



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

February 2008

Vol. 25, No. 2

PRESIDENT'S CORNER

Desmond Duncker

A new year is now with us.

And 2008 is a milestone: Essex Running Club has been around for 25 years! To mark this anniversary, we will have a celebration later this year. I hope everyone will attend!

However, am I alone in wondering where the years have gone? It doesn't seem so long ago that we were celebrating our 20th anniversary. Time marches on!

Since December, I have been nursing an injury, a torn knee ligament that ended up requiring surgical repair in January. I had believed that this injury was not running related but occurred while doing yard work in November.

Well, when I went to my first physical therapy session, the therapist watched me walk across the room and asked, "Did you ever have a groin injury on the right side?"

Why, yes, I had had a groin injury of undetermined origin for several years! After further evaluation, the therapist determined I had been compensating for the groin injury by immobilizing my hip and using my knees to twist and turn, which ultimately led to overtwisting.

So now I need to do physical therapy to get rid of the scar tissue in the groin, to return mobility to the hip, and to regain full use of the knee!

Everything is connected. As much as we may think we know our bodies, when we break down with an injury, we can be surprised to find that the real cause is some other injury, one we have been ignoring or compensating for. The body is a wonderful thing, and it is capable of functioning for a long while even while something is wrong.

I count my blessings. I have been able to run for most of the 25 years that ERC has existed. And now I hope to be running for 25 more years—after taking care of this injury.

Take care of your body! You have only one!

MARK YOUR CALENDAR

- **Feb 1.** Millrose Games. Tickets for the 101st edition of this exciting indoor event at Madison Square Garden can be purchased online at Ticketmaster. USATF members receive a \$10 discount per ticket by ordering at www.millrose-games.com/2008.
- **Feb 4.** General meeting. *Box, Page 1.*
- **Feb 5.** Empire State Building Run-Up featuring Ed Kelly, Jen Lanterman, Michael Topper, Chris Jaworski. Info: www.nyrr.org.
- **Feb 20.** ERC's first "Team Talk" night at Charlie Brown's. *Page 4.*

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

Church Street Café
12 Church Street, Montclair

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

Our Speaker

Alycia Kluegl will discuss the benefits of resistance training for runners. Alycia, who has a BS in exercise physiology from William Paterson University, started Empower Your Body in 2003. Her business services northern New Jersey with in-home personal training by qualified exercise physiologists, massage therapists, yoga instructors, and nutritionists.

Schedule of General Meetings for 2008

Mar 3 • Apr 7 (Awards) • May 5 • Jun 2 • Jul 7 • Aug (no mtg)
Sep 8 • Oct 6 • Nov 3 • Dec 7 (25th Anniversary/Holiday Party)

Schedule of Board Meetings for 2008

Feb 12 • Mar 11 • Apr 15 • May 13 • Jun 10 • Jul 15 • Aug
(no mtg) • Sep 16 • Oct 14 • Nov 11 • Dec (no mtg)

- **Feb 21.** Repeat of *Spirit of the Marathon*, a nonfiction feature film, at AMC Clifton Commons on Route 3 and other theaters.
- **Mar 9.** Newark Distance Classic (club race): USATF–NJ 20K Championship (All Divisions) & 5K. *Page 4.*
- **Apr 2.** Wednesday track workouts begin. *Page 3.*
- **Apr 6.** Ten-Town Distance Challenge (14.5M) through Essex County.

Will This Be Your Last Issue?

If you read *Keeping Track* for all the latest news on ERC and the local running scene, but have yet to renew your membership, complete the form on page 2 and mail it with your check today. Want the March issue of *Keeping Track*? Renew by Feb 1. Not sure if you've renewed? Other questions? Please contact the ERC Membership Coordinator (membership@essexrunning.com). We hope you'll run with us in 2008!



**2008
ESSEX RUNNING CLUB**

Officers

Desmond Duncker. President
 Anne Chesny. Vice-President
 Carl Sturcke. Treasurer
 Mark Frankel. Secretary

Board Members

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 Mick Close. At Large
 Phil Coffin. At Large
 Chris Jaworski. Newsletter
 Tom Kelly. At Large
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 Gary Peters. USATF
 Martta Rose. PR & Web Site
 Beverly Salerno. At Large
 Sal Ulto. Apparel

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

Online

Web site & membership application:
www.essexrunning.com

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

Then you can send e-mail:
[essexrunningclub@
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Apparel: Sal Ulto, sulto@att.net

Monthly Speakers: Anne Chesny
 201-869-1708



Reflections of a Senior Runner

By George Studzinski, MD

It has been a while since I wrote for *Keeping Track*. The newsletter has so many fine articles and is in good hands. Also, people communicate well through the Yahoo e-mail group. I have read a lot and enjoyed it, and it has become obvious that we have a very running-savvy membership.

But I want to share some thoughts that may not be obvious to some, from my perspective and experience as the eldest runner in the club, and as a health professional with almost 50 years' practice of medicine (graduated June 1958).

First, my impression is that some members do not fully realize there is a natural aging process, whereby muscles lose fibrils and as a result cannot contract with customary force. The exact age when this happens varies. In my case, it was a bit after 55. Connective tissues around muscle cells lose their resilience and can tear if overstressed by long strides. I learned that the hard way, when in my late 50s I thought I could beat my age group in the 10K Brian's Run in West Chester, Pa, with a time of about 36 minutes. I started strong but on the first downhill elongated my stride and then felt my right hamstring tear. I could not run for months, and this injury then recurred several times when I resumed racing. Have you noticed that seniors who still run have these ridiculous pitter-putter short strides. Smart!

The moral of this story is that, if you are over 50, and many in this club are, don't try to improve too hard, especially when injured. I suggest you ask, "Am I overdoing it?" or "Am I running too fast? too far? too often?" Any one of these may work, but not all three together.

I just entered an age group that is most likely the last competitive one. But already over the past year I have deliberately slowed down, hoping to run not faster but longer. Not in distance, but in years. This brings me to my second main point: Take good care of your general health, by right diet and regular checkups, so you can be around to run longer. Mainly because our running gives us cardiovascular health, some tend to forget that running has only a minor effect on cancer incidence. Our good friends Vince Carnevale and Dr. George Sheehan did not hide the fact that they were fighting prostate cancer, and some other running friends are gone due to colon cancer. Yet the odds of terminal cancer progression can be greatly reduced by vigilance and appropriate treatment. And also, results from my own National Institutes of Health-sponsored research, and the research of others, show that large daily doses of vitamin D (though not >2000 IU), supplemented by sunlight when possible, and by plant antioxidants, can prevent incidence of a variety of human cancers.

Cheers! Here is to your good health.

