



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

April 2008

Vol. 25, No. 4

PRESIDENT'S CORNER

Desmond Duncker

Days are getting warmer, the sun is shining, spring is finally here—do you know what that means? A new racing season has started!

But it also means it's time to celebrate the accomplishments of the past year. Our next meeting will be just such a celebration—our annual Awards Banquet!

Two thousand seven was a great year for the Essex Running Club, and we have many outstanding accomplishments to recognize. I do not intend to let the cats out of the bag, so please show up to honor your friends on April 7!

It's also been quite a year in that many new people have joined the club and many members have been actively participating in races and in various other club activities.

ERC is growing and changing as we seek to be a group that appeals to young and old, beginner and veteran, fast and slow. Our having become a cross-section of the local running community as well as a group enmeshed in the life of all runners in the area has made me proud.

So come celebrate our 2007 accomplishments at the 2008 Awards Banquet. I hope to see you there.

The Wayback Machine: ERC 1983

Our bylaws were adopted Dec 5, 1983, but the club was started in Jan 1983. Larry Hollander, Bill Mishler, Karen Mishler, Joe Sczyrek, Craig Van Doren, Gary Peters, and John DeHart are our founders. In particular, Craig, Gary, and John are listed as joining Jan 30, 1983.

—Carl Sturcke

MARK YOUR CALENDAR

- **Mar 29.** West Essex Trail cleanup. Hope you'll volunteer! *Page 3.*
- **Mar 29.** Mail deadline for ERC Awards Banquet. *Box, page 1.*
- **Mar 30.** St. Paddy's 10M (USATF Champ, All Div), Freehold. *Mar issue.*
- **Apr 2.** Wednesday track workouts resume at Brookdale. *Page 3.*
- **Apr 5.** Building Tomorrows 5K, Brookdale Park. *Page 4.*
- **Apr 6.** Ten-Town Distance Challenge through Essex County. *Page 4.*
- **Apr 7.** ERC Awards Banquet. *Box, page 1.*
- **Apr 13.** Run for Rachel (5K Champ, Open W), Livingston. *Page 4.*
- **Apr 13.** Cherry Blossom Run (10K), Branch Brook Park. *Page 4.*
- **Apr 19.** Jersey Shore Relay, Seaside Heights—Asbury Park. *Page 4.*
- **Apr 26.** Clinton Country Run (15K Champ, Open M / W). *Page 4.*
- **May 4.** Our House (5M Champ, Masters M / W), Summit. *Page 4.*

ESSEX RUNNING CLUB AWARDS BANQUET 7:30 pm, Monday, April 7

Church Street Café
12 Church Street, Montclair

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

The 2008 ERC Awards Banquet, at which we will honor club members for their outstanding achievements in 2007, will replace the April general meeting. We'll have a buffet of artisan breads, pasta, romaine salad, dessert, and beverages (BYOB). Please bring a guest if you'd like! We hope to see you there! Questions? Call Lynne Mortimer (973-857-3344).

No walk-ins. To reserve your spot(s):

1. Write a check (\$18 per person) to *Essex Running Club*.
2. Mail it by Mar 29 to Mark Frankel, 1444 Ratzer Road, Wayne, NJ 07470.

Schedule of General Meetings for 2008

May 5 (guest Bart Yasso) • 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

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

Please Help Keeping Track

More stories, observations, and insights are needed for 2008, ERC's silver anniversary year! If you've been a longtime club member, or a runner for 10, 20, 30 years or more, please share some of your history with us—what the running scene was like in the day, what you remember most about being part of the Essex Running Club, how things have changed, et cetera. If you can throw a light on our sport or club, e-mail jaworski@verizon.net. See p. 2 for this month's contribution.



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
 Karen Mishler. Honorary
 Lynne Mortimer. Entertainment
 Susan Palermo. Walking
 Gary Peters. USATF
 Martta Rose. PR & Web Site
 Beverly Salerno. At Large
 Sal Ultio. 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

Then you can send e-mail:
essexrunningclub@yahoo.com

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Membership: Barbara Memoli
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Apparel: Sal Ultio
clothing@essexrunning.com

Monthly Speakers: Anne Chesny
 201-869-1708



Trail and Error

By Chris Jaworski

Just a baby in terms of club membership (five years) and maybe a toddler with respect to running (eight years), I often wonder what I missed before I came alive. I fantasize about a bygone era I never knew—an era that, just a few short decades ago, was in *its* infancy.

Sure I appreciate the innovations and conveniences of postmillennial running and racing. I would not want to turn back the clock on new shoe designs and tech clothes; online route mapping; pace-time-distance calculators; Internet race scheduling, registration, and results; chip timing; and, beginning in April, computer-generated pace-based color-coded race bibs for seeded corrals in NYRR races!

And sure I appreciate the technological advances that help bind, strengthen, and enhance our running, racing, and social worlds. I practically live by e-mail. And then there are Web sites, search engines, online forums, Yahoo groups, digital images, word processors, page layout software, and PDF distillers. With so much data and so many tools at our fingertips, it has never been easier to learn, to discover new events, to make connections, to stay in the thick of things, to publish a newsletter, to tell one another our stories. What's not to love? Nothing really.

But I still become nostalgic for the early days of our sport. Maybe this yearning is a case of thinking the grass is always greener in the past (even though I've always decried talk of glory days and golden ages). Am I romanticizing simpler times? *Were* those times simpler, better? Or simply *different*? Please write to let me (us!) know, or otherwise I'll continue to think on the early days of running and imagine, rightly or wrongly:

Being at the forefront of a new way of life then ... throwing activities and events together on the fly and for the fun of it, and not so much to raise money or awareness (fine endeavors but not the same) ... being less concerned about exact times and distances ... spending less time buying into and then discarding products and ideas that *seemed* to be based on scientific principles ... and enjoying less regimentation in training and racing—more self-designed training plans then, no portapotty lines, and definitely no computer-generated pace-based color-coded race bibs for seeded corrals in NYRR races!

What I like about trail running is the feeling of returning to those imagined days.
For details on contributing to this series looking back on ERC's 25 years, see page 1.

