

ESSEX

KEEPING TRACK

Essex Running Club Newsletter

March 2009

Vol. 26, No. 3

West Essex Trail Cleanup— Volunteers Needed Saturday, March 28

Our annual spring cleanup of the West Essex Trail will take place March 28 (no rain date). We'll meet at 9:00 am by the tennis courts in the Verona High School parking lot off Sampson Drive, between Grove and Fairview. Please come out and give back to the community. (Continued on p. 2)

Awards Banquet, Tuesday, April 7

The place: Church Street Kitchen. The time: 7:30 pm. The occasion? Honoring our members' 2008 achievements!

The ERC Awards Banquet will replace our April meeting and feature an \$18-per-person buffet that includes artisan breads, pasta, romaine salad, dessert, and beverages, plus a cheese platter compliments of the club (byob, though). We hope you can join us for this fun evening.

To reserve your spot(s), mail a check by March 31.

See form (p. 2). Check payable to *Essex Running Club*. Send to Mark Frankel, 1444 Rater Road, Wayne, NJ 07470. No walk-ins. Questions? Call Lynne Mortimer (973-857-3344).

Free Again This Spring (Apr 2–May 14): Track Workouts Led by Coach Joel

ERC runners and walkers of all abilities are encouraged to take advantage of this membership perk. Train together at Brookdale Park track and receive workout plans, advice, and coaching from Joel Pasternack. Each week, read the plan at essexrunning.com/workout and then, on Thursday, go to the park (7:00–7:15 pm), run a warmup and strides, and be ready for the track workout (7:30 sharp). April 9: A workout plan will be posted, but Joel will not be at the track.

Thanks for the Winter Weekend Runs

As winter ends, we thank our generous group-run hosts and road-trip organizer: Helene Scarnegi & Aileen O'Rourke (Dec 21), Martta Rose & Tom Kelly (Dec 28), John Fabbro (Jan 1), Aubrey Blanda (Jan 3), Sharon Morrissey (Jan 11), Debbie McNally & Lynne Mortimer (Jan 17), Susan Palermo & Wayne Carlson (Jan 24), Mick Close (Manhattan Half-Marathon, Jan 25), Catherine Alessi & Mick Close (Feb 1), Laura Messina & Phil Coffin (Feb 8), Ginny Kientz & Val Kenny (Feb 15), Susan Mello (Feb 22), and Shannon Packard

ERC'S NEXT GENERAL MEETING 7:30 pm, Tuesday, March 3

Spring Fashion Show

In the spring, a runner's fancy lightly turns to thoughts of clothing and gear. Come see some of the latest vendor offerings modeled by ERC members!

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 Now on Tuesdays

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

Board Meetings

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

(Feb 28). Hosted runs will return this summer (Jun–Aug) on Thursday evenings.

MARK YOUR CALENDAR

- **Mar 3 (TUESDAY).** General meeting—spring fashion show. *Page 1.*
- **Mar 22.** Millburn Spring Run 10K & 2M (club race). *Page 4.*
- **Mar 28.** West Essex Trail cleanup. Hope you'll volunteer! *Page 1.*
- **Mar 29.** Newark Distance Classic 20K & 5K (club race). *Page 4.*
- **Mar 31.** Deadline for mailing check for Awards Banquet. *Pages 1, 2.*
- **Apr 2.** First track workout. *Page 1.*
- **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.*
- **Apr 7.** Awards Banquet. *Page 1.*
- **Jun 18.** Smoke Rise Challenge.

Welcome, New Members!

Janice Desir, *Montclair*
Bruce Fryer, *South Orange*
Brendan Healey, *Cedar Grove*
Odalys Perez Dines, *Parsippany*



**2009
ESSEX RUNNING CLUB**

Officers

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

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Catherine Alessi. Clothing, Entertain
 Aubrey Blanda. At Large
 Mick Close. USATF Cocaptain
 Phil Coffin. At Large
 Chris Jaworski. Newsletter Editor
 Robin Kantor. Insert Designer
 Ed Kelly. USATF Cocaptain
 Marita 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 Cocaptain
 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

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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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Clothing
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clothing@essexrunning.com

Monthly Speakers: Anne Chesny
 201-869-1708

(Continued from p. 1)

This annual cleanup is dedicated to ERC member Rod Munro, the first person to arrive at the very first trail cleanup, organized by George Studzinski in April 1996. Rod passed away a few months later while running with his wife at the Cedar Grove reservoir, not long after running on our first River to Sea Relay team with Tom Kelly et al. This is a way for us to honor Rod and help keep his spirit alive.

