



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

August 2008

Vol. 25, No. 8

MARK YOUR CALENDARS

- **Aug 2.** River to Sea Relay across New Jersey (team race). *Page 4.*
- **Aug 7.** Project Children 5K (club race; no hosted run). *Pages 3, 4.*
- **Aug 10.** Grove Summer Series: *Ten-Hill Challenge.* *Page 4.*
- **Aug 14, 21, 28.** Final 3 hosted group runs of the summer. *Page 3.*
- **Aug 16.** NYRR Club Championships (team race). *Pages 3, 4.*
- **Aug 23.** Smoke Rise Biathlon (club race). *Pages 3, 4.*
- **Aug 27.** Team Talk night at Charlie Brown's, Montclair. *Page 1.*
- **Sep 1.** ERC Labor Day group run & picnic at Verona Park. *Page 1.*
- **Sep 7.** Grove Summer Series: *Eagle Rock 9/11 Memorial Run.* *Page 4.*
- **Sep 8.** General meeting with special guest Anne Marie Letko. *Page 1.*
- **Sep 8 (week of).** Weekly group track workouts begin. *Page 1.*
- **Sep 13.** Holmdel Park XC 5K (USATF–NJ champ race). *Page 4.*

Team Talk Night #2 (Wed, Aug 27)

Join us for a casual meeting at Charlie Brown's Steakhouse (50 Upper Montclair Plaza, Montclair) as we prepare for the second half of the 2008 USATF–NJ Grand Prix team competition. We hope to see many current and potential team members there! Meet at the bar and hang out with friends who can answer any questions you may have about team or individual Grand Prix competition. —Mick Close

UNICO: No Verona Labor Day Classic.

ERC: Come to Our Group Run and Picnic!

Verona UNICO has decided not to hold its annual Labor Day 5K in Verona, but ERC is planning a group run plus picnic in the park that day (Mon, Sep 1). Details next issue. We hope to bring the race back next year. —Mick Close

Group Track Workouts Returning Soon!

Starting the week of Sep 8 and ending the week of Oct 13, club members of all paces will meet for six group workouts at the Brookdale Park track. Everyone is encouraged to try these free sessions! Coach Joel Pasternack will provide guidance, advice, and encouragement. We are deciding on the best night and time for these workouts, so please check back next issue for more information. —Mick Close

Photos Needed for 25th Anniversary Party

ERC needs more photographs of club events and members, particularly from the past 5 years, for a display at our upcoming anniversary party. Please send your photos to Larry Hollander, 9 Bongart Drive, West Orange, NJ 07052.

NO MEETING IN AUGUST

ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, September 8

Special Guest: Anne Marie Letko

Anne Marie Letko is a two-time Olympian (1996, 2000) who placed 10th overall and was the top US finisher in the 1996 Olympic marathon. She also finished 3rd in the 1994 New York City Marathon and 5th in the 10K at the 1992 World Cup and was a World University gold medalist in 1991. Her best times include 15:23 in the 5K (2000), 31:37 in the 10K (1993), and 2:30:19 in the marathon (1994).

Church Street Café
12 Church Street, Montclair

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

Schedule of General Meetings for 2008

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

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

And save the date (Sun, Dec 7) for this big Mayfair Farms bash, complete with cocktail hour, buffet dinner, deejay and dancing, and loads of fun! Invitations will be mailed in the fall. Please note that ERC is combining its usual holiday party with this very special celebration. The event is not to be missed!

—Lynne Mortimer

Welcome New Members!

Chiara D'Agostino (see p. 2), *Montclair*
Sandra French, *North Arlington*
Paul Giuliano, *Bloomfield*
Robyn Ritter, *Montclair*
Jill K. Sanders, *Bloomfield*
Kenneth Schweighofer, *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. Insert Photos
 Mick Close. At Large
 Phil Coffin. At Large
 Chris Jaworski. Newsletter
 Tom Kelly. At Large
 Debbie McNally. Mailing
 Barbara Memoli. At Large
 Karen Mishler. Honorary
 Lynne Mortimer. Entertainment
 Susan Palermo. Walking
 Gary Peters. USATF
 Martta Kelly. PR & Web Site
 Beverly Salerno. Membership
 Sal Ulto. 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

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

General Info: info@essexrunning.com

President: Desmond Duncker
president@essexrunning.com

Membership: Beverly Salerno
membership@essexrunning.com

Newsletter: Chris Jaworski
jaworski@verizon.net

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Web Site: Martta Kelly
website@essexrunning.com

Apparel: Sal Ulto
clothing@essexrunning.com

Monthly Speakers: Anne Chesny
 201-869-1708



Notes From an Unnatural Runner

By Eugenie Temmler

I am a klutz. I am not a natural athlete. I am not young. I am not now and never have been fast. But, by gosh, I *am* a runner, have been for 16 years, and here I am taking the occasion of our club's 25th anniversary to express my thanks to the community that helped me get started.

Sixteen years ago, having reached age 45 without ever having broken a sweat, I needed to improve my cardiovascular health. I tried all sorts of things, including aerobics classes, jumping rope, the stationary bicycle, and (egad, worst of all) NordicTrack. None of these activities was fun, some made me feel even klutzier than usual, and others were downright boring. I was near the end of my "aerobic activities list" when I tried jogging.

I can't say it was love at first sight. I finished my first quarter-mile sounding like a pitiful Darth Vader. When I finally increased my distance to a mile, I thought a good approach was to run that same darn mile every day, just slightly faster each time out. You can imagine how well that worked. But then I met Bob Temmler and—love at first sight! Among the sweet nothings he whispered in my ear was, *You're running all wrong, but, if you join a group, you might improve and enjoy it more.* Bob specifically suggested the Essex Running Club.

So I joined, and what an experience ERC has been! Here are just a few of the many things that I have learned over the past 16 years:

- Training and improvements in running times are a thrill!
- Thrills don't last forever. Fortunately, the "improvement" thrill was followed by the pleasure of knowing that, though I was getting older and ever slower, running still was fun.
- Partying with a bunch of sweaty people really can be quite enjoyable.
- Our sport attracts athletes with the *worst* sense of humor. (You know who you are!)
- Folks in this club go out of their way to an incredible degree to support one another's efforts. I never cease to be amazed by the moral support and shouts of encouragement from the many ERC members who line race routes time and again, even for runners like me. (How to describe myself? *Speed-challenged, unhurried, dogged, or just plain slow?*)
- I will never understand VO₂ max or age-graded results, and it doesn't really matter.
- At 5:30 am, when the neighborhood is inhabited primarily by runners and bikers, it's a lovelier and a very different place than at any other time of day.
- Runners have a built-in excuse for leaving boring social events early. "Really, I'd love to stay, but I have to get up at 4:45 to run 18 miles tomorrow."
- A runner who's stayed uninjured for a long spell should *never* brag about it. The Injury Gods, those capricious spirits in charge of meting out injuries, are likely to be listening.

