



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

January 2009

Vol. 26, No. 1

EDITOR'S NOTE

Chris Jaworski

A new year can be a time for renewal, as in renewal of your membership in Essex Running Club and your subscription to *Keeping Track*. I'm just sayin'. (But see form on p. 3.)

Or it could be a time for renewal of your USATF-NJ membership (p. 4).

Or for taking account of the year just passed, as in submitting any unreported 2008 race results so that ERC can start working on its annual awards. (Please send results to jaworski@verizon.net only after you've checked back issues to make sure you're not submitting duplicates.)

Or it could be a time for making plans, as in attending more meetings. (See schedule in box on right and note that, starting in March, we're switching from Mondays to Tuesdays. The place is the same, Church Street Kitchen.)

Or it could be a time for something new, maybe a hosted group run (schedule, p. 2), a West Essex Trail run (p. 2), a dead-of-winter but fun club race (Manhattan half, p. 4), or even that trial-by-mud trail race you've forever been telling yourself you want to try (Mark Your Calendar, p. 1).

So what if it's January? The weather is always good for running. Or, as Greg Van Inwegen reported in anticipation of a recent group run in the morning snow, "In Sweden they say, 'There is no bad weather, only bad clothes.'"

Happy New Year!

25th Anniversary Party a Success!

Lynne Mortimer

As chairperson of the 25th anniversary party committee, I thank my fellow committee members from the bottom of my heart: Larry Hollander, Joe Sczyrek, Howie Brown, Judy Weiss-Brown, Catherine Alessi, and Robin Kantor. They all put in countless hours over the past six months to make the party possible. I also thank all the club's board members who helped with invitation stuffing, souvenir making, and setting up at Mayfair Farms the evening of the event. Last, I thank the entire club, those members who attended, and those who were there with us in spirit, for celebrating the wonderful accomplishment of 25 years of running as a club. It was a terrific evening of remembering the past, dancing the night away, and looking toward the future. Here's to a great 2009!

ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, January 5

Our Speaker

John Korff, director of the New York City Triathlon

Church Street Kitchen
12 Church Street, Montclair

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

General Meetings for 2009

Switching to Tuesdays beginning in March

Jan 5 (Mon) • Feb 2 (Mon) • Mar 3 (Tue, Fashion Show)
Apr 7 (Awards) • May 5 • Jun 2 • Jul 7 • Aug (no mtg)
Sep 1 or 8 • Oct 6 • Nov 3 • Dec 6 (Sun, Holiday Party)

Board Meetings for 2009

Jan 13 • Feb 10 • Mar 10 • Apr 14 • May 12 • Jun 9
Jul 14 • Aug (no mtg) • Sep 8 or 15 • Oct 13
Nov 10 • Dec (no mtg)

A Birth in the Family

On Dec 12, my daughter, Lisa, had a baby girl, Taylor Donna (Tamar Dina in Hebrew). Taylor was 7 pounds, 0 ounce, 19.5 inches. Mom and baby are doing well. —*Mick Close*

MARK YOUR CALENDAR

- **Now.** Enter your e-mail address so you'll be notified when registration opens for the Leatherman's Loop (www.leathermansloop.org) 10K trail run (Sun, Apr 26, Ward Pound Ridge Reservation, Cross River, NY). This race closes out quickly (number of runners is capped; no same-day registration).
- **Jan 3, 11, 17, 24; Feb 1.** Winter hosted group runs. *Page 2.*
- **Jan 4, 10, 18, 31.** West Essex Trail group runs. *Page 2.*
- **Jan 5.** General meeting. *Page 1.*
- **Jan 19.** Registration deadline for USATF-NJ Awards Banquet (Jan 24). See www.usatfnj.org/Banquet/2008_Banquet.html.
- **Jan 25.** NYRR Manhattan Half-Marathon (club race). *Page 4.*



**2009
ESSEX RUNNING CLUB**

Officers

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

Board Members

Catherine Alessi. . . Clothing, Entertain
 Aubrey Blanda. At Large
 Mick Close. USATF
 Phil Coffin. At Large
 Chris Jaworski. Newsletter
 Robin Kantor. Insert Photos
 Ed Kelly. USATF
 Martta Rose Kelly. PR, Web Site
 Tom Kelly. At Large
 Debbie McNally. Mailing
 Karen Mishler. Honorary
 Lynne Mortimer. Insert Ads, Entertain
 Susan Palermo. Clothing, Walking
 Gary Peters. USATF
 Beverly Salerno. Membership
 Helene Scarnegi. At Large

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: 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: Robin Kantor
robinbkantor@yahoo.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

WINTER WEEKEND RUNS

ERC plans a mix of hosted runs, holiday events, road trips, and trail runs each winter (Dec–Feb). More details appeared in Nov issue. **Groups meet at 9:00, unless noted otherwise. Please RSVP.**

1/3	Aubrey Blanda (173 Hawthorne Ave, Glen Ridge, 973-748-3692) <i>From Verona:</i> Bloomfield Ave E to Glen Ridge, R on Ridgewood Ave (light), L on Washington St (light), 1st R (Hawthorne), #173 on L.
1/4	West Essex Trail (▲ directions at top of p. 3)
1/10	West Essex Trail (▲)
1/11	RUN FOR THE OATS! Sharon Morrissey (61 McKinley Ave, West Caldwell, 973-226-2118) <i>From Montclair:</i> Bloomfield Ave W to Caldwell, pass 1st Presbyterian Church on L and movie theater on R, turn R on Smull Ave (light), 0.75 mile, L on Washington, 2nd R (McKinley), #61 last house on L, parking lot by water tower. If coming S on Mountain Ave, pass Gould School on R, turn R on Smull, R on Washington, R on McKinley.
1/17	Debbie McNally (27 Otsego Rd, Verona, 973-857-8587) & Lynne Mortimer <i>From Montclair:</i> Take Bloomfield Ave W, pass Pompton Ave, R on Elmwood Rd (after baseball field, across from car wash), L on Claremont Ave (4-way stop), R on Otsego Rd, park across street from #27 (gray, red door, 2 huge pine trees). Additional parking: go around block to 1-way street (Lanning Rd) and use school parking lot.
1/18	West Essex Trail (▲)
1/24	CARBO-LOAD FOR MANHATTAN HALF! Susan Palermo (27 Westwood Dr N, West Orange, 973-325-5127) & Wayne Carlson <i>From Bloomfield:</i> Bloomfield Ave W to Verona Park traffic light, L on Lakeside Ave (becomes Pleasant Valley Way), pass Eagle Rock Ave, pass West Orange HS, pass Route 280, R on Mount Pleasant Ave/Route 10 W (next major intersection, Starlite Pizza on R corner), R at 2nd cross-street (Carolina Ave), 1st L (Westwood Dr S), up hill, #27 around bend at top of hill, on L.
1/25	Manhattan Half-Marathon, Central Park , 6:30 am Grove Pharmacy car pool—page 4
1/31	West Essex Trail (▲)
2/1	Catherine Alessi (5 Notch Park Rd, Little Falls, 973-256-0603) & Mick Close <i>From Bloomfield Ave:</i> 23 N, R on Ridge Rd, pass Bradford Ave, after reservoir first R (Notch Park), #5 third house on R. <i>From 46:</i> Great Notch exit, Great Notch/Little Falls ramp, L at light, pass fire house, stay R on Ridge Rd, through light (Francisco Ave), first L (Notch Park), #5 third house on R.
2/7	West Essex Trail (▲)
2/8	Laura Messina & Phil Coffin (37 Osborne St, Bloomfield, 973-748-4688) <i>From Bloomfield Ave:</i> N on Ridgewood Ave 0.4 mile, R on Osborne, thru stop, #37 on L. <i>From Watchung Ave:</i> S on Ridgewood Ave 1.5 miles, L on Osborne, thru stop, #37 on L.
2/14 (West Essex Trail) • 2/15 (Val Kenny & Ginny Kientz) • 2/21 (Susan Mello or West Essex Trail) 2/22 (West Essex Trail or Susan Mello) • 2/28 (Shannon Packard) • 3/1 (West Essex Trail)	

To My Essex Running Club Friends,

On Saturday, December 6, the doorbell rang, and there standing at the front door was a delivery man holding a beautiful bouquet of flowers. My face lit up. I'm a mush for flowers—absolutely love them and couldn't wait to see who they were from. I was moved to tears to discover my wonderful surprise was from my ERC friends. The flowers are beautiful—a vibrant explosion of festive colors in a gorgeous cranberry vase.

My heart surgery went well. Fortunately, my mitral valve was able to be repaired and not replaced, and I was again fortunate to have a surgeon who performed the surgery from underneath my right breast and not the usual Frankenstein incision down the middle of my chest. I was sidelined with nerve damage in my left leg from the catheter in my groin pressing on my femoral nerve, but I'm just about recovered from that scary side effect.

I look forward to when I can take my first running steps, although I am relishing being inside cozy and warm during my recuperation.

Thank you so very, very much for thinking of me. I truly appreciate your good thoughts, and I am totally enjoying the flowers! Thank you.

With a big smile,
 Barbara Tupper, President
 Clifton Roadrunners Club

YEAR-ROUND GROUP RUNS

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)

(▲) **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@yahoogroups.com.

ESSEX RUNNING CLUB 2009

JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!

