



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

September 2008

Vol. 25, No. 9

MARK YOUR CALENDAR

- **Sep 7.** Grove Summer Series: *Eagle Rock 9/11 Memorial Run*. Page 5.
- **Sep 8.** General meeting with special guest Anne Marie Letko. Page 1.
- **Sep 10, 17, 24.** First 3 weekly group track workouts. Pages 3, 5.
- **Sep 13.** Holmdel Park Cross-Country 5K (USATF–NJ all-divisions championship race). Page 4.
- **Sep 21.** Club races: Brian's Run 5K & 10K (Wayne), Mayor's 5K Run/Walk to Break the Silence (West Orange). Page 4.
- **Sep 27.** First race in 6-week Shore Athletic Club (SAC) Cross-Country series at Monmouth County parks. Page 4.
- **Sep 28.** Newport Liberty Half-Marathon (USATF–NJ all-divisions championship race), Jersey City. Page 4.
- **Oct 26.** Deer Path Park (Readington) Cross-Country 8K (USATF–NJ all-divisions championship race).

August: So Sad, Summer Hosted Runs End!

Many thanks to all the club members who hosted Thursday-night group runs this summer: John & Lenore Piccoli (Jun 5); George & Christa Studzinski (Jun 12); Desmond Duncker (Jul 3); Genie Temmler & Joy Mishkin (Jul 10); Aubrey Blanda (Jul 17); Susan Palermo & Wayne Carlson (Jul 24); Val Kenny & Ginny Kientz (Jul 31); Catherine Alessi, Beverly Salerno, Anne Chesny, & Lynne Mortimer (Aug 14); Tom Daniels (Aug 21); and Paul Maloney (Aug 28).

Hosted runs will return weekend mornings this winter (Dec–Feb)!

August: Joyful Beginnings!

Congratulations to Phil Coffin and Laura Messina, who on August 16 were married on the beach in Point Pleasant!

Jennifer and Justin Carbone welcomed London Jolie into the world on August 28! At 6 pounds 13 ounces and just under 20 inches, London was exactly the same as her big sister at birth. Both Jen and baby are doing great! —Karen Merz

Convenient and Inexpensive—

ERC Bus to New York City Marathon

Runners and spectators will soon be able to book seats on our bus from Grove Pharmacy (Montclair) to the NYC Marathon and back (Sun, Nov 2). Free parking at pharmacy. Departures: 6:30 am (runners), 10:00 am (spectators). Prerace, postrace refreshments included in cost (\$25 member, \$30 nonmember). Look for your reservation form in the October issue!

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). *Anne Marie's appearance is sponsored and made possible by Larry and Lynda Hollander and Grove Pharmacy.*

Church Street Kitchen
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

Sep 8 • Oct 6 • Nov 3 • Dec 7 (25th Anniversary/
Holiday Party, Mayfair Farms, West Orange)

Schedule of Board Meetings for 2008

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

25th Anniversary Party—Save the Date, Dec 7!

This Mayfair Farms gala will double as our Holiday Party. Invitations will be mailed this fall. The event will have a cocktail hour (6–7 pm); buffet dinner with dessert (7–10); unlimited wine, beer, soda, coffee, and tea; souvenirs, raffles, 50–50, deejay and dancing, a historical program and slide show, & more!

New & Returning Members

Patrick Donohue, *Little Falls*
Janet Ferrera, *Cedar Grove*
Lezli Harvell, *Newark*
Amanda King, *Montclair*
Harry Moskowitz, *Verona*
Kimberely Stark, *Wayne*
Joseph Yewaisis, *Glen Ridge*



2008 ESSEX RUNNING CLUB

Officers

Desmond Duncker. President
Anne Chesny. Vice-President
Carl Sturcke. Treasurer
Mark Frankel. Secretary

Board Members

Catherine Alessi. Entertainment &
Clothing
Aubrey Blanda. Insert Photos
Mick Close. At Large
Phil Coffin. At Large
Chris Jaworski. Newsletter
Martta Kelly. PR & Web Site
Tom Kelly. At Large
Debbie McNally. Mailing
Karen Mishler. Honorary
Lynne Mortimer. Entertainment
Susan Palermo. Clothing
Gary Peters. USATF
Beverly Salerno. Membership

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@
yahoogroups.com](mailto:essexrunningclub@yahoogroups.com)

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lynne.mortimer@cbmoves.com

Web Site: Martta Kelly
website@essexrunning.com

Clothing
Catherine Alessi & Susan Palermo
clothing@essexrunning.com

Monthly Speakers: Anne Chesny
201-869-1708



Essex Running Club Turns 25

By Stephen Schimmel

Reprinted from *Verona-Cedar Grove Times*, Aug 6, 2008

Chances are that you've seen them trotting along Verona Park's snaky pathway or bounding through the three-mile West Essex Trail.

Huffing and puffing their way along Essex County streets and sidewalks, running in both the day and night, summer and winter, rain or shine, their love affair with running is what binds them.

It is, however, the Essex Running Club that brings them together.

Celebrating 25 years, the Essex Running Club is looking back on what has been for the past quarter of a century.

Verona resident Craig Van Doren, a member of the club since its inception in 1983, said that while the group has grown in numbers, its mission has not wavered.

"It has grown from a group of six or seven people to a group well in excess of 100 people," Van Doren said. "It's still true to its beginnings, where it's not a club for elite runners. It caters to all runners, where speed and mileage are not determinants. The mission hasn't changed, but the club has gotten bigger."

Today, the club consists of approximately 250 members, 50 of whom are still active runners. The club meets on the first Monday of every month at Church Street Café in Montclair to discuss issues of interest. In addition, participants within the organization can be spotted running the Verona trail on Tuesday nights, or participating in area marathons and other races.

Members now hail from every town in Essex County. Cedar Grove resident Jack Martin, a member since 1984, said that it is the club's general open-mindedness toward all involved that has enabled the club to grow rapidly.

"It is a great group of people," Martin said. "Everyone is willing to share his or her knowledge of running and fitness. Each member is encouraging, nurturing, and the people really seem to take care of each other."

"The runners that have the better times are gracious with their time and willing to help along others. As a result, the Essex Running Club has diversified, enabling it to accommodate all types of runners."

The initial founders of the club assembled with a common interest, and according to Van Doren, their mission was unique for its time.

"We wanted to create a club for recreational runners of all abilities," Van Doren said. "In the early 1980s, the majority of running clubs were geared towards very competitive athletes with Olympic builds."

"This was a running club geared more towards the recreational runner than it was the competitive runner. This was a club that was catering to the everyday roadrunner."

Many of the group's members originally found gratification in the fact that the club offered a safe, judgment-free way to get involved with running, and now find themselves ahead of the pack as a result.

