



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

October 2008

Vol. 25, No. 10

MARK YOUR CALENDAR

- **Oct 15, 22.** Final 2 group track workouts of the fall. *Pages 1, 3.*
- **Oct 6.** General meeting. *Page 1.*
- **Oct 12.** Club races: Nutley Fall Five (5 miles, 8:30 am) & Long Beach Island 18-Mile Run (10:30 am). *Page 4.*
- **Oct 26.** USATF-NJ Cross-Country 8K (all-divisions championship race), Deer Path Park, Readington. *Page 4.*
- **Nov 2.** New York City Marathon. Run, spectate, cheer, volunteer! Want to take the ERC bus? *Reservation form mailed with this issue.*

Important Notes on ERC Track Workouts

- As Yom Kippur begins at sundown on Wed, Oct 8, there will not be an official group session that evening. However, coach Joel Pasternack will *post* a workout for that week (go to essexrunning.com/workout) and extend our fall sessions by 1 week, from Oct 15 to Oct 22. So, the final two group track workouts will be on Oct 15 and Oct 22.
- These workouts are for all club members, fast or slow, and everyone is encouraged to attend. Coach Joel will be at the track to provide guidance, advice, and encouragement. Workouts start at 6:30, but Joel will be there until at least 7:30 if you want to come later. See page 3 for other details.
- If heavy rain or lightning is in the forecast for a workout, the workout will be canceled, and an e-mail to that effect will be posted to the Yahoo group by 4:00 pm. Please check the Yahoo group ... or call Mick Close at 973-477-0016.
- Joel has two questions for members: (1) Do you use the workouts posted on our Web site (regardless of whether you attend the sessions)? (2) Are Wednesday and 6:30 pm good for you? Please e-mail your answers to Randy Miller (earmill@yahoo.com).
—Mick Close

ERC Bus to NYC Marathon (Sun, Nov 2)

Runners and spectators can now book seats on our bus from Grove Pharmacy (Montclair) to the New York City Marathon and back. See reservation form mailed with this issue.

25th Anniversary Party Coming Dec 7!

This Mayfair Farms gala will also be our Holiday Party and will have a cocktail hour (6–7 pm); buffet dinner and dessert (7–10); unlimited wine, beer, soda, coffee, tea; souvenirs, raffles, 50–50, deejay and dancing, a historical program and slide show, and more! Invitations to come; save the date!

ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, October 6

Our Speaker

Michael Conforti, ERC member and owner of Sneaker Factory in Millburn, will discuss new sneaker technology.

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

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

Schedule of Board Meetings for 2008

Oct 14 ● Nov 11 ● Dec (no mtg)

Ask Not What Your Running Club Can Do for You

But if you're asking what you can do for your running club, you might consider submitting your name for our 2009 board election! ERC is always looking for volunteers. Once a year, we also issue a special call to members who have some time and the urge to become more deeply involved in club operations. Annual time spent in board meetings is minimal: 20 hours (ten 2-hour meetings). To learn more about helping the club and your fellow runners, contact a board member (see list on p. 2). At its Oct 14 meeting, the board will finalize the ballot. Proxies will be mailed in November.

New & Returning Members!

Samir Awad, *Montclair*
Shirin & William Burton, *West Orange*
Bobby Epskin, *North Caldwell*
Rose Francisco, *Bloomfield*
MuLu Gebreyesus, *West Orange*
Amy Rosenthal (see p. 9), *West Orange*
Cathy Van Zile, *North Arlington*



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 Rose 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@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

Insert Photos: Aubrey Blanda
spinninggoddess@gmail.com

Insert Advertising: Lynne Mortimer
lynne.mortimer@cbmoves.com

Web Site: Martta Rose Kelly
website@essexrunning.com

Clothing
Catherine Alessi & Susan Palermo
clothing@essexrunning.com

Monthly Speakers: Anne Chesny
201-869-1708



Somewhere Along the Way, I Lost 10 Pounds and Gained a Husband

By Martta Rose Kelly

In the late 1990s, I was a casual runner. I had never heard of singlets, bibs were for babies, and a carb was part of an automobile engine. I thought splits and chips were snacks you rewarded yourself with after running. PR, of course, stood for public relations, my chosen field of employment. And races? They were only for real runners—you know, the fast people.

My running routine, if you can call it that, consisted of 2 to 3 miles around the track at Brookdale Park on the weekends and sometimes after work. I never timed myself, wasn't concerned about speed. I was more concerned about getting home, showering, and going out for a beer or two with friends.

I don't know what possessed me in 1998 to try the Montclair Run 10K, my first race. I was a member of the Park Street Y in Montclair, and fliers advertising the event were all over the place. Two gym friends said they were doing it, but they were real runners. I made up my mind to try it, though. I had never run more than 3 miles at a time and was worried about what people in the race would think if I had to stop running and walk. Would they point and laugh at me? Throw dirty sweat socks at me? Oh, the horror!

As it turned out, I made it through without walking and finished in 1:02. And I was not the last one in by any means. No one pointed and laughed. No one threw anything at me. But everyone seemed to be having a good time. I have never forgotten the exhilaration of finishing my first real race.

My happiness was short-lived, however, as the next day I could hardly walk. I had not yet learned about building mileage up, stretching, and proper hydration. It also dawned on me that maybe I should break down and purchase a decent pair of running shoes.

It was at Fleet Feet in Montclair that I met Anne Chesny, who not only answered all my questions about running shoes but convinced me to join the Essex Running Club. At first, I was reluctant. I still didn't consider myself a real runner. Anne said it didn't matter, and that ERC was a great group of people and a good way to learn how to become a better runner.

I was all set to join, or at least come to a meeting, but then I had a setback. I had to have surgery in June 2001. Although the surgery was minor, it nevertheless put me out of commission (no running!) for about 3 months.

I finally joined in 2002 and was immediately overwhelmed by how friendly everyone was. After Anne, I met Lynne Mortimer, Tom Kelly (who would later become my husband, little did I know), Mick and Donna Close, George McIntyre and Blanca Feliciano, Dr. George and Christa Studzinski, and, later, Desmond Duncker, Catherine Alessi, Susan Palermo, Joan Szabo, Beverly Salerno, and so many other cool folks. And who can forget the late Vince Carnevale? Talk about inspiration.

To make a very long story short, I went from a 9-minute miler to a sub-8-minute miler. I went from someone who ran only 5Ks and 10Ks to someone who has done four marathons. And placing in races? Who woulda thunk it? Certainly not me 10 years ago.

And I am healthier and 10 pounds lighter than I was 10 years ago. Running, and getting rid of some bad habits, certainly played a huge role in that.