Essex Running Club Welcomes Its Newest Members

Brian Foster. Bayonne
 Jessica Rockwood. Morristown
 Milt & Judy Westrich. South Orange
 Jane Whipple. Montclair

ESSEX RUNNING CLUB 2008 MEMBERSHIP		JOIN THE CLUB!
<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).		

TRACK WORKOUTS & YEAR-ROUND GROUP RUNS		
Wed	7:30 pm	(0) Free Coached Track Workout, Brookdale Park
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(0) **Coached Track Workout, Brookdale Park, Bloomfield/Montclair.** *Wed (Apr 2–May 21) 7:30 pm.* Arrive between 7:00 and 7:15. 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. Runners/walkers of all abilities welcome! ERC, selling ad space in its monthly photo insert, pays for Joel's services so you can train for free.

(▲) **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.

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.

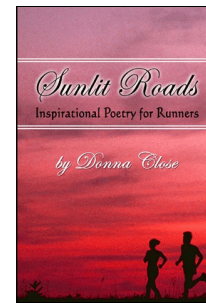
The cleanup will finish by about 10:30, and then some people run the trail. Background for new members: The West Essex Trail is about 6 miles round trip (to the end and back). It's mostly a dirt and cinder path along the old railroad line from Verona to Little Falls. It's straight, narrow, and blazed,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

ERC WARMUP JACKET (Brooks red microfiber shell, moisture-transfer liner, white club logo)		ORDER FORM					
Name							
Street							
City, State, Zip							
Phone							
Size	(Circle One)	XS	S	M	L	XL	XXL
Cost	\$40 each						
Order	Check to <i>Essex Running Club</i> . Mail with form to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052. Questions? clothing@essexrunning.com .						



POETRY CORNER Donna Close

This has been a very exciting month for me, as I received a copy of my recently published book, *Sunlit Roads*. It's a collection of 64 running poems I've written through the years. Some people dream about running marathons; I've always dreamed about having one of my poetry books published.

You can order *Sunlit Roads* online at www.publishamerica.com. Click on the online bookstore and search for *Sunlit Roads*. May 5, you will also be able to place an order at any bookstore (ISBN 1-60474-793-5). Retail price: \$14.95.

Mick and I will also be selling the book directly for \$11.95. We'll bring copies to the monthly meetings. Or, you can mail a check to us at 62 Bortic Road, Cedar Grove, NJ 07009. Please write a check payable to *Donna Close* and include an extra \$2 if you would like the book mailed to you.

The cover shows two runners against a sunlit sky, and the cover notes read:

*We ran our race on sunlit roads.
Thankful now to have glimpsed
Those tiny bits of heaven.*

Donna Close has been writing poetry since age 17, and it has been her passion ever since. Despite being blind, she found a similar joy in running when she turned 37, three years after the birth of her daughter, Lisa, and she set out on a journey to inspire others through her writing. As a blind runner, she runs mostly on a treadmill and occasionally participates in races with her husband, Michael. She decided to publish a collection of running poems since few such books are available. Many of these poems reflect her experiences with the Essex Running Club in New Jersey, along with some of her more memorable races, such as the Bermuda 10K and the New York City Marathon. She hopes this book will encourage others to find both joy and humor in their sports.

If you have questions about the book, please e-mail mickclose@aol.com or sunlitroads@aol.com.



USATF–NJ

Mick Close

Our turnout was excellent at this year's first USATF–NJ team race (Newark Distance Classic, Mar 9). Twenty-six people on 8 teams picked up 21 points in the overall team Grand Prix. This included 3rd place

in both the men's masters 40–49 and 60–69 age divisions.

The next team race was the 10-mile championship (St. Paddy's, Mar 30). Two team races are scheduled each month from April through June. We hope to field teams at all these events, so please try to fit them into your race schedule.

4/13	Run for Rachel 5K	Open Women
4/26	Clinton Country Run 15K	Open Men/Women
5/4	Our House Run 5M	Masters Men/Women
5/10	Newport 10,000	Open Men/Women
6/16	President's Cup 5K	Open Men
6/22	Pine Beach 5K	Masters Men/Women

We hope more club members will come out to support our teams in 2008. You just need to join or renew your USATF membership to participate. 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.

Please contact Mick Close, Ed Kelly, or Gary Peters for more information about USATF or about running on one of our teams. We welcome runners of all abilities, and often a few extra runners can make a big difference.

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

USATF recently announced a great new benefit, an exclusive offer to receive subscriptions to *Runner's World* and *Running Times* for the annual rate of \$25, a savings of more than \$20 off the rates when subscribing separately. To take advantage of this special offer, visit the members-only section of the USATF Web site.

USATF also announced some individual Grand Prix rule changes coming out of the Feb 19 meeting of its Long-Distance Running Committee. The top 3 age-division finishers in the overall Grand Prix will no longer be eligible for awards in Miniseries 1 and 2. In addition, now you will be required to run only 7 of the maximum 9 races in Miniseries 1 and only 5 of the maximum 7 races in Miniseries 2 to be eligible for awards in these series.



AT THE RACES

Mick Close

Building Tomorrows 5K **Sat, Apr 5**

Help the Association for Retarded Citizens (ARC) of Essex County by running this race on its double-loop course around Brookdale Park in Bloomfield/Montclair. The

race starts at 10:00 am. This is a community event with something for the entire family. Info: 973–535–1181 (ext. 1230), www.oymp.net, www.active.com.

Ten-Town Distance Challenge

Sun, Apr 6

Join the Grove Street gang for this 14.5-mile group run through 10 towns in Essex County—now in its 8th year. Meet at Grove Pharmacy at 7:00 am. Phil Coffin's famous homemade muffins await you at the finish, with ugly socks to first-place finishers. Shorter routes are also available. Info: philco53@comcast.net.

Run for Rachel 5K

Sun, Apr 13

Some of the fastest 5K times come on this mostly flat out-and-back course starting at Livingston's Memorial Oval (9:30 am). This team race for our women features a strong field for the USATF–NJ Women's Open 5K Championship. Contact Mick Close to run on one of our teams (mickclose@aol.com, 973–477–0016). Preregister to receive a \$3 USATF discount and a super loaded goody bag in addition to a T-shirt. Stay for the postrace random prize drawings. Info: 732–381–0318, www.oymp.net, www.active.com.