Lynne Mortimer, a Verona resident and 11-year member, said that her abilities as a runner have significantly improved since she first got involved.

"I started as a social runner and developed into a competitive runner," Mortimer said. "I met my coach through the club, and I credit him as well as fellow members of the group with transforming me into a more competitive runner."

"Other than that, I think that it gives you the social aspect of being able to run with other people. It becomes social on any level that you want it to be," she added.

Running is what brings each member of the club together, but it is, according to various members of the group, those social ties that maintain the strength of the running union.

Much is credited to the friendships and memories that have been made during the past 25 years, and according to Cedar Grove resident Mick Close, who has been a member since 1986, those relationships are an essential aspect of what the club is all about.

"All the camaraderie and friendships amongst the runners is really important [to the club]," Close said. "In general, the club has gotten bigger and people come and go, but there are a lot of memories and friendships that have grown over the years."

After a quarter of a century, the memories that unite each member are plentiful, and it is those memories that are bringing the club together this year to celebrate what has been.

Martin said he hopes the strong bond that connects every member continues to grow and unite local runners.

"After 25 years, I would just wish the Essex Running Club 25 more years of what they have been doing."

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

GROUP TRACK WORKOUTS & GROUP RUNS

Wed (9/10–10/15)	6:30 pm	(○) Group Track Workout (Free Coaching), Brookdale Park
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(^F) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(○) **Track Workout, Brookdale Park, Bloomfield/Montclair.** *Wed (Sep 10, 17, 24; Oct 1, 8, 15).* Arrive between 6:00 and 6:15 and run a 2-mile warmup and strides so that you're ready to go when the workout begins at 6:30. Joel Pasternack will provide coaching and advice for an hour and can get latecomers started up until around 7:30. In addition, his workout plan will be posted each week at essexrunning.com/workout. Runners and walkers of all abilities welcome! ERC, selling ad space in its monthly photo insert, pays for Joel's services so you can train for free.

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

(^F) **Fleet Feet Sports, Montclair (FF Long Run).** *Sun 7:00 am.* Meet at Fleet Feet (603 Bloomfield Ave) for runs on 1 or more of 3 loops (each 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@yahoo.com.

**IN THE SEPTEMBER ISSUE OF
KEEPING TRACK ...**

15 Years Ago (1993)

Orthopedist Richard Braver is slated for the October meeting (he reappears in June 2008) ... beer seems to be the key to success in running (ERC president Dr. George Studzinski writes, "The only vitamin supplement I believe in is beer, which provides the B vitamin complex"; elsewhere, readers are advised to "drink more at our monthly meetings or we might lose the use of the room at the Nest") ... Jean Greaves and Bryan Hartigan, who met through the club, announce their engagement ... Larry Hollander tells a cautionary tale of a member who "kept pushing, pushing till his body could go no further" (was "incapacitated with a bad back") and expresses his "hope that we all learn a lesson, throw our watches in the sea, enjoy nice easy running for many, many years, and trade speed for longevity" ... Donna Close writes of autumn and "[taking] in deep breaths of a cleaner air" ... the first Walt Disney World Marathon (Jan 1994) is spotlighted ... while waiting for a chess opponent to move, Mike Wojcio ponders a recent vacation and the Gold Coast Marathon in Australia ... the "Jersey Shore Half-Marathon [is] cancelled due to a loss of sponsorship" ... and Giralda Farms 10K fees are \$10 (pre) and \$12 (post).

10 Years Ago (1998)

Name of our meeting place changes from *The Nest* to *O'Neil's* (note similar change: *Church Street Café* has become *Church Street Kitchen*) ... meeting to feature video *Fire on the Track*, about Steve Prefontaine ... ERC president Eugenie Temmler laments that coverage of our sport "is doomed because we keep so few statistics" and calls for spicing them up ... Larry Hollander is thanked for organizing the Verona Labor Day Classic ... cost for a member to take the ERC bus to the NYC Marathon is \$25 (vs. \$25 in 2008!) ... ERC's only Tom Kelly-less River to Sea Relay is recapped by stand-in captain Tony Sanchez (Tom was sick) ... Anne Chesny's Goodwill Games report continues ... and Mike Wojcio provides another travelogue, ending with Hawaii and the Kona Marathon, during which our hero follows two runners 2 miles off course and then decides to take a dip in the water off Kahaluu Beach.

5 Years Ago (2003)

The Verona 9/11 Memorial is dedicated. ERC contributed Labor Day Classic proceeds to help fund this memorial.

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

ESSEX RUNNING CLUB 2008–2009 MEMBERSHIP

JOIN THE CLUB!

INDIVIDUAL

Name			DOB
Street			
City, State, Zip			
Primary Phone	2nd Phone		
E-Mail			

FAMILY

Spouse Name			DOB
Primary Phone			
E-Mail			

ANNUAL DUES & MAILING

<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.
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Membership Year. Jan through Dec. **Current Members.** Renew by Feb 1 to avoid interruption in delivery of *Keeping Track*. **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.

GROUP PURSUITS

Eagle Rock 9/11 Memorial Run Sun, Sep 7

This is the third and final run in the Grove Summer Series. We will leave at 7:00 am from Grove Pharmacy (123 Grove St, Montclair), and there will be two routes (6 and 15 miles) to accommodate a wider range of people. Both will feature a climb up Snake Hill to the 9/11 Memorial in Eagle Rock Reservation. There will be water/Gatorade stops along the way. This is a group run rather than a race. The routes are shown on the USATF America's Running Routes Web site:

6M <http://www.usatf.org/routes/view.asp?rID=160055>
15M <http://www.usatf.org/routes/view.asp?rID=146670>

Brookdale Track Workouts Wed, Sep 10

This fall, club members of all paces will meet on six Wednesdays for group workouts at the Brookdale Park track. The first workout will be on Sep 10 and the last on Oct 15. Everyone is encouraged to try these free sessions!

Coach Joel Pasternack will provide guidance, advice, and encouragement.

Arrive between 6 and 6:15 pm and run a 2-mile warmup and strides so that you're ready to go when the workout begins at 6:30; if you can't get there by 6:30, you can come later, as Joel will be on the scene until at least 7:30 to get people started. Also, his workout plan will be posted each week at www.essexrunning.com/workout.

FINISH LINES

Wyckoff/Franklin Lakes Triathlon Jun 14

Rich Unis. 1:53:04
My times were 17:56 (half-mile swim), 47:32 (15 miles on bike), and 43:32 (5-mile run). This was my first race in the 50+ age group. Once again, they forgot to include my results in the Clydesdale division (for competitors \geq 195 pounds).

