



# KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 24, No. 8

August 2007

Since 1983

## VICE-PRESIDENT'S CORNER

Anne Chesny

In mid-July, after getting over a bout with poison ivy, I finally made it to a Tuesday-evening run on the West Essex Trail. Walking toward the trail, I saw lots of aluminum cans, paper, and other trash behind the tennis courts, where many Verona High School students hang out (or so I suspect). But then I stepped onto the trail, and it was as clean as could be.

That's the work of ERC's Mick Close and company. Twice a year, once as part of an April (Earth Day) remembrance of late club member Rod Munro, and once as part of Cedar Grove's *Clean Sweep Day* in June, club members take to the trail with trash bags, clippers, and gloves. They leave it spotless, and I think Dave Benfield's clippers help keep it that way for months afterward.

New club members may want to check out the West Essex Trail (see p. 3 for directions). It's off the beaten path, it's a welcome respite from the streets, it's straight and easy to follow (thanks to blazes, and the mile markers put up by Desmond Duncker and Tom Kelly), it's relatively cool during summer scorches, and running it provides a good workout. Enjoy! And next year join us at our cleanups!

Trail cleanups are just one project that allows Essex Running Club members to give back to their community.  
(Continued on p. 9)

## Volunteering in Verona!

We're still seeking volunteers to help with registration and street crossings at the Verona Labor Day Classic (Verona Park, Mon, Sep 3). Last year's event was a huge success, in large part because of our wonderful team of dedicated volunteers. If you'd like to help, please contact me, Tom Kelly (973-571-1819, [tbpkelly@comcast.net](mailto:tbpkelly@comcast.net)).

## NOTES & REMINDERS

- **LATE-BREAKING NEWS! Coached track workouts in Sep!** Page 8.
- **Tuesdays.** West Essex Trail runs (now at 6:30 pm). Page 3.
- **Thursdays.** Summer hosted group runs (final 4 for 2007). Page 3.
- **Aug 2.** Project Children 5K (club race; no hosted run). Pages 3, 4.
- **Aug 4.** River to Sea Relay across New Jersey (team race). Page 4.
- **Aug 18.** NYRR Team Championships (team race). Page 4.
- **Aug 25.** Smoke Rise Biathlon (club race). Page 4.
- **Sep 3.** Verona Labor Day Classic (club race). Page 4.

## NO MEETING IN AUGUST

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## ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, September 10

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

Paul J. Kiell, MD, will give a video presentation on Glenn Cunningham, the legendary track star of the 1930s. Dr. Kiell is a runner, a swimmer, a retired psychiatrist, founding editor of the *American Medical Athletic Association Quarterly*, and an editorial board member of *Running & FitNews*, the American Running Association newsletter. His writing has appeared in *Running Times* and *Runner's World*. The following excerpt is from his book, *American Miler: The Life and Times of Glenn Cunningham*.

*Fond Memories of a Great Miler.* Such was the headline for a letter-to-the-editor published in the *New York Times* shortly after Glenn Cunningham's death on March 10, 1988. Here is what Bob Corrigan wrote: With the death of Glenn Cunningham on March 10, America lost one of its authentic sports heroes. I am too young to have seen him compete in his heyday, but as a boy I heard the remarkable story of the athlete who overcame severe burns on his legs to become the greatest miler in the world. Cunningham's duels with rivals Bill Bonthron and Gene Venzke in the 1930's made the mile track's glamour event. In recent years I learned about Cunningham's devotion to helping troubled children. For most of his adult life, he and his wife guided thousands of abandoned, abused, and delinquent boys and girls to productive lives. Less than two weeks before his death, I had the opportunity to meet Cunningham, who told me his work with young people had given him far more satisfaction than his athletic achievements. I'll never forget his words: "There is nothing as important as a child." Those of us—parents, youth workers, teachers, and others—who agree with him can only hope in this era of artificial sports heroes that the Glenn Cunningham story will not be forgotten.

**Upcoming General Meetings**  
Oct 8 • Nov 5 • Dec 2 (Holiday Party)

**ESSEX RUNNING CLUB 2007**

**Officers**

Desmond Duncker . . . . . President  
 Anne Chesny . . . . . Vice-President  
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 Mark Frankel . . . . . Secretary

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 Marta Rose . . . . . Fundraising/Advertising  
 Sal Ulto . . . . . Clothing

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 Aubrey Blanda . . . . . Photo Supplement  
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**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](http://www.essexrunning.com)

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

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

**Web Site:** Marta Rose  
[kmarta@comcast.net](mailto:kmarta@comcast.net)

**Membership:** Elizabeth Simonetti  
[elizabethsimonet@mindspring.com](mailto:elizabethsimonet@mindspring.com)

**Monthly Speakers:** Anne Chesny  
 201-869-1708

**Club Apparel:** Sal Ulto, [sulto@att.net](mailto:sulto@att.net)

**Advertising:** Lynne Mortimer  
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**Newsletter Editor:** Chris Jaworski  
[jaworski@verizon.net](mailto:jaworski@verizon.net)

**LEAP BEFORE YOU LOOK!**

I went looking for Double Trouble but had to settle for single trouble again.

When I ran this race in 2006, on a rainy, muddy, low-visibility day, ankle turns kept me from even attempting the course's second 15K loop. A half-hour after finishing (1:45:51), I sat and watched the first of the 30K runners cross the line. Who *were* these guys and gals who could run so far on trails, successfully deal with the slippery, rocky, ravaged terrain, and then come steaming up this final hill? My disappointment turned to envy, then to admiration, and finally to a resolve to return to French Creek State Park to join their ranks.

This year, on Jun 24, the weather in Morgantown, Pa, was primo! Being tired, however, is not a good way to start. The concentration slips, and the body follows. Even though I thought I was being very careful, I rolled that damned left ankle within the first 3 miles. Then more slippage, into *thinking* about how to avoid reinjury, which of course led to reinjury. On trails, thinking isn't good; better to be in the moment.

Midway through, I began playing a frustrating game of leapfrog with a pack of three other runners. I pulled up behind them. They were running too slow and not offering or ceding me a pass on the tricky single-track. I bided my time until an opening appeared, and then I went for it. This worked pretty well, except when it didn't (rocks to the left, rocks to the right, rocks up the middle). Often I rolled my ankle soon after passing and was forced to slow down or stop, which allowed the pack to pass me back and left me right where I started. Arrgh!

With less than a mile to go, I fell. It was a slow, gentle, I'm-going-to-lie-down-and-take-a-little-nappy-poo fall. It felt good. My bed was soft. *R-i-i-i-ng!* Time to wake up and go, and I did. Soon I was at the edge of the woods, about to step onto the paved path to the *THUMP!* Uprooted by a root! Rock-knee-scraper, wounded ego, but *get up! run! finish!*

My 15K left me so ragged that I didn't *want* to go another step, let alone another 15K. To add insult to injury, my time (1:49:35) was about 4 minutes slower than last year's, when weather and trail conditions were much less favorable.

