



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

March 2008

Vol. 25, No. 3

PRESIDENT'S CORNER

Desmond Duncker

I am still recovering from knee surgery and am slowly getting back to running.

This month, I drove to Annapolis to visit my son for his birthday. At the hotel where I stayed, I used the gym's new Lifecycle treadmills. Each had buttons labeled *Walk (3 mph)*, *Jog (5 mph)*, and *Run (7 mph)*.

That characterization is interesting, and it became more profound to me when, after a few minutes at a brisk pace—my ambitious plan was to run at 7 mph for 30 minutes—I was reduced to jogger status for the time that remained.

So what makes us runners? Is it this quantitative thing (7 mph), or is it a state of mind? I think it's not about the speed of your miles but your state of mind while covering those miles. Let me ask: Do you ...

- Feel the freedom of movement as you cover distance?
- Enjoy the sights and sounds around you mile after mile?
- Dwell on the thoughts of the day with such clarity that solutions to things that have been bothering you appear?
- Bear the cold of winter, sweat through the heat of summer, get wet in the spring, and enjoy the fall leaves just to be out there during every season?
- Feel the adrenaline just before a race starts, the energy of the early yards, the exhaustion of the later miles, and the dogged determination of getting to the finish?
- Wear a smirk of satisfaction knowing your day's workout is done?
- Put up with the dull, throbbing pain of worked muscles but also take comfort from it?
- Feel the closeness of a group of people you might not have known if not for running? And share more of life's details with them than you do with your close relatives?

If this all sounds familiar, you're a runner. It's not about pace but what you experience when you run, jog, or walk—so enjoy being a runner! I'll soon see you all on the roads.

MARK YOUR CALENDAR

- **Mar 3.** General meeting. *Box, page 1.*
- **Mar 9.** Club race: Newark Distance Classic 20K (USATF–NJ 20K Championship, All Divisions) & 5K. *Page 4.*
- **Mar 16.** Club race: Millburn Spring Run 10K & 2M. *Page 4.*

ERC'S GENERAL MEETING 7:30 pm, Monday, March 3

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

A representative from the first annual Susan G. Komen North Jersey Race for the Cure will talk about this event (Branch Brook Park, Newark, May 4) and its cause (raising funds for breast cancer research, education, screening, and treatment for at-risk populations). The rep will give goody bags to meeting attendees. Race details in April issue of *Keeping Track*.

Schedule of General Meetings for 2008

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

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

- **Mar 29.** West Essex Trail cleanup. Hope you'll volunteer! *Page 3.*
- **Mar 30.** Club race: St. Paddy's 10-Mile Race (USATF–NJ 10M Championship, All Divisions) & Leprechaun 5K, Freehold. *Page 4.*
- **Apr 2.** Wednesday track workouts resume at Brookdale. *Page 3.*
- **Apr 6.** Ten-Town Distance Challenge through Essex County. *Page 8.*

ERC Awards Banquet: Apr 7!

The annual awards banquet, at which we honor club members for their outstanding achievements, replaces our general meeting but still takes place at Church Street Café at 7:30 pm. The \$18-per-person buffet includes artisan breads, pasta, romaine salad, dessert, and beverages (BYOB). No walk-ins. **To attend**, write check to *Essex Running Club* and mail it by Mar 29 to Mark Frankel, 1444 Ratzler Road, Wayne, NJ 07470. Questions? Call Lynne Mortimer (973–857–3344).



**2008
ESSEX RUNNING CLUB**

Officers

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

Board Members

Catherine Alessi. Entertainment
 Aubrey Blanda. Photos
 Donna Close. Mailing
 Mick Close. At Large
 Phil Coffin. At Large
 Chris Jaworski. Newsletter
 Tom Kelly. At Large
 Barbara Memoli. Membership
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 Susan Palermo. Walking
 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@
 yahoo.com](mailto:essexrunningclub@yahoo.com)

General: ercmailbox@yahoo.com

Membership: [Barbara Memoli
 membership@essexrunning.com](mailto:Barbara.Memoli@essexrunning.com)

Newsletter: [Chris Jaworski
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Photos: [Aubrey Blanda
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Advertising: [Lynne Mortimer
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PR & Web Site: [Martta Rose
 kmartha333@gmail.com](mailto:Martta.Rose@kmartha333@gmail.com)

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

Monthly Speakers: [Anne Chesny
 201-869-1708](mailto:Anne.Chesny@201-869-1708)



A Historical View

By Joel Pasternack

I have been running for 43 years, have covered more than 100,000 miles, have been in the running shoe, clothing, and equipment business since the early 1970s, was one of ERC's first guest speakers in the 1980s, and have seen a lot of changes in the sport.

I started running in 1965 in Converse sneakers but was quickly introduced to the ripple-soled New Balance Trackster. Finally, a few years later, we discovered Adidas shoes, which my team bought from a man who sold them out of his basement in Clifton. For tights and Under Armour, we wore thermal underwear. We also wore gardening gloves. We resoled or reheelled our shoes or used a glue gun to fix them.

I subscribed to *Runner's World* in 1970 and *Track & Field News* in 1971 to keep on top of the running world. There weren't many articles on training advice. We didn't do much speedwork per se but instead used our races for that. And during races, we drank mainly water, or a mixture called *ERG*, which stood for *Energy Replacement Gunk*.

In the 1970s, Tom Fleming and I and a few other runners were always doing over 100 miles a week. Our favorite place to run was the Cedar Grove Reservoir. We calculated each lap was 2.35 miles. In 1972, the US 50K walking trials were held at the reservoir. I got to count laps for some of the walkers. Races held there ranged from 1 to 8 laps (30K or 18.6 miles). We even had an event to raise money for cystic fibrosis, and Tom and I ran 25 miles.

The first Boston Marathon I ran was in 1971. There were 824 finishers, and I placed 227th in 2:59.06. Then, in 1972, with 1027 finishers, I placed 53rd in 2:34.35. I also ran the first two New Jersey marathons, in 1973 finishing in 2:25.08 and placing 2nd behind Tom, who ran 2:19. That was the first time he broke 2:20.

The first sneaker store came to the area in 1971, when the Athletic Department opened on Bloomfield Avenue in Montclair, somewhere between Grove and Park. The store was owned by Nike, and Al Williams was the manager. Tom and I got to know Al well. The big sellers (\$39.99) were the Asics Cortez, a leather shoe, and the Nike Waffle Trainer.

