



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

February 2009

Vol. 26, No. 2

Will This Be Your Last Issue?

If you read *Keeping Track* for all the latest news on ERC and the local running scene, but have yet to renew your membership, complete the form on page 3 and mail it with your check today. Want the March issue of *Keeping Track*? Renew by February 10. Not sure if you've renewed? Write to membership@essexrunning.com (ERC Membership Coordinator Beverly Salerno). Continue to run with us in 2009!

Last Call for 2008 Race Results

ERC is compiling members' 2008 race results so it can select recipients for its annual awards, to be presented this spring. If you have results that have not been printed in the newsletter, send them ASAP to jaworski@verizon.net.

Fashion Show at March 3 (Tuesday) Meeting

Gearing up for spring? Come to Church Street Kitchen to see some of the latest vendor offerings modeled by ERC members—haute harriers wearing wicked wicky stuff!

Amy and Sal's Ultimate Good News!

Welcome into the world Andrew James Ulto, born at 10:05 pm on December 22 and weighing in at 7 pounds 12 ounces. Mother Amy, baby Andrew, big brother Matthew, and father Sal are all doing fine!
—*Sal Ulto*

ERC's Shoes to Soles4Souls

ERC members and the James Caldwell High School cross-country team contributed a total of 68 pairs of shoes, plus the cost of shipping, to Soles4Souls, a charitable organization that donates shoes to people in need worldwide. Thanks to everyone who participated!
—*Donna Cataliotti*

Step 1. Empire State Building Run-Up?

Step 2. Climb to the Top of the Rock?

On March 1, a thousand people will be able to participate in a new fundraising event, the inaugural "Climb to the Top" of "The Rock"—a 66-floor stair climb up to the observation deck of Rockefeller Center. This event will benefit the New York City chapter of the National Multiple Sclerosis Society. Entry fee \$50 (Feb 1–27) or \$100 (Feb 28); fundraising minimum \$250. Info: www.climbMSnyc.org, 212–986–7981.

ERC'S NEXT GENERAL MEETING 7:30 pm, Monday, February 2

Our Speaker

Kim Keenan-Kirkpatrick, 2008 Olympics US track team women's assistant coach, three-time USATF–NJ Grand Prix overall winner, USATF–NJ 1999 President's Award recipient, currently Seton Hall University associate director of athletics.

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

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

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)

MARK YOUR CALENDAR

- **Feb 7, 14, 21; Mar 1.** West Essex Trail group runs. *Page 2.*
- **Feb 8, 15, 22, 28.** Winter hosted group runs. *Page 2.*
- **Feb 10.** Deadline for renewing ERC membership for 2009. *Page 1.*
- **Mar 3 (TUESDAY).** General meeting—fashion show this month!
- **Mar 8.** Newark Distance Classic 20K & 5K (club race). *Page 4.*
- **Mar 22.** Millburn Spring Run 10K & 2M (club race). *Page 4.*
- **Apr 4.** Building Tomorrows 5K (club race), Brookdale Park. *Page 4.*
- **Apr 5.** Cherry Blossom Run 10K (USATF 10K open women champ race), Branch Brook Park. *Page 4.*
- **Mid-Apr.** Spring track workouts (6 weeks) begin. *Details next issue.*
- **Jun 18.** Smoke Rise Challenge (4M).

Welcome New Members!

Karen Foley, *Clifton*
Barbara Reuven, *West Orange*



**2009
ESSEX RUNNING CLUB**

Officers

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

Board Members

Catherine Alessi. . . Clothing, Entertain
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 Phil Coffin. At Large
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 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

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 P.O. Box 183, Verona, NJ 07044

Online

Web site: www.essexrunning.com
 First join our e-mail group:
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 essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)
 Then you can send e-mail:
[essexrunningclub@
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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.**

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 (77 Fairway Ave, Verona, 973-857-3432) <i>From Montclair:</i> Bloomfield Ave W to Verona Park light, L on Lakeside Ave, ~1 mile, pass <i>Entering West Orange</i> sign, next R (Fairway), continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on L.
2/21	West Essex Trail (▲)
2/22	Susan Mello (353 Roseland Ave, Essex Fells, 973-287-6341) <i>From Montclair:</i> Bloomfield Ave W to Caldwell, L on Roseland Ave, #353 is 1.2 miles south, on R (1st driveway past Inwood Rd). <i>Parking:</i> R on Inwood; then walk back to Roseland, turn R, go up driveway to back door.
2/28	Shannon Packard (23 Brooks Ave, Rochelle Park, 201-843-8727) <i>Directions:</i> Garden State Parkway N to exit 160, R on Passaic St (light), ~1 mile, R on Rochelle Ave (stop light), ~0.5 mile, R on Terrace (stop light), first L (Brooks Ave), #23 on R at end (dead end street). House borders beautiful park with paved running/bike paths (every quarter mile marked).
3/1	West Essex Trail (▲)

Ten Towns, One Great Delay

Phil Coffin

It's time when that spring rite, the Ten Town Distance Challenge, has running minds thinking about the joys, glories, and delusions that come from running through 10 Essex County towns on a single morning's run, surrounded by their ERC friends.

This year, you'll have more time to train: the 9th annual TTDC is being postponed until the fall because of scheduling problems. We'll look to pick an appropriate fall Sunday that works for those who are training for marathons and those who'd just like a 14.5-mile run and muffinest. Check back later in the year for details.

Remembering Our Friend Vince

Phil Coffin

One vivid memory of Vince Carnevale, Randy Miller recently reminded me, is from Nov 28, 2002. On a cold, gray Thanksgiving morning, there was Vince—ERC Hall of Famer, surrounded by some of his Essex "girls," as he called them—trudging to the finish line of the Ashenfelter 8K. It was Vince's 500th race since turning 70, and it was a milestone he had eagerly anticipated. Come the big day, however, he felt rotten, beaten up by the flu. Vince being Vince, however, he was not going to back out, so, buoyed by his friends, he covered every step of the 8K, thankful he had reached his goal but glad it was over. It was time to get warm again.

As vivid as that memory may be, there are many more blissful ones. Vince at races, happy—in his fitter days—to be kicking the butt of so many runners much younger than he. Vince at club meetings, always willing to hold court or tell a joke or light up his corner of the room with a smile or chat up his good buddies Tom Kelly and Martta Rose. Vince out walking, gleefully extending his neighborhood from his home in Newark as the Mayor of Bloomfield Avenue. Vince at Fleet Feet, regaling customers and employees with tales of almost anything.

That's the Vince who's fun to remember, and that's the Vince we should remember today, because we can no longer see him at races, at meetings, on Bloomfield Avenue, at Fleet Feet. We lost Vince three years ago (Feb 7, 2006), when he was 87 years old. Or young. Here's to Vince, and memories of him that are forever young.

Our 2006 tribute to Vince: http://essexrunning.com/2006-04b_April_Carnevale_tribute.pdf.