I hope to realize my goal of completing a trail 30K this Sunday (Jul 29), when I'll take one on in the Catskills. "Congratulations! Due to a stroke of bad luck, your entry into the 31st Escarpment Trail Run has been accepted." This event is point-to-point, though, so there's no quitting after a loop. I expect to finish in good time, too, given the rain (and mud) in the forecast! Between now and then, though, I'll be getting some valuable rest. —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 &amp; 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><b>Membership Year.</b> Jan through Dec. <b>Current Members.</b> Renew by Feb 1 to avoid interruption in delivery of <i>Keeping Track</i>. <b>New Members.</b> 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. <b>Membership Directory.</b> 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	6:30 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 <sub>F</sub> ) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(▲) **West Essex Trail Run, Verona.** *Tue 6:30 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<sub>F</sub>) **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/essexrunningclub](http://groups.yahoo.com/group/essexrunningclub) and then send e-mail to [essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com).

## THURSDAY-NIGHT EVENTS: 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.

8/2	<p><b>Project Children 5K, 7:00 pm start,</b> South Mountain Reservation <b>973-762-2930</b>  <i>From intersection of Bloomfield Ave &amp; Pompton Ave/Route 23:</i> Go south on Mt Prospect Ave (becomes Prospect Ave) to end (pass Eagle Rock Ave, Route 280, Essex Green Shopping Center, Mt Pleasant Ave), turn left onto Northfield Ave, turn right at light onto Gregory Ave (becomes Wyoming Ave), turn right at major intersection onto South Orange Ave, go up hill, turn left into reservation, go straight ahead for parking.</p> <p><b>Postrace Party at Shillelagh Club</b> (648 Prospect Ave, West Orange, 973-325-9338). Exit reservation, turn right onto South Orange Ave, left at light onto Wyoming (becomes Gregory), left at light onto Northfield, right at light onto Prospect, go 0.4 mile, make right into driveway and parking lot, Shillelagh Club is in house set back from road.</p>
8/9	<p><b>Mick &amp; Donna Close,</b> 62 Bortic Rd, Cedar Grove <b>973-857-3612</b>  <i>From Bloomfield Ave:</i> Take Pompton Ave (Rt 23) north. About 0.5 mile past Foodtown &amp; railroad trestle, make sharp right onto Bortic Rd across from Medicine Shoppe. #62 (yellow house) on left, almost at end. Park on right side of street. We hope our daughter (Lisa) and grandson (Parker) will be in town from LA.</p>
8/16	<p><b>Susan Palermo &amp; Wayne Carlson,</b> 27 Westwood Dr N, West Orange <b>973-325-5127</b>  <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.</p>
8/23	<p><b>Robyn Silverman,</b> 160 Woodland Ave, Verona <b>973-857-3070</b>  Woodland ends on Pompton Ave (Rt 23). Or take Linden Ave to Woodland Pl to Woodland.</p>
8/30	<p><b>Susan Mello &amp; Lynne Mortimer,</b> 353 Roseland Ave, Essex Fells <b>973-287-6341</b>  <i>From Montclair:</i> Take Bloomfield Ave west to Caldwell, turn left onto Roseland Ave, go south 1.2 miles, #353 is on right side, first driveway past Inwood Rd. Turn right onto Inwood and park. Walk back to Roseland, turn right, walk up driveway to back door.</p>

### WELCOME NEW MEMBERS!

Jen Critchley & Kieran Quinn . Verona  
 Julie Harris . . . . . Upper Montclair  
 Robert & Melissa Machado . . Nutley

### RUNNING COACH?

Would you like to train with a running coach? The ERC Board wants to see if club members are interested in being coached at a local track on a weekly basis beginning in the fall. Are you up for improving your performance? Let us know! [ercmailbox@yahoo.com](mailto:ercmailbox@yahoo.com).

### ERC COOKBOOK

The *Essex Running Club Cookbook* is selling fast, and we'll probably go to a second printing in the fall! The cookbook, featuring 75 recipes, is on sale for \$7 (in person) or \$10 (mail delivery). All proceeds help defray Karen Mishler'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. —*Martta Rose*

### ERC CLOTHING

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

**ERC warmup 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](mailto:sulto@att.net), 27 Hunterdon Rd, West Orange, NJ 07052.

### POETRY CORNER

Donna Close

*Rock & Roll*

The marathon heart  
 Drums a constant rock and roll  
 With last beats prolonged.

*Haiku*

Give me a clue  
 For a good haiku;  
 ... I've run the Sunset Classic.



## USATF–NJ

Gary Peters

There's not much USATF–NJ Grand Prix action over the summer. The next championship race, the all-important Newport Liberty Half-Marathon in Jersey City, is scheduled for Sep 23. This is the only Grand Prix race

that offers a maximum of 800 points. The distance is demanding, but the course is flat and fast and includes scenic views of the Jersey City and Liberty State Park waterfront.

October is a fun month to be competing on our Grand Prix teams—it's cross-country season! USATF–NJ has two XC races we can run: a 5K on Oct 7 and an 8K on Oct 28. If you've never run cross-country, these races are a great way to introduce another aspect of running to your resume. The terrain is not at all like the extreme terrain tackled by some of ERC's trail runners, and the distances are very doable. In addition, bonus team points are awarded for competing in these off-road events.



## AT THE RACES

Mick Close

### Project Children 5K **Thu, Aug 2**

This 5K race along the tree-lined roads of South Mountain Reservation replaces our hosted group run. With bagpipes playing at the start and a postrace party at the

Shillelagh Club, the accent is 100% Irish, befitting the fundraising aim of this event—to bring “Catholic and Protestant children from troubled areas in Northern Ireland to the United States for six weeks during the summer,” to help “break down the blinding prejudice that fueled the Irish struggle,” and to lay the “foundation on which permanent peace can be built.” Info: [compuscore.com](http://compuscore.com). Directions: page 3.

### River to Sea Relay

**Sat, Aug 4**

Good luck to our three teams in this 92-mile relay across New Jersey, from the Delaware River to the Atlantic Ocean. Now in its 12th year, this sold-out event will have more than 100 teams running. Staggered start times will ensure that all teams finish together, more or less. Thanks to captains Phil Coffin, Desmond Duncker, and Tom Kelly for again heading our teams—the Grumpy Grovers, Air Jamaica, and Kelly's Heroes. Info: 732–381–0318, [www.oymp.net](http://www.oymp.net).

### NYRR Team Championships

**Sat, Aug 18**

This New York Road Runners Club 5-mile race in Central Park is open to teams from running clubs in the metropolitan area. Men race at 8:00 am, women at 9:00. Some folks have suggested that this race might be a good club event. Please tell me if you're interested in participating or carpooling ([mickclose@aol.com](mailto:mickclose@aol.com), 973–477–0016) and make sure to specify *Essex RC* as the team name on your application. Info: 212–860–4455, [www.nyrr.org](http://www.nyrr.org).

### Smoke Rise Biathlon

**Sat, Aug 25**

Club members and friends are invited to participate in the 8th annual Smoke Rise Biathlon. This *Battle at the Beach*

consists of a 1/3-mile lake swim followed by a challenging 4-mile run. The race starts at 4:00 pm, but people should try to arrive at least 30 minutes earlier. There will be post-race music, food, and fun on the beach.

You can compete either as an individual or as part of a team (1 swimmer plus 1 runner). If you want to run only, you can ask to be matched up with a swimmer. Lifeguards will be on duty during the swim, and water stations will be set up along the footrace course. This is a great opportunity for first-time biathletes. The event is challenging but fun, and the setting is hard to beat. Spectators, cheerleaders, and volunteers are also welcome to attend.

