



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 24, No. 6

June 2007

Since 1983

PRESIDENT'S CORNER

Desmond Duncker

It's racing season again!

After a slow start to the year, marked by the cancellation/postponement of the Newark Distance Classic and the Cherry Blossom Run, I couldn't help but notice the slew of events kicked off by the Ridgewood Run on Memorial Day. But I want especially to note the appearance of a new race.

On June 24, Montclair's Egan & Sons 5000-Meter Lager Run is being replaced by Glen Ridge's 5000-Meter Lager Run. Yes, ERC's Dan Murphy, who has made the Ashenfelter 8K Classic such a great event, is moving his Lager Run to the borough of Glen Ridge. Dan is teaming up with fellow member Dave Fitzgerald, who along with two partners has purchased *Joseph's* restaurant and plans to transform it into a neighborhood pub called *Fitzgerald's*. That site, just north of the intersection of Bloomfield Avenue and Herman Street, is where race registration will take place. I look forward to being part of the throngs there and hope you'll join me. If you can't run that evening (5:30 pm), or if you're doing the Pine Beach 5K that morning, you can still help make the Lager Run a success. To volunteer to assist at the race, e-mail Dan at dtmurphy@msn.com. (Other details on p. 9.)

Of course, we're also expecting good turnouts at the 25th Montclair Run (Jun 3), the President's Cup Night Race in Millburn (Jun 18), the Smoke Rise/ERC Challenge with Dr. George and Christa Studzinski's postrace deck party (Jun 21), and the 20th running of the Sunset Classic in Bloomfield, with Phil Coffin and Laura Messina hosting fine food and conversation afterward (Jun 28).

Add in this year's first two summer group runs, hosted by Aubrey Blanda (Jun 7) and Robyn Silverman (Jun 14), plus the ERC Wine & Cheese Party, at Catherine Alessi's (Jun 15), and Essex will be busy having fun in June!

Cedar Grove's Clean Sweep Day

Mick Close

On Cedar Grove's annual *Clean Sweep Day* (Sat, Jun 2), local organizations volunteer to clean up parts of the community. Essex Running Club will be participating by cleaning a section of the West Essex Trail. Anyone interested should meet at 9:00 am in the parking lot at the side of the

ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, June 4

Church Street Café
12 Church Street, Montclair

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

Our Speaker

Dr. Michael Dworkin on how proper core training can help runners of all abilities improve their performance and prevent injuries. Dworkin is a certified chiropractic sports physician, certified Active Release Technique provider, certified strength and conditioning specialist, and massage therapist. He is also a competitive cyclist, runner, and multisport athlete.

Cedar Grove Municipal Building on Pompton Avenue (Rt 23), next to the Post Office. Please consider giving some of your time to the community. Each participant will receive a free T-shirt. Info: mickclose@aol.com, 973-857-3612.

NOTES & REMINDERS

- **May 28.** Ridgewood Run (10K Masters M & W Championship). *Page 4.*
- **May 31.** Paul J. Kiell, MD, author of *American Miler: The Life and Times of Glenn Cunningham*, will give a video presentation on the legendary track star of the 1930s. Mount Airy facility, Somerset Hills YMCA, 6:00 pm. Info: John Rivers, 908-630-3509. Special guest, Ruth Cunningham, Glenn's widow. Refreshments served. Donations to Send-a-Kid-to-Camp. Randy Miller: "Dr. Kiell is a character in his own right!"
- **Jun 2.** Clean Sweep Day at West Essex Trail. *Page 1.*
- **Jun 3.** 25th-anniversary Montclair Run (club race). *Page 4.*
- **Jun 4.** General meeting. *Box, page 1.*
- **Jun 5, 12, 19, 26.** Tuesday 7:00 pm West Essex Trail runs. *Page 3.*
- **Jun 6, 13, 20, 27.** Wednesday 7:00 pm track workouts. *Page 3.*
- **Jun 7, 14, 28.** This month's hosted summer group runs! *Page 3.*
- **Jun 15.** ERC Wine & Cheese Party at Catherine Alessi's. *Check your mailbox for your invitation!*
- **Jun 18.** President's Cup 5K, Millburn (club race). *Page 4.*
- **Jun 21.** Smoke Rise/ERC Challenge (4M). *Pages 3, 4.*
- **Jun 24.** 5000-Meter Lager Run, Glen Ridge (club race). *Pages 1, 4, 9.*
- **Jun 28.** 20th-anniversary Sunset Classic (club race). *Page 4.*
- **Jul 29.** Interclub Challenge, Brookdale Park. *Details next issue.*

ESSEX RUNNING CLUB 2007

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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

Web Site: Marta Rose
kmarta@comcast.net

Membership: Elizabeth Simonetti
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LEAP BEFORE YOU LOOK!

After doing three trail races in three weeks (see the May issue of *Keeping Track*), I had a month-long dry spell in off-road running. Sitting down to write, however, I realized I had indeed been on trails. There were those two miles in the Woods & Lakes Run (this issue, p. 5); plus a return to the West Essex Trail, with Debbie McNally; and, then, courtesy of Glenn Trimboli, my first visit (finally!) to Mills Reservation. A good month for trails, after all.



But it was a month in which I couldn't shake the feeling that I was waiting for something, or something was waiting for me. Of course, I've known what it is since I sent off my application in March, but the subconscious tends to have its fun.

Nipmuck. Nipmuck Trail. Nipmuck Trail Marathon. In my mind, this June 3 event in eastern Connecticut is getting longer and longer. It doesn't help that I may be ill-prepared and a-skeered, but that's where the beauty of my "Leap before you look!" logic comes in handy. If I always waited until I felt prepared and supremely confident, I'd sit home a lot more than I do.

Besides, it's quite okay to walk portions of trail races. "Walk the uphills, run the downs and flats" is standard practice. I can do that. The capper came while speaking with Andy Kotulski at the May meeting. Yes, Andy's run Nipmuck. (Is there a marathon he hasn't run?) He said that Nipmuck is difficult but that it shouldn't be a problem and I should do it. Settled!

However, I do have a contingency plan: I will complete the first, half-marathon loop at Nipmuck and assess how I feel. At that point, if I'd rather be a penguin hurling myself into icy waters while Antarctica Marathoners like Andy snap photographs, I'll call it a day.

At least I won't have to deal with leopard seals on the trail.

Coming up are several other trail events, some long, some short, some far, some near: Charlie Horse Half-Marathon (Plowville, Pa, May 27), Spring Morris Mauler 5K (Lewis Morris Park, Morris Township, Jun 3), Hartshorne Woods Spring Trail Run (Monmouth County, Jun 10), Summer Solstice 5-Mile Trail Run (Kittatinny Valley State Park, Andover, Jun 22), and Double Trouble 15K/30K (Morgantown, Pa, Jun 24). June seems almost as busy on the trails as it on the roads (check out President's Corner, p. 1)!

—Chris Jaworski

ESSEX RUNNING CLUB		2007 MEMBERSHIP APPLICATION	
<i>INDIVIDUAL</i>			
Name			DOB
Street			
City, State, Zip			
Primary Phone	2nd Phone		
E-Mail			
<i>FAMILY</i>			
Spouse Name			DOB
Primary Phone			
E-Mail			
<i>ANNUAL DUES & MAILING</i>			
<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: Essex Running Club, PO Box 183, Verona, NJ 07044-0183.	
<p>Membership Year. Jan through Dec. Current Members. Renew by Feb 1 to avoid 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 Directory. Your name, address, phone numbers, and e-mail address will be printed in a directory distributed annually to ERC members only. This directory is solely for the personal use of members and is not to be used for commercial or political purposes.</p>			

GROUP RUNS & TRACK WORKOUTS

Tue	7:00 pm	(▲) West Essex Trail Run, Verona
Wed	7:00 pm	(○) Track Workout, Verona Middle School
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F _F) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(▲) **West Essex Trail Run, Verona.** *Tue 7:00 pm; 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 Ave). 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.