In 2007, I found myself celebrating my 60th birthday by running my first marathon, and as I start my seventh decade I am more physically fit than I ever would have thought possible. So what if I'm not a natural? This club and I sure have been a natural fit.

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

New Member Chiara D'Agostino	
<i>Occupation</i>	Italian teacher
<i>Background</i>	Ran track in high school; started running again in 2007
<i>First race</i>	2008: Fitzgerald's 1928 Lager 5K Run
<i>Memorable race</i>	2008: Fitzgerald's 1928 Lager 5K Run
<i>Records</i>	2008: 32:56 (Fitzgerald's 1928 Lager 5K Run), 52:22 (Sunset Classic 5M)
<i>Favorite shoes</i>	Asics Gel Nimbus
<i>Other exercise</i>	Yoga and dance
<i>Hobbies</i>	Dancing, running, cooking, designing, creating, and exploring
<i>Quotation</i>	"Be yourself, no matter what they say." — <i>Sting</i>
<i>Anything else?</i>	I look forward to meeting other runners, running together, and sharing tips on nutrition and exercise!

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

Each Thursday, ERC has a group event, usually a hosted run (3- to 6-mile out-and-back from host's home, light food afterward). **Meet at 7:30 pm unless noted otherwise. RSVP much appreciated!**

8/7	PROJECT CHILDREN 5K South Mountain Reservation, 7:00 pm start. From Bloomfield Ave & Pompton Ave/Route 23 intersection: Go south on Mt Prospect Ave (becomes Prospect Ave) to end (pass Eagle Rock Ave, Route 280, Essex Green Shopping Center, Mt Pleasant Ave), left onto Northfield Ave, right at light onto Gregory Ave (becomes Wyoming Ave), right at major intersection onto South Orange Ave, up hill, left into reservation, straight ahead for parking. Postrace Party at Shillelagh Club (648 Prospect Ave, West Orange, 973–325–9338). Exit reservation, turn right onto South Orange Ave, left at light onto Wyoming Ave (becomes Gregory Ave), left at light onto Northfield Ave, right at light onto Prospect Ave, go 0.4 mile, make right into driveway and parking lot, Shillelagh Club is in house set back from road.	973-762-2930
8/14	Catherine Alessi , Beverly Salerno, Anne Chesny, & Lynne Mortimer 5 Notch Park Rd, Little Falls. From Bloomfield Ave: 23 N, right onto Ridge Rd, pass Bradford Ave, after reservoir first right onto Notch Park, #5 third house on right. From 46: Great Notch exit, ramp toward Great Notch/Little Falls, left at light, pass fire house, stay right onto Ridge Rd, thru light (Francisco Ave), first left onto Notch Park, #5 third house on right.	973-256-0603
8/16	NYRR CLUB CHAMPIONSHIPS (Sat), men start at 8:00 am, women at 9	see p. 4
8/21	Tom Daniels , 142 Ridgewood Ave, Glen Ridge From Montclair: Bloomfield Ave east into Glen Ridge, right at Ridgewood Ave (light), 0.5 mile south (past train station, post office, high school), #142 on right just before Washington St (light). Bring a towel if you want to swim and dog treats to make fast friends.	973-429-2524
8/23	SMOKE RISE BIATHLON (Sat), register/check in 3:30–4:00 pm, start at 4:30 <i>Event organizers: Adrian Dunner</i> (973–838–6633), Kevin Burke (973–283–2617), and Dr. George Studzinski (973–283–8664). For application, go to www.essexrunning.com. 23 N to Kinnelon Rd (8m N of 46/80 or 3m N of 287), take jug handle immediately after <i>Coldwell Banker</i> sign, cross highway,* follow Kinnelon Rd for 2 miles, pass Kinnelon High School on left, right at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise), 0.5 mile to visitors entrance, ask for directions to beach parking lot, look for George in parking lot or go to registration desk on beach. *If on 23 N you pass <i>Burger King</i> , you've gone too far. Take next jug handle on right (0.25 mile), get on 23 S, take Kinnelon Rd exit.	see p. 4
8/28	Paul Maloney , 70 Smull Ave, Caldwell From Montclair: Bloomfield Ave west to Caldwell, pass First Presbyterian Church on left and movie theater on right, turn right at light onto Smull Ave, go ¼ mile to #70, on right (beige house, green shutters), park across street (on Myrtle Ave).	7:00 pm start! 973-226-0268

IN THE AUGUST ISSUE OF KEEPING TRACK ...

15 Years Ago (1993)

ERC president George Studzinski describes participating in a triathlon off Sandy Hook ... the next general meeting, at the Nest in Verona, is to feature Guy Del Corso, 1993 Amateur Grand Prix Bodybuilding Champion and personal trainer specializing in nutrition, strength, and endurance training ... Larry Hollander offers a list of fun facts called "Medicine Drops" ... four more people are needed to form an eight-person team planning to run the Ocean to Sound 50-Mile Relay on Long Island (\$8500 awarded to first-place teams in different categories) ... Mick Close is the newsletter editor ... the Interclub Challenge tries age/sex handicapping, ERC beats Clifton and South Hudson, postrace party at the Mishler house ... Joel's Sports of Clifton and Tom Fleming's Running Room offer discounts ... Donna Close writes a "Summer of '93" poem ... an article about running as a team sport is reprinted ... a word game using the word *run* is printed ... two new members are introduced ... 14 race times are reported ... race calendar lists 46 races (nothing about USATF or NBBG) ... and the Verona Labor Day Classic application takes up the last page.

10 Years Ago (1998)

ERC president Eugenie Temmler writes about all the club members who run with her, not physically but in spirit ... next Nest speaker is Steven Loder, a certified fitness professional ... the End of Summer Pig Roast is coming up at the Weinberger house in Boonton ... Phil Coffin reports on the third River to Sea Relay ... ERC gets a new Web site ... Donna Close and Vince Carnevale provide poems (and Vince adds his jokes and musings) ... Fleet Feet Montclair starts hosting marathon training runs ... Anne Chesny reports on the Goodwill Games in New York City ... 10-year-old Jennifer Ennis finishes 7th in the 1500 meters at the USATF Junior Olympic National Championships ... Paul Maloney's collecting info on multisport training and races for an article ... a new member's introduced ... readers are asked to vote for "running" for a 1970s-themed series of postage stamps ... 21 race times are reported ... race calendar lists MRGP (Midland Run Grand Prix) points ... Mick Close still helms the newsletter ... and the Verona 5K race application again rounds out the issue.