Tri-State Trek (270M), Jul 18–20 Boston to New York

My friend Andy Dunberg and I biked the full distance in this 3-stage (3-day) event benefiting the ALS Therapy Development Institute (ALS is amyotrophic lateral sclerosis, or Lou Gehrig disease). This is one of two fundraising rides I do; the other is for multiple sclerosis. —*Rich Unis*

Giant Jumping Rat Marathon, Jul 19 Morondava, Madagascar

Andy Kotulski. 4:40

Interclub Challenge, Jul 20 Third Ward Park, Passaic

2. *Larry Czaplowski*. 17:18
8. *Tom Kelly*. 21:55
9. *Phil Coffin*. 20:05
10. *Charlie Slaughter*. 19:15
14. *Gary Peters*. 19:48
15. *Mick Close*. 21:12
16. *Wayne Carlson*. 21:23
19. *Mike Kalthoff*. 20:35
22. *Tom Eaton*. 19:10
27. *Joe Cozzi*. 24:48
28. *Doug Williams*. 20:51
30. *Randy Miller*. 21:01
35. *Mike Skara*. 20:39
36. *Tom Daniels*. 21:39
41. *Ed Kelly*. 21:33
42. *Roosevelt Lucas*. 21:03
44. *Chris Jaworski*. 23:17
56. *Bill Mishler*. 26:41
58. *Jean-Pierre Welch*. 22:52
60. *Paul Kartanowicz*. 22:22
63. *Aubrey Blanda*. 26:28
68. *Valerie Kenny*. 29:41
75. *Catherine Alessi*. 31:33

78. *Nina Miller*. 30:42
80. *Genie Temmler*. 34:16
82. *Susan Palermo*. 36:08
83. *Spencer Schwartz*. 32:22
Thanks to everyone for coming to this year's Interclub Challenge. Despite the heat and wacky race clock, this was once again an enjoyable event. As in years past, the Clifton Roadrunners Club overwhelmed us by outnumbering us, this time 51 to 27, but we nevertheless gave them a good run for the money! It was great having Rose City Runners rejoining this competition. In the Essex–Clifton rivalry, we were outscored 2150 to 1167. In the three-club contest (only the first 12 finishers in each club counted), Clifton scored 327 points; ERC, 260; and Rose City, 79.

—*Desmond Duncker*

Parker House 2-Mile Jul 26

Lynne Mortimer. 13:59
A beautiful albeit humid morning and a record turnout. Awards went only to the top 3 overall, but the postrace party at Parker House was one of the best at the shore, and every penny went to charity, which is wonderful. I was 2 seconds behind last year's time and was so wiped out from the effort that I couldn't have run another mile if I wanted to. This race always reminds me why I pace so much differently for a 5K.

New York City Half-Marathon Jul 27

Ronald Wolfson. 1:39:57
Jennifer Odell. 1:40:11
Brent Andrews. 1:42:23
Tom Daniels. 1:44:42
Aileen O'Rourke. 1:53:46
Jim Collins. 1:57:00
Ed Kelly. 1:57:39
Andi Robik. 1:59:57
Laura Halstead. 2:09:21
Aubrey Blanda. 2:10:04
Rameka Whitehurst. 2:16:22
Robyn Silverman. 2:20:11
Michael Topper. 2:24:36
Julie Harris. 2:28:28
Sarah Ford. 2:31:04

I had a great experience running this half for the first time. I drove in with my friend Marci, who planned 10-minute miles but said she might be able to push it a bit if I paced her. Without hope of racing well in the humidity, I happily obliged. The wave-start race began fairly promptly. Unlike the evil bib witch at the expo Thursday, the race-day volunteers were enthusiastic and helpful.

The first 7 miles were in Central Park, so for me the sights and sounds that make this race unique didn't begin until we exited the park and headed toward the West Side Highway. Running through Times Square, with its huge billboards and lights, was amazing. As both Marci and I were suffering by mile 10—the humidity soaked our shoes and sapped our energy—the wonderful highway breeze came just when we needed it most and helped us get to the finish in 2:10.

I recommend this race to anyone who hasn't done it before. But, unless average July temperatures and dew points drop by about 50%, I will pass on this one next year. —*Aubrey Blanda*

I had a good experience too! This was my second NYCHM, and I improved from 2:14:00 last year to 1:59:57! The thunderstorm at 5:15 am, when Tom Daniels and I left Glen Ridge, added to the excitement and kept the sun away for most of the race. The field was tight through the park but thinned out on the streets. The bands were loud and played excellent racing music (at least for the few seconds you could hear them while running past). I'm not sure how the sing-along station worked; maybe that was more for spectators. Anyway, I am tired but happy!

—*Andi Robik*

I also had a great time at this race. I was a little nervous because I was going to be running on only two hours of sleep (10 pm–12 am). Oh, and I wish I had, um, *trained*—yeah, that's the word! I knew I wasn't prepared for this, and it probably wasn't the smartest thing to undertake, but I had decided that finishing was my only goal. I was going to take it really easy in the park. Harlem Hill was harder today than anytime I have run it!

Once I got out of the park, I felt great! I pushed to the finish and had to stop briefly only twice (to stretch). All in all, I'm satisfied, and I feel great!
—*Rameka Whitehurst*

This was also my second NYC Half. The driving rain, ominous cracks of thunder, and lit-up skies throughout much of the night before compounded my anxiety over running a race for which I felt woefully undertrained. And yes, the evil bib witch that Aubrey mentioned (we used different words to describe her) was there at the expo to ensure that everyone picked up packets on time, in person, and with proper ID. However, there are many things to like about this race:

— At the expo, my daughter and I listened to a fireside chat and got autographs from and photos taken with Catherine Ndereba (who won the women's race) and Dathan Ritzenheim (the #2 US marathoner).

— Although sponsor Nike shamelessly forced runners to go to its 57th Street flagship store for packet pickup, its rugged gray lightweight tech shirt is the best I've seen from any race and is much better than the inaugural NYCHM powder-blue poly T. It has also received the Teen Seal of Approval from my son ("The writing is cool").

— The drive with Andi this morning from Glen Ridge to the Upper East Side took less than 30 minutes, and Sunday means free street parking.

— Seeded corrals are a godsend in a 10,500-runner Central Park start line that stretches from 85th Street to 105th Street—the entire length of the straightaway leg (and then some) adjacent to the east side of the reservoir.

— The entire race was viewable on the WABC TV Web site, which also included links to where each of us could be seen crossing the finish.

— The course rocks—not just the warmup loop in the park but also automobile-deserted Seventh Avenue, lined for almost a mile with roaring crowds, sometimes three-deep, particularly in Times Square, where loudspeakers were fully amped, Solid Gold dancers were on stage, and everyone was singing rock music running songs karaoke-style with the words streaming across a big screen. It's not First Avenue on the first Sunday in November, but it wasn't bad for 8:00 am on a Sunday in July.

