



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

June 2008

Vol. 25, No. 6

PRESIDENT'S CORNER

Desmond Duncker

Our first big event of the summer is the annual ERC Wine & Cheese Party, this year hosted by Sharon and Tom Morrissey! Check your mailbox for your invitation, R.S.V.P. by June 14, and come have fun on Friday, June 20! It's free!

Hosted Runs Begin Thursday, June 5

Join fellow ERC members at this summer's evening group runs, hosted at 7:30 each Thursday, June through August. Volunteer hosts plot a 3- to 6-mile out-and-back course and provide light food afterward. See page 3 for schedule. Aug 21 and Aug 28 are still available (if you want to host on either date, write to me at jaworski@verizon.net). —Chris

Cedar Grove's Clean Sweep Day, June 7

Mick Close

Cedar Grove is holding its annual *Clean Sweep Day* Sat, Jun 7. Local organizations will volunteer to clean up parts of the community, and ERC will clean up a section of the West Essex Trail. Meet at 9:00 am in the parking lot at the side of the Cedar Grove municipal building on Pompton Ave (Rt 23), next to the post office. Please give a bit of time back to the community, especially if you're a Cedar Grove resident or use the trail. Each participant will receive a free T-shirt. Info: mickclose@aol.com, 973-477-0016.

MARK YOUR CALENDARS

- **Jun 1.** Montclair Run (club race). *Page 4.*
- **Jun 3.** Tuesday West Essex Trail runs shift to 7:00 pm start. *Page 3.*
- **Jun 5.** Summer Thursday-evening hosted runs begin! *Pages 1, 3.*
- **Jun 7.** Clean Sweep Day at West Essex Trail. *Page 1.*
- **Jun 12.** Smoke Rise Challenge 4M. *Pages 3, 4.*
- **Jun 14.** Deadline to R.S.V.P. for Jun 20 Wine & Cheese Party.
- **Jun 16.** President's Cup (5K Champ, Open Men), Millburn. *Page 4.*
- **Jun 20.** Sharon & Tom Morrissey host ERC's annual Wine & Cheese Party! *Check your mailbox for your invitation to this free Friday event.*
- **Jun 22 (9 am).** Pine Beach 5K (Champ, Masters). *Page 4.*
- **Jun 22 (5 pm).** Fitzgerald's 1928 Lager Run 5K (club race directed by ERC member Dan Murphy), Glen Ridge. *Page 4.*
- **Jun 26.** Sunset Classic 5M (club race), Bloomfield, baby! *Page 4.*
- **Jul 20.** Interclub Challenge: ERC, Clifton, Rose City, South Hudson.
- **Aug 16.** NYRR Club Championships, Central Park.
- **Aug 23.** Smoke Rise Biathlon.

ERC'S GENERAL MEETING 7:30 pm, Monday, June 2

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

Dr. Richard Braver on foot/ankle/shin pain

Schedule of General Meetings for 2008

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

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

25th Anniversary Party at Mayfair Farms

ERC's 25th anniversary party will be held Sun, Dec 7, at Mayfair Farms in West Orange. The party will include cocktail hour, buffet dinner, deejay and dancing, and a short (but meaningful!) program. Current and former members welcome! (Know former members who want to attend? Have them write to website@essexrunning.com for invitations.)

Do you have photographs (print, digital) from the past 5 years? We'd like to add them to the ones from our 20th anniversary for display on photo boards and possible use in a PowerPoint presentation.

Send photos and questions to Larry Hollander, 9 Bongart Drive, West Orange, NJ 07052.

Got memorabilia? Bring it!

Welcome New Members!

Lori Ann Krusheski, *Verona*
Jacqueline Lahey, *Maplewood*
Kierstin Strand, *Montclair*



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

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)

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Advertising: Lynne Mortimer
lynne.mortimer@cbmoves.com

Web Site: Martta Rose
website@essexrunning.com

Apparel: Sal Ultio
clothing@essexrunning.com

Monthly Speakers: Anne Chesny
201-869-1708



My First 25 Years of Running

By Bill Wilde

In 1983, I joined the Essex Racquet Club to try out the popular Nautilus equipment. But the Nautilus circuit was always crowded there, and I found myself gravitating to the 20-laps-per-mile track instead. I got hooked on that little track big time and started using it four or five nights a week. From my initial 1-mile run, I gradually increased to 5 miles. I loved that track and used to run hard into its banked corners and then fly out of them and down the straightaways. I tried to imitate Eamonn Coughlin, Chairman of the Boards.

My first race was the 1984 Nutley 5-Mile Classic. I was so pumped up I could feel my heart beating a mile a minute. I hit the 1-mile mark at 6:35 and knew I would not be able to hold that pace. I forced myself to slow down and was dragging by the final uphill. I finished in 35:15 and couldn't wait to race again.

In 1984 and 1985, an unknown Orlando Pizzolato won the New York City Marathon in incredible heat. Watching on TV, I started to wonder whether I could complete 26.2 miles. I increased my weekly mileage and heard that Essex Running Club chartered a bus to the marathon. I joined ERC in October 1986, when their meetings were held in the basement of Rascal's in West Orange. This was terrific for me—a room full of running fanatics and plenty of beer. The atmosphere was something like that of a locker room. The jokes and insults were plentiful. Even the guest speakers were not spared. I loved it.

How can I describe my feelings on the ERC bus to the New York City Marathon in 1986? Anxious, excited, a bundle of nerves, I tried to stay calm so I wouldn't use up valuable energy. A few days earlier, the Mets had beaten the Red Sox in the World Series, and New York City had Mets fever. I bought a Mets T-shirt and had blue and orange letters spelling *Go Bill Go* ironed on. When the cannon went off, everybody started screaming and yelling. We were like sardines, and I could barely move. On the Verrazano Bridge, it wasn't running—it was surviving the crush of bodies. But the T-shirt worked like a charm. You cannot believe the number of times I was greeted with shouts of *Go Bill Go*. Then, after experiencing the quiet and relative solitude of the Queensboro Bridge, I entered First Avenue and heard the thunder of the crowds. Running up First Avenue, I felt like I was running on air. I kept forcing myself to stay calm, though, because I had heard what happens in Central Park.

Sure enough, when I reached Central Park, I was still having the time of my life, but my legs just weren't cooperating. They kept telling me to walk. But then I heard a big roar of approval, and much to my amazement and delight a good-looking girl in a purple bathing suit passed me. I immediately forgot how tired my legs were and paid full attention to all the comments directed her way. She turned down quite a few marriage proposals and was definitely a crowd favorite. I, on the other hand, wasn't getting as many *Go Bill Go*'s anymore. I finished in 3:53 and was exhilarated.

In 1987, Larry Hollander led the troops north to tackle the Montréal Marathon. Race day was wonderful, with the crowds enthusiastically cheering us on in French. I finished in 3:38. Eleven ERC members completed the race, and Lynda Solomon hosted a great postrace party back at the hotel.

In 1988, Larry led the troops again, this time south to conquer the Marine Corps Marathon in Washington, DC. The Marines organized a terrific race. Many of them participated by running in their combat boots and in formation. The course was amazing with all the monuments and memorials and the dramatic finish near the Iwo Jima Memorial. I set a PR of 3:27. Eight ERC members completed the race.

I ran four more marathons over the next four years, including another New York and another Marine Corps, but it was impossible to recapture the excitement and the fun of the first three.

In the 1980s and 1990s, ERC had huge turnouts for the Philadelphia Distance Run (half-marathon) and the night-before feast at Portofino's on Walnut Street. For many years, we also had a full bus of members head out to Pennsylvania for the Kutztown Fool's Run, a 10-miler. The best part of the bus trip was the ride back home. Many brewskis were consumed for required fluid replacement. We always tipped the bus driver generously for putting up with our singing, clowning around, and other such nonsense.

One last highlight was the 1987 Cherry Blossom Run in Branch Brook Park in Newark. I set an unattainable goal of running a 40-minute 10K. I had been training hard and feeling strong. I ran mile 1 in 6:25, which meant it was time to slow down, but I decided to push it for as long as I could. As the race progressed, I didn't get tired. In fact, I felt stronger. I kept pushing and pushing and pushing. I never got tired and finished in 41:13, a PR. I hadn't held back anything at all and knew this would be the fastest 10K I would ever run.

My days of setting PRs are long gone. It really doesn't matter. I enjoy running, and they still give me a T-shirt when I sign up for a race. You can never have too many race shirts. Of course, none of them measures up to my original *Go Bill Go* Mets shirt. That shirt had yet one more day of glory, when I wore it in the 1991 New York City Marathon. Once again, it worked like a charm, and I ran a 3:44. After that race, it was officially retired.

Want to add to this series looking back on ERC's 25 years? Write to jaworski@verizon.net.

YEAR-ROUND GROUP RUNS

Tue	7:00 pm	(▲) West Essex Trail Run, Verona
Sat & Sun	9:00 am	
Sun	7:00 am	(F _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 7:00 pm, Sat & Sun 9:00 am.* Meet near tennis courts in Verona High School parking lot at corner of Fairview Avenue and Sampson Drive (Sampson is a one-way street, so approach from Grove Ave). The unpaved trail's round trip from Verona to Little Falls is approximately 6 miles. The trail is blazed, and mile markers are posted on trees.