Date	
------	--

INDIVIDUAL

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

FAMILY

Spouse Name		DOB	
Primary Phone			
Contact E-Mail			

KEEPING TRACK (NEWSLETTER) DELIVERY

(Check ALL that apply; for e-mail options, you must provide an e-mail address below)

Mail Paper Copy to Above Address

E-Mail PDF to This Address:

E-Mail Alerts* to This Address:

**You will be notified that PDF has been posted to ERC Web site*

MEMBERSHIP STATUS

ANNUAL DUES

Join the Club Renew Membership \$25 Individual \$40 Family

Mail form & check (payable to *Essex Running Club*) to ERC, PO Box 183, Verona, NJ 07044-0183

Join the Club. Join between Sep 1 and Dec 31, and membership covers all the next year.
Renew Your Membership. Renew by Feb 1 to avoid interruption in delivery of *Keeping Track*.
Membership Directory. Your name, address, phone numbers, and e-mail address will be printed in a directory distributed annually to ERC members. This directory is for the personal use of members and is not to be used for commercial or political purposes.



**In the January Issue Of
KEEPING TRACK ...**

20 Years Ago (1989)

Self-care pops up in this first issue of the new year ... next speaker to discuss the usefulness of the stress test for athletes ... president Lynda Solomon writes about dedicating yourself to ERC and your running by "[attending] one club function and [making] one new friend in our club this year," about getting members to be more active ... Andy Fried advocates cross-training ... Norman Kallen's 1988 highlight was "running without injury" ... David Ratajack's goal for 1989 is "injury-free running" (he's just been elected VP of the Bicycle Touring Club of North Jersey) ... Adrienne Thomas plans to keep a training diary, does macrobiotic cooking, and in the summer helps "cooperatively garden a 3/4 acre of land and eat all the wonderful veggies" ... Vince Carnevale makes the *Running Times* national Runners of the Year list ... Larry Hollander, RP, writes an article on anti-inflammatory drugs ... editor Karen Mishler provides a blueberry muffin recipe.

15 Years Ago (1994)

Andrew Boyajian, a nationally certified track and field official, is to speak at the next meeting ... Tom Kelly contributes a lengthy article, "Pulling a Rosie Ruiz at the 1993 NYC Marathon" (he and another Achilles volunteer team up to accompany a physically challenged athlete; at mile 3, the runner gets into a fight, and the teammate skips ahead; the runner starts cramping at mile 7 and by mile 9 is in too much pain to go any farther; calling it a day, Tom and the runner take the subway, where they're called cheaters by kids; the runner naps on the train; emerging near Central Park, Tom wisely asks him if he wants to finish and get a medal, and the pair soon cross the line; the other volunteer is still on the course) ... George Sheehan III thanks ERC for its tributes to his father.

10 Years Ago (1999)

Tony Sanchez now president ... a relief fund is set up for William Crowell, who in a fire lost his two children and was himself burned ... planning ski trips and a trip for the Kutztown (Pa) Fool's Run ... Chip Bearden describes an icy, rainy group run ... Jim Ennis details his Boston 2009 training (2:49 goal) and in "It's Been Fun" sums up his running life.



USATF-NJ

Mick Close

The 2008 USATF-NJ Grand Prix wrapped up with the Grand Finale 15K on Dec 14. We finished the year 7th of 14 in the team competition (vs. 9th in 2007). Thanks to all who represented ERC! We hope to have more members participating in 2009. Special thanks to team captains Gary Peters and Ed Kelly for being at many races!

FINAL TEAM STANDINGS (Place, Team, Points)

1. Raritan Valley Road Runners, 426
2. Morris County Striders, 329
3. Sneaker Factory Road Racers, 325
4. Shore Athletic Club, 312
5. Clifton Roadrunners Club, 201
6. Rose City Runners, 172
7. Essex Running Club, 93
8. North Jersey Masters, 83
9. Central Jersey Road Runners Club, 79
10. Running Company, 75
11. Road Runner Sports, 34
12. Geezers, 17
13. Fleet Feet, 10
14. Breakneck Track Club, 8

Several club members won awards in the individual competition, but the most outstanding performance was by Larry Czaplewski, who placed 3rd in the overall Grand Prix, perhaps the highest ever finish by an ERC member. Congratulations, all, and to Larry on his amazing year of running!

FINAL INDIVIDUAL STANDINGS (Place, ERC Member, Points)

15. Sharon Morrissey, 5160
25. Susan Mello, 4546
27. Lynne Mortimer, 4500
32. Martta Rose Kelly, 4262
44. Helene Scarnegi, 3848
60. Karen Merz, 3224
62. Andi Robik, 3213
64. Debbie McNally, 3207
89. Susan DeRoberts, 2669
100. Heather Welch, 2367
104. Beverly Salerno, 2320
120. Aileen O'Rourke, 2064
148. Jennifer Lanterman, 1693
3. Larry Czaplewski, 5610
16. Charlie Slaughter, 5272
29. Mike Sneden, 4954
34. Paul Kartanowicz, 4875
35. Gary Peters, 4827
36. Will DeRoberts, 4823
44. Ed Kelly, 4652
50. Mick Close, 4579
73. Chip Bearden, 4010
80. Howie Brown, 3873
83. Tom Kelly, 3836
108. Mark Frankel, 3504
110. Doug Williams, 3461
116. Desmond Duncker, 3385
123. Mike Kalthoff, 3215
132. Bill Wilde, 3086
146. Ron Wolfson, 2889
150. George Studzinski, 2873
159. Paul Giuliano, 2798
166. Chris Jaworski, 2724
182. Randy Miller, 2569
234. Joshua Carnes, 2079
241. Tom Eaton, 2020
246. Glenn Trimboli, 1996
257. Phil Coffin, 1897

NEW BALANCE GRAND PRIX (NBGP) INDIVIDUAL AWARDS

NBGP Overall

Larry Czaplewski	3rd	Overall
Larry Czaplewski	1st	Age 45-49
George Studzinski	1st	Age 70-75
Lynne Mortimer	2nd	Age 50-54

Miniseries 1

Charlie Slaughter	1st	Age 50-54
Ed Kelly	2nd	Age 40-44
Martta Rose Kelly	2nd	Age 50-54
Tom Kelly	2nd	Age 65-69
Beverly Salerno	3rd	Age 60-64

Miniseries 2

Mark Frankel	1st	Age 35-39
Charlie Slaughter	1st	Age 50-54
Ed Kelly	2nd	Age 40-44
Tom Kelly	2nd	Age 65-69
Mike Sneden	3rd	Age 45-49
Martta Rose Kelly	3rd	Age 50-54
Beverly Salerno	3rd	Age 60-64

Total Points

Ed Kelly (21,692)	1st	Overall
-------------------	-----	---------

Masters Track & Field

Beverly Salerno (Throws)	1st	Age 60-69
--------------------------	-----	-----------

Now's a great time to join USATF. Membership lasts through Dec 31, 2009. Your membership supports the sport and has many perks, such as preregistration discounts at participating races (recoup your membership fee!) and entry to compete in the individual Grand Prix and on ERC teams. Join online, by mail, or at a championship race (specify ERC's ID number, 246). Info: usatfnj.org, 973-334-8900.

The 2009 individual Grand Prix kicks off Jan 1 with several New Year's Day races. Team competition starts Apr 5 with the first championship race, the Cherry Blossom Run in Branch Brook Park. The complete 2009 championship race schedule appears on page 12.

Please contact one of our three team captains for information about USATF and running on ERC teams:

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



AT THE RACES

Mick Close

Manhattan Half-Marathon Sun, Jan 25

This popular race is one of our winter group events and our only January club race. Use it to get in a long run or test your midwinter fitness level for a spring marathon, or just come along to run, jog, or walk a few miles in Central Park.

The race begins at 8:00 am. It usually starts on East Drive at 84th Street, makes two loops around the park, and finishes on the 102nd Street transverse. If you bring extra clothing to keep warm before and after the race, you can check it at the baggage area.

Want to carpool? Be at Grove Pharmacy (123 Grove Street, Montclair) no later than 6:30 am. We usually use a self-park garage on the west side of Madison Avenue, between 105th and 106th streets. (Cost per car: \$12.) The garage is 0.5 mile from the start but close to the finish.

Info: www.nyrr.org, 212-860-4455.

FINISH LINES

Goodwill 5000-Meter Run, Montclair Nov 15

Tom Eaton (1st AG)	19:53
Glenn Trimboli	20:08
Doug Williams	20:15
Ed Kelly (3rd AG)	21:09
Tom Daniels	22:31
Chip Bearden	22:43
Greg Van Inwegen	22:53
Sean Trotman	23:13
Robert Stack	23:28
Susan Mello (3rd masters W, 2nd AG)	23:31
George McIntyre (3rd AG)	23:35
Samir Awad	23:38
Karen Merz	23:46
Helene Scarnegi (1st AG)	23:53
Howie Brown	24:09
Andi Robik	24:58
Tyler Daniels (age 16)	25:08
John Harvey	25:43
Heather Welch	25:48
Donna Daniels (2nd AG)	26:39
Joseph Yewaisis	27:10
Tim Caputo	27:38
Tamara Sorell	28:05
Spencer Schwartz	28:14
Theresa Fallon	28:47
Alex Van Inwegen (age 13)	30:58
Amy Zavadil	33:14
Chiara D'Agostino	34:38
Candace Harvey (age 18)	35:23
Faye Harvey	37:14
Joanne Barone	44:09
MuLu Gebreyesus	44:24
Isabella Blanda (age 8, GOTR!)	46:32
Milt Westrich (1st AG)	47:32

There were 818 finishers, up 353 from last year. Thanks to Essex member/race director Aubrey Blanda and the many ERC and Goodwill Rescue Mission volunteers who showed up to lend a hand, this fourth GW5K was a huge success. Even the threat of rain couldn't keep the crowds away!