(○) **Track Workout, Verona Middle School.** *Wed 7:00 pm.* Meet at track behind Verona Middle School (600 Bloomfield Ave). Take either Gould Street or Park Place (both off Bloomfield Ave) to track.

(F_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 St) 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/esssexrunningclub and then send e-mail to esssexrunningclub@yahoo.com.

THURSDAY-NIGHT EVENTS: JUNE–AUGUST 2007

ERC schedules a group event each Thursday evening in the summer. In most cases, a host sends runners out on a 3- to 6-mile out-and-back course from the host's home and provides light food afterward. Members meet at 7:30 pm, unless noted otherwise, and RSVPs are much appreciated. Volunteer hosts are needed for August 16, 23, and 30. If interested, write to Chris at jaworski@verizon.net. He'll add your run to the schedule and print the details in *Keeping Track*.

6/7	Aubrey Blanda , 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
6/14	Robyn Silverman , 160 Woodland Ave, Verona Woodland ends on Pompton Ave (Rt 23). Or take Linden Ave to Woodland Pl to Woodland.	973-857-3070
6/21	Dr. George & Christa Studzinski , Smoke Rise/ERC Challenge (4M) <i>Meet at beach parking lot at 7 pm for 7:30 start. Postrace refreshments & lake swim (weather permitting), then back to house (14 Undercliff Rd, Kinnelon) for deck party.</i> Please RSVP. <i>Directions:</i> Route 23 N to Kinnelon Rd (~8 miles north from Routes 46 & 80 or 3 miles north from Route 287), take jug handle immediately after <i>Coldwell Banker</i> sign on right, cross over highway,* follow Kinnelon Rd for ~2 miles, pass Kinnelon HS on left, turn right at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise community), go ~0.5 mile to visitors entrance, ask for directions to beach parking lot. George will be at parking lot to meet you. *If when on Rt 23 N you pass <i>Burger King</i> , you've gone too far. Take next jug handle on right (~0.25 mile), get on Rt 23 S, & exit on Kinnelon Rd.	973-283-8664
6/28	Phil Coffin & Laura Messina , 37 Osborne St, Bloomfield We look forward to having members over after the race but ask that they not stop in beforehand so we'll have time to prepare for the event and the race. Many folks will find parking on Osborne St. <i>From Bloomfield Ave:</i> Take Ridgewood Ave north 0.4 mile, turn right onto Osborne, go through stop, #37 on left. <i>From Brookdale Park:</i> Take Watchung Ave west to Ridgewood Ave, turn left, go 1.5 miles, turn left onto Osborne, go through stop, #37 on left. <i>From Foley Field (Sunset Classic Finish):</i> Go back to Broad St, turn left at Town Pub, take 2nd right (across from CVS) onto Osborne, #37 about 1 block up on right.	973-748-4688
7/5	Paul Maloney , 70 Smull Ave, Caldwell <i>From Bloomfield:</i> Take Bloomfield Ave west to Caldwell, turn right onto Smull Ave (near theater/bank/photo store/diner), #70 (beige house, green shutters) is ¼ mile down, on right, park across street (on Myrtle Ave)	973-226-0268

Jul 12 (Genie Temmler & Joy Mishkin), Jul 19 (Mike Perry & Lynne Mortimer), Jul 26 (Val Kenny), Aug 2 (Project Children 5K & Shillelagh Club), Aug 9 (Mick & Donna Close). **Open:** Aug 16, 23, 30.

WELCOME NEW MEMBERS!

Shirin Burton West Orange
 Joshua Carnes Orange
 Denise Gordon Glen Ridge
 Jennifer Hall Montclair
 Edward Kelly Cedar Grove
 Linda Mashell Stancil Caldwell
 Aileen O'Rourke Cedar Grove
 George O'Rourke Cedar Grove
 Carl Rocker Elizabeth
 Nicole Sconzo Verona
 Kevin Toscano Verona
 Jean-Pierre Welch Clifton

ERC COOKBOOK

The *Essex Running Club Cookbook* is selling fast, and we'll probably go to a second printing in the fall! Karen and Bill Mishler have received their first check and are very pleased! The cookbook, featuring 75 recipes, is on sale for \$7 (in person) or \$10 (mail delivery). All proceeds help defray Karen's medical expenses not covered by insurance. Please see me at a race or meeting or write a check to *Essex Running Club*, and mail to ERC, PO Box 183, Verona, NJ 07044. Thanks! —*Martta 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 jackets! Brooks micro-fiber shell with moisture-transfer liner, red w/white ERC logo, XS to XXL, only \$40! Contact Sal Ulto: sulto@att.net, 27 Hunterdon Rd, West Orange, NJ 07052.

POETRY CORNER

Donna Close

Ignorant

Ignorant of trails,
Circling once, twice, thrice,
One seeks a noisy crow's nest.

Wolves

Sucked into shadows,
Narrow trails weaving forest
Wolves hear howls of wolves.



USATF–NJ

Gary Peters

The next championship race is the Ridge-wood Run 10K (Masters Men & Women) on May 28 (note: no race-day registration). Then in June come two 5K championships: President's Cup in Millburn (Open Men), June 18, and Pine Beach (Masters Men & Women), June 24 (see At the Races for details). After that, the championship series breaks for the summer; look for it to resume September 23 with the Liberty Waterfront Half-Marathon in Jersey City (All Divisions).

USATF–NJ has yet to post team standings, but many ERC members are off to a fast start and currently among the top 15 in their respective age groups in the Grand Prix for individuals: Debbie McNally (1), Charlie Slaughter (1), Larry Czaplewski (3), Martta Rose (4), Chris Jaworski (4), Sharon Morrissey (7), Susan Mello (8), Lynne Mortimer (8), Mike Kalthoff (8), George Studzinski (9), Gary Peters (9), Dan Murphy (10), Mick Close (12), Doug Williams (13), and Carl Rocker (15). Good running, everyone!



AT THE RACES

Mick Close

Montclair Run

Sun, Jun 3

Come celebrate the 25th anniversary of a great event that always brings out a crowd from ERC! The Montclair YMCA organizes the morning's activities, many of which are for children. Although the 10K (9:30 am) is the main event, the 2-miler (8:30) usually draws 200+ runners, including many kids (this is a great race for aspiring runners). The courses are mostly flat on tree-lined streets, with the 10K going through both Edgemont and Anderson parks.

Register at Fleet Feet and get your race packet there Friday or Saturday (Jun 1 or 2). Can't run Sunday? Volunteers are needed! Info: 973-744-3400, www.montclairymca.org.

President's Cup

Mon, Jun 18

This premier New Jersey 5K usually produces some very fast times on its double-loop through Millburn's downtown streets (there's just one slight hill). The start and finish are at Charlie Brown's Restaurant, which hosts a postrace party featuring food, music, and Samuel Adams beer.

The 8:00 pm start adds to the excitement, as the race unfolds with nighttime approaching and lots of spectators cheering on the runners. We should have several teams running in this USATF–NJ Open Men's 5K Championship. Info: 973-376-0231 (Sneaker Factory).

Smoke Rise/ERC Challenge

Thu, Jun 21

This friendly 4-mile race against Kinnelon's Smoke Rise Road Runners is one of our annual summer Thursday-night events. The beautiful course on quiet, tree-lined streets winds around a lake. The evening is well worth the drive, and we always receive a very warm welcome from the Smoke Rise folks (some are ERC members). Please try to arrive by 7:15 pm for the 7:30 start (see p. 3 for details, directions).