— The field was world-class. It included 13 past or present Olympians who were using the race as a tune-up for Beijing. Many of these athletes stuck around signing autographs and mingling with the masses afterward.

Best of all, NYRR knows the date is a challenge because of the heat and humidity. There is talk about moving it up in the calendar so perhaps it can serve as a tune-up for spring marathons. Also, next year there may be a course change to accommodate a larger field (8000 people were shut out of this race). Running the NYCHM is a great experience, and I echo the others in recommending you try it at least once.
—*Tom Daniels*

I saw one of our newest members, Sarah Ford, at the finish.
—*Michael Topper*

Thanks for remembering me, Michael! It was a pleasure running into you at my first half-marathon! My official finish time was 2:31:04, which apparently is the slowest of everyone. But hey, it was my first go!
—*Sarah Ford*

Escarpment Trail Run (30K), Jul 27
Windham to Haines Falls, NY
Mick Close 5:25:59

Neptune City 5K Run Aug 2
Mike Sneden (3rd AG) 20:10
The 16th annual Neptune City 5K was sponsored by the Jersey Shore Running Club. The course is a relatively flat single loop that ends at the Neptune Municipal Beach Park. The early (8:00 am) start helped with the heat, but the race was still warm and muggy. About 300 runners (mostly local shore runners) participated. In a nice touch, trophies were awarded in lieu of medals for the top 3 finishers in 5-year age groups, so many runners received awards.

River to Sea Relay (92M), Aug 2
Milford to Manasquan
"Running early in the morning is not so bad," said Tom Kelly, 67, of West Orange, who will . . . partake in his 12th [River to Sea] race. "It's when you hit the 7- or 8-mile mark, when that sun starts beating down on you and there's no shade, that it really starts to get difficult."

The most grueling leg of the race, from Lambertville through Hopewell—an 8.2-mile jaunt between miles 20-29—is called the Beast by those who have run the relay. A series of "monster hills," as [race director Mark] Zenobia calls them, are the most challenging obstacles along that stretch.

"Only the craziest runners take that leg," Mr. Zenobia said. "If you're not fit to attempt it, don't—it's for the real animals of our sport."

Mr. Kelly, whose team includes his wife, Marta Rose, has tackled the Beast before.

"You're really tired when you're done with the Beast, but it's a nice feeling of accomplishment," he said. "Though your body is aching, there's very little time to feel sorry for yourself, because you have to get back in the car and start driving again." —*from the article, "From River to Sea, a Race About Finishing," by Vincent M. Mallozzi, The New York Times, Jul 27.*

ERC Team 1
Aileen O'Rourke, Helene Scarnegi, Ed Kelly, and John Harvey . . . R2C rookies no more! Congratulations! Hope you enjoyed the day and the team experience. Aubrey Blanda and Marta Kelly are both now seasoned veterans. Thanks to you all for making this, my 12th R2C, as rewarding and enjoyable as any of the others. And special thanks to John Piccoli for volunteering his time to assist in the many tasks needed to keep ERC Team 1 focused and motivated.

Given our average 5K times and our early start (6:55 am), I had estimated we'd finish just before 8:00 pm, and darned if Marta didn't cross the line at 7:59. Congrats to each of you for your efforts and accomplishments in completing your assigned stages.

By now I've come to expect wacky August weather, but this year's was more bizarre than usual: heat, humidity, downpours, and hail, plus severe lightning, as Ed can attest. In light of these challenges from Mother Nature, you should all feel even prouder of our team's effort.

Essex once again fielded 3 of the 110 teams that participated in R2C. Congrats to Air Jamaica, captained by ERC president Desmond Duncker, for its 20th-place finish (elapsed time, 11:48:27). And Phil Coffin's Grumpy Grovers need not be grumpy at all; it reached the beach in a very respectable 10:30:09, good for 45th place.

Twenty-one Essex members (15 R2C veterans, 6 rookies) were part of the 2008 relay. ERC's presence in the 13-year history of this event—we've had a team run each year since the beginning in 1996, when the team I was on competed against only 6 others—is more consistent than any other club's! Kudos to our 3 teams for carrying on the tradition! —*Tom Kelly, team captain*

My hat's off to Tom, who ran both the *Beast* and *Looong and Hot*—perhaps the gutsiest performance in R2C history. By the way, we followed Google Map directions to Milford and cut 20 minutes off the directions in the book.

—*Will DeRoberts*

I had an amazing time and would do this again for sure! It was so much better than I thought it would be. Aubrey did a fantastic job taking a varied set of photographs of our team. I am an avid scrapbooker, so I really appreciate what she did.
—*Helene Scarnegi*

Grumpy Grovers (ERC Team 2) ...
... very happy with R2C13!

Where to begin in contemplating the Grumpy Grovers' Day in the 13th River to Sea Relay? It was, after all, most likely the fastest finish by an Essex team in the past 11 years (10.5 hours). It was certainly the coolest R2C in that period. But there's more to chew on, much more.

Maybe we should start with Doug Williams. He ran through a thunderstorm of biblical proportions on his first leg—blinding rain, thunder, lightning, hail, downed branches, flooded roads. Had we been able to see out the car windows, I think we would've spotted an animal-laden ark floating by. Nonetheless, Doug maneuvered through the storm in sub-7-minute miles. And laughed about it. Doug also set the parameters for the day, sending out an e-mail in advance that joked (I think) that we should run 6:45 pace for the 91.7 miles. Darned if we didn't almost do it: 6:46!

Or maybe we should start with Paul Kartanowicz, our R2C rookie. He ran a (literally) blistering pace on the 4.8-mile opening leg—it was fast, and he did have a blister that looked like something on the menu from Burger King. Then he ran the 9.1 miles of the *Frying Pan* in the afternoon faster than any Grover ever had.

No, maybe we should start with Tom Eaton. He ran the *Beast*, 8.2 miles of hills, at sub-7-minute pace and then tackled the *Wild Card* legs with Mike Skara. They didn't just tackle them; they threw 'em for a loss, averaging 6:18 pace

over the nearly 14 miles by running mile-and-a-half repeats. Tom actually had a larger role, as he had to be the human Prozac for the team captain over the two weeks leading up to R2C.

Well, maybe Mike S is the place to start. He had those *Wild Card* legs. He had the 8.2 miles in the morning at sub-6:50 pace. He had the orange shirt-cap-sunglasses-as-beacon look. (No one else should attempt this. Ever.) He sang. He was relentlessly upbeat from at least 6:15 am on.

No, Gary Peters, Gary's where to start. He ran the *Beast* the past two years, so this year he got a respite and took to the towpath, 6.5 morning miles. He ran it at 6:42 pace ... then followed that with 5.5 miles in the afternoon at 6:41 pace. How does he do that?