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			
<i>INDIVIDUAL</i>			
Name		DOB	
Street			
City, State, Zip			
Primary Phone		2nd Phone	
Contact E-Mail			
<i>FAMILY</i>			
Spouse Name		DOB	
Primary Phone			
Contact E-Mail			
KEEPING TRACK (NEWSLETTER) DELIVERY <i>(Check ALL that apply; for e-mail options, you must provide an e-mail address below)</i>			
<input type="checkbox"/> Mail Paper Copy to Above Address			
<input type="checkbox"/> E-Mail PDF to This Address:			
<input type="checkbox"/> E-Mail Alerts* to This Address: <small>*You will be notified that PDF has been posted to ERC Web site</small>			
<i>MEMBERSHIP STATUS</i>		<i>ANNUAL DUES</i>	
<input type="checkbox"/> Join the Club <input type="checkbox"/> Renew Membership		<input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family	
Mail form & check (payable to <i>Essex Running Club</i>) to ERC, PO Box 183, Verona, NJ 07044-0183			
<p>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 <i>Keeping Track</i>. 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.</p>			



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

20 Years Ago (1989)

Spring fashion show with Dean Shonts of Sneaker Factory and ERC models to take over March meeting ... (still current) members report club records, PRs, and just plain fast times (3:59, 1M, Larry Hollander; 10:20, 2M, Gary Peters; 16:52, 5K, Mike Bartholomew; 29:05, 4M, Nancy Grabow; 31:28, 5M, Jack Martin; 36:48, 10K, George McIntyre; 1:36:19, 20K, Bill Wilde; 1:19:29, half, & 2:49:09, marathon, Mick Close) ... ERC president Lynda Solomon's 1989 club motto is, "Get involved" ... trips planned for Lancaster (Pa) Marathon (Apr), white-water rafting (May), club picnic (Aug) ... spotting each other's ERC shirt, Mick Close and Mike Wojcio meet for first time at Bermuda Marathon ... RN Jackie McIlroy writes about running while pregnant ... recipes for zucchini soup and chicken Véronique ... new club member Tom Kelly, welcome!

15 Years Ago (1994)

A tough winter prompts George Studzinski's President's Column on running in the cold, Larry Hollander's item on scaling back to deal with the blues, and Donna Close's poem about hope that spring will arrive ... Charles Waskevich's 2-page article, "To What Extent Is Performance Improved (Retarded) by the Ingestion of Nutrients During Endurance Events," is adapted from a paper he had prepared in his pursuit of a master of science degree in exercise science ... newlywed news for Judy Weiss and Howie Brown!

10 Years Ago (1999)

ERC president Tony Sanchez writes about how his winters became much more active once he joined the club ... monthly meetings move from the Nest to the Cloverleaf Tavern (Caldwell) ... trips planned for Kutztown Fool's Run 10-miler & 5K (Pa) and skiing at Mountain Creek (Vernon) ... welcome new club members Susan Mello and Charlie Slaughter! ... Charlie Lorber reviews lesser known running foods (Twinkies, Hershey Special Dark chocolate bars, pepperoni pizza, "anything made by Laura Messina") ... pursuing his quest for a 2:49 at the Boston Marathon, Jim Ennis misses all his January goals but couldn't be happier; he says when the going gets tough, he gets motivated!



USATF–NJ

Mick Close

The 2009 USATF–NJ Grand Prix Championship race schedule doesn't start until April this year with the Cherry Blossom 10K (Apr 5) and the Clinton Country Run 15K (Apr 25). All ERC members are invited and encouraged to participate. Sign up with USATF to get your official USATF membership number for 2009.

USATF 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.

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

February features a few New York Road Runners races, including the Bronx Half-Marathon (Feb 8) and the Al Gordon Snowflake 5K in Prospect Park, Brooklyn (Feb 21). There's a good chance ERC will have some members running these races. You can use our Yahoo e-mail group to organize car pools into the city.

Club races resume in March with the Newark Distance Classic 20K and 5K (Mar 8) and the Millburn Spring Run 10K and 2-miler (Mar 22). To the right is a schedule of all the club races for the first half of the year. Some are USATF

championship/team races (bold), and the others are simply popular local races.

At these events, you'll find many of your fellow ERC members offering you support and encouragement. Show your club spirit by wearing an Essex shirt! Our shirts help promote the club and make it easier for members to spot one another. Contact Susan Palermo or Catherine Alessi for all your clothing needs (clothing@essexrunning.com).

CLUB RACES: FIRST HALF OF 2009

- Mar 8, Sun Newark Distance Classic 20K, 5K
- Mar 22, Sun Millburn Spring Run 10K, 2M
- Apr 4, Sat Building Tomorrows 5K (Brookdale Park)
- Apr 5, Sun **Cherry Blossom Run 10K (Branch Brook Park)**
USATF–NJ 10K Championship (Open Women)
- Apr 25, Sat **Clinton Country Run 15K, 5K**
USATF–NJ 15K Championship (All Divisions)
- Apr 26, Sun Race for the Cure 5K (Branch Brook Park)
- May 3, Sun New Jersey Marathon & Long Branch Half-Marathon
- May 3, Sun **Our House 5-Miler (Summit)**
USATF–NJ 5-Mile Championship (Masters Men/Women)
- May 9, Sat **Newport 10,000 (Jersey City)**
USATF–NJ 10K Championship (Open Men)
- May 25, Mon Ridgewood Run 10K, 5K
- May 31, Sun **Run for Rachel 5K (Livingston)**
USATF–NJ 5K Championship (Open Women)
- Jun 7, Sun Montclair Run 10K, 2M
- Jun 15, Mon **President's Cup 5K (Millburn)**
USATF–NJ 5K Championship (Open Men)
- Jun 21, Sun Fitzgerald's 1928 Lager Run 5K (Glen Ridge)
- Jun 25, Thu Sunset Classic 5-Mile Race (Bloomfield)
- Jun 28, Sun **Pine Beach 5K**
USATF–NJ 5K Championship (Masters Men/Women)

FINISH LINES

ERC IN THE SUNSHINE STATE

I live in West Palm Beach and have been an ERC member since 1988. Here are five recent Florida race results. —Nancy Grabow

- Boca Raton Half-Marathon** **Nov 9**
2nd AG. 159:02
- Fantasy of Lights 5K, Coconut Creek** **Nov 15**
1st AG. 25:11
- Race 4 for the Pies (4M), Tequesta** **Nov 27**
1st AG. 31:58
- Marathon of the Palm Beaches (Half)** **Dec 7**
3rd AG. 157:33
- Classic by the Sea 10K, Jupiter** **Dec 20**
2nd AG. 50:53
- Rutgers Big Chill 5K, New Brunswick** **Dec 13**
Will DeRoberts (1st AG). 18:52
Susan DeRoberts. 26:36

Jingle All the Way 10K, Washington, DC

Joshua Cames (70th of 3488, PR). 39:17

This race lives up to its name. Its trademark is the strongly encouraged wearing of jingle bells by all (4000+) participants—quite a spectacle.