For details on contributing to this series looking back on ERC's 25 years, see box on page 3.

| ESSEX RUNNING CLUB 2008 MEMBERSHIP | | JOIN OR RENEW |
|--|---|---|
| <i>INDIVIDUAL</i> | | |
| Name | | DOB |
| Street | | |
| City, State, Zip | | |
| Primary Phone | 2nd Phone | |
| E-Mail | | |
| <i>FAMILY</i> | | |
| Spouse Name | | DOB |
| Primary Phone | | |
| E-Mail | | |
| <i>ANNUAL DUES & MAILING</i> | | |
| <input type="checkbox"/> \$25 Individual | <input type="checkbox"/> \$40 Family | Make check payable to <i>Essex Running Club</i> and mail with this form to: Essex Running Club, PO Box 183, Verona, NJ 07044-0183. |
| <p>Membership Year. Jan through Dec. Current Members. Renew by Feb 1 to avoid interruption in delivery of <i>Keeping Track</i>. New Members. Your first year may not be a full year. If you join after Sep 1, however, your membership will carry over to include all of the following year. Membership Directory. Your name, address, phone numbers, and e-mail address will be printed in a directory distributed annually to ERC members only. This directory is solely for the personal use of members and is not to be used for commercial or political purposes.</p> | | |

YEAR-ROUND GROUP RUNS

| | | |
|-----------|---------|---|
| Sat & Sun | 9:00 am | (▲) West Essex Trail Run, Verona |
| Sun | 7:00 am | (F) Fleet Feet Sports, Montclair (FF Long Run) |
| Sun | 7:00 am | (+) Grove Pharmacy, Montclair (Grove Street Long Run) |

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

Free Coached Workouts Returning to Brookdale Park Track in April

Members enjoyed these workouts last fall, so ERC has added spring training on Wednesdays (Apr 2–May 28). Runners/walkers of all abilities welcome. Arrive at 7:15 pm and run a 1.5-mile warmup so that you're ready to go when the workout begins at 7:30 sharp. Joel Pasternack will provide coaching and advice, and his workout plan will be posted each week at www.essexrunning.com/workout.

WINTER WEEKEND RUNS

ERC schedules a mix of hosted runs and other events on winter weekends (Dec–Feb). More details in Nov issue. **Groups meet at 9:00, unless noted otherwise. Please RSVP.**

| | |
|------|--|
| 2/2 | Andi Robik , 60 Adams Pl, Glen Ridge 973-580-1076 <i>From Verona:</i> Bloomfield Ave east to Glen Ridge, right at light onto Ridgewood Ave, pass Washington St (light), 2nd left onto Maolis Ave, first right onto Hawthorne Ave, first left onto Adams Pl, #60 is 1 block up. |
| 2/3 | West Essex Trail (▲) |
| 2/9 | West Essex Trail (▲) |
| 2/10 | Val Kenny , 77 Fairway Ave, Verona 973-857-3432 <i>From Montclair:</i> Take Bloomfield Ave west to Verona Park light, turn left onto Lakeside Ave, go ~1 mile, pass <i>Entering West Orange</i> sign, take next right onto Fairway, continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on left. |
| 2/16 | West Essex Trail (▲) |
| 2/17 | Susan Palermo & Wayne Carlson , 27 Westwood Dr N, West Orange 973-325-5127 <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. |
| 2/23 | West Essex Trail (▲) |
| 2/24 | Robert Lewin & Evette Pitre , 14 Main St, Clinton 908-238-0649 Start at Robert & Evette's Hunterdon Running Shop and run the roads and/or towpath (Landsdown Trail). <i>From ERC-ville:</i> Take Garden State Parkway south (to exit 142) or Route 287 S (to exit 21B) and then Route 78 W to exit 15 (Route 173 E toward Clinton). Turn right onto Route 513/W Main St/Route 173, then left (after landmark of Clinton House) onto Main St, then right to stay on Main St. The shop is 1 block from the Red Mill Museum in downtown Clinton and less than a mile from Route 78. |



Welcomes Its Newest Members!

Ted Bongiovanni. Glen Ridge
Lance Casler. Caldwell
Will DeRoberts. Boonton
Tracy Keller. Glen Ridge
Ginny Kientz. Verona
Kristen Laird. Bloomfield
Frank F. Monroe. West Orange
Francine Persak. Glen Ridge
Michael Sneden. Montclair
Leian Welch. Clifton

OUR 25TH ANNIVERSARY!

As the club's silver anniversary draws near, some of us have started to wonder what the running scene was like in 1983, and how things have changed since. We'd love to read your stories, observations, and insights! If you can throw a historical light on our sport or our club, e-mail jaworski@verizon.net.

ERC CLOTHING

Now being sold: singlets (\$20) and long-sleeved T-shirts (\$10) with new logo & warmup jackets with 20th anniversary emblem (see p. 9 for jacket order form). Half-price: "antique logo" T-shirts (long-sleeved), sweatshirts, hats, ear warmers. Clothing is sold at monthly meetings. Questions? Sal Ulto (sulto@att.net).

POETRY CORNER

Donna Close

Identity Theft

Having been deeply stung by a
want-to-bee,
I surfed streets for a gal's perfect bod.
Then my Nikon zoomed in on the
style and stink
Of Puma pink, flat abs and strong quads.
I followed her skimpy socks
For blocks and blocks
Yeah, she was in training for some
biggie race.
Identity theft was easy with copy, cut
and paste
Her body was there in full view with
my face.
I sent out a blog to most of my friends
And now they think I'm really cool.
You can tag me online
At my own URL.



USATF–NJ

Gary Peters

The 2008 USATF–NJ Grand Prix Championship race schedule starts with a series of longer distance races with a 5K thrown in. Will you be racing this year?

First up are two All Divisions competitions: the Newark Distance Classic 20K (Mar 9) and the St. Paddy's 10-Miler in Freehold (Mar 30). On Apr 13, we drop down in distance to a 5K race, Run for Rachel in Livingston (Open Women Championship), and then on Apr 26 we have another longer event, the Clinton Country Run 15K (Open Men and Women).

ERC's First "Team Talk" Night: Let's Get Ready for USATF 2008!

Wednesday, Feb 20, 8:00 pm

Charlie Brown's Steakhouse
50 Upper Montclair Plaza, Montclair, 973-783-9560
Behind Bellevue Theater, near corner Bellevue & Valley

Please join other ERC members for a casual meeting to discuss the 2008 USATF–NJ Grand Prix team competition, which will kick off less than three weeks later with the Newark Distance Classic. We hope to see many current team members there as well as anyone interested in joining the team. Hang out with friends who can answer any questions you may have about the team or the Grand Prix individual competition. We'll meet in the bar for drinks and conversation and might grab tables in the back room later on. Everyone is welcome to attend, and we hope to see you there.

—Mick Close

All ERC members are invited and encouraged to participate. Just sign up with USATF to get your official USATF membership number for 2008. To map out your USATF–NJ Grand Prix Championship race schedule for the year, see page 10 of the Jan 2008 issue of *Keeping Track* or log on to www.usatfnj.org/ldr/2008_LDR_Championships.pdf.



AT THE RACES

Mick Close

The only local February races are put on by the New York Road Runners (NYRR): two 4-milers, the Gridiron Classic (Feb 3) and the Al Gordon Snowflake Run (Feb 23), plus in the Bronx the second race in the

NYRR Half-Marathon Grand Prix series (Feb 10). It's likely that some ERC members will run these races. You can use our Yahoo e-mail group to organize car pools into the city.