More Keeping Track "time capsules" will appear in upcoming issues in this year of the club's 25th anniversary.



USATF–NJ

Mick Close

Championship races resume in September with all-division team events: Cross-Country 5K in Holmdel Park (Sat, Sep 13) and Newport Liberty Half-Marathon (Sun, Sep 28). We will carpool from Grove Pharmacy to

these races. Teams are a lot of fun and can help you stay motivated and improve your race times. Learn more about the benefits of running on a team at Team Talk night Aug 27 (see p. 1). The year's remaining championship events are:

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

You have to join USATF to run on a team, but you can do that easily enough by visiting www.usatfnj.org, calling 973–334–8900, or signing up at any championship race (please list Essex, #246, as your running club). Membership gives you a preregistration discount at most races and allows you to compete in team and individual Grand Prix competitions.

This year, three club members are sharing the duties of team captain. About a week before each championship race, one of us will e-mail the ERC Yahoo group to find out who expects to run. If you don't subscribe to the Yahoo group, please contact us by e-mail or phone in advance of the race:

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

Other Team/Group Events: Run on an ERC team at the NYRR Club Championships (Aug 16; see "At the Races"), have a brew at Team Talk night (Aug 27; see p. 1), and then be ready to start your fall training at our free coached group track workouts starting the week of Sep 8 (p. 1).



AT THE RACES

Mick Close

River to Sea Relay 13 Sat, Aug 2

Good luck to our three ERC teams in the 13th running of this 92-mile relay from the Delaware River to the Atlantic Ocean. Start times are staggered according to average

5K times, so all teams should finish around the same time and have an equal shot at winning. Many thanks to R2C captains Phil Coffin, Desmond Duncker, and Tom Kelly for organizing our teams. Info: 732–381–0318, www.oymp.net.

Project Children 5K Thu, Aug 7

Race in South Mountain Reservation at 7:00 pm and then party at nearby Shillelagh Club (directions to both on p. 3). Race info: 973–762–2930, www.compuscore.com.

Grove Summer Series: Run #2 Sun, Aug 10

Join our Sunday-morning group at Grove Pharmacy (123 Grove St, Montclair) for the *Ten-Hill Challenge* (15.5 miles and 10 hills in Montclair, Verona, Essex Fells, Caldwell's, and

Cedar Grove). Meet in parking lot across from pharmacy at 7:00 am. Water and Gatorade will be placed every few miles along the course. Run #3 in the series will be Sep 7.

NYRR Club Championships Sat, Aug 16

This 5-mile Central Park race, open only to teams from metro-area running clubs, is a nice event with almost all runners decked out in their club colors. Men race at 8:00 am, women at 9:00. We plan to field at least one ERC team and carpool from Grove Pharmacy. Interested? Please contact me (mickclose@aol.com, 973–477–0016). When registering (www.nyrr.org, 212–860–4455), specify *Essex RC* as your team.

Smoke Rise Biathlon Sat, Aug 23

Club members and friends are invited to participate in the Smoke Rise Biathlon (a.k.a. *Battle at the Beach*), a 1/3-mile lake swim followed by a challenging 4-mile run. The start is at 4:30 pm, but you should arrive between 3:30 and 4:00 to register/check in. There will be music, food, and fun at the postrace party on the beach. You can compete individually or as part of a team (1 swimmer + 1 runner; if you need a runner or a swimmer, you can be paired up with one at the event). Life guards will be on duty during the swim; the foot race will have water stations. For first-time biathletes, the setting is hard to beat! Spectators, cheerleaders, and volunteers also are encouraged to attend. Info: Adrian Dunner (973–838–6633), George Studzinski (973–283–8664).

September Events

The USATF–NJ championship season picks up again with the Cross-Country 5K at Holmdel Park (Sat, Sep 13). Enjoy cross country at its best on this hilly, challenging course, where all the high school championship meets are held.

Two club races take place Sun, Sep 21: Mayor's 5K Run/Walk to Break the Silence (West Orange Downtown Classic) and Brian's Run in Wayne (5K, 10K). The latter is organized by the family of former club members Lauren and Steve Wÿsmuller, in memory of Lauren's brother Brian, to help raise money for the Tomorrows Children's Fund.

Ending the month is the Newport Liberty Half-Marathon (Sun, Sep 28), an all-division USATF–NJ championship race that has much of its course inside Liberty State Park. Many ERC members will be using this Jersey City half as a tune-up for a fall marathon.

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

Ridgewood Run 5K	May 26
<i>Susan Palermo</i> 38:25	
Mountain Top 10K, Warren	Jun 8
<i>Will DeRoberts (1st AG)</i> 41:51	
Run for Dad 5K, West Windsor	Jun 15
<i>Will DeRoberts (2nd AG)</i> 18:37	
Fitzgerald's 1928 Lager 5K Run, Glen Ridge	Jun 22
<i>Chiara D'Agostino (1st race!)</i> 32:56	
Sunset Classic (5M), Bloomfield	Jun 26
<i>Cameron Smith</i> 38:07	
<i>Chiara D'Agostino</i> 52:22	
A newer member of the club, I ran most of this race in close proximity to Tom Kelly, who drew shouts of <i>Go, Tom!</i> from enthusiastic spectators all along the course! — <i>Cameron Smith</i>	
Firecracker 5K Race, Montville	Jun 28
<i>Mike Sneden (3rd AG)</i> 20:31	
<i>Chip Bearden</i> 23:27	
<i>Lisa Kelly</i> 30:45	
This race, sponsored by Pathways for Exceptional Children, an organization that works with children who have disabilities and special needs, is staged at the Montville Public Library. There is ample parking in the library lot, and registration is indoors and well organized. Outside, the air was hot and humid, even at the 8:00 am start.	
Timing chips were used for this race through local, neighborhood streets. The course was advertised as flat, but I lost count of the hills after about the fourth one. Posttrace fare was the typical water, bagels, bananas, and oranges.	
It was nice that so many runners received awards (medals to top 3 male and female finishers in 5-year age groups). My time was not too swift, as my legs were still tired from the Sunset Classic, which I had run two days earlier. — <i>Mike Sneden</i>	
Dreaded Druid Hills 10K Run, Baltimore, Md	Jun 28
<i>Will DeRoberts (2nd AG)</i> 42:30	
<i>Susan DeRoberts</i> 59:30	
Any race with the words <i>dreaded</i> and <i>hills</i> in its title should be avoided at all cost. Some hills were so steep that switchbacks had to be incorporated into the course. This was the most difficult race we ever ran. — <i>Susan DeRoberts</i>	
Run Through Maplewood 5K	Jul 4
<i>Joshua Carnes (4th OA, 1st AG, PR)</i> . . . 18:28	
While many ERC runners opted for the Cranford 4-miler for their Fourth of July race, I stayed closer to home for this inaugural 5K. This race had only 138 finishers but a lot of potential. It was a blast!	
A local high school's cross-country team, out in full force, produced the only three runners to finish ahead of me. All were under age 20, and one kid was only 16! They briefly made me wish I had started running track back in high school (instead of drumming with the marching band),	

but of course we can't go back in time. I tipped my hat to those guys, but mostly I'm glad they won't be in my age group for quite some time.

