



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

May 2008

Vol. 25, No. 5

### PRESIDENT'S CORNER

Desmond Duncker

I thank everyone who attended our awards banquet in April. I found this year's banquet to be very special and lots of fun. Special congratulations to our 2007 Runners of the Year, Phil Coffin and Debbie McNally.

It was great to see Phil receive his award, as he has been a very consistent runner, and his race times have been fantastic year after year.

It was also great to see Debbie rise from being a new club member in 2005 to become the experienced, highly competitive runner she is now.

Special recognition goes to Andy Kotulski, who was inducted into the ERC Hall of Fame. His running exploits are the stuff of legend, but Andy is also a genuinely nice guy. I am privileged to be in the company of such greatness.

One special award is not mentioned in the official list that appears on page 9. Marissa Peters, toward the end of the awards presentations, came forward and gave an impromptu Dad of the Year award to her father, one of our founding members, Gary Peters. That moment was sincere and very touching. Thanks for sharing, Marissa!

Finally, congrats to all our members running the 2008 Boston Marathon. I know how hard everyone had to work to get there. I wanted to go but must console myself with next year's guaranteed entry (injury deferment).

### May Events

- **May 4.** Our House (5M Champ, Masters M / W), Summit. *Page 4.*
- **May 6.** Tuesday (6:30 pm) West Essex Trail runs begin. *Page 3.*
- **May 7, 14, 21, 28.** Wednesday track workouts continue. *Page 3.*
- **May 10.** Newport 10,000 (Champ, Open M / W), Jersey City. *Page 4.*

### Hosted Runs Begin Thursday, June 5

It's time to make plans for ERC's summer group runs, hosted at 7:30 pm each Thursday in June, July, and August. Volunteer hosts plot a 3- to 6-mile out-and-back course and provide light food afterward.

If you would like to host a run from your home (or elsewhere), please write to me at [jaworski@verizon.net](mailto:jaworski@verizon.net). I'll add runs to the schedule and print details in *Keeping Track*. Would you like to host but need help with preparation, cost, or location? Consider cohosting with another member.

**Dates already reserved:** Jun 12 (Smoke Rise/ERC Challenge 4M), Jun 26 (Sunset Classic 5M), Aug 7 (Project Children 5K).

**Dates available for hosted runs:** Jun 5, 19; Jul 3, 10, 17, 24, 31; Aug 14, 21, 28. —Chris Jaworski

### ERC'S GENERAL MEETING

7:30 pm, Monday, May 5

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

Bart Yasso, CRO (Chief Running Officer),  
*Runner's World*, and author, *My Life on the Run*  
(details on p. 9)

#### Schedule of General Meetings for 2008

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

#### Schedule of Board Meetings for 2008

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

**The Sun Sets.** Because of a lengthy list of complications, including an unbelievably full summer schedule, we regret that we have to let the club know we will not be able to host the annual post-Sunset Classic bash this year. The party has grown beyond our wildest expectations into one of the club's best-attended events, and we're disappointed we can't invite everyone over after the 2008 race. We are hopeful 2009 will be a different story. Meanwhile, we'll see you at the race this year, just not afterward.

—Phil Coffin & Laura Messina

### Other Summer Events

- **Jun 20 (Fri).** Wine & Cheese Party, host Sharon Morrissey.
- **Jul 20 (Sun).** Interclub Challenge, Third Ward Park, Passaic: ERC, Clifton, Rose City, South Hudson.
- **Aug 16 (Sat).** ERC in NYRR Club Championships, Central Park.
- **Aug 23 (Sat).** Smoke Rise Biathlon.

### Welcome New Members!

John Harvey, Newark  
Cameron Smith, North Caldwell  
Sanita Ly Smith, North Caldwell  
Tamara Sorell, North Caldwell



## 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

Vincent Carnevale. . . . . 1995  
Larry Hollander. . . . . 2002  
George Studzinski. . . . . 2002  
Lenore Piccoli. . . . . 2004  
Andrew Kotulski. . . . . 2008

### Postal Address

Essex Running Club  
P.O. Box 183, Verona, NJ 07044

### Online

Web site & membership application:  
[www.essexrunning.com](http://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@  
yahogroups.com](mailto:essexrunningclub@yahoo.com)

**General Info:** [info@essexrunning.com](mailto:info@essexrunning.com)

**President:** Desmond Duncker  
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**Newsletter:** Chris Jaworski  
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**Photos:** Aubrey Blanda  
[spinninggoddess@gmail.com](mailto:spinninggoddess@gmail.com)

**Advertising:** Lynne Mortimer  
[lynne.mortimer@cbmoves.com](mailto:lynne.mortimer@cbmoves.com)

**PR & Web Site:** Martta Rose  
[website@essexrunning.com](http://website@essexrunning.com)

**Apparel:** Sal Ultio  
[clothing@essexrunning.com](mailto:clothing@essexrunning.com)

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



## Why I Began Running and Why I Cannot Stop

By Gary Peters

I remember the first time I thought of running as more than a reflex reaction, as something organic like chasing a well-hit baseball deep into center field. Here in northern New Jersey, at a camp not far from where the first *Friday the 13th* horror movie was filmed, I was on my annual two-week Boy Scout getaway. My troop was very lucky that year to have a leader who enjoyed physical fitness and who was willing to have any of us join

him on his early-morning runs. Each time out, we ran about three miles and then cooled down by jumping in the lake; afterward, we ate breakfast. I loved this ritual from the first step and splash. The scenery and fresh air were but bonuses to how I felt while running. As I listened to buddies whine the whole way, I floated along, seemingly without effort, barely feeling my feet hit the path. Running never felt like work. It was a wonderful new gift, much different from the short sprints I had been doing while playing baseball.

In my early teens, I began running on my own, always on my own. Often I was barefoot, and the farther I went the better, as I enjoyed the solitude. I have never felt so powerful and invincible as I did on some of those long runs around West Orange, through my favorite neighborhoods, reservations, and golf courses. Many people have since remarked that, whenever they saw me running back then, I was smiling. Maybe smiling was an effect of oxygen debt, but I like to think it was a sign of how I felt. I imagined myself the next Jim Ryun winding my way up Old Indian Road and sneaking onto the golf course for a game of cat and mouse. Nothing was more satisfying than hearing the superintendent's golf cart straining to catch me, running across a fairway, while the sun was dipping below the horizon.

My luck held out when a new teacher, Al Paganelli, became the cross-country and track coach at Mountain High School. Having been an all-star runner at William Paterson College just before the legendary Tom Fleming, Al brought a new vision of dedication and hard work to my running. Distance and speed work combined to toughen my body and mind. Just when I thought enough was enough, Al cajoled me to do more. Cross country had always been my favorite sport. With Al's coaching, our group of talented runners proved very successful in conference and county championships during my junior and senior years.

College running, however, was a washout, a major disappointment. A knee injury and lack of training camaraderie were the double whammy. I didn't start running seriously again until after I graduated from Montclair State College in 1976.

A few years later, I met John DeHart at the Essex Racquet Club in West Orange. John was forming a running club. I thought a club was a weird idea, and, despite the good times I had had in high school, I was hesitant to join. My college years had soured me on group running, and I still valued my solitude a great deal. However, I set aside my reservations and signed up, becoming one of ERC's first seven members. Thank God I was wrong about a club, because I've come to meet and befriend many great folks. I've learned that runners come in all shapes, sizes, and speeds and that running with the like-minded can awaken your senses, stimulate your intellect, and improve your VO<sub>2</sub> max all in an hour.