I haven't even written about running's psychological benefits, to which many of you can attest. It's a great stress-buster, it helps me sleep better at night, and sometimes the most creative ideas come to me while I am out on a run.

Unlike many other sports, running doesn't cost a fortune. It doesn't require fancy equipment or clothes. It can be done almost anywhere, year-round. It's a very portable sport!

One thing I like most about running is that there is no cutting corners. You can't cheat (unless you take performance-enhancing drugs or are Rosie Ruiz, of course). Other than for the genetic draw, you are on the same page as everyone else. Your time is what it is. You will get injured once or twice. You will have good days, you will have bad days—and, it is hoped, more good ones than bad. You will experience things you never thought possible and meet many interesting people. Some of them might even become lifelong friends.

Happy anniversary, ERC!

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

GROUP TRACK WORKOUTS & GROUP RUNS

Wed (10/15 & 22)	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 (Oct 15 & 22) 6:30 pm.* 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 OCTOBER ISSUE OF
KEEPING TRACK ...**

15 Years Ago (1993)

On tap for the November meeting is dermatologist Daniel Groisser, speaking on skin ailments related to running ... Larry Hollander: "Those who take the ERC bus to the NYC Marathon improve their time by 20%. There is a 25% improvement if the bus has a bathroom" ... Lynda Solomon lists 8 safety guidelines for running alone in the dark: Leave your Walkman home, carry ID, tell someone how long and where you'll be running, wear light colors and something reflective, run against traffic, don't stop for anyone, vary running routes, carry a whistle ... advance notice for Glen Ridge Turkey Trot (10K) and Passaic-Clifton Turkey Trot (5K) ... Howie Brown and Judy Weiss are recently engaged ... Jill Booth thanks members for donating shirts for a school race (kids in grades 5–8 participate in a "2.62 mini-marathon") ... Mike Bartholomew wins West Orange Downtown Classic 5K in 17:21; Bill Mishler wins Montclair's Run Against Violence 2M in 12:58 ... Gary Peters waxes poetic on his sciatica.

10 Years Ago (1998)

President Genie Temmler describes a few unusual running situations (e.g., her outracing a dog in Brookdale Park; a confused driver tailing a runner on a race course) ... Wednesday 8:00 pm Brookdale Park group runs appear on the October–December schedule ... Phil Coffin recaps how at least 12 ERC members participated in the third Steamtown Marathon, many running PRs or their best times in a while ... Fleet Feet's John Fabbro tests energy gels.

5 Years Ago (2003)

Festivities at ERC's 20th anniversary party, Sun, Oct 19, at Mayfair Farms, are summed up by President Anne Chesny ... Lynne Mortimer details her running history, so intertwined with ERC ... Mick Close previews Ashenfelter 8K Classic, which years earlier replaced the Glen Ridge Turkey Trot (10K) ... USATF–NJ 10-mile championship race (800/700/500 wild card) to take place at South Mountain Reservation ... according to race recaps, Liberty half-marathoners ran through 50 yards of dirty, shin-deep flood water ... Tom Kelly on Long Beach Island 18M, stopping for a prayer, and freedom; Ann Margaret Kane, RD, on breakfast basics for athletes; Mark Frankel on Course Marshaling 101; and Randy Miller on his USATF 40K walking championship race (5:06:01, 14th overall).

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.



USATF-NJ

Mick Close

The only championship race this month is the XC 8K at Deer Path Park in Readington on Oct 26. We hope to have enough people for teams for this all-divisions race.

Remaining 2008 championship events:

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 must be a USATF member to run on a team in these races or to participate in the Grand Prix. USATF membership is on a calendar-year basis, but, if you join as a new member after Nov 1, your membership will be valid through the end of 2009. If you have questions about USATF, please contact one of ERC's team captains:

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



AT THE RACES

Mick Close

Nutmeg Fall Five

Sun, Oct 12

This 5-mile race starts at 8:30 am in front of Nutley Town Hall and runs through downtown Nutley before turning into the beautiful Nutley park system. Mile 5 is downhill

with a straight sprint to the finish along Franklin Avenue. This nice race is a USATF-NJ Grand Prix event. Info: www.nutleyfall5.com, www.compuscore.com, www.active.com.

Long Beach Island 18-Mile Run

Sun, Oct 12

This race, popular among runners training for a late-fall marathon, is staged at a church in the middle of the island and features a flat, straight course from one end of the island to the other. The church is where runners can enjoy lots of postrace food while waiting for the awards ceremony. Buses transport runners to and from the start and finish. USATF members can get a \$7 discount on entry to this Grand Prix event. Check the Yahoo group for news about carpooling to the race. Race info: 609-494-8861, www.compuscore.com, www.raceforum.com/lbi.

USATF-NJ Cross-Country 8K

Sun, Oct 26

This 8K championship is held at Deer Path Park in Readington. The two-loop course is more open than the Holmdel Park 5K course, and its hills nowhere near as bad. This year, men and women run together, starting at 10:30 am, plus there will be a postrace cookout. This team race is for all divisions (men, women, open, masters), and we hope to have enough people for teams. Interested in carpooling? Race info: 973-334-8900, www.usatfnj.org.

Other October Races

You can usually find club members at several local 5K races, including the Newark Corporate Race (Wed, Oct 8,

lunchtime), the Maplewood 5K and the Summit Y-5 (both Sun, Oct 19), and the Robert Giaimo Memorial Run in Fairfield (Sat, Oct 25).

Other popular races are the Race for the Cure 5K at Six Flags in Jackson (Sun, Oct 5), the East Brunswick 10K and 5K Road Races (Sun, Oct 5), and the Paramus Run 10K and 5K (Sun, Oct 25).

For dog lovers, there's the Hounds & Harriers Run (3M) in Madison (Sat, Oct 11). You and your dog run as a team!

The fall marathon season also kicks into high gear with Baltimore and Hartford on Sat, Oct 11; Chicago, Mohawk-Hudson, and Steamtown on Sun, Oct 12; the 50th annual Atlantic City Marathon, the third oldest US marathon (after Boston and Yonkers), on Sun, Oct 19; and Marine Corps and Niagara Falls on Sun, Oct 26.

There's also a good selection of 13.1-mile races, with Grete's Great Gallup in Central Park on Sat, Oct 4; the Jersey Shore Half-Marathon at Sandy Hook on Sun, Oct 5; Staten Island on Sun, Oct 12; and Seaside on Sun, Oct 19.

Looking Ahead to November

Here come the New York City Marathon (Sun, Nov 2), the Philadelphia Marathon (Sun, Nov 23), and several popular club races, the two big ones being the Goodwill 5000-Meter Run in Montclair (Sat, Nov 15) and the Ashenfelter 8K Classic in Glen Ridge (Thu, Nov 27, Thanksgiving Day).