Firecracker 4-Mile Run, Cranford	Jul 4
<i>Paul Giuliano (2nd AG)</i> 23:02	
<i>Will DeRoberts (2nd AG)</i> 24:11	
<i>Mike Sneden</i> 26:30	
<i>Mark Frankel</i> 27:21	
<i>Ed Kelly</i> 27:36	
<i>Mick Close</i> 28:12	
<i>Tom Kelly (1st AG)</i> 29:28	
<i>Hilary Fandel (3rd AG)</i> 29:59	
<i>Helene Scarnegi</i> 30:41	
<i>Martta Kelly</i> 33:56	
<i>Andy Kotulski</i> 34:45	
<i>Robyn Silverman</i> 37:11	

Almost 1200 people ran this traditional Fourth of July race. Early rain had left the air very humid, but cooler than usual. And there was almost a false start—the firecracker that was to send off runners exploded minutes too late. The usual ice cream, popcorn, and cotton candy were on hand, but no bagels and only a few bananas. ERC was well represented, and age-group awards went to several members, including Tom Kelly (1st), fresh off his honeymoon with Martta. It was nice seeing Tony and Jamie Utitus running with their cute 3-year-old daughter in stroller. —*Mick Close*

Firecracker 5-Miler, Wall Township	Jul 4
<i>Phil Coffin (1st AG)</i> 33:17	
<i>Laura Messina</i> 49:07	
Thought it was a 5K until I signed up. Maybe that explains why I did well; I didn't have time to think about it. — <i>Phil Coffin</i>	

Very last-minute decision, unprepared in every way, but glad I did it. —*Laura Messina*

Palisades Trail Running	Jul 4
On this humid holiday, I met with friends for a trail run along the Palisades. Three of us started at 6:15 am in Fort Lee. Just yards from the George Washington Bridge, we picked up the Long Path, a trail that extends all the way to Albany. We ran north before switching to the Shore Trail for a careful descent to the Hudson River. After reaching the water's edge, we resumed running north. Two other friends, starting in Alpine, were heading south and were to meet us in the middle.	

Our Fort Lee trio had planned a 3-hour run, but, lost in conversation perhaps, we missed the turnoff for the Huyler's Landing Trail (where we were supposed to meet the Alpine duo) and inadvertently added to our distance and time. After realizing we were too far north on the Shore Trail, we cell-phoned the Alpine runners and then backtracked to the rendezvous spot.

These first 2 hours left me tired, and I began falling behind the four leaders as they ran (and I power-hiked) up the Huyler trail. They waited for me at the top, where we were to begin the return trip south on the Long Path. Two of the four had to be home by a certain hour, and the other two

were up for the kind of speedier pace that would be needed for that. Not wanting to hold anyone up, I bid everyone adieu, and off they went.

I changed into the dry shirt and bandana I had stashed in my hydration backpack, and, secure in knowing the Long Path ran pretty much parallel to the Palisades Interstate Parkway, I set out again, solo. I finished these final 6 miles alternating running and walking. When I passed behind a convenience store just off the PIP, I stopped in and treated myself to a cold root beer. That really hit the spot! Finally, I returned to my car in Fort Lee Historic Park at 10:15. In 4 hours, I had covered 14 to 15 miles. The last time I had been on my feet that long was March 29 (HAT Run 50K).

Although these trails offer stretches of easy running, on flat and rolling terrain, they present a few challenges/dangers as well: a steep and rocky switchback "staircase" down to the river; sections of rocks, some loose, along the shore; and then climb after climb back up to the top.

Wherever the shoreline wasn't so demanding, serenity slipped in—the serenity of running to the sounds of water lapping against rocks and sand. Later, running south atop the Palisades, I enjoyed views of the river and beyond, and then of the bridge, which loomed larger and larger, bit by bit, as I rounded the trail's turns on my way to where this little adventure had begun.

Beware ticks! Driving home on I-95, I spotted one trying to seat himself for a feast on my thigh. Good thing hardly anyone else was on the road, because in the process of determining what I was seeing and then how to brush it off, I ended up in the shoulder lane! —*Chris Jaworski*

Great American Weekend 10K, Goshen, NY	Jul 5
<i>Will DeRoberts (3rd AG)</i> 39:44	
<i>Susan DeRoberts</i> 57:47	
Another hills race but a well-done, big event for the town of Goshen! — <i>Susan DeRoberts</i>	

Jersey Shore Running Club Summer Series 3-Miler, Wall Township	Jul 10
<i>Phil Coffin (1st AG)</i> 18:48	

One benefit of living down the shore is the availability of little races during the week. Three clubs I know put on midweek races of 3 miles or 5K—the Shore Athletic Club (Long Branch, Monday nights), the Ocean Running Club (Toms River area, Tuesdays), and the Jersey Shore Running Club (Wall Township, Thursdays). None of these races is big (60–130 runners maybe), and all are cheap and low-key but have some competition.

The clubs make these events family-friendly, too; SAC and JSRC, for instance, include kids runs. The JSRC event had a half-mile race for ages 9 and under, a mile for 14 and under, and then the 3-miler at the Wall Township athletic complex, an excellent place for any athletic endeavor.

Some runners I've met use these series as a running/social outlet; others also use them as an alternative or addition to track workouts. Whatever their purpose, they sure can be fun.