The start was an interesting if not slightly annoying experience, though it doesn't take much to see the humor in thousands of jingle-belled runners striking out on 6 miles all at once.

As I had taken it easy the past two months, ever since pulling a calf muscle at mile 21 of the Baltimore Marathon, I wasn't sure how I'd do in this race. I thought, *Just don't do anything crazy . . . pace yourself*, but then ignored this advice.

Instead, I ran all out the whole way and set a PR by 8 seconds, but I definitely pushed it too hard. I'm all right, though, so I can't complain.

DC mayor Adrian Fenty passed me at 5 miles and beat me by about 30 seconds, which is a little crazy considering I beat him in a Thanksgiving Day 5K. I guess the 10K is his specialty.

Dec 14

I recommend this race to any runner visiting DC around the holidays. The flat, quiet, scenic course hugs the shore of the Potomac River the entire way and finishes with views of the Lincoln Memorial and the Washington Monument.

Dallas White Rock Marathon, Tex Dec 14

- Chip Bearden*. 3:57:29
- Carl Sturcke*. 4:17:04
- Aubrey Blanda*. 4:42:08

This was an enjoyable race, though rather windy. It started downtown and, after a bit of weaving around, headed north for White Rock Lake. The wind was behind us most of the way to the lake but was squarely in our faces most of the way back to Dallas. The temperatures (65–75 degrees) were too warm for my liking, but at least the air was dry (my shirt was mostly dry at the end).

I ran the first 5 to 6 miles with a Dallas friend who has done several marathons, including New York, but he hadn't had time to properly train for this one. After the first real hill, around mile 5, he

said he didn't think he could complete the race and told me to run ahead. My time for the first half was 2:13, one of my slowest, but then I was pleased that I ran the second (into-the-wind) half in 2:04, for a total of 4:17.

I don't know where I placed in my age group, but I enjoyed a couple of beers at the finish.

Dallas is affluent because of its oil money, high technology, and health care. The marathon course goes past the homes of Dallas Cowboys and Jimmy Johnson. Homes around White Rock Lake were also spectacular.

This course could be good for a Boston qualification, assuming it's not always so windy.

—*Carl Sturcke*

My Philly marathon recovery went about as well as any ever has, and four days later I ran fairly well at Ashenfelter, so when Mick Close and Susan Mello started kidding me about running Dallas White Rock, I got enthused. I'd run three marathons in six weeks once before, in 1999, and felt fine. This time, the three would span seven weeks, beginning with Niagara Falls. And I knew Aubrey Blanda was targeting Dallas, so I'd have company. Plus, I'd spent the entire year with something on the horizon to look forward to, and the thought of the dreaded postmarathon blues was too much to bear.

I was really pumped up at the start and relishing another stab at the 3:38 that has eluded me since 1999. I said good-bye to Aubrey and never saw her again (she ran a smart first half but cramped up at mile 15 and slowed).

When I began sweating profusely only a mile into the race, I realized the heat was going to hurt me. Temps above the high 40s usually slow me down a lot, and the Dallas weather was 66 to start and headed for 76, with high humidity.

I also realized that, though I'd felt strong during the three weeks since Philly, I was tired. We had a quartering tailwind much of the way to the far side of White Rock Lake, but, when we turned into the nearly 30-mph wind up there, at the halfway point of the long, skinny, loop course, all thoughts of 3:38 vanished. I knew I'd have to push all the way just to finish under 4 hours.

Somehow I motivated myself to not give up and to focus on running the tangents. There was more of that going on than I'd ever seen before. There was a lot of drafting going on as well, but not by me, because when I suddenly slowed, I was either passing the walking wounded or getting passed by runners moving 30 to 60 seconds per mile faster than I was. Everyone running my speed, then, was still behind me.

I have a *Runner's Prayer*: "Lord, thank you for this day and for the opportunity to share it with friends and like-minded people. Help us to do our best, to be both proud of and satisfied with that, and bring us home safely to our friends and loved ones at the end of the day."

That's how I feel about Dallas. I'm proud of the way I ran and satisfied with the results. I was way off my original goal, but marathons are fulfilling to me in part because they're one of the few areas in which we can still lay it all on the line. It's just us against the course and the

elements and ourselves. And when we finish, hands to knees, wobbling, we have the satisfaction of knowing, as I did at Dallas, that we didn't hold back. We gave it everything we had.

(There aren't many areas in which society, the law, rules of conventional behavior, and common sense allow that. Instead, it's "Behave yourself," "Calm down," "Obey speed limit," or the killer, "Act your age!" In a marathon, however, there is nothing else in the world except putting everything we have into the effort and knowing—whether it's because our friends are urging us on, or the crowd noise is deafening, or the clock is counting up toward a goal, or just because we don't have anything left but we reach a little deeper and find something—that life is simple and uncomplicated and fundamental. The only thing that matters is prevailing over not giving 100%. Pretty profound stuff? Oh, well. Guess I'm still suffering from postmarathon fatigue!)

Facts. An advertised limit of 17,000 runners in the marathon, half, and marathon relay (fewer than 4000 full-marathon finishers). Good course: mostly flat with a few hills (why's the big hill always around mile 20?). White Rock Lake occupies miles 9 through 19 and is great to run along when it doesn't have whitecaps. Unusually warm weather, though apparently wind can be a problem every year. A wonderfully managed race. Three shirts, including two tech shirts! Many live bands on the course. Plenty of water stations, all with Gatorade. A gel station. Staffing the mile-19 water station are guys in outrageous Dolly Parton drag. Fewer spectators than at other big marathons but enthusiastic. Well worth doing.

Stats: The wind affected everyone. The winner ran a slow 2:22 (7 minutes off the 2007 pace and 10 minutes slower than in 2006). I made my modified goal with 3:57:29. The first half, much of it a gradual uphill, put me on what I thought was a conservative, 3:41 pace, but then I slowed dramatically on the upwind return trip. By mile 15, my pace had climbed to 9:00+, and it hit 10:00+ over miles 19 to 20, going up the "Dolly Parton" hills (so named for their prominent, uh, contours), before dropping to 9:15 to 9:30 in the downhill last few miles.