Information and applications are available from Smoke Rise residents and ERC members Adrian Dunner (973–838–6633) and George Studzinski (973–283–8664).

### Verona Labor Day Classic

**Mon, Sep 3**

The club will be helping out with the 25th running of the Verona Labor Day Classic in the setting of Verona Park, with the 1-mile fun run and health walk starting at 9:00 am and the 5K at 9:30. The USATF-certified 500-point 5K race begins on Lakeside Avenue by the church and finishes in the park by the boathouse.

We need as many volunteers as possible to help make this a successful and safe event. Even if you will be running, you can help out before or after the race. Please contact race director Tom Kelly (973–571–1819) to volunteer or to obtain more information.

### Further Ahead

Several other club races take place in September. The big one is the Newport Liberty Half-Marathon and 5K Run/Health Walk (Sun, Sep 23). Many people will use the half—a USATF–NJ championship race and the Grand Prix flagship event, worth 800 points—as a tune-up for a fall marathon.

ERC members can choose among *three* club events scheduled for Sun, Sep 30:

- The Cherry Blossom Run (10K) in Branch Brook Park in Newark. This race was rescheduled from April.
- West Orange Run for the Whisper (5K), formerly called the West Orange Downtown Classic.
- Brian's Run for Tomorrows Children's Fund (5K, 10K) in Wayne. This race is organized by the family of former club members Lauren and Steve Wÿsmuller in memory of Lauren's brother, Brian Kwiat, to help raise money for the TCF at Hackensack Medical Center.

Montclair State University students are supporting Project COPE in Paterson with the Project COPE 5K (Sat, Sep 22), the *third* new 5K in Montclair this year. The race starts at MSU's main entrance (Valley Rd & Normal Ave). “All proceeds will help fund summer scholarships and other recreational activities for underserved at-risk youth. These scholarships will help Project COPE [Communities Organizing for Prevention & Empowerment] provide prosocial activities to help minimize risk-taking behaviors such as substance abuse, HIV/AIDS, youth violence, and gang involvement.”

## AT THE FINISH LINE

**Wyckoff/Franklin Lakes Triathlon Jun 16**  
*Rich Unis (3rd AG, PR)* . . . . . 1:53:56  
 I finished in a personal best overall time of 1:53:56! This triathlon consisted of a half-mile swim in a freshwater lake (17:12), a 17-mile bike ride over hills at an average speed of 19.6 mph (51:34), and a 5-mile run at an 8:06 pace (40:30). I finished 203rd of 723 overall, 9th as a Clydesdale (195+ lb) all age groups combined, and 3rd as a Clydesdale in my age group. Not bad! It was good competition and a great day! Now I'm training for the New York City Triathlon (Jul 22).

**5000-Meter Lager Run, Glen Ridge Jun 24**  
*Denise Gordon* . . . . . 27:17

**Hope & Possibility 5M, Central Park Jun 24**  
*Joshua Carnes* . . . . . 37:06  
 This race was sentimental for me. As a veteran of the Iraq War, I found it great to get out there and run with brothers and sisters who were not as fortunate as me. Several Purple Heart recipients were participating for the Wounded Warriors club, and it was humbling to meet them. I believe that some of them had even passed through the western Baghdad hospital where I worked as a Radiology Specialist. Their determination is inspiring, and I consider it an honor to have run this race with them.

**Sunset Classic (5M), Bloomfield Jun 28**  
*Dan Murphy (1st AG)* . . . . . 29:32  
*Carl Rocker (2nd AG)* . . . . . 29:35  
*Larry Czaplowski (2nd AG)* . . . . . 29:59  
*Mike Perry* . . . . . 30:33  
*Charlie Slaughter* . . . . . 31:55  
*Mark Frankel* . . . . . 33:21  
*Phil Coffin (2nd Bloomfield M)* . . . . . 33:23  
*Gary Peters* . . . . . 33:40  
*Tom Eaton* . . . . . 33:50  
*Desmond Duncker* . . . . . 34:17  
*Mike Kalthoff* . . . . . 34:20  
*Doug Williams* . . . . . 34:29  
*Peter Connell* . . . . . 34:36  
*Michael Topper* . . . . . 34:37  
*Scott Wickham* . . . . . 34:59  
*Glenn Trimboli (4th Bloomfield M)* . . . . . 35:11  
*Jennifer Edmond (1st Bloomfield W)* . . . . . 35:27  
*Wayne Carlson* . . . . . 36:05  
*Joshua Carnes* . . . . . 36:59  
*Ed Kelly* . . . . . 37:03  
*Mick Close* . . . . . 37:15  
*Deb McNally* . . . . . 37:16  
*Ron Wolfson* . . . . . 37:53  
*Tom Kelly (2nd AG)* . . . . . 38:03  
*John Fabbro* . . . . . 39:10  
*Bill Wilde* . . . . . 39:33  
*Heather Welch* . . . . . 39:40  
*Chris Jaworski* . . . . . 40:09  
*Aubrey Blanda* . . . . . 42:26  
*Aileen O'Rourke* . . . . . 42:35  
*Howie Brown* . . . . . 42:45  
*Martta Rose (3rd AG)* . . . . . 42:48  
*Susan Shore* . . . . . 44:20  
*Andi Robik* . . . . . 45:38  
*Bill Mishler* . . . . . 46:12  
*Joe Cozzi* . . . . . 48:45  
*Jim Malone* . . . . . 49:54  
*Ed Trieste* . . . . . 50:40  
*Kyle Tevlin* . . . . . 52:10  
*Dave Benfield* . . . . . 52:10  
*Bev Salerno* . . . . . 52:28  
*Catherine Alessi* . . . . . 54:14  
*Susan Palermo* . . . . . 64:46

Conditions turned out much better than expected for the 20th anniversary of this popular race. The temperature had dropped, and a light rain was falling throughout the race, but we missed all the thunder and lightning. There was another great turnout from the club (40+ finishers), with excellent performances—three members under 30 minutes and several award winners. To cap off the night, Phil Coffin and Laura Messina provided postrace refreshments at their house—always a highlight on the club calendar. Many thanks to them for opening their home to such a large crowd and being such wonderful hosts.  
 —Mick Close

I lived in Bloomfield a few years ago but didn't run the Sunset Classic until now. It was great to hit the "old streets" again and see what's changed. To me, the rain made the run slightly difficult, but not unbearable. The crowds and volunteers in the two towns were pretty helpful. —Joshua Carnes

**Firecracker 5K, Montville Jun 30**  
*Ed Kelly* . . . . . 21:55  
*Sharon Morrissey (1st AG)* . . . . . 22:23  
*Susan Shore* . . . . . 30:41  
*Jim Malone* . . . . . 32:36  
 I had fun because I got to see Beth Cunningham and her beautiful baby Grace. Beth finished as 1st baby jogger. —Sharon Morrissey

