



KEEPING TRACK

The Newsletter of the **Essex Running Club**

P.O. Box 183, Verona, NJ 07044

Vol. 24, No. 9

September 2007

Since 1983

PRESIDENT'S CORNER

Desmond Duncker

I hit the big 5-0 this year, and I'm finding it truly does not get easier as I get older. Motivating myself to get out for a run at 6 every morning has been hard, and more and more I'm oversleeping until 7 or bagging the run altogether.

In thinking about these difficulties, I recall a principle I have applied over the years—that life is like walking up a down escalator. Moving forward at a moderate pace only keeps us in the same place; if we do nothing, we slide backwards; to progress, we must exert effort.

I also recall a question I am often asked: "Why do you run?" My stock answer: "For the relief I get when I stop!"

There is nothing better than the relief felt in the last step of a run—and the satisfaction of finishing. Yes, running is difficult, but anything in life worth having involves difficulty.

We must remember that running is a sport for people who strive to better themselves, physically and mentally. To quote Theodore Roosevelt:

The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.

So, strive valiantly, in spite of the difficulties.

May the road rise up to meet you,
May the wind be always at your back.
May the sun shine warm upon your face
And the rains fall soft on your fields.
And until we meet again,
May God hold you in the palm of His hand.

ERC Bus to NYCM—Convenient, Inexpensive!

Runners and spectators will soon be able to book seats on our bus from Grove Pharmacy (Montclair) to the NYC Marathon and back (Sun, Nov 4). Free parking at pharmacy. Departures: 6:30 am (runners), 10:00 am (spectators). Prerace, postrace refreshments included in cost (\$25 member, \$30 nonmember). Look for your reservation form in the October issue!

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 newsletter of the American Running Association. His writing has appeared in *Running Times* and *Runner's World*.

Upcoming General Meetings

Oct 8 • Nov 5 • Dec 2 (Holiday Party)

Free Track Workouts With Coach Joel: Thursdays in September ... and October?

This month, coach Joel Pasternack will lead ERC members of all abilities in four weekly speed workouts on the track at Brookdale Park in Bloomfield/Montclair. Members should arrive at 7:00 pm each Thursday (Sep 6, 13, 20, 27) and run a 1.5-mile warmup; Joel will begin the workout on the lighted track at 7:15 sharp. These club-sponsored workouts will include free coaching and advice. We hope enough members participate so we can continue this new membership benefit.

NOTES & REMINDERS

- **Sep 6, 13, 20, 27.** Thu 7:15 pm coached track workouts. *Page 1.*
- **Sep 10.** General meeting. *Box, page 1.*
- **Sep 23.** Liberty Half-Marathon (all-divisions champ race). *Page 4.*
- **Sep 29.** First of 6 weekly Shore Athletic Club XC races. *Page 4.*
- **Sep 30.** Club races: Brian's Run 10K (Wayne), Cherry Blossom 10K (Branch Brook Park), West Orange Run for the Whisper 5K. *Page 4.*
- **Oct 7.** USATF-NJ XC 5K (all-divisions champ race). *Page 4.*
- **Oct 8.** General meeting.

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](http://groups.yahoo.com/group/essexrunningclub)

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

Web Site: Martta Rose
kmartta@comcast.net

Membership: Elizabeth Simonetti
elizabethsimonet@mindspring.com

Monthly Speakers: Anne Chesny
201-869-1708

Club Apparel: Sal Ulto, sulto@att.net

Advertising: Lynne Mortimer
lynne.mortimer@cbmoves.com

Photo Supplement: Aubrey Blanda
spinninggoddess@gmail.com

Newsletter Editor: Chris Jaworski
jaworski@verizon.net

LEAP BEFORE YOU LOOK!

Fell running does not really mean “what happened after you slipped or tripped while running,” though there certainly was a lot of that happening July 29, a humid and drippy and overcast but relatively cool day in the Catskills of New York. There I was following the Escarpment Trail, or 18.6 miles of it, eastward from Windham to Haines Falls.

“Fell running, also known as mountain running and hill running,” a Wikipedia entry reads, “is the sport of running and racing, off road, over upland country where the gradient climbed is a significant component of the difficulty. The name arises from the origin of the English sport on the fells of northern Britain,” and the word *fell* derives “from the Old Norse *fjall* (‘mountain’).” Fells are “mountains, or certain types of mountainous landscape, in parts of England and Scandinavia.”

But *fell* also means “fierce, cruel, terrible ... very destructive, deadly” (*Webster’s*).

It all fits. Almost 10,000 feet of elevation change awaited us this day. The Escarpment Trail Run, race director Dick Vincent writes on its application, “is fell running at its best.”

Vincent is unique. The afternoon before the run, he holds a picnic at his Palenville home, “Dick’s Cliffhouse,” for participants and their families and friends. Then, Sunday morning, he prefaces the race retelling a Native American story, of how the Escarpment was formed when the evil spirit Manitou fell to his death and turned to stone.* Finally, at 9:00 am, when *go!* is shouted, Vincent’s moving right along with everyone else. Yes, in both senses of the word, this man is *running* his event, as he has done each of its 31 years. He’s tearing down the wall between organizer and participant. He sees value in upholding traditions, too.

Perhaps tradition is what keeps people coming back year after year, as there are no awards, no goody bags, and no shirts, unless you buy one, or earn one for running multiple Escarpments. Entry, too, is neither guaranteed nor easy (I qualified with my 5:57 Nipmuck Trail Marathon). Finally, one wonders why anyone, having completed the Escarpment Trail once, would want to revisit it in this lifetime. Well, tradition is part of it, sure, but runners also enjoy the challenge and the fun, or so they say.

The challenge! All the trails I’ve run—the gnarliest, the rockiest, the hilliest, the most heart-thumping—pale in comparison with Escarpment (except muddiest and boggiest honors go to Leatherman’s Loop). There was so much to see along this ridge in the Catskills, and such variety, though I took it all in probably more by osmosis than by sight. Especially here, wandering eyes do not a safe trail run make! And I wanted to be safe, not sorry.

Earlier in the week, with a large and very wet storm system bearing down on the region, I had anxiety dreams about the trail, particularly the precipitous sections I might plunge down. Unexpectedly, the storm headed east Friday night, and we were spared race-day rain. But we were not entirely out of the woods. Overnight showers and high humidity left us with wet, slippery rocks in the morning. I shudder to think what running in rain would have been like. Sometimes I shudder when I realize I *completed* this 30K trail run!

I worried I might slide down a slope, fall and sustain a serious injury, have a heart attack, get lost, or melt down. I didn’t want to chance even turning an ankle, not with such a distance to cover and no easy exits in this point-to-point race. So, I pushed my fears aside, as if they were a branch of wet, heavy leaves, and for insurance was as cautious as could be.

I wore gloves and triple-knotted my shoes. I carried 70 ounces of sports drink on my back, gels, electrolyte capsules, acetaminophen, an extra pair of glasses. I slowed down or walked where it was too rocky or steep, sat down when my heart was going to burst out of my chest, looked for blue blazes to keep on track, took full advantage of the aid stations, and heeded the advice of the folk I sensed had been here before. “Run until it’s too difficult, and then walk until it’s too easy,” said a runner I had been trading jokes with.