Pine Beach 5K

Sun, Jun 24

This USATF–NJ Masters 5K Championship is one of many great summer shore races. A car pool can be organized (6:30 am departure, Parkway exit 80, 9:00 start). The race features a fast, scenic course along the Toms River and on Pine Beach streets. Preregistered runners are guaranteed a tech shirt and a travel mug. After the race: Outback Steakhouse barbecue (free), random prize drawings (e.g., custom road bike). Info: 732-349-6425, www.pinebeach5k.com.

5000-Meter Lager Run, Glen Ridge

Sun, Jun 24

This 5:30 pm race burst onto the local scene in 2006 and is back in a new location. This year's fast, flat course is on the beautiful tree-lined, gaslit streets of Glen Ridge.

Dan Murphy, returning as director, looks to be developing another great event. Runners can select a Brooks tech top or a cotton T-shirt, while supplies last. Bass ale and Boylan's birch beer will be available at the postrace block party.

At 4:45, kids will run 100- and 400-meter races on the track at Hurrell Field. Contact Dan if you can help there or at the 5K. Preregister at Fleet Feet up until 6:00 the night before the race. Info: 973-748-0093, dan@dtmurphy.com.

Sunset Classic

Thu, Jun 28

This year the popular 5-mile 7:30 pm race through Bloomfield and Glen Ridge will celebrate its 20th anniversary with commemorative shirts and backpacks. This race replaces ERC's Thursday-night group run. Club members are invited to a postrace party hosted by Phil Coffin and Laura Messina at their house a few blocks from the start (details on p. 3). Kids' races and a 1-mile fun run precede the 5-miler.

The race's exciting finish is on the track at Foley Field. Drinks, hot dogs, and ice cream will be available behind the stadium before the awards ceremony. Also look for random prize drawings. Info: 732-381-0318, www.oymyp.net.

Other Races in June

Verona Park is the site of the Valerie Fund 5K Run (10:00 am) and Walk-A-Thon (11:30) on June 2 (Sat). (The fund raises money for children with cancer and blood disorders.) There is some nice prize money for the top 3 finishers.

Another new race: Bradley Richards 5K (Sun, Jun 10) at Anderson Park in Montclair. All proceeds go to a college scholarship for a Montclair High student-athlete.

The George Sheehan Classic, a runners' favorite, is held in Sheehan's hometown of Red Bank (Sat, Jun 16).

Trail races: Spring Morris Mauler 5K in Lewis Morris Park (Sun, Jun 3) and Summer Solstice 5-Mile Trail Run in Kittatinny Valley State Park (Fri, Jun 22, 6:30 pm).

Closing out June is Montville's Firecracker 5K (Sat, Jun 30), a nice race originally conceived by ERC's Randy Miller.

New York City Marathon 2007

Applicants must enter the lottery before midnight June 1 for a shot at a spot in the November event. Go to www.ingnycmarathon.com. At last look, we had 14 ERC members accepted and 16 in the lottery. Good luck to all who hope to run!

AT THE FINISH LINE

Sgt. Pat's 5K, Long Branch Apr 7

Lynne Mortimer (2nd AG) 25:30
This was my first real race in almost five months. It's one thing to get back to running, and another to get back to racing! Lung capacity, endurance, and foot turnover all need to be learned by the body again.

This was a wonderful race—huge (almost 700 preregistered!) but well organized and for a great cause. Terrific postrace party and delicious food at Celtic Cottage. I'd do this again!

Dash for Organ Donor Awareness Apr 22 (5K), Philadelphia

This race's flat and relatively easy course starts at the steps of the Philadelphia Museum of Art and continues along the banks of the Schuylkill River. We had a clear and beautiful morning for running, but by the 10 am start it was too warm for comfort.

I was happy to cross the finish line. This was my first race after two stress fractures. My foot held up, though! Regarding my time, well, I'd rather not go there, but I do hope to improve.

The festivities at this event are amazing—great giveaways, a live band, dancing, plenty of fresh fruit, a variety of energy bars, and all the Philadelphia salty pretzels you can eat!

My family and I are very happy to participate in this annual event and its wonderful cause, which is to increase public awareness of the critical shortage of organ and tissue donors. We thank my ERC family members who supported this worthwhile cause with their contributions.

In closing, I want to emphasize the importance of carrying a donor card and telling your family that you want to be a donor. The need is so great, and you could be saving lives.

—Catherine Alessi

Main Street 5K, Sparta Apr 28

Emily Ginder 31:07

Draft Day 5K, Giants Stadium, Apr 28 East Rutherford

Karen Feenaghty 24:21
Rameka Whitehurst 26:41

I ran with my mother, who looks forward to this race every year. We're big Giants fans, and the allure and best part of this event is running through the tunnel and finishing in the stadium, on the football field. This year, emergency resodding meant moving the finish to the parking lot—a huge disappointment!

My time (26:41) was less than desired, but my mother ran her worst 5K time (42:01) and won 3rd in age! She was so tickled to have her name announced and receive a medal—first time she'd ever won anything! She's already on me about our next 5K. I'm proud of her for getting out there, and now that she's had this accomplishment, she is finally listening to me about how running sometimes isn't about how fast you go ... it's the fun you have that matters!

—Rameka Whitehurst

Woods & Lakes Run (5K & 10K) Apr 28 Mountain Lakes

5K
Adrian Dunner (8th OA) 23:53.17
George McIntyre (1st AG) 25:31.62
George Studzinski (1st AG) 28:30.39
Susan Shore (walking) 47:56.02

10K
Randy Miller (7th OA, 2nd AG) 41:59.41
Tom Kelly 51:31.74
Chris Jaworski 52:18.86

Some 10K times were off. For example, my watch read 49:50, but 50:31 was listed at the results table, and 52:18 is now recorded on the event's Web site. Other people noted discrepancies, too.

But the Woods & Lakes course is nicely laid out, diversified, and challenging. The 5K and 10K participants started together on the beach at Birchwood Lake, went into the woods for some trail running, covered a little cross-country terrain and gravel, and then took to the streets, at which point 5K runners turned left, 10K runners right.

We 10K runners quickly reached a road, Boulevard, which we followed for 2 miles. It was nice not to have to run on the shoulder. Instead, we used the wide, paved bicycle path—which I'm going to call the running path—that substituted for a sidewalk. No cars to worry about, and you could dig in and run, which is what was needed in this area of rolling hills.

For the final 1.2 miles, we were back running on a trail through the woods—and a lovely trail it was, too. I quickened my pace there.

It was good to see both Georges running after time off. In addition, Randy Miller skipped along to a fast finish! Finally, best wishes to Susan Shore, that she'll soon be back up to speed.

The only postrace food, Snickers Marathon bars (three varieties), would have set off my nut allergies. Can ya throw me a bagel?

Today's running of Woods & Lakes was its 30th. This event is open only to runners age 30 or older. Overall and age-group winners received bottles of Champagne. —Chris Jaworski

I concur this is a nice course, but I'd like to see a few bugs in the event fixed: (1) To echo Chris, how 'bout a bagel? For \$25 a head, something to chomp on besides Snickers bars would have been nice. (2) Although this race is touted as being for older runners, its organizers seem to have forgotten those in their 70s (no awards category for 'em). (3) Only one water stop for the 10K. (4) No one was calling out mile splits.

Highlight: seeing Clem Weinberger, a former ERC'er who now lives in France. —Tom Kelly

Country Roads 15K, Clinton Apr 28
Mark Frankel (9th OA) 1:05:52
Doug Williams (3rd AG) 1:06:27
Susan Mello (2nd AG) 1:17:16
Bill Wilde (3rd AG) 1:17:36
Lynne Mortimer (2nd AG) 1:18:34
Chip Bearden 1:19:26

Before the race started, I got "Frankeled." I saw Mark limping around the parking lot. He looked as if he were walking on hot coals! Although he said he was feeling okay and just had a few nagging injuries, I should have known better. He went on to run fast and steady!