(F_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 and then post messages there or by sending e-mail to essexrunningclub@yahoogroups.com.

SUMMER 2008 EVENTS

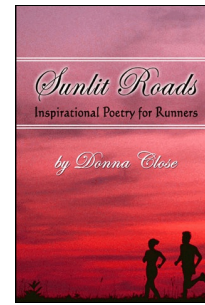
ERC schedules a group event each Thursday evening in the summer. In most cases, the event is a hosted run (3- to 6-mile out-and-back from host's home, light food afterward). **Members meet at 7:30 pm unless noted otherwise, and an R.S.V.P. is much appreciated. Volunteer hosts are needed for Aug 21 & Aug 28.** If interested, write to Chris at jaworski@verizon.net.

6/5	<i>Tailgate Thursday</i> —feel free to use Yahoo to organize a group run (byo refreshments).
6/12	SMOKE RISE CHALLENGE 4M Dr. George & Christa Studzinski , Adrian Dunner, Kevin Burke 973-283-8664 <i>Meet at beach parking lot at 7:15 pm for 7:30 start. Postrace refreshments and lake swim (weather permitting), then back to house (14 Undercliff Rd, Kinnelon) for deck party.</i> Route 23 N to Kinnelon Rd (8 miles north from Routes 46 & 80 or 3 miles north from Route 287), take jug handle immediately after <i>Coldwell Banker</i> sign on right, cross over highway,* follow Kinnelon Rd for 2 miles, pass Kinnelon High School on left, turn right at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise community), go 0.5 mile to visitors entrance, ask for directions to beach parking lot. George will be at parking lot to meet you. * <i>If when on Rt 23 N you pass Burger King, you've gone too far. Take next jug handle on right (0.25 mile), get on Rt 23 S, and exit on Kinnelon Rd.</i>
6/19	<i>Tailgate Thursday</i> —feel free to use Yahoo to organize a group run (byo refreshments).
6/20 (Fri)	WINE & CHEESE PARTY —R.S.V.P. no later than Jun 14 Sharon & Tom Morrissey , 61 McKinley Ave, West Caldwell 973-226-2118 <i>From Montclair:</i> Bloomfield Ave west to Caldwell, pass 1st Presby Church on left and movie theater on right, turn right at light onto Smull Ave, go .75 mile, make left onto Washington, 2nd right onto McKinley, #61 is last house on left, parking lot by water tower.
6/26	SUNSET CLASSIC —postrace party at Foley Field.
7/3	Desmond Duncker , 12 Midland Ave, Glen Ridge 973-743-2349 <i>From Verona:</i> Bloomfield Ave east to Glen Ridge, right at light onto Ridgewood Ave, go 1 mile, left onto Carteret Ave, 2nd right onto Midland Ave, #12 is half a block up.

JULY & AUGUST

Open: Aug 21, Aug 28

- Jul 10 (Genie Temmler 973-783-3092 & Joy Mishkin), Jul 17 (Aubrey Blanda 973-748-3692), Jul 20 (Sun, Interclub Challenge, Third Ward Park, Passaic, 9:00 am), Jul 24 (Susan Palermo 973-325-5127 & Wayne Carlson), Jul 31 (Val Kenny 973-857-3432 & Ginny Kientz).
- Aug 7 (Project Children 5K, postrace party at Shillelagh Club), Aug 14 (Tom Daniels 973-429-2524), Aug 16 (Sat, NYRR Club Championships, Central Park), Aug 23 (Sat, Smoke Rise Biathlon).



POETRY CORNER Donna Close

Many thanks for all the support I've received with my 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*. Or, place an order at any bookstore (ISBN 1-60474-793-5). The retail price is \$14.95.

You can also buy the book from Fleet Feet Montclair or directly from me for \$11.95. We'll bring copies to monthly meetings. Or, write a check payable to *Donna Close* and mail it to me at 62 Bortice 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 or sunlitroads@aol.com.



USATF–NJ

Mick Close

ERC is in 6th place in the Grand Prix team competition after picking up 13 points at Our House (Summit) and Newport (Jersey City) in May. Several new faces have really boosted our men's teams. Now we need

ERC's women to field more teams—something they've been struggling to do. Please contact Mick Close, Ed Kelly, or Gary Peters for info on USATF and ERC teams.

<i>Grand Prix Team Standings</i>	<i>Points</i>
1. Raritan Valley Road Runners.	179
2. Sneaker Factory Road Racers.	134
3. Morris County Striders.	98
4. Shore Athletic Club.	84
5. Clifton Roadrunners Club.	75
6. Essex Running Club.	49
7. Rose City Runners.	47
8. Road Runner Sports.	34
9. Running Company.	33
10. North Jersey Masters.	17
10. Central Jersey Road Runners Club.	17
12. Fleet Feet.	10
13. Breakneck Track Club.	8
14. Geezers.	2

June features the last two championship races before the summer break. USATF recently announced dates for its fall XC championships: Sep 13 (Holmdel Park 5K) and Oct 26 (Deer Path Park 8K). The schedule for the rest of 2008 is:

6/16	President's Cup	5K	Open Men
6/22	Pine Beach	5K	Masters Men/Women
9/13	USATF Cross Country	5K	All Divisions
9/28	Liberty Waterfront Half	13.1M	All Divisions
10/26	USATF Cross Country	8K	All Divisions
11/9	Giralda Farms	10K	Masters Men/Women
11/27	Ashenfelter 8K Classic	8K	Open Men/Women
12/14	USATF 15K	15K	Masters Men/Women



AT THE RACES

Mick Close

Montclair Run

Sun, Jun 1

The very popular 10K (9:30 am) draws a large contingent of ERC members. The 2-miler (8:30) has about 200 entrants and is great for kids who are aspiring runners.

The mostly flat courses are on tree-lined streets, with the 10K going through Edgemont and Anderson parks. Montclair YMCA organizes the day's events, including many kids' activities. Register at Fleet Feet through Sat, May 31; pick up race packets Fri, May 30, or Sat, May 31. Info: 973-744-3400, www.montclairymca.org, www.active.com.

Smoke Rise Challenge

Thu, Jun 12

This Thursday-night event is a friendly 4-mile race against the Smoke Rise Road Runners in Kinnelon. Smoke Rise is a beautiful place to run. The course, winding around a lake, is on quiet, tree-lined streets but has challenging hills in miles 2 and 3. Well worth the drive, and we're always warmly welcomed by our Smoke Rise friends. Please R.S.V.P. Also, arrive by 7:15 pm for 7:30 start. Details on page 3.

President's Cup

Mon, Jun 16

This premier New Jersey 5K usually produces very fast times on its double-loop course through downtown Millburn streets and up a slight hill past Sneaker Factory. The start, finish, and postrace party (food, music, Samuel Adams beer) are at Charlie Brown's Restaurant. The late (8:00 pm) start adds to the excitement, as the race unfolds with nighttime approaching and many spectators cheering runners on. We'll have several teams in this USATF–NJ Open Men's 5K Championship. Saucony tech shirts to the first 1400 runners. Info: 973-376-6094, www.sneakerfactory.com.

Pine Beach 5K

Sun, Jun 22

This USATF–NJ Masters 5K Championship is one of many great summer races down the shore. It's Parkway exit 80, so leave by 6:30 am for the 9:00 start. (Car pool, anyone?) The fast, scenic course goes along the Toms River and through Pine Beach. Preregistered runners get 10th anniversary shirts, hats, and socks. Free postrace barbeque by Outback Steakhouse, plus random prize drawings (one for a custom bike). Info: 732-349-6425, www.pinebeach5k.com.

Fitzgerald's 1928 Lager Run

Sun, Jun 22

This late-afternoon (5:00 pm) event is at Fitzgerald's 1928 Tavern. Race director Dan Murphy promises another great 5K race on Glen Ridge's beautiful tree-lined, gaslit streets—a flat, fast course. Brooks tech tops to the first 500 runners. Postrace block party: beer, soda, water, food, much more! Preregister at Fleet Feet until 6:00 the night before. Info: 973-809-9311, dan@dtmurphy.com, www.active.com.

Sunset Classic

Thu, Jun 26

This popular 5-mile race through Bloomfield and Glen Ridge (7:30 pm start) replaces our Thursday-night group run. Pre-registrants receive Sunset's traditional collared shirts (returning after last year's tech shirts). At Foley Field, the race has an exciting track finish plus a postrace party (hot dogs, ice cream, drinks, deejay, random prize drawings). Prerace signup at Fleet Feet. Info: 732-381-0318, www.oympt.net, www.active.com, www.raceforum.com/sunset.

Other June Races

Two local 5K races (both Sat, Jun 14, 9:30 am) received good reviews their first year (2007). The Valerie Fund 5K at Verona Park supports health care services for children with cancer and blood disorders; the Bradley Richards 5K at Anderson Park in Montclair directs all proceeds to a college scholarship for a Montclair High School student-athlete.

The George Sheehan Classic (Jun 14, 8:30 am) is a fave flat and fast 5-miler that starts in the late Dr. Sheehan's hometown of Red Bank. Everyone gets a finisher's medal, and the top 100 men and women a commemorative mug.

Options for Father's Day (Jun 15): American Cancer Society Run for Dad, a flat, fast, scenic 5K mostly on paved paths through woods and along a lake (Mercer County Park, West Windsor, 9:00 am), and Father's Day Fight Against Prostate Cancer, a Central Park 5-miler (8:30 am).