Club races resume in March. Two of them, the Newark Distance Classic 20K (Mar 9) and the St. Paddy's 10-Miler in Freehold (Mar 30), are USATF–NJ long-distance championship events. We're hoping for a higher level of participation on our club teams this year, so please try to fit some of these championship races into your schedule.

A schedule of all club races scheduled for the first half of 2008 appears below. Some are USATF championship/team races, and others are simply popular local races. At these events, you'll probably find many of your fellow ERC members offering you support and encouragement.

Show your club spirit at these races by wearing an Essex shirt! Our shirts help promote the club and make it easier for members to spot one another. Shirts with the new club logo are now available. Contact Sal Ulto for your clothing needs (sulto@comcast.net, 973-338-0177).

CLUB RACES: FIRST HALF OF 2008

| | | | | | |
|------|-----|--------|---|-------------|--|
| 3/9 | Sun | 9:30a | Newark Distance Classic | 20K, 5K | USATF–NJ 20K Championship (All Divisions) |
| 3/16 | Sun | 11:00a | Millburn Spring Run | 10K, 2M | |
| 3/30 | Sun | 10:30a | St. Paddy's 10-Miler & Leprechaun 5K (Freehold) | 10M, 5K | USATF–NJ 10-Mile Championship (All Divisions) |
| 4/5 | Sat | 10:00a | Building Tomorrows 5K (Brookdale Park) | 5K | |
| 4/6 | Sun | 7:00a | Ten-Town Distance Challenge (Montclair) | 14.5M | Group Run Through Essex County |
| 4/13 | Sun | 9:30a | Run for Rachel (Livingston) | 5K | USATF–NJ 5K Championship (Open Women) |
| 4/13 | Sun | 10:00a | Cherry Blossom Run (Branch Brook Park) | 10K | |
| 4/19 | Sat | 9:00a | Jersey Shore Relay & Individual Marathon | 26.2M | |
| 4/26 | Sat | 9:30a | Clinton Country Run | 15K, 5K | USATF–NJ 15K Championship (Open Men/Women) |
| 4/27 | Sun | 9:00a | South Orange Rotary 5K | 5K | |
| 5/4 | Sun | 7:30a | NJ Marathon & Long Branch Half-Marathon | 26.2, 13.1M | |
| 5/4 | Sun | 8:45a | Race for the Cure (Branch Brook Park) | 5K | |
| 5/4 | Sun | 9:00a | Nutley Chamber of Commerce 5K | 5K | |
| 5/4 | Sun | 1:00p | Our House 5-Miler (Summit) | 5M | USATF–NJ 5-Mile Championship (Masters Men/Women) |
| 5/10 | Sat | 8:30a | Newport 10,000 (Jersey City) | 10K | USATF–NJ 10K Championship (All Divisions) |
| 5/18 | Sun | 9:00a | Gilda's Run (Saddle River County Park, Paramus) | 15K | |
| 5/26 | Mon | 8:45a | Ridgewood Run | 10K, 5K | |
| 6/1 | Sun | 8:30a | Montclair Run | 10K, 2M | |
| 6/16 | Mon | 8:00p | President's Cup (Millburn) | 5K | USATF–NJ 5K Championship (Open Men) |
| 6/22 | Sun | 9:00a | Pine Beach 5K | 5K | USATF–NJ 5K Championship (Masters Men/Women) |
| 6/22 | Sun | 5:45p | 5000 Meter Lager Run (Glen Ridge) | 5K | |
| 6/26 | Thu | 7:30p | Sunset Classic (Bloomfield) | 5M | |

FINISH LINES

Catching Up With Michael Topper (2007)

NYRR Fred Lebow Classic (5M) (Jan 5) . . . 50:13
NYRR Gridirion Classic (4M) (Feb 4) . . . 36:56
NYRR Snowflake Classic (4M) (Feb 25) . . . 36:27
NYRR Scotland Run (10K) (Apr 1) 59:07
NYRR Run for the Parks (4M) (Apr 22) . . . 44:38
Draft Day 5K, Giants Stadium (Apr 28) . . . 30:48
NYRR Labrecque Classic (4M) (Apr 29) . . . 34:40
Spring Lake Five (5M) (May 26) 44:51

Jingle Bell Run (5K), Lake Como **Dec 8**
Helene Scarnegi 27:01.17

Toys for Tots 5K, Freehold **Dec 9**
Helene Scarnegi 25:40

New Year's Eve Twilight Run (<3M), Lake Como **Dec 31**
Helene Scarnegi 20:11
 I am sure that this Bar Anticipation fun run was not 3 miles. I came in 37th place, which is funny.

2008

Hangover Run (5K), Westfield **Jan 1**
Larry Czaplewski (1st AG) 17:56
Mick Close (1st AG) 20:13
Rich Unis 21:52
Rollin E. Deas 21:55
Helene Scarnegi 25:52
 The skies cleared for the 26th running of this traditional New Year's Day race in Tamaques Park, and we had a few club members in a field of almost 400 runners. —Mick Close

First Day 5K, Fairlawn **Jan 1**
Bill Wilde 24:22.9
Susan DeRoberts 28:56.3
Emily Ginder (3rd AG) 30:34.0
Beverly Salerno (1st AG) 30:42.1
 Turnout was small, but there were lots of food and a nice awards ceremony. The race started in the rain, but the sun came out after a few minutes, and the weather cleared. I beat the other woman in my age group by a few seconds (a friend on the sidewalk cheered me on and gave me the final burst of energy I needed). —Beverly Salerno

Freezing Cold Hash Run, Edison **Jan 5**
Helene Scarnegi
 Not sure of the distance or time, but this was a lot of fun and a good workout!

Winter Race Series (5K), Freehold **Jan 6**
Helene Scarnegi (3rd AG, PR) 25:24
 This was the first in a 5-week series of 5Ks. Taking 3rd in age felt kinda nice, as I was so thrilled with my time, a PR (I'm trying to break 25:00).

Rock 'n' Roll Arizona Marathon, Phoenix **Jan 13**
 Half-Marathon: *Andi Robik (PR)* 1:59:05
 Marathon: *Aubrey Blanda* 4:08:41
 Mike Wojcio 5:17:13
 This was my first half-marathon under 2 hours. Phew—just made it! —Andi Robik

This was my third year going out to the Valley of the Sun for the Rock 'n' Roll. The first year, I ran the half; the second and third, the full. In 2007, I had a blast, and 2008 did not disappoint.

I arrived Thursday and met my friend Jon at the airport (he was getting the rental car this year). We went to a nice Scottsdale golf resort and took two comp rooms my brother had scrounged for us. Each room had a kitchenette with coffee maker, microwave, and fridge, so we didn't have to worry about prerace breakfast and all that. The rooms overlooked the scenic golf course.

Last year, I had my husband and kids with me, and my dad and his wife stayed at my brother's house, around the corner from the hotel. My dad has Alzheimer's and couldn't process the noise from the kids; he was grumpy and silent. My poor sister-in-law was stressed with all the visitors, her kids were sick with strep throat and the flu—it was the worst! So, I couldn't be happier this year when my dad's wife decided they could not fly out, and my husband and the kids stayed home. Ahh, the silence of a clean hotel room! No added premarathon stress!