Cherry Blossom Run 10K

Sun, Apr 13

Celebrate the return of spring by running this race (10:00 am) in Newark's Branch Brook Park as part of the annual Cherry Blossom Festival. Although this is a popular Essex County race and club event, it conflicts with Run for Rachel this year. Info: 973–376–6094, www.compuscore.com.

Jersey Shore Relay

Sat, Apr 19

Have fun down the shore, where teams of 5 runners each run 5 to 6 miles of a 26.2-mile course from Seaside Heights to Asbury Park (individuals can also run the full marathon course this year). Postrace party at Asbury Park Convention Hall. Info: 732–793–3000, www.jsrc.org.

Clinton Country Run

Sat, Apr 26

Run the scenic 5K or 15K (9:30 am) in the countryside and be reminded of the old Midland Run. The 15K, the USATF–NJ Open Championship, is a team race for our men and women. Contact Mick Close if interested in running on an Essex team or carpooling (mickclose@aol.com, 973–477–0016). Info: 908–812–4806, www.compuscore.com.

Club Races in May

There is a smorgasbord of races on May 4: New Jersey Marathon and Long Beach Half-Marathon; Race for the Cure 5K, Branch Brook Park; Nutley 5K; and Summit's Our House 5-Miler (USATF–NJ Masters 5-Mile Championship), which again will give out sports bags, T-shirts, and hats.

Jersey City's Newport 10,000 (May 10) continues to grow in stature, attracting top male and female runners competing for almost \$20,000 in prize money. This 10K on Mother's Day weekend is the USATF–NJ Open 10K Championship for Men and Women.

The Gilda's Run 15K (May 18) travels the paved paths through Bergen County's scenic Saddle River Park.

The 33rd annual Ridgewood Run will be held, as usual, on Memorial Day (Mon, May 26). The 10K starts at 8:45 am and the 5K at 10:15. There is no race-day registration.

FINISH LINES

USATF–NJ Open & Masters Indoor Feb 24 Track & Field Championships, Toms River

I did the shot put. It's much harder than it looks. I fouled four of my six attempts. Either my hand was in the wrong place, or my feet were in the wrong place, or I threw crooked, etc. There are a million ways to foul. I am just happy I managed two good "puts" (and caused no deaths). The 60-meter dash was easier—the gun goes off, and you just run really, really fast for a really, really short time. My kind of race.

This was so much fun! This was my first T&F event, and I am hooked. There's something for everyone at these track meets. Give it a try. I had no clue what I was doing, but the officials were very helpful and encouraging. I really, really enjoyed myself. Thank you, USATF–NJ, for putting on a great event. —*Beverly Salerno*

Coogan's Salsa, Blues, & Shamrocks Mar 2 5K, Washington Heights, Manhattan

Michael Topper 27:14

E. Murray Todd Half-Marathon, Mar 2 Lincroft

Will DeRoberts (1st AG) 1:24:49
Rich Unis (PR) 1:39:18
Susan DeRoberts (PR) 1:57:52
The temperature was perfect for running, but it was windy! Nice course, with rolling hills through some pretty country. —*Susan DeRoberts*

I took 3+ minutes off my best time. (On May 31, I will turn 50. On checking M50–54 times in today's race, I saw I would've finished among the top 5 in that age group. Not bad.) It was cold at the start of this 501-entrant race, and very windy in spots, but the course was great. —*Rich Unis*

Newark Distance Classic Mar 9

5K
Mark Frankel (6th OA, 1st AG) 20:51
Ted Bongiovanni (3rd AG) 21:23
Mike Wojcio (1st AG) 24:46
Laura Halstead (3rd AG) 29:26
Susan Palermo (1st AG) 34:54

20K
Larry Czaplewski (3rd AG) 1:17:12
Charlie Slaughter 1:24:35
Tom Eaton 1:24:40
Randy Miller 1:24:52
Larry Miller 1:27:50
Karen Merz 1:28:24
Paul Kartanowicz 1:28:48
Gary Peters 1:28:58
Doug Williams 1:29:15
Glenn Trimboli 1:29:25
Michael Conforti 1:30:15
Phil Coffin 1:30:24
Mick Close 1:36:11
Jen Lanterman 1:36:36
Ed Kelly 1:37:09
Sharon Morrissey 1:39:25
Howie Brown (2nd AG) 1:40:54

Chris Jaworski (PR) 1:42:24
Chip Bearden 1:42:47
Susan Mello 1:42:58
Lynne Mortimer (3rd AG) 1:48:21
Tom Kelly 1:49:16
Carl Sturcke 1:49:41
Bill Wilde 1:50:02
Helene Scarnegi 1:51:43
John Piccoli 1:53:26
Andi Robik 1:53:58
Martta Rose 1:56:03
Beverly Salerno 2:25:11

ERC's 20K Teams (21 points)

Men Open 4th—5 pt
Men 40–49 A 3rd—6 pt
Men 40–49 B 9th—0 pt
Men 50–59 4th—3 pt
Men 60–69 3rd—4 pt
Women Open A 7th—2 pt
Women Open B 9th—0 pt
Women 40–49 6th—1 pt

Club turnout was great: 5 of us in the 5K and about 30 in the 20K. It was a sunny but cold day with strong, blustery winds along the way. Although there were the usual problems with the mile markers in the 20K, and an icy spot on the road in Branch Brook Park, Newark did a nice job staging this race. The course was traffic-free, and there were lots of volunteers, a good number of water stops, and plenty of police at the main intersections. The Rutgers gymnasium is a great location for hanging out before and after the race, particularly on a day like today.

The 5K had a small field (<80 people). Each ERC runner picked up an age-group award, and Mark Frankel finished 6th overall.

The 20K, a USATF championship race, had a very competitive field of almost 300 runners. Larry Czaplewski, Howie Brown, and Lynne Mortimer each won an age-group award, and our teams (8) started the year off great by placing in several categories (including 3rd in M40–49 and M60–69) and picking up 21 points.