I have run only six marathons. My first was Marine Corps. I remember it well because I found myself lined up next to Fred Lebow. We chatted before the gun and crossed the starting line together—and that was the last I saw of Fred. I think I beat him with my 3:00:30 finish. Over the next few marathons, I struggled to run faster. My fifth try was at the New Jersey Waterfront Marathon, which started midspan of the George Washington Bridge, traveled along Route 3, and ended at the Giants Stadium 50-yard line. After 20 miles, I was flying and knew I wasn't going to crash as I had done each time before. I ran the final 10K—choked up and high as a kite—in 39 minutes. And I finished, with an almost precisely even split, in 2:52:07—smiling and feeling I could go another 10 miles. It was then I realized that running and fitness are gifts not to be squandered. An early-1990s Boston was my sixth marathon.

I've been blessed with good health and the encouragement of good friends, and I am amazed at the accomplishments and trials that running hard and fast and far can bring. I remember Vince Carnevale, chatting with me after a Nutley 5-miler, going into cardiac arrest, only to have Jill Booth save his life with CPR until the medics arrived. I remember beating Alberto Salazar at the Midland Run 15K (he was jogging it with my friend). I remember suffering the effects of hypothermia during my fourth marathon and winding up in the hospital. I remember all the meeting places the club has had over the years, including the defunct 40 Love (where the waitress, our own Lenore Piccoli, turned out to be a better runner than most of us) and The Nest in Verona (where I drank beer with the legendary George Sheehan before he was to speak to the club).

I continue to look for the sights and sounds that leave me feeling like that young kid did, running in the early morning with his friends at camp all those years ago. I wish all my runs made me feel that way. Of course, not all do, but surprisingly many provide glimpses from behind the endorphin curtain, where the ground and the trees fly by in a blur and the body feels as strong and flexible as it was when I could chase down any baseball hit into deep center field and know darn well it was mine.

*For details on contributing to this series looking back on ERC's 25 years, see page 9.*

**TRACK WORKOUTS & YEAR-ROUND GROUP RUNS**

Tue	6:30 pm	(▲) West Essex Trail Run, Verona
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)

(▲) **West Essex Trail Run, Verona.** Tue 6:30 pm, Sat & Sun 9:00 am. Meet near tennis courts in Verona High School parking lot at corner of Fairview Avenue and Sampson Drive (Sampson is a one-way street, so approach from Grove Ave). The unpaved trail's round trip from Verona to Little Falls is approximately 6 miles. The trail is blazed, and mile markers are posted on trees.

(0) **Coached Track Workout, Brookdale Park, Bloomfield/Montclair.** Wed (thru May 21) 7:30 pm. Runners and walkers of all abilities welcome! Arrive between 7:00 and 7:15. Run a 2-mile warmup and strides so you're ready to go when the workout begins at 7:30 sharp. Joel Pasternack will coach and give advice, and his workout plan will be posted each week at [www.essexrunning.com/workout](http://www.essexrunning.com/workout). ERC, selling ad space in its monthly photo insert, pays for Joel's services so you can train for free.




(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 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.

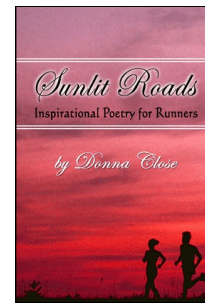
**Questions:** Will anyone else show up for a run? Need to confirm a start time? Looking to buddy up for a certain distance or pace? Visit our Internet (Yahoo) bulletin board to get answers about attendance, times, conditions, routes, alternative plans, distances, paces, and other items.

**Internet (Yahoo) Bulletin Board:** Join at [groups.yahoo.com/group/essexrunningclub](http://groups.yahoo.com/group/essexrunningclub) and then post messages there or by sending e-mail to [essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com).

**ERC CLOTHING ORDER FORM**

<b>Warmup Jacket</b> Red microfiber shell, moisture-transfer liner; white logo on back, club name on front 	\$40	<u>Circle a Size</u> XS    S    M    L    XL    XXL
<b>25th Anniversary Hat</b> Baseball cap with embroidered 25th anniversary emblem 	\$10	One Size
<b>25th Anniversary Polo Shirt</b> Gray or white, red stripe on each side; embroidered 25th anniversary emblem above the heart, (optional) your name embroidered on opposite side 	\$28(+)	Circle a Color:    Gray    White  <u>Circle a Size</u> XXS    XS    S    M    L    XL 2XL (add \$2)    3XL (add \$4)    4XL (add \$8)  (Optional) Your Name to Be Embroidered (add \$8): _____

<b>Name</b>	
<b>Street</b>	
<b>City, State, Zip</b>	
<b>Phone</b>	
<b>E-Mail</b>	
<b>Check</b>	Payable to Essex Running Club. Mail with form to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052. Questions? <a href="mailto:clothing@essexrunning.com">clothing@essexrunning.com</a> .



**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](http://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 write a check payable to Donna Close and mail it to me at 62 Bortic Road, Cedar Grove, NJ 07009. Please 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](mailto:mickclose@aol.com) or [sunlitroads@aol.com](mailto:sunlitroads@aol.com).



## USATF–NJ

Mick Close

The next championship events are shorter distance races: a 5-miler, a 10K, two 5Ks. Try to support the ERC team by including one or more of these races in your schedule. We welcome runners of all abilities; a

few extra runners often make a big difference. Please contact Mick Close, Ed Kelly, or Gary Peters for more info.

5/4	Our House Run	5M	Masters Men/Women
5/10	Newport 10,000	10K	Open Men/Women
6/16	President's Cup	5K	Open Men
6/22	Pine Beach	5K	Masters Men/Women



## AT THE RACES

Mick Close

### NJ Marathon/Half-Marathon Sun, May 4

This year's races are sold out, and a large crowd is expected. The marathon and the half (and the relay) start together at 7:30 am. This fast, flat loop course through Long

Branch and Monmouth Beach (one loop for the half, two for the marathon) starts and finishes on the oceanfront. The course is spectator friendly: You can see the runners twice on each loop. Info: 732–578–1771, [www.njmarathon.org](http://www.njmarathon.org).

### Race for the Cure (5K), Newark

Sun, May 4

This race in Branch Brook Park (8:45 am start) should draw a large crowd. It's part of the largest worldwide series of races, organized by the Susan J. Komen Foundation, a group dedicated to finding a cure for breast cancer. This is the inaugural Race for the Cure in northern New Jersey. Info: 908–277–2904, [www.komenorthjersey.org](http://www.komenorthjersey.org).

### Nutley 5K

Sun, May 4

This local race, which has received high marks for organization and volunteers, starts at the Nutley Town Oval at 9:00 am and circles the downtown business district. Each runner receives a T-shirt, a finisher's medal, and a goody bag. Info: 973–667–9500, [www.nutleychamber.com](http://www.nutleychamber.com).

### Our House Run (5M), Summit

Sun, May 4

This early-afternoon (1:00) race starts at the Village Green. Teams of men and women 40 or older compete in 10-year age groups in this USATF–NJ Masters 5-Mile Championship. The first 500 runners receive runner bags and long-sleeved shirts. There are great refreshments and fabulous random prizes after the race. The course: residential streets over rolling hills, with the first 4 miles mostly downhill and a tough last mile uphill to the finish. Info: 732–381–0318, [www.oymp.net](http://www.oymp.net), [www.raceforum.com/ourhouse](http://www.raceforum.com/ourhouse).

### Newport 10,000, Jersey City

Sat, May 10

This race goes off at 8:30 am on the Saturday of Mother's Day weekend. Offering almost \$20,000 in prize money, this premier event attracts many elite runners. It's also the USATF–NJ Open 10K Championship—another opportunity for us to enter teams. The course is said to be the fastest in

the tristate area, with the first 4 miles over local streets and the last 2 on the waterfront, with spectacular views of the Manhattan skyline. Amenities: special Newport 10,000 tee, goody bag, postrace refreshments, deejay, random prizes. Info: 732–381–0318, [www.oymp.net](http://www.oymp.net), [www.newport10k.com](http://www.newport10k.com).