I have this wrong. We should start with the finish. That's Mike Kalthoff, who ran the final leg, 2.4 miles to the Manasquan beach. I've had teammates who busted this leg, others who ran it as if sauntering, teammates who got lost there, teammates who seemed to think they were on a float in the Rose Bowl parade. (Let's wave to the crowd here ... and here ... and ...) Mike ran it like a race, about 6:30 pace. This came after nasty leg 6, which I firmly believe is the third-toughest leg, 8 miles of hills and twists and turns and emerging midday sunshine. Mike ran it in sub-7s.

I'd never start with myself, but I will say that I ran about as well as I could hope to for an R2C day. I attribute that to being pushed and pulled by as good a group of teammates as you could want. Everyone made everyone else better. It's what you hope for but don't hold out too much hope that you can actually get.

But we did. It was a great day. A great race. A better team. —*Phil Coffin, team captain*

Air Jamaica (ERC Team 3)

I thank everyone for yet another enjoyable R2C! Everyone did his or her part, and, as usual, Air Jamaica had fun ... while reaching the sea at the most respectable clock time of 6:53 pm (11 hours 46 minutes after starting). It amazes me how every year I have a different crew, yet we always live up to our potential. I pride myself on submitting accurate 5K times, and it appears that the strategy of giving the long legs to our strong runners and the short legs to our new runners, providing water and Gatorade every mile, and splitting the *Wild Card* stage into 1.5-mile repeats works well for a mixed team like ours. Again, thanks, everyone. It could not have been done without your participation and full effort. We had our share of hiccups (and throw-ups) but kept everything running smoothly.

—*Desmond Duncker, team captain*

Special kudos to:

— Des, who in addition to being a great leader and motivator, picking a fine team, and masterminding a perfect allocation of legs, posted the fastest two splits over his 15 miles of running.

— Jen Lanterman and Tracy Keller, for not losing their minds as my copilots when, during Des's first run, we (a) temporarily lost his car keys (at which point we instituted the "keep keys in ignition & crack windows open" rule), (b) received a

race official's warning for being "illegally parked" (even though we had pulled over on a side road and far from any traffic), and (c) love-tapped the bumper of a car in front of us (don't worry, Des, at 1 mph, there was no damage, and the other driver wasn't holding her neck as she drove off).

— Andi Robik, for her great runs and bettering her predicted times over 13 miles but also for being a good trouper riding in our car (her stuff was stranded in the other car) and sitting on garbage bags to keep things dry.

— Mark Frankel, for hanging in there and then rallying after a tough day of heat cramps and dehydration ... something we've all been through.

— Shannon Packard, for giving new meaning to the word *patience* as she swam through her first leg, took on rookie-piloting of car 2 (inside were two other rookies, plus her only veteran in the fetal position), and then ran the last leg without team support, maps, or directions.

My only regret is that we forgot to put the chilled Coronas to good use. —*Tom Daniels*

I am still on a high from R2C—an experience I will never forget and I hope to repeat. Des, thanks for organizing our team and allowing me to be on it! And thank you, Shannon, for being an amazing driver and awesome supporter and keeping everything under control in our car. Our only moment of chaos was when you were not with us! Finally, what chilled Coronas? —*Andi Robik*

Race Against Crime 5K, Hoboken Aug 4

Ed Kelly... 21:08
Lynne Mortimer (2nd AG)... 24:33
Lisa Kelly... 30:13

On a picture-perfect night, 778 people ran this race along the Hoboken waterfront. It seemed to bring out many younger runners. I went because (a) Lisa wanted to run, and (b) who could pass up the excellent weather? After doing the New York City Half-Marathon last weekend and River to Sea two days ago, and tiring around mile 2 tonight, I still ran pretty well. —*Ed Kelly*

I had no idea how I'd do after a weekend 16-mile marathon-training run, so I was surprised to take 2nd in age at such a big race (it had one of its best turnouts ever). I cheered Lisa in and then stayed for dinner in Hoboken. First time I've done this race, and I'd do it again. It's well organized, the trophies are beautiful, and who can beat Hoboken for fun afterward? —*Lynne Mortimer*

Project Children 5K, South Mountain Reservation Aug 7

Gary Peters (2nd AG)... 20:35
Ed Kelly... 21:05
Mick Close... 21:48
Wayne Carlson... 22:08
Chip Bearden... 22:52
Tom Kelly (1st AG)... 23:34
Aileen O'Rourke (3rd AG)... 23:55
George McIntyre (2nd AG)... 24:52
Helene Scarnegi... 25:17
Martta Kelly (3rd AG)... 25:23
Robyn Silverman... 27:07
Ed Trieste... 28:27

Valerie Kenny... 29:49
Jim Malone... 32:49
Beverly Salerno (2nd AG)... 32:57
Susan Palermo... 37:22
Jaclyn Pita... 41:13

More than 300 runners came out for what was (for August) an almost perfect night for running. Bagpipes played as we made our way along the tree-lined reservation roads. Quite a few people attended the postrace festivities and awards ceremony at the Shillelagh Club in West Orange. There were free hot dogs and beer for everyone! Essex had several award winners, including Ed Trieste, who went home with more than \$120 as winner of the 50–50! —*Mick Close*

For the first time in all the years I've been doing this race, the weather was good. Comfortable temps, low humidity, and a River to Sea "jump-start" probably all contributed to my course PR. —*Martta Kelly*

I ran a course PR, too. I recall the weather being okay the first time I ran this race (in 2004, one of my earliest races), but I've gone every year since and always moaned about the heat or rain or both. Conditions were so much better this year! —*Ed Trieste*

Guts & Glory 5K, Ocean City Aug 9

Susan Palermo... 39:43
I ran/walked this race (benefits Colitis Foundation) and then enjoyed its delicious Rita's cherry and mango ices. They were so refreshing on this warm morning in the sun!

Asbury Park 5K Run Aug 9

Larry Czaplowski (1st AG)... 17:27.8
Mike Sneden... 20:11.3
Lynne Mortimer... 24:47.7
Jill Sanders... 26:27.7
Jim Malone... 32:58.7

Wow! Would you believe 65 degrees, low humidity, a light breeze, and bright sunny skies in mid-August? That's what more than 900 runners had for this two-loop race starting at Convention Hall in Asbury Park and ending with a quarter-mile sprint to the finish on the boardwalk. The Boys & Girls Club of Monmouth County benefits. There were mile splits and plenty of volunteer course marshals. Everyone who ran received a medal. —*Mike Sneden*

It was a glorious morning for a race with another record turnout. Hats off to Larry for winning 1st in age, as open and age-group competition at the shore can be much stiffer than at USATF races. I had finished 2nd in age at Hoboken four days earlier, and here I was 7th! —*Lynne Mortimer*

Asbury Park was my first race after a knee injury a few weeks ago. What a great day to get back into racing! The Asbury course is exceptionally flat, so if you happen to be looking for a 5K PR next year, try this race. This was my fourth time there, and each year more runners show up. I'm always impressed with the improvements being made in Asbury Park. —*Jill Sanders*

Ten-Hill Challenge

Aug 10

This second in the Grove Summer Series of long runs had a great turnout, with quite a few people from the club and Fleet Feet boosting the usual Grove Street group to more than 20 people. For the most part, this was another typical Sunday-morning run, but there was one incident that will likely go down in the ERC history books.