Yes, the Goodwill race's string of colorful autumn scenery and good weather came to an end this year. Many leaves had already fallen, and fog filled the air. At least it was warm (in the 50s), and the heavy rain and thunderstorms that had been forecast danced around today's fun event. There was just the little problem of visibility, which led the Montclair police to delay the start so they could take extra safety precautions.

Volunteers helped with registration and other tasks inside the Montclair Art Museum, assisted at the finish outside the museum, and accompanied Girls on the Run (GOTR) in the 5K.

About 250 girls from Northeast New Jersey chapters of GOTR attended. These runners, 8 to 11 years old, had trained for two months for this event, their first 5K race and their season finale. Many had "running buddies" for the race; those who didn't were matched up with volunteers, who ran with and supported them start to finish.

I offered to chaperone Margaret, a 10-year-old GOTR. When we reached the first uphill and other people were walking it, Margaret sped up. Heart-warming, ain't it? —Chris Jaworski

The 5K was my first race, and my granddaughter, Tiffane Hughes, ran for the first time. She did the 1-miler. —Joanne Barone

What a huge job Aubrey undertook today: mom of a runner, race organizer, Girls on the Run coach. Kudos, Aubrey!

The old saying about walking a mile in someone else's shoes came to mind today. I volunteered to run 3+ miles with Zoe, an 8-year-old who didn't have a parent who could run with her. It was a terrific experience. Zoe kept plugging away and refused to complain even when she was getting tired and sweaty and rained on.

It's been a long time since I thought running 3 miles was hard, but running it with Zoe gave me a new (or renewed) perspective: Three miles is really far when you're 8, and especially long when your worried parents have dressed you in thick sweatpants and three shirts. I felt like, as Bruce later put it, a running sherpa. By the end of the race, I was carrying Zoe's shirt, hat, and water bottle. At least I wasn't carrying Zoe!

But it was so worth it to see her face light up as we approached the finish line and saw the huge crowd cheering and clapping. Zoe was thrilled, and so was I. It was cool to see someone else experience the joy of running. —Debbie McNally

I am indebted to all Essex Running Club members who volunteered at today's race. Your selflessness and generosity with your time are wonderful and humbling. This was the hardest of the four annual Goodwill races for me. The Montclair Police Department ordered the delay of the race start because of severe low visibility (fog). They wanted more officers out on the course. I agree completely with their decision, as the safety of our runners is paramount.

There were race-day registration snafus because of the delay and because of the astounding number of runners who woke up to pouring rain and said, "What a great day to run a 5K!" We had nearly 950 registrations, and 818 finishers—huge increases from last year. But it was all for a great cause, and from the bottom of my heart I thank every runner who came out.

To the volunteers who worked registration, I thank you all for your grace under pressure in the confusion with the delayed start and the sell-out crowd. My apologies to everyone, and especially Laura Messina, who handled the insanity far better than I. I'm making every effort to prevent day-of registration snafus from happening again. You were all awesome!

To Lynne Mortimer and the other volunteers who worked the finish lines for the 1-miler and the 5K—including all you chipper chip clippers—thanks for braving the wet weather and assisting the runners, especially the many first-timers. My Girls on the Run girls were so excited to wear a "real racing chip" and receive an official time!

To all volunteers who ran with a GOTR girl who had no friends or family to run with, you

made a huge impact on the lives of these kids! I heard much praise from their parents for your help in chaperoning, and you so deserve it! Most of these girls were running their first 5K, and you helped make it a thrilling experience.

To Phil Coffin, you are the First-Mile Marker Man! Thanks for setting the clock up so runners had a split time. To Desmond Duncker, you are the One-Mile Fun Run Man! Without you, there wouldn't have been one.

And thanks to everyone, too numerous to list here, for all the help with *everything*—setting up breakfast, directing people amid the confusion before the start, and cheering runners on. Again, many runners were first-timers and children (though, dang, some 10-year-olds were fast!), so your support and encouragement were crucial!

Finally, I just have to say that this event truly would not happen if not for all of you. So, thanks!

—Aubrey Blanda

Richmond Marathon, Va Nov 15

Robyn Ritter (16th W, 3rd AG!) 3:16:32
Congrats to Robyn on her marathon debut! We don't keep club records, but this must be one of the fastest times by an ERC woman in a marathon. Great job, Robyn! —Mick Close

Hello, all! I've noticed ERC's tradition of writing race recaps, so I am jumping on the bandwagon to tell the story of my first marathon.

I was busy the week before the race and luckily avoided a bad case of *premarathon syndrome* (as dubbed by Tom Eaton), but as I drove down to Richmond on Friday night and then lay in bed trying my best to sleep, it hit me bad! I realized I had no idea what I'd be experiencing the next morning. I'd been training more than I had in years, but that meant running only two or three times a week. *Would that be enough? Would I even be able to finish?* The forecast was "90% chance of severe thunderstorms and rain showers" lasting from 5:00 am until past 1 pm. I'd never run so far in the rain. *Twenty-six miles*

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 essexrunningclub@yahoo.com or to 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!

of running in the pouring rain does not sound like much fun at all! What should I wear?

I woke up Saturday morning shaking (I tend to get nervous before races). I put on my race clothes, a hat, and my wonderfully crafted trash-bag suit. Then I realized that it wasn't raining. However, I was sure it would start soon enough, so I kept the suit on and didn't take it off until just before the start of the race. I kept the hat too, though I quickly regretted doing that.

The race started before I knew it. I kept thinking of the advice everyone had given me (thanks, guys!), but mostly I tried not to start out too fast. Half a mile, and I was hot already! The hat made my head feel on fire. I also discovered it was 68 degrees at the start! Luckily, I thought, there's a breeze to keep us cool. The breeze, I later found out, was 17-mph winds! But at the 1-mile mark, I hit 7:35, right on pace. The next couple of miles (7:30s) were right on, too. I was enjoying the bands and camaraderie and feeling good. I think for the next 15 miles I was averaging 7:15 or so, and, despite the now 70-degree temps and very high humidity (still no rain), I felt great!

I chatted with a few people. Everyone I talked to had run at least five marathons! It always came up that Richmond was my first, and in response three separate men said the same thing: "You might want to slow down!"

I was really pleased with the stops along the course—everything from junk food stops to a wet towel stop and even a Vaseline/Band Aid stop! Runners also had the option of taking shots of whiskey or beer! (I passed, figuring I'd save up for beer night on Thursday!)

The bands that were playing every couple of miles were a boost, but several were doing slow, sad songs, which left me wanting to yell, "Come on! Give us something perky!"

There weren't as many spectators as I had thought there would be, but some runners said that, compared with the other marathons they'd done, Richmond had the best support. I gave high-fives to kids and a thumbs-up to anyone cheering. At mile 17, still feeling good, I passed my dad, who told me my form looked great.

About 2 miles later, the miles that I had felt were dropping like flies were now clinging on, and each mile felt more like two. I also got a stomach cramp, which I stopped to let pass. That was the first time I ever stopped in a race!

I saw my uncle at mile 20, and that's where things got rough. The temps were now in the mid-70s, and the wind was gusting at 28 mph! (Since when is it in the mid-70s less than two weeks before Thanksgiving?) At times, I was plowing headfirst into the wind. And then my snug hat blew off! When I reached down to get it, I realized how sore I was going to be after the race!

More than once, I looked at my watch thinking I was near the next mile marker only to discover that only 2 minutes had passed since the previous one! My pace slowed, and I kept thinking, *Just finish the damn race!* I hate to admit it, but I walked twice more, at water stops, about 30 seconds each time. It may have been better had I kept going, but my legs were begging for a break, even a tiny one. The last mile couldn't have come

sooner, and I was so happy to be almost done. I felt my legs couldn't move another step, but somehow they were habitually obeying.

With a downhill quarter-mile to go, I finally saw the finish line! If the spectator support had been thin earlier, then the thousands of cheering spectators at the finish made up for it! Somehow I heard my family members, but I didn't have the energy to outwardly acknowledge them. I crossed the line, and then a worried-looking lady, ready to catch me, asked, "Are you okay?!" All I could do was give a head tilt. I tried walking but wobbled instead, and I received many sympathetic looks from other finishers. Was I the only runner doing the marathon wobble? I knew I wasn't, but I must've stood out. One guy said, "Eww ... you're really gonna be sore tomorrow!" Someone else said, "I've been there. I feel your pain."

I finished 16th female and 3rd in age. My time (3:16:32) was slower than my original goal, set many months ago, but it was better than my adjusted goal (twice lowered when training and other aspects of my life weren't going as hoped). I still have my original goal in mind, but I'm not in a huge rush. I realize that getting better comes only with patience and that it will take more commitment and time on my part.

The most important thing I've learned from this race is that I've met an absolutely wonderful group of people in the Essex Running Club. Thanks so much for making me feel comfortable and welcome in my new home here. I can't wait to get to know everyone better, and I look forward to more runs, races, and gatherings.