The cleanup will finish by about 10:30, and then some or all of us will run the trail. Background for new members: The West Essex Trail is about 6 miles round trip (to the end and back). It's mostly a dirt and cinder path along the old railroad line from Verona to Little Falls. It's straight, narrow, and blazed, so there's little chance of going astray, plus there are mile markers on trees.

Gloves and other protective clothing are recommended for the cleanup. Please try to bring one or two large, heavy-duty plastic bags. Pruning shears may be helpful for cutting back some of the smaller branches along the trail.

Bagels will be provided, and free T-shirts will be available. For more info, please contact me at 973-477-0016 or mickclose@aol.com. —Mick Close

Directions to Verona High School lot. Take Bloomfield Avenue to center of Verona and turn onto Grove Avenue. Go north on Grove about 0.5 mile and turn left onto Sampson Drive. Just before Fairview Avenue (where Sampson ends), turn into parking lot on right (where tennis courts are and across from high school). Park at Fairview end of lot. (Sampson is one-way; don't enter from Fairview.)

River to Sea Relay: Year 14

We've had a cold winter, so it's time to think about Manasquan beach, where many River to Sea 14 (R2C14) relay teams will finish their multihour journeys on what will undoubtedly be a typically hot and humid August day.

R2C14 has been scheduled for Saturday, August 1. We will be talking this event up in the coming weeks and months, but we want to give everyone a heads-up, as the event is expected to fill up early, far ahead of the June 28 registration deadline.

If you're new to the club, you might not know R2C is a 92-mile relay race across New Jersey, beginning in Milford at the Delaware River and ending in Manasquan at the Atlantic Ocean. Each member of a 7-person team runs 2 legs of the race. It's a great way to see our beautiful Garden State on foot while passing through 34 towns in Hunterdon, Mercer, Somerset, Middlesex, and Monmouth counties.

Club spirit and camaraderie are the order of the day as we cheer one another on and engage in friendly competition with clubs from New Jersey and beyond.

The race accepts a maximum of 110 teams. Essex is the only club that has had a team participate each year since the race's inception, and this year we expect to field three teams again, if not more.

To sign up or to get more information, contact one of our team captains: Tom Kelly (tbpkelly@gmail.com, 973-731-1621), Phil Coffin (philco53@comcast.net, 973-748-4688), or Desmond Duncker (duncker57@gmail.com, 973-743-2349).

ERC AWARDS BANQUET
 April 7, 7:30 pm, Church Street Kitchen

*Reservations Due
 March 31*

Name	
Phone or E-Mail	
How Many Attending?	
× \$18 Each = Total Amount Enclosed	

Make check payable to *Essex Running Club*.
 Mail check with completed form to Mark Frankel, 1444 Ratzer Road, Wayne, NJ 07470.
 No walk-ins. Questions? Call Lynne Mortimer (973-857-3344).

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@yahoo.com.

ESSEX RUNNING CLUB 2009

JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!

Date	
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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 March Issue Of
KEEPING TRACK ...

20 Years Ago (1989)

ERC president Lynda Solomon writes, "My hat goes off to [a friend and fellow member] and all those who will be running their first race this season. Training together for races and then doing them together is a unique experience that only runners share. Our common interest keeps us bonded together" ... summer hosted runs to be arranged for June and July (in 2009, we schedule for August, too) ... the search begins for a new "newsletter coordinator" ... Norman Kallen issues his *Treasurer's Report* ... (still current) member Jill Booth mentions running the Verona Labor Day 10K and PR'ing (1:33:53) in her most memorable race, the Philadelphia Distance Run (13.1M) ... (still current) member Tim Caputo reports PRs of 35:57 (5M), 44:47 (10K), and 1:40:01 (half) ... results posted for four (now all gone?) races (Greater Wayne Snowflake 5K, NYRRC 7M Figure 8 Run, NYRRC Bagel Run 10K, Mercer Street Striders 5M) ... Vince Carnevale cleans up when his "time of 1:34:24 in the NYRRC 20K race on 1/29 set a single age (72) national record. He was named Masters Long-Distance Runner of the Year at the Metropolitan Athletics Congress's awards banquet and also selected as NYRRC Runner of the Year for 70+ in 1988" ... 15 members run the E. Murray Todd Half-Marathon ... Mick Close recommends *One Moment in Time*, a collection of songs from the Olympics, as Walkman running music ... Adrienne Thomas writes about year 1 of her successful experiment in vegetarian eating and macrobiotics ... she also offers a recipe for chick pea soup ... Tonia Moore serves one up as well, Ed Moore's Famous Lentil and Brown Rice Soup ... March is National Nutrition Month, and Stephanie Mazzeo-Caputo makes available to members a "Good Nutrition Reading List" ... an Eddie Coyle *Daily News* article about Vince Carnevale is reprinted, and in it he is quoted about his return to running after a 30-year layoff and a weight gain of 25 pounds: "I was inspired by all the races that sprang up in the area and also wanted to get back into shape" ... also reprinted is a funny disclaimer from a Clifton Roadrunners Club race application (see p. 7, this issue).