A front pack of at least a dozen of us stayed together most of the way, reorganizing at each of the water stops, before fracturing over the last 3.5 miles up the final two hills (Bradford, Highland) and then on the downhill section back to Grove, despite there being no ugly socks to win.

The nice weather helped make the early miles go by quickly, and it seemed not long before we had the first five hills behind us (Walnut, Claremont, Bloomfield, Fells, Oval). Unfortunately, a few runners in the rear missed a turn in Essex Fells and had to find another route back. Sorry, folks, and I hope we didn't lose anyone!

Things got a little tougher going up Mountain and over Hilltop before dropping down for the long climb up Linden. Then, as we got about half-way up Linden, a woman jumped out of her SUV and started yelling at the people up ahead. I figured she was just another of those wacky New Jersey drivers who think they own the road.

But things got really bizarre a few minutes later, while we were running together in a pack on the sidewalk along Pompton Avenue. A police officer drove by and pulled us over—no, not to give us a speeding ticket but to investigate a woman's complaint about a car being hit by a runner. Luckily, he seemed not to be taking the incident too seriously, and we were soon back on our way without anyone taken into custody!

Everyone hung out and had refreshments after the run. —Mick Close

This was a treat. I hate hills but loved this experience: the challenge, the route, the water/Gatorade stops (with coolers; none of that downtown paper-bag nonsense!), the finish-line snacks that bested those at many races, and having the front guys running slowly enough that we midpackers could still catch up and chat briefly at the stops. The incident with the crazed motorist and the policeman was an unexpected bonus. Or was it? Everything else was so well planned that I have to ask: Mick, did you arrange this part of the day, too? No matter. Thanks, Mick, for a great Sunday morning. But let's not tell anyone, else next year it will get too big and go the way of too many overly successful races! —Chip Bearden

Turkey Swamp Race Day (20M), Aug 10 Freehold

Aug 10

Joshua Carnes (1st AG, PR) 2:34:03.5
Will DeRoberts (PR) 2:45:44.8
Chris Jaworski (PR) 3:02:07.1
Susan DeRoberts (3rd AG, PR) 3:15:01.8
Hmm ... should I do 15.5 miles and 10 steep hills (Mick's Ten-Hill Challenge) ... or 20 miles (eight 2.5-mile laps) on trails and dirt roads in Turkey Swamp Park? It was a tough decision!

Josh Carnes and I drove to Freehold together. Josh just completed his eighth and final year of

military service and wanted to celebrate by trying something new. He certainly got that!

Turkey Swamp Race Day is a neat event. You can run 10M (4 laps), 25K (6 laps), 20M (8 laps), or 50K (12 laps). (The math doesn't quite work out, does it?) The different groups of runners have different-colored bibs, but everyone starts and runs the course together. Only the 50K runners have to make sure their bib numbers get recorded after each lap; all other runners are on the honor system to do the correct number of laps. On completing their last lap, instead of turning right to continue, runners go straight a few yards and cross the finish line.

In the registration line, Josh and I met ERC's Will and Susan DeRoberts, plus Mecca Cerny of the Rose City Runners Club. All 5 of us, plus 46 others (51 total), were running the 20-mile race.

I had missed the preregistration deadline for the 50K and was lucky there was no race-day sign-up for that distance because, while I was out there running one of my later laps, the thought of doing another 4 ... well. Plus, there was the little matter of the lightning. (Read on!)

An acquaintance recommended running the first half-mile a bit fast in order to get to the single-track trail ahead of most of the crowd and thereby avoid any logjams. So that's what I did, and then I kept up the pace. I felt simultaneously strong, out of control, and worried. *This ain't gonna last!* However, I finished lap 1 in 19:00 (Josh had been there in 16-something, but I was ahead of Will at that point, if you can believe it; don't worry, he finished ahead of me). After 1 more lap at warp speed (21:00, includes bathroom break), I dropped down to impulse power (24:00) for most of the remaining laps. Halfway through the race (10M, 4 laps), I went to my car to get rid of my fanny pack and to change from road shoes into much lighter trail shoes—big difference! My time at that point was 1:28:00, and I was feeling pretty darned good. That's also where Josh lapped me. I assumed he was finishing lap 5, but, nope, it was lap 6 for him. Anyway, around and around we went, and, oddly, the start/finish area seemed to come up pretty quickly each time. *Wasn't I just here?*

I finished in what is a good time for me, at a 9:06 pace (shoot, if I can maintain that over the course of a marathon, I'd finish in 3:58, or a full half-hour better than my best marathon time). But I think for me the most important aspect of today's long race is that I didn't develop any of the leg cramps that seemed always to hit me starting between miles 15 and 18. Progress!

This trail race wouldn't be complete without a fall over a root (and the result, a nasty-looking palm wound), blood blisters, and projectile vomiting. I was in no way, shape, or form involved in any of these, but I feel for the runners.

The course had no rocks to speak of but a little bit of everything else, which kept it interesting ... two dirt roads, single- and double-track trail, pine needles, roots, sand, wooden walkways, grass, gravel, and minor inclines (nothing I'd call hills). And it was easy to follow.

There were two aid stations—one at the start/finish and the other about 1 mile along—offering

water, Gatorade, cola (defizzed, I assume), gels, pretzels, M&Ms, and sliced, boiled potatoes (some of this was geared to the 50K folk).

Having portajohns and the parking lot located right where runners pass by was an unusual convenience for a trail race. Two other pluses: bathrooms with sinks in a nearby building (I washed up, then changed into dry clothes there) and a post-race barbecue. So, this was not only a neat event, but a well-organized one. I recommend it! —Chris Jaworski

Susan and I were at the free picnic when officials stopped the race because of lightning. By that time, only two 50K runners had finished, and everyone else was yanked, which must have been a bitter disappointment. Susan and I both set PRs in our 20M race, and Susan finished 3rd in age. As we were pulling out, we heard lots of "See ya next year." —Will DeRoberts

Bradley Beach 5K

Aug 16

Mike Sneden 20:00
Tom Kelly 23:16
Martta Kelly 25:48
Jim Malone 32:46

Tom and I wanted to do the NYRR 5-miler, but this beach race won out when we started bemoaning having been to the shore only twice this summer!