### Gilda's Run (15K), Ridgewood

Sun, May 18

This race, introduced in 2006 as a replacement for the Midland Run, is on the mostly flat paved paths of Saddle River County Park. If you need a 500-point category 3 event for the Grand Prix, this is a good choice. Along the winding course with several out-and-backs, you'll get encouragement from fellow ERC runners several times. This 9:00 am race is a fundraiser for Gilda's Club of Northern New Jersey, which offers free support to people touched by cancer. Info: 732–381–0318, [www.oymp.net](http://www.oymp.net).

### Ridgewood Run (10K, 5K)

Mon, May 26

The Ridgewood Run, now in its 33rd year, will be held as usual on Memorial Day, a Monday (10K at 8:45 am, 5K at 10:15). There is no race-day registration. The North Jersey Masters club does a great job with this event, and there are many amenities—the usual T-shirts, goody bags, and postrace refreshments but also massages and raffles for a mountain bike, New Balance merchandise, and a baby jogger, plus Ben & Jerry's ice cream. Info: 201–447–9750, [www.ridgewoodrun.com](http://www.ridgewoodrun.com), [www.active.com](http://www.active.com).

### Montclair Run (10K, 2M)

Sun, Jun 1

The popular 10K (9:30 am), one of the best local races, draws a large contingent of ERC members. The 2-miler (8:30 am) usually has about 200 entrants and is a great race for kids aspiring to be runners. The mostly flat courses are on tree-lined streets, with the 10K going through Edgemont and Anderson parks. The Montclair YMCA organizes the day's events, which include many children's activities. Register at Fleet Feet Sports in Montclair or online ([www.active.com](http://www.active.com)). Prerace packet pickup is at Fleet Feet. Info: 973–744–3400, [www.montclairymca.org](http://www.montclairymca.org), [www.active.com](http://www.active.com).

### Other Club Races in June

The President's Cup (Mon, Jun 16, 8:00 pm) is a fast and exciting two-lap 5K around downtown Millburn. As in years past, this event is the USATF–NJ Open Men's 5K Championship. The postrace party outside Charlie Brown's features Samuel Adams beer.

The Pine Beach 5K (Sun, Jun 22, 9:00 am), down the Jersey shore, is the USATF–NJ Masters 5K Championship. The fast, flat, scenic course follows Toms River and travels through the quiet streets of Pine Beach.

That same day (Sun, Jun 22), Fitzgerald's 1928 Lager Run, a 5K, will be held at 5:00 pm in Glen Ridge. Essex member Dan Murphy is the race director. Run the race (a good warmup for the Sunset Classic) and have a brew!

The Sunset Classic (Thu, Jun 26, 7:30 pm) is the popular Bloomfield/Glen Ridge 5-miler that finishes on the track at Foley Field, also the site of the postrace party.

## FINISH LINES

**Austin Marathon** **Feb 17**  
*Judy Weiss-Brown (Boston qualified!)*... 4:04:36  
*Howie Brown*... 4:54:05  
Tough, hilly course. —*Judy Weiss-Brown*

**Brian P. Kelly Memorial** **Mar 15**  
**2-Mile Footrace, Scranton, Pa**  
*Helene Scarnegi (1st AG)*... 15:50  
This race goes along the Scranton St. Patrick's Day Parade route. Thousands of people waiting for the parade to begin were cheering for runners. That was very nice! After doing a long race (Newark 20K) a week earlier, I forgot how quickly 2 miles can go. There were lots of interesting folks at this race, and I think I made the Scranton TV news—a photo was taken of me with a runner dressed as a leprechaun. I was surprised I won first in my age group, as I hadn't expected much at all from this race. Afterward, it took me three hours to leave Scranton, because Hillary Clinton was at the parade, and all roads were blocked. It was fun running in the sea of green!

**Sgt. Pat's Day 5K, Long Branch** **Mar 22**  
*Mike Sneden (3rd AG)*... 20:23  
*Phil Coffin*... 21:01  
*Bernadette Lancaster (1st AG)*... 26:40  
With the race calendar a little light this Easter weekend, I headed down the shore to try this 5K benefiting Long Branch PBA Local 10. There were 650 runners, up 100 from last year. I heard. The late-morning start was nice. The temperature barely reached 40 degrees; thankfully, there was no wind (always a concern along the ocean). The 50-foot-wide start line allowed runners to get away quickly (in contrast to Morristown, where they were jammed together). The flat course, on pavers and boardwalk, headed south for a mile and a half, then went around the block and back to the finish, maybe 50 yards past the start line. All in all, this race was very well organized. Not having visited Long Branch in many years, I was surprised at all the new development and how nice the shoreline is. —*Mike Sneden*

First 5K in five months; felt like five years.  
—*Phil Coffin*

**Mt. Penn Mudfest 15K, Reading, Pa** **Mar 22**  
*Robert Stack*... 1:34:09  
The Mudfest was strange! I didn't prepare for it, but my time was about 4 minutes better than last year's, probably because I started at the front and walked up most of the hills. Nevertheless, last year I finished 261st, this year 262nd. Go figure! And the weather was bizarre: a snowstorm at the start, sunny skies at the finish. The next three days, I was very sore—not only my legs but my upper body too. Before my next trail race, I've got to train a little in South Mountain Reservation!

**National Marathon, Washington, DC** **Mar 29**  
*Joshua Carnes (PR by 35:04!)*... 3:29:27  
From the very beginning, my trip to our nation's capital was quite interesting. A friend had told

me about a cost-effective (i.e., dirt cheap) way to get from New York City to Washington: the Chinatown Bus. A round-trip ticket cost only \$35. Friday morning, I hopped a train into NYC and then an F train to East Broadway in Chinatown. From there, I found my way to the Manhattan Bridge, under which three or four buses were parked. A woman was screaming at the top of her lungs, "DC Bus! DC Bus! Where you going? DC Bus!" She was beating a sandwich board with a stick to make as much noise as possible. Our bus, complete with graffiti, seatless toilet, and no running water, would battle I-95 traffic for five hours.

Once in Washington, I was eager to check out the expo and pick up my number. Mike, a good friend who served with me in Iraq and now lives in DC, met me at L'Enfant Plaza. We took the Blue Line to the armory at RFK Stadium.

The expo was disappointing—not much to it. The official race merchandise was expensive, and there were few choices. As I tend to do, I bought a pair of running socks. (Can't have too many running socks, right?) But I was stoked when I got my number, 555, and Mike, born and raised in Queens, got his home area code, 718.

Then we went to an Olive Garden to indulge in prerace pasta. Finally, it was back to Mike's place to get ready for the big day. I don't know if my tossing and turning all night were the result of my being a light sleeper, having a hard time sleeping in new places, or both, but I got only about three hours of sleep that evening—definitely not good before a marathon. When the alarm went off at 5:30, however, I shot up off the couch and laced up my shoes.

Mike and I arrived at RFK well before sunup. We donned our traditional ACU (Army Camouflage Uniform) boonie caps (hot weather hats usually worn in the desert) and fell into our respective start corrals. Some background: After returning from Iraq, we had decided to wear our ACU hats at all our marathons as a way to remember our fellow soldiers and Marines who didn't come home with us. It's a small tradition, but to us it holds a lot of meaning. And each time I complete a marathon, I get a little tab (with the town's name on it) sewn onto the hat's bill.

I somehow knew from the beginning that I was going to PR this race. I knew that the 4-hour barrier, which I'd been unable to break at six marathons, was finally going to fall. I thought to myself, "I've trained way too hard *not* to blow this race out of the water." My previous marathon PR, set at Hartford in October 2007, had been a teasing 4:04:31. I knew I was ready.