The course was enjoyable and quite scenic, reminiscent of Midland and River to Sea. Although some people described it as flat, it had some hilly terrain, especially in the second half. We began in a park and went mostly downhill the first 2 miles. Eventually, we turned into the woods and ran on a flat trail for probably more than 1½ miles. When we returned to the roads, the uphill increased, and a slight wind kicked up. The last mile or so took us back uphill into the park. I enjoyed the finish because you could see runners round the bend—they looked as if they were in a spotlight.

One moment is burned into my memory—Chip Bearden's giving his amazing kick at the finish to narrowly beat another runner. The look of determination on Chip's face was great!

This race has a lot of promise but a few problems—not much of a postrace party, and awards only for first-place division winners. I'm not sure how many more runners they could have without more support. Still, a good time.—Doug Williams

Some parts of the trail in this race resemble leg 3 of River to Sea, but R2C doesn't pass through Clinton (though its start isn't too far away).

After the race, I happened to speak with its director. He said that in the past he had some problems sorting through results quickly enough to give out age-group awards—hence his giving medals just for finishing the race. (Note: There weren't enough medals for two thirds of the 15K runners!) However, he also said that, now that he has Compuscore scoring the race, he might switch to age-group awards next year.

Ditto Doug's comments about having a good time. Next year we should arrange a car pool. Despite some torturous hills in this race, it's one I definitely want to do again. —Mark Frankel

Run for Rachel 5K, Livingston Apr 29

Dan Murphy (1st AG) 17:54
Larry Czaplewski 18:11
Charlie Slaughter (2nd AG) 18:44
Gary Peters 19:45
Greg Neal 20:09
Mike Kalthoff 20:44
Wayne Carlson 21:06
Sharon Morrissey 22:03
Mick Close 22:29
Chris Jaworski 22:32
Fatima Villone (3rd Livingston) 23:45
Heather Welch 24:49
Martta Rose 25:18
Amy Ulto 26:32
Sal Ulto 27:43
Marissa Peters 27:59
Ed Trieste 29:07
Bev Salerno 31:47
Susan Palermo 39:23

Our women's team finished 8th of 12 in this USATF-NJ Open 5K Championship race. —*Mick Close*

Run for Rachel marked an important anniversary for me—six months to the day when I returned to regular daily running. I had heard a lot about this race from club members and was eager to try it.

The course through beautiful residential neighborhoods was great. I had heard it was fast, so I was caught off guard by a few gradual uphill and slowed a bit. But, I liked the "oval" finish, which gave runners a clear view of who to catch and when to kick. I should have turned up the heat more toward the end (I had leftover energy), but I'm happy with my time and improving with each race, this being my second in 2007. —*Greg Neal*

Long Branch Half-Marathon, Apr 29 New Jersey Marathon

Long Branch Half-Marathon

<i>Aubrey Blanda</i>	1:55:45
<i>Robyn Silverman</i>	2:01:49
<i>Genie Temmler</i>	2:19:23
<i>Val Kenny</i>	2:19:46

New Jersey Marathon

<i>Eric Stadnyk (PR)</i>	3:15:47
<i>Desmond Duncker</i>	3:27:47
<i>Chris Barnitt (pacer)</i>	3:32:02
<i>Bill Stewart (3rd AG)</i>	3:35:52
<i>Scott Wickham</i>	3:46:11
<i>Sarah Sheridan</i>	4:27:16
<i>Mike Skara (pacer)</i>	4:45:00
<i>Ron Wolfson (pacer)</i>	5:14:21

The weather gods were much kinder to Long Branch runners this year than in 2006. The air was humid at the start but not too warm, maybe mid-50s, and the skies were overcast.

This year there were three races—the full, half, and relay marathons—starting at the same time and place. Despite crowding, the races went off without a hitch, though the full marathoners might not agree (they looked to have a slow start).

The Long Branch Half is one loop of the New Jersey Marathon course. Although mostly flat, this loop has many turns through residential neighborhoods, pleasant enough areas with a decent though hardly overwhelming amount of spectator support. Downtown Long Branch was cruddy, but the final few miles along Ocean Avenue and then on the boardwalk were nice. The oceanside finish was beautiful.

My goal for the half was 1:52. I felt good going out, maybe a little too good: I hit the 5K mark at my average 5K race pace. I slowed down and continued feeling good until mile 4 (stomach cramps, pit stop). Then I kept going, still hitting my splits, until mile 9 (more cramps, another stop). Okay, a wonky stomach happens. I would try to stay strong; at least I could finish well. Near mile 11, I thought the heck with that but then spotted ERC course angel Laura Messina cheering from the side of the road. Thanks, Laura!

I finished about 15 seconds off my goal pace, but, given the pit stops, I'm okay with that. Then I met up with Genie Temmler, who said she and Val Kenny had run most of the half together.

—*Aubrey Blanda*

It was an exciting day! Eric Stadnyk ran a PR of 3:15:47 to qualify for Boston by 12 seconds; Bill Stewart, making an impressive comeback after a long layoff, took 3rd in age with his 3:35:52; and Desmond Duncker, beat up after running Boston, "pulled a Desmond" to finish in 3:27:47.

—*Mick Close*

I had been targeting October's Chicago Marathon for a Boston qualification, but my day in Long Branch turned out awesome! I didn't think I could pull off 3:15; I thought I'd simply go out at that pace and hold it as long as possible. But this day everything came together ... good training, good weather, and I just plain felt good.

For once, I kept a relatively even pace and didn't burn out until some point in the 23rd mile. My half splits were 1:36:32, and 1:39:16. This race really made up for my Vermont City Marathon a year ago and is a 16:34 PR over my 2005 NYCM. I loved running a flat course for a change.

I saw Val briefly before the race and ran with Desmond for a little while near the start. Laura, as always, was a fabulous cheerleader. Great to see Essex out there!

—*Eric Stadnyk*

It was a good day for a 26.2-mile jog. I had planned to spectate and cheerlead this marathon, but, while watching my son play lacrosse at a tournament in Metuchen the day before, I thought why not drive the extra 50 miles and register and run. So I did, and it was a perfect day for a marathon!

It was great to see Laura cheering everyone on as she bicycled all over the route. It was also great to see all the ERC runners, including Eric, who looked fresh as he blew past me, and Bill Stewart, who was marathoning again.

Halfway through, my legs tightened up, and by mile 23 I was doing 9-minute miles and wallowing in self-pity. Then a 3:30 pace group came along, and I willed myself to stay with it. Its leader had no intention of adhering to a reasonable pace and put the pedal to the metal the last 3 miles. I hung on for dear life (7:30 pace). The leader flat-out sprinted the last 365 yards. I had nothing left to counter that with, but he gave me the oomph I needed to beat 3:30.

When I bumped into Robyn and Gary Silverman and told them, "No marathons for a while," Robyn replied, "Baloney!" Convincing everyone that marathons are out of my system will be tough. Well, NJM was #30, a nice round number I can live with for 6 months. —*Desmond Duncker*

As I had expected from past experience, running a marathon as a pacer was a ton of fun. I got to entertain (torture?) a whole new crowd of runners and spectators with my singing, storytelling, joke telling, and on-the-run coaching. The next day, I received a very surprising reward—several e-mails thanking me for my efforts.

Also surprising was that, in comparison with previous years, many runners in my pace group stayed together throughout the race. At mile 2, there were 25 of us. Usually by mile 20 or so, the group is down to me or maybe one other person, but today 6 of us remained. I crossed the finish line with my friend Steve—my reason for pacing

the 4:45 group—and then went back for someone who was with us the entire way, save the last half-mile, where she started to struggle. She finished before 4:46.