**Firecracker 4-Mile Run, Cranford Jul 4**  
*Carl Rocker (2nd couple)* . . . . . 23:15  
*Mick Close* . . . . . 28:25  
*Mike Kalthoff* . . . . . 29:05  
*Tom Kelly (3rd AG, 5th couple)* . . . . . 29:23  
*Mike Wojcio* . . . . . 30:43  
*Martta Rose (5th couple, PR by 54 sec)* . . . . . 32:13  
*Susan Shore (1st couple)* . . . . . 33:05  
*Eileen McGovern* . . . . . 36:19  
*Jim Malone* . . . . . 40:12  
*Dave Benfield* . . . . . 43:08  
*Joan Perzanowski* . . . . . 43:08  
*Ginger Brock* . . . . . 49:21  
 More than 1100 runners were greeted by cool temperatures and the loud boom of a firecracker at this race. Budd Coates showed why he is still a great runner at age 50, as he beat most of the young guns to finish 2nd overall in 21:04 (5:16/mile, 91.4% PLP). ERC was especially strong in the couples division, led by Susan Shore and Will De Roberts (1st), Carl Rocker and Antonella Lozito (2nd), and Tom Kelly and Martta Rose (5th).  
 —Mick Close

This was a PR for me by 54 seconds! Nice flat course (the last mile is in the park) and lots of festivities. And free ice cream! My only criticism is that more portapotties were needed: There were only 2 for 1177 runners ... you do the math!  
 —Martta Rose

**USATF-NJ Open & Masters Jul 7**  
**Outdoor Track & Field Championship & USCAA Regional Meet, West Long Branch**

Long Jump  
*Ronald Foster (1st AG)* . . . . . 3.74 m  
 High Jump  
*Ronald Foster (2nd AG)* . . . . . 1.24 m  
 3000-Meter Steeplechase  
*Randy Miller (1st AG)* . . . . . 11:44  
 5000-Meter Run  
*Gary Peters (1st AG)* . . . . . 19:35  
*Phil Coffin (3rd AG)* . . . . . 20:04  
 10,000-Meter Run  
*Joel Pasternack (1st AG)* . . . . . 42:32

Greetings. My name is Ronald Foster. I'm a new member of the Essex Running Club.  
 At this event, in the 65–69 age group, I took 1st place (gold medal) in the long jump and 2nd (silver) in the high jump.  
 Monday church choir rehearsals have kept me from some of ERC's monthly meetings, but I will try to adjust my schedule. —Ronald Foster

### 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.

It was late morning, with the sun beating down on the Monmouth University track, and I was proudly standing between two USATF state track champions from the Essex Running Club, Randy Miller and Gary Peters.

Yes, state champions, as the top New Jersey finishers in their age groups in this annual meet.

And there I was, with the champions. And me a state runner-up, right there with them, medal in hand!

It's true. Then again, Gary and I may have been the only Jersey runners in our age group in our race, the 5000 meters. And Randy was one of four in his race, the 3000-meter steeplechase.

That is not to denigrate the performances, though. Nor the fun of this day at the races.

I hadn't run a track race in 40 years. I discovered how different a track 5000 and a road 5K are. The field (~20) is much smaller, of course; you feel exposed on the track; and the competition is more focused and seems more intense. But if you run it right, a track race can unfold more on your terms. You can check your splits every 200 meters (even 100 meters on some tracks), or at 400 at a minimum, rather than every mile. You know the splits are right, so you know your pace and can adjust accordingly. It is a controlled environment (weather aside), and how often do you have control in a race?

But you can run it wrong, too, as I also discovered, by once again starting too fast (goal pace for the first 400-meter lap: 1:36; actual, 1:31), and by 3200 meters my legs were rebelling. Randy said later about my much too quick start, "We were all young once." True, true, but while I'm no longer young, do I still have to be stupid in races? Apparently so.

One other difference on the track is that you are really in the race with the fast guys. In a road race, you can't truly get a sense of how quick those 15-minute 5K guys are, even on an out-and-back course. But on the track, they are passing you, and geez, their speed becomes very clear. I ran a 6:18 first 1600 meters (a few yards short of a mile) and was lapped after about 3/4 times around. And again and again. It was eye-opening to share the track, however briefly, with those guys. The winner finished in 15:12; given my 20:04 finish, I was more than 2 1/2 laps behind.

I called out splits for Randy in his steeplechase, a 7 1/2-lap race featuring 35 hurdles, each 36 inches high and 7 of which were followed by a V-shaped water pit 36 inches deep. A combination of speed, strength, mechanics, and athleticism is required over 1.86 miles. And Randy, remember, broke his ankle a year and a half ago. Yet this was his fifth steeplechase of 2007. He had already achieved All-America status in his age group, and today his time would have given him A-A status in the next younger age group—which is to say, the guy can run and hurdle. He had a split chart made up and was right on target for his fifth and sixth laps and was two seconds ahead after the seventh. I think his time, 11:44, works out to 6:18 per mile ... including all those damn hurdles.

An impressive performance. By one of Essex's state champions!  
—Phil Coffin

**Amber Pizzo Memorial 5K, Berkeley Heights Jul 8**

<i>Jen Lanterman (1st AG)</i> . . . . .	22:03
<i>Ed Kelly</i> . . . . .	22:58
<i>Tom Kelly (1st AG)</i> . . . . .	23:32
<i>Chris Jaworski</i> . . . . .	24:14
<i>Martta Rose (3rd AG)</i> . . . . .	26:02
<i>Helene Scarnegi (wanted to break 30)</i> . . . . .	29:58
<i>Jim Malone</i> . . . . .	31:25

Seven ERC members braved intense heat and humidity to run this race, created in memory of Amber Pizzo, a young woman who lost her life in a car accident caused by a drunk driver in 1995. Race proceeds fund scholarships for high school students who are planning to study early childhood education, Amber's field of study.

The course, the same used for the Berkeley Heights 5K in September, starts and finishes at Memorial Field. But don't believe the description in the brochure ("flat, fast, and shady"). No way would I describe this course as flat!

More than 350 runners participated. First-place winners took home gym bags; 2nd and 3rd placers received commemorative mugs. The refreshments were nice—hot dogs, coffee and donuts, and Rita's lemon ice.

There were some awesome raffle prizes, too—iPods and tickets to *Regis & Kelly*, Broadway shows, and Mets and Yankees games.

New member Helene Scarnegi snagged a prize—a bag loaded with Giants football goodies. What was in the bag, Helene, do tell?

After all these years and so many races, it was nice to finally meet Jim Lambert, who writes a weekly running column for the *Star-Ledger*.

—Martta Rose

**Lawyers for Kids 5K, Morris Twp Jul 12**

<i>Mick Close</i> . . . . .	21:56
<i>Chris Jaworski</i> . . . . .	22:57
<i>Susan Shore</i> . . . . .	25:43
<i>Robert Lewin</i> . . . . .	26:25
<i>Helene Scarnegi</i> . . . . .	29:01
<i>Jim Malone</i> . . . . .	29:37
<i>Bev Salerno (3rd AG)</i> . . . . .	31:43

This race was staged at Ginty Field, site of several other 5Ks. After our recent heat wave and the storms the night before, we really got lucky with the weather. The course is advertised as flat and fast, but there's a tough mile 2 hill that seems to get steeper as you go. I was running with my ADP team (getting ready for our big event, the Verizon Corporate Classic 5K in Morristown). Postrace snacks and nutrition bars were in almost unlimited supply, and people were encouraged to take as much as they wanted (many walked off with boxes). There were also lots of random prizes, plus a drawing for cash prizes of \$100, \$200, and \$500 for anyone who ran this race and 5000 Strides in June. —Mick Close

In search of the elusive PR ... I did okay in this evening race, even after running 4 miles in the morning (I could not resist the fantastic weather). I covered mile 1 in 7:10 and mile 2 in 8:00 (long, steep hill in there) but then averaged 7:05 over the final 1.1 miles. Result: 22:57, nowhere near 22:05. Next shot: flat Teterboro. —Chris Jaworski

