



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

July 2008

Vol. 25, No. 7

PRESIDENT'S CORNER

Desmond Duncker

Did everyone have fun at this year's wine-and-cheese party? I know I did. Thanks to all the ERC members who brought so many interesting and appetizing dishes and desserts, and special thanks to Sharon and Tom Morrissey for opening their lovely home to us for this special event! I've already made a note to buy more white and less red next year!

Thanks also to all the ERC members who joined in on Cedar Grove's *Clean Sweep Day* effort (Jun 7). Picking up litter from a large section of the West Essex Trail on a hot and humid day were Mick Close, Dave Benfield, Amy Zavadil, Andy Kotulski, Martta Rose, Tom Kelly, the Ulto family (Sal, Amy, and Matthew), and Chris Jaworski. After their chores were done, Mick and Chris ran part of the trail.

Tom Kelly and Martta Rose were married June 29! Let's congratulate them and wish them well, and may their path be soft and forgiving!

Congrats, too, to Paul Kartanowicz on getting engaged to his longtime girlfriend! Paul popped the question June 20.

Finally, after having our Interclub Challenge at Brookdale Park in 2007, we're returning to Clifton Roadrunners Club territory this year (Third Ward Park, Passaic, July 20, 9:00 am). I hope you'll come on out for a morning of fun, food, and friendly competition. Runners of all abilities can boost ERC's standing in this handicapped event just by showing up and participating. (True!) Details, directions (pp. 3, 4).

MARK YOUR CALENDARS

- **Jul 3.** Summer Thursday-evening hosted runs continue! *Page 3.*
- **Jul 4.** Firecracker 4-Miler (club race), Cranford. *Page 4.*
- **Jul 7.** General meeting. *Page 1.*
- **Jul 13.** Grove Summer Series: *Trail Mix.* *Page 2.*
- **Jul 20.** Interclub Challenge. *Pages 3, 4.*
- **Jul 30.** Deadline to order ERC 25th Anniversary polo shirt. *Page 10.*
- **Aug 2.** River to Sea Relay 13 (92-mile heat-induced mass hysteria), Milford to Manasquan. *Page 4.*
- **Aug 7.** Project Children 5K (club race in South Mountain Reservation; postrace party at Shillelagh Club in West Orange). *Page 4.*
- **Aug 10.** Grove Summer Series: *Ten-Hill Challenge.* *Page 2.*
- **Aug 16.** NYRR Club Championships, Central Park. *Page 4.*
- **Aug 23.** Smoke Rise Biathlon. *Page 4.*
- **Sep 7.** Grove Summer Series: *Eagle Rock 9/11 Memorial Run.* *Page 2.*
- **Sep 13.** Next USATF-NJ championship event: 5K! Cross-country! Holmdel Park! Get off-road and think fall!

ERC'S GENERAL MEETING 7:30 pm, Monday, July 7

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

Caryn O'Sullivan will speak on eating for energy. Caryn, a Montclair-based holistic health counselor, received her training at the Institute for Integrative Nutrition and at Columbia University. She helps individuals increase energy, develop positive body image, and achieve health and lifestyle balance. Web site: appetitesforlife.com.

Schedule of General Meetings for 2008

Jul 7 • Aug (no mtg) • Sep 8 • Oct 6 • Nov 3 • Dec 7 (25th Anniversary/Holiday Party at Mayfair Farms in West Orange)

Schedule of Board Meetings for 2008

Jul 15 • Aug (no mtg) • Sep 16 • Oct 14 • Nov 11 • Dec (no mtg)

EDITOR'S NOTE

Chris Jaworski

William Blake wrote, "The road to excess leads to the palace of wisdom ... for we never know what is enough until we know what is more than enough." Well, June was a month of excess (five races, heat and humidity, for starters), and I may have learned a lesson or two, but you never know. What happened is I fell sick for three days—hence this late issue. My apologies, and I hope the extra 2 pages make up for it.

Welcome New Members!

Glen Ball, *Glen Ridge*
Sarah Ford, *Montclair*
Rich Klager, *Montclair*
Jacklyn Pita, *West Orange*
Allison Reid, *Maplewood*



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
Mick Close. At Large
Phil Coffin. At Large
Chris Jaworski. Newsletter
Tom Kelly. At Large
Debbie McNally. Mailing
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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The Miles We've Come, by Phil Coffin

It was 1983, and the waffle sole was still cool, the first Olympic women's marathon was still a year away, cotton was king for every runner on the roads, the New York City Marathon had only a few thousand runners, and nobody'd ever heard of Gu. It was 1983, the year the Essex Running Club was born. A lot was different then.

Take the shoes. Stability? Motion-control? You gotta be kidding. Choices were limited, as were shoes' capabilities. Nike Air had yet to take off.

Shoes were short on comfort, but they were longer on durability; in my running world in the Midwest, we figured we'd get maybe 800 miles out of a pair of shoes, which may have said more about midpack runners' mind-sets than about the shoes.

The shoes were better than the clothes. Cotton really did reign. Cotton shirts, cotton shorts, cotton socks. I wore 'em all in my first marathon in 1982. So did everyone around me. Chafing came with the miles. There were some newfangled, high-tech running suits for colder weather, though. The Bill Rodgers brand was top of the line, and if you had one of the crinkly nylon BR running suits—stiffer than the ripstop nylon camping tent you could buy at Camp-Mor—you were stylin'. Moss Brown, a name no one knows now, had brutally expensive Gore-Tex outfits for winter—the warmest thing I've ever run in, but the least breathable fabric ever created. Who remembers the tights with stirrups? And those were for men.

Don't even ask about watches. You'd be surprised how many runners still used a wrist-watch with a sweep second hand. When you finally got a runner's watch, it lacked split times.

How about the races? If you wanted to race where I lived in 1983, you ran a 10K. Well, it was probably 10K. Most courses weren't certified. Five-kilometer races were scarce. Marathoning had intrigued a wider audience (and field of participants), but the fields were vastly smaller (and the average times markedly better). Americans were still winning in New York and Boston. Really. If the courses were a little sketchy on accuracy, so were the times on occasion. No timing services and certainly no times posted at the race or, later that day, online (What's a personal computer? What's the Internet?). To get your time, you'd have to ask someone at a card table who was writing them down with a pencil. Finish a race and you might get a numbered Popsicle stick or a numbered index card, or, in a high-tech race, you'd hand off a tag to a volunteer at the end of the chute. I ran a half-marathon every year with thousands of finishers, and somehow they kept those tags straight. Well, most of them. The races were more informal, too. Lots of guys with no shirts (few built like Sergio), dinkier race numbers if you had race numbers. Sometimes just a finish line, no chute, depending on the size of the race. Postrace refreshments were skimpy, if they existed. If you raced, you accumulated a drawer full of cotton T-shirts, most of them with amateurish designs. If you'd known what a tech shirt was, you'd have killed for it.

Then there were the fields. Women were scarce at most races, and in 1983 we were closer to the first official female runners in the Boston Marathon than a woman's sub-2:20. The 1984 US Olympic Trials, with the instant gritty darling Joan Benoit, was in the future. Many of testosterone-fests, no matter what the distance. Must've been the no-shirt thing.

Running was not a novelty—Frank Shorter had seen to that with his 1972 Olympic marathon victory—but it still drew looks out on the roads. And profane comments. And missiles from cars (I was hit, variously, by a rock, a beer can, a golf ball, and some lunatic's spit). I ran regularly on a road in a golf course, and the angry, obscene reaction to my appearance well out of the line of a 3-wood was rotten but not remarkable. Everyone had stories about being yelled out, aimed at by drivers, dogs let loose. I think this is how fartlek was invented.

Running was simpler in most ways, sometimes more fun, sometimes a lot less fun (think of that cotton gear in winter), generally more serious, invariably more of an insiders' club in which the rites of initiation were hard miles on the road by a hardy crew. Or maybe foolhardy.

Look at how far we've progressed in these 25 years. Now try to imagine how far we'll progress in 25 more. Who can guess?

Want to add to our look back on ERC's first 25 years? Write to jaworski@verizon.net.

GROVE SUMMER SERIES

For each of these special Sunday *long-distance* group runs, meet at 7:00 am at Grove Pharmacy (123 Grove St, Montclair). Each course will be stocked with water and Gatorade.