—Robyn Ritter

Gagnon 5K, Morristown Nov 16
Jennifer Carbone (3rd W) 20:42

Great Swamp Devil Run (5K, 10K), Nov 16
Basking Ridge

5K
Ed Kelly 20:38
Rich Unis 23:10
Aileen O'Rourke (1st AG) 23:12
Howie Brown (1st AG) 23:23
Tom Kelly (3rd AG) 25:35
Martta Rose Kelly (3rd AG) 27:05

15K
Larry Czaplowski (1st AG) 55:28
Mike Sneden 1:04:49
Susan Mello 1:11:49
Helene Scarnegi 1:15:24
Bill Wilde 1:16:39
George Studzinski (1st AG) 1:24:59

It was a brisk and windy day. While many ERC members were braving the chill to get in a last-chance 500-point 15K for their USATF-NJ Grand Prix, or simply doing a 15K training run, others had already completed all their 15Ks for 2008 and, remembering last year's cold and rainy Swamp Devil, ran the 5K to finish sooner! And the chill was an issue for the 15K runners. I saw many cramping up, exhausted, or dehydrated at the end. Was EMS on hand at this race?

Thanks to Lynne Mortimer for helping out at the finish and to Chip Bearden for riding around

on his mountain bike to cheer on runners and take photographs. —Ed Kelly

How I snagged 3rd in age is beyond me, but I'm happy to be running again two weeks after the New York City Marathon, with no ill effects except a lousy finishing time. And that wind! I thought I had overdressed with a long-sleeved tech shirt underneath my red Essex jacket and sweats, but I never overheated. I told Tom I didn't think it was necessary to run with a water bottle since it was so windy and chilly, but I forgot how much wind dehydrates you. —Martta Rose Kelly

Race to Deliver (4M), Central Park Nov 16
Chris Jaworski (PR) 29:23
Aubrey Blanda (PR) 32:29
John Wickham 32:32

This morning in Central Park, I really worked up a sweat reading a magazine while Aubrey was running 9 miles. Then she and I ran this 4-mile race. I had a 1-minute PR. Even better, Aubrey topped off her long run with a race PR as well. Nice way to wrap up 13 miles. She's on track to do well in her next marathon! —Chris Jaworski

John F. Kennedy 50 Mile Memorial, Nov 22
Boonsboro to Williamsport, Md
Chris Jaworski 10:32:02
Race report on pages 10–11.

5K Stampede Through Clifton Nov 23
Spencer Schwartz 27:32

I encourage people to give this worthwhile race a try. The sub-30 temps were easily countered by clear skies, no wind, and nice neighborhoods. The convoluted course seemed to make the time go by quickly, but I finished in my usual range.

Philadelphia Marathon Nov 23

Half-Marathon: *Tracy Keller* 2:00:03

Marathon
Jeff Burrowes 3:15:19
Eric Stadnyk (PR) 3:15:25
Will DeRoberts 3:17:20
Chip Bearden 3:42:06
Greg Van Inwegen (PR) 3:59:27
Andi Robik (PR) 4:19:31
Susan DeRoberts 4:37:38
Francesca Morrissey (first marathon) 4:39:22
Laura Messina 5:28:19

With the success (?) of the Niagara Falls International Marathon road trip still fresh (raw?), we attempted to mount a group effort for the Philly marathon. Sadly, only a handful of ERC members enrolled before the marathon closed out. This race has soared in popularity in the 13 years Chip Bearden has run it, from a few thousand in 1996 to 18,000 among three races: full and half marathons (the latter a recent addition) and an 8K. Philly is only 2 hours away and, with a few exceptions, has been well managed and fast. But the biggest attraction is the cool weather: Nearly every year presents a PR opportunity, as did 2008 in spite of colder than normal conditions and the threat of wind. This was the 15th

Philly on this course, and the organizers pulled out all the stops to make it a success.

Hands down, the most spectacular performance had to be Laura Messina's return to the marathon after years away. In a "stealth marathon" performance, she shocked (most of?) us by appearing at Philly and finishing her first 26.2-mile attempt since ... 1999? Having accompanied Laura and others on that road trip to Steamtown years ago, it's difficult for Chip to describe how moved and excited he was to learn of this when he returned home. The only downer was realizing that Phil Coffin's appearance there was not just to cheer us Fleet Feet guys.

Best Race Hotel. Marriott Convention Center, next to the new marathon expo site. Walking distance to the start, walking distance to dinner with Andi Robik and her husband and friends, and free late check-out for marathon runners. Full disclosure: We parked in a lot five blocks away to avoid the \$41 (!) parking fee.

Most Unlikely Achievement. Greg's PR, despite a weeklong chest cold and coughing up multiple biology experiments during the race; a bad left knee that was telling him there is no shame in dropping out (next time don't forget the knee strap); and barely avoiding the leg cramps that had crippled him at Niagara Falls.

Most Boring Achievement. Chip taking 21 seconds off his Niagara Falls time. Different course (Philly's hillier). Different weather (nearly perfect with only occasional wind vs. significant headwinds at NF). Same result. Chip: "I don't recall ever feeling as full of energy at the start of a big race as I did today. Maybe it was knowing that Greg had a chance to PR. Maybe it was the theme from *Rocky* blaring at top volume and Bart Yasso whipping the crowd into a frenzy before each wave started. My target was 3:38, but I went out hard and was holding a 3:36 pace halfway through before I was forced to slow. With Niagara Falls in the bag, this was a "free," low-pressure race—one of those rare times when I could experiment a bit. And I did."

Most Intriguing Race Prep. Lance Armstrong's former coach Chris Carmichael's asserting that the superhigh carbohydrate loading possible with traditional techniques can also be achieved the day before the marathon by running a full-out 2- to 3-minute morning workout and later loading with 5 grams of carbs per pound of body weight. Chip ended Saturday with three servings of pasta at the delicious dinner hosted by Andi Robik et al at Buco de Beppe and his fifth Clif Bar and Gatorade at the Marriott that night to reach 900 grams (burp). Does it work? Based on this trial, apparently so, and it's a lot less painful than the traditional 3-day depletion phase. Or maybe it was the dinner and the company: Two PRs were set, Greg's and Andi's!

Most Unusual Course Hazard. Black ice from spillage at many water stops (temps rose slowly, from 26 to only 35 degrees).

Best New Philly Features. Starting corrals, wave starts, and echeloned portapotties grouped in fives to avoid potty poaching by overhydrated, overreaching runners in line 10 minutes before the start. —*Chip Bearden & Greg Van Inwegen*

Way back in 1999, with the encouragement and help of the Grove Pharmacy group, and my then running partner, Chip, I ran my first marathon. Phil (just my buddy then) and Bob Gorman (a.k.a. Dr. Bob) agreed to chauffeur me, and the event was a super experience of friendship. The next year, I improved on my time and vowed to run a marathon a year for as long as possible.

Well, my body had a different plan. Soon it became clear I was headed for some serious spine surgery. Once it was unavoidable, I "shopped" for a neurosurgeon. One said I should be happy knowing I'd eventually be able to run 2 to 4 miles tops a few times a week. Another said no running at all, get a recumbent road bike (can you just see that? oh, puleeze). Another was a dismissive jerk, so I don't remember what he said. The fourth surgeon said he'd fix my spine so I could run, but I'd have no speed, and distance running was probably not in the cards. Guess which surgeon I picked?

It took a long time to return to running, and many attempts at any distance set me back, for weeks, with injury after injury. Finally, I managed a half, but anything longer seemed out of reach. Some years, I gave up the idea of another 26.2, but I guess the desire never fully disappeared.

Considering the strong possibility of failure in a marathon—running one was a stated medical impossibility—I really needed to keep Philadelphia a secret. Truthfully, I didn't fully decide to go for it until a few weeks before the race. Then with just two weeks left, when I returned home after being out on a 5-hour Sunday Grove run, a concerned Phil demanded (politely, of course), "Uh, is there something you should be telling me?" He kept my secret, and we went to Philly.

On Saturday, I was terrified and a basket case about the cold weather. The pasta dinner was really very nice, with a higher class of food, and an engaging presentation by Bart Yasso. Then I laid out about 22 layers of clothes as possibilities for a cold Sunday morning.

Years ago, when I first ran it, Philly was a relatively small race. No more. Runners like me, who started in the field's last wave, had to contend with rows of walkers, big crowds, and faster runners tripping us to get to the front.

Phil was waiting at 6.5 miles. There I switched to a lighter jacket and ditched my hat. The icy water stops were a bit scary, as was the problem my legs were developing. I had forgotten about the long, curvy hill at mile 9, but soon that was behind me, and there was Phil again, at mile 14, with encouragement and pumpkin bread! He promised to be at mile 24. I hoped to get there.

Miles 18 to 23 were especially tough. I made a few stops to stretch my screaming legs. This was disheartening because I hadn't encountered this nasty problem on my 20-miler. Could I make it to the finish? I was determined. I wanted to go back and tell the Grovers that I had run a marathon! So, I had no choice but to keep running as best as I could. And then there it was, mile 24, and there was Phil, with his backpack full of my stuff. At that point, he graciously began plunking along with me, the slow pace being okay for his balky knee. Closer and closer, mile 25, mile 26.

As I neared the finish, I called Dr. Bob and 'fessed up that I was not going to run Ashenfelter (he had asked the day before) because I was at mile 26 and getting tired. He just cracked up. Then, at last, the blessed 0.2 mile arrived. As fast as my aching legs could go, I covered the distance and, with a huge grin on my face, crossed the finish!