The only fly in the ointment was that my left knee hurt like a bear, as it had since I got on the plane in Newark. I had asked the flight attendant for ice and iced the knee all the way to Phoenix. This knee had been a problem since the New York City Marathon, but now it was really painful. I was sure I would drop down to the half, which Jon said I could do up until the actual start of the race. I was happy to be in Phoenix, but right then I wasn't excited about this event. I didn't like the half course, and even thought about not running at all and spectating instead.

On Friday, Jon and I hit the large and well-attended expo. We picked up our stuff and then stopped by the booth for my brother's company, Paradise Bakery, a race sponsor. There we met a manager who gave us race-morning passes to the VIP staging area. (Missing this year was the Stage Rocks tent, which in past years had been provided by the Scottsdale Running Company.) The manager said that Frank Shorter and Khalid Khannouchi would be at the VIP area.

I decided right then and there that I was in for the full distance. I was icing my knee a lot, and I would just hope for the best. I was not motivated for the run before the expo, but after hearing about the elite staging area, I was psyched.

Because of the knee, I decided I'd stay in my comfort zone during the race. I printed a pace band for a 4:10 marathon. I also decided to run without headphones so I could practice pacing and focusing. Jon was going for a sub-2:50 and was getting more and more nervous. Every so often, he started talking to himself about running a strategic race, saying it over and over. On Saturday, we just tried to relax and stay off our feet. My knee was still hurting—real pain under the kneecap—and I was worried. I took ibuprofen that night and kept icing. I showed Jon a *Running Times* article about "shake-out runs." The elites do them. These are not warmup runs. You get

up about 4 hours before a race and jog a very slow mile to get the blood to the muscles and get the stomach moving. Jon said he'd try it on race morning, and he did, at 3:30 am.

I woke up at 4:00, and I swear my knee felt fine, 80% better than it had been all week! I had a bowl of Cheerios and soy milk, which did not sit well, but nothing else was available. Then I did a short shake-out run (as I had done before PR'ing at the Shamrock Marathon last March), showered, and got into warmups.

Jon and I headed for the staging area with Fred, a friend of my brother. Fred's 15-year-old son, Matthew, was running his first half. Matthew would finish in 1:25!

The elite staging area was inside the Phoenix Rock and Mineral Museum, which was both beautiful and surreal. My brother's bakery company supplied all the bagels, muffins, coffee, and so forth. The elites entered. Jon, Fred, Matthew, and I grabbed a table. A guy at the next table asked me who my sponsor was. I just about died laughing! We started talking, and he told me he had been a pacer for Haile Gebrselassie when Geb ran his world-record half there in 2006.

Then Frank Shorter walked in. I went over and asked if he liked the muffin he was eating. We started talking—he was so nice! He signed my bib *For Aubrey, you can do it! Just have fun!*

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 "Finish Lines").

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 "Finish Lines" are eligible for awards. ERC members who want their results counted are ultimately responsible for making sure they're published here.

And he added his name. (I'd think about his saying "just have fun" a helluva lot late in my race!) Then we had a photo taken.

It was almost time to go, and even in the elite area there was a huge line for the women's room. Jon came out of the men's room and said I should just go in there (he saw another woman do it). So I did. I walked in, head down, and waited for a stall. A guy came in and asked me jokingly if I was going to use the urinal. I said I would if I knew how!

In the staging area was a group of young women. Not an ounce of body fat on any of them, but they didn't look emaciated either—they looked great. These women were trying to qualify for the Olympic trials, and I heard eight of them did. Jon ran with them through mile 22.

Last year, I had to walk quite a way from the Stage Rocks tent to the start. This year, the start was right outside the elite staging area door.

The weather was great, about 48 at the start, mid to upper 60s at the finish, not a cloud in the sky, and a lot of shade for a good chunk of the course. Jon said there was a wind of 5 to 10 mph, but I didn't feel it. It was awesome.

Jon and I wished Matthew good luck, high-fived each other, and headed for our corrals. Shorter and Khannouchi gave short speeches before the start, and then the gun fired.

I saw signs for the 3:45 pacers near me but this year didn't even try to start with them. *Restraint* would be my mantra. And I did hold back. I ran at a conversational pace (9:10 on my Garmin) for most of the race.

At mile 3, I looked to my right and saw a guy carrying an American flag in each hand. There, covered with sunblock and having fun high-fiving kids alongside the road was ERC's Mike Wojcio! He told me he was running his 108th marathon!

Remember the Cheerios? Well, they led to a pit stop at mile 9. I also stopped very briefly for a gel and water at mile 10. At mile 16, my knee started to hurt, but with less than 10 miles to go I took two ibuprofen and told myself to suck it up. Ibuprofen is indeed a miracle drug.

Also at mile 16, I felt the start of calf cramps, the result of undertraining (my longest run since NYCM had been 12 miles). I took salt at the next aid station, and that kept the cramps at bay. To keep my left leg going to the finish, I started 45-second walk breaks at the water stations after mile 20. The breaks helped, but naturally my average pace dropped, to 9:23. I timed each break and then pushed on to the next station.

Not wearing headphones made focusing so much easier! I was surprised, because I love my music, but whenever I had used headphones I hadn't been able to think of the things I could use for motivation late in the game. Now here I was, phone-free, remembering to concentrate.

I had some pain from mile 22 on, but it didn't really bother me. Marathons hurt.

Spectator support was fantastic, especially the big group of teenage girls dressed as members of the glam-rock band Kiss. I saw my sister-in-law, niece, and nephew at mile 26 and paused to give them hugs before my final kick.

4:08:41. Happy!

I felt sick after I finished (maybe the salt did it) and had to stop at the med tent, where I iced my knees. Then I was off to meet Jon at the VIP finish area (the passes were good for that too). On the way, I stepped up onto a curb, and my left leg seized up in cramps. Man, did it hurt! I tumbled onto a few people, who kind of broke my fall. I was screaming! I'd never felt anything like that during my eight previous marathons—hell, never felt anything like that during childbirth! It took me about 20 minutes to stand up, and then a med tent guy walked me to the VIP area.

When I first saw Jon, I thought for sure he'd blown his goal. He looked so serious. I asked him how he did, and he said "sub-3" and started going on about the course. I finally broke in and asked, "What was your time?" It turned out that 41-year-old Jon had run a fantastic PR of 2:45! I told him the shake-out run must have done it for him—it couldn't have been all those 22-mile training runs and that hard-core speed work!

Decent food (pasta, chicken, cookies) and drink (beer, coffee, iced tea, soda) were at the VIP area (tables with tablecloths! shi-shi!). It was so cool! I had even done the VIP baggage check, so my bag was right there. So much fun! We had VIP passes for the post-race concert too (Kool & the Gang) but were too tired to go.

All in all, it had been an awesome day, which we capped off with a meal at a restaurant with my brother and his family. Jon and I were starving by then, and we polished off everything!