I kept us exactly on pace much of the way, partly thanks to my Garmin. We were about 100 seconds fast in the early going, but we got back to within 1 minute the entire rest of the way.

I find the two loops to be a perfect course. The water/fuel stations are better because they are twice as stocked as usual. Also, spectators remember you from the first time around. I saw "Original Laura" several times, so looking for her was another way to pass the time. The weather was perfect for running, too.

I ran the whole distance, as hip pain had forced the other 4:45 pacer to drop back for several miles. (Yes, you jokers, it is possible her ears were bleeding from my prattling.) I had been unsure I'd go all the way, as the Long Island Marathon is only a week away, and I plan to race it. My goal is 3:33:33 (8:09 miles). —*Mike Skara*

A big thank-you to Laura! She was everywhere with her big smile and words of encouragement.

There were so many people at the start that I didn't see many familiar faces. I think I was running behind Aubrey for a few miles, but of course I was left in her dust. All in all, it was a good day, especially at the end listening to Desmond say he's not gonna run a marathon for a while. He did look good, though. —*Robyn Silverman*

In a long race like the half or the marathon, there are always fun outfits, crazy wigs and hats, runners carrying flags and banners, and so forth. Robyn, for example, ran the half wearing a bright pink running skirt and big fluffy bunny ears. She looked cute. Then there was Bathing Suit Boy. Conditions were overcast, windy, and cool most of the morning, but here was this dude running his entire marathon wearing nothing but headphones and a small red Speedo, and I mean small (no, not him, the suit). I didn't know what to cheer when he went by. —*Laura Messina*

Conergy Marathon Hamburg Apr 29

Roosevelt Lucas 3:36:34
Thank you, Continental Airlines, for offering a \$99 one-way airfare to Germany! I quickly jumped on this deal and registered for Conergy Marathon Hamburg. This race had many runners and great street routes, no industrial areas.

Over the three days I was in Hamburg before the marathon, it was sunny and warm/hot, so I was nervous about the weather. Fortunately, race day was cooler and ideal for running except for a breeze/wind that made the flat course challenging. Note to self: Bring gloves, regardless of forecast.

I sought a pacer to help me judge/navigate the kilometers. Unfortunately, my starting block didn't match my anticipated finishing time. Note to self: Learn German. The only pacer I found in a nearby block was the 4:00 pacer. I didn't think that would work, so I decided nothing beats good old mathematics (.62 km = 1 mile?) and theorized that judging/feeling my pace would work. Note to self: Theories aren't facts.

The crowded field never felt crowded after the first 3 km, probably because of the staged starting lines and the runners who honored their starting points (race officials were strict with the lineup). Water and sponges were available every 3 to 5 km, and bananas, electrolyte drink, and timing mats every 5 km. Crowds lined the entire course (excluding the tunnel), which kept the excitement going. Plus, it didn't hurt that all bibs had runners' first names printed on them, so, even if you were 5800+ km from home, you had someone cheering you on.

I finished slightly slower than anticipated but have no regrets. The theory that I could self-pace while converting kilometers to miles didn't quite work. Note to self: Volunteer to teach kids that, though they may think the math they are taught now is useless, there will come a day when they will want some answers. 29 km = x miles? 12 degrees Centigrade = y degrees Fahrenheit?

Pro: Finish-line beer, nonalcoholic but still a plus. Oddly, some runners had *Bier* in hand before opening their nutrition bags. Priorities, priorities. Don't quote me, but I think one runner was drinking *before* the finish line.

Pro: No one saying, "Only 3 miles left—you can do it!" Well, maybe they were saying it and I wasn't understanding it.

Pro: Great crowd support and volunteers.

Pro: Yet another wall taken down in Germany! There was no marker at 32 km (~20 mile), so no imaginary wall.

Pro: Excellent coordination at the start and the finish, and the expo was orderly.

Pro: No iPods, no headphones, no collisions with runners not paying attention.

Con: Not so noticeable balloons on pacers in a crowd of 20,000 runners (not really a con, just added for balance).

Nutley Chamber of Commerce 5K	May 6
Ron Wolfson	23:22
Amy Ulto	26:05
Sal Ulto	26:10
Nina Miller	31:32
Helene Scarnegi	32:35
Joe Cozzi	45:55

Our House 5-Miler, Summit	May 6
Carl Rocker	29:31
Larry Czaplewski	30:15
Charlie Slaughter (2nd AG)	31:10
Gary Peters	32:41
Tom Eaton	33:18
Phil Coffin	33:25
Doug Williams	34:39
Mike Kalthoff	35:08
Debbie McNally (2nd AG USATF)	36:11
Wayne Carlson	37:36
Ed Kelly	37:44
Mick Close	37:53
Chris Jaworski	38:16
Tom Kelly	39:05
Lynne Mortimer	39:57
Heather Welch	40:30
Martta Rose	42:05
Eileen Percevault	42:33
George Studzinski	44:17

Robyn Silverman	49:30
Jim Malone	50:53
Susan Shore	57:14
Bev Salerno	54:12
Ginger Brock	59:45

For this USATF–NJ Masters Championship, we had a nice crowd that included new member Carl Rocker, making an impressive debut for ERC. Despite missing Dan Murphy, our men's 50+ team finished 3rd, and our men's 40+ team 4th. Debbie McNally ran another strong race to take 2nd in age USATF–NJ and lead our women's 40+ team to a 7th-place finish. —Mick Close

Rubin Run 10K, Tenafly May 6

Mark Frankel (2nd AG)	41:42
Joel Pasternack (1st AG)	43:17

It's still early in the racing season, and I usually don't race on consecutive weekends, but I could not resist the temptation of a 10K. I don't know what it was—maybe the ham-and-cheese sub from Quick Chek or the absurdly fast first mile I ran, trying to hang on for dear life—but something got into me to run my best 10K in years.

And the course wasn't exceptionally fast. In fact, it rolled and had a few long, continuous uphill—tough, gritty, grind-your-teeth conditions.

The wind died down enough that I felt comfortable in shorts, singlet, gloves, and ear covering.

Many of the people with whom I started and ran that fast first mile (6:06) realized we went out too hard, slowed down, and finished together.

A bit after mile 5, I was passing a runner when a course marshal yelled at a driver, "Slow down!" I turned to the other runner and said, "Oh, I thought he was talking to me."

He might as well have been. The last few upgrades took their toll. Still, I held on for 41:42, which earned me a nice 2nd-in-age trophy.

—Mark Frankel

Long Island Marathon, East Meadow May 6

Mike Skara	3:31:46
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There is a saying about insanity: doing the same thing over and over and expecting a different result. Well, I did something different, and got a different result, but not one you might expect.

The different thing was pacing a marathon (New Jersey) a week before racing a marathon. One might question the wisdom of this strategy and be wise to do so. I questioned it mightily as well, especially as I stood near the starting line of today's Long Island Marathon, shivering in my garbage bag, battered about by the high winds that swept down Charles Lindbergh Boulevard.

The surprising result: my second-best marathon ever, 3:31:46. For the first time in about ... okay, ever ... I ran a marathon without hitting the wall. Not at 18, not at 20, not even at 22, where I always seem to blow up and trudge to the finish like (drudge up Chip's Bearden's Philly novella for just one example). Even when I set a PR at Steamtown in 2003, I struggled for three or four miles. This time, buoyed by cheers, hugs, signs, and a strategically ingested Tylenol provided by family members, including my aunt and uncle, I actually increased my speed during those final miles. My Garmin also helped me keep an even

pace; doing that during the first half meant I had something left for the second half.