The Summer Solstice 5-Mile Trail Run (Kittatinny Valley State Park, Andover, Fri, Jun 20, 6:30 pm) is a good choice for both novice and experienced trail runners. The post-race party features fresh fruit and pizza.

The Firecracker 5K race in Montville (Sat, Jun 28) was originally conceived by ERC member Randy Miller.

Non-USATF Team Events

ADP (my employer) is organizing a new race, the Battle of the Business 5K in Florham Park (Mon, Jun 23, 7:30 pm), to replace the CPA 5K that used to be held in Roseland. The new race is open to all, but ADP hopes to attract a lot of corporate teams, including those training for the Verizon Corporate Classic in Morristown in July. Feel free to con-

tact me (mickclose@aol.com, 973-477-0016) for info on the race or on forming a team at your company. Further info: www.compuscore.com, www.active.com.

A team event that we hope to participate in again is the NYRR Club Championships in Central Park (Sat, Aug 16). This 5-miler is open only to members of running clubs. Men and women race separately. Stay tuned for details.

New York City Marathon

Act now to apply for this year's NYC Marathon (Sun, Nov 4). Lottery applications will be accepted until midnight Jun 1. Info: www.ingnycmarathon.org. When I last looked, ERC had 21 people accepted for the marathon and another 18 entered in the lottery. Good luck to all who hope to run!

FINISH LINES

Cherry Blossom 10K Run, Branch Brook Park, Newark **Apr 13**
Eileen Quirk 57:00

Jersey Shore Relay, Seaside Heights to Asbury Park **Apr 19**

This relay started on the Seaside boardwalk and ended on the boardwalk in front of the Convention Center in Asbury Park. Roommate Ira and I had been asked to run by a couple we met at the George Sheehan and Belmar races last year.

Five of us were to run 26.2 miles total. Some people ran the distance solo, but being part of a team was much more fun. At 9:07 am, I started running leg 1 while carrying a baton—I thought I was back in high school! This leg was supposed to be 6.11 miles but ended up 6.36; the extra .25 was killer. It was hot even at that time, but my friends were cheering me on.

Both cars had trouble finding transition area 3. Our poor runner was stranded for 40 minutes! Good thing we were all in this for the fun!

We missed the food at the post-race party at the Convention Center. At least they didn't run out of beer. Well, they ran out of lite beer, but there was other beer there, and it was free!

We will run this relay next year but will make sure each car has maps for getting to the transition areas, and we've even started thinking about costumes! I saw one runner dressed as Shrek (green face too) and another wearing an Indian headdress (how he kept that on the entire 26.2 miles is beyond me). —*Heather Welch*

Lincoln Tunnel Challenge (5K) **Apr 20**
Results appeared in the May issue.

Today I got the jones to race, but things leading up to today were a little complicated. I had deferred my Boston Marathon entry to 2009 because of injury—my foot, ankle, knee, and ego were all wounded. I had been going to physical therapy three times a week and had been forced to dial back my running. In fact, within the past two months, my longest runs had been only about 7 miles, and they weren't recent either.

I decided on the Lincoln Tunnel 5K for a few reasons. First, it's close to home, so I could get a bit more sleep. Second, it's not a points race. Third, it benefits a great organization, the Special Olympics of New Jersey. Fourth, it is such a novel idea! How many people on the planet can say they ran through the Lincoln Tunnel?

But it was with trepidation that I approached this race. I could run a few miles at a time, but racing is hard on the knees, and I already had mine all taped up. So, I set a "realistic" goal for me—to run 21:45, or 7 minutes per mile. As I stood at the start, I got a chuckle out of thinking how displeased my physical therapist would be if he knew I was racing. It's sick, I know.

I set off through the tunnel a little fast. I was so damn excited to race again! Then I started to feel the descent. Not too far into the race, Tom Daniels came up from behind. I told him I had decided to run here instead of Boston to avoid Heartbreak Hill. He said that the end of this race is like Heartbreak Hill. How right he was!

The race concept is neat. Run from New Jersey through the tunnel to New York, turn around, and run back. I ran in two different states!

The course had its difficulties. First, there were no clocks and no mile markers, just a 1 km sign on the way out and a 1/2 km sign on the way back. It was hard to determine and adjust one's pace. Second, the tunnel was dry. However, big props to the maintenance crew for its awesome job cleaning that bad boy. I did wind up with some debris in my eyes, but it probably would have been worse outside, given the wind.

Third, where was the water? Tom later told me it was set up past the turnaround on the New York side. I wish I'd known there wouldn't be any water in the tunnel—I would've carried some. The dry air and lack of water made breathing difficult. Oh, did I have a short version of Heartbreak Hill! The last 800 meters was uphill, and it sucked!

I was 6th woman overall and finished in 21:30 (6:55 pace). I'm happy I achieved my goal. After the race, I met Tom's wife and son and saw Sue Palermo and Donna Cataliotti.

I stayed for the awards ceremony, which ended 1.5 hours after the race. First the Special Olympics athletes (3 males, 1 female) received their awards, and then the teams, and finally the individual age-group winners in reverse order. Winners in each age group received their medals and had their picture taken with the Special Olympics athletes. I was third in the 20- to 29-year-old age group. —*Jen Lanterman*

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.

Miles for Matheny (5K), Peapack **Apr 20**
Charlie Slaughter (8th OA, 1st AG) 18:58
Ed Kelly (2nd AG) 21:12
I wasn't sure I'd do this race, but I'm glad I did. This 5K is a must. Just be prepared to spend a good part of the day running and picnicking.

Logistically, this race was unlike any other I'd seen. First you park at the Pfizer complex and take a shuttle bus to the center of Peapack. After the race, you take a shuttle to the postrace picnic and awards ceremony at the Matheny complex. Then you take a shuttle back to your car.

The New Jersey National Guard was on hand to help out with this event.

The course is rolling hills. A local high school drum band played at the finish line, and Ronald McDonald cheered everyone on. Did I mention the Ferrari pace car and bagpipes?

Besides the 5K, there were also four bike races, ranging in distance from 12 to 50 miles. The event that stood out the most, though, was the Matheny wheelchair race/walk. Words cannot express the joy on the faces of the kids (and grown-ups) being helped across the finish line.

The race application promised the best post-race picnic, and I was not disappointed. There were huge tents and all types of food—pizza, hot dogs, hamburgers, ice cream, and more.

It seems as if for one day the whole town of Peapack stops for this event. —*Ed Kelly*

Boston Marathon **Apr 21**
Results appeared in the May issue.

It was great to be back in Boston this year, and somewhat nostalgic for me, as it had been 20 years since I first ran it back in 1988, when my daughter was just four years old.

An exciting weekend was promised, with the women's Olympic Trials on Sunday and a sold-out field of 25,000 for the marathon on Monday—including about a dozen Essex runners.

I had done most of my long runs with ERC's Grove Street group, so it seemed a good omen that, heading for the marathon start, Phil Coffin and I found ourselves walking on Grove Street. Not so good were the clear blue skies and full sun that suddenly replaced the cloud cover and cool temperatures. Once again, I'd pay dearly for not using suntan lotion at a spring marathon!

Earlier, it had been a long bus ride to Hopkinton: no bathrooms on board! At the exit off the highway, with traffic backing up a mile or more, many of us jumped off and headed for the bushes, hoping our buses would still be there when we returned. The exodus from our bus was led by women rather than men—my, how times have changed! Luckily, state troopers were not writing tickets here like they were at the athletes village. Anyway, we figured we could always give them fake names (à la Randy Miller) if we got caught.

The weekend had been fun up to this point: driving up on Saturday with Andy Kotulski as he prepared for his 600th marathon and 30th Boston; hitting the expo and picking up a race package; joining Randy and Nina Miller for dinner at an Indian restaurant on Newberry Street that night; watching the women's Olympic Trials with Randy, Nina, and Glenn Trimboli on Sunday

morning; meeting up with Glenn, Phil, Laura Messina, Tom Kelly, and Martta Rose for the Sunday-night pasta party; seeing Karen Merz and her friend, Moira, at the buses Monday morning. In fact, everything was going well, except for Chip Bearden's late withdrawal (add *kidney stone* to his long list of injuries) and Doug Williams's absence (after being sighted only briefly on the Massachusetts Turnpike). Karen, Phil, and Randy all seemed ready to go despite recent setbacks.

Perhaps the best part of the weekend was watching the Olympic Trials, held on a four-loop course in downtown Boston. We saw the field of almost 150 runners eight times during the race. Prerace favorite Deena Kastor surged late to run down Magdalena Lewy Boulet, who had led most of the way. Kastor won the race in 2:29:35 with Lewy Boulet second in 2:30:19 and Blake Russell third in 2:32:40. Making the team was especially sweet for both Russell and Lewy Boulet, as they had finished 4th and 5th in the 2004 trials. The loudest cheer was reserved for 1984 Olympic marathon champion Joan Benoit Samuelson, who finished in 2:49:08. At age 50, she set a US record for women age 50 to 54.

Boston has a two-wave start, with wave 1 taking off at 10:00 am and wave 2 at 10:30. This year I was relegated to wave 2, but the extra half-hour was more than welcome after the traffic delay. Another plus: I was in the front row of the first corral, so for 30 seconds I felt I was leading the race. The negative? Constantly being passed by people who all must have had a slower qualifying time than mine. It wasn't long before the road ahead was a mass of runners.