For months, I had purposely and routinely run myself up some of the most grueling hills in Essex County. I had made it a point to hit at least one hill every time I laced up. The most notorious is a stretch of South Orange Avenue, from near the train station to South Mountain Reservation—a 420-foot rise over 1 mile (~8% grade). If I mastered this hill, then nothing DC could possibly throw my way would bother me. That hill work certainly paid off.

I kept an eye on my watch and tried to maintain an 8-minute pace. After separating from the half-marathoners at about 1:48, I knew I would crush my previous PR. I said, "All right, I've come this far, and I feel awesome. Just do it one more time." I kept pushing forward and tried to keep my mind off my throbbing calves by paying a lot of attention to the ever changing DC scenery.

After a lonely stretch along the Anacostia River, we plunged into Southeast around mile 23. Then I began resorting to any means necessary to motivate myself through the final 3 miles. While concentrating on my breathing, I repeated, over and over again, the cadences that my drill sergeant had called when I was a new Private at Fort Benning: "Never back down ... never give in ... never back down ... never give in ..."

It all paid off. When I first spotted the finish-line clock, it hadn't reached 3:30 yet. I nearly lost it but rallied and used every ounce of energy to get in under the wire, at 3:29:27, a PR of 35:04!

To say I was emotional is an understatement. Even now, I cannot describe exactly how I felt at the finish, except that I was so incredibly happy. I breathed a sigh of relief, said, "It's over now," and looked for the beer truck.

I recommend this up-and-coming race as a DC alternative to Marine Corps Marathon—or as a marathon to do in addition to MCM!

### 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](mailto:essexrunningclub@yahoo.com)) or directly to the editor of *Keeping Track* ([jaworski@verizon.net](mailto: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.

**HAT Run 50K, Havre de Grace, Md Mar 29**  
*Chris Jaworski*..... 6:38:50  
 Race report next issue.

**St. Paddy's 10-Miler, Freehold Mar 30**  
*Larry Czaplowski (PR, 1st AG)*..... 59:29  
*Charlie Slaughter (3rd AG)*..... 1:04:18  
*Paul Kartanowicz*..... 1:09:30  
*Randy Miller*..... 1:09:34  
*Gary Peters*..... 1:11:15  
*Mick Close*..... 1:13:25  
*Ron Wolfson*..... 1:14:05  
*Howie Brown (2nd AG)*..... 1:18:10  
*Ed Kelly*..... 1:21:59  
*Tom Kelly*..... 1:23:10  
*Bill Wilde*..... 1:23:51  
*Helene Scarnegi*..... 1:23:56  
*Heather Welch*..... 1:25:10  
*Martta Rose*..... 1:25:24  
*Eileen Percevault*..... 1:42:33  
*Beverly Salerno*..... 1:55:22  
*Susan Palermo*..... 2:12:08

ERC Teams  
*Men Open*..... 8th  
*Men 40-49*..... 5th  
*Men 50-59*..... 4th  
*Women Open*..... 10th  
*Women 40-49*..... 7th

The 640 finishers had plenty to eat and drink, including traditional hot dogs and beer, at the 19th running of this popular March event. The Freehold Area Running Club does a great job organizing this race, which is well worth the trip. Our USATF teams were a bit depleted, after the Newark Distance Classic earlier this month, but we still received points in four divisions. Larry Czaplowski, Charlie Slaughter, and Howie Brown won age-group awards, and Larry broke 1 hour.  
 —Mick Close

**Ocean Drive Marathon & 10-Miler Mar 30**  
 Marathon (Cape May to Sea Isle City)  
*Will DeRoberts (3rd AG)*..... 3:26:02  
*Chip Bearden*..... 3:59:36  
 10-Miler (Cape May to Wildwood)  
*Sharon Morrissey (2nd AG)*..... 1:19:27  
*Susan Mello*..... 1:27:13  
*Susan DeRoberts*..... 1:32:04

Times at these races were slow because of a strong (10- to 20-mph) north-northeast wind. Chippie and I have battled Ocean Drive before, and this time it was no better.

Susan Mello and I ran the 10-miler. We then drove Chippie's enormous white Chevy van (initials JB on back window) into Stone Harbor to cheer him on. Susan hopped out around mile 15 and found him struggling, so she ran the next 5 miles with him. I went ahead to check on fellow Fleet Feeter Paul Giuliano, who was in the front pack. He wasn't feeling great either but was braving it out like everyone else. I didn't realize until after the race that Will was running just a few spots behind Paul.

Susan I and then tag-teamed Chippie, with me jumping in to run with him while she drove

the Love Shack. I took him from mile 21 into Sea Isle City. Then both Susan and I ran him in on the boardwalk (too bad we didn't get finish-line photos). Chippie finished in just under 4 hours.

Great effort on the part of all the runners on a really tough day. The winning marathon time was 2:56; the winning 10-miler time was 1:03.

At this 10th annual event, there was a nice postrace party at a bar in Sea Isle City. That's where we ran into Will and Susan DeRoberts.

—Sharon Morrissey

[An epic version of Chip, Sharon, and Susan Mello's story will appear when space allows. —Ed.]

We were blown away by this race ... literally! The headwinds were punishing and relentless the entire way.  
 —Susan DeRoberts

**Georgia Marathon, Atlanta Mar 30**  
*Andy Kotulski (marathon #599)*..... 4:29:59

**Building Tomorrows 5K, Brookdale Pk Apr 5**  
*Mike Sneden*..... 21:03  
*Mike Kalthoff*..... 21:44  
*Ed Kelly*..... 21:53  
*Wayne Carlson*..... 22:53  
*Debbie McNally (1st AG)*..... 23:04  
*Hilary Fandel (1st AG)*..... 23:45  
*Tom Kelly (2nd AG)*..... 23:54  
*Joe Cozzi*..... 27:08  
*Laura Halstead*..... 29:19  
*Kate Rados*..... 31:02

The sky was overcast, and temps were in the mid-40s, but fortunately the predicted rain held off for today's 400+ runners. There were several ERC award winners, and it was nice to see Joe Cozzi back after a long hiatus. Aubrey Blanda and I were there but didn't run, as we have the More Half-Marathon tomorrow.  
 —Martta Rose

**Urban Environmental Challenge 10K, Apr 6**  
**Van Cortlandt Park, The Bronx**

*Michael Topper*..... 1:03:51  
 A coworker and I did this 10K after consistently running together twice a week in Van Cortlandt Park, usually on its wide gravel paths. However, the race went through the woods, at times on single-track trail, and it was muddy in parts and super, super hilly. I hadn't been sure what to expect from my first trail race. Well, UEC was very different from any road race, and it was awesome!

I had hoped to break an hour but finished in 1:03:51. My friend ran 59:20 (his first race ever).

About 200 runners came out for this well-organized event hosted by the great people in the Van Cortlandt Track Club. The course was clearly marked, and this was the perfect introduction to trail racing. A great experience!

**Indian Trails 15K Run, Middletown Apr 6**  
*Will DeRoberts (2nd AG)*..... 1:01:33  
*Lynne Mortimer (2nd AG)*..... 1:22:34  
*Susan DeRoberts*..... 1:22:40  
 Beautiful course with some challenging hills.  
 —Susan DeRoberts

This is the toughest race I've done, bar none. It features roads, dirt trails, and many hills, some

so steep as to make Central Park, Our House, Woodcliff Lake, and other heretofore mentioned hilly courses seem flat. Coming off a hamstring problem that had taken me out of the Freehold race after 8 miles, but feeling great after active release technique, I gambled and ran.

Great seeing Will and Susan! Sue and I, complaining about our injuries, ran much of the race together and finished near each other.