I was fortunate to travel with Tom to the 1972 Olympic trials in Eugene, Oregon, where Tom ran the 26.2. What a great 10 days! Shorter, Ryun, Prefontaine, Wottle, Lindgren, and many famous sprinters and field event people! That's when Nike really started taking off and distributing more sneakers.

I went to races in Central Park and cross-country races in Van Cortlandt Park. In 1976, I ran in the first five-borough New York City Marathon. Starting the race were 2002 men (1486 finished), 88 women (63 finished). Rodgers won; Shorter took 2nd, Fleming 6th, Ron Hill (1970 Boston winner) 10th, and me 25th (2:27.39). We received our awards in a theater. What a thrill it was to take the stage with all those top-class runners from all over the world!

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.
Membership runs Jan-Dec. (Your first year may not be a full year.) Your contact information will be printed in the annual ERC directory (not to be used for commercial or political purposes).		

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@yahoogroups.com.

THANKS FOR THE WINTER WEEKEND RUNS

As winter ends, we thank our generous hosts and road-trip organizers: Barbara Parzatkan (Dec 16), Betsy Sackheim (Dec 22), Aubrey Blanda (Dec 30), John Fabbro (Jan 1), Paul Maloney (Jan 6), Sharon Morrissey (Jan 13), Martta Rose, Tom Kelly, and Catherine Alessi (Jan 20), Mick Close (Manhattan Half-Marathon, Jan 27), Andi Robik (Feb 2), Val Kenny (Feb 10), Susan Palermo and Wayne Carlson (Feb 17), and Robert Lewin and Evette Pitre (Mar 2). These 2007–2008 winter weekend runs were a good mix of home-hosted runs, club races, holiday events, a meeting at Hot Bagels Abroad in Bloomfield, a trip to the Hunterdon Running Shop and the Landsdown Trail in Clinton (postponed from Feb 24 to Mar 2), and West Essex Trail runs. Please look for hosted group runs to return this summer (Jun–Aug) on Thursday evenings!

WEST ESSEX TRAIL CLEANUP: VOLUNTEER ON MAR 29

Our annual spring cleanup of the West Essex Trail will take place Sat, Mar 29. We'll meet at 9:00 am by the tennis courts in the Verona High School parking lot off Sampson Drive, between Grove and Fairview. Please give back to the community by volunteering for this event. Rain date: Sat, Apr 12.

This annual cleanup is dedicated to ERC member Rod Munro, the first person to arrive at the very first trail cleanup, organized by George Studzinski in April 1996. Rod passed away a few months later while running with his wife at the Cedar Grove Reservoir, not long after running on our first River to Sea Relay team with Tom Kelly et al. This is a way for us to honor Rod and help keep his spirit alive.

The cleanup will finish by about 10:30, and then some people run the trail. Background for new members: The West Essex Trail is about 6 miles round trip (to the end and back). It's mostly a dirt and cinder path along the old railroad line from Verona to Little Falls. It's straight, narrow, and blazed, so there's little chance of going astray, plus there are mile markers on trees.

Gloves and other protective clothing are recommended for the cleanup. Please try to bring one or two large, heavy-duty plastic bags. Pruning shears may be helpful for cutting back some of the smaller branches along the trail.

Bagels will be provided, and free T-shirts will be available. For more info, please contact me at 973–477–0016 or mickclose@aol.com.
—Mick Close

Directions to Verona High School lot. Take Bloomfield Avenue to center of Verona and turn onto Grove Avenue. Go north on Grove about 0.5 mile and turn left onto Sampson Drive. Just before Fairview Avenue (where Sampson ends), turn into parking lot on right (where tennis courts are and across from high school). Park at Fairview end of lot. (Sampson is one-way; don't enter from Fairview.)

FREE COACHED TRACK WORKOUTS: 8 WEEKS STARTING APR 2

Members enjoyed these Brookdale Park workouts last fall, so ERC has added spring training on Wednesdays (Apr 2–May 21). Runners/walkers of all abilities welcome. Arrive between 7:00 and 7:15 pm and run a 2-mile warmup and strides 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. We hope you'll be coming on down to the track!



Welcomes Its Newest Members!

Michael Conforti. Mountainside
 Joe A. Arroyo. Cedar Grove
 Toni Ann Icolari. Livingston
 Sarah Blossom. Essex Fells
 Carolyn MacDonald. Rochester, NY
 Samuel Bechmann. Bloomfield
 Jamie Lin. Montclair
 Jon Stumbras. Montclair

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. For the latest installment, see p. 2.

ERC CLOTHING

Singlets (\$20) and long-sleeved T-shirts (\$10) with new logo. Warmup jackets with 25th anniversary emblem (\$40). Half-price: "antique logo" T-shirts (long-sleeved), sweatshirts, hats, earmuffs. Clothes sold at meetings. Questions? E-mail Sal Ulto (sulto@att.net).

POETRY CORNER

Donna Close

Inflated

How inflated is moon
 Circling earth so fast,
 One quiet day has passed?

RACE PICK

Delaware Marathon, May 18

Andy Kotulski recommends this event. From its director: "The Christiana Care Health System Delaware Marathon Running Festival, Delaware's largest (1500 runners) and oldest USATF-certified marathon, 4-person relay marathon, and 10-mile race, will be Sunday, May 18, from outside Frawley Stadium on the revitalized Wilmington Riverfront." Info: www.races2run.com/marathon. Make it a weekend: Watch "Wilmington Grand Prix pro/amateur bicycle races ... Friday and Saturday and participate in the Delaware Marathon activities Saturday and Sunday." Info: www.wilmgrandprix.com.



USATF–NJ

Mick Close

Championship races for 2008 begin with the Newark Distance Classic 20K (Sun, Mar 9) and the St. Paddy's 10-Mile Race in Freehold (Sun, Mar 30), both featuring individual and team competitions for men and women in open and 10-year masters age divisions.

About 15 people, including a few new faces, came out on Feb 21 for our first Team Talk night at Charlie Brown's. We've also received many e-mails regarding our USATF–NJ teams. So, we're hoping for a large ERC turnout at the two March championship races and a great start to the year! Grove Pharmacy car pools will be set up for both races.