A big thank-you to Laura Messina for showing up all over the course to exercise her lungs and cheer everyone on! —*Mick Close*

Mick, thanks for posting the results. I was wondering how I did. (When I got to the finish line, the clock was already removed.)

Congrats to all age-group winners—you deserve extra praise for winning against those strong winds. At times, the wind was so strong I almost couldn't move; when it was at my back, I felt I was being lifted off the ground. Although I didn't have my best day, I'm happy with my "almost second half-marathon." I was slower than I would have liked, but the event was good practice for upcoming longer races.

Thanks to all the ERCers who cheered me on at the end. That made it special. I remember seeing Susan Palermo, Anne Chesny, Martta Rose, and Tom Kelly. I know there were others, but I had frozen brain fog. —*Beverly Salerno*

My plan for turning 50 on the day after the Newark Distance Classic changed from running 50 miles at the track to running 50K to running 50 laps to spending \$50+ on a 50-minute massage to getting 50 winks and using 50 tissues on a cold that struck me immediately on my return home from this race. Yeah, a cold.

The Newark 20K has it all—a flat prelude; a big ole kick-in-the-pants hill; the park's rolling hills, designed to not let you become complacent; the park curves that tease and deceive about how much farther there is to go before hitting the streets again; the tantalizing stretch between the park and the finish; and finally that long, sweet downhill ending. (I just realized that this course strongly resembles that of an autumn race, the 11.5-mile Roosa Gap Roller Coaster Run in Wurtsboro, New York.) But I loved the weather, too. It made everything crystal-clear. Even the buildings in the downtown area sparkled, and I found myself looking around, admiring them. I even liked being buffeted by the wind.

But I do not understand running at all. First, in the week leading up to the race, I put in what was probably only my second 40-mile week ever, and it ended with a 6.5-mile run on Saturday (I know not to run the day before a race, but the impulse was just too strong). Second, the longer the race, the more I deteriorate. Third, I

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.

didn't get nearly enough sleep Saturday into Sunday. And, finally, two words: hills and wind.

So I ran my best ever 20K, in 1:42:24. My previous best (1:43:17) had come on the flat Equinox course in Piscataway in 2005, three eons ago. That year is also the only other year I have done the Newark race; I finished in 1:49:17 then.

I figure that running well in the 2008 NDC was my way of finishing my first half-century with a bang. So, now I can snuffle away in satisfaction rather than head over to the track for 50 laps.

Howie Brown and I have a little rivalry going, even though I'm 16 years his junior. Whatever the distance, he and I often finish races within 5 seconds of each other (the first time this happened was at that Equinox race: him, 1:43:12; me, 1:43:17). Well, he trounced me by 5 minutes at last fall's USATF 15K. And to put too fine a point on it, at Newark I was outfitted with my new shoes (they would help me run faster, right?), and what should Howie show up wearing? Yep, the same shoes. With things being equal, Howie passed me around the 6-mile mark and again took the prize, finishing 1.5 minutes ahead of me. He's one cool runner-dude! —Chris Jaworski

NYRR Colon Cancer Challenge 15K Mar 9

Aubrey Blanda. 1:21:04
With everyone at the Newark Distance Classic, I took it upon myself to serve as ERC's lone representative at the Colon Cancer Challenge in Central Park. The stated purpose of this race is to promote awareness of colorectal cancers and raise money for research. The staging area featured information booths and a large inflatable colon, through which runners and spectators were invited to pass (forgive the awful pun).

Following my marathon training plan, I ran 7 miles before the 15K so I'd get in 16+ for the day. But my timing wasn't great: I finished the 7 earlier than expected and found myself waiting, hamstrings growing tighter by the second, in gusting wind and cold. Fortunately, I loosened up once the race started. My goal was to run the first half at the same pace as the early 7 miles and then pick up the pace for the second half. I surprised myself by succeeding, for the most part. After a gel and water stop at mile 5 (more for practice than anything else), I increased my average pace by about 10 seconds a mile until the finish, for a time of 1:21:04. This is a 1:52 improvement over my NYRR Hot Chocolate 15K in December—when I did not run 7 miles beforehand—so I'm happy with my latest race result.

NYRR again put on a professional, well-organized race with a secure baggage check and plenty of postrace bagels and drink. The only thing missing? No hot chocolate!

St. Patty's Day 5K, Morristown Mar 15

Joshua Carnes (PR). 19:49
Mike Sneden (new member!). 21:31
Rich Unis. 24:31
Aileen O'Rourke. 24:45
Heather Welch. 24:51
Martta Rose (3rd AG). 26:11
John Harvey (new member!). 26:13
Laura Halstead. 29:42

Beverly Salerno (3rd AG). 32:28
Catherine Alessi. 32:39
Susan Palermo. 35:24
Lots of surprises today! Nine hundred eighty-three people showed up to do this very popular St. Patty's-themed race. The weather started out damp and chilly but warmed up enough midway through that we could go to short sleeves.

Coming off the Newark Distance Classic, I had intended to use this race as a 5K baseline to see where I might need improvement. Throughout the winter, Tom Kelly and I had been running more for distance and less for speed, so I knew that even today's luck o' the Irish wouldn't pull me through timewise. Still, I engaged in my tried-and-true good-luck ritual of petting a Lab or a golden retriever before the race. This time I was able to pet both breeds, one an adorable black Lab puppy—but to no avail. I made it through the race and felt great but eked out only a 26:11.

I saw Josh after the race. He told us he had gotten a PR, 19:49! No easy feat on this course, as anyone who has done it can attest, especially with the "hill from hell" around mile 2.

Bev, Cat, Sue, and I skipped the awards ceremony and headed for a diner. When I got home, I checked the CompuScore race results and was shocked—both Bev and I had placed 3rd in age! So, there was a pot o' gold at the end of the rainbow after all. We both received a \$10 gift certificate to the Calder Running Shop in Morristown.

Aileen won the prize for most colorful running costume—an outfit that included a green feather boa! Erin go bragh, all! —Martta Rose

This race was pretty well organized. Prerace and postrace accommodations weren't too shabby, either. Rita's was giving out free Italian Ices, and there were plenty of bagels, oranges, and bananas (though the bananas ran out, I heard).