I'm happy with my time, as I hadn't trained for this marathon and didn't really race it. But I'm bummed too, because I had trained hard for Berlin and yet finished only 90 seconds better there. I think I had the physical training for Berlin, but not the mental discipline, and at Arizona I had the opposite—little training but good mental fortitude. One day maybe I'll have both at the same time.
—Aubrey Blanda

It was interesting reading about Tom Kelly and Marta Rose running the Las Vegas Marathon in the December issue of *Keeping Track*. I've been to Las Vegas many times for races, chess tournaments, and shows. I ran the marathon there about four years ago, when it was held outside the city.

When I was there again for the North American Open Chess Tournament (Dec 27–30), I did two training runs and finally "measured the strip." The Las Vegas strip is 6 miles long. However, some streets in the new section of the city are impossible to cross, so anyone running there is forced to go up and down escalators. You end up doing 6-1/8 miles. Running Las Vegas Boulevard out and back yields a total of 12-1/4 miles. I suggest running early to avoid bumper-to-bumper traffic and minimize inhaling exhaust. Of course, there are many bathroom stops in casinos along the way. Just be careful crossing the streets!

I started those runs around 6:00 am. It can be cold in Nevada in December. The temperature went from 36 in the morning to 48 during the day. These runs were part of my training for the Rock 'n' Roll Arizona Marathon in Phoenix.

What led me to run Arizona in January was the ERC bus ride to the New York City Marathon

in November. I had sat next to Aubrey Blanda, who wore a big, beautiful, colorful bowtie in her hair. It looks great when runners have that spirit in them! Aubrey told me it had been 20 degrees colder in Phoenix in January 2007. Right there on that bus is where I decided to run Arizona!

At the Rock 'n' Roll expo, it was interesting listening to Frank Shorter, Steve Scott, and others giving advice about running. I liked this marathon. There were 10,000 marathoners and 25,000 half-marathoners. The only thing that surprised me about this big event is that it didn't have a pasta party. I had to hunt for pasta restaurants.

I saved a lot of money staying at the Scottsdale Road Motel 6 (vs the marathon hotels), not far from the finish line. I took the bus to the start near the university campus. What most startled me at the marathon was seeing Aubrey about 4 miles into the race. I thought she was someone else and asked her name. Why, it was Aubrey! What was she doing here again? Running Arizona again, of course! She told me she had to drop back, and that was the last I saw of her.

Later I learned Aubrey ran 4:08:41 and had stuck to her 4:10 marathon plan. Well done! Mind you, she beat me by more than an hour! Aubrey has a great deal of enthusiasm, and I hope one day she breaks 4 hours. Go, Aubrey!

I ran a 2:12 first half and started to feel real bad. I am 59 years old, and running many marathons has caught up with me. The last 13 miles were a real struggle. Mick Close is right: The last 6 miles are the real race in a marathon. I was walking very slowly at mile 20. I could not count the number of people who passed me. In my opinion, the worst thing is not the physical pain but being easily passed by overweight runners in their 20s and 30s over those last 6 miles. Some probably trained less than I did yet still beat me.

I have decided to run just one marathon each year beginning in 2009 (I'm running two in 2008). I can see why many older runners quit running marathons! Once you slow down a lot, it is easy to throw in the towel. I was totally wiped out after Arizona! I must confess it was not only my age that was against me. I hadn't done any long runs during training, and during the marathon I waved my American flags over about 30 high school cheerleading groups. That was a lot of fun!

What astonishes me is that some people run many marathons at a good pace, and it doesn't affect them. A guy running Arizona has done almost 900 marathons! He told me he ran 103 two years ago and 90 last year! This guy looked between 55 and 65 years old. He ran comfortably with the 4:30 pace group. Unbelievable!

Good luck to Essex runners. Why don't you train for a marathon this year? Maybe I'll see you on the ERC bus in November! —Mike Wojcio

Mark Frankel's Goofy Challenge, Orlando, Fla
Disney World Half-Marathon (Jan 12). . . 1:59:18
Disney World Marathon (Jan 13). 4:30:58
Adding to the challenge of doing a half-marathon one day and a full marathon the next was going to Disney with my wife and 3-year-old daughter, my brother-in-law and his wife, and their 3-year-old and 1-year-old sons. Fortunately, I was able

to use the “I gotta rest” card to skip the theme parks on my race days, but that was about it.

Friday night, I had to spend about two hours at Epcot. Earlier that day, however, I managed to slip away to the race expo. After picking up my two chips, two bibs, and three technical T-shirts, I headed for the exhibitors.

One exhibitor was the Ataxia-Telangiectasia Children’s Project. In October 2007, this group sent Tim Borland to Montclair to do a marathon-length run as part of a fundraiser. I designed his course, a half-marathon loop he ran twice. Tim was at Disney to run the Goofy Challenge and work the expo. We talked about the Montclair/Glen Ridge course. He said he had loved it and been impressed by how beautiful the towns were.

Another exhibitor, Tanita, was selling a new body composition scale. After doing a demo on me, the rep told me that my metabolic age is 12. I guess that explains something about why I entered the Goofy Challenge in the first place.

Then I sat down to listen to speakers. Coach Kevin Hanson was there with six of his Hansons–Brooks Distance Project runners. They all were planning to run the half. As you might imagine, all six took top spots the next day.

Saturday, I had to get up extra early for the 4:00 am bus ride to the staging area in Epcot’s parking lot. As it turned out, I caught a 3:45 bus. The half is started at 6:00 so runners can avoid

the heat of the day. As the staging area is about a mile from the starting line, there was a 5:00 call for baggage check. At the start, the weather was nice—clear, low 60s, with a slight breeze.

Somehow I was placed in the first corral of the first wave. By dumb luck, though, I arrived too late—my corral was closed—and I had to start farther back. I’m sure doing that helped me, because I didn’t want to do any fast running before the marathon on Sunday; I just wanted to survive the weekend and get my Goofy medal.

I started out at a nice, smooth pace. Fortunately, not much newsworthy happened. During the first hour, it was dark, and we ran along a desolate highway. We entered the Magic Kingdom around dawn. Watching the sun rise over Cinderella’s castle was brilliant. A mile and a half later, it was back to Epcot and the staging area. The last mile was in Epcot.

I felt hot the last hour of the race, and, even though I ran at a pace slower than what I’m used to, the half took a lot out of me, so much so that I began worrying how I’d make it through the marathon the next day (the answer would probably be run/walk, with walk breaks every 2 miles).

When I woke up Sunday and got dressed for the 3:45 bus, the air was humid. I dreaded what it would be like when the sun came up.

The first few miles in the dark were okay. I was running at about 4-hour pace, even with the

walk breaks, but by mile 10 it became apparent I was going too fast. Halfway through, I decided to double my walk breaks, to one every mile.

We didn’t hit our first park, Magic Kingdom, until around mile 11. While jogging through, I realized the rest of the race would be nothing more than a survival-fest. At mile 14, I massaged my legs with some Biofreeze from an aid station. They weren’t hurting, but the gel cooled them off a bit. A few hundred yards down, I took a banana from another aid station. A mile or two later, just outside Animal Kingdom, sponges were being handed out. I took one, doused myself, and then stuck it in the neck of my singlet.

The ritual of rewetting the sponge, dousing myself, and pouring water over my head continued from mile 16 to mile 20. I ran well at 20 and much better at 21, slowed down at 22, and walked more than I ran at 23. Then, walking started to hurt more than running, so by 24 I was running again. By mile 25, I found a second wind, so to speak, and began surging past runners at will.