Thirty-odd minutes passed before I was able to break into a sustained run. The problem wasn’t endurance, but the stop and go of runners sorting themselves out while trying to stay upright and uninjured. No matter. My New York Flyer friend Scott Martin, also running, had suggested starting easy, saving energy for the six climbs to come. So, I was feeling good, even when Melissa Chase, another Flyer friend, took the lead. A bit later, I allowed a young woman to pass ... and took delight in watching her dance down the rocks ... and then in hearing her *woo-Hoo-HOO!* in the distance. *There* was the fun that went with the challenge.

Those climbs? Windham High Peak, Burnt Knob, Acra Point, Blackhead Mountain, Stoppel Point, North Point. It would be on Blackhead (1200-foot vertical gain over 1.1 miles) that I’d have my first serious doubt that I’d finish this run. (*Continued next issue*)

—Chris Jaworski

*In an Algonquin myth, Manitou seems good, not evil. As this story goes, the Great Spirit Manitou created the Escarpment to keep evil spirits out of the (Hudson) valley below. So, is Escarpment, the “Wall of Manitou,” good or evil? Run it, and *you* decide!



TRACK WORKOUTS & GROUP RUNS

Thu (Sep)	7:15 pm	(○) Coached Track Workout, Brookdale Park
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(○) **Track Workout, Brookdale Park, Bloomfield/Montclair.** *Thu (Sep 6, 13, 20, 27).* At 7:00 pm, do a 1.5-mile warmup run. Coach Joel Pasternack will begin the workout on the lighted track at 7:15 sharp.

(▲) **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 unpaved trail's round trip from Verona to Little Falls is approximately 6 miles. The trail is blazed, and mile markers are posted on trees.

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

(+) **Grove Pharmacy, Montclair (Grove Street Long Run).** *Sun 7:00 am.* Meet at Grove Pharmacy (123 Grove 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? Visit our Internet (Yahoo) bulletin board to get answers about attendance, times, conditions, routes, alternative plans, distances, paces, and other items of interest. **Internet (Yahoo) Bulletin Board:** Join the board at groups.yahoo.com/group/essexrunningclub and then post messages there and/or send e-mail to essexrunningclub@yahoo.com.

A FOND FAREWELL TO THE HOSTED GROUP RUNS OF SUMMER

And many thanks to all those who on Thursday nights opened their homes, picked routes, and supplied food for these fun runs—Aubrey Blanda, Dr. George & Christa Studzinski, Phil Coffin & Laura Messina, Paul Maloney, Genie Temmler & Joy Mishkin, Mike Perry & Lynne Mortimer, Val Kenny, Mick & Donna Close, Susan Palermo & Wayne Carlson, Robyn Silverman, and Susan Mello & Lynne Mortimer. Look for hosted group runs to return this winter (Dec–Feb)!

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.</p> <p>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>			

WELCOME NEW MEMBERS!

Karen Merz Montclair
Joe Westcott Glen Ridge

MANY THANKS

I am deeply touched by the sizable check representing contributions made by ERC members and others—at the Interclub Challenge and through sales of the *ERC Cookbook*—to my ongoing medical care. It means a great deal to Bill and me to know that so many of you care. Martta Rose did a terrific job compiling the cookbook. Its strong sales are a tribute to her outstanding work.

—Karen Mishler

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 shirts, singlets, hats, sweatshirts, and other items either at club meetings or online (www.essexrunning.com).

Between meetings, send queries and orders to Sal Ulto at sulto@att.net.

For autumn: ERC warmup jackets! Brooks microfiber shell with moisture-transfer liner, red with white club logo, XS to XXL, only \$40!

POETRY CORNER

Donna Close

Too Young

Too young to run,
A baby watches runners on the street
And laughs with hands pressing the
glass
While learning to balance on two feet.
He may wait many years
For his own pretty ribbon or prize
But for now, he's happy just to squeal,
Waving hi-hi's and bye-byes.



USATF–NJ

Gary Peters

As summer ends, ERC finds itself in 9th place overall in the USATF–NJ Grand Prix. Other team standings: Open Women, 10th; 40s Women, 7th; 40s and 50s Men, 4th. Only 5 team championship races to go!

Sep 23	Newport Liberty Waterfront Half-Marathon	All Divisions
Oct 7	USATF–NJ Cross-Country 5K	All Divisions
Oct 28	USATF–NJ Cross-Country 8K	All Divisions
Nov 22	Ashenfelter 8K Classic	Open M & W
Dec 9	USATF–NJ 15K	All Divisions

The Newport Liberty Half-Marathon is the only straight 800-point event of the year (runners in December's USATF–NJ 15K wild card can go for 800, 700, or 500 points). Our goal for the half is to field as many teams as possible. The two October cross-country races are a real treat for runners looking for a change in race style. Open fields, groomed trails, bonus team points, and a close-knit running community atmosphere make for a very special experience.



AT THE RACES

Mick Close

Project COPE 5K **Sat, Sep 22**

This new 5K race, organized by Montclair State University students as a fundraiser for Project COPE, a Paterson-based charity, begins at 9:00 am at the main MSU entrance

(Valley Rd & Normal Ave). Info: 973–655–6785, www.projectcopepaterson.org, www.active.com.

Newport Liberty Waterfront Run **Sun, Sep 23**

We hope that the problems that have plagued this event can be avoided in 2007, its 14th year.

The 8:30 am half-marathon takes runners on a fast, flat course through Jersey City and Liberty State Park, where they can enjoy views of the Statue of Liberty, Ellis Island, the Verrazano–Narrows Bridge, and the Manhattan skyline. A 5K race starts at 8:40, while the half is in progress.

We should see many ERC teams—men, women, open, and masters—coming out for the half, a USATF–NJ championship event. Grand Prix runners note: This race is for 800 points (December's 15K is an 800/700/500 wild card).

Info: 732–381–0318, www.oymp.net, www.newporthalfmarathon.com. Carpooling from Grove Pharmacy is likely.

Brian's Run **Sun, Sep 30**

This Wayne club race, now in its 7th year, is organized by the family of former members Lauren and Steve Wÿsmuller in memory of Lauren's brother, Brian Kwiat. Proceeds go to Tomorrows Children's Fund. The 10K starts at 8:15 am and the 5K at 9:45. Info: 732–381–0318, www.oymp.net, www.briansrun.com, www.active.com.

Cherry Blossom Run (Rescheduled) **Sun, Sep 30**

This Newark 10K, one of the area's best and one of our most popular club races, is usually held as part of Branch

Brook Park's Cherry Blossom Festival in April—but along came a nor'easter this year. The rescheduled race starts at 10:00 am. Info: 973–376–6094, www.compuser.com.

West Orange Run for the Whisper **Sun, Sep 30**

Formerly called the *West Orange Downtown Classic*, this 5K club race starts at 10:00 am and winds through the historic main street corridor of West Orange. Info: 973–325–4109, www.downtownwestorange.org, www.active.com.