**Avalon 5-Mile Run Jul 14**  
*Sharon Morrissey (2nd AG, PR)* . . . . . 36:48

**Belmar 5-Mile Run Jul 14**

<i>Tom Kelly (3rd AG)</i> . . . . .	37:49
<i>Heather Welch</i> . . . . .	40:12
<i>Lynne Mortimer (3rd AG)</i> . . . . .	40:17
<i>Susan Shore</i> . . . . .	41:27
<i>Martta Rose</i> . . . . .	42:37
<i>Jim Malone</i> . . . . .	52:17
<i>Elizabeth Simonetti</i> . . . . .	54:16

This race should be retitled the *Belmar 5-Mile Disaster*. Something crazy happened with the timing system thanks to lack of chips, and the awards turned into a circus of people running around trying to claim prize money and souvenir towels. Not to mention that, though the weather was better than in some years, it was still hot and sticky, and the race was delayed 20 minutes because of an accident on the course. A day later, corrections were still being made; some prize winners were still not listed, and some posted times were incorrect, like mine. But the postrace party at Bar A was loads of fun, though not as well attended as in the past. Word had it that another Jersey Shore Running Club member had a competing party—how dare they!

—Lynne Mortimer

Yes, mass confusion! With a race this popular, the organizers really need to invest in a chip system to alleviate confusion at the finish. Also, many runners didn't line up in their appropriate pace areas at the start. I've never been able to understand that. Do some 9-minute-milers think that lining up with 6-minute-milers will help them run faster? I am sure that hundreds of us lost 30 seconds because of the really bad race etiquette at the start! That being said, it was great to see everyone at the postrace party. Bar A really does a nice job with that. —Martta Rose

Not sure who to contact to complain about my time not being listed, especially after such a grueling run!  
—Heather Welch

**Naples—New York Park to Park 10K Jul 14**

<i>Dan Murphy (2nd AG)</i> . . . . .	37:43
<i>Scott Wickham</i> . . . . .	36:55
<i>Tom Daniels</i> . . . . .	45:45
<i>Joshua Carnes</i> . . . . .	49:12
<i>Eileen Percevault</i> . . . . .	56:05
<i>Alan Jones</i> . . . . .	55:50
<i>Jim Enslin</i> . . . . .	66:48

The start featured a color guard and an Italian trio playing guitar and singing love songs.  
—Tom Daniels

Summertime 10Ks in Central Park are a bit more difficult than other 10Ks. I assume it's the humidity and hills. This race, though not my fastest, was fun and challenging. I didn't stay for the complimentary dip in the pool. —Joshua Carnes

**New Jersey Striders Track Club Jul 19**  
**Summer Track & Field Series, Oakland**

3000-Meter Run	
<i>Jen Lanterman</i> . . . . .	12:12

Instead of doing my usual speed workout with Coach Joel Pasternack, at his suggestion I got my workout by running a 3000-meter race in this summer track and field series. The race was on the track at Indian Hills High School in Oakland. I hadn't run a track race in more than 10 years.

The meet was fairly small, though kids and adults from all over the state showed up. There weren't too many takers on the 3000 meters. There were supposed to be three guys and me. Two of the guys chickened out, so it was me and the fast Turkish guy.

I started at a pretty good pace. After the first 1½ laps, I got sick to my stomach. This was not surprising, as humidity nauseates me most of the summer, but the timing was really bad. I felt I was going to toss cookies, but I still had 6 more laps to go. So, I was running, Joel was yelling my splits, little cheerleaders were cheering, and the Turkish guy kept running faster. Near the end of the race, he lapped me. I was a little aggravated by that, but I was also busy trying not to yak in front of a small stadium of spectators.

Given my track workouts, my goal time of 11:34 was doable, but I finished in 12:12. I feel pretty good about that time, though, and I'm proud that I didn't stop running. I couldn't stop. I've never quit a race in my life. There was the added pressure of the crowd's eyes on me, plus I felt that quitting would set a bad example for the little girls watching. Mostly I'm proud I ran well after not running a track race in a decade.

My time works out to 6:06 to 6:10 per mile. Next time, I will run the 3000 faster.

**Verizon Corporate Classic (5K), Jul 19  
Morristown**

<i>Mick Close</i> . . . . .	22:25
<i>Ed Kelly</i> . . . . .	23:03
<i>Bev Salerno</i> . . . . .	32:47
<i>Joe Cozzi</i> . . . . .	47:32

Almost 3000 people participated in this evening corporate race. You can now run this 5K as an individual (no need to be on a corporate team). Fortunately, the severe thunderstorms that had been forecast never materialized, and the evening turned out quite nice. Unfortunately, it's difficult to run a fast time here because of the crowds, the warm temperatures and humidity, and the very hilly course. Still, it's a great event and a good excuse to organize a running team for your company. Verizon did an excellent job, and the race shirts—white, short-sleeved Brooks tech shirts—are very nice. The many people who lost a lot of time at the start should be pleased to know that results were chip-timed (measured from when you crossed the starting line, not from when the starting horn sounded). —*Mick Close*

**Parker House 2-Miler, Sea Girt Jul 21**

<i>Mike Perry (5th OA)</i> . . . . .	10:22
<i>Lynne Mortimer</i> . . . . .	13:57
<i>Catherine Alessi</i> . . . . .	18:41

A beautiful day for running at the Jersey shore, and the best postrace party at the Parker House! Mike, Catherine, some other friends, and I hit the beach after the party and then capped the day off with dinner and drinks. There were almost

1500 runners, and everyone received a beautiful fleece and T-shirt, but there were no age-group awards—just awards for the top 3 finishers overall. Mike finished 5th, and I was in the top 20. Great fun! —*Lynne Mortimer*

I drove down to Sea Girt and was able to park right by the ocean. This race was expensive (\$40 for same-day registration), but you got a nice fleece pullover sweatshirt and a T-shirt. With the weather being sunny and less humid, it was a great day to run.

The race starts by the Parker House restaurant and bar, and you do a loop, some of which is on dirt (near the end). I was surprised to find myself running with the leaders. If I had known that only the top 3 would receive awards, I think I would have pushed a lot more at the finish.