ERC's New York City Marathon Bus

Enclosed with this issue of *Keeping Track* is a reservation form for our NYCM bus departing from Grove Pharmacy in Montclair (Sun, Nov 2).

For runners who live in our area, this bus is the most convenient way to get to and from the race. The bus will leave with runners at 6:30 am and again with spectators at 10:00 am. Water, bagels, and bananas are provided in the morning and other food and drink on the way back. The bus has a bathroom. You can leave your bag and other belongings on board. The bus will return from the city around 5:00 pm.

To be sure of a seat, make your reservation now. The cost is \$25 for a club member or \$30 for a nonmember. For more info, call Larry Hollander at Grove Pharmacy (973-744-5550) during the day. Please return your reservation form as soon as possible.

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@yahoo.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

Smoke Rise Biathlon, Kinnelon Aug 23

It was a beautiful day for a battle! No rumbling thunder clouds, no oppressive heat, comfortable lake temps. Everyone was in good spirits when the swimmers hit the water at 4:30 pm sharp.

Essex had a great turnout: Kevin Burke, Wayne Carlson, Anne Chesny, Adrian Dunner, Blanca Feliciano and George McIntyre, John Harvey, Paul Kartanowicz, Jennifer Lanterman, Randy and Nina Miller, Joy Mishkin, Dan Murphy, George and Aileen O'Rourke, Susan Palermo, Gary and Marissa Peters, Andi Robik, Cameron Smith, Dr. George Studzinski, and Rich Unis.

D'Mitri Tchikatilov of Smoke Rise was the overall open male winner once again, and Karyn Layton the overall open female winner.

First ERC team was the formidable pairing of Anne Chesny (8:49 swim) and Wayne Carlson (28:08 run). Way to go! Our other awards went to Randy Miller (2nd open male, 38:38), Dan Murphy (3rd open male, 39:09), and Jen Lanterman (2nd open female, 43:18).

Essex members and Smoke Rise residents Adrian Dunner and George Studzinski finished 1st (46:24) and 3rd (52:23) Smoke Rise men, respectively. Kevin Burke teamed up with Ken Smalley for 2nd Smoke Rise team (38:22).

Congrats to all award winners!

I thank Joy Mishkin, my swim partner, who had a few butterflies in her stomach before her race. Joy is an excellent swimmer but hadn't competed in open water for quite some time. She finished in 9:38 and was fabulous!

Big thanks to George and Christa Studzinski for hosting and to the other Smoke Risers as well, even if they beat our collective fannies!

Also, it was great seeing longtime Essex friends Clem Weinberger and his wife again.

—Martta Rose Kelly

My time out of the water was 19:16, 11 seconds better than last year's 19:27. A beautiful day—could not ask for one better! —Susan Palermo

The biathlon was a blast! It was quite an experience shoving sand-covered feet into socks and shoes and plodding off! I was fatigued after the swim, but, once I settled into the rhythm of running, it was fine. —Cameron Smith

Nike Human Race (10K), Aug 31

Randall's Island, New York City

Aileen O'Rourke. 51:57
John Harvey. 57:55
Beverly Salerno. 1:11:41

The race was a lot of fun, and I ran very well. It was inspiring to see waves of runners all wearing red shirts. There was a jam-up on one of the bridges, so results are off by a few minutes. Also, the attempt to keep cars off the route didn't work too well, but this was a problem more for the cars than for the runners. The race unintentionally closed down all traffic on the island. My son works for Randall's Island and was one of the event managers. He did a great job! (Traffic was

not his responsibility!) There were 10,000 runners and lots of friends and family. Plenty of portapotties (no waiting) and a postrace concert. I hope this race returns in 2009. —Beverly Salerno

I ran with Ken, a friend doing his first 10K. The 30-minute start delay was disconcerting, and the narrow lane that sent off 10,000 runners was too tight. Apart from that, the event was well organized. Ken, who finished in 57:27, said he now has the running bug. I look forward to doing this race again and want to see how much money is raised for charity! —John Harvey

Pier Village 5K, Long Branch Sep 1

Will DeRoberts (2nd AG). 18:37
Helene Scarnegi. 24:56

Verona Labor Day Classic (1M, 5K) Sep 1

1M
Wayne Carlson (1st OA). 6:00
Robbie Hollander (age 8, 10th OA). 7:27
Erica Taliaferro (age 14, 2nd AG). 7:44
Daniel Taliaferro (age 11). 7:48
Kyle O'Rourke (age 12). 8:17
Debra Taliaferro (3rd AG). 9:56
Tatum Connell (age 9). 11:36
Colleen Connell. 11:37
Sarina Robik (age 6). 16:59
Carter Robik (age 4). 17:25

5K
Larry Czaplewski (7th OA, 1st AG). 17:25
Joshua Carnes (3rd AG). 18:36
Paul Kartanowicz (PR). 19:06
Charlie Slaughter (1st AG). 19:40
Doug Taliaferro. 19:56
Mike Sneden (3rd AG). 20:11
Karen Merz (3rd W, 1st AG). 20:15
Gary Peters. 20:17
Ed Kelly. 20:52
Cameron Smith. 21:32
Peter Connell. 21:42
Chip Bearden. 22:37
Adrian Dunner. 22:45
Craig Van Doren. 23:24
Rich Unis. 23:47
Sanita Ly-Smith (2nd AG). 24:11
Martta Rose Kelly (1st AG). 25:05
Andi Robik. 25:07
Laura Gelman (3rd AG). 25:28
George Studzinski (1st AG). 25:34
Amy Rosenthal (PR). 26:18
Tina Bearden (PR). 26:43
Julie Harris. 26:55
Ed Trieste. 27:26
Kristen Laird. 28:35
Josie Bearden. 29:06
Hilary Walsh. 29:59
Chiara D'Agostino. 30:57

Today was picture-perfect for running, and the turnout was large: 130 finishers in the 1-mile fun run and 510 in the 5K (vs. 395 last year)!

We had trouble keeping up as the registration line continued to grow (and grow!), and there

were a few glitches along the way, but we made it through with the help of our many wonderful volunteers. Big thanks to everyone who contributed to the success of this event!

In the 5K, Essex had 28 finishers and several award winners, including Karen Merz (3rd woman) and Larry Czaplewski (7th overall).

It was fun to relax and hang out with everyone at the club's postrace picnic. ERC provided subs, and many people brought other items.

—Mick Close

No warmup and no competition in the 1-miler!