7/13	Trail Mix , 16 miles, from Grove Pharmacy to end of West Essex Trail in Verona and back. See it: http://www.usatf.org/routes/view.asp?rID=137283 .
8/10	Ten-Hill Challenge , 15.5 miles and 10 hills in Montclair, Verona, Essex Fells, Caldwell's, Cedar Grove. See it: http://www.usatf.org/routes/view.asp?rID=146656 .
9/7	Eagle Rock 9/11 Memorial Run , 15 miles, in Montclair and up Snake Hill to 9/11 Memorial in Eagle Rock Reservation. See it: http://www.usatf.org/routes/view.asp?rID=146670 .

YEAR-ROUND GROUP RUNS

Tue	7:00 pm	(▲) West Essex Trail Run, Verona
Sat & Sun	9:00 am	
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 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) 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 RSVP is much appreciated. A volunteer host is needed for Aug 28.** If interested, write to Chris at jaworski@verizon.net.

7/3	Desmond Duncker , 12 Midland Ave, Glen Ridge <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.	973-743-2349
7/10	Genie Temmler & Joy Mishkin , 52 Harvard St, Montclair <i>From Verona:</i> Take Bloomfield Ave east, pass Montclair Center, turn left onto Grove St, go 1.3 miles, turn right onto Harvard.	973-783-3092
7/17	Aubrey Blanda , 173 Hawthorne Ave, Glen Ridge <i>From Verona:</i> Take Bloomfield Ave east to Glen Ridge, turn right at light onto Ridgewood Ave, left at light onto Washington St, 1st right onto Hawthorne, #173 on left.	973-748-3692
7/20 (Sun)	INTERCLUB CHALLENGE Third Ward Park, Passaic, 9:00 am start, arrive at 8:15 to register (no fee) and warm up. <i>From Montclair:</i> Take Route 3 east to Main Avenue (Passaic/Nutley) exit, turn right at Main, go north 1 mile. Just past Brook Avenue, look for park entrance on left. Parking on street. See page 4 for race details.	
7/24	Susan Palermo & Wayne Carlson , 27 Westwood Dr N, West Orange <i>From Bloomfield:</i> Take Bloomfield Ave west to Verona Park traffic light, turn left onto Lakeside Ave (becomes Pleasant Valley Way), pass Eagle Rock Ave, pass West Orange HS, pass Route 280, turn right at next major intersection (Starlite Pizza on right corner) onto Mount Pleasant Ave/Route 10 W, turn right at 2nd cross-street onto Carolina Ave, make 1st left onto Westwood Dr S, go up hill, #27 is around bend at top of hill, on left.	973-325-5127
7/31	Val Kenny & Ginny Kientz , 77 Fairway Ave, Verona <i>From Montclair:</i> Take Bloomfield Ave west to Verona Park light, turn left onto Lakeside Ave, go ~1 mile, pass <i>Entering West Orange</i> sign, take next right onto Fairway, continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on left.	973-857-3432

AUGUST

Aug 7 (Project Children 5K, postrace party at Shillelagh Club), Aug 14 (Catherine Alessi 973-256-0603, Beverly Salerno, & Anne Chesny), Aug 16 (Sat, NYRR Club Championships, Central Park), Aug 21 (Tom Daniels 973-429-2524), Aug 23 (Sat, Smoke Rise Biathlon). **Aug 28 is available.**

The Essex Running Club celebrates the life of Donna Close. If you would like to share some words in remembrance, to be printed in Keeping Track, please send them to jaworski@verizon.net.

POETRY CORNER

Donna Close
Nov 14, 1949–May 27, 2008

Sunlit Roads

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

Keeping Track

We must try keeping track
Of roads proudly traveled.
For when looking back we might see
them unravel.
Upon faces of strangers and friends
who have cared.
Our memories live in races
And in the T-shirts we wear.
We must try keeping track
Of long miles alone.
When the struggle is strong,
Drenched in sweat to the bone.
We swear not to quit before reaching
a goal
And discipline our minds for more
self control.

We must try keeping track
Of the sights and the crowds.
When the hills and the heights
Put our heads in the clouds.
We can only fulfil our deepest desires
And leap for the stars with both heels
on fire.

We must try keeping track
Of roads proudly traveled.
For when looking back we might see
them unravel.
Upon faces of strangers and friends
who have cared.
Our memories live in races
And in the T-shirts we wear.

There Is No Finish Line

We run along the tree lined streets
Of my hometown.
The air is brisk, as autumn leaves
Drift to the ground.
Our footsteps pound the beat
Of songs I'd like to write.
We pass the park where one child waves
And flies his kite.
My breath comes heavy
As we make it up a hill.
You watch the road ahead,
So we don't take a spill.
We've gone six miles now
As soft clouds poke the sun.
No, we're not in a race;
This is just for fun!
A driver toots his horn
And gives a victory sign.
We run on down the road, cause for us
There is no finish line.



USATF–NJ

Mick Close

Championship races break for the summer and resume Sep 13. The individual Grand Prix has no 800-point races this year; the Newport Liberty half (Sep 28) and USATF–NJ 15K (Dec 14) are 700-point races.

Sep 13	USATF–NJ Cross-Country 5K	All Divisions
Sep 28	Newport Liberty Half-Marathon	All Divisions
Oct 26	USATF–NJ Cross-Country 8K	All Divisions
Nov 9	Giralda Farms 10K	Masters Men/Women
Nov 27	Ashenfelter 8K Classic	Open Men/Women
Dec 14	USATF–NJ 15K	Masters Men/Women

Check “At the Races” for info on some non-USATF team action: NYRR Club Championships (Central Park, Aug 16).



AT THE RACES

Mick Close

Firecracker 4-Miler **Fri, Jul 4**

Now in its 29th year, this summer road race, one of the best, is a great way to celebrate the Fourth of July. In Cranford, the pop of a firecracker sends runners off on a course of

flat streets and paved paths. The finish is back at Nomahegan Park, across the road from Union County College.

This race has award categories for husband/wife, parent/daughter, parent/son, and male/female couple. After the race, enjoy refreshments, music, popcorn, ice cream, balloons, face painting, and random prize drawings. Info: 908–709–8012, www.compuscore.com, www.active.com.

Interclub Challenge

Sun, Jul 20

This year’s race against Clifton Roadrunners Club and South Hudson Spiked Shoe Club starts at 9:00 am in Third Ward Park in Passaic. Please arrive at 8:15 to register (no fee) and warm up. See page 3 for directions to this nearby park.

Clifton has won this event several years in a row mainly because the scoring format favors the club that shows up with the most people. So, *Essex Wants You in the Challenge!* If you can’t run, how about volunteering? Helping out frees up other members to run, and the more the better!

Competition, exercise, fun, food, and Interclub Camaraderie in a nice park—there are many reasons to attend!

The course is three laps on the road in the park (3 miles total). Runners start at 30-second intervals based on age/sex handicaps—which gives each person an equal chance of winning and makes for a very interesting race. Scoring is done by adding up the finishing positions for each team.

August Events

Phil Coffin, Tom Kelly, and Desmond Duncker will be leading three ERC teams in the 13th annual River to Sea Relay (Sat, Aug 2). The 92-mile course across New Jersey, from Milford on the Delaware River to Manasquan on the Atlantic Ocean, goes through five counties and 34 municipalities. Each team has 7 runners, and each runner completes two relay legs, one in the morning and one in the afternoon.

Legs range in distance from 2.5 to 9.25 miles. More than 100 teams are expected again this year.

Also coming Aug 2 is the first of two 20-mile training runs for the New York City Marathon. Starting at 7:00 am, runners do four laps around Central Park. Pace groups are available (7–12 minutes per mile, 30-second increments). The course has water stations, and after each lap runners take a short refueling-and-bathroom break.

The Project Children 5K in South Mountain Reservation replaces our usual group run (Thu, Aug 7). This 7:00 pm race is on the tree-lined reservation roads where Sneaker Factory used to hold its summer series. The evening has a definite Irish flavor: bagpipes at the start and a postrace party at the Shillelagh Club in West Orange.

Sat, Aug 16, New York Road Runners will hold its Club Championships, a 5-mile Central Park race open only to running teams. Men race at 8:00 am and women at 9:00. Last year, we fielded a team and had lots of fun. Should we get a few teams racing (against one another?) this year?

Club members and friends are invited to the 8th annual Smoke Rise Biathlon (Sat, Aug 23, 4:00 pm). This *Battle at the Beach* consists of a lake swim (1/3 mile) followed by a challenging run (4 miles). Some people do both; others are paired up and compete as a team (1 swimmer, 1 runner). Come enjoy the event and the postrace music, food, and fun on the beach by the lake.