In the bar after the race, there was free beer (Miller Lite), but it didn't last too long. I think this race should be run in the evening, when you would actually want to drink and party, plus the bar could make more money because more people would stay. I think many people like us left right after the race. Overall, though, I'm glad I went down. I had a good time! —*Mike Perry*

**Packanack Day 5K Run, Wayne Jul 21**

<i>Gary Peters (1st AG)</i> . . . . .	17:56
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**Teterboro Airport 5K, Moonachie . . . Jul 21**

<i>Larry Czaplewski (1st AG)</i> . . . . .	17:58
<i>Mark Frankel</i> . . . . .	20:26
<i>Joshua Cames</i> . . . . .	22:21
<i>Tom Kelly (2nd AG)</i> . . . . .	22:58
<i>Chris Jaworski</i> . . . . .	23:28
<i>Bill Wilde</i> . . . . .	23:53
<i>Jean-Pierre Welch</i> . . . . .	24:25
<i>David Blackburn</i> . . . . .	24:54
<i>George Studzinski (2nd AG)</i> . . . . .	25:14
<i>Martta Rose (3rd AG)</i> . . . . .	25:28
<i>Susan Shore</i> . . . . .	25:31
<i>Joe Westcott</i> . . . . .	25:44
<i>Kate Rados</i> . . . . .	29:17
<i>Susan Palermo</i> . . . . .	39:23

While the first 3 male finishers (14:24, 14:30, 14:36) were breaking the previous course record (14:38), I still hadn't reached mile 2 (15:00), though I did dazzle with some machine-like consistency (7:30, 7:30, overall pace 7:33). It seems every time I visit Teterboro, I fly into a Bermuda 5K Triangle in which my watch perpetually reads 23+ minutes. Also consider: I ran 30 seconds slower on this flat course than I did on the steep-hill-in-the-middle Lawyers for Kids course 9 days earlier. Unexplained phenomena! —*Chris Jaworski*

I would love to know who first thought of having a 5K race on a hot airport tarmac in the middle of July. Like hundreds of other people who ran, however, I am a glutton for punishment and actually love this race. If you ask why, I probably couldn't tell you. Maybe it's chasing an airplane down the runway at the start, I dunno. It is good training for River to Sea, I will say that.

I was again overshadowed by Dr. George, who sneaked by in the last half-mile and dared me to catch him. Next time, George!

Breaking with tradition, this year only one ERC member (Larry Czaplewski) won a raffle prize (a runner's watch).

The weather was also bearable this year. It wasn't beastly hot, and the humidity was low. —*Martta Rose*

Fun race! Thanks to Mother Nature for the mild weather and the light breeze during mile 1 and the last turn. —*Kate Rados*

They said this course would be fast ... and that was certainly no exaggeration. In terms of simplicity, this race takes the cake—completely flat, almost perfectly straight, out and back, simple. The postrace prizes were not too shabby, either. But my favorite part of the entire event was the surprise appearance of the Liberty Belle—a fully restored World War II B-17 bomber. After a quick talk with the pilot, I was able to crawl around the insides of the plane and explore a small piece of history. Very cool. —*Joshua Cames*

**Matawan 5K Jul 21**

<i>Phil Coffin (1st AG)</i> . . . . .	20:16
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While many hundreds were off running bigger, faster, flatter races (Teterboro, Parker House), I found this enjoyable, 200-participant 5K. The atmosphere and course are reminiscent of the Montville 5K that Randy Miller used to put on, with a charming touch of the Jack Funsch 5-miler in Fairfield thrown in. Rolling terrain, a couple of "oops it sure is a hill" inclines, a slight downhill finish, and a congenial, small-town feel. Worth it if you're in the Monmouth County area.

**Ironman Lake Placid, NY Jul 22**

<i>Andy Fried</i> . . . . .	14:32:14
<i>John Thornton</i> . . . . .	14:43:16

Andy and John completed the Lake Placid Ironman again! (This was the umpteenth Ironman for both!) They did it on a day that was great for spectators but hot for bikers and runners. And we thought *our* weekend was tiring! —*Genie Temmler*

Congratulations to Andy and John on finishing this Ironman (2.4-mile swim, 112-mile bicycle ride, 26.2-mile run) in the Adirondacks region. —*Chris Jaworski*

**Downtown Westfield 5K Run Jul 25**

<i>Mike Perry</i> . . . . .	18:08
<i>Gary Peters (2nd AG)</i> . . . . .	19:35
<i>Robert Stack</i> . . . . .	20:52
<i>Ed Kelly</i> . . . . .	21:47
<i>Ron Wolfson</i> . . . . .	22:01
<i>Tom Kelly (3rd AG)</i> . . . . .	23:28
<i>Mike Wojcio</i> . . . . .	24:05
<i>George McIntyre</i> . . . . .	24:14
<i>Lynne Mortimer (3rd AG)</i> . . . . .	24:41
<i>Susan Shore</i> . . . . .	25:01
<i>Martta Rose</i> . . . . .	25:40
<i>Jim Malone</i> . . . . .	29:56
<i>Ginger Brock</i> . . . . .	38:27
<i>Susan Palermo</i> . . . . .	40:58

2003 (!) finishers, including 14 of our own. —*Chris Jaworski*

### **Coached Track Workouts Coming in September!**

Our summer hosted group runs may be ending, but don't hang up your Thursday-night running shoes yet! Come to Brookdale Park on Thursdays in September for track workouts that will include free coaching and advice from Joel Pasternack, the running coach who spoke at our July meeting. Members of all abilities are welcome! Stay tuned for more details!

### **EYE ON THE SPEAKER**

Mark Frankel

#### Improving Leg Strength, Speed, and Endurance Without Running

Training methods need to change as one gets older, said Joel Pasternack, who has coached track and cross-country for 35 years, at the July meeting.

Pasternack, who has helped with training at William Paterson University, Montclair State University, and Ramapo College, is currently coaching for Glen Ridge High School and North Jersey Masters. He has been running for 42 years, logging more than 108,000 miles. He set his PR of 2:25:03 at the 1974 Boston Marathon.

However, he has slowed down from the 110 miles per week he ran in his 20s to the 40 to 50 miles per week he now does in his 50s. At the meeting, he focused his talk on how best to keep in short-distance race shape over time.

"Fewer miles, with less speedwork, helps keep short race times up," he said.

A key to staying in shape is to increase leg strength, mostly through postrun drills and plyometric exercises.

He suggested that perhaps some runs could be shortened or even eliminated to make time for these drills and exercises. Only three types of runs are needed each week: long runs, turnover runs (eg, intervals, fartleks), and tempo runs. "Other days are filler," he said.

The eight drills that Pasternack suggested are meant to increase stride length and power:

1. Skip on a soft surface (eg, grass, track) for 40 meters with a low stride, close to the ground. Jog back, wait a minute, and repeat 2 times.
2. Bring knees up high while running.
3. Kick your butt while bringing knees as high as possible.
4. Run forward with short, fast stutter steps.
5. Run side to side, both left and right.
6. Run backward, then forward.
7. Scissor-march forward, then walk normally backward.
8. Skip low and then push off with one foot high. Do each foot several times.

Pasternack then listed six plyometric exercises designed to increase strength. Most focused on strengthening the inside of the knee. "Running increases the outside strength of the knee, not the inside. This imbalance leads to injury. Knees are the biggest thing to get injured," he said.

1. Put one foot on top of a stool or step and the other on the floor behind it. Step up and forward, using the leg on top to control most of the motion. Do 3 sets of 25 using only your body weight or 3 sets of 10 with weights added.
2. Squat with feet pointed out. Lower your body until your butt touches a chair behind you. Count to 3, rise slowly, and count to 3 again. Do 6 sets of 20 only with body weight or 6 sets of 10 with weights added.
3. Facing away from a chair, rest a foot on top of its seat and then lunge forward with the other leg. Leaning forward, lower and then raise your body. Do 3 sets of 10 (each leg).
4. With your back against a smooth wall, squat with feet pointed out and then lower and raise your body. Do 3 sets of 15. Do not do this exercise the same day as exercise 2.
5. Do one-legged squats, 10 on each side.
6. Same as exercise 1, except start with the grounded foot not behind the stool or step but to the left or right of it, and step up and sideways onto the stool or step.