Long Runs for Marathon Training

If you're working toward a fall marathon, you may want to tune up with one or more of the long-distance events listed below. We should have quite a few people at the Newport Liberty Waterfront Half-Marathon (Sep 23) and some at the Long Beach Island 18-Mile Run (Oct 7). In addition, Central Park will host a 20-mile New York City Marathon training run (Sep 15) with pace groups from 6:30 to 11:00+ per mile.

Sep 16	Philadelphia Distance Run (Half-Marathon)
Sep 23	Newport Liberty Waterfront Run (Half-Marathon)
Sep 23	Queens Half-Marathon
Sep 30	Jersey Shore Half-Marathon
Sep 30	NYC Marathon Tuneup 18-Miler
Oct 6	Grete's Great Gallop (Half-Marathon)
Oct 7	Long Beach Island 18-Mile Run
Oct 14	Atlantic City Half-Marathon
Oct 21	Staten Island Half-Marathon
Oct 21	Seaside Half-Marathon

Cross-Country for Adults

Have fond memories of your high school XC days? Wish you *had* run cross-country in high school? Here's your chance to relive those old times or live 'em for the first time: The Shore Athletic Club will resume its annual XC series Saturday, Sep 29.

The series normally runs on a half-dozen consecutive Saturdays in the fall at different Monmouth County parks (including the Holmdel course used for the high school state meets). Chris Jaworski, finding a middle ground between road and trail events, and I ran several of these cross-country races last fall, and I found them very enjoyable—good atmosphere, interesting and challenging courses, small (100 to 150) but competitive fields. There is a team competition that requires five men or three women, I think—and Essex teams could have fun and compete—but unaffiliated runners can also participate.

If you'd like something different this fall, consider this XC series. Check www.shoreac.org in coming weeks for details.

—Phil Coffin

Thanks for the cross-country alert, Phil!

I never participated in this sport in high school, but, ever since we ran in this series last year, I've been looking forward to its coming 'round again.

Running in the fall, on grass, through fields, on dirt, through woods, following twists and turns, charging up a few small rises, chasing and being chased, sucking in the cool, crisp air on a sunny Saturday morning—not only was this fun, but it felt like running in its purest form.

All six races in the series are 5Ks. Some courses run short, some long, and no one really cares.

Plus, they cost only \$6 each (2006), they're close by (half-hour drive from here), and, perhaps most important, they use the Popsicle-stick system from days of yore.

It would be cool to get a team together. —Chris Jaworski

AT THE FINISH LINE

KOTULSKI WATCH

Mongolia Sunrise to Sunset 42K **Jul 4**
(Marathon #584) (1st AG) 7:52
 This trail marathon, which begins at Camp Toilogt on the shore of Lake Hovsgol, 700K northwest of Ulaanbataar, was a survival of altitude (8000 ft) and elevation changes (8000 ft) and one of my toughest challenges, but I was happy with my finishing time. Visiting Mongolia was like visiting western United States circa 1800. —Andy

Maratón Internacional Ciudad de Panamá (Marathon #585) **Aug 5**
 (2nd AG) 4:40:08
 With the temperature 96 degrees and the humidity 96%, this was more an endurance event than a race. I hung on to finish on my feet and avoid the medical tent. —Andy

Nutley Chamber of Commerce 5K **May 6**
Helene Scarnegi 32:35

Wayne AM Rotary Club 5K **Jun 2**
Helene Scarnegi 33:34

5000-Meter Lager Run, Glen Ridge **Jun 24**
Helene Scarnegi 31:24

Morris County Striders Summer Series XC 5K, Boonton **Jul 17**
Susan Shore 24:55

Beat the Heat 5K, Winston-Salem, NC **Jul 21**
Emily Ginder 30:56
 The name of this run was apropos. It was an unusually cool day for mid-July in North Carolina. Race time was 7:00 pm, and the air temperature was in the low 80s with very low humidity. Couldn't have asked for better weather for this time of year. Good things about the race:

1. Check-in at Wake Forest University Arena was very well organized. (This is where the basketball coach was found dead a few days later. He collapsed after his usual jog. Scary, right?) There were many restrooms in the arena—no long lines and *no* portajohns! This was bliss.
2. Most of the run was in a corporate park, and, since it was a Saturday evening, there was little traffic to worry about. At the turns, runners followed the large chalk marks on the pavement or were directed by course marshalls.
3. There were no freebies but lots of postrace pizza and beer. Subs were available, but none was left for anyone who ran slower than 32:00. There were fresh bananas and a few oranges.

Not so great things about the race:

1. There was no water for anyone who came in after 30:00, so, for the fifth time this year, there was nothing "good" for me to drink at a finish line. Meanwhile, I saw a few faster runners carrying two or three bottles of water, plus beer.
2. The course was advertised as *mostly flat* (in New Jersey, it would've been called *rolling hills*). I expected flat, so I started fast and didn't pace myself, as I usually do when I know hills await.

3. The race had a strange way of determining winners—not by age/sex groups but by "weighting" all times by age and sex. Awards were given to the top 50 finishers on this weighted scale. This meant that few women were given awards. I was told that this system was fair, yet only 9 of the top 50 winners were women. I calculated that only 18% of the winners were women.

4. Though mentioned in the literature, random prizes were not given out.

Overall, I enjoyed this race and would do it again. Next time I will pace myself better and bring my own water!

Nautica New York City Triathlon **Jul 22**
Rich Unis (~18-min PR!) 2:39:50
 I did the 1500-meter swim in 18:57, transition 1 in 5:00, the 40K bike ride in 1:20:08, transition 2 in 2:20, and the 10K run in 53:26—killing my previous total time by almost 18 minutes!

I understand there were more than 4300 racers. I finished 58th of 199 in my age group and 15th of 47 in my Clydesdale age group.

Thanks to Martha Rose, an article about me and the triathlon appeared with my photo in the *Verona-Cedar Grove Times*. Martha also arranged my one minute of fame on live television: I was interviewed for the *Weekend Today Show* a few minutes before jumping into the Hudson.

I am now training for my first marathon: Philly (Nov 18). I also signed up for another Olympic distance triathlon (1-mile swim, 24-mile bike ride, 6.1-mile run), in Lebanon, New Jersey (Sep 9).

Escarpment Trail Run (30K), Windham to Haines Falls, NY **Jul 29**
Chris Jaworski 6:14:58
 Race report on page 2.