Fall Marathons

Shut out of Hamptons (Sep 27), Chicago (Oct 12), Marine Corps (Oct 26), and New York (Nov 2)? Perhaps consider one of the top alternatives among ERC members: Hartford (Oct 11), Steamtown (Oct 12), or Philadelphia (Nov 23). Other not-too-far-away fall marathons are:

Aug 22	Self-Transcendence Marathon (Congers, NY)
Sep 21	Adirondack Marathon (Schroon Lake, NY)
Sep 21	Dutchess County Marathon (Wappingers Falls, NY)
Sep 21	Yonkers Marathon (Yonkers, NY)
Oct 5	Westchester Marathon (White Plains, NY)
Oct 5	Wineglass Marathon (Bath, NY)
Oct 11	Baltimore Marathon (Baltimore, Md)
Oct 12	Mohawk Hudson River Marathon (Albany, NY)
Oct 18	Breakers Marathon (Newport, RI)
Oct 19	Atlantic City Marathon (Atlantic City, NJ)
Oct 26	Cape Cod Marathon (Falmouth, Mass)
Nov 9	Outer Banks Marathon (Outer Banks, NC)

RACE RESULTS & RECAPS

We hope you’ll submit yours to *Keeping Track* each month! Often, either Mick Close or another ERC member will include finish times in a Yahoo-group e-mail (later printed in “Finish Lines” here). If you don’t see your time, send it in an e-mail to the Yahoo group (essexrunningclub@yahoogroups.com) or to Chris Jaworski, the newsletter editor (jaworski@verizon.net). In the spring, results are used to select our annual award winners. Only results reported in “Finish Lines” are eligible for awards. Want to say something about a race? Send us a recap!

FINISH LINES

Red, White, & Blue May 24

Memorial Day 5K, Wakefield, RI

Tom Eaton (8th OA, 1st AG, PR). 19:30
You gotta love small-town 5Ks! While we were waiting for the awards ceremony, the race director gave away gift bags by randomly calling numbers, and I won a bag of sleep remedies (thanks to the sponsor, a pharmaceutical company).

There were about 150 runners. I was glad to redeem myself from last year, when this course kicked my butt. It starts on a downhill, and last time I went out way too fast and had nothing left for the uphill finish. This year, I was passed by only one runner going up that final hill. I didn't feel too bad, though; he later told me he was training for the race up Mount Washington!

Spring Lake Five (5M) May 24

Larry Czaplewski (1st AG). 28:59
Will DeRoberts. 31:08
John McEvoy. 34:24
Doug Williams. 35:11
Ed Kelly. 35:47
Aileen O'Rourke. 40:45
Rich Unis. 40:49
Lynne Mortimer. 41:14
Susan DeRoberts. 41:56
Michael Topper (PR). 42:00
Jim Malone. 56:56

There were almost 7500 finishers, down slightly from a year ago. —*Mick Close*

What a mess from the get-go! A record number of people decided that, given the bad parking, they'd jump in and line up on the wrong side of the starting line. And the race felt more crowded than ever. It has become so big that, without chips and enough volunteers to police it, it can't be managed. I had to walk/run the first half, as I'm sure many others did. It turned into just one big "fun run." My suggestion is to invest in the chip system. With the number of people in these races, it would be well worth it.

The night before, I helped with the kids races. Running in heats were more than 2000 children from age 2 (so cute!) to 13. I handed out medals at the finish, and all the kids got one. Their faces were priceless! It always feels good to give back to the running community. I enjoyed volunteering so much that I intend to help out again.

The weather was beautiful, and the parties at Bar A and elsewhere were great. All in all, a good start to the summer. —*Lynne Mortimer*

Next year they should use chips. I'd be happy to give up the glass mug to save \$\$ for chips and start and finish mats. —*Ed Kelly*

There was some uncertainty about times, but I am very sure of two things: I set a PR by almost 3 minutes, and my 42:00 was 4.5 minutes faster than my average 5-mile time. I guess some days you just feel great! Dana, my wife, drove down with me to cheer me on, and we had a wonderful day at the shore together. —*Michael Topper*

Charlie Horse Half-Marathon May 25

Trail Race, Plowville, Pa

Robert Stack. 2:08:53
Chris Jaworski (PR by 27:52). 2:10:26
For Robert and me, this very challenging trail half was a close contest! We passed each other a couple of times. Unfortunately, an ill-timed call-of-nature break probably cost me the victory. I blame it on the race starting 26 minutes late.

The point-to-point Charlie Horse course includes 7 miles on Pennsylvania's Horseshoe Trail. After being bused to the start (location unknown), we ran to the Sleepy Hollow Athletic Club in Plowville. In between were 13.1 very hilly miles!

The course could have been improved by up and moving two stream crossings from the beginning to a spot midway, or near the finish, where yer dogs most needed chillin'. Before the start, a few horse riders crossed the first stream, but one horse just would not be persuaded to go more than ankle-deep into that cold water, and its rider had to turn back. This stream, the deeper of the two, was higher than it had been last year, but I also goofed and didn't take the shallowest route across. The water was a bit more than waist-high. Midstream, anxious that I might literally get in over my head going straight or to the right, I turned left and pulled myself up to where I felt safer. Once out of the water, and then across the second stream, I took a good long while to shake off the numbing cold!

The first 3 miles were almost all uphill. Somewhere in there the course had been changed to eliminate a rocky, runners-coming-and-going out-and-back section. Good move. The other out-and-back, a mile or two farther on, was kept. I followed the line of runners downhill on the out, and then surprisingly felt energized going uphill on the back. That energy then carried me a long way.

This year, the organizers marked the course better and added course marshals. (Extra points for listening to runner feedback!)

Most of the race was through shaded woods. Around mile 10, we hit pavement (lightly traveled back roads): 1 mile steeply downhill and then 1.5 miles rolling uphill. Clear blue skies are pretty, but I'd have taken shade over sunshine here (at least it was cooler this year). I learned that these streets used to be part of the trail and that the race organizers hope to make the course all-trail within the next couple of years.

My left iliotibial band had started bothering me a bit at the end of the Brooklyn half (May 3), and the Charlie Horse trail probably didn't help it. I strained it on the hills (up and down) and twisted it negotiating tight turns and slanted surfaces, not to mention tight, slanted turns. I also rolled my ankle once, in the final 100 yards. Yup.

The postrace food situation was disappointing. Last year, food had been placed on tables, I helped myself, and there was a good selection. This year, we had to wait to be served. Tired after running for 2+ hours, I stood around in the hot sun for 15 minutes. When I finally reached the front of the line, there were no hamburgers, no veggie

burgers, and little else of interest. The hot dog I took wasn't hot. I hope more food arrived for the runners who came after me (I finished 152/294).

I had picked up a lot of mud in the last mile, so the cold shower at the club was much appreciated. Also free: massages and use of the pool. There was a cash bar inside the club.

This event benefits Special Olympics and is organized by the Pagoda Pacers of Reading, Pa.

Snowy Egret 5K, Scarborough, Me May 26

Debbie McNally (6th W)

. 22:24
If on Memorial Day you run the Snowy Egret 5K in Scarborough, Maine, you might ...

... get a beautiful T-shirt depicting a white snowy egret with vibrant green marsh grasses at its feet, on a blue background. (I don't get one of these shirts. I show up too late.)

... park, register at a ball field half a mile away, run to the start another half a mile away, race 3.1 miles, and walk half a mile back to your car. This is the only 5K that adds up to 4.6 miles.

... pay a whopping \$15 to register on race day.
... line up for the race and hear people say they "almost Jersey-ed this one." You might want to know what they mean and eavesdrop long enough to find out that *to Jersey* is to "not make it to the start of a race on time."

... get that prerace "imposter feeling" more than usual, as each runner who shows up seems fitter than the last, and they're all in your age group (there is an element of truth to this*). You may even believe you see Joan Benoit Samuelson in the crowd. Don't laugh! She lives about 5 miles away. It takes a close look for me to see that the runner is someone else.

... run at least half a mile on a soft, shifting trail through the woods in a 5K "road" race before realizing that in Maine *road* is a general term meaning "fewer trees than usual."

... find that the event shuts down sooner than you are used to, as even the slowest runners finish in well under an hour.

... see a four-year-old cherub finish the 5K and, when asked how it feels to do such a big race, tell you, with a giggle, that she's just happy her time is better than at her previous 5K!

... not get to see your results until after the awards are announced. And no one complains.

But I guarantee you'll have a great time running along the salt marsh and breathing in the fresh ocean breeze on a gorgeously cool, sunny Maine morning. I'm homesick already, even if those salt-of-the-earth women kick my butt every time!

*I was 6th woman but 4th in age, so 4 of the top 6 women were age 40 to 49. Tough old birds! (Get it? Snowy egret ... bird ... oh, c'mon!)