—Wayne Carlson

The turnout for this event was amazing ... a lot higher than last year's. I took 2:44 off my 2007 time and placed 3rd in age, so I'm happy. The postrace ERC gathering was great as well, with no shortage of food or interesting conversation. This was a great way to spend one of my last weekends in New Jersey before moving to DC. I'm glad to have spent it in such good company.

—Joshua Carnes

Let's congratulate our 1-milers/future club members, too! For example, Robbie Hollander PR'd (7:27) and finished 10th overall and 5th in age.

—Lynda and Larry Hollander

Two other ERC finishers: Tina Bearden (26:43, PR) and Josie Bearden (29:06). These 14-year-old future marathoners are gratified that so many club members recognized them today, but they ask that the next one of you who makes some well-intentioned remark about your still remembering when I used to push them around the course in a double Baby Jogger when they were wearing diapers is going to get a punch in the nose! Seriously, all three of us had a great time at this wonderful event. My time wasn't a PR, but it was my best in almost 10 years, which augurs well for my being able to stay ahead of Tina and Josie a little longer. —Chip Bearden

Both my 25:28 finish time and 3rd-in-age placing were totally unexpected. Although the award was really just the luck of who showed up, the time is, I suppose, a postpartum PR (80 seconds faster than my Fitzgerald's 5K in June). By the way, it was kind of Larry Hollander to announce me as a new mother of four when I crossed the finish line, but last I checked I have only three kids, and I'm hoping to keep it that way! —Laura Gelman

What a great race! Heartfelt thanks to all who made it happen. Sanita and I had a fantastic time and good runs. (I shaved more than a minute off last year's time!) I wish we had had time to stick around for the ceremony. —Cameron Smith

Whew! Where to begin? Mega-thanks to all the ERC volunteers and runners who contributed so mightily to today's Verona Labor Day Classic.

Given UNICO's tardy scheduling of this year's event, our club members' efforts were needed

more than ever to make the day a success, and it was a *huge* success: 515 entrants in the 5K and 160 in the 1-miler, 675 total! Postregistration and finish-line assistance was flawless, and all 19 streets and mile posts were ably staffed.

For jobs well done, I thank Catherine Alessi, Dave Benfield, Howie Brown, Donna Cataliotti, Anne Chesny, Mick Close, Joe Cozzi, Theresa Fallon, Hillary Fandel, Blanca Feliciano, Mark Frankel, Rob Gerin, Larry Hollander, Martta Rose Kelly, Paul Maloney, Jack Martin, George McIntyre, Aileen O'Rourke, Kyle O'Rourke, Susan Palermo, Lenore Piccoli, Andi Robik, Beverly Salerno, Carl Sturcke, Joan Szabo, and Judy Weiss-Brown. —Tom Kelly

We didn't forget the delicious postrace picnic organized by Anne Chesny, Catherine Alessi, and Susan Palermo. Thanks! And double-thanks for your ingenuity in using turned-over boxes as a table, as the registration tables had to be returned to Our Lady of the Lake right after the race. Another tip of the hat to Susan for her foresight in bringing paper towels for the ladies' restroom! PS: Tom received 20 inquiries from potential new members. —Martta Rose Kelly

Cranford 5K Rock 'n' Run Sep 6
Mike Sneden (1st AG)..... 20:33
Ed Kelly (3rd AG)..... 21:24
 I wanted a low-key race and thought I had found one in Cranford this morning, but I was wrong.

The Cranford 5K Rock 'n' Run is now on my list of favorites and may be a good club race for 2009! Despite 100% humidity, 368 people ran in this inaugural event benefiting children with cancer and blood disorders (the 2-mile Rock On! Walkathon drew another 200). Not having done much prerace research, I was overwhelmed by what I saw. The race was part of Union County MusicFest 2008, a two-day (Friday, Saturday) rain-or-shine festival at Nomahegan Park. There were three music stages and plenty of amenities, including food court, beer garden, Kids Kingdom, and BMX stunt shows, plus free musical performances by the Gin Blossoms, the B-52's, Everclear, and many others. Today's crowd was expected to top 50,000.

"Super-refreshments" had been advertised, and there were many, plus giveaways like signed Giants and Mets jerseys and hats. Before the awards ceremony, an \$80,000 check was presented, the beneficiaries being the Love Hope Strength Foundation and the Valerie Fund Children's Centers for Cancer and Blood Disorders. —Ed Kelly

Fitness Mind, Body, & Spirit Sep 6
Games (4M), Central Park
Tom Daniels..... 29:54
Chris Jaworski..... 32:56
 With a temp of 76 degrees and humidity of 94%, I had sweat pouring off before the start and just didn't care how slow I went! —Chris Jaworski

More like "1,000,000% humidity," as a masseuse-trainer commented before the race. The complimentary leg stretches and back rubs were about

the only positive things this morning. If you haven't run a NYRR race lately, the seeded-coral starts continue to be a big improvement, enabling one to get up to pace quickly (though that was more aspirational this morning). —Tom Daniels

Fallen Heroes Memorial Run (5K), Sep 7
Elizabeth
Joshua Carnes (8th OA, 2nd AG)..... 18:01
1st Military, PR)
Charlie Slaughter (1st AG)..... 19:06
Ed Kelly..... 20:34
Wayne Carlson..... 20:53
Tom Kelly (2nd AG, best 5K all year)..... 22:57
Aileen O'Rourke (3rd AG)..... 23:18
George McIntyre (3rd AG)..... 23:49
Martta Rose Kelly (2nd AG)..... 25:19
Sue Palermo..... 37:59

As usual, this event didn't disappoint. Five hundred seven runners came out to pay tribute to the firefighters, police officers, emergency medical service workers, and military personnel who lost their lives on 9/11. Tugboats again put on a show with red, white, and blue water sprays. We also observed a minute of silence for the police officer who lost his life in Nutley the night before.

The weather was great for spectating—sunny, not a cloud in the sky—but was a mite warm for running, particularly on this almost shade-free course. It was fast and pretty flat, though, plus we didn't have Saturday's high humidity.

This race doesn't send you home hungry. The postrace had the usual snacks (e.g., yogurt, bananas, orange juice, Italian ices) but also a huge buffet of Spanish and Portuguese fare.

ERC had six medal winners ... sorta. The 2nd- and 3rd-place medals hadn't been engraved, so they'd have to be mailed at a later date.

Joshua Carnes not only placed 8th overall and 2nd in age, but he received a medal for 1st Military finisher with his stellar time of 18:01!

New Jersey Governor Jon Corzine also ran this race. His 31:50 was not bad for someone who is not really a runner and is still recovering from a major car accident. —Martta Rose Kelly

Thanks, Martta! I'm still in disbelief that I almost broke 18:00. The entire second half of the race, I was neck and neck with the guy who ultimately finished 2 seconds before me. Perhaps trying to keep up with him made me push so hard.