Project Children, South Mountain Reservation **Aug 2**

<i>Larry Czaplowski (1st AG)</i>	18:02
<i>Mick Close</i>	22:03
<i>Ed Kelly</i>	22:16
<i>Tom Kelly (1st AG)</i>	23:51
<i>Chris Jaworski</i>	24:19
<i>Eileen Percevault</i>	26:07
<i>Martha Rose</i>	26:12
<i>Donna Cataliotti</i>	27:50
<i>Bernadette Lancaster</i>	28:13
<i>Ed Trieste</i>	29:08
<i>Catherine Alessi</i>	30:28
<i>Amy Zavadil</i>	30:39
<i>Ginger Brock</i>	37:42
<i>Susan Palermo</i>	39:55

There were 300+ runners for this midsummer eve race—almost 80 more than last year. The tree-lined roads of the reservation provide a nice setting, and bagpipes played before the start on this typically warm and humid early August night. Many people were resting up for the weekend's River to Sea Relay or NYC Half-Marathon, but that didn't stop Tom Kelly from winning his age group as he prepared for his 11th annual R2C. Larry Czaplowski also continued in his blazing

form of late with another 18-minute 5K. Afterward, many people retired to the Shillelagh Club for the usual hot dogs and beer. —Mick Close

Captain Bill Gallagher Island Run (10M), Sea Isle City **Aug 4**
Sharon Morrissey 1:26
 I've been licking my wounds all week after this beach race. I started to blow up at mile 4, and then it just got nasty. I had trained well for this race, too. Oh, well, on to focusing on NYC Marathon training.

The good news of that day was I brought my son Tommy and his friend to the Coombs Douglass Memorial 2-Mile Run in Cape May, and they both walked off with age-group awards and a belly full of pancakes.

River to Sea Relay (92M), Milford to Manasquan **Aug 4**
 Congratulations to our three ERC teams for completing the 12th annual River to Sea under very hot and humid conditions, and many thanks to team captains Desmond Duncker, Phil Coffin, and Tom Kelly for making Essex such a force in this annual 92-mile trek across New Jersey.

Of this year's 109 starting teams, 102 completed R2C. The first team came in at 6:03 pm, and the last finished at 8:57 pm. Elapsed times ranged from 8:10:21 to 14:37:21.

Desmond's Air Jamaica team finished 47th (12:58:50); Phil's Grumpy Grovers, 57th (11:07:44); and Tom's The Right Prescription, 73rd (12:42:42).

In addition, Ken Turner's ADP team finished 25th (12:15:52); Peter Connell's Fred Hill Sports Academy team, 29th (10:44:04); and Smoke Rise Striders, 41st (12:56:24). —Mick Close

Air Jamaica

It was certainly a hot one, and our team was quite interesting! From the club, we had Donna Cataliotti (new to R2C but willing to give it the old college try), Jen Lanterman (our ex-Marine, go-for-the-gusto, willing-to-take-all-challenges teammate), John Piccoli (returning to R2C after an absence of several years), and me.

We also had Ray Zavalla (Jen's boyfriend, a Marine captain coaxed into running despite not having long-distance experience), Suzanne Zylstra (an Army captain who ran on my team last year), and Kim Unhock (Suzanne's friend, a New Jersey state trooper).

For support, we had Brian (Suzanne's boyfriend, a retired Army captain) and Sue Carr (a work friend, a great store manager who runs too). This mix of runners dug deep and put it all together to finish in a respectable time.

The heat affected everyone, including me. During my second leg, another runner stopped every so often to walk for a while, and yet he finished a good 200 years ahead of me because, even though I ran the entire way, my pace was soooo slow. But at least I can say, no matter how bad I felt, I never stopped and walked!

Thanks, Donna, for taking great pictures and for always having that bright smile and pleasant

personality—no matter how bad a car of sweaty runners smelled! Thanks, Sue, for driving, keeping track of elapsed time, and doing all the things needed to keep us on track. Thanks, Suzanne, for coming through again this year, which was even harder than 2006. Thanks, Brian, for summing up our situation and fitting right in as the go-to support person in car 2. (Your 20 years of officer experience came in handy!)

Thanks, Jen, you animal you! (Nuff said.) Thanks, Ray, for running and taking photos. (I hope this is the craziest thing Jen drags you into. You hadn't trained for R2C, yet you ran through!) Thanks, John, for being the "anti-Desmond," as you like to call yourself; for pulling through when the going got tough on the wild-card leg; and for being pleasant even when you were suffering the most. Thanks, Kim, for coming all the way with Suzanne and running so well. (You have a standing invitation to run R2C with us!)

And thanks, everyone, for putting up with my antics all day long!
—Desmond Duncker

Grumpy Grovers

The Grumpy Grovers were christened at a monthly ERC meeting earlier this summer. Desmond had mentioned my R2C team and then noted that he'd have his own—the "fun team," he called it, with a nod and a wink and a smile in my direction, before going on to spell out how Air Jamaica enjoyed its time in R2C.

As I'm sure it does. But our team—named the Grumpy Grovers before that meeting had even concluded—enjoys itself too. Okay, there were a few moments when we weren't enjoying the day—the heat and humidity and sun in the morning, some perilous moments when the ice was running low, a confluence of missteps that led to confusion for the crewing and vehicles for the start of the wild-card legs that threatened to make those bad boys even worse.

But that's R2C. There is always something. But there is always something to savor, too. The Grumps ran well in the heat—11:07:48, 7:17 pace—and the good humor held up even better. In years past, I have often finished R2C trashed physically and/or mentally, and occasionally even grumpy. But not this year: A day that spanned 17 hours for most of the team went comfortably, as a team and as a running team.

The team captain being a putz, we submitted pretty honest 5K times and were accorded an 8:40 am start—two hours after Air Jamaica and more than an hour after The Right Prescription. But darned if we didn't almost catch 'em both. Yeah, we had a much stronger team, top to bottom, but we also held together well when the weather could have made things unravel.

A quick look at the Grumps:

Tom Eaton, our only rookie (by acclaim, then, our Rookie of the Year!), ran a truly fast first leg (check out his 6:32 pace), volunteered for and ran tremendously on the 9.15-mile Frying Pan in mid-afternoon, and interjected calm and reason to help us untangle the mess we'd made with the crews starting the wild card.

Besides running one of the longest legs (8.2 miles) early on, Mark Frankel salvaged the mid-

day with his resourcefulness in finding ice when we badly needed it. With all the convenience stores being either out or closed, he wangled a trash bag full of ice from a pizza joint at the Forrester Center.

Glenn Trimboli, fine company as usual, pinch-hit for the injured Mike Skara and was superlative on the wild card; running it with him made me better, too. Glenn likes to push the last mile of the Sunday Grove runs hard—that's his trademark, which he also applied to his final wild-card mile, helping us average 6:45 for the 13.9 miles.

Gary Peters was the beast of the Beast. While other teams were literally falling by the side of the road—one guy wound up in the hospital, one of at least four of the day's runners who race officials had to tend to—Gary ran this toughest leg and slew the Beast. Then he managed a 6:44 pace for 6.5 miles in the afternoon. Talk about your MVP day.

Eric Stadnyk was our other pinch-hitter, called off the bench with a week and a half to go. That's almost literal, as Eric hadn't been running much since his Boston qualifier in April. But the congenial Canadian helped tremendously by running what's the third toughest leg, No. 6, full of hills and twists and turns and sun, and then sprinted to the finish with visions of Team 93 in his head, I think.