Lawyers for Kids 5K, Morris Twp Jul 10
 Mike Sneden (3rd AG) 20:17
 Mick Close. 21:54
 Chris Jaworski. 22:53
 Chip Bearden. 23:13
 George Studzinski (1st AG). 24:56
 This evening race drew 400+ runners. George Studzinski fell near the end yet broke the course record for his age group by 5+ minutes. It felt good to run without the high humidity of the past few weeks. The course has a tough hill, toward the end of mile 2, that can really screw up your race. Lots of prizes were randomly given out after the awards. Mike Sneden won a Jets football, and three people won cash (\$100, \$200, \$500) for running this race plus 5000 Strides (Jun 9).
 —Mick Close

Spirit of Gettysburg 5K, Pa Jul 12
 Paul Giuliano. 17:35

Belmar 5-Mile Run Jul 12
 Hilary Fandel. 38:57
 Lynne Mortimer. 41:54
 Susan Palermo. 1:07:55




I lost my racewalking momentum in the last mile, but I finished! And I missed my 1:05 goal but am very pleased with my time. —Susan Palermo

The weather was gorgeous. It was very crowded, but in a good way. People were happy to be at the beach, as I was. After taking two Advil for my shin splints, I enjoyed this flat, easy run. It was hard to get by people at first, but I still finished under 40 minutes—in my last race as a 49-year-old! My injuries stayed numb for a bit after the race. I had expected free beer and burgers at the after-party. Instead, for \$2.50, one received a small beer and a burger “platter.” —Hilary Fandel

Amber Pizzo 5K, Berkeley Heights Jul 13
 Tom Kelly (1st AG) 23:42
 Helene Scarnegi (3rd AG). 25:18
 Martta Kelly (1st AG). 26:32
 We joined 350+ runners to go up and down hills in ovenlike temperatures. No personal bests, but we did snag age-group awards (and gorgeous, thick, blue-and-gold beach towels). Helene again won a raffle prize: two portable beach chairs.

The most touching and compelling part of this event was the speeches by people who had lost loved ones in accidents caused by drunk or negligent drivers. The race is named after a young woman killed by a drunk driver, and the money raised goes toward scholarships for students at Berkeley Heights High School. At the end of the memorial ceremony, family and friends of victims released doves and then butterflies into the air. Beautiful and very moving. —Martta Kelly

Teterboro Airport 5K, Moonachie Jul 19
 Larry Czaplewski (1st AG). 17:55
 Paul Kartanowicz. 21:14
 Mark Frankel. 21:25
 Adrian Dunner. 23:06
 Tom Kelly (2nd AG). 23:35
 Chris Jaworski. 24:31
 Bill Wilde. 24:51
 Martta Kelly. 27:15

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Our Ocean Drive Marathon Road Trip

Chip Bearden, Sharon Morrissey, and Susan Mello

Chip: I debated how to write this—as road trip, disaster story, or moving tribute. It was all three for me, so I invited my traveling companions to add their own perspectives. As you will discover, that was a mistake.

Ocean Drive is a small (400-runner), well-managed late-March marathon that goes from Cape May north-northeast up the Jersey shore through the Wildwoods, Stone Harbor, and Avalon to Sea Isle City. In 2005, Sharon Morrissey ran the last half of it with me and loved it, so much so that she returned in 2006 and won her age group. This year she registered for the 10-miler, which is run concurrently. Somehow she talked Susan Mello into coming with us on a road trip. The road trip was great fun. The racing ... well, for me it was the marathon from hell but one that generated memories I will treasure forever.

After the transmission in Sharon's Explorer began to make noises the week before the race, I volunteered to drive my van. It's set up for long-distance family and sailplane-contest trips (i.e., several rows of reclining seats, reading lights, GPS, satellite radio, DVD/VCR/TV). The contest number assigned to me for use when I fly is still displayed in one of the rear windows, but I didn't think that would be a problem. I had gotten a boost from watching an inspiring sports-related movie before Philly in 2006, so I brought a few favorites on this trip along with PowerBars and other snacks. Saturday afternoon, I drove the van to Susan's house, where she had prepared a sumptuous premarathon pasta dinner to kick off the road trip in style. Had we three known what was to come, we might have just stayed over and gone to the Fleet Feet run in the morning.

Sharon: Susan and I were in trouble from the very start of this road trip with Chippie. Tom had warned us ahead of time to be careful, but no words from my loving husband could have readied me for what loomed ahead. For example, we weren't prepared to be lured into the white "JB" Love Shack van by Chippie with anything less than a box of Good & Plenty candy! And we weren't sure if the interior of the van had shag carpeting or not, as we were glued to our seats watching some weird movie he forced on us.

Chip: She's referring to *The Rookie* starring Dennis Quaid—a great fact-based story about a high-school baseball coach who makes it into the major leagues as a pitcher. But *glued* is the right word. When we arrived at Sharon's grandmother's house in Avalon, I couldn't get them out of the van until I promised that they could finish watching the movie inside.

Sharon: We did notice there were way too many mirrors in that rig for our tastes.

Chip: Sharon got confused by the dual interior rearview mirrors, one for traffic and one to watch the, er, kids. Once I explained what the second mirror was for, she stopped throwing pieces of candy at the back of my head like a 5-year-old.

The story the next day was wind: lots and lots of wind. It was the windiest, most unpleasant

marathon weather I've ever faced, including the monsoon at Boston in 2007 and my 4-degree Last Chance to Boston race a few years ago. The temperatures were fine—mid 30s rising to low 40s—with plenty of sun. But I knew I was in trouble waiting for the shuttle in North Wildwood (site of the 10-mile finish) when I had to add a layer under my short-sleeved shirt plus a couple of jackets to protect me from the wind chill.

We huddled in one of the baggage buses for most of the hour wait at the start. I got separated from Susan and Sharon before the horn sounded, so I started alone directly into the stiff wind with my large trash bag "warmup layer" flapping wildly and noisily over my shirts. Cape May's flags were straight out, parallel with the road.

Susan: It took us forever to ditch the guy. All he did was whine about the wind. Not our problem. We were running just the 10-miler. He was the one who decided to run the marathon.

Chip: For the first 2 miles, I was on pace (a little over 8:30) and finally warmed up enough to pull the bag over my head. I rolled it up and carried it because even then I started to think I might have to walk it in. Mile 3 was slower, and I was stupefied when mile 4 zoomed over 9:00 pace. Around then, Susan went by fast, ignoring me ("I didn't recognize you without your bag") but also complaining about the wind. Okay, I told myself, it's just a training run (for Boston in 3 weeks).

Sharon: The running was grueling, as Chippie and I had anticipated from previous years. Susan was a newbie at the "You can't believe it until you run it" experience. There's a reason this race is called the Ocean Drive Marathon. Why can't it be staged from north to south?