My time of 1:22:34 was my worst (I usually run 1:14 to 1:18). Time at Indian Trails, however, is irrelevant—it's an accomplishment just to finish! I'd do this race again, though. It's a challenge and a great workout.  
 —Lynne Mortimer

**More Half-Marathon, Central Park Apr 6**  
*Susan Mello*..... 1:48:21  
*Fatima Villone*..... 1:50:40  
*Aubrey Blanda*..... 1:53:31  
*Martta Rose*..... 2:01:24  
*Andi Robik*..... 2:02:39  
*Judy Terembes Levine*..... 2:18:40  
*Val Kenny*..... 2:20:40  
*Beverly Salerno*..... 2:30:39

Who switched yesterday's weather for today's? I really had been looking forward to running in 50 degrees and sunshine, but had to settle for dreary skies, a slight wind, and damp cold. It was good running weather, though.

On Friday, I picked up my race stuff at the More Expo, where I literally bumped into Kathrine Switzer. We did a double-take and stopped to chat. It might be my imagination, but I think she recognized me from the two or three times we've met at running events. She is wonderful to talk with, very informative and engaging.

My only goal in the More half was not to start too fast. Well, I blew that one! And then I paid for it with a pit stop at mile 7. Central Park courses are not to be taken lightly; when I found myself trudging up a huge hill for the second time, at mile 9, I thought maybe I should give up running for something safer, like knitting, or bridge—anything but running up that hill again. At the same time, there was a lot of positive energy, cheers and encouragement, coming from spectators and from other runners. After Susan Mello blew by me, late in the race, I found myself running toward the finish line with a smile on my face.

I eked out my best Central Park half time by only 7 seconds. This course is tough for me. My splits were all over the place. It probably didn't help that I did an 18-mile training run with Deb McNally just six days earlier, but my focus is really on the Buffalo Marathon in May.

In the finish area, I bumped into Tom Kelly, who was watching for Martta, and later I met up with Martta and Andi Robik.  
 —Aubrey Blanda

I agree with Aubrey. At first I was disappointed in the weather, but, once I got running, I was very grateful for the overcast skies and cooler temps.

I had forgotten how punishing the Central Park hills are. Going over them once is tolerable, but twice is either sheer masochism or insanity. At any rate, my month in physical therapy paid off. I had been diagnosed with hip tendonitis and prescribed specific exercises, regular icing, and

daily doses of naproxen (Aleve). The tendonitis was gone in 4 weeks. If something has been bothering you for months, don't fool around with temporary fixes—get it looked at by a pro.

My time was less than a minute slower than my Grete's Great Gallop time of two years ago, so I ain't complaining. I felt good, nothing cried *ouch*, and I didn't need walk breaks.

Tom, bless his heart, drove Andi, Bev, and me into the city. He had planned to run in the park while waiting for us to finish. It was nice seeing him at mile 8. He ran with me a bit on the perimeter and then went back to his own thing.

It was also good to see Clifton runners Barb Tupper, Doris Fego, and Anne Marie Uebbing.

—*Martta Rose*

My time was a minute slower than my time at the Manhattan Half-Marathon in January. Must be because the More half went in the "wrong" direction around Central Park. I hope someday I'll get faster. Maybe if I keep doing half-marathons, I'll get the hang of them. Or maybe I should just do one without so many hills. But the More half was actually a lot of fun. I enjoy the camaraderie at big NYRR races, and I always make friends and chat along the way. That's one of the benefits of being slow(er).

—*Beverly Salerno*

#### Ten-Town Distance Challenge (14.5M) Apr 6

Reasons we put on the TTDC ...

*It smells so good.* The day-before baking leaves the house smelling heavenly. First apple muffins. Then cheese muffins. Then Laura's cinnamon muffins. Olfactory heaven.

*Hydration Central.* With luck, there are water and Gatorade to spare, setting me up for River to Sea in August.

*Ugly sox.* It's fun looking for ugly sox to award the first-place finishers. I already have a couple of possibilities set aside for next year ... but that won't stop me from shopping. Some people shop for shoes; I shop for ugly sox. For those who missed it this year, Tom Eaton received *King Gong* (that's not a typo) sox, with the King holding on and hanging out in midair; Karen Merz got flame sox of an unusual hue.

*The annual picture.* To see whether the photographer, backing up to take a couple of shots, gets hit by passing traffic. This year's photog, Larry Hollander, was in less danger because the field of runners to crowd in was smaller, 17.

*The first water stop.* The group has not strung out too much yet (5.2 miles), and almost everyone regroups before heading off toward Clara Maass Hospital. It's fun to see how everyone's doing. Not bad so far. Most of the hills are to come.

*Newcomers.* This year we had Jon Stumbras, a new ERC member by way of Minnesota; Rob Gerin, who was not brand-new to Grove; and David Blackburn, a Fleet Feeter who managed to defect with Howie Brown and Greg van Inwegen, which means Sharon Morrissey must not've been keeping tabs this morning. It's always enjoyable to hear new stories, tell old ones, and get to know someone the way you do only when you're running miles together. Jon, by the way, has a 2:37 marathon to his credit.

*Oldtimers.* Some folks have been with me through all or most of these TTDC escapades. Nice reminder that I've made lasting, loyal friends through this. Although maybe it's the muffins.

*Tall tales.* Hearing different accounts of the dash to the finish. (As I learned long ago, there's your version, my version, and the truth.) Once upon a time, I used to see these finishes, though from behind. Now I'm not close enough to witness TTDC history. But hearing about the Walnut sprint is pretty good.

*Postrun.* Even on a raw, chilly morning like this one, it's a good time hanging out with the group and having a little nosh. Even though Tom E, Karen, and Ron Wolfson were eventually displaying different shades of blue as they inched toward hypothermia, hanging out is worth that damn hill on Bloomfield Avenue.

*Annual surprises.* This year's? Club president Desmond Duncker is engaged! After many folks left, several of us got to meet his fiancée, Leticia, when they stopped by the parking lot. (Meeting us may change her mind, I'm afraid.)

*Best friends.* I began this group run as a lark, to do something different and because the figure filbert in me likes things like *Ten Towns*. I continue to put on TTDC because it's a little something I can do for the friends I have been lucky enough to make through these running years. The whole event is nicer because my best friend, Laura, has made it that way, with special touches and special efforts that go beyond nice. There aren't enough thanks I can give her.

*Next year.* We'll try it again. We'll hope for better weather and a bigger crowd. But count on another TTDC.

—*Phil Coffin*

#### Essential 2 Life 5K, Apr 12

Liberty State Park, Jersey City

*Ed Kelly*... 21:06  
*John Harvey*... 25:52  
On a foggy morning, this race drew 343 runners, a great turnout for a second-year event. The course was a flat and straight out-and-back. But forget the Manhattan skyline view today—it was obscured by cloud cover. Still, it was a great day to run, with temps in the high 50s. —*Ed Kelly*

#### River Edge Run (5K) Apr 12

*Mike Sneden*... 20:20  
While most members were deciding between Run for Rachel and the Cherry Blossom Run on Sunday, I needed a Saturday race and gave the River Edge Run in Bergen County a shot. The field was light, only about 250 runners (not many from Essex County and no one else from ERC). The course, starting at Cherry Hill Middle School, made its way through local neighborhoods. It was a little hilly and in the wrong order, with a downhill first mile and an uphill last mile. Weather was great, temp about 55 degrees. This was my first experience with the new, back-of-the-bib timing chips. After you cross the finish, a timer waives a paddle across your bib to record your position. This technology had a glitch, though: Times did not post for 3 of the top 10 runners, and those runners were upset. The problem must've been fixed because the final Internet results showed I

had dropped 4 places (I assume 4 positions and times were fixed). Aside from that, this was a well-organized, well-run race.