Doug Williams got the best and worst of the stages. He had one of the shortest at 3.95 ... but it was the first in the full sun and worst heat of the day. He had one of the flattest with No. 13 ... but it came at the end of the day, when the fatigue of running and crewing is really settling into the legs, and it's nearly 8 miles. Gotta appreciate his taking that on.

This year we had extra help, from Mike Kalhoff. He'd had to step aside from running because of a late-in-the-game knee injury, and his offer to crew and help manage the day—reminiscent of Randy Miller a few years back, which Mike recalled as being particularly helpful—was more selfless than I think I could be. There are a lot of sacrifices made by everyone on a team for R2C, but to sacrifice a day (and sit with a van full of skanky runners for all those hours) when you don't get to have the reward of running ... well, that's admirable. We can't thank him enough. But we hope to see him on the road next year, complaining about whatever nasty leg the captain has assigned him.

Which means I'm counting on a Grove team next year in R2C13. Happily grumpy as ever,
—Phil Coffin

How did Tom Kelly's team get the name *The Right Prescription*? That name seems to suit the Grumpy Grovers, who meet at Grove Pharmacy on Sundays. Actually, all our teams did something *right* to complete R2C this hot weekend. Congrats, everyone!
—Laura Gelman

The name seemed fitting when, after we weren't able to field an all-ERC team, Susan Shore recruited several of her coworkers at Roche, the pharmaceutical company. And, yes, I ran drug-free all day.
—Tom Kelly

It was hot. So this is how it is, this is how it always happens at high noon. With my last dollar, I purchased some true and honest Gatorade. I took a pull from the bottle. It was good. It burned my mouth and felt good and warm going down my esophagus and into my stomach. It was somewhere in the middle of *&^% Jersey, and we looked out the windows at the parched and flat landscape and drank Gatorade in the mid-day. It was hot and had been hot for some time.
—Martta Rose

The Right Prescription

There's a biblical phrase that goes, "The first shall be last, and the last first."

Since ERC team 1 (aka The Right Prescription) was the last finisher among our club's three "official" teams, I should have been first to write a recap. The truth is, I was so tired from this event that I'm surprised I'm writing even now.

Many thanks to all my teammates for their terrific efforts in making the day so memorable! Our team consisted of ERC members Robert Lewin, Martta Rose, Susan Shore, and me and nonmembers Karyn Layton, Will De Roberts, and Steve Ritland. What a great way to meet and make new friends!

When I ran in the inaugural R2C (1996), there were only 7 teams. This year, 111 teams registered, and 102 finished—kind of highlighting the idea that bigger is not always better. Phil and Desmond may or may not share my observations, but there were some things I didn't like ... cars having to park in different locations at the start; some busy intersections still not designated mandatory stops; too many teams not following rules about pacing and proper display of team numbers on vehicles; not being able to get the soda I wanted at the finish; and race director Mark Zenobia's "racing" through the awards. Maybe the Beast is getting the best of me and turning me into a grumpy old man!

In addition to seeing the usual cast of characters on Air Jamaica (a warm welcome back to John Piccoli) and the Grumpy Grovers, I bumped into Peter Connell with his Fred Hill Sports Academy team, Adrian Dunner with our sister club's Smoke Rise Striders, Carl Rocker with his Pharma Phlyers team, and Ken Turner crewing for his ADP team—giving ERC a connection to a total of at least seven teams in this R2C!

Thanks to Martta for putting up with my stress and agita in planning the day's logistics; to Susan for recruiting our non-ERC teammates, without whom there would have been no 11th R2C for me; and to Robert for crewing, keeping us on course, and switching cars the most.

I congratulate Phil and Desmond and their teams for their fine efforts, but I should also point out that The Right Prescription actually enjoyed the most success at R2C (this is called "making lemonade out of lemons"). We remembered to bring our water guns, never ran out of ice, and had twice as many rookies as either of their teams and no extra help with driving and crewing.

We also had the oldest team in aggregate age and clearly competed at a higher level in our respective team category, Veteran Mixed. Of the

nine teams in our division, ours was the only one to start after 7:00 am; the others started anywhere from 30 minutes to 1 hour 5 minutes earlier. So, those teams had less heat to contend with during several stages. In addition, we gave the number 1 Mixed Veteran team a 30-minute head start, but they beat us by only 15 minutes.

For that matter, Air Jamaica with its younger runners (several under 35) started 45 minutes before us, and we sliced 17 minutes off their team effort. In the spirit of accurate reporting, I should also note that the Grumpy Grovers, a Veteran Men team (runners over 35), starting 1 hour 15 minutes after us, finished 20 minutes before us but 28 minutes behind Air Jamaica, which started 2 hours later. In their respective categories, both those teams did very well, with Air Jamaica finishing 11th of 30 in the Mixed Open category and Grumpy Grovers 7th of 18 in Veteran Men.

All in all, it was a very good day for ERC!

I again challenge Essex Running Club women: ERC has never had an Open Women or Veteran Women team in R2C—how about one next year? I'll even forgo competing to captain and crew for the first all-gal Essex team! —*Tom Kelly*

New York City Half-Marathon	Aug 5
<i>Karen Merz</i>	1:36:56
<i>Ron Wolfson</i>	1:39:02
<i>Jennifer Odell</i>	1:40:30
<i>Joshua Cames</i>	1:53:42
<i>Peter Bieber</i>	1:55:57
<i>Laura Benanchietti</i>	1:56:47
<i>Aileen O'Rourke</i>	2:00:18
<i>Robyn Silverman</i>	2:09:51
<i>Eileen Percevault</i>	2:12:38
<i>Andi Robik</i>	2:14:00
<i>Val Kenny</i>	2:25:34
<i>Jeff Matthews</i>	2:28:42

If you thought Central Park was crowded with a 5000-runner race, then you haven't seen the madness of the 10,000+ participants in the New York City Half-Marathon! I felt I was still in the starting corals well through mile 1, given the sheer number of runners squeezing their way through the park's East Drive. You more or less shuffled along the first 2 or 3 miles, until the crowd finally settled into its groove.

The park was nice, but my favorite part by far was the 7th Avenue stretch between 59th and 42nd streets. Although the crowds weren't nearly at New York City Marathon levels, many people came out to show their support. I enjoyed the bands along the course as well, and I liked that at any given time you weren't terribly far from a fluid station—there seemed to be at least two per mile in some parts.

Running down the West Side Highway was a pretty nice (read flat!) way to end the race. The design of this year's medal was pretty sharp, too. —*Joshua Cames*

Asbury Park 5K	Aug 11
<i>Larry Czaplowski (1st AG)</i>	17:44
<i>Lynne Mortimer (4th AG, I think!)</i>	24:23
<i>Helene Scarnegi (PR)</i>	28:07
<i>Jim Malone</i>	29:10
<i>Ginger Brock</i>	35:48

It was a beautiful morning, and I really enjoyed the last lap on the boardwalk. Everyone received a medal! My time was a personal best (the all-flat course was a big help). —*Helene Scarnegi*

It was a perfect day for running—no humidity, cool thanks to the rain the day before—and more than 1000 runners, as usual, turned out for this fourth race in the Golden Grand Prix series.