Three ERC members (Mick Close, Ed Kelly, Gary Peters) are sharing team captain duties this year. One of us will e-mail the club's Yahoo group about a week before each championship race to ask members to contact us if they expect to be running. If you're not signed up to receive our Yahoo group e-mail, please be in touch so we can include you on a team and look for you on race day:

Mick Close	mickclose@aol.com or 973–477–0016
Ed Kelly	ejk823@msn.com
Gary Peters	gary.peters@kraft.com

The team captain has to organize our teams and, at least 30 minutes before the race, submit a team roster that includes everyone's bib number. If you plan to run, please try to preregister, as this will help us get your bib number ahead of time (instead of on race day). You will also save money on your entry fees.

Now's an excellent time to join or renew your USATF membership for 2008. Log on to www.usatfnj.org, call 973–334–8900, or sign up at any championship race. Membership gives you a preregistration discount at most races and allows you to compete in the individual Grand Prix and team competitions. Just list Essex (#246) as your club.

Running with teammates is a lot of fun and can provide an extra incentive that will help you stay motivated and improve your race times. We hope to see you at Newark, Freehold, and some other races this year. Go, Essex!



AT THE RACES

Mick Close

Newark Distance Classic Sun, Mar 9

Our club races continue with this traditional early-season event, returning after its 2007 hiatus. The 20K is the only race longer than 10K in Essex County, so we should

try to support it. It's also the first USATF–NJ championship event of the year, and we hope to have teams competing in all divisions. There's also a 5K.

The races start together at 9:30 am and follow the same route for about 3 miles around the downtown area before the 20K heads out past Sacred Heart Cathedral all the way to the end of Branch Brook Park and back, while the 5K makes a quick turnaround back to the finish. Much of the 20K course is the same as the Cherry Blossom Run.

Registration is at the Rutgers gymnasium on Warren Street, in a decent area not too far from Route 280. There's plenty of parking on nearby streets and at the university parking lots, and you can stay at the gym before and after the race (a plus in bad weather).

If you'd like to run on one of our teams or join the Grove Pharmacy car pool, check the Yahoo group or contact Mick Close (mickclose@aol.com or 973–477–0016). Race info: 973–733–3749, www.active.com, www.compucore.com.

Millburn Spring Run

Sun, Mar 16

The Sneaker Factory organizes this annual event in South Mountain Reservation to celebrate the return of spring. The out-and-back 2-mile race begins at 11:00 am, the double-loop 10K at 11:30. Starting at 10:30 are a half-mile run for kids 10 and under and a 1-mile race for 11- to 14-year-olds.

After the race, head over to Sneaker Factory in Millburn for the awards ceremony and party, which usually features three-foot subs and refreshments. Race info: 973–376–6094, www.sneakerfactory.com.

St. Paddy's 10-Mile & Leprechaun 5K Sun, Mar 30

The Freehold Area Running Club holds this excellent event at Michael J. Tighe Park in Freehold Township. The 10-mile race, the USATF–NJ 10-Mile Championship, starts at 10:30 am, and the Leprechaun 5K is at 10:45.

The race application provides a great description: "This event is for you, the community of runners and walkers who compete not only to win, but to experience the challenge of going the distance and having fun in the process. We offer two scenic courses, the 10-miler for those looking to build toward the Boston Marathon, or other spring long-distance events; the 5K for a speed or shorter fitness workout. And there's plenty to eat and drink, commemorative shirts, random drawings, an expo, age-group awards, and a corps of experienced volunteers to guide you."

We plan to carpool to this event from Grove Pharmacy at 8:00. If you'd like to run on one of our teams or join the car pool, check the Yahoo group or contact Mick Close (mickclose@aol.com or 973–477–0016). Race info: www.active.com, www.farcnj.com, 732–431–2627.

Looking Ahead to April

April has lots of races, starting with the Building Tomorrows 5K in Brookdale Park (Sat, Apr 5). This is a nice local race that loops around the park and helps raise money for the Association of Retarded Citizens (ARC) of Essex County.

The next day (Sun, Apr 6), ERC is holding its Ten-Town Distance Challenge for the 8th time. Organized by Phil Coffin, this annual 14.5-mile group run through 10 Essex County towns will leave from Grove Pharmacy (123 Grove St, Montclair) at 7:00 am. See page 8 for more details.

Next up (Sun, Apr 13) is a scheduling clash between two of our most popular club races, the Cherry Blossom 10K in Branch Brook Park and Run for Rachel in Livingston. Run for Rachel again hosts the USATF–NJ Open Women's 5K Championship, a team race for our women.

At the Jersey Shore Relay (Sat, Apr 19), teams of five runners each run 5 to 6 miles of the 26.2-mile course from Seaside Heights to Asbury Park. There's also an individual marathon this year. The postrace party takes place at the Asbury Park Convention Hall.

The Clinton Country Run (Sat, Apr 26) is a young race but already is being compared with the deceased Midland Run. The 15K is the USATF-NJ Open 15K Championship, a team race for both men and women. There's a 5K, too.

Closing out the month is the South Orange Rotary 5K (Sun, Apr 27), with a course that winds through the historic village, plus some celebrated postrace food.

Spring Marathons

Good luck to our spring marathoners, including club members Mark Frankel and Mike Skara, pace group leaders at

the Shamrock Marathon and the New Jersey Marathon, respectively. We expect members will be running at most if not all of these marathons:

- 3/16 Shamrock Marathon (Virginia Beach)
- 3/30 Ocean Drive Marathon (Cape May)
- 4/6 MORE Women's Marathon (New York)
- 4/19 Jersey Shore Relay & Individual Marathon
- 4/21 Boston Marathon
- 5/4 New Jersey Marathon (Long Branch)
- 5/4 Providence Marathon (Rhode Island)
- 5/18 Delaware Marathon (Wilmington)

Registration for the 2008 New York City Marathon (Sun, Nov 2) was scheduled to open Feb 25. All applications must be completed online at www.ingnycmarathon.com. Deadlines: May 1 for runners with guaranteed entries and Jun 1 for lottery applicants.

FINISH LINES

Catching Up With Andy Kotulski (2007)

Cutting back, slowing down but moving forward. All great races and great challenges in courses and conditions. Seeing new lands, new faces, the Taj, the four highest mountains (Everest, Lhotse, Makalu, Kanchenjunga), the Moia, and the Falls ... icing on the cake. Seeing old friends at every race ... part of it and not done yet.

