately told me "running changed my life." I heard the same a week ago visiting the Essex Running Club, New Jersey. I will hear the same, before this anniversary issue of *Running Times* appears, at events in New Paltz, Toronto, Chicago, New York City, and Carterton in rural New Zealand—population 4,000, but it's the 110th anniversary of their running club. The size of the community is immaterial. In each, I will be among people who are as friendly, healthy, committed and positive about their running as those who started the modern running boom 30 years ago—or an earlier one in 1896. The changing contexts of running are always interesting, and often important on a bigger scale. But when I head out the door in a few minutes to my favorite woodland trails, my run will be the same simple life-affirming movement over the old earth that it was on this date in 1976—slower, but in essence unchanged. In essence, running is unchangeable.

RACES: FEBRUARY–MAY 2007

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

2/3	Sat	10:00a	Frost-Bite Trail & Road 5K (Sparta)	5K	973-729-2383	
2/4	Sun	9:30a	Gridiron Classic (NYC)	4M	212-860-4455	
2/4	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/11	Sun	8:00a	Bronx Half-Marathon	13.1M	212-860-4455	
2/17	Sat	11:00a	Mid Winter Beach Run (Manasquan)	2M	800-435-0066	
2/24	Sat	8:00a	Al Gordon Snowflake 4-Mile (NYC)	4M	212-860-4455	
2/25	Sun	10:00a	Ugly Mudder 7.25-Mile Trail Run (Reading, Pa)	7.25M	610-779-2668	
3/4	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/4	Sun	9:00a	Salsa, Blues, and Shamrocks 5K (NYC)	5K	212-860-4455	
3/10	Sat	10:00a	St. Patty's Day 5K (Morristown)	5K	973-401-1300	NBGP: 500 pts
3/11	Sun	8:00a	Colon Cancer Challenge (NYC)	15K, 4M	212-860-4455	
3/11	Sun	9:30a	Newark Distance Classic	20, 5K	973-733-3749	NBGP: 20K & 5K (both 500 pts)
3/17	Sun	9:00a	Men's 8K Championship (NYC)	8K	212-860-4455	
3/17	Sat	10:00a	Winter's End 5-Miler (Rahway Park)	5M	908-245-3000	NBGP: 500 pts
3/17	Sat	10:00a	Bordentown St. Paddy's Day 5K	5K	609-324-6350	NBGP: 500 pts
3/18	Sun	8:00a	Shamrock Marathon (Virginia Beach)	26.2, 13.1M	757-412-1056	
3/18	Sun	10:30a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	NBGP: 10M (700 pts), 5K (500 pts)
3/18	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-448-3589	
3/24	Sat	9:30a	Community Action Service Center 5K (Hightstown)	5K	732-742-6868	NBGP: 500 pts
3/25	Sun	8:00a	MORE Women's Marathon & Half-Marathon (NYC)	26.2, 13.1M	212-860-4455	
3/25	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M, 5K	609-523-0880	NBGP: 26.2M & 10M (both 500 pts)
3/25	Sun	11:00a	Millburn Spring Run	10K, 2M	973-376-0231	NBGP: 10K (500 pts)
3/31	Sat	10:00a	Fool's Run (Kutztown, Pa)	10M, 5K	610-683-6173	
4/1	Sun	7:00a	Ten-Town Distance Challenge (Montclair)	14.5M	973-748-4688	Group Run Thru Essex County
4/1	Sun	9:00a	Indian Trails Run (Middletown)	15K	732-842-4317	NBGP: 500 pts
4/1	Sun	9:30a	Scotland Run (NYC)	10K	212-860-4455	
4/7	Sat	9:00a	South Orange Rotary 5K	5K	732-381-0318	NBGP: 500 pts
4/7	Sat	10:00a	Mt. Penn Mudfest 15K Trail Run (Reading, Pa)	15K	610-779-2668	
4/14	Sat	8:00a	Brooklyn Half-Marathon	13.1M	212-860-4455	
4/14	Sat	9:30a	essential2life 5K (Liberty State Park)	5K	732-381-0318	
4/14	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/14	Sat	10:00a	River Edge Run	5K	201-599-6295	NBGP: 500 pts
4/15	Sun	9:30a	Rau-Fitzgerald 5K (Hasbrouck Heights)	5K	201-288-1426	
4/15	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-268-3500	NBGP: 500 pts
4/16	Mon	10:00a	Boston Marathon	26.2M	508-435-6905	
4/21	Sat	9:00a	Jersey Shore Relay & Individual Marathon	26.2M	732-793-3000	
4/21	Sat	9:30a	Westfield Recreation 5-Miler	5M	908-789-4080	
4/22	Sun	10:00a	Adidas Run for the Parks (NYC)	4M	212-860-4455	
4/22	Sun	11:00a	Miles for Matheny (Liberty Park, Peapack)	5K	732-381-0318	NBGP: 500 pts
4/28	Sat	8:30a	Draft Day 5K (Giants Stadium)	5K	732-381-0318	
4/28	Sat	9:30a	Country Run (Clinton)	15K, 5K	973-386-6884	NBGP: 15K & 5K (both 500 pts)
4/28	Sat	9:30a	Main Street 5K (Sparta)	5K	973-726-6218	NBGP: 500 pts
4/29	Sun	7:30a	New Jersey Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
4/29	Sun	9:00a	Thomas G. Labrecque Classic (NYC)	4M	212-860-4455	
4/29	Sun	9:30a	Run for Rachel (Livingston)	5K	732-381-0318	NBGP: 700 pts
5/5	Sat	9:00a	Xercise 5K (Chatham)	5K	732-381-0318	NBGP: 500 pts
5/6	Sun	8:00a	Pocono Mountain Run for the Red Cross Marathon	26.2M	570-992-4113	
5/6	Sun	8:45a	Rubin Run (Tenafly)	10K, 5K	201-569-7900	NBGP: 10K & 5K (both 500 pts)
5/6	Sun	9:00a	Nutley Chamber of Commerce 5K	5K	973-667-5300	NBGP: 500 pts
5/6	Sun	1:00p	Our House 5-Miler (Summit)	5M	732-381-0318	NBGP: 700 pts
5/12	Sat	8:30a	Newport 10,000 (Jersey City)	10K	732-381-0318	NBGP: 700 pts
5/13	Sun	8:00a	Mother's Day 4-Miler & Women's 10-Miler (NYC)	10M, 4M	201-860-4455	
5/13	Sun	9:00a	Mother's Day 5K (Berkeley Heights)	5K	908-464-8373	
5/19	Sat	9:00a	Healthy Kidney 10K (NYC)	10K	212-860-4455	
5/19	Sat	9:30a	Shepherd Lake 5K (Ringwood)	5K	973-962-9465	NBGP: 500 pts
5/20	Sun	9:00a	Gilda's Run (Saddle River County Park, Paramus)	15K	732-381-0318	NBGP: 500 pts
5/26	Sat	8:30a	Spring Lake Five	5M	732-449-3544	
5/28	Mon	8:45a	Ridgewood Run	10, 5K	201-445-8638	NBGP: 10K (700 pts), 5K (500 pts)

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