I hit my splits almost exactly during the first half of the race. It really helped that I had picked up a pace band adjusted for Boston's hills, as the mile splits varied by as much as 45 seconds. Unfortunately, things began to unravel quickly in the second half of the race. Yogi Berra has an expression, "It got late early," and that just about summed it up. I walked a lot to make it to the finish in 3:55, about 26.2 minutes over my goal. However, I'm not sure I'd ever heard so much cheering and support from the crowds lining the last 10 miles, and it was a big boost seeing our No. 1 cheerleader, Laura Messina, at mile 18.

I was pleased to find a little something left to run the last half-mile, turning from Commonwealth Avenue onto Hereford Street, then onto Boylston Street. This is my favorite part of the course, and the emotions really kicked in as I headed down Boylston to the finish and reflected on my 8th Boston in 20 years. It was disappointing not to come close to the time I had wanted, but it was still a great feeling to finish another Boston.

I was sorry not to see anyone from Essex after the race, but, given my wave 2 start and slow time, most were probably driving home already. I hung out a bit in the family reunion area, under the letter *E*, where we had planned to meet. I was happy when Martta showed up, and we waited together for Tom. His race was not unlike mine, but this was his first Boston. It may not have been our finest hour, but we were more than happy to be able to say, "Hey, we just ran the Boston Marathon!" —*Mick Close*

In an e-mail, Mick described ERC's Boston Marathon results as "the good, the bad, and the ugly." Having just completed my first Boston, I can only concur with that line!

As for the good, there was plenty ... seeing Bill Rodgers at the expo; enjoying a frozen pasta dinner with good friends from ERC; reveling in the cheers and support from the Boston crowds; lining up in the corral and noticing in the sea of humanity another Jersey guy in my age group, Larry Diggs; learning that Andy Kotulski, our most recent Hall of Famer, had run yet another Boston, his 30th and 600th marathon overall; and having a piece of Laura Messina's delicious pumpkin bread as my first postrace treat.

The bad didn't start until mile 20, when both quads locked up and I crumpled. Halfway through, I had been on a sub-4-hour pace, awesome considering my 15- to 25-mile training weeks and single 17-mile training run.

Finally, the ugly final 6 miles. The only way for me to finish was to run most of the downhills facing backward and carefully looking over my shoulder every few steps. It was fortunate that I found a few spectators who gave me ice from their coolers; I used it on my quads a few times. The funny thing is that, in my mind's eye, the course was easy. I guess that's the difference between perception and reality.

What did I learn? Don't paint your deck and climb up ladders the day before you drive 4 hours to Boston to spend another 6 to 8 hours walking the expo and riding the Boston subway to freeze your butt off for a free pasta dinner the day before the marathon.

But the experience was still memorable, and having Martta as my copilot for the trip made for a nice long weekend. Martta has already signed us up for New York, and we promised each other that we will train seriously. —*Tom Kelly*

Draft Day 5K, East Rutherford **Apr 26**

The big thing about this race is that it is at Giants Stadium, home of the *Super Bowl Champion* New York Giants (it was impossible to forget that) and that the finish line is on the field!

This 6th edition of this "very fast" 5K was the largest: 1674 runners, up sharply from last year. Many of them were wearing Giants blue. I saw maybe two brave people wearing Jets green.

Registration was in the Giants practice bubble. The race began in the parking lot, headed away from the stadium, then turned back. After the 1-mile mark, we went up a spiral ramp, ran through the lower level concourse, then headed up another spiral ramp. I forget how much time we spent on the upper level, but soon we were on another ramp heading all the way down (ahh).

Then we ran partway around the stadium to another spiral ramp, and all the way up. By now I was wondering where the 2-mile mark was. Once at the top, we went immediately to the adjacent ramp—each corner of the stadium has a pair—and then all the way down.

After circling the stadium a bit, we took a down ramp to the tunnel heading for the field! I was surprised, thinking we weren't that close to the end. Maybe we'd do a lap around the field?

No, we ran straight for the finish, at the west 40-yard line. Nearing the clock, I saw a time (3.5 minutes faster than my PR) confirming something definitely was wrong.

Later, the race director apologized profusely and explained that a set of barricades had been inadvertently removed, shortening the course. It may also have been the case that not everyone ran the *same* course. Obviously, a course blunder puts a big damper on a race. I had been very much looking forward to making that final approach to that special finish line; though I was happy to be finishing, I was also thinking the number on the clock was meaningless.

There was a brief plan to give medals to those most likely to have won their age groups, but this rather impractical idea was abandoned, the awards ceremony (with a Giant) canceled, and the medals given out to the kids.

I enjoyed the rest of my Draft Day, though. It's definitely something to run out onto the field, run your fingers through the turf, and see yourself on the big screen. Many prizes, including some autographed memorabilia, were raffled off, too. (I didn't win any.) There was also a big Draft Day party afterward. Admission was free with a bib, \$25 without one. The party was sold out before the race, but for about 30 minutes runners were given a chance to buy a ticket for a companion. I chose not to stay at the party long, and passed on waiting in the autograph lines, but I did stick around for the arrival of the Lombardi Trophy.

Despite the course disappointment, I intend to do this race again next year. (Hopefully, the Lombardi Trophy will be back, too!)

I'm never going to look at those spiral ramps the same way again. —Ed Trieste

Woods & Lakes 5K, Mountain Lakes Apr 26

Adrian Dunner 24:47
 George McIntyre (1st AG) 27:00
 George Studzinski (1st AG) 27:08
 On what turned out to be a beautiful morning, the three of us participated in this mostly hilly trail run. This race is recommended for anyone over age 30. —George Studzinski

Clinton Country Run 1M & 15K Apr 26

1M
 Madeline Morrissey (3rd AG, age 12) 7:31
 15K
 Larry Czaplewski (6th OA, 1st AG) 56:31
 Charlie Slaughter 1:02:56
 Mike Sneden 1:05:31
 Gary Peters 1:07:10
 Paul Kartanowicz 1:08:47
 Sharon Morrissey (3rd AG) 1:13:31
 Ed Kelly 1:13:39
 Susan Mello 1:16:44
 Bill Wilde 1:18:01
 Beverly Salerno (3rd AG) 1:45:13

ERC Teams
 Men Open 5th
 Women Open 7th

The 15K was a very nice race. The course was, for the most part, beautiful and fairly flat. In a few

places, you had to be careful of the traffic, and there were a few huge piles of horse poop along the trail. The course was also very well marked—important for me, as I have a perpetual fear of getting lost on long races.

There was a lot of water along the way, too. By the time I crossed the finish line, however, there was no more food. I think they were not expecting such a large turnout. After 1 hour 45 minutes of running, I was really ready for a bagel, a donut, a cookie—something! All I found was a smashed banana.

I won 3rd in age because my arch nemesis, who usually makes me eat her dust and has finished right in front of me at six races, didn't show up. So, even though I got only a smashed banana, it was a good race for me. Special thanks to Sharon Morrissey for helping me cross the finish line when I was completely wiped out.

—Beverly Salerno

This race was one of those odd ones, as you can tell from some of the times. Everyone went out too fast and then slowed up. The course was mostly flat but had hills where you didn't want them, at the end, plus a good 2 miles were on a trail. As Bev indicates, the event was organized okay but lacked food and water. Hats off to Mike Sneden, who ran his first long-distance race and finished in 1:05:31. —Ed Kelly

This event was an enjoyable girls' outing, with Marta Rose, Lynne Mortimer, Susan, and my daughter Madeline and I heading out together. Bev drove separately, but we would've loved to have had her make our girl group complete.

We met up with my brother and family, who live in the Clinton area. Madeline and her twin cousins ran the 1 mile. This was the longest distance she had ever tried, and it was a bit of a push for her but a very positive experience. I was pleased I wasn't as self-absorbed as I had been when I forgot to get my kids to the starting line at other races. (I'm really only shooting for a Mother of the Year award, though.)

The 15K course was very enjoyable, particularly because these were the very roads I had started running on 20 years ago. Tom and I lived in Annandale when we were newlyweds, and a friend there started taking me on half-mile and mile runs. That was also the time I joined Mick Close's ADP running team. Twenty years after thinking I couldn't do half a mile, it was empowering to be running 9.3. I palled up with three ladies midway through; we pushed and encouraged one another over the quiet country roads and trail. I recommend this course to you all. It's not great for time but very scenic.

Susan had a great race and finished fast and strong as usual, so much so that a mystery guy who had been running near her during the race figured out her name through CompuScore and e-mailed her about what a great runner she is.

—Sharon Morrissey

Country Music Half-Marathon, Apr 26 Nashville

Bernadette Lancaster 2:06:01

Leatherman's Loop 10K, Apr 27 Cross River, NY

Rich Unis 54:38
 Robert Stack 56:55
 Chris Jaworski 57:28

We were off—with Rich Unis, running what was only his first or second trail race, quickly disappearing ahead of me, and Robert Stack hanging probably right behind me. With 840+ runners migrating across a grassy field, it was easy to get separated from and lose sight of one another.