The course was decent, too. I kept hearing about a "big hill" between miles 1 and 2. You'd have thought you'd be running up Pike's Peak. When I reached Morris's Peak, though, I found it challenging but not unbearable, and then we were graced with a nice, gradual downhill stretch nearly all the way to the finish.

I'd been wanting a new 5K PR since 2003. My goal was to break 20 minutes. Today I finally did it—finally beat my 5-year-old PR of 20:41, and by 52 seconds! So, even though I didn't make my age group's top 10 (I placed 11th), I went home very happy. —Joshua Carnes

That hill toward the middle of the run killed me. —Laura Halstead

Wurtsboro Mountain 30K, Mar 15

Will DeRoberts (2nd AG). 2:15:47
Susan DeRoberts. 3:18:55
Will and I wanted to be adventurous today, so we traveled to Sullivan County in New York state to run the Wurtsboro Mountain 30K. This was a low-key race with only 164 runners (up from 88 the previous year).

The race starts with a challenging 4.5-mile climb to the peak of Wurtsboro Mountain. After

a short drop-off, there were rolling hills (some with nice descents) up through mile 11. The next 6.5 miles were very hilly and with a headwind. The last mile was flat, but the headwind continued.

This 18.64-mile course was very scenic and included running along a stream and the edges of two lakes. We ran on back roads through a wooded area. The course was well marked and had water/Gatorade stops every 2 miles. The race director offered an early start for slower runners. Volunteers were very supportive and encouraging. The postrace food was great, too: pasta, pizza, fruit, and bagels.

This was a really tough course. It was a mental challenge just to get to the finish line, as the continuous hills took a toll on runners' legs.

There was a lot of camaraderie among the runners. Most were there to beat their previous times or challenge themselves in other ways. The race seemed to be not about winning but just running against yourself and trying to finish. It was a great race. Will and I will run it again.

Millburn Spring Run, Mar 16

South Mountain Reservation

2M
Tommy Morrissey (8th OA, 1st AG). . . . 14:20

10K
Larry Czaplewski (5th OA, 1st AG). . . . 36:42
Charlie Slaughter (1st AG). 39:50
Rob Gerin. 43:22
Ed Kelly. 45:07
Debbie McNally (1st AG). 45:27
Sharon Morrissey. 46:25
Jennifer Carbone (1st AG). 49:25
Michael Topper (PR). 55:15
Robyn Silverman (2nd AG). 55:31
Eileen Percevault. 58:41
Ed Trieste. 1:00:44
Beverly Salerno. 1:07:08

This race was very nice. The course is mostly flat and uncomplicated (no chance of getting lost). The heavy rain held off until after the race was over, so the weather was okay.

I was surprised how few people showed up. I don't think it was the weather; I've seen much larger crowds on much worse days than today. Maybe it was because of Palm Sunday.

Congrats to our winners, and a special shout-out to Sharon, who cheered me on the two times she approached from the other direction. (The course is two loops, so us slow people see the fast people going the other way twice.) I had a very bad day, which I will conveniently blame on being tired from last week's Newark 20K and yesterday's St. Patty's 5K. —Beverly Salerno

Shamrock Marathon, Mar 16

Virginia Beach, Va

Mark Frankel (4:30 pacer). 4:28:49
I drove to Virginia to be a Shamrock "floater," a pacer who could step in at the last minute and lead whichever of three marathon pace groups (4:00, 4:15, 4:30) might be in need. A 4:30 pacer could not run, so I was assigned that spot.

The day was cold (low 40s) and blustery (20-mph wind blowing from the north). I joined the

other pace-group leader, Roy, and about three dozen other runners on this windy adventure.

Our early conversations were numerous and giddy. One runner, already preparing for the 2009 Disney Marathon, was fascinated that I had done the Goofy Challenge. Another runner, from River Edge, New Jersey, had planned out her nine qualifying races for the 2009 New York City Marathon; I reminded her about also needing to volunteer at a NYRR race to secure guaranteed entry into the marathon. Then there was the Air Force runner who wanted to keep talking so he'd forget about the incredible pain he was in.

Roy and his GPS led the group over its first 7 miles. He ran each mile in a planned 9:50 to 10:10, with short walk breaks through all the water stops. At mile 7, he noted we were about

20 seconds slower per mile. Shortly thereafter, he told me he needed to take a bio-break.

Equipped with a watch and a pace bracelet, I took over. Knowing that this mile and the next were our best chance to return to pace before the big headwind—and that we would not get another opportunity until we escaped the wind at mile 16—I ratcheted it up from 10:00 to 9:40 per mile. Some group members felt it, and many said something. At mile 8, Roy came back and seemed happy with the new pace, but at mile 9 he took the pace sign back, as in just 2 miles we had sped up from 20 seconds over to 20 under.

Miles 9 to 16 were all into the strongest wind we'd feel during the race. Roy and I stuck close together, running a 10-minute pace or so, but half the group had dropped off.

At mile 16, I stopped for a gel. I caught up to Roy at 17, where I noticed even more members had dropped. Then, at 19, Roy pulled up with a tight hamstring and handed me the pace sign. I thought I'd have to carry the group in to the finish, but there wasn't much of a group left.

At mile 23, I stopped for water for the last time. Roy passed me around here, but I didn't know that until after the finish. By my estimate, two thirds of our starters had dropped back, and one third had gone ahead. At mile 23, only one member was still with me. He ran with me until mile 26 and then sped ahead at my suggestion.

I was all on my own toward the end. With a smirk on my face, I walked the last five feet and finished in 4:28:49, much closer to my assigned time than in 2007. Roy came in at 4:29:46.

The USATF Headphone Ban

Mark Frankel

Don't plan on wearing your iPod at this year's Twin Cities Marathon (Oct 5). According to the TCM Web site,

cell phones, headphones, iPods, MP3 players, et al ... are not allowed on the course, per USA Track & Field [USATF] rules. The safety of our runners is our number one priority, and these [items] are a hazard. By signing or clicking "I Accept" on any TCM, Inc. registration race waiver, you are agreeing to abide by the Rules of Competition.