People talk about finishing their first marathon and saying never again ... until the memory of the pain they experienced has faded. My memories are still vivid, so I think I'll take some time off from long-distance racing! —*Chip Bearden*

Midnight Run (4M), Central Park Dec 31

On New Year's Eve, it was very windy, with the chill factor below zero. I parked on West End near 60th at 11:00 pm and, with the wind blowing so much, waited in the car until 11:30 and then jogged to the race in the park, around 72nd. It wasn't bad running with the wind behind, but, when it was against or to the side, I really felt it. After the race, I didn't hang around a second. I ran to my car and turned on the heat. —*Mike Wojcio*

Hangover Run (5K), Westfield Jan 1

Larry Czaplowski (4th OA, 1st AG) 17:39
Charlie Slaughter (1st AG) 19:41
Mike Sneden (3rd AG) 20:53

Helene Scarnegi (2nd AG) 23:24
Rich Unis 23:28
George McIntyre (3rd AG) 23:32
Mike Wojcio (4th AG) 25:17

It was cold but not that windy, so this run was more comfortable than my Central Park run just 12 hours earlier. George McIntyre ran great.

—*Mike Wojcio*

I won 2nd in age as the only female in the Essex pack! I guess you can drop me in the tundra, and it will suit me. It was hard to recognize ERC people today, with all of us so bundled up. I wore a black face mask for a cat burglar look, or Incognito Runner. I can't say I was surprised to see a decent showing of runners on New Year's Day.

Trophies went to the top 3 finishers in each age group, and there were other prizes for those who felt the need to stay colder longer.

This was my second time doing this race, and I recommend it. The organizers really do a great job. This year they gave out "hangover hoodies," which fit the weather.

It was nice to see fellow ERC runners after the race! Maybe we need red wool hats for frigid weather so we can find one another in the crowd. Happy New Year, everyone! —*Helene Scarnegi*

Watchung Winter Ultra (50K & less), Jan 10 Watchung Reservation

Steve Fleisig (11.9 M) 1:54:20
Randy Miller (11.9 M) 2:23:00
Jennifer Lanterman (23.5+ M) 5:11:50
Chris Jaworski (24 M) 5:13:30

By all accounts, the Watchung Winter Ultra was a big success!

Ninety-three people registered for this informal, grassroots, no-cost, no-frills event, organized by Rick McNulty of Mount Tabor. After cancellations and last-minute additions, 75 runners showed up in Watchung Reservation—very good attendance for long distances (the initially advertised 50K and marathon) on challenging trails in cold temperatures (20s) with snow expected at an inaugural event. (Rick later clarified that anyone wanting to run shorter was welcome. As things turned out, 10 and 20 miles proved popular.)

The 50K runners were to do a 1-mile loop followed by three circuits of a 10-mile loop, for the 31-mile total. Some runners with Garmin ended up with longer measurements (e.g., 1.3-mile loop, 10.6-mile loop), so the field may have ended up going distances ranging from about 12 miles to more than 50K. However, other Garmin corroborated the trail's stated distance, which I think the park people are confident is accurate.

The 10-mile loop, the Sierra (White) Trail, is great for several reasons. It has such a variety of terrain and sights that it keeps the monkey mind fully occupied; it's easy to follow (er, but read on); it's pretty runnable; there are just enough rocks to keep one on one's toes; and the many ups and downs provide a whole-body workout and well-earned next-day soreness.

The center of operations was the parking lot of the Trailside Center in the reservation. Here we had parking, indoor bathrooms, the prerace briefing, the start/finish, and the main aid sta-

tion/loop check-in. A table was set up with water, food, and gels (contributed by runners) and a camping stove with water for soup and hot chocolate. (Also available was a jar for donations to help pay for supplies.) Volunteers Russell and Herb manned the table. One served food. The other checked runners' names off and recorded elapsed times after each loop. The important thing was not so much to capture our splits for posterity but to ensure that everyone who set out on the course got safely off it (Rick didn't want to send search parties unnecessarily). Russell and Herb were great ... and brave to be standing out in the cold for so long.

Jugs of water were set out at three spots along the trail (self-serve!), but many runners carried their own bottles or wore hydration backpacks. There was a portajohn or two about half-way through the 10-mile loop.

You really couldn't ask for more in terms of logistics and support. And the volunteers and runners were great—friendly and helpful and encouraging.

* * *

Jen and I drove to the reservation, where we met Randy and Steve. Steve was planning to run 10 miles; Randy learned about the event at the last minute and decided to come out to run the big loop with me; and Jen had been eager to try an ultra. She and I agreed to stick together and run as much of the 50K as we could.

Randy, Jen, and I ran as a trio on the small loop and on the first trip around the big loop. The trickiest thing we had to contend with was ice. There wasn't a lot, but we had to be careful. Some covered the path entirely, and we had to run to the left or right of the trail. The trail was challenging and pretty, treacherous and fun. Woods, fields, little wooden bridges, a stream to the left, an ice-covered cliffside to the right, a frozen lake (at one point, the sound of ice skates), single-track, double-wide, carriage roads, bridle paths, a couple of steep ascents and descents, the Deserted Village, and a five-stone graveyard—you name it, the Sierra Trail had it.

Nearing the Trailside Center, I was feeling bushed and thinking I was going to call it a day. Jen, Randy, and I ended up running these first 12 miles in about 2:20 (11:40 pace). Having finished their runs, Steve and Randy were now leaving, so Jen and I said so long to them. She wanted to keep going. Well, what was I going to do—sit in the car for another two-plus hours? I'd rather be running! So, I pushed on with Jen.

About 4 miles farther on, Jen and I got separated. I was running ahead. The snow, which had started with light flurries, was now steadily coming down and turning the reservation into a winter wonderland. Unfortunately, it also started covering the rocks and the ice patches. I almost wiped out on a hidden ice sheet, and Jen took a hard spill, I learned later. With the snow falling all around, it also took a bit more concentration to spot the white trail blazes on the trees!

I didn't see Jen again until the start/finish, where she had arrived 1 minute 40 seconds earlier! How did that happen?

Well, I had been running along nicely until I reached a familiar water tower. Hadn't I passed this already? I waited for the couple behind me to catch up, and then asked if this was their second time at the tower. They said no. Hmm ... was I totally mixed up? When did I last pass by here—on my first or second circuit of this big loop? I couldn't figure out what was wrong, but on I ran with the couple, with me in the lead. Then I went straight where I should've gone left, and the couple called me back. Aha! *This* is where I had gone wrong earlier! I had missed this turn and ended up running a mini-loop that returned me to the water tower and then this point again. After the race, another friend, Scott, told me he had made the same mistake, and his Garmin measured the extra distance at 1.5 miles. So, I had run approximately 24 miles in 5:13:30 (13:04 pace). Yes, I had slowed considerably on the second big loop. I attribute the lag to fatigue and ice and spending time trying to get my bearings.

Jen had finished in 5:11:50, after having her own encounter with zigging when she should've zagged ... and running extra mileage! When I pulled into the start/finish, we both decided we had had enough and would stop rather than risk injury on the third and final big loop.

The Watchung Winter Ultra really lived up to its name—the snowy woods looked just like the scenery that appears on the event website.