I have heard about stealth marathons, and I just ran one. My reason? Had I told others of my attempt ahead of time, and then been unable to finish, the disappointment and having everyone know would have been doubly brutal.

Phil was a wonderful sport and support, even with having such a long wait for me in the cold. I consider myself very lucky to have such a caring, understanding, patient man as my partner.

And I consider myself lucky to be one of the Grovers and ERC, a great group of inspiration runners and truly wonderful people. Many thanks to all of you! —*Laura Messina*

What a nice weekend in a town full of history—the National Constitution Center, dinner with club members, 6 am wake-up call to 26-degree temps, and finishing my half just in time to return to my room, clean up, and head for the finish to cheer Andi through the chute! —*Tracy Keller*

Tracy, thanks again for coming back, after you got all warmed up, to be at the finish line. That was awesome. My recap: Yippee! My first successful marathon I can say I ran! I even had negative splits at the end. I was so excited knowing I was going to finish, and finish feeling strong. Although anything had to be an improvement over Disney (5:58), my chip time was better than expected. I felt great the whole way and was very happy my knee did not give me a problem. Best part: brownies at miles 19 and 21. Worst part: waiting 30 minutes at the start (that's nothing compared with NYCM wait time, but, still, it was no fun with the temp at 26 degrees, and no one told me there were three waves and I would be last). Best best part: running through the finish chute! I finally earned my 26.2! —*Andi Robik*

Ashenfelter 8K Classic, Glen Ridge Nov 27	
<i>Paul Giuliano (2nd AG)</i>	28:48
<i>Larry Czaplewski (3rd AG)</i>	29:07
<i>Rick Pingitore (3rd AG)</i>	30:52
<i>Will DeRoberts</i>	30:55
<i>Larry Miller</i>	32:07
<i>Mark Frankel</i>	32:45
<i>Glenn Trimboli</i>	32:54
<i>Paul Kartanowicz</i>	33:23
<i>Doug Williams (PR)</i>	33:31
<i>Mike Sneden</i>	33:35
<i>Gary Peters</i>	33:53
<i>Charlie Slaughter</i>	33:58
<i>Rob Gerin</i>	34:16
<i>W. Blake Sturcke</i>	34:31
<i>Ed Kelly</i>	34:33
<i>Ted Bongiovanni</i>	34:38
<i>Andy Fried</i>	35:33
<i>Tom Daniels</i>	35:41
<i>Wayne Carlson</i>	36:51
<i>Daniel Nachman</i>	36:54
<i>Greg Van Inwegen</i>	36:55

Chip Bearden	37:46
George McIntyre (3rd AG)	37:50
Howie Brown	37:57
Sean Trotman	37:58
Chris Jaworski	38:01
Tom Kelly	39:31
Mick Close	39:33
Marty Baum	40:06
Tyler Daniels	40:27
John Thornton	40:32
Joseph Yewaisis	40:46
Carl Sturcke	41:23
George Studzinski (1st AG)	42:10
Michael Francaviglia	42:54
Rich Unis	43:43
Michael Topper	44:37
Spencer Schwartz	44:45
Tim Caputo	45:03
Ed Trieste	46:11
Scott Flood	46:26
John Fabbro	46:26
Jeff Matthews	47:34
Philip Giannuario	48:10
Harry Blanda (age 10)	51:16
Dave Benfield	51:57
Karen Merz	36:49
Susan Mello	36:52
Sharon Morrissey	36:59
Laura Gelman	39:07
Andi Robik	40:27
Jill Sanders	40:43
Tracy Keller	41:10
Lynne Mortimer	41:40
Robyn Silverman	42:10
Martta Rose	42:19
Sarah Sheridan	42:26
Donna Daniels	44:27
Vivian Marino	46:45
Susan DeRoberts	46:46
Kristen Laird	48:06
Patricia Elwood	49:20
Hilary Walsh	49:24
Dawn Cascio	50:27
Lauren Daniels	52:15
Beverly Salerno	52:16
Aubrey Blanda	54:35
Catherine Alessi	55:24
Marissa Peters	57:19
Susan Palermo	58:05

In a field of almost 1500 runners this Thanksgiving morning, we had 70 ERC finishers—perhaps a club record for participation in a single race! It was fun to see so many members running. Some were racing, and others were out for a turkey trot with friends and family. Several people were coming off marathons, while Chris Jaworski was only 5 seconds off a PR just 5 days after a 50-miler! We had teams running in the USATF–NJ open championship, too. The men’s team finished 5th and the women’s team 7th. Great job, everyone!

Dan Murphy did another excellent job as race director, and everything seemed to go smoothly. Runners received nice long-sleeved Brooks tech shirts; beautiful lightweight New Balance jackets went to the award winners. Each of the top 100 men and top 100 women received a special mug. (These mugs are becoming increasingly hard to

come by; this year, men won one by finishing in ~32:00, women ~39:00.) There was a lot of post-race food, including bagels, bananas, doughnuts, coffee, and Balance bars. —Mick Close

At the finish, Dan Murphy told me the course record had been broken. According to the results, four men broke that record (25:12, set in 2007), with times of 24:26 (4:55 pace) and 25:09, 25:10, and 25:11 (all 5:04 pace). Former ERC member Rollin K. Deas finished 8th (26:20; 5:18 pace). It was nice to see former members Rollin E. Deas (37:19) and, visiting from Virginia, Megan Hender, nee Brady (40:18). —Chris Jaworski

I think this was the most fun I’ve had running the Ashenfelter. I ran with my son and his two friends, all 10 years old, in their first 8K. That is, I ran with them until Harry took off at mile 3. I ended up running with Margaret, one of my Girls on the Run runners, who ran her first 5K only two weeks earlier. I can’t even express how inspired I was by these kids. Margaret was clearly suffering by mile 3, but she refused to complain, instead whooping it up for the crowd and getting them to cheer her on. She even kicked into the finish so fast I couldn’t keep up. Hearing her talk about how proud she was of this run is really a highlight of my coaching experience.

After the race, my own child forced me to eat crow (preparation for which is not in the *Parenting Handbook*). After months of telling Harry that, if he didn’t train for the race, it would be painful and he might not even finish, I could only laugh when he beat us all by almost 4 minutes and proceeded to celebrate in the high school gym with doughnuts and hot chocolate. He also refused to take off his Ashenfelter race shirt until he went to bed that night! —Aubrey Blanda

Run for the Rose 5K, Rehoboth Beach, Del Nov 29

Aileen O’Rourke (1st master W). 22:52
My family and I were celebrating Thanksgiving in Delaware, so I contacted running clubs in the area to see if there were any races on the day or on the weekend. I was lucky to find this 5K on Saturday. The temperature was perfect, around 40 degrees, and the sun was shining. This low-key race had fewer than 200 runners. The course went from a park, through a residential area, onto a boardwalk, and back to the park. It was flat and fast. Although I felt I was running slower than usual, my time was one of my best of the year. I ended up 1st female master. What a nice Thanksgiving surprise!

Thanksgiving Sunday 10K, Long Branch Nov 30

Helene Scamegi (3rd W, 1st masters W). 50:02
Before today, I hadn’t run in rain and wind along the Jersey shore. I was thrilled to finish 3rd woman and 1st female master—both firsts for me. I also beat my first 10K time (Cherry Blossom last spring).

It is always so much fun running with the Jersey Shore crew. I ran most of this race with 21-year-old Molly, a real trouper. She helped me pace well. It was funny when she found out I won

the masters award—she thought 42 wasn’t old enough for that. Bosco’s Buddies, an organization that helps raise awareness of hepatitis and provides support, gave nice awards, engraved picture frames. There were posttrace smoothies, and random finishers won pies from a local pie shop. A well-organized race, worth the trip!

DOUBLING UP

This weekend, some of us ran two 5Ks trying to get those last USATF–NJ miniseries 1 points of the year. If you like cold weather, Franklin Lakes was the place to be Saturday; if cold weather wasn’t enough, then you could’ve enjoyed the Millburn hills Sunday (1.5 miles up, 1.5 miles down). An age-group award was pretty tough to come by in Franklin Lakes, but we all picked one up in Millburn. Way to close out the season! —Ed Kelly

Reindeer Run 5K, Franklin Lakes Dec 6

Will DeRoberts (1st AG)	18:45
Mike Sneden	20:47
Ed Kelly	21:04
Rich Unis	23:17
Aileen O’Rourke	23:49
Susan DeRoberts	27:56
Beverly Salerno (3rd AG)	33:12
Susan Palermo	36:19

American Red Cross 5K RunWalk for Life, Millburn Dec 7

Ed Kelly (3rd AG)	21:17
Desi Duncker (2nd AG)	23:16
Rich Unis (1st AG)	23:16
Susan Mello (1st AG)	23:20
Aileen O’Rourke (2nd AG)	24:17
Mike Wojcio (2nd AG)	24:36

Jingle Bell Run (5K), Metuchen Dec 7

Lynne Mortimer (1st AG). 24:32
A terrific way to end the 2008 running season! It’s so much fun hearing the jingle bells on all the sneakers. There were almost 500 runners here, and a lovely posttrace pasta dinner at the Novistra Lounge. The course was a bit hilly and challenging but loads of fun, and the event was well organized. I’d do this one again.