Yes, a perfect day, but once again a no-chip race had a timing issue. I was listed on the sheets as 3rd in age, until a man became a woman and beat me by two tenths of a second. Better yet, the next day, he turned back into a she and beat me by a little over a second! I can't understand why the directors of these huge races don't invest in chips. At least the Wonder Bar afterparty was great! —*Lynne Mortimer*

Turkey Swamp Race Day (10M), Aug 12
Turkey Swamp Park, Freehold

Robert Lewin 1:38:21
 Having survived the most oppressive River to Sea Relay I have ever encountered, it was time to get back on the trails.

No, not the trails of that crazy Half-Wit Half race in Pennsylvania (also Aug 12) but, instead, the far less death-defying trails of Turkey Swamp Park in Freehold.

This course may be considered wimpy by Pretzel City Sports standards, but nevertheless its mostly single-track trail has tree roots embedded in it and is a bit gnarly. These details are not mentioned in the literature.

Runners choose among several distances (5M, 10M, 25K, 20M, 50K). The 50K is the only ultramarathon in New Jersey, and it was interesting to see the different variety of runner it attracted. People doing the 20-miler or the 50K had to check in at a scorer's table each time they completed the 2.5-mile loop.

With that short of a loop, runners were lapping one another. Some ultrarunners did not practice trail etiquette when passing—they whizzed by without announcing their intention to pass. On such a tight trail, that was unnerving. Some runners fell while being lapped. I saw more people fall here than at any other trail race I've done.

While the tight course and constant lapping didn't help, far too many people didn't wear trail shoes. Despite being overdressed with my Mon-trails, I turned an ankle. I attribute that to the monotony of running four loops and to not respecting the trail enough—I turned the ankle while trying to break out of my leisurely pace. Fortunately, there was no swelling, so I was able to resume my (slower paced) running.

Hamburgers, hot dogs, drinks, and watermelon were available after the race.

This event is well organized, but I think the course loops should be longer so runners can spread out more.

[A second NJ trail ultramarathon was recently announced—the Ramapo Mountain Madness 50K. This Oct 13 event starts and finishes at Shepherds Lake in Ringwood State Park. More info: www.mytyd.com/events.html. —*Ed.*]

Half-Wit Half (13.1-Mile Trail Run), Aug 12
Reading, Pa

<i>Wayne Carlson</i>	2:18:11
<i>Robert Stack</i>	2:34:38
<i>Chris Jaworski</i>	2:58:39

Wayne made his Pennsylvania trail debut in fine fashion and ran his longest trail race. Robert and I were slower than in 2006 (I rolled my ankle at 1:03 and hobbled along). —*Chris Jaworski*

Lake Takanassee Aug 13
Summer Series 5K, Long Branch

<i>Phil Coffin</i>	20:19
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The Shore Athletic Club (SAC) is enormous, and it puts on some enormously satisfying series. The club runs a cross-country series on Saturdays in the fall in a variety of Monmouth County parks (see p. 4). It puts on track meets. And it runs the Lake Tak 5K series on a succession of summer Monday nights through August. (Those who have run the New Jersey Marathon, or the half, should be familiar with the lake.) The Lake Tak races are low-key but pretty high-caliber at the front; they're much like the Tuesday night 4-milers that Dean Shonts used to put on at South Mountain Reservation. A lot of us miss those.

The 5K is preceded by a kids' 1500-meter event, part of SAC's continuing effort to encourage kids to run; the club also puts on track meets for young runners.

SAC has a lot of people to draw on, but you have to admire the efforts it makes to meet the needs of current runners and to develop the adult runners of the future.

NYRR 5-Mile Team Championship Aug 18

<i>Peter Connell</i>	34:07
<i>Karen Merz</i>	34:15
<i>Eric Stadnyk</i>	35:24
<i>Mick Close</i>	35:26
<i>Tom Daniels</i>	35:43
<i>Chris Jaworski</i>	38:27

It was quite a scene as running clubs from all over the metro area converged on Central Park for this event. Tom Daniels, Chris Jaworski, and I drove in on what was a spectacular mid-August day. We found a prime parking spot on 5th Avenue, right next to the park, before heading over to the registration area near the start/finish on the 102nd Street transverse. NYRR sure knows how to run a race—postregistration, complete with number and chip, took all of about 5 seconds!

The race headed down the park's west side for 2+ miles, past Tavern on the Green, with a nice downhill mile 2, before returning up the east side, which included a tough climb up Cat Hill during mile 4. (Chris missed the cat again!) It was nice to see new member Karen Merz cheering us on as she prepared for the women's race, and Peter Connell racing past during mile 3 before getting sucked into a battle with Eric Stadnyk (running today for the New York Flyers!) up Cat Hill and all the way to the finish.

This race was a bit like our Interclub Challenge but on a much larger scale. There were probably 50+ clubs competing, though some, like Essex, did not have enough people to show up in the results. It was fun to be in a race in which

just about all the runners were wearing their club colors and cheering on their teammates. There were almost 800 runners in the men's race and, an hour later, 500 in the women's race.

The field was competitive. My time (35:26) was good only for 484th place (777 finishers). Fifteen runners finished under 25:00 and 200+ under 30:00! The top 7 runners and 13 of the top 20 were from the Westchester Track Club!

I think this event would be nice for us to run as a team next year, so I will make sure to post it on the calendar then. Running a race like this in Central Park on such a beautiful day is sure hard to beat! Many thanks to Chris for driving and to Tom for the Starbucks! —*Mick Close*

This was a fun morning—good company, a shot of September weather, a perfect parking spot, a low entry fee (\$10), a noncrowded field (the race was limited to runners affiliated with clubs), and my time was just 20 seconds short of a PR.

I may have missed seeing the cat again—it must have been chasing tasty runners off into the bushes—but I did spot the *obelisk!* The *obelisk*, I say! I also spotted a New York Flyer I know from a few races—the Newport 10,000 and several trail races (Charlie Horse, Double Trouble, Half-Wit). We seem to be pretty evenly matched. Well, he passed me around the 3-mile mark, offered me some encouragement, and was soon well out of sight. I tried, and I tried, and I ran a 7:03 last mile, but I missed catching him at the end ... by 6 seconds. That last mile sure felt good!

—*Chris Jaworski*

Self-Transcendence Marathon, Aug 24 Rockland Lake State Park, Congers, NY

Chris Jaworski ~4:51:00
Aubrey Blanda (half-marathon) 1:51:45

It was a nice morning for a walk up in Rockland Lake State Park in Congers, New York. I walked a good long time there. I walked around a lake. Rockland Lake. Two point nine miles all the way around! I felt so good, but that was after running for a while. I ran and I ran! Around and around the lake! I ran for 7 miles before I walked. It was humid—87% at 8:00 am! Woo-eee! Other running people were stinky, but not me! I ran around some of them, but they were everywhere.

After 4 hours 51 minutes and some seconds, I decided to stop running and walking. Everyone was cheering when I stopped! Maybe I was stinky!