Marathons and longer events and age-group finishes: Antarctica (3rd); Ushuaia, Argentina (2nd); Cincinnati (8th); Kodiak Island, Alaska (1st); Easter Island (1st); Sunrise to Sunset, Mongolia (1st); Panama City, Panama (2nd); Victoria Falls, Zimbabwe (1st); Treherne, Manitoba (1st); Valmiera, Latvia (3rd); Zagreb, Croatia (3rd); Himalayan 100-mile stage race, India (1st); Beirut, Lebanon (2nd); Grand Cayman (1st).

Helene Scarnegi's

Winter Race Series (5K), Freehold

- Jan 6 (3rd AG) 25:24
- Jan 13 25:56
- Jan 20 (3rd AG) 25:50
- Jan 27 25:06
- Feb 3 (3rd AG) 24:29

This great 5-week series allowed me to focus on improving and work on pacing. The people who participated were fantastic, and, though Freehold isn't close by, I may actually miss this Sunday routine. I would definitely do this series again!

NYRR Half-Marathon

Jan 27

Grand Prix: Manhattan

- Dan Murphy 1:26:32
- Will DeRoberts 1:28:47
- Randy Miller 1:29:33
- Tom Eaton (PR) 1:30:00
- Karen Merz 1:32:44
- Glenn Trimboli 1:33:10
- Doug Williams (PR) 1:34:43
- Paul Kartanowicz (PR) 1:35:36
- Mick Close 1:37:10

- Eric Stadnyk 1:38:08
 - Jeff Faber 1:38:36
 - Rob Gerin 1:39:01
 - Jeff Burrowes 1:42:48
 - Sharon Morrissey 1:43:25
 - Greg van Invegen 1:45:24
 - Scott Wickham 1:45:30
 - Joshua Carnes 1:45:40
 - Susan Mello 1:48:27
 - Chip Bearden 1:50:00
 - Chris Jaworski 1:58:32
 - Frank Austin 2:01:48
 - Susan DeRoberts 2:05:15
 - Eileen Percevault 2:14:36
 - Beverly Salerno 2:29:16
- Twenty-four Essex members joined almost 5000 other runners for two hilly laps around Central Park. Conditions were excellent for January, with temps in the 30s and little wind. Many members ran well, and several had PRs. —Mick Close

Had a great time. Beat my Liberty Half time—which surprised me, considering Central Park's hills. I thank Tom Eaton for pulling me around the park and keeping me in when I had thoughts of looking for a place to pull out. Karen Merz was doing nice pacing duties as well. She is a very tough competitor. —Randy Miller

This was my first half-marathon, and I'm pleased I didn't die, get lost, or come in last. I almost enjoyed this race, which is very unusual for me. I got a laugh from the guy who raced dressed up as a lighthouse. However, when I reached the finish line, the bagels were gone; I was told to blame the "fast" people. —Beverly Salerno

Thanks to Eric Stadnyk, who passed me into mile 11. I trailed him the rest of the way and got in under the wire for a NYCM qualifying time. An enjoyable day. Thanks to Mick for organizing car pools and to the drivers. —Sharon Morrissey

The prerace bathroom line was still too long less than 5 minutes before the gun, and I didn't want to miss the 10-minute cutoff for starting the race, so I decided to use the mile 1 facilities instead. No line there, but 4 minutes were wasted, and that added to my race time. I felt I was playing

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.

catch-up the rest of the way, weaving in and out past slower runners. I ended up pushing myself too much, tiring out (especially beginning at mile 8), and walking more than I wanted. At least I managed a good last 1.1 miles, plus I finally saw the Cat, not once but twice!

Manhattan was only my third half. Subtracting the 4 minutes I lost puts me close to my time at the hilly E. Murray Todd Half (1:54:26) and only 1:15 slower than at the flat Liberty (1:57:17). Bronx here I come. —Chris Jaworski

Although not a personal worst, this half came pretty close. The portajohn logistics weren't great. People were in hundred-foot-long queues right up until the start, and many (myself included) could not use the facilities until well after the race had begun. So, I easily lost 7 minutes off my usual time, and it wasn't one I am terribly proud of. But hey, not the end of the world. I treated it as a training run and said to myself, "Oh, well, these things happen." I had fun, and that's all that matters in the end. —Joshua Carnes

NYRR Gridiron Classic (4M) Feb 3

Joseph Yewaisis.	31:58
Aubrey Blanda.	33:31
Frank Austin.	34:25
Jeff Matthews.	39:11

I didn't see any other Essex peeps running this Super Bowl Sunday kickoff in Central Park this beautiful, sunny morning, but they showed up in the team results. It might have been my imagination, but the race seemed not as crowded as it was when I last ran it in 2006. Runners definitely had more space in the park roads than I've seen before. As has been my experience with NYRR events in the park, race organization and volunteers were top-notch. That postrace hot chocolate was amazing! —Aubrey Blanda

NYRR Empire State Building Run-Up Feb 5

Preliminary Run-Up (9:00 start)	
Chris Jaworski (12th OA, 2nd AG, PR). . .	16:58
Ed Kelly.	20:45

Run-Up (10:30 start)	
Jen Lanterman.	18:18
Michael Topper.	19:47

Essex ascendant! We are the chimpanzees!
Wow, this year's run-up felt harder than last year's. Did they add a storey to the building? Make the steps steeper? No matter. My 2007 time of 17:40 was *going down!* Or was that *up?* No, *down*. By 42 skyscraping-simian seconds!

My strategy was the same as last year's. Right from the start ... walk, take two steps at a time, use the handrails, maintain an even pace. Before the race, I loaded up on sports drink and took a caffeinated gel. I also made sure to get a spot right at the front of the starting line so I could be one of the first through the doorway and wouldn't get stuck behind anyone on the stairs or have to waste time and energy passing (I passed a few people very early on, and then basically I was on my own the rest of the way up). I tried running at one point fairly high up, but it was too

difficult by then, and I gave that up after only a few steps. I think it helped that I had recently increased my weekly running from 20 to 30 miles and that I knew what to expect in this race, but also important was that I was very focused.

At the 20th floor, a man was videotaping. I looked straight into the camera and said, "When are you guys going to put elevators in this building?" (Sadly, this sound bite didn't make it into the official event video.)

It was great to reach the top and gulp the cool, fresh air outside, at the 86th floor, and it was great to see fellow ERC runners after their finishes—with their sweat, strained expressions, and broad smiles. Martta Rose was there too—working the event and taking photographs.