#### North Face Endurance Challenge Apr 12

10K, Bear Mountain, NY

*Dean Gorman*... 1:15:27  
*Michael Topper*... 1:27:12  
*Eileen Percevault*... 1:34:20

Dean, Eileen, and I went to this event together, and we all agreed that it was without doubt one of if not the most challenging races we've ever run. Its many brutal uphill trails were loaded with rocks, roots, wet leaves, and mud, and then there were the very steep and slippery downhill.

But the event was very well organized, the staff was great, the trails were clearly marked, and the atmosphere, though foggy, was just the right temperature.

Truthfully, this trail would have made for a better hike than a run, as we all walked a good portion of the race. The course was way more difficult than that of the Urban Environmental Challenge in Van Cortlandt Park, and I'm sure it's a great precursor to the Leatherman's Loop.

Running through the mountains was so unbelievable, so calming yet motivating, that I look forward to adding many more trail races to my running schedule.

—*Michael Topper*

#### Run for Rachel 5K, Livingston Apr 13

*Larry Czaplewski (8th OA, 2nd AG)*... 17:42  
*Charlie Slaughter (2nd AG)*... 18:52  
*Paul Kartanowicz (3rd AG)*... 19:33  
*Mike Skara (1st Livingston)*... 19:40  
*Mark Frankel*... 20:52  
*Mick Close*... 20:59  
*Ed Kelly*... 21:01  
*Sharon Morrissey*... 22:37  
*Debbie McNally*... 22:39  
*Chris Jaworski*... 22:42  
*Howie Brown (2nd AG)*... 23:01  
*Aileen O'Rourke*... 24:35  
*Lynne Mortimer*... 25:33  
*Heather Welch*... 25:40  
*Andy Kotulski*... 27:02  
*Amy Ulto*... 27:05  
*Marissa Peters (PR)*... 27:49  
*Gary Peters*... 27:49  
*Ed Trieste*... 29:58  
*Julie Harris*... 31:12  
*Beverly Salerno*... 31:32  
*Catherine Alessi*... 32:46  
*Susan Palermo*... 35:31

Many of us went to either Run for Rachel or the Cherry Blossom Run today, but there's always someone looking for an unusual challenge, and this time it was Larry Czaplewski, who ran *both* races. After crossing the Livingston finish line, he sprinted to his car and took off for Branch Brook Park in Newark. He knew he'd miss the Cherry Blossom start, but results show he finished in 53:36 (5K splits 34:02, 19:34). Congratulations, Larry, on an incredible double!

Participation at Run for Rachel seemed not to suffer from the scheduling conflict or from the chilly air. In fact, there were more finishers this year (613) than last (580).

Road construction forced a change to the old West Essex YMCA 5K course. Not much differed, but there was a tough hill at mile 2.

Essex had many strong performances and award winners. Our team of Sharon Morrissey, Debbie McNally, Aileen O'Rourke, and Heather Welch put in an excellent effort in the competitive USATF-NJ open championship to finish 8th of 16 and pick up a point in the championship.

Mike Skara felt right at home on this course, which passes within a block of his house, and he was cheered on by his family. (Randy Miller was also spotted waving his new ERC pom-poms!) Mike took home the award and bragging rights for fastest guy in Livingston, plus he snagged the very last raffle prize. —Mick Close

### Cherry Blossom 10K Run, Branch Brook Park, Newark Apr 13

Mike Perry (5th OA, 2nd AG) . . . . .	38:41
Larry Miller (10th OA) . . . . .	41:45
Peter Hughes (2nd AG) . . . . .	42:39
Mike Kalthoff (3rd AG) . . . . .	44:03
Ted Bongiovanni . . . . .	45:07
Tom Kelly . . . . .	48:35
Bill Wilde . . . . .	49:59
Helene Scarnegi . . . . .	50:34
Martta Rose . . . . .	53:36
Larry Czaplewski . . . . .	53:36
Dawn Cascio . . . . .	1:03:18

The cherry blossoms, just about at their peak, were exquisite, making our visit to Branch Brook Park delightful. If you want to see the blossoms, go soon and bring your camera.

There were 374 runners, down from 520 in 2006. (Last year's 187 was an aberration, as the race was moved from April to September.) Many people were at Run for Rachel, this year a women's open championship race. It would be nice if there were a Master Planner who made sure key races don't get scheduled for the same date!

Running conditions were good (50s, overcast) and bad (winds out in full force). Its beauty aside, this is *not* my favorite 10K course. It has long rolling hills and two nasty hairpin turns, and it's windy year-round. I've never been able to break 53 minutes here. Doing yard work for 5 hours the day before did not help.

Welcome surprises. We ran into former member William Crowell, whose family was in a tragic fire in Newark many years ago and who has been the recipient of funds raised through ERC's Interclub Challenge. He's doing well, and it was good to see him again. Former member Eileen Quirk was also there. She'll be rejoining the club after a long hiatus from running.

The strangest sighting was Larry Czaplewski running alongside me. I thought the world had gone off its axis until I learned he had finished Run for Rachel earlier and was running Cherry Blossom "for fun." —Martta Rose

It was also good to see Jack Martin cheering everyone on. (He was sidelined with an injury.) I hope to see Jack at more races. —Tom Kelly

I was gonna do Run for Rachel (it's at the school where I teach), but, after a late night of drinking

sodas, I decided to try Cherry Blossom. I didn't know where to go because I had never been to Branch Brook Park before. I arrived 3 minutes before the start! The lack of competition was a surprise. During the race, I even stopped to tie my shoe (nobody was around). Around 5 miles, my calf started hurting (I hope my injury doesn't return). Later, I was interviewed by channel 9 for the 10:00 news that night! —Mike Perry

I really enjoyed this race because I had not been to Branch Brook Park since I was a little girl. The trees were so pink and only enhanced my enjoyment of the run. —Helene Scarnegi

### MK5K Run, Denville Apr 19

Ed Kelly . . . . .	21:19
Chris Jaworski (PR) . . . . .	21:58

Who says you get slower the older you get? Not today! Running conditions were perfect. Combine that with a flat, fast course, and you might break a PR. Although I did not have my best 5K, I did witness Chris get his PR at the ripe young age of 50. Not only that, but he also broke 22 minutes for the first time. —Ed Kelly

After finishing Run for Rachel in decent time on tired legs last week, I really felt I had a PR in me. This was the year's first racing day when I knew what to wear: shorts and a short-sleeved shirt. The temp was very nice at the 9:00 start.

Flat, not as much as advertised; fast, yes! On this three-, maybe four-turn course, the first mile took us gradually downhill, and the final 2.1 were a combination of flat stretches and a few fairly easy uphill portions.

Runners could park their cars either at the start or, half a mile away, at the finish, and vans shuttled them to and fro. After the race, I decided to enjoy the sun and warm air with an easy run to my car at the start. —Chris Jaworski

### Earth Day 5K, Liberty State Park, Jersey City Apr 19

Mike Sneden . . . . .	20:08
Hilary Fandel (2nd AG) . . . . .	23:15
John Harvey . . . . .	26:06

For club members, the 5K decision for the day seemed to be between Denville and Jersey City.

I went to Liberty State Park. It was my first time racing there. Turnpike exit 14B gets you to the park easily enough, but to the wrong end. No big deal. The ranger at the information center said to take Freedom Way to the ferry terminal at the north end. But instead of parking at the terminal for \$5, I went back on Freedom Way to about a quarter-mile from the start and parked for free.