Long Island is not what you'd call a big-time marathon. Most of its 5500 runners competed in the half. When they split from the full marathoners at mile 10, the previously busy Wantagh Parkway suddenly emptied out. Also, some police seemed not to know what working a marathon entailed. Still, it was a powerful feeling to keep going straight when just about everyone else turned to head back.

Generally, spectators were sparse, particularly on the 13-mile out-and-back used by the marathoners, and the wind never died down. However, contrary to MarathonGuide.com reports, support was good. Someone was announcing times at every mile, and water and Gatorade were available nearly as often, with gels at five spots or so. Also, there was a decent amount of shade. So, if you need to knock off New York from your 50-state marathon chart, and you can't get into NYC and won't do Yonkers, consider Long Island. I recommend it.

Despite my result, I *don't* recommend running marathons on back-to-back weekends. Desmond Duncker is the only person I know who can do that, or on back-to-back days, without ill effects.

Wyeth 5K, Madison May 10

Carl Rocker (1st AG)	17:45
Mick Close	22:25
Ed Kelly	22:36
Chris Jaworski	22:49
Sharon Morrissey (3rd AG)	22:54
Robert Lewin	26:26
Emily Ginder	31:10
Bev Salerno	32:58
Susan Shore	34:00

We joined a field of about 650 at this evening 5K on the hilly Giralda Farms course. —Mick Close

Jack Funsch Memorial May 12

5-Mile Run, Fairfield

Phil Coffin (4th OA, 2nd AG)	33:10
Doug Williams (7th OA, 1st AG)	34:01
Mike Kalthoff (8th OA, 2nd AG)	34:24
Debbie McNally (9th OA, 1st AG, PR)	36:05
Sharon Morrissey (5th W, 2nd AG)	38:16
Chip Bearden	40:00
Susan Shore	47:24
Nina Miller	50:04

Doug, Mike, and I almost gave the field a head start. Road construction on Route 46 turned a 15-minute trip into a 65-minute ordeal. We arrived less than 10 minutes before race time. Yikes!

Jack Funsch is Fun. It's small (92 runners), old-fashioned (at the tape, you get a card telling you where you finished, and you hand it to someone who writes down your name and the time you give them), cheap (\$15 day of race), no-frills, community-centric (Boy Scouts and Brownies tend the water stops, or at least shriek and give high-fives while the adults dole out water), awards-heavy (more than half the runners got trophies) and potentially lucrative (great raffle prizes, including a \$300 gift certificate to Karl's Appliances, plus \$25 Sports Authority gift certificates for age-group winners).

This race used to be mentioned in *Runner's World* and nowhere else; now it's nowhere, as far as I can tell. Word of mouth should be better. As it was, a 10th of the field was ERC runners. Lemme tell you, this is a fun race. —*Phil Coffin*

Newport 10,000, Jersey City May 12

<i>Charlie Slaughter (2nd AG)</i>	40:48
<i>Chris Jaworski</i>	50:37
<i>Vincent Veneziano</i>	1:01:14
<i>Robyn Silverman</i>	1:02:47
<i>Ginger Brock (4th AG)</i>	1:18:32

Either Jersey City is cursed, or it has its own set of race physics. First, no matter what I did, I could not catch Catherine Ndereba! Second, "runners inadvertently ran 6.56 miles" (Compuscore).

Yes, we ran the 10K ... and then some. Apparently the leaders took a wrong turn, adding 0.36 mile to the course, and everyone followed. That must have happened between miles 3 and 4, because I averaged 7:30 over the first 3 miles and then ran "mile 4" in 10:30! Dang! I would've PR'ed, too ... I coulda been a contenda! Finishing times were not adjusted on Compuscore, but paces and PLPs were, and at my adjusted pace of 7:43 per mile I would've had a PR for 10K ... anywhere from 47:54 to 48:00 (my previous best was 48:45 at the 2005 Millburn Spring Run).

Stale bagels! But nice Mizuno tech shirts!
—*Chris Jaworski*

Thank you, Chris. I thought I was running well but was shocked when I saw the clock at the finish! I was so depressed I spent over \$100 on sneakers. Maybe they rigged the course to generate sales! Plenty of people were buying sneakers because they had a bad race. And I used to love Jersey City events!
—*Robyn Silverman*

Mother's Day 5K, Berkeley Heights May 13

<i>Phil Coffin (9th OA, 2nd AG)</i>	20:30
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This is another small-town race with a good feel, but it has gotten much larger the past two years and had more than 250 entrants today. Still, the atmosphere was first-rate, with some excellent munchies (scones and other delectables) that you don't get at a big ol' Grand Prix event.

The community feel here and at yesterday's Jack Funsch 5-miler draws me more and more, and I'm sure I'll be looking for little races like these when I'm down the shore this summer. I recommend 'em. You may not face the stiffest competition or get the fanciest shirts or greatest amenities, but these races make you feel as if you are a big deal. And they leave you, and the people running them, all smiles.

Race to Erase Domestic Violence, Central Park May 13

4-Miler	
<i>Jeff Burrowes</i>	25:41
<i>Martta Rose (PR)</i>	33:09
<i>Laura Gelman</i>	39:12

10-Miler	
<i>Marta Sylvester</i>	1:35:21

Perfect weather, beautiful setting. We had temps in the 50s and 60s, low humidity, lots of sun-

shine, and gorgeous trees in full bloom. My company represents the New York Junior League, which organizes this race in conjunction with the New York Road Runners Club. More than 6000 people turned out for two races: the coed 4-miler or the women-only 10-miler.

This event was very well organized. Everything, from baggage claims to portapotties, was well marked with large, hard-to-miss signs; when you claimed your bags, security people made sure you took the correct ones; there were clocks and water stations at every mile, even in the 4-miler; and results were posted within minutes, so you could check your chip time right away.

Up until now, I'd run Central Park races only in winter. It was a pleasure to run without wearing four pounds of clothes! I'd do this race again.
—*Martta Rose*

Healthy Kidney 10K, Central Park May 19

<i>Ira Ford</i>	42:55
<i>Joshua Cames</i>	49:31
<i>Jim Malone</i>	1:06:00

I ran this race as a warmup for next weekend's Spring Lake Five. I felt tired around mile 5. I was wearing my ERC singlet. I looked up and saw the *Essex House* sign overlooking Central Park!

—*Jim Malone*

Challenge for Change 5K, Montclair May 20

<i>Peter Connell (2nd OA)</i>	20:18
<i>Tom Daniels (8th OA)</i>	21:09
<i>Grant Van Inwegen (1st AG, 9 yo!)</i>	22:03
<i>Ed Kelly</i>	22:50
<i>Greg Van Inwegen</i>	23:04
<i>Amy Ulto (2nd AG)</i>	26:16
<i>Kate Rados</i>	29:38

Familiarity is your friend. That was certainly the case in this year's inaugural Junior League of Montclair-Newark (JLMN) Challenge for Change 5K. The course was borrowed from last year's Egan's 5000-Meter Lager Run (without the lager). The monster hill start up Walnut Street seemed much easier to me this year, perhaps because of the more agreeable 55-degree temperatures, versus last year's sweltering heat and humidity.

But the biggest beneficiary was our Pete Connell. It was clear from the start that the lead runner's blistering pace (5:07 for a 15:54 finish) made this a run for second. However, the unintended consequence was that, because he was so far in front, the next three or four contenders lost sight of him and, being unfamiliar with the course, missed a quick turn near the end. By the time they realized their folly and doubled back, Pete had passed them. According to the results, he finished second, in 20:18 (6:32).

I grabbed 8th place, in 21:09 (6:46). Greg Van Inwegen finished in 23:04, and his 9-year-old son, Grant, won 1st in age with a 22:03!