Last year, medals went only to the main-event run-uppers, and I was disappointed I didn't get one for my effort in the preliminary. This year, everyone received a T-shirt and a finisher medal, and a handsome medal indeed it is. A picture of the famous building is circled by the words *2008 NYRR EMPIRE STATE BUILDING RUN-UP*.

I'm still getting a kick out of the large article about me and ESBRU, and the accompanying large color photo of me, on the front page of Bloomfield's *Independent Press* (Jan 31). Many thanks to Martta for setting things up with the reporter at the newspaper. —Chris Jaworski

This race was awesome! However, I'm not sure which was more difficult, racing up to the top of the Empire State Building or getting downtown in time to see the Giants parade at City Hall and then muscling through the crowd for a good vantage point. I feel like my run to the top was a warmup for what came later in the day. And how 'bout that beautiful finisher medal? A surprise that made it all worthwhile. —Michael Topper

Tale of a Virgin Stair Racer ... I sound chipper now, but while running up those 1576 stairs I didn't feel so happy-go-lucky!

In December, I applied to the ESBRU understanding that I would not know if I was selected until three weeks before the event. That wouldn't be enough time to really train, but I figured I'd add a few stair runs to my weekly training just to avoid a shock. Then, real life happened, and sleep won out over stairs. While better for my health, it did not help my stair-running aspirations at all!

I got near the front, and once in the stairwell I clung to the railing for dear life. I wasn't giving that thing up for love or money. I ran the first 25 or 26 flights. After that, I was relegated to a fast walk or hop two stairs at a time using the railing to pull myself up. Yes, running up that many stairs and that elevation was very hard, but I found the hardest part to be the race conditions.

I was woefully unprepared for all the dry air and dust in the stairwell and for trying to run up through that dust with people climbing on my back and pushing. My right forearm got bruised from when a woman kept pushing me into the railing in her attempts to pass me on the left. I considered one good punch to her nose but decided against it because I didn't want to be disqualified after all that work!

I got to the top and was elated when I felt the cold air, and a flat surface beneath my feet. I also tasted blood but didn't see any—later on, too. I gather it was from all the dry air and dust.

One guy was dressed in a silver Spider-Man body suit. I giggled every time I saw him. I want to see someone dressed as King Kong, but that is a lot of fur to carry up 86 flights of stairs.

Despite how difficult this race was, I'm happy with my performance. I had set out to not pass out, to finish, and, if possible, to finish under 20 minutes. I achieved all three goals! Now that I am familiar with the race and the conditions, I will start training for this thing in the summer. If I get in, then hopefully my time will go down. If not, then I will have a blazing bootie anyway!

Thanks to Martta for her support and taking photographs. —Jen Lanterman

I am just happy that Nakedauthor.com Guy didn't beat me! If Jen laughed at Spider-Man, picture a guy wearing only sneakers and a Speedo for the preliminary run-up ... ewww. Anyway, I am happy to report that I am still coughing out dust. —Ed Kelly

NYRR Half-Marathon Feb 10

Grand Prix: Bronx	
Joshua Carnes (2:07 PR).	1:37:59
Paul Kartanowicz.	1:38:55
Scott Wickham.	1:41:21
Greg van Inwegen.	1:48:52
Frank Austin.	1:56:26
Chris Jaworski.	1:56:35
Eileen Percevault.	2:19:51

It was a strange morning weather-wise—"freezing fog" and a few ice patches at 6:00 am—but there would be none of the calamitous conditions I had hoped I'd be able to use to cover up a mediocre performance. I was looking for high winds, bitter temps, and rain and snow showers, but, aside from some wind beginning an hour after the start, the weather was almost exactly what good runners would want. Darn!

D'oh 1. I ran 6 miles the day before and was tired almost from the get-go of this race.

D'oh 2. I started out too fast and then had to resort to run/walk to get it done.

This is not so easy a course either—it's perhaps on par with the Manhattan Half course in Central Park. But one thing for sure is that the logistics at the start of the Bronx race were much better than at Manhattan. Parking and baggage check were a cinch, and bodily functions were superbly accommodated.

Wish I knew what Frank Austin looks like—we coulda paced each other!

A few of us are well on our way to claiming the coveted souvenir patch for completing a half in each of the five boroughs of New York City this year. Manhattan was two weeks ago, Brooklyn is in April, and Queens and Staten Island are in August and September. And the T-shirts for this series are nifty, coordinated. Each borough's shirt displays a silhouette of that borough (blue for Manhattan, green for Bronx, etc.). I can just picture a group of five runners, each wearing a different borough's shirt. —Chris Jaworski

Chris, I don't think I would have been much help for pacing. I also was fast out of the gate. My iliotibial band seized up around mile 8, and I limped the rest of the way. I will look for you in Brooklyn in April. We can start too fast and struggle at the end together.

—Frank Austin

At first, I had a feeling this race wasn't going to play out too well for me. I woke up extra early to take the train into the city, with the hope of arriving with ample time for stretching, prerace warm-up, all that stuff. However, unanticipated subway construction meant a 30+ minute detour around Columbus Circle, and I got to the Bronx about five minutes before the start. I pretty much ran from the subway station to the baggage check—this was my warmup—and then straight to the starting line, just in time to hear the horn sound.

Immediately I thought, "Running a half without stretching isn't the smartest thing to do," but I pushed on. Later, I thought for sure the brutal winds between miles 7 and 9 were slowing me down considerably, but somehow, some way, I stuck it out and went home beating my previous PR by 2:07! I have absolutely no clue how I did that! Maybe the running gods were making up for my troubles at the Manhattan Half two weeks earlier. I am simply grateful to have run as well as I did, and I really had a blast. Paul Kartanowicz and I met up after the race and swapped race stories. I'm definitely looking forward to the next half in this series.

—Joshua Carnes

**Mid-Winter Beach Run (2M), Feb 16
Manasquan**

Jen Lanterman (8th W) 14:06
Helene Scarnegi 16:02

Part of this fun run through Manasquan was on the beach, with the temp at 26 degrees and a windchill of 14. Fortunately, the wind held off for most of the race, and I was so bundled up that I warmed up fast once I started running. My first mile was 6:35. The second mile started on the beach. Oh, what fun! Sand in my shoes! A friend thought that the quarter-mile beach stretch was moved from the end to the beginning of mile 2 because people had a hard time on the sand in previous years. This may be true, but the beach felt longer than a quarter-mile, possibly because running on soft sand is so laborious. At any rate, the finish line came up very soon after that. If I had known it was so close, I would have run faster to try to catch the 6th- and 7th-place female finishers (they were just ahead of me)!