Prepared for the usual initiation into mud that the Leatherman's Loop offers immediately on entering the woods, I was surprised at the conditions, tame compared with those of the past two years. In 2006, several inches of rain fell in the hours leading up to the start, and, in 2007, the course was still feeling the effects of a nor'easter that had hit a week earlier. This year, the rain that fell within the past day or so wasn't enough to make up for an extended spell of dry weather. The result? The low mud quotient combined with temperatures in the mid to upper 40s made for excellent trail running.

At the first stream crossing, with the water only about knee-deep, as opposed to waist-deep last year, the runner next to me started losing his balance. I automatically put my arm on his back to steady him. Then, a few feet farther on, another runner seemed frozen trying to decide how to leave behind a wet, slippery rock and gain her footing on and up the short, steep, slippery-looking stream bank. I took her hand and pulled her up with me, even as the first runner put his hand on my back to steady me. A few seconds later, on the trail again, I flashed back on something I had written about this race in 2006: "The couple times I slipped or fell, I heard an inquiring voice at my back or felt a helping hand on my arm." Crossing the stream today was one of those pay-it-forward moments, I think.

Although this wasn't the sightseeing trip I had taken my first time here, I did recognize many, many parts of the trail. Each part arrived earlier than expected, though. I was deep into my running, and I ran without pause, even through the mud bogs, until ... the steep, 75-foot sandhill around mile 4. I hiked up that!

Then I was off again. A quarter-mile later, a younger runner passing me said, "Keep going with me now. You've been my mentor all through this race." And I did keep up with her for a while, even passed her on an uphill, but then she was by and gone for good. Her comment, however, stayed with me ... and will stay with me for good. In fact, I plan on bottling it, fixing it in amber, and getting it tattooed somewhere.

But I was slowing, and along came Robert, right on schedule. I had held him off a long while, longer than usual, but it was time for us to swap positions, and then he lost me pretty quickly.

Soon, though, I was in heaven! I had forgotten how sweet the long downhill toward the end of this race is, but here I was again, freeze-framing the trail ahead—and flying down it, alarmingly fast at times. That seemed the natural pace for the landscape, and I was thoroughly enjoying the experience, but around this time I also recalled

a little pact Robert and I had made before the race: We'd try to finish in less than 60 minutes.

Frankly, I hadn't thought it possible for me. In muddy 2006, I ran 1:08:32, and, in the longer (6.4-mile) and even muddier 2007, I ran 1:05:45.

But onward!

Finally, I reached the last stream, only knee-deep, and was quickly across, and then onto the far bank. All that was left was a small, short rise and then the sprint across the field to the finish. The only way to describe how I went up that rise is that I *leapt* up—my feet seemed not to touch the ground at all! On the field, I began my sprint ... and immediately wound up spread out on the grass—my first and only fall of the race!

Shooting for under 60 but not sure where I was timewise, I passed people left and right and crossed that Loopy finish line in ... 57:28. What?

Robert finished 33 seconds head of me, in 56:55. Great, Robert, but I wanna rematch! New trail runner Rich, despite a flare-up of plantar fasciitis that reduced him to walking across the field to the finish, posted an excellent 54:38. Rich, way to go, and begin the healing!

Sixty minutes—hehehe. —Chris Jaworski

NYRR Half-Marathon May 3 Grand Prix: Brooklyn

<i>Chris Jaworski (PR by 5:55)</i>	1:48:31
<i>Anna Miller (1st half, 1st AG!)</i>	1:51:17
<i>Jim Enslin</i>	2:02:27
<i>John Harvey (PR by 5:02!)</i>	2:02:50
<i>Val Kenny</i>	2:20:39

Coney Island cowbell! I read that the Brooklyn Half is the most popular of the five races in the NYRR Half-Marathon Grand Prix series. Well, participation in the first three boroughs—4989 finishers in Manhattan, 3261 in the Bronx, and 5832 in Brooklyn—bears that out so far.

The logistics of getting to and from this point-to-point race seemed a bit daunting until I asked veteran Brooklyn halfer Greg van Inwegen, who wrote back, "I don't remember [parking at the Coney Island start] as being that inconvenient. Kind of fun seeing the area. It might be too much of a rush to try to park near the finish [in Prospect Park] and get back before the start via the subway." Driving to Coney Island worked out well, Greg, so thanks.

John Harvey and I went in together and found a good parking spot pretty easily. At the staging area in Asser Levy Park, bordering the Coney Island boardwalk, we met Val Kenny, Randy and Nina Miller, and Peter, Randy's friend. Nina was running unofficially, Peter was trying to qualify for the New York City Marathon, and Randy was supporting and cheering everyone, including daughter Anna in her first half-marathon.

The well-organized staging area was more relaxed than at any other NYRR race I've been to. Bib (color-coded by pace), chip, and T-shirt pick-up could not have been easier; there were plenty of portajohns, plus fast-moving lines; and, with buses used for baggage, I was able to place my bag on a seat where later I'd quickly find it.

I've read that the newly introduced seeded corrals have been very successful in Central Park, but it was hard for me to tell whether they

helped here—at a different site, on a boardwalk in disrepair, in a race I hadn't run before. People stayed in their corrals and, just before the start, moved forward to close up any gaps. That was fine. But during the early going (west to a turn-around, then back east), space was tight, as runners had to switch to using only the outer side of the boardwalk (the leaders were to return on the inner). The close quarters complicated our trying to safely navigate the boardwalk, which in places was uneven or rotten, or bounced or had little piles of sand on it. (A runner took a spill in front of me.) Overall, though, everyone seemed to be moving along pretty well. I think that the corrals probably helped—and that running on the boardwalk might've been even more hazardous had they not been used.

John and I ran the entire out-and-back on the boardwalk together. It was nice looking out on the ocean, even on this gray morning, and then over at the Coney Island concessions, even though they were closed.

How could a runner start a race in Coney Island, the land of amusements, and not be amused? First, there are all the beachy street names: *Neptune, Sea Breeze, Surf, Ocean*. Then there was Randy, standing on a bench, yelling out our names, ringing his cowbell for all it was worth. (We'd also see him at mile 3 and then a few times in Prospect Park.) There were other attractions as well—the Parachute Jump at the abandoned Steeplechase Park and the 150-foot-tall Wonder Wheel, to name just two. Leaving the boardwalk, I even got a chuckle when a spectator announced, "You've got a long way to go" (the best antidote to "You're almost there"). A short time later, we turned onto Surf Avenue and gazed up at the Cyclone roller coaster; I joked we were now going to be running up it. (I also recalled Woody Allen's *Annie Hall*, in which his character talks about growing up in a house under a Coney Island roller coaster. There's a scene of him trying to eat soup while the house is shaking!) Two other sights amused me: the elevated subway lines and the New York Aquarium (I had thought this my first time in Coney Island, but then I remembered having gone to the aquarium on a school trip when I was a kid). Finally, Surf Avenue became Ocean Parkway, and we began our 5-mile trek straight north, ticking off cross-streets along the way: Avenue Z, Avenue Y, Avenue X, ...

Exit 5 took us up what was probably the steepest hill on the course, and then slightly before mile 9 we entered Prospect Park (were enveloped by its lush greenery is more like it). This is an absolutely beautiful park, yet another Olmsted work, like Central, Branch Brook, and Brookdale. A few different hilly loops inside, with lots of good crowd support, and we were done!

At the finish line, awaiting Anna's imminent arrival, proud father Randy had his eye glued to his camera. Yes, this was her first attempt at the distance, and, very cool, she'd win her age group! Congrats, Anna! Congrats, Randy and Nina!

And thank you, sir, for the cowbell!

I grabbed something to eat and drink and watched for John, and then we headed for the

baggage buses. In the chilly, humid air, I quickly took my wet shirt off and threw on some dry, warm clothes before setting out again—walking to the subway, riding the F train back to Coney Island, walking to the car. —Chris Jaworski

Those who have been following Chris's stories know that he runs to the beat of a very different drummer. But I'd like to pass along an observation I made firsthand. The guy ran the race of his life (until his next, even faster race) with a smile each time he went by. I'm not understanding how someone can break a personal best time by 6 minutes and still be so perky. When 30 seconds after his race he bounced up to tell me about his PR, I assumed he mistook the clock time for his chip time. Again, who runs so much faster and isn't doubled over in the grass? It reminds me of Karen Merz's discounting the theory of lactic acid as a myth. —Randy Miller

If I don't have a smile for a fellow ERC member at a race, I may as well hang up the shoes now. Randy, 99% of the time I probably look like hell. Too bad I didn't have a camera to capture the grimace I *felt* on my face when, 2 miles from the finish, I was struck by double side stitches that hurt a lot with each step. (I had to stop to try to massage them out.) —Chris Jaworski

This was my first time in Coney Island. Bittersweet seeing the closed amusement parks. We had no problem getting from start to finish and then over to Manhattan and home. Tons of traffic outside the park and on Canal Street, though.