Joe Kleinerman 10K, Central Park Dec 7

Aubrey Blanda. 51:47
Check-in was fast and efficient, except for the strange and inconvenient administrative procedure that had chip-and-bib pickup at 89th Street (NYRR office) and T-shirt pickup around 101st (near the start in the park). I don’t need another shirt, but jogging to get it and then jogging back to my car provided a nice warmup.

It seems Mary Wittenberg and NYRR are experimenting with ways to improve the quality of their races. At the 4-mile Race to Deliver (Nov 16), volunteers allowed small groups in every 5 minutes or so to retrieve their bags from the baggage check area; the result was a huge line and a wait. At this morning’s race, no such rule was in effect, and baggage claims went quickly. I hope the separate T-shirt pickup is short-lived, too.

This 10K race, named in honor of a NYRR founder, started promptly at 8:30. Most people

honored their corral assignments, which was wonderful because, though this race was crowded, it took only a few seconds to fall in with runners running the same pace, and people weren't weaving around much slower runners or being nipped at the heels or pushed aside by much faster ones. The crowd today convinced me that Wittenberg's plan to cap these races at about 5000 is necessary. The space allotted to NYRR in Central Park simply cannot hold many more people without increasing the risks for injury.

After one loop of the park (including Harlem Hill, which seemed to go up for a mile!), bagels, fruit, and water were provided at the finish. Alas, no hot chocolate. Darned budget cuts!

Rutgers Big Chill 5K, New Brunswick Dec 13

Samir Awad... 23:55
Spencer Schwartz... 28:10

This is my favorite race of the year. Everything was great: the weather, the turnout (1256), and the cause, collecting toys for underprivileged kids. I recommend this event even if you have no affiliation with Rutgers (me: BA 1993). The race starts and ends near the Rutgers gym, in a quaint area, and courses through the university and bucolic Buccleuch Park. The segmented course gives the sense of a shorter race, and you won't get bored running it. I placed 578th. —Spencer Schwartz

NYRR Holiday 4-Mile, Central Park Dec 13

Rameka Whitehurst... 40:26

USATF-NJ 15K (14K), West Windsor Dec 14

Larry Czaplewski (7th OA, 2nd AG)... 50:30
Randy Miller... 58:09
Paul Kartanowicz... 58:16
Helene Scarnegi... 1:08:34
Tom Kelly (3rd AG)... 1:08:53
Martta Rose Kelly... 1:17:45

This 15K turned into a 14K because part of the course was under water and had to be rerouted.

Except for the usual headwinds, conditions were decent: high 30s/low 40s and sunny.

There were more than 200 finishers today. As this championship race attracts the crème de la crème of runners, Larry and Tom should be especially proud of their awards!

I had no idea how I'd do, as I've been a lazy bum since the NYC Marathon. I've been running but not nearly as often as I should. But, I've been walking the dog a lot—does that count? Anyway, comparing my adjusted time with my time at Gil-da's Run last May gave me a nice surprise: I ran a minute faster today! If I remember right, conditions (hills/grades, wind, difficulty) were similar.

Randy, bless his heart, was cheering around mile 8, and he shouted that a woman was right behind me. Well, I sped up, but so did she! We bat-

tled it out over the last 0.7 mile. She won, but we laughed afterward, and I felt better when I learned she was young enough to be my daughter.

Tom thanks Paul for pushing him the last half-mile. (The result was that Tom's overall 7:55 pace equaled his mile 1 pace.) —Martta Rose Kelly

Even with its missing 1000 meters, this race was great, and I'm very happy with my performance. ERC didn't have enough people for teams, but individually we ran very well. Randy and I alternated drafting each other the entire race, but he outkicked me by 7 seconds in the final half-mile. Some races everything comes together, and that's how today felt. As I was running down the final straightaway, I felt my first USATF Grand Prix come to a close. I am already looking forward to next year's season. —Paul Kartanowicz

Today I set a pace PR for a race longer than 4 miles. (My goal was 7:50. I came close with 7:53, which is better than my last 15K and 10K paces.) Randy cheering me in gave me that extra shot of energy I needed to make 1:08. The temp was perfect for me, and I felt strong throughout. I knew the competition was strong, but my one thought was to run a strong race, and I did that. Mercer County Park is very serene, and the view was a treat after the drive down! —Helene Scarnegi

The Low-Gravity Treadmill

Mark Frankel

When marathoner Paula Radcliffe was training for the summer 2008 Beijing Olympics, she ran almost all her miles on a low-gravity treadmill because her doctors thought her fractured femur couldn't handle the stress of the road.

Radcliffe used the G-Trainer (Alter-G, Menlo Park, Calif), a machine with technology designed by NASA to keep astronauts in shape. NASA used it to increase weight to reverse muscle atrophy and bone-density loss under low gravity; G-trainer does the reverse, Massachusetts Institute of Technology researcher Alena Grabowski told *Science Daily*.

Science Daily cited University of Colorado at Boulder study results showing that the G-trainer reduced impacts on muscles and joints by almost half when subjects ran at the equivalent of 50% of their body weight.

On this treadmill, the runner's lower body is enclosed in a capsule. Air pumped into the capsule increases pressure, which in turn effectively lowers weight. Besides selecting pace and grade on this machine, the runner can dial down body weight by as much as 80%, in 1% decrements.

"Half-weight" subjects running about 10 feet per second (7 minutes per mile) decreased the "peak" force resulting from heel impact by 44%, said Grabowski. That is important, she said, because each foot impact at high speed can jar the body with a force equal to twice a runner's weight.

"If you can decrease the intensity of these peak forces during running, then you probably will decrease the risk of injury to the runner," Grabowski told *Science Daily*.

Dathan Ritzenhein, who ran the 10,000 in the 2004 Olympics and the marathon in 2008, noted on Alter-G's Web site that he began using the G-Trainer in 2007. While recovering from a foot stress fracture, he started training at 65% body weight. Within four weeks of diagnosis, he was able to add a few runs at 100% body weight.

Only eight weeks after diagnosis, Ritzenhein won New York City's Healthy Kidney 10K in 28:08, a course record. He credits the low-gravity treadmill for helping him get back in shape for that race and then finish third in the 10,000 meter at the US Track & Field Championships in Indianapolis a month later. He still cross-trains on the machine.

"It's amazing ... people can train through injuries ... that used to sideline [them]," he told *Rocky Mountain News*. "[The G-Trainer] takes some getting used to. And when you first get off of it, it's almost like you've been on a boat and you have sea legs because they feel kind of wobbly. But if you have the resources for something like that, then it's a definite advantage."

At \$75,000, the G-Trainer likely won't show up in retail stores, but it may appear in some gyms and medical offices.

Medgadget.com reported that the FDA cleared the machine "for medical uses in rehabilitation after lower extremity injury or surgery, aerobic conditioning, weight control, gait training for neurologic conditions, and strengthening and conditioning for older patients."

And while Paula Radcliffe did not win gold at Beijing, she did heal enough to finish 23rd and then win the New York City Marathon just two months later.

The John F. Kennedy 50 Mile Memorial

Chris Jaworski

A Race for Average Americans?

What was President Kennedy thinking when he issued his call for physical fitness? Didn't he realize the eventual result would be my dragging my feet across 50 miles in Washington County, Maryland, in below-freezing temps? I guess not.

In fact, he didn't foresee me, or any civilian like me, undertaking any such thing. The race that bears his name originated in his challenge to Marine officers. According to the President's Council on Physical Fitness and Sports,

when President Kennedy unearthed an old executive order dating back to Theodore Roosevelt, which challenged Marine officers to walk 50 miles in 20 hours, he challenged the White House staff to take a 50-mile hike. As a lark, Attorney General Robert Kennedy accepted the challenge and walked the 50 miles wearing leather oxford shoes. American citizens (mistakenly) thought the president had challenged the public to undertake 50-mile hikes. The Council office quickly explained that while walking for exercise was encouraged, the Council was not sponsoring or rewarding 50-mile hikes.

But the public response to the perceived challenge from the president signaled that the Council's physical fitness message was hitting home and gave the Council legitimacy among its most important audience: average Americans. The country readily embraced a public awareness campaign promoting physical fitness by the National Advertising Council.

So, confused citizens were inspired enough to organize 50-mile hikes all around the country. Unfortunately, all but one of these events died with the president in 1963. The exception was the John F. Kennedy 50 Mile Challenge, renamed a Memorial in 1964. Over the next 40+ years, participants' finish times dropped dramatically, and the JFK 50 Mile hike morphed into a run/race. Now it's the oldest and largest 50-mile ultramarathon in the United States. And in all that time, it's had just two, dedicated directors: Buzz Sawyer (1963–1992) and Mike Spinnler (1993–present).

The 50–50 Proposition

An event like JFK always starts with ambling, unfocused ambition, which finds and combines with an absurd idea to form an absurd goal. And then all is lost. At least that's how it goes for me.

In late 2007, two months after having run my first 50K, I watched and was inspired by a video of a 13-year-old girl who, with her mother, had completed the JFK 50 Mile that year. Somehow the mileage merged with thoughts of a then imminent milestone birthday (50), and before I knew it, in front of other ERC members at Fleet Feet's 2008 New Year's Day Run, I was impetuously resolving to run JFK to mark the year. This goal is not unique, I later learned. According to JFK statistics, it's practically a rite of passage for men.