Pasternack also recommended cooling down and icing after each run. "I ice three or four times a day sometimes,"

### **Got an Hour?**

Randy Miller

The media recently reported on the 1-hour record set by Haile Gebrselassie (he ran 12.77 miles in 1 hour).

How far do you think you could go in 60 minutes on a nice flat track in the cool of the evening? Think you could beat the state record in your age for the event?

USATF recognizes the event, but USATF-NJ has never included it in its state championship meet. I am collecting information on sanctioning requirements and will be trying to organize a local 1-hour competition.

If you might be interested in participating, please e-mail me (earmill@optonline.net).

### **A Time for Running, a Time for Reckoning!**

Sharon Morrissey

With the year half over, we think it's appropriate to remind some of our fellow ERC members of their 2007 resolutions. You know who you are. Please e-mail me (morrissey\_six@yahoo.com) and tell us how you've fared. We'll print members' stories in an upcoming issue of *Keeping Track*. So, did you resolve to ...

*Run with a group and do less racing?*

*Run more than once a week?*

*Enjoy running more; take time to look around?*

*Not beat myself up for not being in race shape?*

*Listen to my body?*

*Smile more?*

*Qualify for Boston?*

*Run a sub-20-minute 5K?*

*Set a PR in the marathon?*

*Work on running form?*

*Stretch and cross-train more?*

*Improve nutrition and get adequate sleep?*



Vice-President's Corner (Continued from p. 1)

We also give back by volunteering at local races, such as the Montclair Run in early June. Proceeds from this race help fund events put on by the Montclair YMCA throughout the year. The Y's Carol Kearney is always very appreciative of ERC's participation—the participation of all our great volunteers and all our great runners. With 2007 marking the 25th anniversary of the Montclair Run, we are happy to be involved, and we wish it continued success.

Organizing races is another way to contribute locally. In directing the inaugural 5000-Meter Lager Run in Glen Ridge (Jun 24), race director and ERC member Dan Murphy raised money for the Glen Ridge Community Fund, a not-for-profit group that supports charities in the area. Dan put on a great event on a beautiful summer Sunday evening. The turnout was large, the music played, and there were lots of burgers, hot dogs, drinks, and so forth. Kids had fun running 100- and 400-meter dashes on the track at Hurrell Field.

Like the Montclair Run, the Verona Labor Day Classic (Sep 3) is in its 25th year of community service, and ERC will be right there lending a big hand. Members Tom Kelly, Martta Rose, and Larry Hollander are again spearheading this event, which supports the Verona UNICO Charities and Scholarship Funds. As always, Tom needs our help before, during, and after the race, so come on out and volunteer your time, run (you'll get a good speed-and-hill workout!), and then join the rest of the club for a post-race picnic. Bring your appetite!

Brian's Run in Wayne (Sep 30) benefits the Tomorrows Children's Fund (TCF) at Hackensack Medical Center. A "privately funded, nonprofit organization dedicated to easing the pain and speeding the healing of children with cancer and serious blood disorders" (www.atcfkid.org), TCF helps provide state-of-the-art medical care plus funding for research. Brian's Run was set up by the family of former club members Lauren and Steve Wÿsmuller in memory of Lauren's brother, Brian Kwiat, a young man who lost his battle with aplastic anemia in 2001 (www.briankwiat.com). Lauren and Steve, who now live in northern Westchester County, have appreciated ERC's support and participation in the past and are always looking for volunteers. Let's try to help.

ERC member Aubrey Blanda directs the Goodwill 5000-Meter Run (Nov 17), a Montclair event now in its third year. The race supports Newark's Goodwill Rescue Mission, a nonprofit organization that has been providing food, shelter, and medical care to the poor and homeless since 1896. So far this race has raised thousands of dollars for Rescue Mission programs. In addition, race attendees are asked to bring cans of food, dry goods, and gently used winter coats (especially men's) to the start at the Montclair Art Museum. These items will help those in need at the Mission's shelter and food pantry. Goodwill 5000 has quickly become a must-do race, and we invite you to be part of this year's competition, fun, and, last but definitely not least, volunteerism.

Then comes Thanksgiving (Nov 22), the day of director Dan Murphy's top New Jersey race, the Ashenfelter 8K Classic in Glen Ridge. Race proceeds are donated to Glen Ridge High School to provide cross-country and track and field student-athletes with equipment and training. You can help give thanks on this day by running and/or volunteering.

Besides cleaning the West Essex Trail, and helping causes by organizing or volunteering at races, ERC helps our community in other ways:

— For several years, we used the occasion of the Interclub Challenge to raise money for William Crowell, a former member badly burned in a vain attempt to save his two children from an apartment fire. This year, money raised will go to Karen Mishler, a founding member who was paralyzed in a bicycle accident in November 2005 (proceeds from *ERC Cookbook* sales are also helping Karen).

— We used Verona Labor Day Classic proceeds (2001, 2002) to help fund the Verona 9/11 Memorial, now located near Town Hall. Lynne Mortimer was instrumental in making this project happen. In addition, the 9/11 Scholarship Fund was set up to give scholarships to one or two Verona High School students each year.

— We brought canned goods to our 2006 Holiday Party for donation to Goodwill Rescue Mission. The plan is to make this a tradition. See you on Dec 2!

I'm proud to belong to a group that is so active in the community. Together, we're making a difference.

### RACES: AUGUST–OCTOBER 2007

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

8/2	<b>Thu</b>	<b>7:00p</b>	<b>Project Children 5K (South Mountain Reservation)</b>	<b>5K</b>	<b>973-762-2930</b>	
8/4	<b>Sat</b>	<b>7:00a</b>	<b>River to Sea Relay (Milford to Manasquan)</b>	<b>92M</b>	<b>908-381-0318</b>	
8/4	Sat	8:00a	Neptune City 5K	5K	732-776-7224	
8/5	Sun	7:00a	New York City Half-Marathon	13.1M	212-860-4455	
8/5	Sun	8:30a	Sea Girt 5K	5K	732-974-1289	
8/6	Mon	7:00p	Race Against Crime & Drugs (Hoboken)	5K	201-420-2195	
8/7	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
8/9	Thu	7:00p	Christmas in August 5K (Newton)	5K	973-383-7933	
8/11	Sat	7:00a	NYC Marathon Long Training Run #1 (NYC)	20M	212-860-4455	
8/11	Sat	8:30a	Asbury Park 5K	5K	732-571-2162	
8/12	Sun	7:30a	Turkey Swamp Race Day (Freehold)	Various	732-872-1255	
8/12	Sun	9:00a	Batsto Pig Iron 5K (Wharton State Forest)	5K	866-841-9139	NBGP: 500 pts