This was a good local race with about 130 runners, lots of kids, food, drinks, sponsors, crowd support, and balloons. It supports a great cause (children at risk) on a tough but familiar Dan Murphy-designed course.
—*Tom Daniels*

Good race. I thought I did well, then rounded the last corner to see I was right on schedule, rather

than ahead of my normal time. Ugh. I seriously thought I did better. Not a fast runner—I'm the tortoise since I started running last year. My PR is 29:03; today I ran 29:38. —*Kate Rados*

Gilda's Run 15K, Ridgewood May 20

<i>Larry Czaplewski</i>	58:08
<i>Charlie Slaughter (3rd AG)</i>	1:00:20
<i>Larry Miller</i>	1:04:03
<i>Gary Peters</i>	1:04:04
<i>Phil Coffin</i>	1:04:07
<i>Mike Kalthoff</i>	1:07:11
<i>Joel Pasternack</i>	1:07:19
<i>Debbie McNally (3rd AG, PR)</i>	1:09:44
<i>Sharon Morrissey (2nd AG)</i>	1:12:01
<i>Mick Close</i>	1:13:44
<i>Karen Feenaghty</i>	1:15:18
<i>Heather Welch (PR)</i>	1:17:39
<i>Lynne Mortimer</i>	1:17:39
<i>Chip Bearden</i>	1:19:15
<i>Aubrey Blanda (PR)</i>	1:19:32
<i>Val Kenny</i>	1:36:40
<i>Bev Salerno (3rd AG)</i>	1:43:45
<i>Ginger Brock</i>	1:52:36

We had a good turnout for this nice race along the paved trails of Saddle River Park in Bergen County. Several people took home age-group awards. Special congratulations to Bev Salerno for finishing her first 15K and winning an age-group award in the process!
—*Mick Close*

Weather was perfect, music uplifting. I felt very strong for not running since Tuesday, and for going against my doctor's wish that I not run this race (my back went out Thursday). It was great running the last half-mile in with Lynne Mortimer. We wanted to beat last year's times and did just that. I got a PR, too.
—*Heather Welch*

It really was great running it in. Heather made me push much harder than I would have. I missed my PR by 3+ minutes but ran a minute better than Clinton a few weeks ago and Gilda's Run last year. What a field in 2007! I couldn't believe how far people traveled for this race. Last year I won my age group but was a minute slower! I guess it was a combo of lack of longer distance races and the cash awards!
—*Lynne Mortimer*

I couldn't be more surprised if I suddenly grew an extra arm. It just goes to show—always stay for the awards, no matter how slow you run. I was nervous that if I didn't go home and take an ice bath immediately, I'd be crippled for a week.

It was lonely at the back of the pack. A few times, I was by myself on the trail and had no clue where I was going. My anxieties about getting lost came up and made me go a little faster trying to catch up to another runner. I had never before been in a race in which I couldn't see a runner ahead of me. It was spooky.

I have a special thank-you for Ginger Brock, who was my "rabbit" for the first three miles and got me over the hump of fear. I don't think I could have done it without her encouragement.

And congrats to everyone. It really was a beautiful race. I'd do it again (now that I know where I'm going).
—*Bev Salerno*

Kotulski Runs Antarctica (Again)

Showing a slide show of what he called a "wonderful trip," Andy Kotulski, one of the world's most prolific marathoners, presented his experience in his second Antarctica Marathon to the Essex Running Club at the May meeting.

Kotulski has been featured in *Runner's World* for his many accomplishments. He has run 580 marathons, including marathons in all 50 states and on all seven continents (several times each), 29 consecutive Boston Marathons, and age-group awards three times in all 50 states.

But Antarctica was more than a race. "The marathon was only one percent of the trip," he said, as he presented slides he had downloaded onto his laptop computer.

The majority of scenes were of wildlife, the terrain, and friends who, members noted, were always smiling.

According to Kotulski, two ships headed for Antarctica, each with about 100 passengers. The marathon and accompanying half-marathon, organized by Marathon Tours & Travel and sponsored by Capella University, feature out-and-back loops. Each race was run on February 26, 2007.

The MT&T Web site lists 40 finishers in the half (winning time 2:13:10) and 145 in the full marathon (3:51:33).

The course wasn't designed to be fast, but beautiful. Some of the photos Andy showed were of the course, and of runners running. The "145 marathon finishers were challenged with 20F temperatures, steady snowfall, and 15-knot winds," reads the Web site. "Thom Gilligan, Race Director, called it 'perfect Antarctic conditions.'"

Most of the course was lined with seals and penguins. In fact, almost all Kotulski's photos had penguins in them, and quite a few had lion seals.

**From the Ashes of the Glen Ridge 5K:
The New 5000-Meter Lager Run!**

Dan Murphy

The Glen Ridge Run for the Fund 5K, a race produced by the Glen Ridge Community Fund and usually run in April, has a new director (me) and a new name, the *5000-Meter Lager Run* (this means no Egan & Sons race in Montclair).

Date & Time: Sunday, June 24, 5:30 pm. This race will be a nice tune-up for the Sunset Classic (Thu, Jun 28, 7:30 pm).

Course: The new Lager Run course is a modification of the GR5K course. It starts on Ridgewood Avenue, turns right at Osborne Street, heads north on Forest Avenue, turns left at Sunset Avenue, heads back south on Ridgewood, takes a right onto Belleville Avenue and a quick left onto Herman Street, and finishes just before police headquarters. It's a fast course with just six turns and a net elevation drop (otherwise rolling). (See <http://www.gmap-edometer.com/?r=683388>.) The well-marked course will have one water stop and excellent traffic control (Glen Ridge is a runner-friendly town).

Amenities: beer, water, soda, and *food!* (I assure you, there will be no vodka shots, which Egan's sold last year.) As for shirts, you'll have a choice: a Brooks tech tank-top

ERC GENERAL MEETINGS 2007

Jun 4 • Jul 9 • Sep 10 • Oct 8 • Nov 5 • Dec 2*

August: no meeting. *Holiday Party (Sunday).

or a cotton T-shirt. Also, kids will have fun stuff to do both before and after the event.

This race is open to runners of all abilities and is a USATF-NJ-sanctioned 500-point event.

Please consider adding the new 5000-Meter Lager Run to your calendar. Yes, it will take place the same day as the Pine Beach 5K, but that race is in the morning, so run them both ... or just run my race, *please!*

The best part is that proceeds from this year's Glen Ridge race will again go to support local charities through the Glen Ridge Community Fund, a not-for-profit (501C-3) group.

**Michael Wardian:
King of the Frequent Marathoners**
Mark Frankel

If you check the names of the top marathon finishers this year, one will appear many times: *Michael Wardian*.

Wardian, 33, of Arlington, Va, has run 7 marathons in 2007 (as of this writing). He won 3 of them, his fastest being the Shamrock Sportsfest Marathon in March. There he placed third, in 2:21:37, which also qualified him for the 2008 US Olympic Marathon Trials. His slowest was the Ocean City (Md) Marathon, which he won in 2:41:20. He also ran the nor'easter-plagued Boston Marathon in 2:33:22.

Frequent marathons haven't been unusual for him in recent years. He ran 9 in 2004 and 10 each in 2005 and 2006.

Wardian's rise from nonrunner to near-elite was fairly quick. He played lacrosse in high school (Oakton, Va) and college (Michigan State) and then took up running shortly after graduation to stay in shape. In 1996, he ran his first marathon, Marine Corps, in 3:06. "I thought, that's really cool, this is what I want to do. I was hooked," Wardian told the *Washington Times*.

He completed a few triathlons and the Marathon of the Sands, a 7-day 150-mile race across the Sahara, before setting his sights on the 2004 US Olympic Marathon Trials. He qualified with 12 seconds to spare.