The Road to November

My usual 20 miles per week just weren't going to cut it as training for a 50-mile race, so I went to 30 mpw in January and, in September and October, peaked with seven weeks of 40+ to 50+. That was about all my body and brain could handle.

Given that about 40 of JFK's 50 miles are on trail or towpath, I also upped my trail training and racing. I did multihour runs along the Palisades and in Harriman State Park and entered long races ranging from a half-marathon and a 25K to a 20-miler and two 50Ks. Most of the trails included challenging hills, more good prep for JFK.

As for pavement, I did my usual number of short road races, 5K to 5 miles, but mostly for fun. I also skipped all mid-distance races, 10K to 10 miles, and instead ran four half-marathons.

An unexpected result of all this trail work, hills, and longer distances was faster race times. I ran road PRs in five distances (5K, 4 miles, 5 miles, 20K, half-marathon) plus several trail races significantly faster than just a year earlier.

Twenty weeks out from the race, I found an online forum in which masters runners were swapping details about their JFK training and plans. The forum was a good place to go for commiseration and race-specific advice, and over time I came to know a bunch of fine folks. A few developed injuries and either didn't make the trip to Maryland or showed up to crew and cheer those of us who had survived training.

October was a roller coaster. First there was the high of a well-paced (i.e., slow) 20-miler with a friend on the first day of her "journey run" from New York City to Washington, DC (Oct 7). Then there was the extreme low of a health scare (Oct 10) that forced me to miss a goal race, the Staten Island Half-Marathon (Oct 12). Next was the rejuvenating Hot Chili Challenge 8-miler on trails (Oct 19), followed by my last long run, the Bimble's Bluff 50K trail race (Oct 26), and a 9-hour performance that was both disappointing (more than 2 hours slower than expected) and encouraging (excellent time-on-feet training for JFK).

About that health scare ... a gastrointestinal problem produced symptoms that had me thinking I might be having a heart attack! Tests at an emergency room and days later at a cardiologist's office showed my ticker to be in tip-top shape, but that was a long week of worry. A day after being medically cleared, I ran 13 miles—not the glorious miles one might expect after receiving a reprieve but, instead, the tentative miles of a 50-year-old guy doubting his good fortune and wondering if his next steps could be his last. Really. While I was out on that run, and on others, my thoughts never strayed too far from mortality.

That inside-out way of running lasted through October. I was fine mentally only after spending 9 hours traveling the maze-like, ill-marked trails of Bimble's Bluff. Emerging from those woods, I then ran three November races at crazy paces, 15 to 50 seconds per mile better than usual.

A week before JFK, I felt both undertrained and very positive undertaking the challenge.

Hagerstown

The drive to Maryland on Friday (Nov 21) was straight into winter: steel-gray skies and snow squalls. Would Saturday be like this?

I checked into my hotel; scooted to another hotel to pick up my number and tech shirt and a few freebies (Montrail shirt, copies of *Ultrarunning* magazine); and then joined several masters runners for dinner at Tony's Italian Restaurant.

Later that night, I checked the weather forecast: 20 degrees at the start, highs only in the mid-30s; gusty, 10- to 20-mph winds; and, small consolation, mostly sunny skies. After spending too much time getting my gear together, I finally got into bed, around midnight. The thing is, I had to get up at 4:00 to make it to 5:00 breakfast (with Mike, Rick, Dottie, Jerry, and Wanda) and then to the 6:20 prerace briefing in Boonsboro.

The Course

The horseshoe-shaped JFK course goes south from Boonsboro; northwest, along the Potomac River; and then almost due north to Williamsport. It is set entirely in Maryland, but just on the other side of the river are Virginia and West Virginia. This area, known for its Civil War era history, has place names that include South Mountain, Harpers Ferry, Maryland Heights, Fort Duncan, Antietam, and Sharpsburg.

To complete JFK is to run three distinct races, one right after the other—a 25K on the Appalachian Trail, a 26.3-mile "marathon" on the C&O Canal towpath, and an 8.4-miler on rolling roads.

The default start time is 7:00 am, and the cutoff time for receiving a medal and being listed as an official finisher is 7:00 pm (12 hours). Anyone who wants 2 additional hours can write to the race director and ask for the 5:00 am start. Five-o'clockers have 14 hours to finish but are in the dark at the start and while on the Appalachian Trail (headlamp and/or flashlight is needed).

At least 14 aid stations were to dot the course. Those at 9.3, 15.5, 27.1, 34.4, 38.4, 41.8, and 46 miles were also checkpoints with time cutoffs. Anyone who misses a cutoff may be asked to withdraw from the race. Volunteers also record bib numbers and splits at checkpoints.

Two side notes. First, runners must cross a set of train tracks to get to the towpath. Being on the wrong side of the tracks when a train comes along can mean a wait of several minutes.

Second, any runner who reaches the end of the towpath after 3:00 pm is given a reflective safety vest to wear while on the darkening roads.

The Start and the Warmup (2.6 miles)

On Saturday, November 22, 2008, the 45th anniversary of President Kennedy's death, the Boonsboro High School gymnasium was packed with runners listening to the race director give last-minute instructions. I noticed my watch had lost its settings, undoubtedly a casualty of the cold, but I couldn't reset it and decided to forgo elapsed time for watch time. No big deal in a race like this, and perhaps just easier overall.

From the gym, we walked into town and the start on Route 40A (part of the National Road, the first highway built only with federal funds). A bank clock flashed 19 degrees. Fortunately, I had dressed just right, and all day I'd be neither too cold nor too warm. I had considered wearing trail shoes on the AT and then switching to road shoes but settled on road shoes for the entire race.

We were off at 7:00 sharp, 3 minutes before sunrise. The entrance to the AT was 2.6 miles up the road. The first mile or so was gently rolling, and then there was a 1.5-mile climb to the top of South Mountain. No walking for me. I ran it all to get ahead of runners who'd be slow on the AT. Plus, I needed to use a portajohn at the summit!

What could be more fitting for the start than to be climbing toward this hillcrest, straight into the sunrise? I held my head up to capture the rays. Ten-plus hours later, after the 4:51 sunset, I'd come to the end of a day and an adventure.

The Appalachian Trail (12.9 miles)

The AT was pretty, but in spots slippery with wet leaves. I walked parts of the steep hills. Around mile 5 begins a paved, almost 2-mile road that shoots up to the cold ridgeline, the highest point on the course. Later, after a road crossing, I found myself energetic, climbing single-track with ease.

For stretches, the trail seemed easy. After I rolled an ankle farther along, it wasn't so easy anymore, and having to step off to the side of rocky sections to let other runners pass wasn't fun either, but I had to protect that ankle.

The last mile of AT consists of steep, technical, single-track switchbacks down the cliffs of Weverton. In some spots, the only thing separating runners from going over the side was pink ribbon (guardrails might've been more appropriate). I became annoyed that nitwits on our conga line down these switchbacks were passing or trying to pass. To a guy who offered that the line was too slow, I replied, "You know, after this trail are 34 more miles where people will be able to pass."

I reached the 15.5-mile mark and the end of the AT in 3:14. That my pace on this first, hilly section (12:31) almost equaled my 50-mile pace (12:36) tells me that, despite warnings, I had gone out too fast. The fun I had running the Appalachian Trail, however, was totally worth it.

I refueled at the aid station and crossed right over the railroad tracks—no waiting for one of those long freight trains to pass!

The C&O Canal Towpath (26.3 miles)

To the right of the towpath was the Chesapeake & Ohio Canal; to the left was the Potomac River. We ran "upstream" and, much of the time, against the wind. I enjoyed watching the rapids and taking in the rest of the scenery, but soon the "same" view grew tiresome, and I began turning inward, to the landscape of body and mind.

My trail fun gave me a sore ankle, tight calves, and trashed quads. Now I needed to loosen up and get into a different rhythm on this flat surface of hardpack dirt and crushed limestone. My forward movement, however, was disorganized. Time and again, I ran only a short distance before needing to walk. But I kept going. I passed

a few 5-o'clockers. Finally, I joined four runners wearing HAT Run 50K shirts (I had the same shirt on underneath my jacket). We started talking, and, in no time at all, I was a runner again.

Another boost was seeing Jerry and Wanda (our two-person masters crewing-and-cheering squad) at the 27.1-mile mark—and, who was that there with them? Dottie? I was sorry to hear she had dropped out of the race because of a calf injury. A class act, she then decided to ride along with Jerry and Wanda to support other masters.

When handed my drop bag, I dumped more things (food, gels, other junk) into it than I took out—ahh, a lightened load! My new friends were so encouraging that I perked up after saying so long. The last member of my HAT group had gone ahead, though, so I was on my own again.

After more miles of running on unchanging terrain, using one set of muscles over and over, I felt the motion locking in and my legs becoming tight and stiff. I also began to wonder about the 38.4-mile cutoff (a friend had missed it by 5 minutes in 2007). I needed to press on.

I started a routine of 6 minutes running plus 2 minutes walking, worked up to 8 and 2, and then backed down. For a long stretch, a trio and I were leapfrogging (our run-walk ratios were a bit out of synch). To convince myself I was making some progress, I tried to pull ahead of them once and for all. I don't remember whether I succeeded.

For other motivation, I tried to cover 5 miles each hour (for a 10-hour finish). When that plan fell apart, I focused on aid station to aid station.