Ridgewood Run (5K, 10K) May 26

5K

Ed Kelly. 20:57
Bill Stewart (3rd AG). 21:15
Wayne Carlson. 21:27
Jen Lanterman (2nd AG). 21:50

Tom Kelly (2nd AG).....	22:57
Aileen O'Rourke.....	23:13
Helene Scarnegi.....	23:56
Martta Rose (2nd AG).....	25:19
10K	
Larry Czaplewski (2nd AG).....	36:15
Charlie Slaughter.....	40:04
Mike Sneden.....	41:45
Mark Frankel.....	42:40
Mick Close.....	43:16
Hilary Fandel.....	48:44
Bill Wilde.....	49:09
Jean Zignorski.....	52:59
Laura Halstead.....	58:15

Most people seemed to run well on this picture-perfect Memorial Day. North Jersey Masters did a great job organizing the 33rd edition of this race. There were 960 finishers in the 10K and 1430 in the 5K. Several people won toy BMWs.
—Mick Close

I *did* say to Tom that we need to replace one of our cars soon! (Be careful what you wish for.)

The 5K started at 10:15, and you really felt the heat building by then. After such a cool spring, I had had no time to acclimate, so thank God for the people with hoses on the course!

Midway through mile 2, I thought I was hallucinating. Charlie Slaughter appeared and called out, "Gee, I never passed you in a race before!" Thanks for the vote of confidence, Charlie! By the way, he had run the 10K a little while earlier.

I'm pleased with my time. Taking a break the week after Gilda's Run helped. Well, that and lots of icing.
—Martta Rose

Hillsborough Hop 5K May 31

Mike Sneden (3rd AG, PR)..... 19:56
It took me a good hour to get to Hillsborough. This event attracted 400 mostly local runners, the highest turnout in its 8 years. The weather was great: maybe 60 degrees, partly sunny, no wind.

The course was flat as a pancake. It started at the YMCA building, wound its way over local streets, and ended at the municipal building half a mile from the start.

Timing chips were used, mile splits were given, there were enough water stations, and the typical posttrace fare (water, bananas, bagels, oranges) was provided.

This race is sponsored by the Somerset Valley YMCA (Hillsborough, Somerset, Bridgewater) to provide scholarship assistance to people who want to participate in YMCA programs but cannot afford the cost.

I was pleased to break 20 minutes for the first time in a 5K race since I started running in January 2007. I'm hoping I can carry that performance through to the President's Cup and Pine Beach 5K team races.

Montclair Run (2M, 10K) Jun 1

2M	
Grant Van Inwegen.....	14:29
Josie Bearden.....	18:12
Alexandra Van Inwegen.....	18:15

Tina Bearden.....	19:13
Isabella Blanda.....	29:14
Aubrey Blanda.....	29:14
10K	
Carl Rocker (3rd AG).....	40:03
Joshua Carnes (1st AG).....	40:57
Phil Coffin (1st AG).....	42:12
Jeff Burrowes.....	42:24
Tom Eaton.....	42:50
Doug Williams.....	42:51
Eric Stadnyk.....	43:03
Mick Close (2nd AG).....	44:47
Glenn Trimboli.....	44:48
Rob Gerin (3rd AG).....	44:53
Mike Kalthoff.....	46:01
Jack McEvoy.....	46:13
Jane Whipple (3rd AG).....	48:41
Desmond Duncker.....	49:13
Chip Bearden.....	49:41
Hilary Fandel.....	50:06
Antonella Lozito.....	50:54
Greg Van Inwegen.....	51:24
Susan Mello.....	51:25
Jean-Pierre Welch.....	53:10
Michael Topper (PR).....	53:30
John Fabbro.....	53:31
Andi Robik.....	54:06
Scott Flood.....	54:46
Kristen Laird.....	1:04:02
Hilary Walsh.....	1:05:31

First, a big thank-you to everyone for all the support this past week and at this race. I can't tell you how much it has all meant to me—the beautiful red-and-white flower arrangement the club sent to the funeral home; all the cards, e-mails, and other messages; the donations to Livestrong in Donna's memory; everyone who came to the wake and funeral service; the ribbons worn at this race; and all the other acts of kindness, too numerous to mention. Your overwhelming support is helping me through a very difficult time.

I also thank everyone who has made Essex what it is today and especially those who helped keep Donna's spirits up these past few years. The club, a big part of our lives for more than 20 years, has become like a second family to us. We've shared so many happy times at races, meetings, group runs, and other social events. For many years, we produced *Keeping Track*. Working on the newsletter was something Donna and I loved to do each month. Donna especially appreciated all the love and support she received from so many club members, like Lenore, Lynne, Genie, Anne, Aubrey, Cathy, Tom, and Martta. You all meant so much to her.

It was a huge boost for Donna to have *Sunlit Roads*, her book of running poetry, published this year, and again I thank everyone who purchased a copy and supported her literary efforts. She always had a real passion for poetry, and the club provided a great outlet for her to express it. I will be donating all book sale proceeds to Livestrong in Donna's memory. Fleet Feet has copies of the book, and I still have some signed ones for \$12.

As for the race, I was happy to be able to run it on such a beautiful day with so much support from everyone and to remember all the good times

Donna and I have had there over the years. She and I often ran the 2-miler together, and the 10K has always been a very special race for me. It was my first ever road race (other than the Corporate Challenge in Central Park) in its inaugural year, 1983, about 3 months before my daughter, Lisa, was born. Since then, I've run it almost every time, missing it only twice in 26 years. Now Lisa is almost 25, is married, and has a 14-month-old boy, Parker. Wow, how time flies! —Mick Close

Kilometers for Karyn 5K, W Orange Jun 1

Ed Kelly (2nd AG).....	21:12
Tom Kelly (3rd AG).....	23:14
Howie Brown.....	24:57
Martta Rose (1st AG).....	26:10
Joe Cozzi.....	26:43

The Montclair 10K and the Kilometers for Karyn 5K seem to conflict every year, and again I had trouble deciding which to do. Montclair is a sentimental fave, as it was my first race ever. It has two drawbacks, though: 10-year age groups for awards and no USATF points. This year a third factor, heat, forced my decision to do the 5K; I did not feel like slogging through a 10K.

Proceeds from K-for-K go to the Karyn Research Fund for research into pediatric cancers. This race doesn't draw a big crowd (189 runners today), but it has a fast course, good music, and an awesome raffle. For the second year, I won a prize, a \$100 gift certificate for a Verona salon—perfect for the days leading up to the wedding!

Good to see Joe Cozzi on the roads again.
—Martta Rose

Tenafly Rolo 5K Dog Walk Jun 1

Rudy (dog) & Susan Palermo (human) . . . 50:56
You might ponder the question, "Why so long for a 5K?" Well, Rudy mistakenly thought we would run faster if he lightened his load early on, not realizing that my responsibility to clean up and carry that load might negatively affect our time.

Rudy also strongly believes in hydration. He stopped at almost every water station to fill up, disregarding the obvious consequence, the need to visit every shrub, fire hydrant, and tree stump along the way, thus further prolonging our race.

Somewhere between miles 2 and 3, Rudy felt an uncontrollable urge to nap. He moseyed over to a spot of shaded grass where he could lay down and watch other dogs rapidly pass us by. After some gentle tugging, Rudy got up, and we marched on and proudly crossed the finish line.

On the way home, the subject of Rudy's performance and what I consider his total misunderstanding of the concept of "competition" came up. I detailed the things he would have to improve if we are to better our time in the next race.

Merry Heart 5K Run, Roxbury Jun 2

Ed Kelly.....	20:59
Heather Welch.....	26:07
Beverly Salerno (2nd AG).....	33:56

This nice race has a flat and pretty course and very good posttrace food (ice cream, sub sandwiches, lemonade, cookies, etc.).

I was a bit shocked by my finishing time, as I felt I hadn't run any slower than usual. In fact,

during the race, I felt a bit faster and thought I might be doing well. Unfortunately, either I was delusional or the clock was wrong. In any case, I won 2nd in age (all the fast ladies who usually make me eat their dust were not there).