This race turned out to be my best 5K ever. Not only did I PR, but I received two medals and met the governor!

After running this race in 2007, I e-mailed its director to ask that a Military category be added, and he agreed! I had thought it only fitting for a Fallen Heroes Memorial Run that finishes at a Veterans' Park. I even wore my special "running boonie" (Army cap) for the occasion!

After the race, I shook hands and had my photograph taken with Governor Jon Corzine. I was glad to see him out there running after being so seriously injured last year. He seemed a pretty nice guy, and he thanked me for serving—which was pretty humbling, to say the least.

This will go down as one of my most memorable races. I'm glad I had such awesome club

mates to share it with. Congratulations to everyone who came out to show their support. I hope we can get a team together next year and bring home even more medals! —Joshua Carnes

Eagle Rock 9/11 Memorial Run Sep 7
 It was great to see more than 30 people at this run, as the Grove Pharmacy group was joined by the Fleet Feet group and a few other folks.

Tropical storm Hanna was long gone, and we were blessed with clear blue skies and much lower humidity—an excellent day to kick off the fall marathon training season.

Nearly everyone went for the 15-mile route; the rest of us opted for the 6-miler. On the challenging first half, we tackled a series of hills culminating in Snake Hill up into the reservation. Although a little hazy, the view from the 9/11 memorial was a clear reminder of that fateful day almost 7 years ago. The New York City skyline still seems empty to me without the twin towers.

The return was much easier. We enjoyed a mostly downhill run to Grove, and then extended the route to accompany Laura Gelman to her house before finishing up—about 8 miles total.

It wasn't long before people from the 15-mile group began returning; some had cut out early to finish with about 12 miles. Other small groups soon started arriving every few minutes, and it was fun to hang out with everyone and enjoy some refreshments.

Many thanks to everyone who came out for this run and helped make it so enjoyable. Special thanks to Sharon Morrissey for rounding up the Fleet Feeters, to Judy and Howie Brown for stocking water at the Eagle Rock entrance, and to Chip Bearden for supplying a case of Gatorade. —Mick Close

Wounded Heroes 5K, Mountain Lakes Sep 13
Beverly Salerno (2nd AG)..... 32:17
 This small 5K benefited the Wounded Marines Fund. My time wasn't great, but I was not concerned about time; I was using this race as part of my marathon training. I ran a 3-mile warmup to bring the day's total to 6 miles. The 5K course is beautiful—along shady back streets in Mountain Lakes and along Boulevard. A few hills—it is *Mountain Lakes*, after all—but nothing horrible. This was one of the most pleasant 5Ks I've done.

Race for the Cure 5K, Scranton, Pa Sep 13
Helene Scarnegi..... 24:20

USATF-NJ XC 5K Championship, Sep 13
Holmdel Park
Mike Sneden..... 21:46
Gary Peters..... 21:50
Desmond Duncker..... 22:31
Ed Kelly..... 23:32
Tom Kelly..... 25:36
Howie Brown..... 27:38
George Studzinski (1st AG)..... 28:09
Martta Rose Kelly..... 28:55

ERC Teams
Men 40..... 5/8
Men 60..... 3/4

I've renamed this race the *XC 5K Challenge*, for that's what it was with today's heat and humidity. However, this course is *always* a challenge, with the first 1/8 mile being all uphill across the field and into the woods, and with the dreaded *Bowl* coming in mile 2. But today's sticky conditions made it even more so.

Also, one should not eat Chinese food the night before a XC race. That is all I will say.

The last time Tom and I ran here was in 2006. With the heat this year, I thought I'd done much worse than back then, but I was only a few seconds off! That made me feel better. (Tom ran faster this time, but he's weird. He likes to run in heat and humidity.)

This race attracts real talent, and it's tough to place in an age group, so kudos to George!

Training regularly on a XC course like this will only make you a stronger runner.

—*Martta Rose Kelly*

**Morris Mauler 5K, Sep 13
Lewis Morris Park, Morris Township**

<i>Debbie McNally (2nd AG)</i>	27:08
<i>Robert Stack</i>	27:53
<i>Aileen O'Rourke (1st AG)</i>	29:00
<i>Jill Sanders (5th AG)</i>	30:18
<i>Laura Halstead</i>	33:18

This may have been the hardest thing I've ever done. Let me put that in perspective: I gave birth to three babies weighing 10+ pounds each (the biggest, 12.5 lb). Does that give you some idea?

I had read the e-mails about this race, and heard Chris Jaworski talk about it for years, but I finally got curious enough to try it.

And having read the course descriptions, I knew I was in for a doozy, but I think (extending the analogy) that it's much like having a baby: You can't fully comprehend it until you do it. On the first loop, I ran the 68 steps but ran/walked (ralked?) the big hill; on the second loop, I ran half the steps and ralked the hill again. Walking during a race makes me nuts—I don't recall doing it before—but there I was, and in good company. Only the rare individual ran up the hill.

One weird thing: A little boy at the top of the hill was wearing a shirt with a giant eyeball on it. Harking back to our September speaker's talk on visualization, I focused on the giant eyeball and thought about all kinds of things related to eyes—anything to distract me from that horrible climb.

Things I liked (there were many):

— Best of all, I got to meet Aileen O'Rourke, who was also doing the race for the first time.

— The race director and his helpers were low-key, funny, and efficient. They love what they do, and they made it fun. Wait, did I write "fun"? I'll have to come up with a better adjective.

— The postrace food is a bit more complicated. (This is what I like to call my *Wayne Report*.) There was a full-out barbecue after the race (hot dogs, hamburgers, the works), but, after the oppressive humidity and those two sets of massive hills, the last thing I wanted was a burger—yuck! However, the BBQ kept my son occupied, and he ate my fair share. There was also a lot of fruit, and I did eat some of that.

— After most runners had finished, the race director asked everyone to go over to the top of the beastly last hill and cheer on the stragglers as they struggled for the finish. That was a nice touch, it felt good to do it, and the last three runners had the biggest cheering section of the day. One guy's shoes fell off on the uphill. How does that happen? Now, do you see what I mean?!

— My son got to use his brand-new skill (learned at summer camp): the two-finger, tongue-curling-back, excruciatingly loud whistle. This was one of the few appropriate times he got to do it.

— I like that there were Clydesdale and Athena categories for men over 200 pounds (I think) and women over 150, respectively. I had never seen these before, but I really like the idea.