At some point, I noticed a smudge (of gel?) on my glasses. I tolerated it for a while. Then, at an aid station, I stopped to wipe the lenses. They were better but not 100%. Farther on, I tried again. I even asked a volunteer to clean them. Finally, I realized the problem wasn't my glasses but my eyes! My vision had clouded up a bit. I became concerned but, wisely or not, didn't stop.

At the 38.4-mile checkpoint (nicknamed 38 *Special*), Jerry, Wanda, and Dottie called out. I passed them, let a volunteer record my number, and then walked back to say hi. Gosh, they said all the right things! And the results soon became evident. After some time on the final 3.4 miles of towpath, I woke up wondering how long I had been running. (I should point out that now it hurt more to walk than to keep running.) I couldn't believe I was moving better after having finished 38 miles!

At the end of the towpath, I was given a safety vest for the roads ahead. The towpath marathon had taken me 5:24 (12:19 pace). Total time thus far was 8:38 (12:24 pace).

The Road to the Finish (8.4 miles)

I was so elated to be leaving the towpath that I didn't care that the paved, two-lane country roads to the finish were real rolling hills. First I powerhiked the steep road up out of the river valley. At the top, I started running again, running downs and ups, passing quite a few people, feeling good! I passed the 8-miles-to-go marker. Why weren't other runners running? Why was this easy for me? And then suddenly both my legs were shot, and I was back to a run-walk routine (i.e., run downhill, walk uphill), on and on.

With about 4 miles left, I was overcome with emotion. I was realizing that I would finish but that there was much more to get through; I was bot-toming out; I was picturing rejoining my friends; I was thinking that completing 50 miles was becoming more difficult (no, more *impossible*) the nearer I got to the finish, as if I might keep halving the distance only never to arrive.

Around the 3-miles-to-go mark, I started to walk more than run. At 2 miles, walking overtook me altogether, but then I found I could walk fast. The stride was different enough not to bring on the pain that running and slower walking had.

My clouding vision became more of a problem at nightfall, 2 miles or so to the finish. Police flashers and oncoming headlights were practically blinding me with their glare and gigantic halos. I kept my head down, shielded my eyes, watched for potholes (one almost took me out).

I kept walking, and then lurched into a run for the final quarter-mile. I made it up and over a rise and, seeing lights in the distance, began coasting on a gentle downward slope toward Springfield Middle School. Finally, when I was almost on top of the finish chute, I had to ask whether to go left or straight to enter it. In the dark, I could barely see! But then I was crossing the line and in a crowd with arms grabbing me to take my tag and safety vest and give me a medal. They could do whatever they wanted, I didn't care—I had made it all the way "home," to Williamsport!

I didn't see Jerry et al., but Angus and Dave, Pennsylvania trail-running friends, appeared at chute's end to welcome and congratulate me! We high-fived and shared quick recaps, and I gave *them* kudos. They had finished 2+ hours earlier, and then spent time cheering in many others.

I went inside to have EMS check my eyes. A tech said overexertion can cause cloudy vision. (Apparently, ultrarunner Dean Karnazes had this issue during his first 50-miler.) Once I warmed up and rested, my eyes should clear, I was told.

These 8.4 miles took me 1:54:02 (I've done 13.1 miles in less). My 13:35 pace here was 1:16 off my towpath pace and 0:59 off my overall pace.

Soon it was time to take a shuttle bus back to the Boonsboro start and then my car back to the hotel. I had to be extra careful driving.

Although I had slept only 4 hours the night before JFK, the race left me so tired-wired that I couldn't go to bed. I crawled in at midnight and, after only 3 hours, woke up and drove home.

50–50 Hindsight

I took 10:32:02 to run 50 miles—actually, 50.2, but who's counting? I finished 432nd out of 927.

The EMS tech was right. My vision improved (a bit) after a hot shower and was normal the next morning. What a relief! (My eye doctor made a post hoc diagnosis of dehydration. I thought I had hydrated well, but maybe not, and maybe all that cold wind changed the equation. In any case, I now have samples of "gel tears" lubricating eye drops.)

It's still hard to believe I ran the JFK 50 Mile, but I've never been happier to have a finisher's medal! Any lessons? Set long-term goals, make plans to achieve them, and carry through—but think twice before making crazy resolutions!

RACES: JANUARY–APRIL 2009

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

1/1	Thu	8:00a	New Year's Day (Resolution) Group Run (Montclair)	8M	973-509-9707	
1/1	Thu	11:00a	First Day 5K (Fairlawn)	5K	201-791-0101	NBGP: 500 pts
1/1	Thu	11:00a	Resolution Run 5K (Hillsborough)	5K	908-285-0383	NBGP: 500 pts
1/1	Thu	12:00p	Hangover Run (Westfield)	5K	866-841-9139	NBGP: 500 pts
1/1	Thu	12:30p	Hamilton Hangover Run	5M	609-737-9069	NBGP: 500 pts
1/3	Sat	10:00a	Freezing Cold Hash Run (Edison)	4M–6M	732-572-0500	
1/4	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/10	Sat	8:00a	NYRR Fred Lebow Classic (Central Park)	5M	212-860-4455	
1/11	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/18	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
1/25	Sun	8:00a	NYRR Manhattan Half-Marathon (Central Park)	13.1M	212-860-4455	
1/25	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/1	Sun	9:00a	NYRR Gridiron Classic (Central Park)	4M	212-860-4455	
2/1	Sun	10:00a	Winter Race Series (Freehold)	5K	732-431-2627	
2/8	Sun	8:00a	NYRR Bronx Half-Marathon	13.1M	212-860-4455	
2/21	Sat	TBD	NYRR Al Gordon Snowflake 4M (Prospect Pk, Brooklyn)	4M	212-860-4455	
2/21	Sat	11:00a	Mid-Winter Beach Run/Walk (Manasquan)	2M	800-435-0066	
3/1	Sun	9:00a	Salsa, Blues, & Shamrocks 5K (Washington Hgts, NYC)	5K	212-860-4455	
3/1	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/14	Sat	TBD	NYRR 8000 (Central Park)	8K	212-860-4455	
3/15	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-347-3088	
3/22	Sun	TBD	New York Colon Cancer Challenge (Central Park)	15K, 4M	212-860-4455	
3/22	Sun	10:30a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	NBGP: 10M & 5K (both 500 pts)
3/22	Sun	11:00a	Millburn Spring Run	10K, 2M	973-376-0231	NBGP: 10K (500 pts)
3/29	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M, 5K	609-523-0880	NBGP: 26.2M & 10M (both 500 pts)
4/4	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/5	Sun	TBD	Adidas Run for the Parks (Central Park)	4M	212-860-4455	
4/5	Sun	9:00a	Indian Trails Run (Middletown)	15K	732-842-4317	NBGP: 500 pts
4/5	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-268-3500	NBGP: 700 pts
4/11	Sat	9:30a	Essential 2 Life 5K (Liberty State Park)	5K	732-381-0318	NBGP: 500 pts
4/11	Sat	TBD	Scotland Run 10K (Central Park)	10K	212-860-4455	
4/18	Sat	9:00a	Jersey Shore Relay	26.2M	732-793-3000	
4/18	Sat	10:00a	River Edge Run	5K	201-599-6295	NBGP: 500 pts
4/19	Sun	TBD	Run as One, T.G. Labrecque Classic (Central Park)	4M	212-860-4455	
4/19	Sun	11:00a	Miles for Matheny (Liberty Park, Peapack)	5K	732-381-0318	NBGP: 500 pts
4/20	Mon	10:00a	Boston Marathon	26.2M	508-435-6905	
4/25	Sat	9:30a	Main Street 5K (Sparta)	5K	973-729-9141	NBGP: 500 pts
4/25	Sat	9:30a	Clinton Country Run	15K, 5K	908-812-4806	NBGP: 15K (700 pts), 5K (500 pts)
4/26	Sun	TBD	<i>More/Fitness Women's Marathon & Half (Central Park)</i>	26.2, 13.1M	212-860-4455	
4/26	Sun	8:45a	Race for the Cure (Branch Brook Park)	5K	908-277-2904	
4/26	Sun	9:00a	Run for Children (Elizabeth)	5M	908-820-4050	NBGP: 500 pts

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

2009 USATF–NJ CHAMPIONSHIP RACES

4/5	Sun	10:00a	Cherry Blossom 10K (Branch Brook Park)	10K	Open Women
4/25	Sat	9:30a	Clinton Country Run	15K	All Divisions
5/3	Sun	1:00p	Our House Run (Summit)	5M	Masters Men & Women
5/9	Sat	8:30a	Newport 10,000 (Jersey City)	10K	Open Men
5/31	Sun	9:30a	Run for Rachel (Livingston)	5K	Open Women
6/15	Mon	8:00p	President's Cup (Millburn)	5K	Open Men
6/28	Sun	9:00a	Pine Beach 5K	5K	Masters Men & Women
9/13	Sun	10:30a	USATF–NJ Cross-Country 5K (Holmdel)	5K	All Divisions
9/27	Sun	9:00a	Newport Liberty Half-Marathon (Jersey City)	13.1M	All Divisions
10/25	Sun	10:30a	USATF–NJ Cross-Country 8K (Readington)	8K	All Divisions
11/8	Sun	Noon	Giralda Farms Run (Madison)	10K	Masters Men & Women
11/26	Thu	9:00a	Ashenfelter 8K Classic (Glen Ridge)	8K	Open Men & Women
12/13	Sun	11:00a	USATF–NJ 10-Miler (West Windsor)	10M	All Divisions