The WWU will be, I think, a big shot in the arm for local ultrarunning. People came from all over New Jersey but also from most if not all the boroughs of New York City and from other parts of New York state. Others were from Connecticut, Pennsylvania, Washington, DC, and even Arizona. Rick plans to host the Watchung Winter Ultra again, next January. —Chris Jaworski

I'm sort of recovered from Saturday's adventure. Chris gave a great recap, so I'll just add some colorful details.

I went to Watchung thinking the trail would be pretty easy, given some of the descriptions I'd heard (e.g., "runnable," "not too many rocks," "not too rooty"). I thought it would be like the West Essex Trail. Boy, did I get an education on how trail runners classify trail difficulty!

Driving into the parking lot, we saw small mountains. Then, running the first short loop, I thought, *Rut-roh, Shaggy*. Rocks, roots, ice, and fallen trees all over the "course." After a few miles, I yelled to Chris and Randy, "What happened to the trail being pretty easy, without too many rocks and stuff, like Gary Peters described?" Chris explained that Gary's description was accurate. That's when I knew for sure the day was going to be more difficult than I had anticipated.

I was hopping and contorting my body to maintain my balance as I ran the trail and looked for white blazes on trees. This was challenge enough for someone who had never really run trail before. So, I twisted my ankles and knees a few times, but they were still usable, and I kept truckin'. At one point, I concluded that trail "running" might differ for people, depending on height. I am short, a whopping 5 feet 2 inches. I saw people running up big stuff that I had to stop and

climb up. Not for nothin', but I am pretty monkey-like, so this was a little shocking to me!

Nearing the aid station after almost 12 miles, I encountered a root that I think another runner fell and broke a rib on. My toe got stuck under that root. I regained my balance but stretched my knee out. At this point, Randy confirmed my hunch ... I had ice chunks in my hair.

Randy took a photo of Chris and me at the aid station. Steve and Randy then hit the road. Chris wasn't sure if he was going to do another loop, but I, and my legendary inability to say when, was hell-bent on going again. And so we headed out. About a mile into the loop, the pretty flurries turned into real snow. Not good. It wasn't fluffy snow; it was "pokey snow," the kind that pokes you in the eyes, makes you close them for protection, and impedes your ability to see where you're going. This was going to be a long loop.

Chris and I got separated. I figured I'd see him in 10 miles, at the aid station. Onward I moved. The falling snow made the course slick, so I started to slow a bit. The snow continued poking me in the eyes and now was also making the white blazes difficult to see and even playing cruel tricks on me. In places, I thought I saw a blaze and ran in one direction, only to find out the blaze was a blob of snow and I was a bit off-course. One time this led to my running an extra half-mile up a steep hill, and then back down the slippery slope, to return to the course.

I was trotting along, trying to avoid stepping on bad things disguised as snow. Around mile 20, I recalled a huge patch of ice in the vicinity and started thinking I hadn't seen it yet. I looked up for a blaze and felt my right foot slide fast. I immediately knew I'd found the ice, covered in snow, and was resigned that there was nothing I could do except cover my head and hope not to crack my skull or break my face. I saw my feet out in front of me, as if I were long-jumping—then *thud*. I may never have fallen that hard in my life. I think raising my arms to cover my head turned me slightly to one side; I fell on my right elbow and right knee, and my back twisted the opposite direction and hit the ice with my Camelbak full of treats jammed between my shoulder blades.

Here is a riddle: If a stupid runner falls in the woods and screams, but no one else hears her, does she make a sound? Yes. The answer is yes. I screamed so loud and was sure I had broken bones. I had pain coursing through my body, with extra zings in knee and elbow. I was lying alone in the woods, rolling and moaning on the ice, wondering how the hell I was going to run 3 more miles in those conditions and in that kind of pain.

My survival instincts must have kicked in. I gathered myself up off the ice and crawled to the crunchy snow. After moving my joints and determining that at least my leg wasn't broken, I got up and started slogging along what I could see of the trail. I kept thinking that it might be hours before anyone came looking for me, and that I'd be better off walking than lying around getting frostbite and hypothermia. I wasn't sure of the condition of my elbow, which I kept tucked close while I alternated between jogging and, when I couldn't stand the leg pain or couldn't see, walk-

ing. I eventually reached the aid station, where I found I had run just over 23.5 miles. I then decided it wasn't safe enough for me to run another loop, and I changed into dry clothes.

I spent the rest of the afternoon and evening in my postrace stupid period, doing my best impression of a comatose patient. The next morning, I did power yoga, which hurt like hell, but I did get a great stretch out of it. Yes, my elbow is bruised bad. I think that's the extent of it.

Would I run this trail again? Absolutely!

Thanks for showing me some of the trail and ultra ropes, Chris. I hope next time I won't have a cartoon-worthy wipe-out and can run the entire race!
—Jen Lanterman

Jen, I enjoyed reading your impressions on running trails (even if they weren't the kind of trails you'd anticipated) and on dipping your toe(s) into the ultra scene. And, not that I expected anything different, but you did great over long distance on new terrain under challenging conditions.

Thanks to you and Randy for the good company and workout over the first half, and to you for motivating me to go around the second time.

Some details about the effects of the cold ... First, thanks for the handwarmers! They came in really, er, handy at times. (At other times, I had to take my mittens off because my hands were *too* toasty.) Then there was the headwear—my Buff got all sweated up and then frozen-crunchy. I'm glad I had a warm, dry one to put on halfway through. And finally, it's funny how we thought we were prepared wearing hydration backpacks. What I hadn't expected was that the fluid-filled tubes would freeze, making it difficult to get a drink, though this seemed to become less of a problem as time went on.

I hope the elbow is better now! —Chris

The atmosphere of this event was really low-key. First, it was free. Gotta love that. Second, everyone was super-friendly. I'm thinking that, while some wacky ultra folks are the ones who make it into the media, it's the kind folks, farther back, who are the backbone of this sport.

Runners passed me, and I passed a few, and always it was an opportunity for socializing. When runners heard you coming up from behind, more often than not they stepped off the trail to let you pass. Man, is that a departure from some events I've attended, in which elbows go farther out to prevent losing a position in the results.

Watching runners helped one another stay on course, which I thought was kind.

Finally, the support/aid station had a camping stove providing hot cocoa and soup. That reminded me of Boy Scout days.

Thanks to Jen and Chris for getting me through my portion of the event. —Randy Miller

Tubbs Romp to Stomp Out Breast Cancer 3K Snowshoe Race, Mountain Creek Resort, Vernon
Aileen O'Rourke 13:12
Helene Scarnegi 13:12
Our Excellent Snowshoe Adventure started when Aileen read a *Runner's World* article about run-

ning in snowshoes and sent me a call to action—to join her in a snowshoe race. I can tell you that, though I have never enjoyed winter sports, I really have taken to running, and I can get out and run in 20 degrees and not give it a second thought. So, when Aileen asked, I said sure, why not?