The boardwalk was a bit treacherous, and I found myself watching every step I took after seeing several nasty spills and lots of cut knees. Once I hit the pavement, the race became very enjoyable, and at my pace runners were well spaced out along the course, not like in Central Park. Prospect Park sure has some tough hills coming at the end of the race, but a totally flat race would be no fun. —Val Kenny

Susan G. Komen Race for the Cure May 4

(5K), Branch Brook Park, Newark	
<i>Susan Palermo</i>	34:29

Nutley Chamber of Commerce 5K May 4

<i>Paul Kartanowicz (1st AG)</i>	20:03
<i>Wayne Carlson (1st AG)</i>	21:53
<i>Debbie McNally (1st AG, 2nd W of 76!)</i>	22:38
<i>Tom Kelly (1st AG)</i>	23:15
<i>Martta Rose (1st AG)</i>	26:06
<i>Laura Halstead</i>	28:01
<i>Tamara Sorrell</i>	28:14

There were 201 runners, but Essex had a major showing, with Paul, Wayne, Debbie, Tom, and I all taking home 1st-in-age awards. Debbie was also 2nd woman overall and took home a trophy almost as big as she is. We all received \$25 gift certificates to New Balance for our efforts.

For some reason, after this race we had more people than usual coming up to ask us about Essex and how to join the club. Maybe it was the sight of all our ERC singlets and jackets coupled with all our bling.

And Nutley has major hills—who knew? The biggest are near the start (no danger in going out too fast) and near mile 2. They're hills that seem to crest but go on at a small grade that is just enough to keep your heart pumping. Most of the last mile, thankfully, is downhill. This was one of the toughest 5Ks I've done, really challenging, but we had perfect running weather at 9:00 am.

We got to meet members Laura Halstead and Tamara Sorrell in person. That was nice!
—*Martta Rose*

Our House 5-Miler, Summit	May 4
Larry Czaplewski (2nd AG)	29:24
Mike Perry	30:49
Charlie Slaughter (2nd AG)	32:50
Mike Sneden	34:31
Gary Peters	34:39
Mike Kalthoff	35:22
Paul Kartanowicz (2nd AG)	35:52
Mick Close	36:00
Ed Kelly	37:04
Debbie McNally	38:37
Jamie Lin	39:40
Howie Brown	40:38
Adrian Dunner	40:41
Mike Wojcio	41:36
Lynne Mortimer	42:52
George Studzinski (1st AG)	42:39

ERC Teams	
Men 40–49	4th
Men 50–59	4th
Men 60–69	6th

Paul Kartanowicz and Deb McNally doubled up, running this 1:00 pm race after doing the 9:00 am Nutley 5K, where they both won their age groups! That's one way to get ready for River to Sea. Unfortunately, Deb was the lone woman eligible to compete on an ERC team in this USATF–NJ Masters Championship race.

Nutley's conditions were a lot different from Summit's. A warm sun greeted us on the Village Green around noon, and this 5-miler presented its usual challenges, rolling hills and then that final mile heading up to the "summit." Phil Coffin and Laura Messina, who were all over the course, did a great job cheering on ERC's runners.

Our men's teams were boosted by Mike Kalthoff, George Studzinski, and Mike Wojcio in their first appearances of 2008. Special thanks to Mike W, who had run the Xercise 5K in Chester the day before (2nd in age there) and rushed to Summit after playing 18 holes of golf.

Those three joined some of our regulars—Larry Czaplewski, Charlie Slaughter, Gary Peters, Ed Kelly, Howie Brown, newcomer Mike Sneden—to help our teams. Larry, Charlie, and George all won age-group awards, too.
—*Mick Close*

Long Branch Half-Marathon & New Jersey Marathon & Relay	May 4
Half-Marathon	
Helene Scarnegi	1:48:11
Susan DeRoberts	2:02:08
Michael Topper	2:10:06
Kristen Laird	2:18:58
Phil Giannuario	2:36:47

Marathon	
Will DeRoberts (3rd AG)	3:15:26
Bill Stewart (1st AG)	3:25:29
John McEvoy	3:28:46
Rick Zanni	3:39:34
Mike Kantor	3:58:36
Mike Skara (4:45 pace group leader)	4:44:08

To save myself a long Saturday drive, I asked a friend staying in the Long Beach area to pick up my marathon packet. I arrived at the host hotel around 6:30 Sunday morning. I couldn't find my friend (also running the race) or her husband (spectating) but wasn't worried. By 7:15, I was very worried. I headed for the starting area hoping to find one or the other but, seeing the hordes, realized I'd have no luck before the gun. I then decided to go without my number and hope race officials and fellow runners wouldn't think I was trying to run without paying. Soon, it occurred to me that, without a number, I wouldn't get a race medal (much nicer than most marathon medals), a hat (very nice), or, most important, food. At mile 5, I spotted Geoff. He gave me my number and chip. I stopped and pinned on my bib but didn't try to put on my chip. And so I continued, knowing that my time would not be recorded. After a slow start, I got into a rhythm and ran a decent race—not as fast an effort as I had hoped, but a strong one. In case you're wondering, the soup at the end was pretty good.
—*Ron Wolfson*

Except for being called at 1:45 am (wrong number) and then getting up at 3:40 (to meet my teammates), the relay was a blast! I was on Eddie's Team, named after my friend Jackie's nephew, who died of Hodgkin disease a few months ago. We paced Jackie to a 4:01 finish. Although we failed her by not bringing her in under 4 hours, she was thrilled with her 14-minute improvement over her time in her first marathon (Hartford 2007).

Transition points were easy to find, and efficient, with staff calling out that relay runners were approaching so waiting teammates could get ready to roll. I ran leg 2, so I had plenty of time at the finish line to cheer people in.

I witnessed a moment of high drama when a young runner, 100 yards or less from the finish, stopped dead in her tracks. The clock read 3:44. She just stopped. We all started yelling at her just to walk it in, to keep going, and finally she began hobbling forward. Right before reaching the mats, however, she took the arm of a medic, even while people were yelling at her not to do it. I doubt she'll be disqualified for that, but she must not even have been coherent at that point.

I've decided that running a marathon by dividing it up among 3 or 4 others is much better than running the whole thing yourself! I felt great after, got the same medal the marathoners got, and had to run only 7.9 miles. Hmm, 7.9 or 26.2 ... so hard to decide ... not!
—*Aubrey Blanda*

Cox Sports Marathon, Providence, RI	May 4
Tom Eaton (PR)	3:16:26

Pocono Mountain Run for the Red Marathon, Tobyhanna to Stroudsburg, Pa	May 4
Andy Kotulski (1st AG 65–69)	4:10:58

Flying Pig Marathon, Cincinnati	May 4
Carl Sturcke (2nd AG)	4:18:06

In the 19th and early 20th centuries, Cincinnati, Ohio, was the US pork capital—hence the names *Porkopolis* and *Flying Pig Marathon*. The 2008 race, the 10th, was held the same weekend as the Running for the Roses at Churchill Downs (Kentucky Derby) in nearby Louisville.

Flying Pig was more difficult than I thought it would be. The elevation map shows a hill from mile 6 to mile 9 and then a nice slow downhill to the finish—a course maybe similar to and easier than Boston. What the map leaves out is lots of ups and down. The first few miles had us up and over at least four bridges. Even after the first 10 miles, there were many more hills, so many that going down became more difficult than going up.

I had fun meeting other members of Fred's Team, a group of us who are running marathons for cancer research. I had last seen them at the New York City Marathon in 2007.

Cincinnati rolled out the red carpet with lots of cheering spectators along the way—similar to New York but with smaller crowds. The start was delayed 15 minutes because of a three-alarm fire involving several homes at the 22-mile mark! Later I learned that the course had been redirected through a park on the Ohio River and that a water station had been moved, and yet the marathon remained its official 26.2 miles.

Finishing in 4:18 tells me I've entered the age at which breaking 4 hours might require more serious training—more mileage and more long runs. Since Memphis in December, my longest run was just 14 miles (did that just once), and 11 miles was my other longer distance.

I've heard that Flying Pig, despite being only 10 years old, recently earned a *Runner's World* top 10 favorite ranking among marathons. I thoroughly enjoyed myself in Cincinnati and recommend this race to anyone, but not for a Boston qualifying time and not for a first marathon.

Jack Funsch Memorial 5M, Fairfield	May 10
Will DeRoberts (5th OA, 1st AG)	32:29
Phil Coffin (6th OA, 2nd AG)	33:20
Doug Williams (7th OA, 1st AG)	33:45
Mike Kalthoff (10th OA, 3rd AG)	34:44
Susan DeRoberts (3rd AG)	42:55
Nina Miller (2nd AG)	48:35

A nice, low-key race!
—*Susan DeRoberts*

Newport 10,000, Jersey City	May 10
Larry Czaplewski (2nd AG)	36:16
Joshua Carnes (PR by 5:29!)	39:10
Mike Sneden	42:12
Paul Kartanowicz	42:17
Mick Close	43:46
Ron Wolfson	44:15
Ed Kelly	45:25
Tom Kelly	49:02
Martta Rose	53:14
Beverly Salerno	1:07:05

ERC Men's Team 4th

Flat course combined with cool weather provided good racing conditions for this USATF–NJ Open 10K Championship on the streets of Jersey City.

After last Sunday's hilly Our House, it was nice to run here. With the Newport course altered because of construction, there was only about half a mile on the waterfront, but there were no problems like last year's (i.e., a course marshal error resulting in a 6.56-mile "10K").

The almost \$20,000 in prize money attracted some of the world's top elite runners, including four-time Boston Marathon champion Catherine "The Great" Ndereba. In the men's race, 10 runners finished under 30:00, with Richard Kiplagat first in 28:53. The women's race was even tighter, with 5 women under 33:00 and the top 4 separated by only 2 seconds. Aliu Aziza edged out Ndereba to win in 32:43.