I ran for ADP. Our women's and men's teams both placed 1st among corporate teams!
—*Beverly Salerno*

I ran my slowest 5K ever! Do not eat a chicken salad wrap an hour before a race! That was *not* good, though not as bad as eating Kashi cereal before a trail race last year! —*Heather Welch*

Although this race is becoming one of my favorites, this year there may have been an issue with times (unconfirmed report). From what I heard, the clock didn't start late; runners did. The horn did not sound, and the poor lady who "yelled" go was so quiet that some people didn't hear her, and others heard but didn't move for a couple of seconds—creating a traffic jam. —*Ed Kelly*

NYRR 50th Anniversary Run (5M) Jun 4
Chris Jaworski 39:00
Kathy Canale 40:25
Sharon Morrissey 40:27
Andi Robik (PR) 41:49
Aubrey Blanda 42:31

New York Road Runners had capped the field for this weekday race at 5000, and all the spots had been taken, but there were 3216 no-shows. Essex was represented by our little car pool of 5. The hour was early (5:30 am), it was dark and raining, runners were quiet (half-asleep?), and the whole thing felt like a silent, slow-motion dream. But whaddya want for free? Now back to bed!

—*Chris Jaworski*

Remind me you get what you pay for. From now on, I'll leave any freebie NYRR races to Manhattanites. I got up at 3:15 am for the 5:30 start, in pouring rain, but was gratified to see that I wasn't the only nut running, that volunteers were out in force and unusually enthusiastic given the time of day, and that the race started promptly and ended with bagels. But, the midweek logistics, the early start, and the weather made this race a bit more than I cared to handle. —*Aubrey Blanda*

This 5-mile race to celebrate the 50th anniversary of the New York Road Runners Club appealed to me on many levels.

First, it was free, it was in Central Park, and it was early, which meant I'd be home in time to get lunches made and the troops off to school.

More important, I wanted to honor NYRR's anniversary. Whether or not a particular event is poorly organized, and whether or not I beat Mary Wittenberg in one of these races, NYRR is a great organization. I am grateful I live so close to New York City and can partake in so many wonderful NYRR events, especially ones that incorporate Central Park, one of my favorite places to run.

While running, I found myself thinking about "fives." I reflected on my 5 children. I contemplated what to run when I turn 50 in 2011: 5K, 5-miler, 50K, 50-miler, maybe a 5-miler 5 times. And I

considered the significance of there being 5 of us carpooling to a 5-mile race—with no one backing out after waking up in the dark to a cold rain. Now that's what I call the *Fabulous Five!*

I'm happy for this experience, and I continue to celebrate what running means to me.
—*Sharon Morrissey*

Roseland Run for the Roses 5K Jun 7
Alan Chesler (1st AG) 33:32

Rockaway Rotary 5K Run Jun 7
Ed Kelly (3rd AG) 22:00

Wonder Girl 5K, Madison Jun 7
I am one of four coaches for the Glen Ridge chapter of Girls on the Run, a 10-week program for 3rd, 4th, and 5th graders. This program, which combines leadership, community, and health lessons with running, culminated in all the local chapters meeting for the Wonder Girl 5K. This is a real race, but it's more about setting and achieving goals than about finish times. Seeing 300 young girls (many with friends and family) running, cheering one another, and just thrilled to be out there in spite of the heat was amazing. —*Aubrey Blanda*

NYRR New York Mini 10K Jun 7
Robyn Silverman 1:00:13
Laura Halstead 1:00:40

This race started at 61st Street and Central Park West—a nice change from the usual spot in the park. We stayed on CPW until 90th Street and then entered the park and headed east, clockwise. The combination of heat and hills was a killer. I was fine until shortly after 5K and then felt sapped of all energy. Luckily, there were plenty of water stations and hoses along the route.

—*Laura Halstead*

Portugal Day 5K, Newark Jun 8
Tom Kelly (1st AG) 23:25
Martta Rose (1st AG) 27:17

Before I could write a recap of today's race, I received two e-mails, one from a family member, the other from a friend, asking the same question, "You didn't run in this heat, did you?"

I didn't answer because, to them, my response would've indicated I had truly dove into the deep end of a pool with no water. But yes, Tom, I, and 117 other crazies had been out there (thankfully under cloud cover most of the way), and I had felt pretty good and run at a steady pace (not my fastest, but I never did feel like stopping or slowing down). I even passed three people at around 2.5 miles. At the finish, however, reality hit: I saw the dreaded 27 on the clock. My 5K time was my worst this year, possibly last year too. Other runners complained about the heat and humidity as well, so I tried to take my race in stride. Imagine my surprise when I heard my name called for 1st in age. (Tom also placed 1st in age.)

David Duncker, Desmond's son, placed 2nd in age. The apple doesn't fall far from the tree!

—*Martta Rose*

Unlike most people, I like to run in weather like this. It makes my muscles and joints feel loose.

It was great to see Patty Cosgrove running after being sidelined with knee problems for a few months. I managed to beat him by 28 seconds, but this was the first time that ever happened.

I also ran into Joe Labruno, who at 76 years of age is still tearing up the roads. He and his wife, who comes to almost all his races, are celebrating 52 years of marriage.

One of the best parts of this event is the post-race Portuguese donuts and rolls. Delicious!

—*Tom Kelly*

Run for Marge Memorial 5K, Jun 8
Pequannock

Randy Miller (3rd AG) 21:00
Ed Kelly 21:16
Mike Kalthoff (1st AG) 21:26
Adrian Dunner (PR) 21:53
Kevin Burke 23:05
George Studzinski (1st AG) 25:14
Beth Cunningham 27:57
Ed Trieste 29:44

The 6th annual Run for Marge 5K (now a memorial run) starts and ends in Greenview Park. The course alternates between major and residential streets, goes briefly through Lincoln Park, and, like most of Pequannock, is flat. This race usually offers a good shot at a PR, but not during this year's heat wave. Even the 8:00 am start didn't help, and I found myself wishing the race were held at midnight! Attendance was down by 62, perhaps because of the heat. —*Ed Trieste*

Nice summary, Ed. I am also pleased to report that my daughter, Christine Witt, was 1st female finisher and 10th overall. I had persuaded her to run this race as a Father's Day present for me. Some of you may remember that Christine took part in a few ERC Sunday-morning runs before getting married and moving out of the area.

—*George Studzinski*

I finished 4th in age because Randy Miller sprinted past me with 50 yards to go! —*Ed Kelly*

Woodcliff Lake 10K Jun 8
Bill Wilde (3rd AG) 53:42
Lynne Mortimer (5th W, 1st AG) 54:31

With high humidity and record-breaking temps in the high 90s predicted, I joined many others in deciding to run conservatively and smart and not worry about time. Some runners who pushed too hard on this extremely hilly course paid a price; rescue calls started early. I have not broken 50 minutes here—my times have been in the 50–51 range—but 54:31 was my worst time anywhere. Still, I finished 5th among 44 women and 1st in age. PS: It was nice to see Bill's friendly face in this steam bath of a race! —*Lynne Mortimer*

Bradley Richards 5K Run, Montclair Jun 14
Mike Kalthoff (2nd AG) 21:10
Greg Van Inwegen (1st AG) 22:18
Hilary Fandel (3rd W, 1st master & AG) 23:02
Grant Van Inwegen 28:01
Alexandra Van Inwegen (3rd AG) 29:20

There were few runners here, perhaps because this race and Verona's Valerie Fund 5K were tak-

ing place simultaneously. I liked Bradley Richards because I didn't have to drive to it; I did a warm-up jog right to its starting line. This race between Anderson and Edgemont parks was low-key and pleasant. There were not many prizes, and there was a masters award for men but not for women. Boo! My time matched that of a 5K I ran in 2006, I am proud to say. —*Hilary Fandel*

Valerie Fund 5K, Verona Jun 14

Mike Perry (1st OA) 18:56
Ed Kelly 21:04
The number of runners in this Verona Park race doubled from 80 or so in inaugural year 2007 to about 175 in 2008. Proceeds go to the Valerie Fund, which helps provide comprehensive health care for children with cancer and blood disorders. Steve Bartelstein of WCBS-TV emceed the event, which was shown live on the air, and Miss New Jersey was spotted wandering among the 300+ walkers and runners. Prizes were given only to the top 3 runners, including 1st overall Mike Perry (I finished 7th). No age-group awards. It was a great day to run, and this well-organized, low-key race had plenty of food and extras. —*Ed Kelly*

Sgt. Nutter Run 5K, Sea Girt Jun 14

Joshua Comes (2nd OA, 1st AG) 18:37
I welcomed this event as an excuse to go down the shore on a nice, cool Saturday morning and as a way to benefit my fellow servicemen and women in the New Jersey National Guard. The race is in honor of Sgt. Sam Nutter, a National Guard officer candidate diagnosed with cancer during his training in Sea Girt.

A car-alarm-triggering if not flashback-inducing 105-mm Howitzer started things off with a bang, and the race proceeded pretty quickly. The course took place entirely on the base, so there wasn't much in the way of crowds or fan support, but it was nice and flat, so it's not as though we had time for crowds anyway.