We didn't own snowshoes, and neither of us had run in them before. While registering for the race, I thought maybe I should learn to walk in snowshoes before running in them. But instead we just signed up for the 3K race. It didn't sound too long and on regular ground would be over in no time. Yup, this would be a piece of cake.

All race proceeds go to the Susan G. Komen for the Cure and its northern New Jersey affiliate. This Romp to Stomp has been sponsored by Tubbs Snowshoes since 2003, and others are held in various US locations. It's the Race for the Cure, on snow. There were 200+ participants, but most were walking the 3K or the 5K. Apparently, the number of entrants increased by 70 this year, and the event raised more than \$8000.

Now to paint the mountain pink. Aileen and I dressed for the cause. Yes, although we didn't know what we were getting ourselves into, we would make sure the mountain got some color. We brought at least five bags with us and looked like we were ready for a week in Aspen.

We got to registration early. Given the number of people at the Race for the Cure in Scranton, I expected hundreds, or even a thousand, with pink balloons and lots of hoopla! But there weren't all that many. Would Aileen and I be the only ones running? We waited almost an hour to get inside for our numbers, and we signed very long waivers saying we wouldn't take legal action if injured. So then I am thinking I am going to roll down a mountain and die. That's a bit dramatic, but there were so few people that I thought maybe this wasn't going to be as easy as I had imagined. Of course, Aileen and I then started asking other entrants what we were in for, but most were walkers trying to figure out how inexperienced gals would manage running in snowshoes.

After registration, we had little time to try on snowshoes. Oh, yes, and we needed to take the lift to the mountaintop. Aileen and I were given

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!

the tip to run on the balls of our feet. The bottoms of snowshoes have teeth that grip the snow, and you cannot possibly have a stride while rocking side to side. We'd soon realize we could complete the race doing something that resembled running. I don't know how many runners there were, but no one was claiming a 5-minute pace, so we lined up at the front of the starting line.

Aileen and I stayed together the entire race and made sure we didn't trip on any rocks along the path. The hills were challenging, as running in snowshoes takes so much energy and works different muscles. I was concerned I'd get one snowshoe stuck in the other. We watched in awe at how quickly some folks in front of us were moving. The scenery in the woods and near a reservoir was beautiful. Wearing these heavy shoes and so much clothing, we could barely move, so the finish was a welcome treat. Together, we crossed the line at 13:12. My heart was pounding, and I was amazed at what we had done.

We came in 5th and were told we would've placed if we had been a minute or two faster. Too funny! We also found out that the distance was just a little more than a mile, though it had felt like the longest race I have ever run. I think we both were thrilled to have finished and to have stayed upright the entire time.

After the race, I put back on my Chewbacca boots (1980s flashback) and relished the thought of a new hobby. Yes, Aileen and I are interested in doing this again, and we invite others to join us and have a blast. It's one thing to run and accomplish things in races, but to try something you never thought of and to finish are incredible.

We both won raffle prizes that will help us in our pursuit of this new outdoor sport. Aileen won shoe gaiters, and I won an "adventure tool" that will help me find my way out of the woods, light up the place, see myself, and check the temperature all at the same time.

We bought more pink items and took an end-of-the-day photo in the largest Adirondack chair I have ever seen. We laughed the entire trip, and that photo says it all. From this short race, we learned a lot about what we can do, even when unprepared. It was about having fun, laughing at ourselves, helping an amazing cause. On a happy note, as of February, my mom has been cancer-free for five years, so it was an amazing day to run in her honor! I so much appreciate Aileen's invitation to join her for such a great race.

I am now on a mission to find pink snowshoes. Happy trails.
—Helene Scarnegi

Manhattan Half-Marathon, Central Pk	Jan 25
<i>Paul Giuliano (2nd AG)</i>	1:20:39
<i>Paul Kartanowicz</i>	1:29:01
<i>Mike Skara</i>	1:29:43
<i>Jennifer Carbone (12th W, 2nd AG)</i> ...	1:30:33
<i>Tom Eaton</i>	1:31:44
<i>Will DeRoberts</i>	1:32:30
<i>Glenn Trimboli</i>	1:33:31
<i>Karen Merz</i>	1:33:42
<i>Doug Williams</i>	1:38:09
<i>Desmond Duncker</i>	1:38:51
<i>Rob Gerin</i>	1:39:17
<i>Mick Close</i>	1:39:57

<i>Ted Bongiovanni</i>	1:40:07
<i>Greg Van Inwegen</i>	1:42:58
<i>Susan Mello</i>	1:44:50
<i>Sharon Morrissey</i>	1:45:10
<i>Howie Brown (3rd AG)</i>	1:46:38
<i>John Young</i>	1:47:29
<i>Laura Gelman</i>	1:48:42
<i>Tom Kelly</i>	1:59:08
<i>Jay Kohli</i>	2:00:52
<i>Jim Enslin</i>	2:02:36
<i>Martta Rose Kelly</i>	2:05:47
<i>Susan DeRoberts</i>	2:06:01
<i>Beverly Salerno</i>	2:31:41
<i>Michael Topper</i>	2:37:30

There were 4500+ entrants, and ERC was well represented by more than 25 runners and three age-group award winners: Jen Carbone (2nd), Paul Giuliano (2nd), and Howie Brown (3rd). Jen also finished 12th overall in the women's race. The new course worked very well and was much better for carpooling, with everyone finding on-street parking not far from the start and finish. The temperature was only about 20 degrees, but there was no wind, and it was a beautiful, sunny day with a clear blue sky. Thanks to Sue Palermo for volunteering and greeting her ERC friends with bagels after the race. —*Mick Close*

When Tom asked me if I was interested in running the Manhattan Half, I casually answered sure, without thinking it through. I usually don't race until March; January and February are for lazy, slow runs to nowhere with the intent on getting ready for the Newark Distance Classic in early March. But, I had promised myself that, in 2009, I'd be open to new experiences.

Then came the cold spell, one of the coldest Januarys on record, and in the days before the race I cursed myself for signing up. Although I enjoy 30- and 40-degree days, I don't like sub-freezing temps (despite being part Scandinavian). What was I thinking? I hate frigid air, I hate having to dress like an Eskimo, I hate ice, I hate wind, I hate the gloomy grayness of it all.

I told myself that, if I made it through the race, I'd treat myself to a cupcake at Magnolia Bakery. That's the only way I'd do the Manhattan Half.

With the alarm clock going off at 5:15, my poor body asked, "Why are you doing this to me?" I rolled out of bed in preparation for the ride to the city with Tom and Bev Salerno and checked the thermometer. Ten degrees ... eek! What's a girl to wear? You don't want too many layers, but you want to be comfortable waiting for the gun. I usually don't like to run with sweats over tights, but I could not bear to take them off. The only good note about the weather was very little wind.