Chip: Each mile took forever, unlike most marathons, in which early miles go by quickly. Sharon and Susan finished the 10-miler, in 1:19:27 (2nd AG) and 1:27:13, respectively—their much slower than normal times indicating just how tough the wind was. Then they backtracked and met me just before mile 10, which I passed in 1:29:10. That was well off the 8:35 to 8:45 pace I thought I'd be running, but obviously everyone was slow. In fact, I'd been over 9:00 pace since mile 6, an unprecedented slowdown. At this rate, my 3:45 to 3:55 target for an easy training run was out of reach. But "it's just a training run." So I punched the mental reset button and made my new goal sub-4 hours. Sharon and Susan dropped off just before mile 11 with the promise to meet me in Avalon at mile 20—after they drove back to the house, showered, changed, had a warm cup of tea, a nap, etc. Susan had joked earlier in the week about my veering off at that point for a nice lunch with the two of them. Now I was seriously considering whether not to finish a marathon for the first time ... if I made it that far.

Susan: He thinks every mile took forever? I thought the mile we ran with him would never end. I felt a little guilty because he believed us when we said we'd venture out in the wind to wave at him at 20, but I didn't feel guilty for long.

I wanted to watch one of the other movies. Besides, he brought this on himself.

Chip: From 11 to 13, the course was essentially crosswind, which lured me into thinking briefly, cruelly, that the wind had slacked off. As I turned the corner at 13, it got ugly again. For the next 2 miles, until we crossed the inlet into Stone Harbor, the course was completely exposed out on the salt marshes: nothing to break the wind for miles around. Official reports in town put it at 10 to 15 mph gusting to 18, but I estimated some of the gusts were well over that, as my shirts were plastered against my upper body. I was trying to draft as much as possible, but there were not many runners, and most of them got nervous when I tucked in behind them. Three of us were in trail when the wind tore off the cap of the leading woman, and we all nearly went down in a heap when she suddenly slowed and whirled to catch it. I finally turned my hat backwards, hip-hop style, to avoid losing it. My pace had dropped down even slower, into the 9:30 range ... and I still had more than 10 miles to go! Four hours was out of the question. It's just a training run, it's just a training run, it's just a training run.

After crossing into Stone Harbor, the course turns south for a few blocks, putting the wind at our backs for the only time that day. Oh, joy! What a beautiful day! Running really is fun! Then we hooked around the median in the boulevard at the south end of the island and started back north again, directly into the wind. I still had 4 miles to go before I'd see my running partners, and it was getting tougher to keep fighting. I really did just want it to be over but was too stubborn to give up. It's just a training run.

Then suddenly two angels appeared—Susan stepping onto the course and Sharon driving the big white van alongside. For some unaccountable reason, they had decided, after collecting their bags and sitting in the van for nearly an hour, chilling and tightening up, to meet me early and start running again. I can't remember when I've been so happy to see anyone as I was when those two descended from heaven.

Sharon: Heading into Stone Harbor and seeing the agonized faces and ballooned-up jackets of all the marathoners, we knew Chippie would be in trouble. Plan A (hot shower and tea) went out the Love Shack's window, and we went with plan B (get this clown to the finish).

Chip: Susan took the first 5 miles, from 16 to 21, and then Sharon took over for the last 5. While one ran, the other drove ahead to check on Paul Giuliano (another ERC marathoner) or to see where the upcoming turns were. The police had "sort of" closed the course. Some roads had one open lane, which was shared with oncoming traffic. Often, both lanes were open, but typically a portion of a lane was coned off. It was weird to watch my van go idling by, pull over ahead, then U-turn and come racing back in the same lane, sometimes while cars went by in both directions! At one point, Sharon parked in the middle of an

intersection with the engine running, hopped out, and ran with Susan and me for a few blocks. I started to squeak something about car thieves but was too tired. And I was afraid they would abandon me. I'd noticed that, since they arrived, my pace had improved about 20 seconds per mile! That's consistent with past experience: Having a supporting running companion in the late stages of a difficult marathon doesn't just make you feel better, it makes you faster. A quick calculation told me my 4-hour target was back in the realm of possibility. Around mile 22, now led by Sharon, I turned onto side streets where I observed Susan driving British style (on the wrong side of the road), making left turns into the oncoming lane. She seemed to know what she was doing. And I was beyond caring. It was just a training run, but I *really* wanted it to be over.

Susan: I had been pleading with Sharon to swap places with me ever since mile 18, but it wasn't until I had a cop pull her over at 21 for driving the wrong way through a toll booth at a bridge that she finally climbed out and started running with Chippie.

Sharon: We were pulling out all the stops: spoon-feeding gels, Gatorade, water, oranges ...

Chip: I don't like oranges during marathons—a fact Sharon conveniently ignored when attempting to jam a whole orange into my mouth after I remarked on her disposition.

Sharon: On several occasions, he tried to coax us to massage his quads and hammies, but that was going too far. However, we were prepared to do almost anything else to get him to just shut up and *finish* the stupid race.

Chip: The truth is that, as lovely as these two are, physical contact was the last thing on my mind as we ground up the miles into the wind.

In the last few miles, it was getting harder to maintain pace, and the mile markers seemed to come up even more slowly. The wind was unrelenting, and I started to pick up leg cramps. But both Sharon and Susan remarked (perhaps just to perk me up) that we were passing people steadily, and it was true. As bad as I felt, I guess other runners were suffering more.

Sharon: You can't imagine how much work it was to tell one lie after another in order to keep this clown moving. The running itself was easy, especially at his pace.

Chip: Just after the 1-mile-to-go marker (a nice feature I wish more marathons had), we finally climbed up and turned onto the boardwalk next to the ocean—where the wind hit us full strength again. From there, I could see the finish-line banner. I didn't believe it at first, because I knew we still had three quarters of a mile to go. Sharon was jabbering something about a Nike finish ("Just *do* it, already"), but all I could think was that there must be another banner even farther beyond. Susan had parked the van and joined us for the last push, so I had two blockers out ahead of me. With them encouraging and exhorting me, we passed the 26-mile marker. When I moved out from behind them to summon a last effort in the final quarter, I felt none of the energy I sometimes do at the end of a marathon, and my kick was pretty feeble (though, ironically,

my escort-service-inspired 8:36 last mile was one of my fastest, and the final .22 was at a 7:32 pace). Ever since their unexpected appearance at mile 16 had resurrected hope of a sub-4-hour finish, that had been the goal driving me. So I was thrilled when the final surge got me under it by 24 seconds. I was less happy when I had trouble standing up for a few minutes afterward. But I managed to avoid being forcibly restrained in the medical tent by threatening to sue the organizers for not having the race run north to south.