Given the lack of advance registration, only 200 runners showed. The weather was beautiful: 65 degrees and no wind. We ran a flat, straight out-and-back on pavers, ideal for fast times (there was a tight half-circle around a set of stairs, but not much time was lost there). At the post-race were good food and drinks and a band. Vendors sold more substantial food and beverage to people who were there for the Earth Day celebration. This race had great Manhattan views and a nice atmosphere. —Mike Sneden

### Lincoln Tunnel Challenge (5K) Apr 20

Jen Lanterman (6th W of 938!) . . . . .	21:30
Tom Daniels . . . . .	22:01
Tyler Daniels (age 15) . . . . .	23:54
Donna Daniels . . . . .	27:42
Robert "Portuguese Hammer" Machado (PR) . . . . .	32:32
Joshua Comes . . . . .	34:34
Donna Cataliotti . . . . .	34:42
Susan Palermo . . . . .	36:22

This morning, Donna (my wife), Tyler (son), and I felt like rock stars with our bib numbers: 1, 2, 3. I guess this happens when one (a) preregisters, (b) runs as a team, and (c) names that team 3 Black Dogs (evidently, numbers come before letters in the alphanumeric sequencing of life, or at least according to whoever was in charge of assigning bibs for this race).

More than 2000 runners assembled in the bus parking lot near the *Last Exit in NJ* turn off of route 3, in the bowels below the helix leading into the Lincoln Tunnel. We were herded across the street and through the E-Z Pass lanes to the start, just outside the south tube entrance.

The course topography makes you appreciate the engineering simplicity of a tunnel that 25,000 cars pass through each day—a steady downhill slowly turning right, a flat straightaway, a steady uphill curving left, an orange turnaround cone three feet past the opening on the Manhattan side, and then everything in reverse.

Aside from small signs marking 1 km and 1/2 km to the finish, the tunnel offers no perspective other than "I must be in the fifth section, because it's flat here." Running inside is like running with blinders on. Fortunately, Jen Lanterman steamed by me near the NJ / NY border sign on the outbound; by focusing on her ahead and running fartleks between the blinking red ceiling lights, I kept my mind from wandering too much. No, the Lincoln Tunnel doesn't have the history, scenery or fan support of Boston, but it is fun, has a cool shirt, helps Special Olympics New Jersey, and turns heads when people ask what you did over the weekend. You just need to navigate past strollers, returning runners, and people stopping in the middle of the tube to take photographs.

As for 3 Black Dogs, we're happy we finished 15th out of 68 teams—ahead of a book club and a few police departments but behind a high school track team and prison employees. But *our dogs* probably aren't so pleased, because they didn't get their usual Sunday runs; however, they're now sporting new race bibs around their collars, which will make them the envy of their friends on the next trip to Brookdale Park. —Tom Daniels

### Boston Marathon Apr 21

Karen Merz . . . . .	3:20:12
Carl Rucker . . . . .	3:27:28
Doug Williams . . . . .	3:27:41
Bill Stewart . . . . .	3:27:50
Glenn Trimboli . . . . .	3:31:34
Randy Miller . . . . .	3:51:22
Mick Close . . . . .	3:55:38
Andy Kotulski* . . . . .	4:14:48
*600th marathon & 30th Boston!	
Laura Benanchietti . . . . .	4:24:48
Tom Kelly . . . . .	4:30:52



**Bart Yasso to Speak at  
May 5 ERC Meeting**

Bart Yasso will be guest speaker at the monthly meeting of the Essex Running Club at Church Street Café, 12 Church Street in Montclair, Monday, May 5, at 7:30 pm.

Besides speaking to the club, Yasso will be selling and signing copies of his new book, *My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon*. He has provided *Keeping Track* with the following biographical material.

Dubbed the "Mayor of Running," Yasso is one of the best known figures in the sport, but few people know why he started running competitively, how it changed his life, or how his brush with a crippling illness nearly ended his career a decade ago. With insight and humor, *My Life on the Run* chronicles the heatstroke and frostbite, heartache and triumphs he's experienced while competing in more than 1000 competitive races during his 30 years of running, 21 years with *Runner's World* magazine.

Recounting his adventures in exotic locales, like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best exotic marathons for runners who want to grab their passports to test themselves on foreign terrain. With the wit and wisdom of a seasoned insider, he tells runners what they need to know to navigate the logistics of running in an unfamiliar country.

Yasso joined *Runner's World* in 1987 to develop its Race Sponsorship Program, creating a vehicle for the magazine to work with more than 7000 races representing 3.5 million runners each year. In addition, he invented the Yasso 800s, a marathon-training schedule. He is also one of only a few people who have completed races—from the Antarctica Marathon to the Mt. Kilimanjaro Marathon—on all seven continents. Yasso won the US National Biathlon Long Course Championship in 1987 and the Smoky Mountain Marathon in 1998. He has completed the Ironman five times and the Badwater 146 through Death Valley. He has cycled, unsupported and by himself, across the United States twice.

In 2007, Yasso was inducted into the Running USA Hall of Champions—recognized for his contribution to, impact on, and dedication to the sport. According to the Running USA Web site,

Yasso has one of the most impressive endurance sports resumes of any athlete. Five Ironmans, solo unsupported bike ride across the United States in 22 days (155 miles/day), Badwater 146, 150 marathons. But by itself this record is not enough to get into the Hall of Champions. He is America's running ambassador. He has brought the joy of our sport to countless people. As the race and event promotion director at *Runner's World*, he has traveled to most of the marathons in America, helping new and old-comers achieve success and fulfillment through leading groups and presenting seminars that emphasize the sometimes hidden joys of our sport.

**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 the Essex Running Club, how things have changed, et cetera. If you can throw a light on our sport or club, please e-mail [jaworski@verizon.net](mailto:jaworski@verizon.net). See page 2 for this month's contribution.



**ANNUAL AWARDS: 2007**

**Athletic Achievement Awards**

<b>USATF</b>	Larry Czaplowski. . . . .	Grand Prix (2nd AG), Mini 2 (1st OA, 1st AG)
	Ed Kelly. . . . .	Mini 2 (2nd AG)
	Tom Kelly. . . . .	Grand Prix (3rd AG), Mini 1 (2nd AG)
	Sharon Morrissey. . . . .	Grand Prix (3rd AG)
	Lynne Mortimer. . . . .	Grand Prix (3rd AG)
	Marta Rose. . . . .	Mini 1 (3rd AG), Mini 2 (2nd AG)
	Charlie Slaughter. . . . .	GP (3rd AG), Mini 1 (3rd AG), Mini 2 (3rd OA, 1st AG)
	George Studzinski. . . . .	Grand Prix (3rd AG)
<b>Distance</b>	Interclub Challenge. . . . .	Karen Merz & Charlie Slaughter
	<5K. . . . .	Lynne Mortimer & Mike Perry
	5K/4M. . . . .	Debbie McNally & Dan Murphy
	8K/5M. . . . .	Sharon Morrissey & Dan Murphy
	10K. . . . .	Dan Murphy & Andrea Silk
	15K/10M. . . . .	Larry Czaplowski & Sharon Morrissey
	20K/Half-Marathon. . . . .	Karen Merz & Dan Murphy
	18M. . . . .	Tom Kelly & Karen Merz
	Marathon. . . . .	Sharon Morrissey & Bill Stewart
<b>ERC</b>	Runners of the Year. . . . .	Phil Coffin & Debbie McNally
	Rookies of the Year. . . . .	Ed Kelly & Karen Merz
	Most Improved Runners. . . . .	Chip Bearden & Beverly Williams
	Most Consistent Runners. . . . .	Marta Rose & Doug Salerno
	Comeback Runners. . . . .	Catherine Alessi & Glenn Trimboli
	Youth Runners. . . . .	Marissa Peters & Grant C. van Inwegen
	Track & Field Athlete. . . . .	Ronald Foster
	Multisport Athletes. . . . .	Anne Chesny & Carl Rocker
	Off-Road (Trail) Runner. . . . .	Chris Jaworski
	Kitchen Sink Award for excelling in all kinds of events. . . . .	Randy Miller