Postrace food was amazing. This event isn't huge, but it's well organized and for a good cause.

**George Sheehan Classic (5M), Jun 14
Red Bank**

Jim Malone 55:40
This was a classic all right. All but the first 5 women's times were lost. Shore race organizers still have not accepted the need to use timing chips! I still enjoy running these races—they're a ton of fun, and the postrace parties are the best—but I just can't take them seriously anymore.

Good to see Jim Malone running one of his first races since his surgery. —*Lynne Mortimer*

Wyckoff Sprint Triathlon Jun 14

Andi Robik 2:16:52
This was my first sprint-distance triathlon, which I completed with the help of Team in Training. It was a lot of fun, and I am proud to say that I finished and that I did well on the run.

Although my overall ranking was 624/754 and my age-group ranking was 41/55, I've heard that many experienced triathletes participate in this event, so maybe these rankings are still pretty good. And my time was a PR, right?

The details: I swam half a mile in 21:19 (542/754), biked 15 miles in 1:04:44 (699/754), and ran 4.6 miles in 40:55 (325/754).

Most important, I had a great time and raised about \$2000 for Society for Leukemia and Lymphoma. I am psyched to do another tri in September (Olympic distance this time). Running is still my first love, but I am hoping that my cross-training will help my running in the end.

USATF-NJ Open & Masters Jun 14

**Outdoor Track & Field Championships,
Monmouth University, West Long Branch**

Phil Coffin (2nd AG) 5000-m run
Doug Williams (3rd AG) 5000-m run
Randy Miller (1st AG) . . . 3000-m steeplechase
Beverly Salerno (1st AG × 4) . . shot put, discus,
javelin, hammer

It was a warm, sunny day for the T&F championships. I had to be there the whole day because my events were spread out from 8:00 am until 3:30 pm. Consequently, I now have a few patches of wicked sunburn. This meet was lots of fun and well organized. It seemed that most events went off on schedule, which was a big help when I had to run from one to the next.

I did four throws: shot put, discus, javelin, hammer. Shot put was the only one I had ever done before, and I learned how to throw the hammer 30 seconds before competing. You need good strength to hurl that thing without killing yourself, so I was pleased I got off a few legal throws. I had no age-group competition, so I got 1st place in all four events. —*Beverly Salerno*

Estes Park Marathon, Colo Jun 15

Andy Kotulski (1st AG 65–69) 5:13:44

What a day. I didn't decide to try anything until the gun went off. It wasn't that I didn't want to; it was that until then I wasn't even able to try. This road race (average elevation, 8000+ feet) is the highest in the United States. I finished 1st in the 65–69 age group, or 3rd in the 60–99 group. Is that a real category?

My time was a new personal worst in a road race. This is good. I was way ahead of the first runner who did not finish. I keep knocking them down! I tried to run as slowly as I could. Every time I encountered a slower runner, I tucked in behind and tried to hold the slower pace for as long as I could. This was a good strategy. I finished vertical and was able to enjoy the break-fast burritos and beers afterward. I actually felt better after than before the race.

I enjoyed seeing Rocky Mountain National Park before the race. When I arrived, I could not handle even walking at altitude. Being there helped me acclimate, though the time was too short. Going even higher (to 10,000 feet) before race day seemed to help.

Nice race, nice place, and fantastic scenery, sky, and fresh air (just not enough of it). A great destination race.

Lake Placid Marathon, NY Jun 15

Aubrey Blanda 4:10:33

Background: I had trained hard for the Buffalo Marathon (May 25). In April, I ran a slightly hilly half in

a time that predicted a sub-4-hour marathon for the first time since January 2006. Two weeks after the half, I injured my knee in a boot-camp class and was unable to complete what should have been a peak training week.

My pace for the first 12 miles of Buffalo ranged from 8:50 to 8:53, right on target. At mile 11, however, calf cramps started. As they were bad when I reached the halfway point in the race, I made a tactical decision not to finish—my first DNF after nine marathons. I knew I couldn't go on without injury, and I wanted to live to fight another day.

I researched other races. The only practical possibility was Lake Placid Marathon in June. I also hoped upstate New York would still be chilly then. Lake Placid, unlike Buffalo, was about as hilly as a road marathon could be, definitely not a PR course. The elevation map was intimidating to a flat-road runner like me, and I still had the calf and knee issues that I believe contributed to the muscle cramping at Buffalo. So, I adjusted my Lake Placid goal. I wanted to hit the half at 1:57 (same as at Buffalo) and then just finish the race.

The Race: Lake Placid is a small, mostly well run race with beautiful scenery, an extremely challenging course, and a unique finish, on the Olympic oval where Eric Heiden won the gold for the United States in all five speed-skating events.

This year, 246 people finished the full marathon, and 876 finished the half. There were a few more running the relay. There was no expo at packet pickup, which I didn't mind at all, and runners received a good-quality tech shirt.

The race started promptly at 8:00 am in front of the Olympic speed-skating oval on Main Street. All runners (marathon, half, relay) started together, but the race was so small it didn't matter. I crossed the mat in 4 seconds. The starting line faced a big hill, so I should have known what was in store. At the same time, the weather looked less and less ideal, with the sun growing stronger by the minute. It was not chilly; it was warm and slightly humid. By midrace, it would feel like 80 degrees with full sun. But I was prepared for the heat and planned to take advantage of the 29 aid stations along the 26.2-mile course.

The course was loopy and slightly confusing, with several out-and-backs that returned to the center of town before repeating. But the volunteers were great, and the scenery often spectacular. The first 2.5 miles were in town and around Mirror Lake. Then we headed for the mountains surrounding Lake Placid. Panoramic views of the Olympic ski-jump towers came along several times during the race. That's probably the only scenery I really noticed, because the hills were never-ending and required more concentration than I think I've ever been able to put out.

The course emptied when the half-marathoners split off for their finish line. After that, there were times I felt I must be in last place; I saw runners way up ahead but no one behind. Fortunately, large groups of Team in Training runners and walkers were all over the back of the course, and I was grateful they were there, cheering everyone else on. In such a small, rural race, these runners were just about the only ones out there showing support between aid stations.

I hit the half in 1:59, about 2 minutes behind where I was at Buffalo, but this time I was thrilled with my progress and kept going.

Most runners were friendly. Even the first-place marathoner cheered us on as he passed headed the other way on an out-and-back.

I had studied the course map and was prepared to run this race. By mile 17 or 18, though, I was burned out. There were hills all along, but only the last 1.5 miles were absolutely cruel. Mile 25 ended on a downhill. I knew another big hill was coming ... okay, where was it? At last I saw a huge hill and heard finish-line cheers. I trudged up that hill, with my quads shot and burning, and I was loving the fact that this was the last hill before the finish. Finally, I reached the top—

Ahead of me was a giant, steep switchback ramp leading up to the rear of the speed-skating oval. There was no warning about this ramp, and I would've just lain down right then and there, but spectators high above were looking down and calling my bib number. Dang! Nothing to do but keep going. From the ramp, I saw the rink where the US ice hockey team had looked so stunned after beating the Soviets for the gold in 1980.

Once I was running on the oval, I felt great! I managed a little kick across the finish line with an announcer calling my name and the time reading 4:10:33. I'm very happy with that, as my PR on a much flatter course is 4:05:40-something. In fact, I am sure that, had I run Lake Placid last year, my time would've been 4:30 or more. I'm a much stronger runner now. And after my DNF, finishing and finishing well were important to me psychologically. I'm glad I achieved those goals.

The marathon medal is nice, but it's undated (that bugs me; it looks cheap). There was plenty of postrace drink and food (subs, pizza, fruit, etc.), not that I could eat anything after running this course. Walking back to the hotel (another mile, including more hills), I must have been quite the sight, but the walk, plus Advil, helped me recover quickly, and the next day I felt good enough to go on a 1.5-hour hike with my family.

I'll definitely consider this marathon again.

President's Cup 5K, Millburn	Jun 16
Larry Czaplewski (2nd AG)	17:29
Paul Giuliano	17:47
Will DeRoberts (2nd AG)	18:37
Charlie Slaughter	18:49
Mike Sneden	20:01
Paul Kartanowicz	20:06
Mike Conforti	20:28
Ed Kelly	20:32
Gary Peters	20:36
Mick Close	21:03
Desmond Duncker	21:14
Chris Jaworski	22:05
Sharon Morrissey	22:56
Chip Bearden	22:59
Tom Kelly	23:02
George Studzinski (2nd AG)	24:17
Antonella Lozito	24:29
Martta Rose	25:56
Theresa Fallon	26:24
Eileen Quirk	27:22
Lisa Kelly (1st race ever!)	30:02

Catherine Alessi	30:19
Beverly Salerno	33:03
Men Open Teams	
Essex A	6th
Essex B	13th

Despite the thunderstorm, there were more than 1000 finishers. Luckily, the skies cleared around 7:30, and conditions weren't too bad for the 8:00 start or the postrace party featuring Sam Adams beer (but no food!). This year's improvements: tech shirts and chip timing. This race was the USATF–NJ Men Open Championship and probably the most competitive 5K in New Jersey.