USATF–NJ

Mick Close

It's almost time to lace up those racing shoes again. The 2009 USATF–NJ Grand Prix championship series will begin in April with the Cherry Blossom 10K (Apr 5) and the Clinton Country Run 15K (Apr 25). All

ERC members are invited and encouraged to participate! Check out the complete championship schedule for the first half of the year:

- 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)
- 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 31, Sun **Run for Rachel 5K** (Livingston)
USATF–NJ 5K Championship (Open Women)
- Jun 15, Mon **President's Cup 5K** (Millburn)
USATF–NJ 5K Championship (Open Men)
- Jun 28, Sun **Pine Beach 5K**
USATF–NJ 5K Championship (Masters Men/Women)

To run for a team and/or participate in the Grand Prix, all you need do is sign up with USATF and obtain your USATF number. USATF membership supports the sport of running and has many perks, such as preregistration discounts at participating races (recoup your membership fee!). Other benefits are listed at usatfnj.org.

You can join USATF online, by mail, or at a championship race (when you sign up, please enter ERC 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

Club Races

Club races for the first half of 2009 include both the USATF Grand Prix championship races listed above *and* the popular races listed below. At club races, you'll find many

fellow ERC members offering support and encouragement. Show your club spirit by wearing an Essex Running Club shirt at these events! Our shirts help promote the club and make it easier for members to spot one another in a crowd. Contact Susan Palermo or Catherine Alessi for all your ERC clothing needs (clothing@essexrunning.com).

- Mar 22, Sun Millburn Spring Run 10K, 2M
- Mar 29, Sun Newark Distance Classic 20K, 5K
- Apr 4, Sat Building Tomorrows 5K (Brookdale Park)
- Apr 26, Sun Race for the Cure 5K (Branch Brook Park)
- May 3, Sun New Jersey Marathon & Long Branch Half-Marathon
- May 3, Sun Nutley 5K
- May 25, Mon Ridgewood Run 10K, 5K
- Jun 7, Sun Montclair Run 10K, 2M
- Jun 21, Sun Fitzgerald's 1928 Lager Run 5K (Glen Ridge)
- Jun 25, Thu Sunset Classic 5-Mile Race (Bloomfield)

Millburn Spring Run

Sun, Mar 22

Millburn's Sneaker Factory celebrates the return of spring with this annual event in South Mountain Reservation. There are two "adult" races—a 2-miler at 11:00 am and a 10K at 11:30. The 2-mile course is an out-and-back, and the 10K course is a double loop. Children's races, a half-mile run for kids 10 and under and a 1-mile race for those 11 to 14, start at 10:30.

After the races, head over to Sneaker Factory for the nice awards ceremony and refreshments, which usually include three-foot-long sub sandwiches and Guinness. Info: 973–376–6094, sneakerfactory.com.

Newark Distance Classic

Sun, Mar 29

This event features a 5K and a 20K, which start together at 9:30 am. They follow the same route for about 3 miles in the downtown area. The 5K then makes a quick turnaround to the finish, while the 20K continues out past Sacred Heart Cathedral all the way to the end of Branch Brook Park and back. The park section covers much of the same ground as the Cherry Blossom Run 10K (Apr 5).

The Rutgers gymnasium on Warren Street in Newark is where registration takes place. You can hang out inside before and after the race (nice during cold or nasty weather), and indoor bathrooms are available. The gym is in a decent area not too far from Route 280, and there is plenty of parking on nearby streets and in university parking lots.

Info: 973–733–3749, compuscore.com.

Looking Ahead to April

The Building Tomorrows 5K in Brookdale Park (Bloomfield/Montclair) is scheduled for Saturday, April 4. This nice local race, which loops around the park, is a fundraiser for the Association of Retarded Citizens (ARC) of Essex County.

The Cherry Blossom Run (Branch Brook Park, Newark), one of our most popular club races, will be held earlier than usual this year (Sun, Apr 5). This race will be host to the USATF–NJ Open Women's 10K Championship—a team race for our women.