I’m happy to report that, after crossing the finish, I did not need medical attention (as I did two months ago, when I ended up in an ER). Nor did I vomit or heave. In fact, paying attention to keeping my core temperature down helped me recover so quickly that I was able to go to dinner—and even spend 5 hours at MGM Studios the next day.

First Steps of 2008

Sharon Morrissey

Congratulations to all who shared in the Resolution Run from Fleet Feet on New Year’s Day. As always, this run is a wonderful way to start the new year off on the right foot, and John Fabbro in his usual unassuming style is the perfect host to all us goons.

At a stop outside Highlawn Pavilion in Eagle Rock Reservation, runners resolved to stay healthy, eat healthy, be happy, and achieve PRs; run half-marathons, marathons, Boston, trails runs, and a 50-miler; and, best of all, make it to the next Resolution Run. Another year enjoying a great hobby with great people—what more could you want, besides a red convertible? (John resolved to get one.)

EYE ON THE SPEAKER

Mark Frankel

Running and Rolwing

Why use the best running shoes, individualized diets, energy supplements, and specialized training routines if the body is not organized to achieve optimal efficiency, featured speaker Ed Hemberger asked at the January meeting.

Hemberger is a physical therapist who also practices or has practiced various types of massage, active release technique, and structural integration (a.k.a. Rolwing). He has worked with various professional cycling teams and sees many runners in his practice in Boonton.

Rolwing focuses on bringing the entire body into balance by realigning and stretching the fasciae, the tissues that

connect muscles to bones. A Rolfer, such as Hemberger, will use a massage-like technique to stretch fasciae until they are back in their normal state. For most people, these tissues have been damaged and shortened over many years of abuse.

Ten sessions over 10 weeks are all one needs for proper alignment to be restored, Hemberger said. Although he likes his patients to return every 6 to 12 months for follow-up, after 10 sessions they are done with Rolwing indefinitely.

Hemberger cited four primary benefits of Rolwing:

1. *Improved foot plant, push-off.* Feet will land more squarely, reducing inefficient motion caused by pronation.
2. *Better muscle activation sequencing.* The mechanical motion of the stride will be vastly improved.
3. *Reduced long-term structural deterioration.* Joints will work much more effectively as shock absorbers.
4. *Fewer overuse injuries.*

Hemberger said he cannot guarantee that a runner will become faster after Rolwing, but it will increase efficiency. “Proper alignment gives the appearance and feel that the body is ‘gliding along,’ rather than laboriously working with each step,” he said.

Rolwing has many benefits, but it is not a substitute for physical therapy, chiropractic, or massage. “Rolwing is a good in-between to add to massage and chiropractic.”

Hemberger said that most of the patients who go through his 10-session Rolwing program leave slightly taller as well—a result of proper alignment being restored.

| New Member Spencer Schwartz | |
|-----------------------------|--|
| Occupation | Dentist |
| Running background | High school, local races |
| Goals | Live to be 100, stay healthy and active |
| First race | Peninsula Hospital Annual Run, Rockaway Beach, NY, 2002 |
| Memorable race | Rockaway Beach, 2003—5 miles in 39 minutes (for me, that's good) |
| Favorite shoes | Reebok, anything that fits |
| Hobbies | Guitar/bass, Yankees games (season tickets), skiing, swimming, concerts |
| Favorite quotation | "It doesn't have to be old to be classic. It just has to rock!" — <i>Scott Muni</i> |
| Anything else? | Attended grad school in Boston and enjoyed running along the Charles River. Ran at the beach while living in New York. Now run in Verona and Nutley parks. |

Why I Decided to Join Essex and Run

Leian Welch

If I don't run a 5K soon, Jean-Pierre is going to divorce me.

Okay, that's a little drastic, but it's what I tell myself as incentive to bound out of bed at 5 am and hit the treadmill. (Note to husband: That this incentive has not worked yet should not necessarily be viewed as negative.)

The fact remains: I *want* to run, even though there are a couple reasons why running a 5K is a scary prospect.

First, my running career—such as it was before being derailed by a gymnastics accident that nearly shattered my kneecaps—was more track, short distance. My thing was 100-meter dashes, quick bursts of energy that were huge and then *over*. Running a 5K always seemed like mental and physical torture; not only would my legs and lungs hurt, but I'd be bored out of my mind too.

The other frightening reality is that I haven't run anything in a long time, not unless you count running for buses. And since I gave up working in New York City four years ago to be a writer and a mother, even that has fallen away. Running for me is now defined largely as chasing ridiculously fast children around the house, while they are gleefully clutching inappropriate objects, like matches, nail clippers, and, on occasion, my sanity-saving shot of vodka.

In short, I am not a runner anymore.

So why join a running club?

Well, I had signed the spousal unit up for several races over the past two years. Jean-Pierre had been a runner in high school and college and wanted to pursue the sport again with some seriousness. I attended every single one

of his races to offer support—an act that consisted mainly of alternating screams of "You can do it!" and "Pick up the pace! My grandmother can run faster than that!"

I slowly realized two things. First, I am not such a good cheerleader. Second, I don't *want* to be the cheerleader. I want to be the athlete. That's what I'd been in days of yore, and yet now here I was, a spectator, yelling "Go, Daddy, go!" with my daughter—while my rear end also went, from curvy to oblong. The low point came when my daughter, who runs like the wind, began to expect that on race days Daddy would run the 5K, she would do the kids' run, and Mommy would watch all the proceedings while scarfing down chocolate chip cookies.

Hmm. This was so not the example I wanted to be setting.

Then it occurred to me that these 5Ks weren't looking quite so evil anymore. As a grown woman with two kids under age four, I think I've developed, dare I say it, *some* patience, and an appreciation for things that take a slightly longer, more measured pace to get accomplished. (Note to husband: Please remind me of this when I'm training.)

Last and by no means least, I thought it might be nice to do something with Jean-Pierre besides fall asleep on the couch watching the SciFi channel. Mind you, I define *with* rather loosely. Any 5Ks I run with JP in the near future will consist of him running at a 7- to 8-minute pace, going home, showering, changing into fresh clothes, catching up with sports news on ESPN, and returning to see me crawl across the finish line. I'm okay with that, for now. But soon the competitive streak will kick in and ...

I joined the Essex Running Club. Now I'll be seeing people besides JP who presumably will hold me accountable. Even if they won't, I'll *think* they are, which will pretty much achieve the same thing. That good pressure, plus trying to correct my daughter's skewed image of me—she has no idea of my former athleticism—should get me across the finish line, or at least the starting line, of my First 5K Ever.

When it was time for Jean-Pierre to renew his membership, he and Leian opted for the ERC family plan. —Ed.

Running on a Team

Mick Close

There's been a huge resurgence in long-distance running at the national level in the United States the past few years thanks to the efforts of people like Meb Keflezighi, Deena Kastor, and Ryan Hall. These runners all attribute much of their success to running as part of Team USA California.