—Mick Close

I am happy to report that my wife, Lisa, ran her first ever race here tonight. Actually, it was her first time running anything!

—Ed Kelly

IREM Run for Ronald 5K, Indianapolis Jun 21

Phil Coffin (1st AG)	19:39
There are some gratifying moments in running and racing that have little to do with how we finish. A guy passed me with about half a mile to go and finished about 10 seconds ahead, looking strong the whole way. Afterward, I congratulated him, and he teared up. This race was a fundraiser for the local Ronald McDonald House, and he said, "My son has leukemia and is in Riley Hospital [the local children's hospital]. I did this for him." A very touching story of motivation.	

Pine Beach 5K Jun 22

Larry Czaplewski (1st AG)	17:12
Mike Sneden	19:54
Ed Kelly	20:26
Gary Peters	20:27
Mick Close	20:35
Chris Jaworski	22:06
Chip Bearden	23:06
Susan Mello	23:51
Helene Scarnegi	24:13
George Studzinski (1st AG)	24:34
Lynne Mortimer	25:01

Masters Teams

Men 40–49	7th
Men 50–59	4th

There were two great 5K races today, and some members ran both. We enjoyed a road trip to the USATF–NJ Masters 5K Championship at Pine Beach in the morning. This race has a flat course that begins and ends alongside the Toms River.

The atmosphere was festive, with excellent postrace refreshments, plus an Outback Steakhouse BBQ. We had two state champions, George Studzinski and Larry Czaplewski.

—Mick Close

Fitzgerald's 1928 Lager 5K Run, Glen Ridge Jun 22

Larry Czaplewski (1st AG)	17:52
Paul Giuliano (3rd AG)	18:03
Mike Perry	18:34
Will DeRoberts (1st AG)	18:58
Charlie Slaughter (2nd AG)	19:28
Tom Eaton (3rd AG)	19:39

Doug Williams	19:51
Gary Peters	20:25
Karen Merz (2nd AG)	20:59
Mike Kalthoff	21:01
Ed Kelly	21:05
Wayne Carlson (1st AG)	21:33
Rob Gerin (2nd AG)	21:39
Tom Daniels	22:07
Paul Kartanowicz	22:07
Desmond Duncker	22:26
Tom Kelly (1st AG)	22:59
Chris Jaworski	23:31
Chip Bearden	23:35
Jean-Pierre Welch	23:37
Hilary Fandel	23:39
Grant Van Inwegen	23:41
Greg Van Inwegen	23:54
Mick Close	23:59
Scott Flood	25:11
George McIntyre (3rd AG)	25:12
Andi Robik	25:36
Martta Rose (3rd AG)	25:52
Laura Gelman	26:55
Susan DeRoberts	27:05
Andy Kotulski	27:17
Kyle Tevlin	30:07

More than 30 ERC runners finished this 5:00 pm 5K, and club member Dan Murphy did another great job race-directing—offering tech shirts, a nice course on Forest and Ridgewood avenues, and a postrace block party (beer, hot dogs) next to Fitzgerald's 1928 restaurant.

—Mick Close

After my yearlong hiatus, it was really nice to see so many familiar faces at this event. The Lager Run is a good race, though between the heat and my postpartum fitness I felt like I was towing my minivan full of kids up Forest!

—Laura Gelman

Battle of the Business 5K, Florham Park Jun 23

Mick Close	22:03
Chip Bearden	22:49
Susan Mello	24:20
John Harvey	26:23
Beverly Salerno (1st AG)	33:30
Susan Palermo (3rd AG)	39:58

Several ERC members ran for their companies at this first annual night race at ADP. With on-site parking, tech shirts, goody bags, a nice course, and lots of refreshments, including Subway sandwiches and Rita's ices, the event got off on the right foot. Especially nice seeing Bev Salerno and Susan Palermo pick up awards!

—Mick Close

This race was enjoyable for its organization and layout (tons of nearby parking, an easy-to-follow course, the best postrace sub I've had). What was not enjoyable was the weather. I hope many more companies sign up next year.

—Beverly Salerno

Sunset Classic (5M), Bloomfield Jun 26

Larry Czaplewski (3rd OA, 1st AG)	28:44
Joshua Carnes (13th OA, PR)	31:23
Charlie Slaughter (2nd AG)	32:22
Tom Eaton	33:34
Doug Williams	33:39
Mike Sneden (3rd AG)	33:45

Mark Frankel.....	34:09
Phil Coffin (1st Bloomfield, 2nd AG) . . .	34:15
Paul Kartanowicz.	34:31
Mike Kalthoff.	34:52
Desi Duncker.	35:53
Ed Kelly.	35:57
Wayne Carlson.	36:08
Desmond Duncker.	36:09
Mick Close.	36:19
Debbie McNally (3rd AG).	37:40
Tom Kelly (2nd AG).....	38:12
Chip Bearden.	38:37
Aileen O'Rourke (3rd AG).	38:48
Glenn Trimboli (with stroller).	38:55
Karen Merz (with stroller, 3rd AG).....	39:05
Chris Jaworski.....	40:19
Bill Wilde.....	40:30
George Studzinski (1st AG).....	41:09
Helene Scarnegi.	41:20
Daniel Murphy (aka Leinad Yhprum)	42:11
Bob Gorman.	42:39
Andi Robik.	43:08
Heather Welch.	44:01
Martta Rose (3rd AG).	44:02
Joe Cozzi.	44:31
John Harvey.	44:50
Laura Halstead.	45:04
Andy Kotulski.	46:03
Ed Trieste (PR).	49:55
Kristen Laird.	50:32
Beverly Salerno.....	55:14
Jim Malone.	55:20
Susan Palermo.	1:09:38
Faye Harvey.	1:10:55

Faye, my wife, ran the 1-miler, her first race, in 10:52, and then racewalked the 5-miler with Sue Palermo. This was our first Sunset Classic, and the experience was great. Faye loved the support from members and will be joining the club!

—John Harvey

A big thank-you to the ERC cheerleading squad, including Karen and Bill Mishler, Laura Messina, and Randy Miller, who kept popping up all over the course with words of encouragement! Without them, the Sahara Classic (85 degrees at the start!) would have been even more grueling.

—George Studzinski




Thanks also to Jeanette, my wife, for cheering!

—Chris Jaworski

This race showed me just how much a difference better eating and training can make. In 2007, I ran 36:59 (130th place); this year, I finished in 31:23 (13th overall), for a 5:36 improvement and a PR! All I did was cut out junk food (including most alcohol) and add more hills to my training. I'm 15 pounds lighter now, which has also helped.

I liked this event yet again. Bloomfield and Glen Ridge locals were out in full force cheering us on. I loved the "spray stations" between miles 2 and 4 and the enthusiasm of the people (both young and old!) at the water points. The postrace hot dogs and yogurt made for a great bachelor's dinner as well. At the risk of sounding cheesy, events like Sunset Classic make me glad I decided to look up ERC and connect with other local runners. The camaraderie is just awesome.

—Joshua Carnes

ERC CLOTHING ORDER FORM			
Warmup Jacket 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	
25th Anniversary Hat Baseball cap with embroidered 25th anniversary emblem 	\$10	One Size	
25th Anniversary Polo Shirt Gray or white, red stripe on each side; embroidered 25th anniversary emblem above the heart, (optional) your name embroidered on opposite side 	\$28(+)	<u>Circle a Color:</u> Gray White <u>Circle a Size</u> XXS XS S M L XL 2XL (add \$2) 3XL (add \$4) 4XL (add \$8)	
Note: Deadline to order polo shirt is July 30 (Optional) Your Name to Be Embroidered (add \$8): _____			
Name			
Street			
City, State, Zip			
Phone			
E-Mail			
Check	Payable to <i>Essex Running Club</i> . Mail with form to Sal Ulto, 27 Hunterdon Road, West Orange, NJ 07052. Questions? clothing@essexrunning.com.		

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

Bart Yasso's *Life on the Run*

"Never limit where running can take you," said Bart Yasso, "Chief Running Officer" of *Runner's World* magazine, at the May meeting.