After running to mile 19, I started walking. I must have walked a whole mile! I kept trying to think of a reason to start running again. I seemed to be looking through files in a file cabinet in my head, looking for that reason, but all the files were blank. So I kept walking, and I felt good! Just when I reached the last file in the cabinet, I thought, "Maybe my friends would like to read a story about this," so I started running again.

A lady was playing a sitar, and it sounded wonderful. I wanted to lie down in the grass next to her and listen to her play forever. Her music reminded me of the Beatles and India and ragas. That was some great music! I was on a magical mystery tour, running around in my head, going to faraway places, but then I remembered I really

wanted to walk more, maybe even run, around the lake! After just a moment, I decided not to lie down in the grass to listen to the lady play the wonderful sitar music. I was sad. That would have been a good way to spend the rest of the morning!

I was running and about to throw an empty Clif Shot energy gel package into a trash container. That's when I saw some trash on the grass, and I thought, maybe I should stop running and pick that trash up and put it in the container. So that's what I did, and it felt good.

On my first lap around the lake, I had a self-transcendental experience. I felt like all we running people were just one person running. Great! But soon after that I felt I was all alone, so very alone. All I could think of was how hot it was. And it was still humid. And I began to ache.

But then my friend Aubrey ran up behind me! Hey, where did she come from? We had been running together at first, but then she ran ahead of me, and now she caught up to me? I asked her, "Did you lap me?" And she said, "Yeah!" And she kept running ahead. I said to myself, hmm. Am I that slow? Could I have run only 7 miles in the same time that Aubrey ran 10 miles? I was confused. And hot and tired and aching. Hmm. About 60 minutes divided by 10 miles is ... wow! Each mile Aubrey was running was taking her only 6 minutes! She's fast!

Then I realized I must have passed Aubrey earlier, without knowing it, and she was now passing me back. Although I still think Aubrey is fast—she ran 13.1 miles in less than 1 hour 52 minutes!—maybe I wasn't so slow after all. That made me laugh! And I am glad to know that Aubrey had fun running her 13.1 miles, and she ran them almost faster than ever. So, she is fast!

After 7 miles, I was running 1 mile at a time, and then walking a bit for fun. Imagine my surprise when I finished 13.1 miles in 2 hours 1 minute and 30 seconds. That was close to my time last year, when it was pouring! I kept going. When I reached 18 miles, the time was exactly 3 hours. But there was still a long way to go. Foo!

When I started running slower and slower, I started to notice the different shirts the other running people were wearing. On some of the shirts, there was a saying, "Self-transcendence is eagerness in action." Hey, wouldn't it be neat if I had a saying, too? I kept thinking, but it seemed I was still using that file cabinet with all the blank files. Then a saying came to me: "Self-transcendence is meagerness in action." That would be my saying for this day of running and walking when I was hot and achy and the air was humid!

That is how I finished a Self-Transcendence Marathon around the Rockland Lake in the Rockland Lake State Park in Congers, New York, on August 24, 2007, Friday morning.

I ran and walked hard. —*Chris Jaworski*

Chris and I drove up to Rockland Lake near Nyack to try once more to transcend to a higher plane of existence (not that we don't like you guys here in New Jersey or anything). I was there to run half the course as a time trial for my fall marathon training; Chris was there to run the full. I was again impressed with this race (we ran it last year).

First, it's so close and easy to get to that it should be more of a local race than the New Jersey Marathon. Parking is much easier! Second, it's very well organized, from the bib pickup at the start to the post-race finish, food, and baggage area. Third, it's a great course—flat, scenic, and shady, asphalt with a dirt trail next to most of the asphalt, though it does consist of nine 3-mile laps around the lake. I liked the repetitive laps. I knew what to expect and which of the three well-stocked aid stations had what.

Finally, the race is off the beaten path. Many of the participants, from countries all over the world, belong to Sri Chinmoy's spiritual group, which believes in part that hard endurance exercise is the way to achieve ... something good—inner happiness or something, but it was good. A few weeks ago, 9 or 10 people finished the group's 3100-mile race in Queens, where they ran around a city block (about a half-mile) 18 hours a day for weeks. If you can't achieve self-transcendence doing that, I think you must be hopeless. At least one person who finished the 3100-miler ran today's marathon. Whatever their beliefs, Chinmoy's people put on a great race.

As in 2006, many runners wore T-shirts printed with their self-proclaimed guru's quotations. This year's favorite was, "Always remain cheerful. Nothing can conquer a solid wall of cheerfulness." Others had to do with determination, happiness, achieving, et cetera—all good things to see on the back of the person in front of you when the going gets tough.

I finished my half in 1:51:45, just about tying my PR from January 2006. I was 2 minutes off my goal time but, given the humidity, happy. My time gave me a lot of confidence that I'm finally over all the injuries I had that awful year.

As the course was a loop, I saw Chris at several points. One time, he yelled something to me. I didn't catch a word he said but called out "Yeah!" as some kind of encouragement. Later I learned he had asked if I had lapped him, so maybe "Yeah!" was the wrong thing to say!

After I finished my half, I took a seat near the enthusiastic drummer guys, near the enthusiastic conch shell blowers, a few hundred yards from the girls chanting *marr-aaaa-thonnn*. The chanting chicks sounded better this year—they must have been practicing. —*Aubrey Blanda*

"Always remain cheerful. Nothing can conquer a solid wall of cheerfulness." I didn't see that shirt, but I think that's the wall I hit. —*Chris Jaworski*

Summer Showdown Aug 25 Cross-Country 5K, Colts Neck

Phil Coffin 19:24

First XC race of the season, first course error of the season, so this 5K was more like 3 miles—unless I really *did* run a 4:00 first mile, as the mile marker indicated. Nice course at Bucks Mill Park—generally flat, almost all on grass except for some lightly graveled path and up to a half-mile of dirt bridle path that made it feel like running in sand (substitute singlets for muscle shirts and bikinis for the other part of making it feel like running in sand). Good atmosphere.

Interclub Challenge, Brookdale Park

I thank everyone for coming out on July 29 and making the Interclub Challenge such a memorable event!

As has been the case the past few years, Clifton Road-runners Club came out in force and overwhelmed both South Hudson Spiked Shoe Club and Essex Running Club. Although ERC had what I consider a good turnout, our 28 runners could not compete against Clifton's 35. Of course, South Hudson came through with 10 runners who turned in great age-group times to keep us all on our toes!

In the Best Club competition (taking the top 12 places from each club added up; lowest number of points wins), Clifton was 1st (123 points), Essex 2nd (210), South Hudson 3rd (552; 10th runner times 3 to make 12 runners). In the Clifton–Essex competition, Clifton won again, 785 to 1073 (first 28 places for each club counted).

Top male and female finishers were Dan Murphy (ERC), Fabio Rico (CRC), Larry Czaplowski (ERC), Karen Merz (ERC), Patricia O'Hanlon (SH), and Jennifer Edmond (ERC).