I started slow, hoping to warm up by mile 3. At mile 2, the gloves came off, followed by the hoodie. At mile 4, I tied my jacket around my waist. I felt pretty good. I toyed with using the Galloway method, but I felt good enough to try to run the whole way. I wasn't sure what to expect. My usual time for a Central Park half (Grete's Great Gallop, More) is about 2 hours, but that's with some quality training under my belt. In this case, my longest run since December had been a 7-miler with Tom 2 weeks earlier.

I stopped and walked at the first two water stations, not because I was tired but because the ground was slippery with a messy slush of Gatorade and water. It was funny trying to drink

from a cup of water frozen solid on top. I had to smash the cup against the side of a garbage pail to break the ice. Between miles 8 and 9, there was no water; they had run out! Fortunately, mile 10 had plenty of water and Gatorade.

I continued to feel good until about mile 12, which had to be longest mile I've ever run. I did not forget how hilly Central Park is; I forgot where the hills and grades were located on the course.

I finished in 2:05, not my best but, considering I haven't been training more than 20 miles a week, not too shabby. Would I do this half again? You betcha, if rescheduled for spring or fall!

We made it to the Magnolia Bakery, and boy was that cupcake worth it! —*Martta Rose Kelly*

It was a fun drive in with Tom and Martta. I am such a pessimist. I made sure they both knew that, if I took 3 hours to finish, they didn't have to wait for me. Ha! I'm a good cold-weather runner. I feel no pain or cold until I stop running. However, here I got off to a bad start. Running to the portapotties, I tripped and came down hard on both knees. And, as I was wearing long pants, I didn't see the blood until later. But I felt it. Smashed knees didn't keep me from running, though. This new course isn't as Bev-friendly as the old one. I didn't like the position of the hills relative to the start. I finished 2 minutes slower than last year. But the cupcake at Magnolia Bakery made up for it. —*Beverly Salerno*

Gridiron Classic (4M), Central Park Feb 1	
<i>John Young</i>	28:53
<i>Laura Halstead</i>	37:40
<i>Jim Malone</i>	45:45

EYE ON THE SPEAKER

Mark Frankel

New York City Triathlon

"It's a very humbling experience to organize something called the 'New York City *Anything*,'" said John Korff, the speaker at the January meeting.

Korff is founder and director of the New York City Triathlon. A marathoner (2:26 PR) and ultramarathoner, he founded and directed the A&P Tennis Classic in Mahwah for 25 years until the tournament folded a few years ago. He also organizes the Quick Chek New Jersey Festival of Ballooning in Readington and a Ladies Professional Golf Association tournament in Oahu, Hawaii.

In 2000, NYC2012, an organization spearheading the effort to bring the 2012 Olympics to New York City, hired Korff to create and direct an Olympic-distance triathlon, which features a 1.5K swim, a 40K bike, and a 10K run.

To qualify to host the Olympics, the city had to prove it could stage Olympic-caliber events. The triathlon was to be a one-time event for professionals, but Korff saw an opportunity and took over the race after its first running in 2001. He opened it up to amateurs.

The first NYC Triathlon was small because Olympic rules allowed it to be promoted only in the New York area.

In 2004, with NYC losing its bid to be host city, the rule no longer applied, and Korff expanded promotion of the race.

He said that the triathlon is one of the fast-growing sporting events in the world. "You don't get your body beat up so much, but you get to have a long experience," he added.

His triathlon, second largest in the United States, accepts 5500 entrants. Of those, 2300 sustain training injuries and don't make it to the starting line. Korff thinks he could easily accommodate up to 10,000 participants, but obtaining city permits would be difficult. About half of the current athletes are from the metro area, but there is a significant draw from outside the United States as well.

In 2008, the event sold out in 22 minutes. Korff said he's considering a move to a lottery system.

He noted the irony in his never directing a marathon, despite having run so many. He's thought about it, but profit requires a critical mass of 12,000 to 16,000 runners. "I've dreamed of buying a marathon," he said. Although such a purchase isn't likely, he hasn't totally given up on the idea.

Injuries and surgery had forced Korff to stop running, but he recently started up again. In the intervening years, he exercised by climbing stairs. As an athletic event organizer, he noted that stair climbs are some of the most profitable events. "You don't need cops, no aid stations," he said.

Running a Marathon ... for the 611th Time

(Source: *Manila Bulletin*, Dec 15, 2008)

Running a full marathon is obviously not a cakewalk, unless you happen to be [ERC member] Andrew Kotulski. At 70 years old, Andrew was recently in town to take part in the 32nd National MILO Marathon in Manila for his, get this, 611th overall marathon.

"People ask me why I run, and to me the question really is: 'Why *don't* you run?' Running is living a good life, and running a marathon is a wonderful way to travel. I meet people who have the same interests as I do, which are health and fitness," says Andrew.

Discussing how he got into running, Andrew says, "I realized that I was my own best investment, and if you have a good investment, you take care of it. If you spend half a million dollars for a car, you'd take care of it the best way you can, and your health is surely worth more than that. ... When you think about it, your health is the best gift that you can give to your family, your parents, your children, and yourself," says Andrew.

His first visit to the Philippines was not without surprises. "I wasn't expecting to find many runners here. I was pleasantly surprised to see a lot of people alongside the road who are into running and fitness, despite the heat and humidity. I can think of other places that make running a little bit easier, so I have to say that Filipinos are pretty dedicated when it comes to running," says Andrew.

Of all the marathons that he's taken part in, Andrew will always mention the New York City Marathon in 1977 as his favorite, which was actually his first marathon. He says it's his favorite because "you never know you can do it until you actually do it. I never really knew I could finish a marathon up until that day, and to finish a marathon is just one of the most fulfilling accomplishments that you can have."

Andrew admits that with his age, running doesn't get any easier. "Every race gets to be more of a challenge. I don't have time goals anymore. I've run my best time many years ago. But now, the challenge is to be able to finish vertical," says Andrew with a laugh.

It's hard to imagine Andrew ever losing his zest for running. Not even a disease that nearly ended his life in 2001 could dampen his strong running passion. "I was in St. Petersburg, Russia, when I picked up a bacterial infection that affected all of my organs. This happened during 9/11, and of course all the airports were shut down, and I couldn't get out of St. Petersburg," relates Andrew.

"I didn't realize how much trouble I was in. I had never ever been sick in my life, I didn't know how to deal with being sick, and I was in very bad shape—fevers, chills, diarrhea, vomiting, and all that. By the time I got home to the States, I was almost dead, my organs were all shutting down."

Andrew managed to slowly recover. "It wasn't a total recovery, but in retrospect having the illness and recovering from it made me realize how blessed I was to be able to run. I was so happy to be alive and really to be able to live for the moment," he says.

Such a renewed appreciation for life and running made Andrew realize that it's important to not put off doing something if you can do it right away. "Tomorrow might not be there. If you're going to do it, do it. Test your limits, go out there and give it your best shot," says Andrew.