Wardian will participate in the 2008 trials in New York this November. Unfortunately, his frequent marathoning takes away from training for time ... and for a spot in the Olympics.

"I'm really going to try to make the Olympic team," Wardian said in the *Washington Post*. "I'm really going to throw down a bunch of miles and see what I can do. I'm not kidding myself, it's going to be a lot of work, but this is the beginning of that effort."

Wardian also holds the US record for a marathon-length treadmill run: 2:23:58. "It's the longest I ever ran without going anywhere," he told the *Washington Running Report*.

RACES: JUNE & JULY 2007

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

6/2	Sat	8:30a	Jill & Jack 5K (Westfield)	5K	732-381-0318	
6/2	Sat	9:00a	Rockaway Rotary Run	5K	973-625-2291	NBGP: 500 pts
6/2	Sat	9:00a	Stillwater Stampede (Newton)	5K	973-383-7933	
6/2	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
6/2	Sat	9:30a	Wayne AM Rotary Club 5K	5K	973-942-2063	
6/2	Sat	10:00a	Valerie Fund 5K (Verona Park)	5K	973-761-0422	
6/3	Sun	8:00a	Japan Day 4-Miler (NYC)	4M	212-860-4455	
6/3	Sun	8:30a	Montclair Run	10K, 2M	973-744-3400	
6/3	Sun	9:00a	Kilometers for Karen (West Orange)	5K	732-381-0318	NBGP: 500 pts
6/3	Sun	9:00a	Streets of Tenafly 5K	5K	201-567-8313	NBGP: 500 pts
6/3	Sun	10:30a	Spring Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
6/3	Sun	5:00p	Pleasant Valley Twilight Challenge (Basking Ridge)	5K	908-204-2523	
6/4	Mon	7:00p	Merry Heart 5K (Roxbury)	5K	973-584-6709	NBGP: 500 pts
6/9	Sat	8:00a	Sparta Day 8-Mile Run Around Lake Mohawk	8M	973-729-2383	
6/9	Sat	9:00a	New York Women's Mini Marathon (NYC)	10K	212-860-4455	
6/9	Sat	9:15a	Oradell Kids Foundation 5K	5K	201-986-0979	NBGP: 500 pts
6/9	Sat	9:30a	Fishawack 4-Mile Run (Chatham)	4M	973-377-4444	
6/10	Sun	8:00a	Run for Marge (Pequanock)	5K	973-835-8901	
6/10	Sun	8:30a	Woodcliff Lake Run for Education	10K, 5K	732-381-0318	NBGP: 10K & 5K (both 500 pts)
6/10	Sun	8:30a	Mountain Top 10K/5K Run (Warren)	10K, 5K	732-381-0318	NBGP: 10K & 5K (both 500 pts)
6/10	Sun	9:00a	Portugal Day Run (Ironbound, Newark)	5K	973-589-7878	NBGP: 500 pts
6/10	Sun	9:30a	Bradley Richards 5K (Montclair)	5K		
6/10	Sun	10:00a	Spring Trail Run (Hartshorne Woods, Monmouth)	7.2M	732-578-1771	
6/11	Mon	6:30p	Girls on the Run (Duke Island Park)	5K	908-296-2116	NBGP: 500 pts
6/11	Mon	7:15p	5000 Strides (Morris Township)	5K	732-381-0318	NBGP: 500 pts
6/14	Thu	7:00p	Flag Day 5K (Basking Ridge)	5K	908-630-3522	NBGP: 500 pts
6/15	Fri	7:15p	June Moon 5K (Colonial Park, Somerset)	5K	866-841-9139	NBGP: 500 pts
6/16	Sat	8:30a	Florham Park Jaycees 5K	5K	973-236-1280	NBGP: 500 pts
6/16	Sat	8:30a	William & Teresa Wright Memorial 5K (Randolph)	5K	973-442-8116	NBGP: 500 pts
6/16	Sat	8:30a	George Sheehan Classic (Red Bank)	5M	732-988-7725	
6/17	Sun	8:00a	Father's Day Fight Against Prostate Cancer (NYC)	5M	212-860-4455	
6/17	Sun	9:00a	American Cancer Society Run for Dad (West Windsor)	5K	732-381-0318	NBGP: 500 pts
6/18	Mon	8:00p	President's Cup Night Race (Millburn)	5K	973-376-6094	NBGP: 700 pts
6/20	Wed	7:00p	JP Morgan Chase Corporate Challenge #1 (NYC)	3.5M	917-463-3954	
6/21	Thu	7:00p	JP Morgan Chase Corporate Challenge #2 (NYC)	3.5M	917-463-3954	
6/21	Thu	7:30p	Smoke Rise/ERC Challenge (Kinnelon)	4M	973-283-8664	
6/22	Fri	6:30p	Summer Solstice Trail Run (Kittatinny Park, Andover)	5M	973-300-9539	
6/23	Sat	8:30a	Race for Freedom (Somerville)	5K	908-797-0790	NBGP: 500 pts
6/23	Sat	9:00a	Lesbian & Gay Pride Run (NYC)	5M	212-860-4455	
6/24	Sun	8:30a	Hope & Possibility Run (NYC)	5M	212-860-4455	
6/24	Sun	9:00a	Pine Beach 5K	5K	732-349-6425	NBGP: 700 pts
6/24	Sun	5:30p	5000-Meter Lager Run (Glen Ridge)	5K	973-748-0093	NBGP: 500 pts
6/28	Thu	7:30p	Sunset Classic (Bloomfield)	5M	732-381-0318	NBGP: 500 pts
6/30	Sat	8:00a	Firecracker 5K (Montville)	5K	973-331-3305	NBGP: 500 pts
6/30	Sat	9:00a	Frog Hollow Independence 5K Run (South Amboy)	5K	732-721-6592	NBGP: 500 pts
7/3	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/4	Wed	9:30a	Firecracker Four-Mile Run (Cranford)	4M	908-709-8012	
7/8	Sun	9:30a	Amber Pizzo Memorial Run (Berkeley Heights)	5K	908-322-3322	NBGP: 500 pts
7/12	Thu	7:15p	Lawyers for Kids 5K (Morris Township)	5K	732-381-0318	NBGP: 500 pts
7/14	Sat	8:30a	Belmar 5-Mile Run	5M	732-542-6090	
7/14	Sat	8:30a	Naples-New York Park to Park (NYC)	10K	212-860-4455	
7/15	Sun	7:30a	Nike Bunker Loop 5K Challenge (Highlands)	5K	732-578-1771	
7/15	Sun	6:45p	Sprintin' Clinton	5K	908-238-0970	NBGP: 500 pts
7/17	Tue	7:00p	Party With Purpose 5K (Hoboken)	5K	201-936-2152	
7/17	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/19	Thu	7:30p	Corporate Classic 5K (Morristown)	5K	973-898-9386	
7/21	Sat	8:30a	Teterboro Airport 5K	5K	732-381-0318	NBGP: 500 pts
7/21	Sat	8:30a	Run for Central Park (NYC)	4M	212-860-4455	
7/21	Sat	9:00a	Packanack Day 5K (Wayne)	5K	201-906-1749	
7/22	Sun	9:00a	Eden Family 5K (Princeton)	5K	609-631-9211	NBGP: 500 pts
7/22	Sun	10:00a	NY Mets Run to Home Plate (Shea Stadium, Queens)	5K	212-860-4455	
7/25	Wed	7:00p	Downtown Westfield 5K	5K	732-381-0318	NBGP: 500 pts
7/28	Sat	6:30p	Ole Town Festival 5K (Phillipsburg)	5K	908-859-2823	
7/29	Sun	8:30a	Interclub Challenge (Brookdale Park)	3.3M	973-783-3092	
7/31	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	

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