Similar sentiments have been expressed by other top runners, like Brian Sell, the Hansons-Brooks Distance Project member who finished third in the Olympic marathon trials. Seven of the top 32 finishers at the trials were Project members, and a huge contingent of their teammates were out along the course cheering them on.

In the Jan/Feb 2008 issue of *Running Times*, Jonathan Beverly wrote, "How do you become a better runner? ... One ... increasingly ... clear [factor is] you train with a team. ... As we head into a new year, one way you can become more

like the elites is to find a team to run with. If you've already got one, be thankful. Go run with them."

If you'd like to see whether running on a team can help you, we urge you to come to our first "Team Talk" night on Wed, Feb 20 (see p. 4). We'll discuss the 2008 USATF team competition. As this competition has open teams for both men and women plus masters teams in 10-year age divisions, runners of all ages and abilities are welcome!

Why not consider joining our running team in 2008 and finding out how it can give your running a boost?

Two Treats From a Hosted Run Sharon Morrissey

These two tried and true recipes were a hit at my Jan 13 hosted run. The reason they're so good is they're loaded with butter. Stick them in the back of your *ERC Cookbook!*

"Reason to Run" Hash Browns

1 pint sour cream
1 can cream of chicken soup (cream of mushroom can be substituted)
2 cups grated cheese
2 tsp salt
1/4 tsp pepper
1/2 cup dried onion flakes
Use 9 x 12 disposable foil pan. Place 2 lb frozen hash brown potatoes on bottom. Drizzle 1 cup melted butter over potatoes. Combine ingredients listed above and pour over potatoes. Top with 1 cup crushed corn flakes mixed with 1/4 cup melted butter. Bake at 350 degrees for 90 minutes. Serves 6 to 8. Can prepare day before and refrigerate. If doubling recipe, use two 9 x 12 pans.

Mom-Mom's Sour Cream Coffee Cake

2 sticks softened butter
2 eggs
1 tsp vanilla
1 cup sugar
1 cup (8 oz) sour cream
1-1/4 tsp baking soda
1 tsp baking powder
2 cups flour
Cinnamon Mixture
1 tsp cinnamon
1/4 cup sugar
1 cup walnuts
Cream butter, eggs, vanilla, and sugar. Add sour cream and then the dry ingredients. This dough will be dry. Place half of it into tube cake pan, swirl in half the cinnamon mixture, then put rest of dough on top, followed by rest of cinnamon mixture. Bake at 325 degrees for 50 minutes.

| ERC 25TH ANNIVERSARY WARMUP JACKET ORDER FORM | |
|---|--|
| Name | |
| Street | |
| City State Zip | |
| Phone | |
| Size | (Circle One) XS S M L XL XXL |
| Cost | \$40 each |
| Order | Check payable to <i>Essex Running Club</i> . Mail with form to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052. Questions? sulto@att.net . |

The Feng Shui of Running—Charting Your Course Martta Rose

Much has been written about *feng shui* ("fung shway"), the ancient Chinese practice of placement and arrangement of space to achieve harmony with the environment. Most articles deal with how feng shui is applied to home and workplace. But what about running? Surely we can apply feng shui to achieve a healthy balance between our running and nonrunning lives.

The basic feng shui chart has nine sectors shown as nine squares, arranged sometimes in a grid but more commonly in an octagon. The core or center is the *health* sector. This comes as no surprise, as health is at the center of all we do, especially running. Health means taking care of yourself through proper nutrition, exercise, and rest, but also listening to your body for the little aches and pains that might be trying to tell you something.

Traveling clockwise around the chart, we next come to *fame/reputation*, our medals, ribbons, accolades, awards, trophies, and plates shaped like Thanksgiving turkeys. But this is only one sector of the chart, and it is not at the center of the universe. Honor it, enjoy it, but remember its place.

Next is *marriage/love relationships*, a reminder not to ignore this aspect of our lives, especially if we have a spouse, significant other, or friends who do not share our love (obsession?) for running. It is also a reminder to cultivate and nourish relationships with loved ones because, as much as we hate to admit it, a day may come when running is no longer front and center in our lives.

Children/creativity is the next sector, and it is no coincidence that these two are tied together. Have you observed how children run? They run for fun and seldom take themselves seriously; it's all a big game. This is a reminder to have fun once in a while. Break up your routine. Explore a different part of your neighborhood. Skip for 200 yards. If training for a marathon, give yourself a treat every mile, in the form of Shox Blox or sports jelly beans.

Now comes *helpful people/travel*. Take advantage of helpful people you meet during your travels—say, someone who offers valuable advice about training, injury prevention, and nutrition, or perhaps a stranger who paces you during a hard race. In return, become a helpful person. Answer beginners' questions, offer to be a pacer, cheer a runner to the finish, volunteer at local races.

Sixth is *career/life path*. This sector, too, is not central to the big picture but only a part of who we are. Try not to let it take precedence over the other sectors. In other words, don't become such a slave to your job that you have no time left for family, friends, and, of course, running.

As for *knowledge/wisdom*, there's no such thing as having too much of either one. Absorb as much knowledge and wisdom about running as you can. Talk to pros about their training and nutrition regimens. Read periodicals and Web sites devoted to running. Attend lectures by experts in the field of sports medicine, chiropractic, massage, and cross-training. Ask questions.

Family is next on the chart, and, as with *marriage/love relationships*, it's important to cultivate this aspect of the feng shui dynamic. Family, of course, goes beyond the literal definition; your family does not have to consist of people related to you by blood or marriage. Your family should be there for you through good times and bad, as you should be for them.

Finally, we come to *wealth/prosperity*. Naturally, most people think of money when they hear these words, but *wealth* and *prosperity* mean so much more. Both can be measured through the valuable friendships we've made through running, the support we get from loved ones who show up at races to cheer us on, or even a sympathetic employer who gives you time off to do night races in the summer.