The Clinton Country Run (Sat, Apr 25) has been around only a few years, but it is already being favorably compared with the late Midland Run. This year, Clinton's 15K will be the USATF–NJ 15K Championship for all divisions and will be a team race for our men and women.

Branch Brook Park's Race for the Cure (Sun, Apr 26), a fundraiser for the fight against breast cancer, has quickly become one of the largest 5K races in New Jersey.

FINISH LINES

Montclair Run (10K) Jun 1, 2008

Spencer Schwartz..... 1:00:41

Reindeer Run 5K, Franklin Lakes Dec 6

Jennifer Carbone..... 20:31

Manhattan Half-Marathon Jan 25, 2009

Results and other recaps in February issue.

I give big thanks to the Grove Pharmacy and 5:45 groups for being such great motivators and training partners. Without their support, I surely wouldn't have succeeded in attaining my goal time in this race (I ran 1:29:01 for a 6:35 PR). As for the race ... I am usually the last person to say that a hilly course on a 14-degree day would provide for an ideal race, but that seemed to be the case here. I liked the course better this year, reverse the direction it was run in 2008. Cat Hill didn't seem anywhere as hard as I remembered it. Harlem Hill, on the other hand, was tough the second time around, but luckily I fell in with a good pack that motivated me to work hard to get over it. I think NYRR did an excellent job—fluid stops were well stocked and came at just the right times, baggage check was a breeze, and volunteers were very helpful. I hope to be back for the Manhattan Half again. —Paul Kartanowicz

NYRR Empire State Building Preliminary Run-Up Feb 3

Michael Topper..... 18:54

Aileen O'Rourke (1st AG)..... 19:11

Let me start by saying, I loved this challenge of climbing 1576 stairs!

I was feeling a little nervous when I heard the weather would be snowy, and I wondered how I'd get into Manhattan on a stormy day. But at 6:22 am I took the bus in, had no problems, and reached the Empire State Building by 7:15.

NYRR had everything set up. I collected my number, T-shirt, and timing chip and sat down. Then I drank some Gatorade, ate half a peanut-butter-and-jelly sandwich, took two Advil, and began stretching. I hung out with Michael Topper, his coworker, and many other interesting people.

Around 8:45, officials announced the race would be delayed 15 minutes. At 9:10, we were told to line up and head for the start. I was third in line. I just love being in the front. As we were waiting, I noticed I was the only woman in front. I said to the men, "Ladies first!" I recall getting a few smart remarks, and one guy said, "You do realize we have to go through that small doorway, right?" "Of course!" I said. He then asked if I was going to run for it. Of course! I put a piece of gum in my mouth and was ready. The horn went off, and running we went! I believe I was fifth inside the doorway, and I stayed to the right.

My plan was to do two steps at a time and use the railing to help me up. And that is what I did for the entire 86 flights of stairs. I waved and said hi to each doorman and stayed focused on the steps. The first 26 flights went really fast. I yelled out, "Only 60 more floors!" As I continued at my pace, many (and I mean many) people

passed me. But that was okay. My goal was to finish the race, not get hurt, and have fun. I then proceeded to yell out at floors 50, 60, 70, 80, and 85. Before I knew it, I was running outside, on the observation deck. That was really cool! It was snowing, and I yelled, "Yes, I did it!"

Once we were back inside, we were awarded medals, and refreshments were served. I found out I finished 34th out of 59 runners, 2nd in age (bumped up to 1st), 6th woman. Not bad!

I really enjoyed this race. It was well organized, fast, and challenging. I recommend it to everyone. It was a nice change from road racing, and it certainly got my heart pumping!

As I was crossing the street to walk back to Port Authority, I glanced back and said, "Wow, I just ran up the Empire State Building." That's when I realized how amazing this race really is.

A special thanks to Chris Jaworski. He gave me some great advice!

PS: The gum helped me avoid dry mouth and kept me going! PPS: When I got home, I jumped on the computer and registered for the Leatherman's Loop! Can't wait to get dirty!

—Aileen O'Rourke

Bronx Half-Marathon Feb 8

Will DeRoberts..... 1:31:02

Karen Merz..... 1:37:32

Ron Wolfson..... 1:39:44

Helene Scarnegi..... 1:53:02

Susan DeRoberts..... 2:04:12

Michael Topper..... 2:35:16

My New York race debut was a real learning experience. I think it is so important to share the great races we have as well as the perceived not so great races, but today was up there with "very humbling" at best.