Joshua Carnes made an impressive debut for the ERC team, earning a PR and being our second finisher, behind Larry Czaplowski. Our men's team turned in an excellent performance to finish 4th (9 teams), but again we were unable to field a women's team. Many thanks to Ed Kelly for filling in as team captain. —Mick Close

This was my first Newport 10K, so I wasn't sure what to expect. With the exception of starting-line confusion (no one knew what was going on) and just one guy with a bad megaphone trying to corral runners, the race was well managed (e.g., good check-in, good number and packet pickup).

The course was fairly flat and fast. Jersey City's view of lower Manhattan is always a favorite, but for the first time I got to enjoy it on a run.

My name didn't show up on initial printouts, but that problem was fixed. A race official explained that the glitch happened because I wore my personal timing chip and the race chip on the same shoe. Anyway, I was surprised and satisfied with my time. I suppose it's safe to say that hill training is beneficial not only for hilly courses! —Joshua Carnes

Hats off to Josh for his PR. He passed me right after the 1-mile mark and never slowed down.

The only 10K I had ever done before was Newark's 1998 Portugal Day race (now a 5K).

I wasn't happy with my time, but, with a few weeks off before the next USATF championship race, I'll have an opportunity to train smarter. However, I enjoyed myself, and some good competition kept me going through much of the race.

This 10K reminded me of the Liberty Half in September. Although this was only the second time I ran in a Jersey City race, I had a feeling of pride and tradition: Pavonia Avenue is where my family settled after passing through Ellis Island.

The Mizuno tech shirt is top-notch, the goody bag had a few keepers, and there was plenty of post-race bagels, bananas, water, and juice.

—Paul Kartanowicz

Long Island Greenbelt Trail Run May 10 (25K), Plainview, NY

Chris Jaworski. 3:05:19

The Greater Long Island Running Club has a clubhouse! Okay, it's more an office with a long garage attached—jammed in among businesses on a short, unnamed cul-de-sac—but it's a clubhouse! And Saturday it was where the Greenbelt Trail

Run was staged. Number and tech-shirt pickup and same-day registration took place in the office, runners had their choice of two indoor bathrooms, and the start and finish of both races (50K, 25K) were just outside the clubhouse doors.

Driving to Plainview took me an hour. Race entrants who planned to ride an LIRR train to Hicksville could have someone from GLIRC pick them up at the station there.

Race officials very promptly started the 50K at 7:30 and the 25K at 8:30. All runners followed the Greenbelt Trail almost directly north to its terminus in Cold Spring Harbor—and then went back the way they had come, to Plainview. The only difference between the two races is that the 50K participants had to run the course twice.

There were white blazes and colored ribbons marking the trail, course marshals helping out at some tricky turns, and outbound and inbound runners showing the way. Still, there were places where runners went wrong when moving too fast or not paying close enough attention. And some runners, me included, had trouble discerning where to pick up the trail on the other side of a street crossing or two (there were 12 on the 25K loop). It was good that the course wasn't more technical, or more runners preoccupied with the route might've sustained injuries.

This course had a bit of everything—two thirds of a mile of street to the trail entrance, a lot of soft but not muddy earth (despite heavy rain the day before), flat and fast terrain plus minor hills early on, sandy areas, tons of twists and turns, a large open field, many logs and fallen trees to jump over (or duck under or go around), guard rails to slip over and traffic to look for (particularly on the four-lane Jericho Turnpike), about 2 miles of steep ups and downs ending at the turnaround (with these hills revisited on the way back), and, from the high points near the turnaround, magnificent views of the harbor below.

When I reached the second aid station, I was almost stunned how the first 6 miles had flown—at almost road pace! Only after the race did I realize that those 6 miles were actually 5 and that I should've read the course description closer. Aid stations were to come approximately every 3 miles, yes, but at miles 2, 5, etc, not 3, 6, etc! That misconception threw me off on time and distance the entire race. Coulda used a GPS!

It was fun meeting and greeting 50K runners, first when I was outbound and they were returning, and later when I was making for the finish and they were heading out again. At some point, I became grateful I hadn't signed up for the 50K.

Those first 6 (5) miles had sure been some good running, but, as the ankle turns, so turns the race. While following a chain-link fence downhill to a street. I scanned ahead and saw a runner twist his foot, and, as if on cue, I twisted mine. Although that foot slowed me down on the hills and technical sections to come, luckily I was able to chug along again once the terrain evened out.

Aid station volunteers provided food, fluids, and ibuprofen. At the turnaround station, a volunteer recorded my race number as evidence I had made it all the way north. Now there were only about 7.75 miles to go south, to the finish.

My time at the turnaround was 1:25. Could I finish under 3 hours? Doubtful, but then my error regarding aid-station locations had an unexpected, positive consequence. At the final station, I asked if there were just 3 miles to go; a volunteer and a runner said yes. Well, after covering about 2 miles, I was pleasantly surprised to discover I was done. Is that all there is, my friends? My trip back to the finish took 1:40 (a 15-minute positive split), for 3:05:19 total. Close!

There really should have been one last directional arrow pointing left onto Dupont Street and the clubhouse! Thinking I still had a good distance remaining, I wondered if I needed to go straight instead and wind my way back to the finish from another direction. Fortunately, I looked at the runner behind me, and she confirmed a left turn. I heard that other runners had gone straight and ended up tacking on extra distance.

Having returned to the clubhouse, I claimed my finisher's cap, changed into dry clothes, had some post-race refreshments (Samuel Adams beer, sandwich, Naked fruit-and-vegetable juice, water), hung out with other runners, and watched 25K and then 50K finishers cross the line on a day that was just perfect for trail racing.

It was a good call to do the 25K rather than try for 50. For days afterward, I was a wreck—marathon-sore, wiped out and swollen, headachy, congested and coughing, raw-throated, sleepy. I had felt fine while running through the woods for 3 hours, but maybe I sucked a lot of pollen down deep into my lungs while out there, or maybe I had been coming down with something that day. In either case, I'm feeling better now.

Mother's Day 5K, Berkeley Heights May 11

Phil Coffin (1st AG). 20:58

Catherine Alessi. 32:47

Susan Palermo. 34:52

About the midpoint, as I was laboring up a hill, I thought something along the lines of, "I should know better than to run races on back-to-back days." I'm getting older, not smarter. But it was a beautiful day to run and a nicely done race.

—Phil Coffin

Rubin Mother's Day Run, Tenafly May 11

5K: Howie Brown (2nd AG). 22:55

10K: Lynne Mortimer (2nd AG). 51:08

This 5K course was fair, meaning its early downhill was as easy as its late uphill. This was my second time running this course. The first time, about 15 years ago, they photographed me during the race. That was one of the few pictures I had of myself after my divorce. I used it to reply to a personal ad placed in the New York Road Runners quarterly newsletter. So, this race has very fond memories for me. That photo somehow got me a date that led to my marrying Judy.

—Howie Brown

This race was a great way to start Mother's Day, and it was nice seeing Howie. The course had rolling hills with twisty turns through beautiful upscale Tenafly neighborhoods. In my 10-year age group, I was bumped from 3rd to 2nd because my friend Lisa Swain, who just turned 50 and ran

an incredible 41:35 (10 minutes faster than me!), was the overall female winner! All I can say is: Hooray, 50s women! After I finished my 10K, I cheered Howie on in his 5K. —*Lynne Mortimer*

HealthQuest of Hunterdon 5K, May 16 Flemington

Joshua Carnes (2nd OA, 1st AG). 18:29
While working in Flemington, I got word of this 5K just a day or two beforehand. I figured sure, why not sign up? The field yielded only 58 runners, and I somehow managed to stay out in front. In the final 10th of a mile, however, I was passed, and missed 1st place by only 6 seconds! No big deal. I still won 1st in age, set a PR by 1:20, and walked away with a \$25 T.G.I. Fridays gift card! So, I learned a lesson. Want to boost your morale? Run an extremely small race!

Bay Head 5K Run May 17

Phil Coffin (2nd AG). 19:54

Maywood 5K May 17

Mike Sneden (3rd AG). 20:22
Bill Wilde. 23:46
Lynne Mortimer (1st AG). 25:02
Five days after Rubin's Run, I was still feeling the effects of that race's rolling hills. (Gone are the days when I could whip through back-to-back events!) Other than for a few good hills and hair-pin turns, the course today offered a pleasurable tour of Maywood's neighborhoods. The Maywood Rotary, which organized the race, had arts and crafts tables set up for additional fundraising after the race. —*Lynne Mortimer*

Maywood is off Route 4 just past the Garden State and Bergen malls. It is easy to get to and only 20 minutes from Montclair.

At race time, the weather was beautiful, with bright sunshine from cloudless skies, temps just above 50, and a light breeze. The almost flat course was on wide streets through quiet neighborhoods. And only about 200 runners showed. In short, Maywood was a recipe for fast times.

I tend to start too fast and die at the end, so I have been trying to even out my pace. In this regard, our Brookdale Park track workouts with Joel Pasternack have been very helpful to me, as has been following the even stride of Gary Peters during these workouts.