Would I run the Mauler again? Hey, I have three kids, not one, right? —*Debbie McNally*

This race was short but sure packed a wallop! I had run cross-country in high school—long hills and muddy trails, muddy enough to lose your shoes in—but had never encountered anything like the hill on this course. I'm still not convinced anyone actually runs up it. Maybe I'll attend one of these races as a spectator so I can see whether the lead pack has any success. Anyway, I enjoyed my first Mauler experience. —*Laura Halstead*

This was my fourth Mauler. It's definitely the hardest race I've run, but I keep going back. There's just something about a race that prides itself on producing the slowest times! I'm very proud to have finished 5th in age, and I display my award on my desk. —*Jill Sanders*

Ramsey Run (5K, 10K) Sep 13

5K	
<i>Jim Malone</i>	32:28
10K	
<i>Mark Frankel</i>	41:36
<i>Bill Wilde</i>	50:17

Good weather set me off for this one (my speed-work may have had something to do with it, too). I wound up running my best 10K in 7 years. It was one of those rare days when the body did everything I told it to do. I didn't even notice the plantar fasciitis or the sore calves.

The night before, I made an error visualizing this course, in spite of already having run it three times. In deference to the big hill at mile 2 or 3, I tried to pad my time in between. There was a little hill leading up to it around mile 2—a prelude, I thought—but that turned out to be it.

Given the time I heard called out at mile 3, I ended up running a pretty big negative split. Very rare, but Ramsey is good for that—tough in the first half, fast in the second. This is a real gem of a race, and I'll treasure this year's edition. I'm sure I'll feel it for a few days. —*Mark Frankel*

Madison Firehouse Pizza Run 5K Sep 14

<i>Charlie Slaughter (3rd OA, 1st AG)</i>	19:56
<i>Ed Kelly (8th OA, 3rd AG)</i>	21:16

Looking to bounce back from yesterday's cross-country 5K at Holmdel, I ran this closer-to-home

race. But there were no firefighters and no pizza at the 9th annual Firehouse Pizza Run to Benefit Cheshire Home, so I don't know how they came up with the name. Nevertheless, I promised the race director a plug, as he was a little upset with this year's small turnout (110). The event was very well organized, and the course, through the streets of Florham Park and Madison, was nice and mostly flat, with one little hill around mile 2. After yesterday's *Bowl* at Holmdel, however, any hill was a task for these tired legs. —*Ed Kelly*

The race is called *Firehouse Pizza Run* because it's sponsored by Nicky's Firehouse Pizza, a good Italian place on Central Avenue. And the restaurant is called *Nicky's Firehouse* because a long time ago the building was the property of the fire department. —*Jennifer Lanterman*

Susan G. Komen Race for the Cure 5K, Central Park Sep 14

Joshua Cames (unofficial) 19:03
After an 18-mile training run three days earlier, I was looking for an event that would be easy on the joints. This spur-of-the-moment 5K fit the bill.

But this turned out not to be a "runner's run." There were no timing chips or bib recorders; if you wanted a result, you had to time yourself. In fact, there were an estimated 25,000 to 30,000 participants, mostly walkers, and the event was more a walkathon, not at all about run times.

Before the race, a few celebrities spoke words of wisdom to the crowds. Stephen Colbert, who officially put cancer "on notice," sang a swanky, jazzy "Star-Spangled Banner." Also attending were Judge Judy, Congressman Chuck Hagel, and most of the NYC borough presidents.

I ran at about 90% effort and finished in a stopwatch time of 19:03, about 10 minutes before the finish area became incredibly swamped by waves of runners and joggers. I took the enlarging crowd as my cue not to stick around too long.

This race is for a great cause, and I was glad to do my part. Hats off to all survivors of breast cancer, and to those with friends or family members who are affected. Their race is much harder than any I've ever done.

**NYRR Half-Marathon Sep 14
Grand Prix: Queens**

<i>Robyn Ritter (48th OA, 2nd W, 1st AG)</i>	1:27:27
<i>Tom Daniels</i>	1:47:39
<i>Chris Jaworski</i>	1:59:28
<i>John Harvey</i>	2:09:51

Our car pool was graced with a true rock star, Robyn, who in her debut NYRR race finished 2nd woman overall! That was a highlight in what was otherwise a tough race—at least for Chris, John, and me, mere mortals who also ran—in 80-degree temps and 90% humidity.

I love this race not for its 60+ (!) right-angle turns but rather for its demographic and socioeconomic diversity in the College Point, Astoria, Beechhurst, Malba, and Whitestone neighborhoods. You run past the postwar brick bungalow rowhouses with well-manicured lawns, hanging plants, and big flags, and you can imagine Archie and Edith Bunker sitting on their front stoop and

waving. You pass large manufacturing plants, metal-bending places, and abandoned auto repair shops behind barbed-wire fences. Shortly after passing under the Whitestone Bridge, you weave through tranquil streets with waterfront stucco mansions and their slate and Spanish-style ceramic roofs. You could be in Montclair or Bloomfield at times, passing dry cleaners, pizza places, Chinese restaurants, Dunkin' Donuts, and Delta gas stations, though the planes overhead are going into LaGuardia, not Newark.

The rolling hills and humidity were painful, but we had a great time with 3000+ other crazy people meeting in the predawn hours for the 7:00 am start. And we now have our very own top-3 finisher in a NYRR race! —Tom Daniels

Those of us who managed to reach the finish line without getting dizzy or lost after taking a wrong turn—I felt like a rat in a maze, left turn, right turn, right turn, left turn, straight on, again and again—had to settle for a slower time in the humidity. Great job, everyone, especially Robyn. Phenomenal! I also enjoyed the car pool. Thanks for driving, Tom, and for taking me to experience my first Starbucks coffee! —John Harvey

This was the fourth half-marathon in this year's five-borough series (Staten Island is Oct 12).

We left ERC-ville around 5:10 am, arrived in College Point just before 6, and then had the right amount of time for number/chip/T-shirt pick-up, baggage check, and porta-relief before the 7:00 gun. I even took a few moments to gaze from the staging area, in Hermon MacNeil Park, out onto the early-morning waters of the Long Island Sound. A tranquil way to start the day.

In the humidity, I was toast by mile 2. French toast. Soggy French toast. Before it hits the pan. I took the rest of the race 1 mile at a time. And all those turns! John summed it up best: "Like a rat in a maze." But I guess the turns did keep my mind occupied during my slogfest, and you really couldn't miss any of them, either: Just follow the stream of other runners, or the light-blue dashed line painted on the streets. Amazingly, with this half taking place over what seemed a small area, we didn't cover the same ground twice!

A funny thing happened around mile 2: I found myself next to Greg Waldron, a new neighbor on my block. Greg ran 1:44:48. —Chris Jaworski

Danskin Women's Triathlon, Sep 14 Sandy Hook

Jennifer Lanterman (3rd AG) 1:16:30
0.5-mi swim, 15:27; 12-mi bike, 33:17; 5K run, 21:20
This race was part of a series that started in the spring with events around the United States. The triathlon was for women only.