The rule in question is USATF rule 144.3 (b):

The visible possession or use by athletes of video or audio cassette recorders or players, TVs, CD or DVD players, radio transmitters, or receivers, mobile phones, computers, or any similar devices in the competition area shall not be permitted.

The USATF enacted its ban in 2006 in accordance with an International Association of Athletics Federations (IAAF) rule against using headphones in championship events, according to Dave Monti of *Race Results Weekly*. IAAF intended to prevent athletes from getting radioed information about the whereabouts of their rivals during competition—a practice permitted in big bicycle races, like Tour de France. As practically applied, however, the ban has meant that recreational runners cannot wear personal music players, like Apple's iPod, during road races, Monti wrote.

So far, the national USATF has not required that race directors enforce the ban but has given them the option.

In 2007, Grandma's Marathon (Duluth, Minn), with more than 13,000 finishers, counting those in the accompanying 5K and half-marathon races, became the first major marathon with an enforced ban. Runners were instructed not to bring portable music players. Race workers who spotted devices at the starting area offered to mail them to their owners' homes (most runners grudgingly complied). Later, after finish-line photos were checked to see who was wearing headphones, 176 runners were disqualified.

"We made every effort to be proactive," race director Scott Keenan told *Road Race Management*, "to let everyone know about our policy well before they got to the race."

They posted notices about the ban in local papers, on fliers, and on their event's Web site.

Keenan said it turned out to be a wise decision. On a hot and humid race day, several runners sought medical attention; one was taken away in an ambulance. "I doubt [runners] would have moved out of the way as quickly if they'd been wearing headphones," he said.

Race organizers who enforce the ban say they are motivated by safety: Runners need to be able to clearly hear what is going on around them. "I wonder how many [iPod-wearing Chicago marathoners] didn't hear that the race was canceled," Jim Gerweck of the Road Running Technical Council told *Race Results Weekly*.

Headphones have been banned from the Boston Marathon for many years, but enforcement has been lax. Going forward, race director Dave McGillivray "expects to beef up publicizing the rule," Boston.com reported.

Following the lead of Grandma's Marathon is its sister marathon, TCM in Minneapolis/St. Paul, Minnesota.

But many races lack the resources for enforcement. Cape Cod Marathon director Courtney Bird told Boston.com, "I can [say] use of earphones ... during the race may disqualify you, [but] the issue becomes: Are we going to ... have the anti-iPod police out on the course? The answer is no."

Other organizers fear that enforcement may drive away headphone lovers. Tracy Sundlan of Elite Racing, management firm for the Rock 'n' Roll Marathons, told *Race Results Weekly*, "I'm not sure the reason [for] the ban is consistent with where the sport is going"—a reference to the dominant presence of recreational runners in US marathons.

USATF did not consider rule changes in 2007, so the ban will be in place at least another year, noted *Race Results Weekly*. Fred Finke of the Long Distance Running Division said a subcommittee would study the problem and make a recommendation, perhaps limiting the ban to national championship events.



One Twisted Path to the Marathon

Ted Bongiovanni

The legend goes that, in 450 BC, Pheidippides ran from Marathon to Athens—a distance of about 26 miles—to bring news of Greece's victory over Persia in the eponymous battle of Marathon. On arriving in Athens, Pheidippides cried *Victory!* and collapsed and died. Last November, along with 39,265 others, I ran the New York City Marathon, from Fort Wadsworth on Staten Island to Central Park. Pheidippides had some important news to deliver and was under orders, but why would anyone else run 26.2 miles? According to *Runner's World* editor Amby Burfoot, the marathon has become "everyman's Everest"—recalling George Mallory's notion of climbing that mountain "because it's there."

I had different reasons.

I was not a jock in school. I had stuck to drama and academics and maintained a certain amount of disdain for sports. It hadn't been until I was snowed under by the simultaneous demands of work, grad school, and getting out of a bad relationship that I developed an athletic impulse. My waist size had grown 4 inches, I felt like a sloth, and I wanted to get back into shape.

So, instead of taking the subway, I started biking to work. I reasoned that my new commute would be efficient—I could get to my job in the same amount of time. Then I realized that I felt better on the days I rode. My thinking was clearer. I was more relaxed and focused. I felt less guilty about whatever I was eating (and took liberty to eat more of it.) These innocuous commutes to work led to longer weekend rides, which led to my joining the New York Cycle Club and finally working up to a century ride (100 continuous miles). The problem with cycling, however, is that it's not a great winter sport in the Northeast. Bike riders get cold, and ice on roads makes for accidents. But by now, I was addicted, and was looking for another fitness fix.

What about a triathlon (swimming, biking, running)? I know how to swim, I was reasonably strong on the bike, and running could be my all-seasons sport. I attended a Team in Training information session led by Scott Willett, a seasoned, jocular endurance athlete and amazing coach who joked that triathletes "try to be athletes," which sounded about right to me.

It turned out I didn't know nearly as much about swimming as I had thought. It was one thing to be a lifeguard at a community pool; it was quite another to swim 1600 meters freestyle in the ocean. But I completed the St. Anthony's Triathlon in April 2004 and was hooked. I was amazed how much there is to learn about swimming, biking, and running. I had found a new respect for athletics—sport lends itself to continual improvement. There's a better time to be had, a cleaner stroke, a neater stride, a better way to breathe. And one of the joys of being a beginner is that I made significant improvements over a relatively short period. I competed in area races and even managed to place in my age group at two smaller events.

When I became a father, I realized I'd have less time to train, but I didn't want to give up being an athlete. Of all the triathlete's disciplines, running has the largest and quickest impact on fitness, and, equipped with just sneakers and shorts, I could exercise at almost any hour. But biking has weather requirements, and more time in the saddle is needed to build endurance. Swimming requires a pool, and time to get there and back.

As I had limited my triathlons to those maxing out at around three hours, I reasoned that a marathon would be a good next attainable goal. It might even be easy. I was right about its being doable, but I was very wrong about its being easy.