8/12	Sun	9:00a	Half-Wit Half-Marathon Trail Run (Reading, Pa)	13.1M	610-779-2668	
8/18	Sat	8:00a	NYRR Team Championships (NYC)	5M	212-860-4455	
8/18	Sat	8:30a	Bradley Beach 5K	5K	732-774-3492	
8/24	Fri	7:00a	Self-Transcendence Marathon (Rockland Lake St Pk)	26.2M	718-297-2556	
<b>8/25</b>	<b>Sat</b>	<b>4:00p</b>	<b>Smoke Rise Biathlon (Kinnelon)</b>	<b>Swim+4M</b>	<b>973-283-8664</b>	
9/1	Sat	9:00a	Saturday in the Park Women's 5K (Holmdel)	5K	732-542-6090	
9/2	Sun	9:00a	Crossroads of New Jersey 10K & 5K (Woodbridge)	10K, 5K	732-549-9440	NBGP: 10K & 5K (both 500 pts)
9/2	Sun	11:30a	Henry Isola XC Classic (Van Cortlandt Park, Bronx)	4M	212-860-4455	
9/3	Mon	7:15a	Knights of Columbus 5K (Basking Ridge)	5K	908-766-6755	NBGP: 500 pts
9/3	Mon	8:30a	Pier Village 5K (Long Branch)	5K	732-571-2162	
9/3	Mon	8:45a	Glen Rock Arboretum Run	5M	201-445-8566	
<b>9/3</b>	<b>Mon</b>	<b>9:00a</b>	<b>Verona Labor Day Classic</b>	<b>5K</b>	<b>973-239-4111</b>	<b>NBGP: 500 pts</b>
9/3	Mon	9:00a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
9/8	Sat	8:30a	Ramsey Run	10K, 5K	201-825-8299	
9/8	Sat	8:30a	Mind, Body, Spirit Games (NYC)	4M	212-860-4455	
9/8	Sat	9:00a	Brielle Day Hill & Dale 10K	10K	732-528-6600	
9/8	Sat	9:15a	Dumont Fall 5K	5K	201-439-1106	NBGP: 500 pts
9/9	Sun	9:00a	Race for the Cure (NYC)	5K	212-560-9590	
9/9	Sun	9:30a	Educators for Kids 5K (Newark)	5K	973-633-8929	
9/9	Sun	9:30a	Henry Hudson Trail Run (Middletown)	8M	732-530-6561	
9/9	Sun	9:45a	Fallen Heroes Memorial Run (Elizabeth)	5K	732-381-0318	NBGP: 500 pts
9/9	Sun	10:00a	Madison Area YMCA Run	5K	973-822-9622	NBGP: 500 pts
9/9	Sun	1:00p	Legal Runaround 5K (Somerville)	5K	908-245-3000	NBGP: 500 pts
9/15	Sat	4:00p	Summer Screecher 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
9/16	Sun	7:45a	Philadelphia Distance Run	13.1M	800-311-1255	
9/16	Sun	11:30a	Fred Lebow XC Classic (Van Cortlandt Park, Bronx)	5K	212-860-4455	
9/22	Sat	9:00a	Project Cope 5K (Montclair State University)	5K	973-655-6785	
9/23	Sun	8:00a	Queens Half-Marathon	13.1M	212-860-4455	
<b>9/23</b>	<b>Sun</b>	<b>8:30a</b>	<b>Newport Liberty Half-Marathon &amp; 5K (Jersey City)</b>	<b>13.1M, 5K</b>	<b>732-381-0318</b>	<b>NBGP: 13.1M (800 pts), 5K (500 pts)</b>
9/23	Sun	9:00a	Mahwah 5K	5K	201-825-1182	NBGP: 500 pts
9/23	Sun	9:30a	Berkeley Heights 5K	5K	908-464-8899	NBGP: 500 pts
9/29	Sat	9:00a	Newstead 5K (South Orange)	5K	973-313-9575	
9/29	Sat	10:00a	Dunellen Run for Education	5K	732-968-7470	NBGP: 500 pts
9/29	Sat	10:00a	5th Avenue Mile (NYC)	1M	212-860-4455	
<b>9/30</b>	<b>Sun</b>	<b>8:30a</b>	<b>Brian's Run (Wayne)</b>	<b>10K, 5K</b>	<b>973-904-1395</b>	<b>NBGP: 10K &amp; 5K (both 500 pts)</b>
9/30	Sun	9:00a	Jersey Shore Half-Marathon (Sandy Hook)	13.1M, 5K	732-409-3948	
<b>9/30</b>	<b>Sun</b>	<b>10:00a</b>	<b>Cherry Blossom Run (Branch Brook Park)</b>	<b>10K</b>	<b>973-268-3500</b>	<b>NBGP: 500 pts</b>
<b>9/30</b>	<b>Sun</b>	<b>10:00a</b>	<b>West Orange Run for the Whisper</b>	<b>5K</b>	<b>973-325-4109</b>	<b>NBGP: 500 pts</b>
9/30	Sun	10:00a	Tunnel to Towers Run (NYC)	5K	718-987-1931	
10/3	Wed	Noon	Newark Corporate Race	5K	973-376-0231	NBGP: 500 pts
10/6	Sat	8:45a	Grete's Great Gallop (NYC)	13.1M	212-860-4455	
10/6	Sat	10:00a	Fall Spectacular (Harrington Park)	5K	201-750-9447	NBGP: 500 pts
10/7	Sun	8:00a	Steamtown Marathon (Scranton, Pa)	26.2M	570-963-6363	
<b>10/7</b>	<b>Sun</b>	<b>9:00a</b>	<b>USATF-NJ 5K XC Championship (Holmdel Park)</b>	<b>5K</b>	<b>973-334-8900</b>	<b>NBGP: 700 pts</b>
10/7	Sun	9:30a	Carlos Negron Run (Liberty State Park)	5K	201-991-9103	NBGP: 500 pts
10/7	Sun	10:00a	Country Squire Run	10K, 5K	973-879-1372	NBGP: 10K & 5K (both 500 pts)
10/7	Sun	10:30a	Long Beach Island 18-Mile Run	18M	609-494-8861	NBGP: 500 pts
10/13	Sat	8:00a	Greater Hartford Marathon	26.2M	860-652-8866	
10/13	Sat	9:00a	Run for Darren (Kinnelon)	5K	973-283-8030	
10/13	Sat	10:00a	Hounds & Harriers Run (must run w/dog) (Morris Twp)	3M	973-377-6276	
10/14	Sun	8:30a	Nutley Fall Five	5M		NBGP: 500 pts
10/14	Sun	8:30a	Atlantic City Marathon	26.2M,var.	609-601-1RUN	
10/14	Sun	9:00a	Run for Lupus (Cranford)	4M	973-379-3226	
10/14	Sun	9:30a	Hackensack Run	5K	732-381-0318	NBGP: 500 pts
10/14	Sun	1:00p	Summit Y-5	5K	732-381-0318	NBGP: 500 pts
10/20	Sat	9:30a	CPL Breakfast Run (Cranford)	5K	732-381-0318	NBGP: 500 pts
10/21	Sun	9:05a	Paramus Run	10K, 5K	201-265-1921	NBGP: 10K & 5K (both 500 pts)
10/21	Sun	9:40a	Staten Island Half-Marathon	13.1M	212-860-4455	
10/21	Sun	10:00a	Seaside Half-Marathon	13.1M, 5K	732-370-2948	
10/21	Sun	1:00p	East Brunswick Road Races	10K, 5K	732-463-RVRR	NBGP: 10K & 5K (both 500 pts)
10/27	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	NBGP: 500 pts
10/27	Sat	10:00a	Newark Academy Off-Road 5K (Livingston)	5K	908-800-1808	
10/28	Sun	9:00a	Marathon Kickoff (NYC)	5M	212-860-4455	
<b>10/28</b>	<b>Sun</b>	<b>10:30a</b>	<b>USATF-NJ 8K XC Championship (Readington)</b>	<b>8K</b>	<b>973-334-8900</b>	<b>NBGP: 700 pts</b>

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