RACES: FEBRUARY–MAY 2008

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

| | | | | | | |
|-------------|------------|---------------|--|--------------------|---------------------|--|
| 2/3 | Sun | 9:00a | Gridiron Classic (NYC) | 4M | 212-860-4455 | |
| 2/3 | Sun | 10:00a | Winter Race Series (Freehold) | 5K | 732-431-2627 | |
| 2/10 | Sun | 8:00a | Bronx Half-Marathon | 13.1M | 212-860-4455 | |
| 2/16 | Sat | 11:00a | Mid Winter Beach Run (Manasquan) | 2M | 800-435-0066 | |
| 2/23 | Sat | 8:00a | Al Gordon Snowflake 4-Mile (NYC) | 4M | 212-860-4455 | |
| 3/2 | Sun | 9:00a | E. Murray Todd Half-Marathon (Lincroft) | 13.1M | 732-542-1642 | |
| 3/2 | Sun | 9:00a | Salsa, Blues, and Shamrocks 5K (NYC) | 5K | 212-860-4455 | |
| 3/9 | Sun | 9:00a | Colon Cancer Challenge (NYC) | 15K, 4M | 212-860-4455 | |
| 3/9 | Sun | 9:30a | Newark Distance Classic | 20K, 5K | 973-733-3749 | NBGP: 20K & 5K (both 500 pts) |
| 3/15 | Sat | 9:30a | St. Pat's 10-Miler & 5K (Atlantic City) | 10M, 5K | 609-561-4441 | |
| 3/15 | Sat | 9:45a | NYRR 8K (NYC) | 8K | 212-860-4455 | |
| 3/15 | Sat | 10:00a | St. Patty's Day 5K (Morristown) | 5K | 973-401-1300 | NBGP: 500 pts |
| 3/15 | Sat | 10:00a | SDA Spring Thaw Run (Liberty State Park) | 5K | 201-434-3500 | NBGP: 500 pts |
| 3/16 | Sun | 8:00a | Shamrock Marathon & Half (Virginia Beach, Va) | 26.2, 13.1M | 757-412-1056 | |
| 3/16 | Sun | 11:00a | Millburn Spring Run | 10K, 2M | 973-376-0231 | NBGP: 10K (500 pts) |
| 3/16 | Sun | 1:00p | Leprechaun Leap 5K (Mount Olive) | 5K | 973-347-3088 | |
| 3/22 | Sat | 11:00a | Sgt. Pat's 5K (Long Branch) | 5K | 732-542-6090 | |
| 3/23 | Sun | 9:00a | Easter Road Race (Ironbound, Newark) | 5K | 973-598-7878 | NBGP: 500 pts |
| 3/29 | Sat | 9:30a | Community Action Service Center 5K (Hightstown) | 5K | 609-647-5015 | NBGP: 500 pts |
| 3/30 | Sun | 9:00a | Ocean Drive Marathon (Cape May/Sea Isle City) | 26.2, 10M, 5K | 609-523-0880 | NBGP: 26.2M & 10M (both 500 pts) |
| 3/30 | Sun | 10:00a | Scotland Run (NYC) | 10K | 212-860-4455 | |
| 3/30 | Sun | 10:30a | St. Paddy's 10-Miler & Leprechaun 5K (Freehold) | 10M, 5K | 732-431-2627 | NBGP: 10M (700 pts), 5K (500 pts) |
| 4/5 | Sat | 9:00a | Fool's Run (Kutztown, Pa) | 10M, 5K | 610-683-6173 | |
| 4/5 | Sat | 10:00a | Building Tomorrows 5K (Brookdale Park) | 5K | 973-535-1181 | NBGP: 500 pts |
| 4/6 | Sun | 7:00a | Ten-Town Distance Challenge (Montclair) | 14.5M | 973-748-4688 | Group Run Thru Essex County |
| 4/6 | Sun | 8:00a | MORE Women's Marathon & Half-Marathon (NYC) | 26.2, 13.1M | 212-860-4455 | |
| 4/6 | Sun | 9:00a | Indian Trails Run (Middletown) | 15K | 732-842-4317 | NBGP: 500 pts |
| 4/6 | Sun | 9:00a | Run for Children (Elizabeth) | 5M | 908-820-4050 | NBGP: 500 pts |
| 4/12 | Sat | 9:30a | Essential 2 Life 5K (Liberty State Park) | 5K | 732-381-0318 | NBGP: 500 pts |
| 4/12 | Sat | 10:00a | River Edge Run | 5K | 201-599-6295 | NBGP: 500 pts |
| 4/13 | Sun | 9:00a | Run as One, Thomas G. Labrecque Classic (NYC) | 4M | 212-860-4455 | |
| 4/13 | Sun | 9:30a | Run for Rachel (Livingston) | 5K | 732-381-0318 | NBGP: 700 pts |
| 4/13 | Sun | 10:00a | Cherry Blossom Run (Branch Brook Park) | 10K | 973-268-3500 | NBGP: 500 pts |
| 4/19 | Sat | 9:00a | MK5K (Denville) | 5K | 973-664-2236 | NBGP: 500 pts |
| 4/19 | Sat | 9:00a | Jersey Shore Relay & Individual Marathon | 26.2M | 732-793-3000 | |
| 4/19 | Sat | 9:30a | Westfield Recreation 5-Miler | 5M | 908-789-4080 | |
| 4/20 | Sun | 8:00a | Adidas Run for the Parks (NYC) | 4M | 212-860-4455 | |
| 4/20 | Sun | 9:00a | Lincoln Tunnel Challenge | 5K | 609-896-8000 | |
| 4/20 | Sun | 11:00a | Miles for Matheny (Liberty Park, Peapack) | 5K | 732-381-0318 | NBGP: 500 pts |
| 4/21 | Mon | 10:00a | Boston Marathon | 26.2M | 508-435-6905 | |
| 4/26 | Sat | 8:00a | Brooklyn Half-Marathon | 13.1M | 212-860-4455 | |
| 4/26 | Sat | 8:30a | Draft Day 5K (Giants Stadium, East Rutherford) | 5K | 732-381-0318 | |
| 4/26 | Sat | 9:30a | Clinton Country Run | 15K, 5K | 908-812-4806 | NBGP: 15K & 5K (both 500 pts) |
| 4/26 | Sat | 9:30a | Main Street 5K (Sparta) | 5K | 973-726-6218 | NBGP: 500 pts |
| 4/26 | Sat | 10:00a | Woods & Lakes Run (Mountain Lakes) | 10K, 5K | 973-334-4964 | |
| 4/27 | Sun | 9:00a | South Orange Rotary 5K | 5K | 732-381-0318 | NBGP: 500 pts |
| 4/27 | Sun | 9:00a | Leatherman's Loop (trail run, Cross River, NY) | 10K | 914-234-9614 | |
| 5/3 | Sat | 9:00a | Xercise 5K (Chatham) | 5K | 732-381-0318 | NBGP: 500 pts |
| 5/3 | Sat | 9:15a | Revlon Run/Walk for Women (NYC) | 5K | 212-379-3199 | |
| 5/4 | Sun | 7:30a | NJ Marathon & Long Branch Half-Marathon | 26.2, 13.1M | 732-578-1771 | |
| 5/4 | Sun | 8:00a | Pocono Mountain Run for the Red Cross Marathon | 26.2M | 570-992-4113 | |
| 5/4 | Sun | 8:45a | Race for the Cure (Branch Brook Park) | 5K | 908-277-2904 | |
| 5/4 | Sun | 9:00a | Nutley Chamber of Commerce 5K | 5K | 973-667-5300 | NBGP: 500 pts |
| 5/4 | Sun | 10:00a | Madison High Five | 5K | 973-514-1057 | NBGP: 500 pts |
| 5/4 | Sun | 1:00p | Our House 5-Miler (Summit) | 5M | 732-381-0318 | NBGP: 700 pts |
| 5/10 | Sat | 8:30a | Newport 10,000 (Jersey City) | 10K | 732-381-0318 | NBGP: 700 pts |
| 5/11 | Sun | 8:00a | Mother's Day 4-Miler & Women's 10-Miler (NYC) | 4M, 10M | 212-860-4455 | |
| 5/11 | Sun | 8:45a | Rubin Run (Tenafly) | 10K, 5K | 201-569-7900 | NBGP: 10K & 5K (both 500 pts) |
| 5/11 | Sun | 9:00a | Mother's Day 5K (Berkeley Heights) | 5K | 908-464-8373 | |

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