The race featured a very supportive environment of *You can do it!* and *You go, girl!* The well-organized event started Saturday with an expo. Participants attended at different times, according to the first letter of their last name, to learn their start-wave assignment, pick up a swim cap (color-matched to wave), and be marked. Two informative course overviews (am, pm) and a first-timers seminar were conducted.

The confidence-boosting seminars were run by Sally Edwards, a former triathlete, a prolific triathlon writer, a tri advertiser, and a motivational speaker. Oh, and she was a triathlon masters world record holder! She began asking the women to high-five one another and say, "You go, girl!" She also provided us with a "magic word": *super-sensational*. During the swim, everyone was to do the freestyle stroke to the cadence of *I. Am. A. Super. Sensational. Swimmer!*

On Sunday, we left the Sheraton Eatontown at 4:45 am to get to the race area in time for the 5:15 opening. The transition area was better organized and much larger than in 2006, when I did Danskin as my first and only other triathlon.

Athletes were ushered to the start around 6:30, and the first elite wave started promptly at 6:59. Water safety personnel on surfboards directed everyone to stay on course, and volunteer "swim angels" on noodles stayed in the water until everyone finished. If you needed to stop to catch your breath, you could hold on to a noodle while receiving some encouraging words.

For each wave start, Sally came out in her wet suit and gave an energizing pep talk through a megaphone. She reminded us of the magic word, asked us to compete with a smile, and told us to say "You go, girl!" to anyone we saw struggling. Finally, she said she'd be at the finish to give us a high-five, and we should yell, "Wahool!"

It was with all this inspiration and fun that I started in wave 14. The 71-degree water was chilly at first but kept us from overheating. Having expected rough water after the rain, I was pleasantly surprised it was fairly calm. No water-filled, fogged-up goggles this time! I felt good and never labored, even though it was open water.

The swim-to-bike transition area was much longer than before. Imagine exiting the water and then trying to run 700 meters on rubbery legs!

The bike course was a pretty nice out-and-back with just a few inclines and declines. The only difficult spots were the very small start area, the hairpin turnaround, and the final straightaway (congested with people riding very slow).

Running after swimming and riding was a little rough, especially with all the funky humidity! (That explained all the walkers.) I felt strong and ran from the get-go. My gait may have looked silly, but I was running! The 5K course consisted of two loops, and the straightaway was lined as if the race were the New York City Marathon.

Sally high-fived us at the finish, as promised, and I yelled "Wahool!" when I crossed the line.

I placed 106th of 1513 overall and 3rd of 59 in age and am very pleased with my 1:16:30! In 2006, I finished in 1:15, but that year the swim course was shortened, transition areas were shorter, and I had really trained for the swim and the bike. This year, I did less tri-specific training and focused on not getting injured. I think I am doing less training, but better training.

I recommend this Danskin sprint event to any woman looking to do her first or 100th triathlon. Triathletes come in all shapes, sizes, abilities, and training levels. The one thing we have in common is the desire to get to the starting line in support of a great cause.

The Nation's Triathlon, Sep 14 Washington, DC

Andi Robik. 3:34:22
I'm happy to say that I finished my first Olympic-distance triathlon and had a great time! I did the 1.5K swim in 39:25, the 40K bike in 1:39:10, and the 10K run in 1:00:31!

During the Potomac River swim, the water was a comfortable 77 degrees and the current not too bad. I wore a wet suit (most people did).

The bike course was fun to ride, as the roads were very flat, mostly smooth, and closed to traffic. We did some zigzagging through the city and then took a long out-and-back all the way into Maryland. The elevation was less than in Central Park—just minor ups and downs.

The run was the most difficult part. My wave had begun swimming at 8:20 am, so I didn't start running until 11:00. By then, the temperature was 90 degrees, and there was no shade. My legs were strong, but the heat was so overbearing that I was relegated to jogging at 10 minutes per mile and stopping for ice and sponges at all the hydration stations. Each icy sponge bath allowed me to go another half-mile or so before I got hot again. I was sticking ice everywhere I could without publicly humiliating myself. My run time in this heat was well off my usual for a 10K.

I placed 61st of 101 in age and 602nd of 951 females overall. There were 2388 finishers.

This event was well organized, but there were complaints about starting older competitors last, closing the course at 1:00 pm, and leaving late finishers to navigate on their own. I was in by noon and didn't have that problem, but many others did.

But, as in any city, it was fun to participate in an event on a closed course. Crowd support was thick in Washington, DC, as this race was highly populated with Team in Training groups from all over the United States.

I am signing up for next year!

Dai Kichi 5K Run, Brookdale Park Sep 20

Carl Rucker (1st OA) 19:12
Jill Sanders (2nd W, 1st AG) 23:45
Antonella Lozito (2nd AG) 25:49

I had a lot of fun at this event. I love going to little races—they feel more like big group runs. The Dai Kichi course followed the traditional Brookdale 5K route, but there should have been more direction provided, as a few people took wrong turns. Other than that, things went really smoothly for an inaugural 5K!

I ended up being the 2nd female finisher and winning my age group. The owner of the Dai Kichi restaurant will be giving me a gift certificate as a prize. I had never met him before, but he made me feel like we were old friends.

The post-race party had tons of delicious food, and my boyfriend (he ran too) and I stuffed ourselves. There were a couple of live bands, and we really enjoyed ourselves. If this race is held next year, we'll definitely be there!

—Jill Sanders

Berkeley Heights 5K Sep 21

Gary Peters (3rd AG) 19:51
Susan Palermo 35:22

Visualization and Affirmations

The brain is incapable of distinguishing between something that happened and something vividly imagined, wrote Dr. Maxwell Smaltz, a pioneering author of self-help books.

Anne Marie Letko, who competed in the Olympics twice for the United States—she ran the marathon in 1996 and the 5000 meters in 2000—cited Smaltz’s observation as one of her favorites. Letko spoke about visualization and affirmations at the September meeting.

Visualization, according to her handout, “is the connecting link between mind and body in performance. It represents the most effective system of communication between mental desires and physical performance.”

Although there’s no right or wrong way to visualize, Letko suggested a technique she discovered in high school. She listened to music, put herself in a trance, and visually took herself through a race. During visualization, it is important to think of both the positive and the negative so as to become totally mentally prepared for all contingencies.

“Think in pictures, not in words. Instead of telling yourself, see yourself doing it,” according to the handout.

Visualization very often helped her, she claimed, because it gave her the confidence to run at the highest level. She was often able to see herself running well.