Marathon training requires some planning and much consistency. Even though I had a fairly good base of fitness, I decided on a 16-week plan, with a long run of just over 20 miles. I started at 12 miles a week; by week 12, I was averaging 35. I ran five days a week. I also biked to work a few days a week—betting that the cross-training would help. Although I was consistent, my execution was not perfect. I missed a week because of a nasty cold. I felt good during a 21-mile training run, but I hadn't anticipated being so sore and having trouble walking the next two days, and I worried I had reached my limit.

I ran the New York City Marathon, my first marathon, with a friend, Sam Coppersmith. My stated goal was 4 to 4.5 hours, but I was secretly hoping for just under 4—say, 3:59:59.

We arrived at 6:30 am but didn't start running until 10:10. Given the sheer number of runners, it took us half an hour just to reach the starting line.

I'm not sure what I expected. I know I expected to finish. I expected there would be lots of people on the course. I was not disappointed. One thing I like about running is that it gives you a chance to see new places and take them in. When you drive a car down a street, it's just another street; when you *run* down a street or through a neighborhood, you can sense its essence. And so I ran over the Verrazano-Narrows Bridge and into Bay Ridge, where families on an overpass greeted me with cheers of *Go, Ted!* (Earlier, after much equivocation, I had pinned my name to my shirt, and now I was glad I had.) It was sunny and warm. I shed layers and picked up the pace.

I felt great the first 18 miles or so. I had heard about the proverbial wall but dismissed the notion. The wall must be an artifact of poor marathon nutrition plans. I had eaten steel-cut oatmeal before the race, and I drank plenty of Gatorade along the way. I was also eating gels, basically liquid sugar, to replace what I was burning. I was easily 10 minutes ahead of my goal time when I reached the 59th Street Bridge. It was a carnival—people stopping to take pictures, everyone cheering and slapping high-fives. I spotted a former colleague, wearing his name on the back of his shirt—a perfect New York moment. And then we turned onto First Avenue. That's where the race got excruciatingly hard.

On the ERC bus in front of Grove Pharmacy, Larry Hollander had said that the marathon is basically two races, a 20-miler plus a 6-miler. Those last 6 miles almost left me like Pheidippides. Everyone says the First Avenue crowds whisk you up to the Bronx. What no one tells you is that First Avenue slopes uphill. So was this the notorious wall? I was cold. I was tired. I wanted to stop. I made jokes about hailing a taxi. But people were shouting *Looking good, Ted! Was I really looking good?* I felt piqued/peaked. How many more miles? Eight? I was in trouble.

But I kept putting one foot in front of the other. I watched my sub-4 goal tick away on my trusty Timex Ironman. I told myself that finishing is a noble goal and, then, that even if I had to start walking, I'd still finish. I made it to the Bronx. I was heartened by the little kids who wanted to slap me five. After crossing back into Manhattan, I had the benefit of being able to count down streets. Marcus Garvey Park and northern Central Park never looked better. I still wanted to walk but was afraid that, if I were to start, I wouldn't want to resume running. So, I kept going.

There were more and more people along the course. More calls to *Go, Ted!* I owe finishing the race to those spectators. I owe it to everyone who'd supported my bid. I owe it to myself. In

the park, the crowds were several rows deep. I passed a runner wearing a shirt with the name *Mia* on it—my daughter's name. So now I was hearing people cheering the name of my little girl (she'd want her dad to finish). Then I saw two of my friends cheering for me. I just wanted to be done. Rounding the corner at Central Park West, I spotted a screen that let you see yourself running. I looked and was surprised to see that I look like, well, a runner. I managed a modest kick to get to the finish line. I was almost in tears as I ran toward the finish. I raised my hands and looked at the clock: 4:38. (My official time was 4:02:14.)

I stopped running and started walking. I was surprised by the human traffic jam. A volunteer handed me a food bag and told me to keep moving. I didn't want to move. I wanted to pass out. I moved to the side, out of the way, and laid down, feet in the air. I felt nauseated. Someone offered to bring me Gatorade. I asked for water. He said I needed Gatorade. I gave him no resistance, thanked him for the cup, and drank. I shuffled in the parade of silver Mylar blankets and quipped about not expecting a post-marathon obstacle course on the way to pick up my gear. I fought off the urge to puke and eventually gathered my things. I was grateful for the tip that an experienced marathoner had given me: Change clothes in the park. I was warm now, and I left to rejoin the other club members on the bus back to Jersey.

I had completed my first 26.2 miles. Later, I thanked everyone who had supported me on the road to the marathon—which had been much longer than the race itself. I could not have more gratitude for all the encouragement I had received.

Ted Bongiovanni is a "relatively new member of the club—joined when we first moved to Glen Ridge in 2006 and then fell off the radar when we had a baby. Back now."

Lottery applications for the 2008 New York City Marathon will be accepted until 11:59 pm on Jun 1.

A Trail Runs Through It Martta Rose

Robert Lewin and Evette Pitre's hosted run (Mar 2) wins the prize for most scenic of the season! Catherine Alessi, Anne Chesny, Susan Palermo, Gary Peters, and Tom and I attended. We had picture-perfect end-of-winter weather: sunny skies, temps around 40, and no wind.

The run started at Robert and Evette's new store, the Hunterdon Running Shop, on Main Street in bucolic Clinton. If you've never been to Clinton, you owe it to yourself to check it out. But go with the intention of spending a couple of hours there, either on foot or on bicycle.

We ran on one of the most beautiful trails I've seen. It had everything: soft dirt to run on, chirping birds, bridges over rushing water, and, at the turnaround, an abandoned railroad car. Tom wanted to run with Gary, so I did a slow jog on my own. It never fails, but on the rare occasions I get to run by myself, the cobwebs clear from my brain, and I'm able to work through any challenges I am facing.

Back in town, we spotted several nice restaurants and shops to visit this spring. Speaking of nice, the Hunterdon Running Shop is gorgeous. It has a spacious upstairs meeting room. Clinton is not just around the corner (it's a 45-minute drive), but if you plan to be in the area, drop in and say hello to Robert and Evette. They would love to see you.

The Last Six Words on Running (Brevity Is the Soul of Fitness?)