The Jersey shore produces lots of good runners, and many showed up at this race; ERC went home without a single award. With the heat and humidity, though, I was happy with my time.

No points for this fun race, but the Bradley Beach streets were flat and fast, and there were raffle prizes. Although there were 750 finishers, the course didn't seem crowded. —Martta Kelly

NYRR Team Championships (5M), Aug 16 Central Park

Aug 16

Eric Stadnyk 33:54
Desmond Duncker 34:40
Karen Merz 35:01
Mick Close 36:05
Tom Daniels 36:43
Chris Jaworski (PR) 37:56
Aubrey Blanda 44:07

ERC had a small turnout for this race, which is one of my favorites. The event is limited to runners from clubs in the New York City metropolitan area; many participants wear their team singlets in a show of pride; and the course in Central Park is less crowded than it is for other NYRR events (there were only 766 finishers in the men's race and 503 in the women's). Essex appeared in the men's 50+ team results, finishing 13th, aided by a PR from Chris Jaworski. Great job, everyone!

—Mick Close

This race is one of the NYRR races I like best. It's cheap (\$5 for NYRR members, \$7 for non-members); you pick up your number and chip right near the start, as we do at our more civilized, New Jersey races (i.e., no need to make a separate trip to NYRR headquarters); and the men's and women's fields are significantly less crowded. (Oddly, today's women's field featured 501 women and 2 men.) —Chris Jaworski

**Self-Transcendence Marathon, Aug 22
Rockland Lake State Park, Congers, NY**

Chris Jaworski (25-minute PR). 4:02:57
Aubrey Blanda. 4:28:48
Susan DeRoberts (1st marathon!) 4:43:59
Will DeRoberts. 4:44:00

For the third consecutive year, Chris and I headed north for this small, rather unusual marathon near Nyack. The race is produced by the followers of Sri Chinmoy, a self-proclaimed spiritual guru whose international practice involves meditation and attempts to transcend the physical through feats of endurance. Uh, whatever—but this is a well-run, interesting marathon. (People who want their self-transcendence guaranteed can do Chinmoy's 3100-mile race in Queens; runners circle a city block for 51 days, Jun–Aug.) Chinmoy died in October 2007, so this was the first STM held without him in attendance.

Brian Kim, a friend from our online running groups, joined us for his first time at this race. Brian and I had planned to do part of it as a long training run (I was thinking 15–17 miles). Chris said he'd try for the full distance if things were going well and he was on a PR pace.

Indeed, the weather was PR-perfect at the start: cool with a low dew point. Although the sun would heat things up later, the course had plenty of shade. Parking at the start was easy, bib pick-up was quick and painless, and printed on the back of this year's T-shirts were sayings such as, *Determination and impossibility are never to be found together* and *In life we must never give up! Acceptance and self-transcendence should always remain our motto.*

The marathon course is almost nine full laps (on a 2.96-mile flat asphalt bike path) around beautiful Rockland Lake, with its reeds, ducks, swans, and heron-looking water fowl. The course is well marked with what Brian (who's very good at pacing) felt were fairly accurate mile markers, but you do have to keep track of your laps.

STM is not certified, not a Boston qualifier, and it's on a Friday morning, so it attracts fewer runners than it deserves, given its course, support, race director's dedication, and proximity to New York City. And probably because of Chinmoy's death, attendance was down: 398 finishers this year versus 604 in 2006 and 583 in 2007.

However, because this marathon has three stocked aid stations (water, Cytomax, bananas, watermelon, bagels, sandwiches, pretzels, seaweed, Coke) and plenty of park bathrooms and portapotties along the course, plus low registration fees (\$50 pre, \$60 post), it provides a fantastic opportunity to run a supported training run and have some fun at the same time.

As in the past, STM had a very international flavor to it, with many participants coming from Europe, where Chinmoy's organization has a large following. Many runners spoke German, but I also heard French, Italian, and some Indian languages. And again, the field was a mix of ages and body types, from younger, leaner competitors to older, heavier runners, like Dr. Roy, whose bright yellow shirt proclaimed that he was born in 1932. I liked being able to see the lead runners so often on this lap course.

Supporters worked the race, but quite a few others cheered runners, chanted, or played instruments, and most were out there at least the entire time I was running. Although the conch shell blowers and drummers were missing this year, we had a great violinist, an annoying accordionist, and a sitarist who gave an Austin Powers feel to the run. New this year was Poem Man, who recited "inspirational" lines and set up a box of cards printed with one- and two-line poems (more like fortune cookie sayings). The box was marked *Take One*, so I did. Poem 44,530 (so numbered) read, *Aspiration has to be dynamic and not lethargic*. I thought of the "Deep Thoughts by Jack Handey" skit on *Saturday Night Live*.

I had intended to run no more than a slow 17 miles. However, there's something about doing laps in such a tranquil setting that is absolutely hypnotic, and so in what seemed like no time at all I found myself at mile 20 ... still feeling okay. At that point, it was just too easy to say, *Only 6 miles left, just finish up, get that cool finisher's medal*. That's what happened to me, anyway.

But I would also be sharply reminded why a marathon begins at mile 20, even when you run a minute-plus slower than your goal race pace. By mile 23, my iliotibial band was in trouble, so I slowed even more and walked through the last three water stations. I mean, *why stop at mile 23?*

As I crossed the finish line, a sweet, grandmotherly lady handed me four little white pills, which I swallowed without much thought, except maybe, *One pill makes you larger, and one pill makes you small*. I sure hope Grandma was correct when she said they were salt pills.

I knew Chris had PR'ed when I saw him at the finish. Brian was smart. He decided to stop at mile 17 and take a nap by the lake.

My training goal had been 4:25. I finished in 4:28:48, but, with all my stomach troubles and pit stops over the first 10 miles, I'm quite okay with that time. Plus, this year's medal, with its rainbow-colored ribbon, was *really* cool.

Next morning, I felt great, except for some ITB tightness. I took the day off to play it safe, but I felt as though I could have run.

Again, I highly recommend this marathon to anyone looking for a low-key race or for a marathon to use as a training run. —Aubrey Blanda

We met Will and Susan at STM, so that made five of us planning to use it for a long training run.

I hadn't made up my mind to go until I saw the weather forecast five days earlier. Conditions were shaping up to be the best they've been for this late-August race going back to when Aubrey and I first ran it in 2006. That year, it poured for three hours, and I finished in 4:28. Then, in 2007, I slowed through heat and humidity for a 4:51.

Friday morning's blue skies looked so super groovy, temps were expected to rise only from the low 60s to the upper 70s, and the start's 85% humidity was to drop to 50% by the finish. I'd be comfortable up until the last lap.