“Visualization is one of the most powerful mental training strategies available to performing athletes. [Although] there is no substitute for physical practice ... the physical wins only half the battle! Thinking in positive pictures wins the other half.”

Affirmations, on the other hand, are “positive statements.” Rather than seeing yourself (as in visualization), you are telling yourself.

According to Letko’s handout, affirmations are a “kind of conscious, positive brainwashing.” In other words, if you tell yourself you are going to do something, you eventually believe you are going to do it.

Letko said that she used to repeat statements over and over again until they were totally believable. In racing, making affirmations often helped her run better than expected because she was often able to convince herself that she was the best.

New Member Joseph Yewaisis	
Occupation	Banker
Background	I have been running for about 12 years.
First race	Spring Lake Five
Memorable	Save Barnegat Bay 8K, which I founded
Favorite shoes	Mizuno
Hobbies	Golf and boating
Anything else?	I hope to meet you and start running more!

New Member Amy Rosenthal

You can call me *Amy*, though some friends call me *Aim*.
 I am a senior account executive in pharmaceutical advertising. I have been in the industry for eight solid years.
 My entire life, I have enjoyed being active, whether it’s walking in the park or working out at the gym. I started running as a way to get into better shape, and I have been at it for about nine years. I quickly realized I felt my best both mentally and physically after a good run. I became hooked. I have had my ups and downs with running, though. In 2004, I was training for a half-marathon and injured my ankle and shin. I had been up to 10 miles in my training, and I have yet to get back to that distance. I stick to 5K races, and I do a 5-mile run a few times each week.
 My first race was the 1999 West Orange Downtown Classic. I ran my best 5K time (26:18) at the 2008 Verona Labor Day Classic. For me, that was quite an accomplishment.
 My most memorable race is the Fallen Heroes Memorial Run (5K) in Elizabeth.
 My favorite running shoes are Asics. I just love them.
 As for hobbies, I obviously like to run. I also like going to the gym, and, I can’t believe I am about to admit this, I enjoy karaoke from time to time.
 In closing, I am happy to now be a member of ERC.

RACES: OCTOBER–DECEMBER 2008

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

10/4	Sat	9:00a	Grete’s Great Gallop (NYC)	13.1M	212-860-4455	
10/5	Sun	8:15a	Race for the Cure (Six Flags, Jackson Township)	5K	609-896-1203	
10/5	Sun	8:30a	Mahwah 10K & 5K	10K, 5K	201-825-1182	NBGP: 10K & 5K (both 500 pts)
10/5	Sun	9:00a	Union EMU 5K	5K	732-381-0318	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 Negrón 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	9:30a	Heart of the Highlands 5K (West Milford)	5K	973-835-0141	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	973-600-6322	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 (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	Wyckoff 5K	5K	201-848-8738	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	Run for Open Space (Jersey City)	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	9:30a	Beaverton Town 5K Fall Classic (Lincoln Park)	5K	973-270-2040	
11/1	Sat	10:00a	Run for Runaways (Duke Island Park, Bridgewater)	5K	908-526-6605	NBGP: 500 pts
11/1	Sat	10:15a	Morris Mauler Handicap Stakes 5K (Lewis Morris Pk)	5K	908-295-8580	
11/2	Sun	9:00a	Run for Literacy 5K (Cranford)	5K	732-841-2558	
11/2	Sun	9:30a	MS Solution 5K (Morris Township)	5K	732-381-0318	NBGP: 500 pts
11/2	Sun	9:30a	Run With the Vikings 5K (South Brunswick)	5K	732-940-3111	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	
11/7	Fri	9:00a	NJEA Boardwalk Run (Atlantic City)	5K	856-234-2485	
11/9	Sun	8:45a	Garden State Plaza 5K (Paramus)	5K	201-262-8494	NBGP: 500 pts
11/9	Sun	9:30a	Passaic Valley Rotary River Run (Little Falls)	5K	973-256-5001	
11/9	Sun	10:00a	NYRR XC Championships (Van Cortlandt Park, Bronx)	5K	212-860-4455	
11/9	Sun	10:15a	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), 5K (500 pts)
11/15	Sat	8:00a	Knickerbocker 60K (Central Park)	60K	212-860-4455	
11/15	Sat	8:30a	Goodwill 5000-Meter Run (Montclair)	5K	973-865-1919	NBGP: 500 pts
11/15	Sat	9:00a	Kinnelon Cares 5K Turkey Trot	5K	973-800-8933	
11/15	Sat	9:30a	Somerset Turkey Trot (Colonial Park, Franklin)	5K	908-722-7779	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	Dick Meighan 5K (Upper Saddle River)	5K	201-818-0248	
11/27	Thu	9:00a	Ashenfelter 8K Classic (Glen Ridge)	8K	973-809-9311	NBGP: 700 pts
11/27	Thu	9:30a	Flemington Turkey Trot	5K	908-782-2911	NBGP: 500 pts
11/28	Fri	11:00a	Born to Run 5-Miler (Freehold)	5M	732-431-2627	
11/29	Sat	11:00a	Westfield Turkey Trot	5M	908-245-9422	
11/30	Sun	9:00a	Thanksgiving Sunday 10K (Long Branch)	10K	732-578-1771	
11/30	Sun	10:00a	Navesink Challenge (Middletown)	15K, 5K	732-542-6090	
11/30	Sun	11:30a	Pete McArdle XC Classic (Van Cortlandt Park, Bronx)	15K	212-860-4455	
12/6	Sat	9:30a	Reindeer Run (Franklin Lakes)	5K	732-381-0318	NBGP: 500 pts
12/7	Sun	8:00a	Joe Kleinerman 10K (NYC)	10K	212-860-4455	
12/7	Sun	10:00a	American Red Cross 5K Run for Life (Millburn)	5K	973-376-0231	NBGP: 500 pts
12/13	Sat	9:30a	Holiday 4-Miler (NYC)	4M	212-860-4455	
12/13	Sat	1:00p	Beach Blast 5K (Newton)	5K	973-383-7933	
12/14	Sun	10:00a	Jingle Bell Run for Arthritis (Jersey City)	5K	732-283-4300	
12/14	Sun	10:00a	Toys for Tots (Freehold)	5K	732-431-2627	
12/14	Sun	11:00a	USATF-NJ 15K Championship (West Windsor)	15K	973-334-8900	NBGP: 500/700 pts
12/20	Sat	8:00a	Hot Chocolate 15K (NYC)	15K	212-860-4455	
12/28	Sun	1:00p	Polar Bear Race (Asbury Park)	5M	732-222-9080	
12/31	Wed	Midnite	Midnight Run (NYC)	4M	212-860-4455	

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)