Yasso, part of the *RW* marketing team, travels to races around the world. "Every time I gave a presentation, people asked me if they could buy the book. For the past 21 years, I had to tell them there was no book." So finally he wrote *My Life on the Run* (2008).

At the meeting, he summarized some races that were especially memorable during his *RW* tenure.

Badwater ultramarathon. This July race through Death Valley has become one of the world's most famous ultras, but it had existed only two years when Yasso volunteered to run it in 1989. "Ultras were unusual then," he said. The distance surprised him: 148 miles (since shortened to 135).

When the race began at 9:00 pm, the temperature was 117 degrees. He changed his shoes every 10 miles because they melted. Every time he stopped in his team's support vehicle, his veins popped out to the surface from the heat. "I looked like an anatomy lesson," he said.

Through a bizarre series of circumstances, Yasso was told he finished first, second, and third all in the same race.

Burro race. Yasso was lent a burro for this Colorado race and was to pull the gear-laden animal through the course. "When I tried to get it to the start, it began dragging me in the opposite direction," he said. After he wrestled it to the line, the gun sounded, and the burro bolted at a 4-minute-per-mile pace. When Yasso finally caught up, the burro refused to run, and Yasso had to drag it the rest of the way.

Himalayan 100. One hundred miles in five 20-mile stages. After day 4, Yasso twisted his ankle and thought he'd never be able to finish. A local medicine man gave him a mysterious pill that allowed him to finish the race.

Chitwan Park half-marathon. Encounters with rhinos during a prerace tour through this wild-animal preserve in Nepal convinced the race director to cancel the event.

Mount Kilimanjaro Marathon. In Kenya's Rift Valley, birthplace of many of the world's top marathoners, Yasso was humbled by the speed of ordinary Kenyans. He was the only American the year he ran this race. "At 2:20, they closed the finish line. ... But now that there are more Americans running, they keep it open a little longer."

Yasso then answered a few questions—about the Yasso 800s speed workout for marathon training (he actually prefers three-quarters of a mile for repeats), about why he's called the "Mayor of Running" (he's probably met more runners than anyone else), and about up-and-coming US marathoners (he's become good friends with Ryan Hall, who "tells me he wants my job when I retire," Yasso said).

Unfortunately, Yasso finished by saying he can't run much anymore. He never suffered any debilitating injuries from running, but over the past few years he has suffered several injuries from Lyme disease.

Stay aligned and stay happy, said Richard Braver, DPM, FACFAS, a prominent orthopedist, at the June meeting.

Dr. Braver, a 4:07 miler in college who still runs competitively, and an advisor and contributor to *Runner's World*, presented a survey of foot injuries that can be caused or exacerbated by running.

The most common sports injury is *plantar fasciitis*. The plantar fascia is the connective tissue that runs from the heel to the base of the toes. Large mileage increases, overuse, and poor-fitting shoes can all cause the plantar fascia to become inflamed. "Also called *heel spur syndrome*, the condition can usually be successfully treated with conservative measures (e.g., anti-inflammatory medications, ice packs, stretching, orthotics, and physical therapy," according to Dr. Braver's Web site, drrun.com.

Another common injury is *Achilles tendonitis*. Common causes are hill running, stair climbing, overuse resulting from lack of flexibility in the calf muscles, rapid increases in mileage or speed, and starting up too quickly after a lay-off, according to the Web site. To cure Achilles tendonitis, runners need to stretch, take anti-inflammatories, run with a brace, rest, cross-train, and possibly run with an orthotic.

Shin splints are another common running injury. Women are more at risk than men are. Proper stretching and use of corrective shoes or shoe inserts for pronation can help prevent shin splints, according to Dr. Braver's site.

Dr. Braver regards *bunions* as a big problem for runners. "Bunions cause the base of your big toe to enlarge and protrude. The skin over it may be red and tender. Wearing any type of shoe may be painful. This joint flexes with every step you take. The bigger your bunion gets, the more it hurts to walk," according to drrun.com.

Worse, the site continues, "bursitis may set in. Your big toe may angle toward your second toe, or even move all the way under it. The skin on the bottom of your foot may become thicker and painful." Runners with bunions typically push off on the near side of their feet, said Dr. Braver. This is not only inefficient but painful and likely to cause more injury.

"Most bunions can be treated without surgery by wearing protective pads to cushion the painful area and, of course, by avoiding ill-fitting shoes," according to the Web site, though Dr. Braver also mentioned a new outpatient surgery that usually allows runners to resume running within two to three months.

Stretching, of course, is important to maintain flexibility and prevent injuries. In the case of injury, though, icing may be needed. Use ice several times a day and follow the RICE principle: resting, ice, compression, elevation.

Dr. Braver commonly prescribes orthotics to keep runners' foot motion aligned and thereby compensate for foot-striking abnormalities. He believes that runners should use only a full-length orthotic so that the foot will stay in contact with it at all times.

Dr. Braver has offices in Englewood (201-569-7672), Fair Lawn (201-791-1881), and Riverdale (973-831-1774).

RACES: JULY–SEPTEMBER 2008

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

7/4	Fri	9:30a	Firecracker 4-Miler (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	Party With Purpose 5K (Hoboken)	5K	201-936-2152	
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	
7/19	Sat	9:00a	Fairfield's Finest 5K	5K	973-227-4000	
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	
8/3	Sun	8:30a	Sea Girt 5K	5K	732-974-1289	
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	
8/7	Thu	7:00p	Christmas in August 5K (Newton)	5K	973-383-7933	
8/9	Sat	8:30a	Asbury Park 5K	5K	732-571-2162	
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	
8/22	Fri	7:00a	Self-Transcendence Marathon (Congers, NY)	26.2M	718-297-2556	
8/23	Sat	4:00p	Smoke Rise Biathlon (Kinnelon)	Swim+4M	973-283-8664	
8/31	Sun	9:00a	Jimmy D Memorial 5K (New Brunswick)	5K	732-545-6729	
9/1	Mon	8:45a	Glen Rock Arboretum Run	5M	201-887-1843	
9/1	Mon	9:00a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
9/6	Sat	8:30a	Mind, Body, Spirit Games (NYC)	4M	212-860-4455	
9/6	Sat	9:00a	Rock 'n' Run 5K (Cranford)	5K	732-381-0318	NBGP: 500 pts
9/6	Sat	9:00a	Brielle Day Hill & Dale 10K	10K	732-528-6600	
9/6	Sat	9:30a	Sean Hanna 5K (Duke Island Park, Bridgewater)	5K		NBGP: 500 pts
9/7	Sun	9:30a	Henry Hudson Trail Run (Middletown)	8M	732-530-6561	
9/7	Sun	9:45a	Fallen Heroes Memorial Run (Elizabeth)	5K	908-472-6075	NBGP: 500 pts
9/13	Sat	7:00a	NYC Marathon Long Training Run #2 (NYC)	20M	212-860-4455	
9/13	Sat	9:00a	USATF–NJ 5K XC Championship (Holmdel Park)	5K	973-334-8900	NBGP: 700 pts
9/13	Sat	9:00a	Wounded Heroes 5K (Mountain Lakes)	5K	973-897-2237	NBGP: 500 pts
9/13	Sat	10:00a	Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
9/14	Sun	7:00a	Queens Half-Marathon	13.1M	212-860-4455	
9/14	Sun	9:00a	Race for the Cure (NYC)	5K	212-560-9590	
9/20	Sat	9:30a	Run for Life (Parsippany)	5K	973-945-9442	NBGP: 500 pts
9/21	Sun	7:45a	Philadelphia Distance Run	13.1M	800-311-1255	
9/21	Sun	8:30a	Brian's Run (Wayne)	10K, 5K	973-904-1395	NBGP: 10K & 5K (both 500 pts)
9/21	Sun	9:30a	Berkeley Heights 5K	5K	908-464-8899	NBGP: 500 pts
9/21	Sun	10:00a	West Orange Downtown Classic	5K	973-325-4109	NBGP: 500 pts
			(aka Mayor's 5K Run/Walk to Break the Silence)			
9/21	Sun	10:00a	5th Avenue Mile (NYC)	1M	212-860-4455	
9/27	Sat	9:00a	Newstead 5K (South Orange)	5K	973-313-9575	
9/27	Sat	9:00a	Boardwalk Relay for Hunger (Asbury Park)	15K	732-542-6090	
9/28	Sun	7:00a	NYC Marathon Tune-Up (NYC)	18M	212-860-4455	
9/28	Sun	8:30a	Newport Liberty Half-Marathon (Jersey City)	13.1M	732-381-0318	NBGP: 700 pts

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