I ran the first 6 miles too fast (8:08 pace) and the next 7.1 near target (the 9:06 I had averaged at the Turkey Swamp 20-miler two weeks earlier). I slowed considerably from the halfway mark to

mile 17 or 18, at which point my energy inexplicably returned. Over the final 8 or 9 miles, I was running close to target pace once again.

Aubrey, I agree, doing laps can be hypnotic. Addictive, too. *Okay, I've done six so far, but how about ... one ... more ... taste?* Only after you're midway through the seventh do you "realize" the distance. But you hang on, and by the time you reach the eighth lap, the amnesia and the craving have kicked in again. *Just ... one ... more ...*

What motivated me to finish was my mile-10 and mile-20 splits (similar to Turkey Swamp's) and then, over the final 6.2 miles, the thought of a big PR. With 4 miles left, I even briefly thought I could break 4 hours. Although I fell short of that, I'm thrilled with the PR! —Chris Jaworski

At the last minute, Will and I decided to use STM for a training run. I liked the idea of a planned route with fluid stops. I had gotten tired of plotting new routes and planting water. We were going to run 22 miles and not complete the race.

At the start, Aubrey and Chris told us about the race, its runners, and the little white pills at the finish. Running the path, we also got caught up in the hypnotic, tranquil setting and ended up completing 23 miles before Will insisted I walk. He thought I was bumping up my mileage too much. I was too tired to argue but wanted to finish the race ... only one more lap around the lake. And I had passed the finish chute so many times that I really wanted to go through it. Also, I was curious about those little white pills.

We walked and jogged our last lap together. Chris flew by at the mile-23 marker. Then we saw Aubrey. I was tired and starting to slow, but she said I looked good and steady ... just the words I needed to get me through the next few miles. Thanks, Aubrey!

This race was very interesting, and I highly recommend it to anyone who wants to do a long training run. The laps are not as monotonous as they sound, and we set up our own "aid station" (a cooler with our own sports drinks, gels, etc.) to use each time around. The poem reader, odd instruments, chanting, inspirational sayings on runners' shirts, and being in the English-speaking minority made this a unique experience. —Susan DeRoberts

Next year I must remember to bring straws (the plastic cups were hard to bend for drinking on the run) and a cooler and Gatorade (Cytomax did the trick but tasted horrible). So, did you and Will take the little white pills? —Aubrey

Yes. We are now happy followers of Sri Chinmoy! The next morning, we felt great and ran 8 miles. Can't say for sure it was because of the pills.

—Susan

**Shore Runner Summer Aug 23
Showdown 5K, Colts Neck**

Phil Coffin (3rd AG) 21:02

The first XC race of the season, and while we ran across grass, gravel, and sandy dirt, this was hardly Holmdel-hilly cross-country. As usual, it was "about 5K" and a fun diversion from the roads.

RACES: SEPTEMBER–NOVEMBER 2008

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

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 XC 5K 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
9/20	Sat	4:00p	Dai Kichi 20th Anniversary 5K (Brookdale Park)	5K	201-247-3780	
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	5th Avenue Mile (NYC)	1M	212-860-4455	
9/21	Sun	10:00a	Mayor's 5K to Break the Silence (West Orange)	5K	973-325-4109	NBGP: 500 pts
9/21	Sun	11:30a	Fred Lebow XC Classic (Van Cortlandt Park, Bronx)	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
10/4	Sat	9:00a	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	1:00p	East Brunswick Road Races	10K, 5K	732-463-RVRR	NBGP: 10K & 5K (both 500 pts)
10/8	Wed	12:15p	Newark Corporate Race	5K	973-376-6094	NBGP: 500 pts
10/11	Sat	8:00a	Hartford Marathon (Hartford, Conn)	26.2M, various	860-652-8866	
10/11	Sat	9:00a	Hoboken University Medical Center 5K	5K	201-418-2009	NBGP: 500 pts
10/11	Sat	9:30a	Physical Therapy Month 5K (Lyndhurst)	5K	201-538-7131	NBGP: 500 pts
10/11	Sat	10:00a	Hounds & Harriers (must run with dog) (Morris Twp)	3M	973-377-6276	
10/11	Sat	10:00a	Fall Spectacular (Harrington Park)	5K	201-750-9447	NBGP: 500 pts
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	9:45a	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 5K (Cranford)	5K	732-381-0318	NBGP: 500 pts
10/18	Sat	9:30a	5K Spirit Run (Sparta)	5K	973-335-8029	NBGP: 500 pts
10/18	Sat	10:00a	Run for Kids' Sake (Spruce Run, Clinton)	5K	908-689-0436	NBGP: 500 pts
10/19	Sun	8:30a	50th Annual Atlantic City Marathon	26.2M, various	609-822-6911	
10/19	Sun	9:00a	Maplewood 5K	5K	973-378-7907	
10/19	Sun	9:05a	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
10/25	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 XC 8K Championship (Readington)	8K	973-334-8900	NBGP: 700 pts
10/26	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	732-381-0318	NBGP: 500 pts
11/1	Sat	8:30a	International Friendship Run (NYC)	1.75M	212-860-4455	
11/1	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	NBGP: 500 pts
11/1	Sat	10:00a	Run for Runaways (Duke Island Park, Bridgewater)	5K	908-526-6605	NBGP: 500 pts
11/2	Sun	9:40a	New York City Marathon	26.2M	212-860-4455	
11/2	Sun	10:00a	Newark Academy Off-Road 5K (Livingston)	5K	908-800-1808	
11/9	Sun	10:00a	NYRR XC Championships (Van Cortlandt Park, Bronx)	5K	212-860-4455	
11/9	Sun	10:30a	Bergenfield 5K	5K	201-385-3391	NBGP: 500 pts
11/9	Sun	11:00a	Hashathon Trail Race (Cheesequake State Park)	6M	732-528-0132	
11/9	Sun	Noon	Giralda Farms Run (Madison)	10K, 5K	973-376-5644	NBGP: 10K (700 pts)
11/15	Sat	8:30a	Goodwill 5000-Meter Run (Montclair)	5K	973-865-1919	NBGP: 500 pts
11/16	Sun	9:00a	Gagnon 5K (Morristown)	5K	973-660-3171	NBGP: 500 pts
11/16	Sun	10:00a	Race to Deliver (NYC)	4M	212-860-4455	
11/16	Sun	1:00p	Great Swamp Devil Run (Basking Ridge)	15K, 5K	973-376-0231	NBGP: 15K & 5K (both 500 pts)
11/23	Sun	7:00a	Philadelphia Marathon	26.2M, 13.1M	215-685-0054	
11/27	Thu	9:00a	Ashenfelter 8K Classic (Glen Ridge)	8K	973-809-9311	NBGP: 700 pts
11/28	Fri	11:00a	Born to Run 5-Miler (Freehold)	5M	732-431-2627	