I thank everyone who contributed to the Mishler Fund (we raised a whopping \$460!) and the following people, who made the Interclub Challenge possible:

- Tom Allen (Clifton) provided pins and race numbers.
- Mark Frankel (Essex) tabulated results. It's not easy entering and calculating this information. It's good to have a Excel expert in the club!
- Debbie Bremer provided tables, chairs, and a laptop computer. With her help, we were able to record finishing places and, for the first time this year, finishing times.
- Clifton president Barbara Brannon has long supported this event and helped make it what it is today! She also provided the individual medals.
- Nick Puja and the rest of the South Hudson crew put up a good fight!
- And many others, including Anne Chesny and Genie Temmler (at the finish line), Catherine Alessi, Andy Kotulski, Bev Salerno, and Karen Mishler (at park entrances), and Tom Kelly and Maritta Rose.

The final finisher, Justin Cubas, is 7 years old! Yes, he ran 3.3 miles! A future Olympic runner!

Beverly Salerno: Call Her *Grandma!*

On August 7, my first grandchildren (twins) were born: Evan Joseph and Maya Jade. I'm thrilled, though I have to get used to being called *Grandma*. My daughter is home and doing well, but the babies stayed in the hospital (they were a month premature). They're doing well, should be home soon!

Mike Long, 1942–2007, Elite Athlete Coordinator of Rock 'n' Roll Marathon

Mark Frankel

One of the most beloved figures in the sport of running passed away in July at the age of 65. Mike Long, who was elite athlete coordinator for Elite Racing since 1990, died of a heart attack in his house in San Diego.

Elite Racing is a sports marketing firm that puts on some of the most popular US races: Rock 'n' Roll marathons and half-marathons in San Diego, San Jose, Arizona, and Virginia Beach; Country Music Marathon and Half-Marathon; Philadelphia Distance Run; and Carlsbad 5000.

"With his Irish twinkle and easy charm, Long's passion for life and the sport was marked by the embracing quality of his work, which took him around the globe to recruit athletes for Elite Racing's growing stable of events. Not just in the business of running, Long's sincere human touch earned him friends everywhere, and many of the world's finest distance runners counted him as a close friend," Elite Racing posted on its Web site.

Long, a stockbroker, moved to South Mission Beach, California, in the 1970s. He began marathoning during the first running boom and set his PR (2:54:00) at Boston in 1983.

One day in 1979, sitting on the boardwalk after a run, Long heard a man with an Irish brogue. It turned out to be future indoor mile record holder Eamonn Coghlan, who was training in the area. Long developed a close relationship with Coghlan and in 1984 housed Irish Olympian Jerry Kiernan for two months before the Los Angeles Olympics, beginning a tradition of opening his home to runners.

In 1990, Long retired as a stockbroker and joined Elite Racing as an elite athlete recruiter and coordinator.

Although he came to Elite with contacts in the Irish running scene, he also worked hard to cultivate relationships with Kenyan and Ethiopian runners and their agents.

"To [the] Kenyans and Ethiopians, Mike Long was the face of America," said agent Brendan Reilly on Elite's Web site. "We couldn't have asked for a better ambassador."

So while Elite could not afford the same high appearance fees paid by large races (eg, the New York and London marathons), Long was still able to recruit many top athletes.

"Do you think runners like Haile, Tirunesh Dibaba, and Meseret Defar would come for a few thousand dollars in prize money if it weren't for Mike?" agent Mark Wetmore told the *San Diego Union-Tribune*. "They come to support Mike. He's literally changed people's lives with the opportunities he's given them."

His biggest triumph may have been getting two-time Olympic 10,000-meter champion Haile Gebrselassie to run P. F. Chang's Rock 'n' Roll Half-Marathon in 2006, setting a then-world record of 58:55 (since broken).

"It put Arizona on the map," Tim Murphy, Elite's CEO told the *Arizona Republic*. "We paid [Gebrselassie] a token to do what he did. That's because Mike developed a relationship with the people over there. Haile could see what a genuine guy he was. Mike brought in athletes who weren't proven, that nobody else would take, and that meant a lot to Haile."

"There was no one more endearing to see anywhere, whether you were at the world cross-country championships in Dublin, Ireland, or Mombasa, Kenya, a road race somewhere or in his own element in San Diego," Deena Kastor told the *San Diego Union-Tribune*.

Long's body was discovered by Tom Bedford, who was living with Long while serving an internship at Elite.

RACES: SEPTEMBER & 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.

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	7:00a	NYC Marathon Long Training Run #2 (NYC)	20M	212-860-4455	
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)	5K	212-860-4455	
9/22	Sat	9:00a	Project COPE 5K (Montclair State University)	5K	973-655-6785	
9/23	Sat	8:00a	Queens Half-Marathon	13.1M	212-860-4455	
9/23	Sun	8:30a	Newport Liberty Half-Marathon & 5K (Jersey City)	13.1M, 5K	732-381-0318	NBGP: 13.1M (800 pts), 5K (500 pts)
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	
9/30	Sat	7:00a	NYC Marathon Tune-Up (NYC)	18M	212-860-4455	
9/30	Sun	8:30a	Brian's Run (Wayne)	10K, 5K	973-904-1395	NBGP: 10K & 5K (both 500 pts)
9/30	Sun	9:00a	Jersey Shore Half-Marathon & 5K (Sandy Hook)	13.1M, 5K	732-409-3948	
9/30	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-268-3500	NBGP: 500 pts
9/30	Sun	10:00a	West Orange Run for the Whisper	5K	973-325-4109	NBGP: 500 pts
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	
10/7	Sun	9:00a	USATF-NJ 5K XC Championship (Holmdel Park)	5K	973-334-8900	NBGP: 700 pts
10/7	Sun	9:00a	Breath of Hope 5K (South Mountain Reservation)	5K	973-376-6094	NBGP: 500 pts
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 (Convent Station)	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	Run for Kids Sake (Spruce Run, Clinton)	5K	908-689-0436	NBGP: 500 pts
10/13	Sat	10:00a	Wyckoff 5K	5K	201-848-8738	NBGP: 500 pts
10/13	Sat	10:00a	Hounds & Harriers (must run with dog) (Morris Twp)	3M	973-377-6276	
10/14	Sun	8:30a	Race for the Cure (Six Flags, Jackson Twp)	5K	609-252-2008	
10/14	Sun	8:30a	Nutley Fall Five	5M		NBGP: 500 pts
10/14	Sun	8:30a	Atlantic City Marathon	26.2M, var.	609-601-1R1UN	
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	8:00a	Got Your Back 5K (Pequannock)	5K	973-835-9253	
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	9:30a	Liberty Corner 4-Miler	4M	908-766-7925	NBGP: 500 pts
10/21	Sun	9:40a	Staten Island Half-Marathon	13.1M	212-860-4455	
10/21	Sun	10:00a	Seaside Half-Marathon & 5K	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	9:45a	Robert Giaimo Memorial Run (Fairfield)	5K	973-575-6416	
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	
10/28	Sun	10:30a	USATF-NJ 8K XC Championship (Readington)	8K	973-334-8900	NBGP: 700 pts
10/28	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	732-381-0318	NBGP: 500 pts

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