**Spirit Awards**

Cheerleader Awards. . . . .	Laura Messina & Randy Miller
Spirit of ERC Awards. . . . .	Paul Kartanowicz, Paul Maloney, Susan Palermo, Helene Scarnegi
Purple Heart Award. . . . .	Dan Murphy
Sally Sammon Awards. . . . .	Tom Daniels & Eugenie Temmler
	<i>For courage in the face of hardship (Chicago Marathon)</i>
Marco Polo Award for Berlin Marathon. . . . .	Aubrey Blanda

**Service Awards**

Julia Child Awards for fantastic food. . . . .	Phil Coffin & Laura Messina
Newsletter/Journalism Awards for Keeping Track. . . . .	Chip Bearden & Mark Frankel
Larry Hollander Award for club service. . . . .	Lynne Mortimer
Rick Derella Award for community service (Ashenfelter 8K, 5K Lager Run). . . . .	Dan Murphy
Supporting Business Awards. . . . .	Fleet Feet Sports (celebrating 20 years in business), Church Street Café, Grove Pharmacy, PIP Printing, Barbara Parzatzka, Joel Pasternack

**Lifetime Awards**

Lifetime Service Award. . . . .	Tom Kelly
Vince Carnevale Lifetime Achievement Award. . . . .	Gary Peters
Hall of Fame (2008). . . . .	Andrew Kotulski

## RACES: MAY & 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.*

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	
<b>5/4</b>	<b>Sun</b>	<b>7:30a</b>	<b>NJ Marathon &amp; Long Branch Half-Marathon</b>	<b>26.2, 13.1M</b>	<b>732-578-1771</b>	
5/4	Sun	8:00a	Pocono Mountain Run for the Red Cross Marathon	26.2M	570-992-4113	
<b>5/4</b>	<b>Sun</b>	<b>8:45a</b>	<b>Race for the Cure (Branch Brook Park, Newark)</b>	<b>5K</b>	<b>908-277-2904</b>	
5/4	Sun	9:00a	Bergen County Police Hot Pursuit 5K (Saddle Brook)	5K	201-646-2700	NBGP: 500 pts
<b>5/4</b>	<b>Sun</b>	<b>9:00a</b>	<b>Nutley Chamber of Commerce 5K</b>	<b>5K</b>	<b>973-667-5300</b>	<b>NBGP: 500 pts</b>
5/4	Sun	10:00a	Madison High Five	5K	973-514-1057	NBGP: 500 pts
<b>5/4</b>	<b>Sun</b>	<b>1:00p</b>	<b>Our House 5-Miler (Summit)</b>	<b>5M</b>	<b>732-381-0318</b>	<b>NBGP: 700 pts</b>
5/10	Sat	8:30a	New Providence 5K	5K	908-464-4430	
<b>5/10</b>	<b>Sat</b>	<b>8:30a</b>	<b>Newport 10,000 (Jersey City)</b>	<b>10K</b>	<b>732-381-0318</b>	<b>NBGP: 700 pts</b>
5/10	Sat	9:30a	Fairfield Recreation Jack Funsch Memorial 5-Mile Run	5M	973-882-2745	
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	
<b>5/18</b>	<b>Sun</b>	<b>9:00a</b>	<b>Gilda's Run (Saddle River County Pk, Ridgewood)</b>	<b>15K</b>	<b>732-381-0318</b>	<b>NBGP: 500 pts</b>
5/18	Sun	9:30a	Olmsted 5K (Weequahic Park, Newark)	5K	973-372-5715	NBGP: 500 pts
5/18	Sun	10:00a	Stillwater Stampede (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		NBGP: 500 pts
5/24	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration Closed
<b>5/26</b>	<b>Mon</b>	<b>8:45a</b>	<b>Ridgewood Run</b>	<b>10K, 5K</b>	<b>555-427-5205</b>	<b>NBGP: 10K &amp; 5K (both 500 pts)</b>
5/31	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
6/1	Sun	8:00a	Japan Day 4-Miler (NYC)	4M	212-860-4455	
<b>6/1</b>	<b>Sun</b>	<b>8:30a</b>	<b>Montclair Run</b>	<b>10K, 2M</b>	<b>973-744-3400</b>	
6/1	Sun	9:00a	Kilometers for Karyn (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	9:30a	Wayne AM Rotary Club 5K	5K	973-942-2063	
6/7	Sat	10:00a	Rockaway Rotary Run	5K	973-625-8600	NBGP: 500 pts
6/8	Sun	8:00a	Run for Marge (Pequannock)	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 (Atlantic H'lands)	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
6/12	Thu	7:00p	Flag Day 5K (Basking Ridge)	5K	908-647-5717	NBGP: 500pts
6/14	Sat	8:30a	George Sheehan Classic (Red Bank)	5M	732-988-7725	
6/14	Sat	9:30a	Bradley Richards 5K (Montclair)	5K		
6/14	Sat	9:30a	Valerie Fund 5K (Verona Park)	5K	973-761-0422	
6/14	Sat	9:30a	Fishawack 4-Mile Run (Chatham)	4M	973-377-4444	
6/15	Sun	8:30a	Father's Day Fight Against Prostate Cancer (NYC)	5M	212-860-4455	
6/15	Sun	9:00a	American Cancer Society Run for Dad (West Windsor)	5K	732-381-0318	NBGP: 500 pts
<b>6/16</b>	<b>Mon</b>	<b>8:00p</b>	<b>President's Cup Night Race (Millburn)</b>	<b>5K</b>	<b>973-376-6094</b>	<b>NBGP: 700 pts</b>
6/18	Wed	7:00p	JP Morgan Chase Corporate Challenge #1 (NYC)	3.5M	917-463-3954	
6/19	Thu	7:00p	JP Morgan Chase Corporate Challenge #2 (NYC)	3.5M	917-463-3954	
6/20	Fri	6:30p	Summer Solstice Trail Run (Kittatinny Valley State Pk)	5M	973-300-9539	
6/20	Fri	7:15p	June Moon 5K (Colonial Park, Somerset)	5K	866-841-9139	NBGP: 500 pts
6/21	Sat	8:30a	Florham Park Jaycees 5K	5K	973-236-1280	NBGP: 500 pts
6/22	Sun	8:00a	Hope & Possibility Run (NYC)	5M	212-860-4455	
<b>6/22</b>	<b>Sun</b>	<b>9:00a</b>	<b>Pine Beach 5K</b>	<b>5K</b>	<b>732-349-6425</b>	<b>NBGP: 700 pts</b>
<b>6/22</b>	<b>Sun</b>	<b>5:00p</b>	<b>Fitzgerald's 1928 Lager Run (Glen Ridge)</b>	<b>5K</b>	<b>973-748-0093</b>	<b>NBGP: 500 pts</b>
6/23	Mon	7:30p	5K Business Blast (Florham Park)	5K		NBGP: 500 pts
<b>6/26</b>	<b>Thu</b>	<b>7:30p</b>	<b>Sunset Classic (Bloomfield)</b>	<b>5M</b>	<b>732-381-0318</b>	<b>NBGP: 500 pts</b>
6/28	Sat	8:00a	Firecracker 5K (Montville)	5K	973-331-3305	NBGP: 500 pts
6/28	Sat	8:30a	Race for Freedom (Somerville)	5K	908-797-0790	NBGP: 500 pts
6/28	Sat	9:00a	Frog Hollow Independence 5K Run (South Amboy)	5K	732-727-9034	NBGP: 500 pts
6/28	Sat	9:00a	Lesbian & Gay Pride Run (NYC)	5M	212-860-4455	