Instead of presenting age-group awards, the Jersey Shore Running Club gave awards to the top 10 male and female finishers. I received a cute little plaque for 8th female.

JSRC said there was a record 1100 registrants. Entry was steep at \$30, but money went to the ambulance squad, and runners got a T-shirt, a sweatshirt, and a post-race buffet. This short, fun winter run can get you moving faster than usual. I recommend it.

—Jen Lanterman

Tougher to run on the sand than I anticipated, but this was still a lot of fun and a great showing of runners!

—Helene Scarnegi

Austin Half-Marathon Feb 17

Joe Westcott 1:46:03
Kate Rados 2:28:09

Joe and I have to tell you what kept us out of the loop for 13 weeks. We were training for our first half-marathon!

We picked the Austin Half, which runs with the full, because it had a reputation for warmer weather and lots of local support.

This was a big milestone for us. Joe and I are new runners who could barely make it through a 5K a year and a half ago. In fact, I couldn't make it once around a track.

Anyway, quick recap: The course was amazingly hilly. Do you know the long, steep hill up Watchung Avenue from Brookdale Park? Okay, like that. But eleven times.

Joe had a terrific race, despite a leg that stiffened a little around mile 10, where we broke from the full marathoners. But he was running with a great pace group that kept things very even. He finished in 1:46:03!

My race was challenging. I had some trouble keeping up with my pace group as it powered through the hills after mile 8 (I'm used to low and slow). I finished with a respectable 2:28:09 and some bruised toenails, but I'll take it!

There were bands at every mile (of course! it's Austin!) and tons of spectators. Best moment, a woman holding up a sign: *You're all crazy*.

Overall, this was a fun but challenging race. I think it'd be a great challenge for you guys who have a few marathons under your belt. Nothing flat or boring about it!

Thanks to Randy and Nina Miller for their well wishes. Joe and I look forward to the race season and the next milestone! —Kate Rados

26.2 With Donna: Feb 17

National Marathon to Fight Breast Cancer, Jacksonville, Fla

Lynne Mortimer 4:38:32

This inaugural breast cancer marathon was very well organized and staffed. Great volunteers, wonderful energy for a great cause: 100% of the proceeds go to fighting breast cancer, which has touched the lives of so many people I've known. An event highlight was meeting Joan Samuelson, who ran the half as a tune-up for the Olympic marathon trials.

The weather looked ominous all week. More and more, forecasts were for an unseasonably hot day (Jacksonville temps at this time of year are usually in the 40s and 50s). With my heat problems, I knew the day would be a killer. I debated running the half instead, volunteering instead of running and saving myself for Jersey Shore in a few months, or running the marathon as a "fun run." For once I was in perfect shape healthwise, and I had finished my training injury-free, but that weather was the X factor.

At the expo, I learned there was a turnaround on the beach (2 miles of hard-packed sand), so I could always give the marathon a go and, if I had to, turn around to complete the half instead. Given the weather, a Boston qualifier would be unattainable anyway. I debated up until race time and then said, hey, I trained for the full, why not

try it? I'd had many medical tests over the preceding months and discovered salt depletion to be a factor, so I'd been salt-loading all week and figured this 26.2 would be an experiment. Could I gut it out under horrendous conditions?

Well, this marathon, with a brutal, bridge-filled, anything-but-flat, uninteresting course, turned out to be the 2007 Chicago Marathon and Long Beach Island 18-Mile Run rolled into one. It reached 80 degrees, one of the hottest February days Jacksonville has ever seen. When the sirens started, I recalled Tom Daniels's recap of Chicago.

Rescue calls were going all day, people were fainting or wearing that zombie look Tom mentioned, a woman was rushed to the hospital with a temperature of 108 degrees, tons of people were bailing at the half-marathon turnaround (consequently, medals ran out, and runners were handed paper slips so they could mail in for one), others were crying when pulled off the course for not making cutoff times, and roughly 2500 total registrants for both races never finished.

The crowds for the marathon were thinning, many people were walking, and I was feeling none of the elation I had experienced at the Richmond Marathon. Most of the race was run in direct sunlight, with no cloud cover, and the final 10K was up a bridge that looked like a water slide angling around to the finish line. Concrete, concrete, and more concrete. Highway bridges connecting overpasses—the worst!

This was turning into a survival mission, and I was aiming to be among the survivors, to finish what Tom called a character-building marathon. It wasn't about time; it was about finishing without landing in a medical tent, and doing the best I could under the circumstances.

Even under those circumstances, there was a lot of good going on. Runners were wearing T-shirts that said they were running for such-and-such a person, or T-shirts printed with *Survivor 2006* or *Survivor 2007* or whatever year they had beaten breast cancer. For a while, I ran with a girl who was a survivor. When I pulled away, I said, "God bless you," and through tear-filled eyes she replied, "Thank you"—one of the most memorable moments of my day. The course, besides offering plenty of water and Gatorade (unlike Chicago), had beautiful crowd support. Some women, handing out water in front of their homes, were crying, shouting, "Thank you for running for me!"

All this kept making me stronger so I could finish. I realized, if these women could beat breast cancer, I could beat this race. It was more than about running, though; it was also about living. Finally, when I crossed the finish line, I was spent, and my left iliotibial band was swollen from running sideways on the bridge.

The more I look back on this race—and my time, which is worse than my time in a marathon I had run injured—the more I see the positives. At mile 18, I was at 3:02, only 20 minutes behind my 2:42 at Richmond, but someone in my age group at LBI got third for that time. So, that feels better, given the similar conditions. Of 121 women in my age group, I placed 8th, and in the top 10 no one broke 4 hours, so what was so bad about that? (In fact, all 7 women ahead of me were

from Florida or Georgia—well acclimated!) My 4:11 in Richmond would have been good for 3rd in age in Jacksonville; the prize went to a 4:14. And I also heard that other people who had trained in cold temps for this race had bombed similarly. There had been no acclimation time. We went from temps in the 20s, 30s, and 40s to 80 degrees. What could we expect?

One of my best friends, Minette McKenna, battled breast cancer for 10 years but died at the tender age of 42, leaving three young children behind. As I crossed the line in Florida, I offered a prayer and said, "Minette, this one's for you. Neither of us won the race, but we gave it the best fight we could. That's all we can ask of ourselves, and isn't that what life is really about?"