Sharon: I thought it would be a nice touch to give Chippie a little shove just before the finish, but I guess I got carried away. Given what he'd put us through, though, I'm not a bit apologetic.

Susan: I was so happy to see the 1-mile-to-go marker I almost cried. And I was driving at that point! My biggest fear after finally wresting control of the van from Sharon at mile 21 was she would get tired of dealing with Chippie and hop back in, leaving me to run with the guy again.

Chip: A serious moment now. When I finally qualified for Boston in 2006—after 13 attempts in 9 years and after a lower back problem had slowed me significantly for more than a year—I thought I'd never have a feeling like that again. The thrill of unexpectedly achieving something wonderful after great uncertainty, and sharing it with so many friends, was beyond recounting. Then in 2007, when my daughters jumped in with me at Philly to run the last mile of a dream marathon—my best time since before my back problems—I figured I'd experienced more than my fair share of euphoric moments. But life is full of surprises. And sometimes we receive a gift when it's least expected. Ocean Drive truly was the marathon from hell in some ways. But it's difficult to comprehend the feeling I still have, days later, whenever I think about my running buddies—two of the toughest and arguably least sentimental female runners I know—racing hard for 10 miles in miserable conditions and then, in a complete change of plans, suddenly deciding to get back out on the roads and run another 5 miles each just to bring me home. I watched both of them for 10 miles operating like a highly trained pit crew—one cheering from the window of the chase vehicle and hopping out to provide encouragement, the other always with me, racing ahead to pick up Gatorade, water, gels, anything I wanted, carrying a bottle of Gatorade for me (refusing to let me do it), blocking the stiff wind without complaint even though I'm sure they were hurting, following my every direction without a single cross word, ripping open a gel because my fingers weren't working properly, and all the while maintaining a nearly nonstop patter of coaching and support. And at the end, hovering outside the medical tent like anxious mothers to make sure I was okay, then guiding me into the food tent and fetching the best chicken broth in the whole world. It was a display of athletic prowess, toughness, grace under pressure, and friendship that I will never forget as long as I live.

Sharon: Susan and I enjoyed a great weekend with Beth Cunningham and Sarah Sheridan at the Philadelphia Marathon a few years ago.

Celebrating the hard efforts and accomplishments of both Paul and Chippie at the Ocean Drive Marathon postrace party was just part of yet another unforgettable Fleet Feet road trip! Certainly this pack of people we have been running with for years makes for an odd source of support, but we wouldn't trade it for the world. (Signed) Evil Queen in Quest of Martyrdom.

Susan: I can't decide whether these two are dull-witted or just forgetful. Chippie has run this marathon twice, and Sharon has been at Ocean Drive three times, including once for the full 26.2, but no way will I return to Cape May in March for a 10-miler, much less a full marathon.

Sharon: Chippie staying the night with two female runners in a multimillion-dollar resort town before a "training marathon"? Being coaxed step by step by them just to eke out a sub-4 marathon? And all the while in hip-hop fashion? This is just one more of Chippie's fabricated running fantasies. Remember the 8×10 glossy he has of us finishing together in 2005? Well, you won't see any photographic evidence this year.

Susan: Who would believe that between us we cooked both breakfast and dinner for him?

Sharon: The only thing more bizarre would be if he told you I demanded to take the wheel of the Love Shack and drive him home as he lay splayed in the passenger seat while I cranked up Ravel's *Bolero* on his souped-up stereo system. I mean, really, Chippie, when will you ever *quit*?

Chip: By all rights, I should have the last word, but nothing I can say would make any difference after those last paragraphs. Even I find it difficult to believe that everything those two just wrote is absolutely true.

Final notes from Chip: I mentioned this was just a training run. So I tried the run/walk method again, this time with more success than at the New York City Marathon last November. I walked 30 seconds after each mile marker. But instead of accelerating after the break to regain my position quickly, I simply resumed running. With the sparse crowd, it was easy to see that I was losing only about 30 meters on other runners each time I walked. And I typically regained that by the time I hit the next mile. I kept this up for 21 miles and ran it in from there. Although I could literally barely stand up after the race, on Monday and Tuesday I was hardly sore at all, no worse than I would have been for a moderate 20-mile training run. After my walk-and-sprint NYCM, in contrast, I was sore for 4 days, 1 day longer than ever before. So run/walk is no magic bullet, but I think it did help me pace the race better and provide some needed relief from the wind at regular intervals.

Niagara Falls! Slowly I Turned ...

Is anyone interested in a fall road trip? Some of us are planning one for the Niagara Falls Marathon (& Half-Marathon/10K/5K) the weekend before the New York City Marathon. For more info, send Chip an e-mail at jnbearden@aol.com.

Eating for Energy

The food we put into our bodies either energizes us or depletes us, said Caryn O'Sullivan, the featured speaker at the July meeting.

O'Sullivan, a certified health counselor and a specialist in integrative nutrition, began her presentation with her own story of eating depleting foods. She said that, in her previous career, many days she had eaten several chocolate bars (for energy) and drunk several diet sodas.

She had had trouble sleeping at night and napped at work during the day. The foods she had been eating were creating an "up-and-down, roller-coaster cycle" of quick energy boosts followed by long periods of exhaustion.

But then she broke this cycle—it took months—and founded her practice.

"Getting energy into the body is about nourishment, of the mind, body, and soul," O'Sullivan said.

For starters, she focused on food and on the old adage, "You are what you eat." ("Mom was right about that.")

Some of the foods she identified as "draining" the body of long-lasting energy are caffeine, alcohol, too much or too little red meat, tobacco, milk, sugar, artificial sweeteners, and trans fats.

Caffeine and alcohol are bad because, even though they are stimulants, they deplete the body of vitamins and minerals and may lead to chronic fatigue syndrome.

Milk is bad, she said, because the human body lacks the enzymes needed to break it down. (Milk, however, is good for children up to age six.) Yogurt, on the other hand, comes with all the enzymes required for digestion, and cottage cheese has some of them.

O'Sullivan said that she thinks artificial sweeteners aren't any good and that she doesn't care much for high-fructose corn syrup, the "worst thing you can put into your body." She suggested raw honey, agave nectar, brown rice sugar, or Stevia as an alternative.

Her rule of thumb about artificial sweeteners and high-fructose corn syrup is that, if bacteria and micro-organisms do not eat your food, you shouldn't either.

She cited a study in which several scientists buried certain fast foods in soil to see how long these foods would take to decompose. A hamburger from a chain restaurant that she would not identify began to decompose only after five weeks had passed. After 10 weeks, French fries still hadn't started decomposing.