Being someone who's had extensive marathon experience, what does he think are the qualities one must have to become a successful marathoner? "Dedication, some discipline, recognizing what you want to do, and consistency. You can't be a sometime runner," says Andrew.

Clearly, Andrew has more places to visit and races to conquer, and he's obviously not complaining. You might be wondering, how long does Andrew see himself running? "As long as I can, till death do us part."

Marathon Factors in Order

Mike Wojcio

Mick Close and I once wrote an article about running a successful marathon (*Keeping Track*, Dec 2004), but we didn't list the factors in order of importance. I think they are:

1. *Age*. We slow down in our 30s, 40s, 50s, and beyond. Naturally, runners 18 to 35 years old have an advantage over most older runners.
2. *Food*. Vegetables, fruits, pasta (carbohydrates). Don't change your diet before a marathon, and get carbs after.
3. *Fluids*. Water, electrolyte drink. Again, don't change your usual regimen just before a marathon.
4. *Weight*. Being overweight affects a runner's time.
5. *Training pace*. The Kenyans have proved that this is a factor in marathon times.
6. *Weekly mileage*. Building up more than 10% to 15% a week could lead to injury. If increased gradually, however, more training miles per week will help with the marathon distance. (Some people do well with less training, but these runners would do even better if their weekly mileage were higher.)
7. *Long runs (16–22 miles)*. The more of these you do, the better off you'll be.
8. *Hill training*. Gives us strength.
9. *Cross-training*. Weights, pushups, situps, stretching, biking, and swimming help.
10. *Proper running shoes and clothes*. Break new shoes in well before the day of the race.

Those are the top 10. Other factors are number of marathons run per year, training at altitude (if possible), amount of fluids drunk during the marathon (too little can lead to dehydration, too much to hyponatremia), number of runners (during a large marathon, avoiding other runners, even while stopping for a drink, can lead to "dissipation of energy"), food eaten in the days before and on the morning of the race, weather (mainly heat, humidity, and wind), pace in line with training, amount of training (too little or not enough), and even bathroom timing before the start.

Maybe if I followed my own advice, I would run a better marathon?! Good luck to you!

RACES: FEBRUARY–MAY 2009

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

2/8	Sun	8:00a	NYRR Bronx Half-Marathon	13.1M	212-860-4455	
2/14	Sat	10:00a	Cupid's Chase 5K (Princeton)	5K	609-514-9494	
2/21	Sat	9:00a	NYRR Al Gordon Snowflake 5K (Prospect Pk, Bklyn)	5K	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	
3/8	Sun	9:30a	Newark Distance Classic	20K, 5K	973-733-3749	NBGP: 20K & 5K (both 500 pts)
3/14	Sat	8:00a	NYRR 8000 (Central Park)	8K	212-860-4455	
3/14	Sat	10:00a	St. Patty's Day 5K (Morristown)	5K	973-401-1300	NBGP: 500 pts
3/15	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-347-3088	
3/21	Sat	10:00a	SDA Spring Thaw Run (Liberty State Park)	5K	201-434-5938	NBGP: 500 pts
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)
3/28	Sat	9:00a	Wurtsboro Mountain 30K Run (Wurtsboro, NY)	30K	845-866-1345	
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)
3/29	Sun	10:00a	Mudders & Grunters (trail, FDR Park, Yorktown, NY)	5M	mudders2009@aol.com	
4/4	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/5	Sun	TBD	City Parks Foundation Run for the Parks (Central Pk)	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
4/5	Sun	10:00a	Urban Environmental Challenge (trail, VCP, Bronx)	10K	www.vctc.org	
4/11	Sat	9:30a	Essential 2 Life 5K (Liberty State Park)	5K	732-381-0318	NBGP: 500 pts
4/11	Sat	10:00a	Scotland Run 10K (Central Park)	10K	212-860-4455	
4/18	Sat	8:30a	Asbury Park Half-Marathon	13.1M	732-542-6090	
4/18	Sat	9:00a	MK5K (Denville)	5K	973-664-2236	NBGP: 500 pts
4/18	Sat	9:00a	Jersey Shore Relay	26.2M	732-793-3000	
4/18	Sat	10:00a	Earth Day 5K (Liberty State Park)	5K	201-795-4555	NBGP: 500 pts
4/18	Sat	10:00a	River Edge Run	5K	201-599-6295	NBGP: 500 pts
4/19	Sun	TBD	Run as One (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	More/Fitness Marathon & Half (women, Central Park)	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	Lincoln Tunnel Challenge	5K	609-896-8000	
4/26	Sun	9:00a	Run for Children (Elizabeth)	5M	908-820-4050	NBGP: 500 pts
4/26	Sun	9:00a	Leatherman's Loop 10K Trail Race (Cross River, NY)	10K	www.leathermansloop.org	
4/26	Sun	9:30a	Rau-Fitzgerald 5K (Hasbrouck Heights)	5K	201-288-1426	
5/3	Sun	7:30a	NJ Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
5/3	Sun	10:00a	Madison High Five	5K	973-514-1057	NBGP: 500 pts
5/3	Sun	1:00p	Our House 5-Miler (Summit)	5M	732-381-0318	NBGP: 700 pts
5/9	Sat	Various	North Face Endurance Challenge (trail, Bear Mtn, NY)	50M→10K	www2.thenorthface.com/endurancechallenge	
5/9	Sat	7:30a	Long Island Greenbelt Trail Run (Plainview, NY)	50K, 25K	516-349-7646	
5/9	Sat	8:30a	New Providence 5K	5K	908-464-4430	
5/9	Sat	8:30a	Newport 10,000 (Jersey City)	10K	732-381-0318	NBGP: 700 pts
5/10	Sun	TBD	Mother's Day 4M & Health Walk (Central Park)	4M	212-860-4455	
5/10	Sun	8:45a	Rubin Mother's Day Run (Tenafly)	10K, 5K	201-569-7900	NBGP: 10K & 5K (both 500 pts)
5/10	Sun	10:00a	Morris Mauler 5K (trail/xc, Lewis Morris Pk, Morris Twp)	5K	908-295-8580	
5/16	Sat	TBD	Healthy Kidney 10K (Central Park)	10K	212-860-4455	
5/16	Sat	9:30a	Shepherd Lake 5K (Ringwood)	5K	973-741-3251	NBGP: 500 pts
5/19	Tue	6:45p	Am. Heart Assn. Wall Street Run (Battery Park, NYC)	5K	212-860-4455	
5/23	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration closed
5/25	Mon	8:45a	Ridgewood Run	10K, 5K	555-427-5205	NBGP: 10K & 5K (both 500 pts)
5/30	Sat	TBD	Brooklyn Half-Marathon (Prospect Park)	13.1M	212-860-4455	
5/30	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
5/31	Sun	TBD	Japan Day 5M (Central Park)	5M	212-860-4455	
5/31	Sun	9:30a	Run for Rachel (Livingston)	5K	973-765-9050	NBGP: 700 pts

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