Although I went to this marathon in search of perfect temps, a flat, fast course, and a BQ, I got something much more meaningful. My struggle reflects the struggle of breast cancer survivors and those running for breast cancer friends and relatives. The lives I touched and those that touched mine are irreplaceable. On occasion, times and places and standings, things I typically focus on as a competitor, are replaced with what is learned about life through running. Running was brought to another level for me, and I wouldn't trade it for the world. I can always run another marathon, and undoubtedly achieve my goals, but I can

never duplicate my experience at this marathon. As always, life turns out as it's meant to. All we have to do is live it—and in this case run it.

NYRR AI Gordon Snowflake 4-Miler Feb 23

Jen Lanterman. 29:59
I slogged into New York City for this event. The weather wasn't great, which is why the race was reclassified a fun run, but if Jersey City streets were passable enough to run, Central Park roads would be too. Besides, I had paid \$30 to enter!

I took the 6 train to 86th Street, walked to hit up NYRR for my number and to get yelled at by the door monster. This is the same woman who stands next to the door and yells at everyone to hurry up and get out every time I've been there. This time, she was wearing a knee brace and using crutches. I think they amplified the nastiness factor. Do tell, is she the NYRR bouncer? Does she get paid to yell at everyone?

Then I hiked the 13 blocks to the 102nd Street transverse. By that time, the rain had let up, but the ground was wet and nasty. Good thing I wore my Wellies! As everyone indicated, the baggage check was really organized. I brought an ugly green bag (with lock) that would be easily identifiable (thanks for the idea, Ed Kelly).

The crews did a good job of clearing most of the snow and salting the course. There were

some slush patches and some slick spots. The entire course was wet, so I feared busting my butt on black ice. I may be overly cautious, but I am a master at finding slick patches. I spend a lot of time inadvertently flying onto my butt in the winter. So, I slowed up to be on the safe side.

The race organizers continually reminded everyone that this was a fun run, and don't run too fast. This is a good idea, and I understand why it was done. I also think it had some unintended consequences. A very large group of 9- to 10-minute milers lined up right at the starting line. I give them a lot of credit for coming out under less than ideal conditions, but they formed a significant obstacle, if you will, to the 5-minute milers who for this fun run were running slower, at 6 or 7 minutes per mile. It was difficult for anyone doing an 8-minute or faster pace to get past the large group for at least the first quarter-mile.

Once I did pass, I was running better, though I did have some difficulty breathing because of the cold air. (The rest of my body is good to go in the cold.) I ran a little slower than usual, but I am happy with my time given the race conditions. (My chip-time equivalent was 29:59; chips were not distributed for this fun run.)

I am glad I gave myself the "Suck it up, buttercup" speech when I woke up this morning and was dying to stay in my PJs and eat pancakes.

EYE ON THE SPEAKER

Mark Frankel

Resistance Training for Runners

Runners have good reason to start a resistance training program, according to Alycia Kluejl, an exercise physiologist who owns Empower Your Body (an in-house personal training group) and produces a TV show of the same name.

1. Higher intensity workloads can be managed more easily. "The more endurance [that] muscles have, the more efficient they will be," Kluejl said, meaning they will be able to perform well over a longer period.
2. Strong muscles tend to reduce the strain on tendons, joints, and connective tissues, reducing joint injuries.
3. Stronger bodies recover from injuries quicker.
4. Resistance training, especially of the core, reduces back pain, corrects postural imbalances that can lead to injury, and assists in efficient movement of all muscles.

Kluejl focuses on a three-tiered progression of resistance training based on range of motion (ROM). Machines (tier 1) teach muscles basic ROM; after basic ROM is mastered, free weights (tier 2) add stability; after stability is mastered, what Kluejl called "play" (tier 3) begins. "Play is when you do other stuff, like running, moving, functional training," she said, which add coordination, balance, and agility.

Although Kluejl does not believe giving specific weight exercises is productive, she said most runners should concentrate on light weights and on high repetitions, ideally 2 or 3 sets of 12 to 18 reps for any weight-bearing exercise.

Ten-Town Distance Challenge (No. 8), April 6

Phil Coffin

So you want to run some distance on Sunday, April 6. You could spend \$20, enter the Indian Trails 15K, drive 40 miles, pay for tolls and gas, and then trade elbows and race with 300 other runners from around the state.

Or you could drive to Grove Pharmacy at 123 Grove Street in Montclair, join in the eighth annual Ten-Town Distance Challenge, tackle the 14.5-mile loop through 10 municipalities in Essex County with a few dozen running buddies, and, perhaps, compete for the renowned Ugly Sox Award, given to the first male and female finishers.

Not that it's a race; leave those flats at home. It's a long, fun run, through Montclair, Glen Ridge, Bloomfield, Nutley, Belleville, Newark, East Orange, Orange, West Orange, and Verona. While the course is semi-long and certainly challenging (hence the name), it's good for anyone looking for a long-distance run or some late-in-the-game training for Boston (April 21) or the New Jersey Marathon (May 4) or Half. Other pluses: two water/Gatorade stops, a downhill finish of almost three-quarters of a mile, and homemade muffins at the end!

We'll start at the pharmacy at 7:00 am. Park across the street, in the Deron School lot, or behind the pharmacy building, but please don't park on the street in front of the pharmacy. Course directions and/or maps will be available in advance and on the day of the run.

Have questions? E-mail me (philco53@comcast.net). And keep training for 10 towns and one great run.

Lest We Forget: Hello, Vince

Two years ago, on Feb 7, we lost our friend/running buddy/class clown/motivator Vince Carnevale, who died at 89 years young. He wasn't a charter member of the Essex Running Club—he joined up five years later—but he was an integral part of the club. And still is.

Vince had two running careers—the first as one of the top runners in this area, good enough to earn a scholarship to Georgetown, and the second, inspired by Frank Shorter in the 1972 Olympics, so long ago that most of us had not even embarked on our *first* running career yet. But he kept running and running, through age-group victories and national-class times and a near-fatal heart attack, and he kept encouraging others to keep running, too. Vince loved running, he loved racing, and he loved people. That's not a bad trifecta for the rest of us to place our bets on.

So thanks to Vince for the miles, the smiles, the inspiration for perspiration. If there's a little bit of Vince in us every day, we're doing pretty darned well. —*Phil Coffin*

It's What Families Do

Debbie McNally

Parents like me spend countless hours driving to and fro, attending their children's various sports and other activities, and cheering or consoling, but seldom do we experience reciprocation or, frankly, expect it. For me, however, this has been one of the hidden rewards of running.