I started out at what I thought was my target pace (6:20–6:30) but passed the 1-mile mark in 6:00. Ugh. Panic was about to set in. But I felt good during mile 2 and kept up with Peter Engelhardt and Eric Jaworowski, runners who always finish ahead of me. Hmm, could this be a big day? I awaited the next split for a pace check, but nobody was posted at mile 2. Oh, well. I still felt good and was keeping up. Alas, turning the final corner and spotting the clock, I was disappointed to see a time well over 20:00. In a postrace commiseration, Peter, Eric, and I concluded that the person giving mile 1 splits must have been positioned incorrectly, and we wondered if the course was longer than advertised. I take this as just another incentive to go out next weekend and do better. —*Mike Sneden*

Michael W. Thorne Scholarship May 18 4-Mile Run, West Long Branch

Helene Scarnegi (1st AG, PR). 30:46
I wanted to do Gilda's Run but went to West Long Branch. As usual, I'm drawn to shore races!

The story behind this memorial run won my heart. The year I graduated high school, 20-year-old Michael Thorne died. He made the supreme sacrifice, his life, while working as a West Long Branch volunteer firefighter.

The race was well organized, and the morning was amazing. The sun was shining beautifully over the lake at Franklin Park, where the race started. The course was flat and fast.

I had not been in a short race since February and had no idea what to expect of myself, so I just did what I've been doing: run. I ran mile 1 in 7:27 and tried to keep my pace under 8:00 the rest of the way. After mile 3, I picked it up. I finished in 30:46 (7:42 pace) for a PR and 1st in age.

This race had lots of prizes, ample food, and great scenery. Supposedly, everyone went to the firehouse for a big barbecue, but I had my heart set on blueberry pancakes at Turning Point in Pier Village. I highly recommend the place!

Gilda's Run 15K, Ridgewood May 18

Larry Czaplowski (3rd OA, 1st master). . . 55:59
Will DeRoberts (2nd AG). 1:00:02
Charlie Slaughter (3rd AG). 1:02:18
Phil Coffin (2nd AG). 1:04:36
Doug Williams. 1:05:15
Mark Frankel. 1:05:53
Gary Peters. 1:06:01
Mike Kalthoff. 1:07:06
Mick Close. 1:08:12
Ed Kelly. 1:12:37
Tom Kelly. 1:17:12
Marta Rose (2nd AG). 1:23:25
Susan DeRoberts. 1:24:57
Ed Trieste. 1:32:52
Val Kenny. 1:36:22
Beverly Salerno. 1:49:52

This (highly recommended) race is one of a few longer than 10K in our area. Parking is ample, and

the Saddle River County Park setting is beautiful. After a short loop around a duck pond, the course follows paved paths, with surrounding trees providing shade most of the way. The course is flat except for a few gentle hills and bridges.

Event organization is first-class, and there is plenty of postrace food: bagels, bananas, snacks, and so forth. I hear the medals are nice, too!

Many club members ran well and picked up age-group awards, but it was definitely a case of "hats off to Larry" as Mr. Czaplowski blazed to a 3rd-place finish overall and 1st-place master. —*Mick Close*

Rockford Marathon, III May 18

Andy Kotulski (1st AG). 4:01:17

Wyeth 5K, Madison May 21

Carl Rocker (2nd AG). 18:37
Charlie Slaughter (2nd AG). 19:05
Doug Williams. 20:09
Ed Kelly. 21:04
Mick Close (3rd AG). 21:05
Chris Jaworski. 22:01
Sharon Morrissey (3rd AG). 22:35
Antonella Lozito. 24:21
Jim Malone. 30:42
Beverly Salerno (2nd AG). 33:15

More than 800 runners, many on corporate teams, were greeted by cool temps, a few sprinkles, and even a rainbow at the start of this hilly 5K on the beautiful Giralda Farms campus. Nice shirts, and goody bags were loaded with Wyeth products (e.g., Advil, Centrum, Chap Stick). —*Mick Close*

I love this race. I have done it three times and always enjoy the people and the atmosphere. It is well organized, and the goody bag has useful stuff, not just fliers and junk. It's also a good race for a back-of-the-packer like me, because corporate teams have many slower runners and walkers. My time was not great (legs still tired from Gilda's Run 15K), but, when I left the parking lot 20 minutes later, other people were still running. —*Beverly Salerno*

Andrew Kotulski, ERC Hall of Fame Inductee (2008)

- Ran 3:11 in first marathon (New York City) at age 37 (1977)
- Ran best time (2:39) in Jersey Shore Marathon (1984)
- Has run 602 marathons (as of May 18, 2008), including ~500 different ones (probable record)
- Has run a marathon:
 - On all 7 continents 2 times
 - In more than 75 countries
 - Five times in all 50 US states and all Canadian provinces (won age group at least 3 times in each state and province)
- Boston Marathon:
 - Member of Boston Athletic Association's Quarter Century Club (minimum 25 consecutive Boston Marathons)
 - Ran Boston 29 consecutive years (1978–2006) and for the 30th time (coinciding with 600th marathon overall) in 2008
 - Unofficial world record holder for number of qualifying times and has run a BQ in all 50 US states and all Canadian provinces

When Andy accepted his Hall of Fame Award at the April 7 ERC Awards Banquet, he said, "It's never been about the numbers." I later asked him what it is about, and he replied, "Always about the challenge, adventure, and friendship." —*Chris Jaworski*

RACES: JUNE–AUGUST 2008

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

6/1	Sun	8:00a	Japan Day 4-Miler (NYC)	4M	212-860-4455	
6/1	Sun	8:30a	Montclair Run	10K, 2M	973-744-3400	
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
6/4	Wed	5:30a	NYRR 50th Anniversary Run (NYC)	5M	212-860-4455	
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 (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
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	201-509-0709	
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
6/16	Mon	8:00p	President's Cup Night Race (Millburn)	5K	973-376-6094	NBGP: 700 pts
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	
6/22	Sun	9:00a	Pine Beach 5K	5K	732-349-6425	NBGP: 700 pts
6/22	Sun	5:30p	Fitzgerald's 1928 Lager Run (Glen Ridge)	5K	973-748-0093	NBGP: 500 pts
6/23	Mon	7:30p	Battle of the Business 5K (Florham Park)	5K	908-665-8038	NBGP: 500 pts
6/26	Thu	7:30p	Sunset Classic (Bloomfield)	5M	732-381-0318	NBGP: 500 pts
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	
7/1	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/4	Fri	9:30a	Firecracker 4-Mile Run (Cranford)	4M	908-709-8012	
7/10	Thu	7:15p	Lawyers for Kids 5K (Morris Township)	5K	732-381-0318	NBGP: 500 pts
7/12	Sat	8:30a	Belmar 5-Mile Run	5M	732-542-6090	
7/12	Sat	9:00a	Naples–New York Park to Park (NYC)	10K	212-860-4455	
7/13	Sun	7:30a	Nike Bunker Loop 5K (Hartshorne Woods, Highlands)	5K	732-578-1771	
7/13	Sun	9:00a	Eden Family 5K (Princeton)	5K	609-631-9211	NBGP: 500 pts
7/13	Sun	9:30a	Amber Pizzo Memorial Run (Berkeley Heights)	5K	908-322-3322	NBGP: 500 pts
7/13	Sun	6:45p	Sprintin' Clinton	5K	908-238-0970	NBGP: 500 pts
7/15	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/17	Thu	7:30p	Corporate Classic 5K (Morristown)	5K	973-898-9386	
7/19	Sat	8:30a	Teterboro Airport 5K	5K	732-381-0318	NBGP: 500 pts
7/19	Sat	8:30a	Packanack Day 5K (Wayne)	5K	201-906-1749	
7/19	Sat	8:30a	Run for Central Park (NYC)	4M	212-860-4455	
7/20	Sun	9:00a	Interclub Challenge (Third Ward Park, Passaic)	3M	973-783-3092	
7/23	Wed	7:00p	Downtown Westfield 5K	5K	732-381-0318	NBGP: 500 pts
7/26	Sat	6:30p	Ole Town Festival 5K (Phillipsburg)	5K	908-859-2823	
7/27	Sun	7:00a	New York City Half-Marathon	13.1M	212-860-4455	
7/29	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
8/2	Sat	~7:00a	River to Sea Relay (Milford to Manasquan)	92M	908-381-0318	
8/2	Sat	7:00a	NYC Marathon Long Training Run #1 (NYC)	20M	212-860-4455	
8/4	Mon	7:00p	Run Against Crime & Drugs (Hoboken)	5K	201-420-2195	NBGP: 500 pts
8/7	Thu	7:00p	Project Children 5K (South Mountain Reservation)	5K	973-762-2930	
8/10	Sun	7:30a	Turkey Swamp Race Day (Freehold)	10M→50K	732-578-1771	
8/10	Sun	9:00a	Batsto Pig Iron 5K (Wharton State Forest)	5K	866-841-9139	NBGP: 500 pts
8/12	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
8/16	Sat	8:00a	NYRR Team Championships (NYC)	5M	212-860-4455	
8/23	Sat	4:00p	Smoke Rise Biathlon (Kinnelon)	Swim+4M	973-283-8664	

Info, applications, registration: Active.com (www.active.com/running), Best Racing Systems (www.bestrace.com), CompuScore (www.compuscore.com), Metro Race Forum (www.raceforum.com), New York Road Runners Club (www.nyrr.org), On Your Mark Productions (www.oym.net)