Good foods are whole grains, vegetables, fruit, and brown rice. She said brown rice in particular is good for runners because it provides long-lasting energy; its sugars are released into the bloodstream very slowly.

She urged meeting attendees to eat consciously (i.e., slowly) so they don't overeat. Most people eat meals in just 7 minutes, according to O'Sullivan, but it takes 20 minutes for the brain to register that the stomach is full.

But what you eat is only "secondary food." O'Sullivan said that "primary food" (e.g., exercise, spirituality, career) is what fuels life. "What's going on in our lives will affect what and how we eat," she said.

"While most dietitians dwell on calories, carbs, fats, proteins, restrictions, and lists of good and bad foods, I work with my clients to create a happy, healthy life in a way that is flexible, fun, and free of denial and discipline," posted O'Sullivan on her Web site, www.appetitesforlife.com.

Her office is at 19 Nassau Street, Montclair. She can be reached at 347-387-5780 or caryn@appetitesforlife.com.

RACES: AUGUST–OCTOBER 2008

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

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	7:00a	Ten-Hill Challenge (Grove Street Pharmacy)	15.5M	973-477-0016	ERC group run
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 Club Championship (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	
8/30	Sat	9:00a	Saturday in the Park Women's 5K (Holmdel)	5K	732-542-6090	
8/31	Sun	9:00a	Crossroads of NJ 10K & 5K (Woodbridge)	10K, 5K	732-549-9440	NBGP: 10K & 5K (both 500 pts)
8/31	Sun	9:00a	Jimmy D Memorial 5K (New Brunswick)	5K	732-545-6729	
8/31	Sun	11:30a	Henry Isola XC Classic (Van Cortlandt Park)	4M	212-860-4455	
8/31	Sun	6:00p	Nike+ Human Race 10K	10K		

9/1	Mon	7:15a	Basking Ridge Labor Day 5K	5K	908-766-6755	NBGP: 500 pts
9/1	Mon	8:30a	Pier Village 5K (Long Branch)	5K	732-571-2162	
9/1	Mon	8:45a	Glen Rock Arboretum Run	5M	201-887-1843	
9/1	Mon	9:30a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
9/1	Mon	9:30a	[Canceled] Verona Labor Day Classic	5K	973-239-4111	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	8:30a	Ramsey Run	10K, 5K	201-825-8299	
9/13	Sat	9:00a	Wounded Heroes 5K (Mountain Lakes)	5K	973-897-2237	NBGP: 500 pts
9/13	Sat	9:10a	Dumont Run	5K	201-439-1106	
9/13	Sat	10:00a	Morris Mauler 5K (Lewis Morris Park, trail/XC)	5K	908-295-8580	
9/13	Sat	10:30a	USATF-NJ 5K XC Championship (Holmdel Park)	5K	973-334-8900	NBGP: 700 pts
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 (aka Mayor's 5K Run/Walk to Break the Silence)	5K	973-325-4109	NBGP: 500 pts
9/21	Sun	10:00a	5th Avenue Mile (NYC)	1M	212-860-4455	
9/21	Sun	11:30a	Fred Lebow XC Classic (Van Cortlandt Park)	5K	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	
9/27	Sat	10:00a	Dunellen Run for Education	5K	732-968-7470	NBGP: 500 pts
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
10/1	Wed	Noon	Newark Corporate Race	5K	973-376-6094	NBGP: 500 pts
10/4	Sat	8:15a	Grete's Great Gallop (NYC)	13.1M	212-860-4455	
10/5	Sun	9:00a	Union EMU 5K	5K	732-381-0318	NBGP: 500 pts
10/5	Sun	9:00a	Mahwah 5K	5K	201-825-1182	NBGP: 500 pts
10/5	Sun	9:00a	Jersey Shore Half-Marathon (Sandy Hook)	13.1M, 5K	732-409-3948	
10/5	Sun	9:30a	Carlos Negron Run (Liberty State Park)	5K	201-991-9103	NBGP: 500 pts
10/5	Sun	10:00a	Ira's Run (Englewood)	5K	732-381-0318	
10/5	Sun	10:00a	Country Squire Run	10K, 5K	973-879-1372	NBGP: 10K & 5K (both 500 pts)
10/5	Sun	1:00p	East Brunswick Road Races	10K, 5K	732-463-RVRR	NBGP: 10K & 5K (both 500 pts)
10/11	Sat	8:00a	Hartford Marathon (Hartford, Conn)	26.2M/variou	860-652-8866	
10/11	Sat	9:00a	Hoboken University Medical Center 5K	5K	201-418-2009	NBGP: 500 pts
10/11	Sat	10:00a	Hounds & Harriers (must run with dog) (Morris Twp)	3M	973-377-6276	
10/12	Sun	8:00a	Steamtown Marathon (Scranton, Pa)	26.2M	570-963-6363	
10/12	Sun	8:30a	Nutley Fall Five	5M		NBGP: 500 pts
10/12	Sun	9:30a	Hackensack Run	5K	732-381-0318	NBGP: 500 pts
10/12	Sun	9:30a	Liberty Corner 4-Miler	4M	908-766-7925	NBGP: 500 pts
10/12	Sun	9:40a	Staten Island Half-Marathon	13.1M	212-860-4455	
10/12	Sun	10:30a	Long Beach Island 18-Mile Run	18M	609-494-8861	NBGP: 500 pts
10/18	Sat	9:30a	CPL Breakfast Run (Cranford)	5K	732-381-0318	NBGP: 500 pts
10/19	Sun	8:30a	Atlantic City Marathon (50th annual)	26.2M/variou	609-822-6911	
10/19	Sun	9:00a	Maplewood 5K	5K	973-378-7907	
10/19	Sun	9:15a	Paramus Run	10K, 5K	201-265-1921	NBGP: 10K & 5K (both 500 pts)
10/19	Sun	10:00a	Seaside Half-Marathon	13.1M, 5K	732-245-7255	
10/19	Sun	1:00p	Summit Y-5	5K	732-381-0318	NBGP: 500 pts
10/19	Sun	3:00p	Spirit 5K (Mountain Lakes)	5K	973-335-8029	
10/25	Sat	9:00a	iMatter 5K (Liberty State Park)	5K	973-872-7121	
10/25	Sat	9:30a	Robert Giaimo Memorial Run (Fairfield)	5K	973-610-5176	
10/26	Sun	8:30a	Marathon Kickoff (NYC)	5M	212-860-4455	
10/26	Sun	10:30a	USATF-NJ 8K XC Championship (Readington)	8K	973-334-8900	NBGP: 700 pts
10/28	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	732-381-0318	NBGP: 500 pts

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)