When I began running in 2005, I was able to finish exactly one lap around the lake where my children and I spend the summer. That's one mile. Every day, I got up before the kids (then ages 13, 10, and 6) and ran that lap. By the time I was running *two* laps around the lake, sometimes someone was awake when I returned. My older son began asking how many laps I had done, and then how long they had taken me. After that, I started wearing a watch.

The first time I took my two boys to a race, the Building Tomorrows 5K in Brookdale Park, it was a matter of practicality: I wanted to run but didn't have a babysitter. The boys know the park, so I told them to stand near the start (luckily, also the finish) and watch the runners go by until I was done ("Don't move, and don't talk to *anyone* you don't know"). I figured they couldn't get into too much trouble in 20-plus minutes. Truth be told, the thought of what they *could* do in that time probably helped me run faster.

I expected they'd be eager to leave as soon as I crossed the line and caught my breath, but they wanted to stay, watch other people finish, and, of course, eat free bagels. They asked when my next race was, and could they come?

Soon we assumed they'd come to my races whenever possible. One son now knows roughly how long I take to run a 5K, a 5-miler, a 10K. He also knows some club members. When he doesn't go to a race, he asks not only how I did, but how they did as well. Once when he showed such earnest interest, it dawned on me: As much as I care what they do, they care what I do, too. They're invested in my successes and struggles as much as I am in theirs.

One of our best times in recent memory was spent at the USATF–NJ 8K cross-country championship in Readington. October 28 was one of those crisp, fall days when you want to be outdoors, breathing deeply. The course was spectator-friendly. While I was running the women's race, the boys figured out they could dash from spot to spot on the course and see me four times over two loops. I tried to focus on my race but couldn't help registering their joy as they sprinted from one downhill straightaway, up a hill, and across the access road so they could see me cross the field and finish. After the race, they begged, actually begged, to stay to watch the men's race.

They excitedly showed me where we could see Chris, Phil, Gary, Tom, and others come up out of the woods and head across the field. As each runner went by, they called out his name. To each other, they said things like, "Chris will catch that guy on the hill!" They were caught up in the thrill of watching live sport in a lovely park on a beautiful day, and of looking for people they knew and in whom they were invested. And we were doing it together.

They've seen me win and seen me lose, and that's probably a great lesson in itself. I try to set a positive example by talking about how great it feels just to be out running on a sunny weekend morning. I hope they're learning that sport is about dedication, fun, and friends. For them, it might really be about bagels, Gatorade, and raffles, but I'm choosing to believe we're all out there celebrating one another's achievements. It's what families do.

My Running Life in Six Words (More to Come When Space Permits)

How running saved my life (again). — *Chip Bearden*
Motion is lotion, I want 3:50. — *Aubrey Blanda*
Listen to your body. It knows! — *Howie Brown*
Listen to your body. Ignore it! — *Chip Bearden*
Used to run with front pack. — *Phil Coffin*
Run. Get hurt. Recover. Run again. — *Tom Daniels*
Running a marathon would be crazy. — *Tom Eaton*
Foot contact, no eye contact, CONTACT. — *The Evil Queen*
Young, fast; older, trying to relive. — *Paul Giuliano (member-to-be)*
Marathons → PRs → injuries → fitness, fun, longevity. — *Bob Gorman*
But Ma, they were chasing me! — *Chris Jaworski*
Born, crawling, standing, walking, running, racing! — *Tom Kelly*
Overweight, ran, Achilles, meniscus, ran slower. — *Charlie Lorber*
Seven o'clock is way too early. — *Debbie McNally*
Target pace, pick; to it, stick. — *Susan Mello*
It is never an easy run. — *Karen Merz*
Like to eat? Have to run! — *Laura Messina*
Forget the last, PR the next. — *Randy Miller*
Juggling family, friends, training, racing, marathons. — *Sharon Morrissey*
Running and coaching are my life. — *Joel Pasternack*
Stiff legs, who cares, gotta run. — *Martta Rose*
Late start, struggling to catch up. — *Beverly Salerno*
Some say fast; I say slow. — *Mike Skara*
Running talent wasted, lost, found, appreciated. — *Jack Steverson*
What the hell was I thinking? — *Genie Temmler*
Combination: motivation, dedication, determination, perspiration ...
exhilaration. — *Michael Topper*
Older I get, faster I was. — *Judy Weiss-Brown*
Spirit is willing; knees are weak. — *Leian Welch*
Training harder; alas, 30 seconds slower. — *Ron Wolfson*

RACES: MARCH–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

3/2	Sun	9:00a	Salsa, Blues, and Shamrocks 5K (NYC)	5K	212-860-4455	
3/2	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
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 (700 pts), 5K (500 pts)
3/15	Sat	7:30a	NYRR 8K (NYC)	8K	212-860-4455	
3/15	Sat	9:30a	St. Pat's 10 Miler & 5K (Atlantic City)	10M, 5K	609-561-4441	
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	
3/29	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	Run for Children (Elizabeth)	5M	908-820-4050	NBGP: 500 pts
4/6	Sun	9:00a	Indian Trails Run (Middletown)	15K	732-842-4317	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	9:30a	Rau-Fitzgerald 5K (Hasbrouck Heights)	5K	201-288-1426	
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	
4/19	Sat	10:00a	Earth Day 5K (Liberty State Park)	5K	201-795-4555	NBGP: 500 pts
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	Main Street 5K (Sparta)	5K	973-729-9141	NBGP: 500 pts
4/26	Sat	9:30a	Clinton Country Run	15K, 5K	908-812-4806	NBGP: 15K (700 pts), 5K (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	New Providence 5K	5K	908-464-4430	
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	
5/11	Sun	10:00a	HOHA Classic (Hoboken)	5M	201-792-0340	
5/11	Sun	10:30a	Spring Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
5/17	Sat	9:00a	Maywood 5K	5K	201-845-0920	NBGP: 500 pts
5/17	Sat	9:00a	Healthy Kidney 10K (NYC)	10K	212-860-4455	
5/17	Sat	9:30a	Shepherd Lake 5K (Ringwood)	5K	973-962-9465	NBGP: 500 pts
5/18	Sun	9:00a	Gilda's Run (Saddle River County Park, Paramus)	15K	732-381-0318	NBGP: 500 pts

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