- Need only two words: Running rocks. — *Phil Coffin*
- Why run? 5K. 10K. Marathon. Grove. — *Phil Coffin*
- Stop running. Get fat. Run again. — *Tom Daniels*
- My running: more substance than form. — *Calvin Denton*
- Breathtakingly liberating: consistent, focused, disciplined pursuit. — *Calvin Denton*
- Always go out too fast and ... — *Tom Eaton*
- Go, Daddy, go! Run for them. — *Tom Eaton*
- Glenn Trimboli: "Don't think, just run!" — *Tom Eaton & Karen Merz*
- A to B—time Earth me. — *Chris Jaworski*
- World and body, moving in synch. — *Chris Jaworski*
- Ha, ha, you can't catch me! — *Chris Jaworski*
- I run more, I hurt less. — *Debbie McNally*
- Target pace, pick; to it, stick. (The key to my marathon success.) — *Susan Mello*
- Walk, don't run. Unless in danger. — *Karen Merz's friend's mother*
- Where did these guys come from? — *Randy Miller*
- No improvement but no slower either. — *Randy Miller*
- Help me locate my regurgitated lung. — *Randy Miller*
- Will these shoes make me faster? — *Randy Miller*
- Juggling family, friendships, training, racing, marathons. — *Sharon Morrissey*
- [Family]: Support, juggling schedules, lives, logistics, support.
- [Friendships]: First names, unburdening, bonding, laughs, family.
- [Training]: Time, miles, hills, track, rest, again.
- [Racing]: Pinning, positioning, pressure, panting, pacing, PR.
- [Marathons]: Mental strength, emotional strength, physical strength.
- Wish I saw that train coming. — *Gary Peters*
- Who said there were no hills? — *Genie Temmler*
- How many miles to the finish? — *Genie Temmler*
- All this for a lousy T-shirt? — *Genie Temmler*
- Laura was all over the course! — *Genie Temmler*
- Train – pain – complain – refrain – train again. — *Michael Topper*

RACES: APRIL–JUNE 2008

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

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	8:30a	Hook Mountain Half-Marathon (Congers, NY)	13.1M	914-720-9139	
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 [Rescheduled for May 3]	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, some trail)	10K, 5K	973-334-4964	Age 30+ only
4/27	Sun	9:00a	South Orange Rotary 5K [Canceled]	5K	732-381-0318	NBGP: 500 pts
4/27	Sun	9:00a	Leatherman's Loop (Cross River, NY, trail)	10K	914-234-9614	Registration closed
5/3	Sat	9:00a	Xercise 5K (Chatham)	5K	732-381-0318	NBGP: 500 pts
5/3	Sat	9:00a	Millrose AA Team Relay Race (NYC)	10K	212-567-4212	
5/3	Sat	9:00a	Brooklyn Half-Marathon (Coney Island to Prospect Pk)	13.1M	212-860-4455	
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	9:00a	Bergen County Police Hot Pursuit 5K (Saddle Brook)	5K	201-646-2700	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
5/10	Sat	10:00a	Just Finish 5K (Duke Island Park, Bridgewater)	5K	908-371-1865	NBGP: 500 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 Mother's Day 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	Essex Fells 5K	5K	973-226-7181	
5/18	Sun	9:00a	Gilda's Run (Saddle River County Park, Paramus)	15K	732-381-0318	NBGP: 500 pts
5/18	Sun	9:30a	Olmsted 5K (Weequahic Park, Newark)	5K	973-372-5715	NBGP: 500 pts
5/18	Sun	10:00a	Stillwater Stampede (Swartwood State Pk, Newton)	5K	973-885-0280	
5/20	Tue	6:30p	Wall Street Run (Battery Park, NYC)	5K	212-860-4455	
5/21	Wed	6:30p	Wyeth 5K (Madison)	5K	973-376-6094	NBGP: 500 pts
5/22	Thu	7:00p	Legal Runaround (Somerville)	5K	908-245-3000	NBGP: 500 pts
5/24	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration closed
5/26	Mon	8:45a	Ridgewood Run	10K, 5K	555-427-5205	NBGP: 10K & 5K (both 500 pts)
5/31	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
6/1	Sun	8:30a	Montclair Run	10K, 2M	973-744-3400	
6/1	Sun	9:00a	Kilometers for Karen (West Orange)	5K	732-381-0318	NBGP: 500 pts
6/1	Sun	9:00a	Streets of Tenafly 5K	5K	201-567-8313	NBGP: 500 pts
6/1	Sun	5:00p	Pleasant Valley Twilight Challenge (Basking Ridge)	5K	908-204-2523	
6/2	Mon	7:00p	Merry Heart 5K (Roxbury)	5K	973-584-6709	NBGP: 500 pts
6/7	Sat	8:00a	Sparta Day 8-Mile Run Around Lake Mohawk	8M	973-729-2383	
6/7	Sat	9:00a	New York Women's Mini Marathon (NYC)	10K	212-860-4455	
6/7	Sat	9:15a	Oradell Kids Foundation 5K	5K	201-986-0979	NBGP: 500 pts
6/7	Sat	10:00a	Rockaway Rotary Run	5K	973-625-8600	NBGP: 500 pts
6/8	Sun	8:00a	Run for Marge (Pequanock)	5K	973-835-8901	
6/8	Sun	8:30a	Mountain Top Run (Warren)	10K, 5K	732-381-0318	NBGP: 10K & 5K (both 500 pts)
6/8	Sun	8:30a	Woodcliff Lake Run for Education	10K, 5K	201-391-4799	NBGP: 10K & 5K (both 500 pts)
6/8	Sun	9:00a	Portugal Day Run (Ironbound, Newark)	5K	973-589-7878	NBGP: 500 pts
6/8	Sun	9:00a	Hartshorne Woods Spring Trail Run/Walk (Atl Highlands)	7M, 5M, 4M	732-578-1771	
6/9	Mon	6:30p	Girls on the Run (Duke Island Park, Bridgewater)	5K	908-296-2116	NBGP: 500 pts
6/9	Mon	7:15p	5000 Strides (Morris Township)	5K	732-381-0318	NBGP: 500 pts