First, I had never driven to any area of New York City before, so just going was a challenge. But the trip turned out not to be a big deal (the navigation system is a beautiful thing). I'm thrilled to overcome that little NYC driving thing.

The Bronx course was not bad at all; it was this runner who struggled every step of the way. It is a funny thing when there is no excuse for a poor performance other than having a bad day (and leg pain that almost made me walk off the course). I learned that as runners we know when we just don't have it on certain days. I went to the Bronx ready to conquer and run my best time, but, after hobbling along at mile 10, I decided this race was no longer about time. It was now about what my very first half had been about: finishing.

I realized I loved the running, but I thought I would be disgusted if I didn't complete the race. I did not look at the clocks after I knew hitting my time goal was over. I had a new battle, one that helped me see that the moon and stars are not always going to align for the perfect outcome. After the race, I could barely get out of my car to walk, but I was proud anyway. A friend said, "You just ran 13 miles. Isn't that enough?"

I am sharing this because I know everyone must've had similar days. As someone still pretty

new to these things, I have found it helpful to hear others' stories about the less than perfect side. Sometimes that has to be enough so we can move on to the next experience and adventure.

I recommend the Bronx Half, as it had some small hills and great energy. After the race, someone came up to me and said I was a great runner and really hung in there. I laughed as I realized that, more than two years ago, I hadn't imagined myself a runner, much less a "great runner." For you who have helped me on good days and bad days, I reflected on that today to get me through this one. I think I am going to give New York City another chance soon! —Helene Scarnegi

Helene, maybe it's just something about this race, but I too had to walk a big part of it and felt like quitting several times—but something (I don't know what) made me finish.

I work in the Bronx and drive these streets daily, so I thought it would be really cool to run on them, but today was not my day either.

I started out fine—running about a 9:30 pace (my usual is 10:00) for the first 5 miles or so—but then my knee blew out. I had to walk through portions of the course, and I stopped completely a few times. I even scanned for places where I could cross over to the "heading-back" side of the course, to cut the race short, but integrity got the better of me.

Anyway, it was a nice course on a beautiful day, and, considering I had a better time today than at my race last week in Central Park (even with walking and stopping), it wasn't a total loss. What is it that Mark Frankel says? *Pain is temporary, pride lasts forever.* I guess today we both proved him right. —Michael Topper

Will and I also felt "off" at this half. I don't know if it was the wind and/or warm weather (we were overdressed), but we both struggled to get into a rhythm. Neither one of us cared for the course ... too many out-and-backs and too many times on the same road. —Susan DeRoberts

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!

Cupid's Chase 5K, Princeton Feb 14

Helene Scarnegi 23:46
Had I known in advance what I've since heard about running a race that is new, I might not have made the trip down to Princeton University. But I'm glad I went. The event organizers did a fantastic job, and, had I not gone, I would have missed out on a great race in a new place to explore.

I learned a lot about this race while in the bathroom line. I was slightly irritated waiting, and then a man in line proceeded to tell me all about the event. He was CEO of Community Options, a national nonprofit that provides employment and housing to people with developmental disabilities. Community Options was the race host. The event was in its first year and had more than 300 entrants. He was very enthusiastic about the idea of a Valentine's Day race and how they'd be giving out red shirts to "available" runners and white shirts to "unavailable" runners. I also learned about the company, the course, and so on. After our conversation, I felt so embarrassed for having complained about the bathroom line.

A florist was selling flowers for the occasion. Goody bags (red, of course) contained a Power Bar and a bottle of aspirin. (No one would be able to use a headache as an excuse on Valentine's Day!) There was ample food and lots of Dunkin' Donuts coffee!

The course was on the canal towpath, which was a nice relief for my shins. It was a bit hilly in spots, which was fine, but then just when the race was almost over came a steep hill. I was thrilled to finish in 23:46 and to nail 7:20 and 7:30 for the 2 easier miles. I am always chasing my pace ... too fast ... too slow ... but today everything felt right! I later found out that the distance was 3.2 miles. (You can always rely on fellow runners to point out these finer details.) Didn't matter, as it was a good race after the Bronx Half, and I had a great time running on the Princeton campus.

(Its architecture is amazing, and I cannot wait to visit again in the spring.)

I missed 3rd place in my age group but was happy to hear this was a race for USATF points, which I'm going to pay attention to this year. Awards were given in 10-year age groups, and medals went to the top 3. I saw some familiar faces from other clubs, but no one from Essex.

Princeton is quite a trek, but Paul drove, and we enjoyed the rest of the day walking around. We had lunch at the Underground Café, a great spot. And what would the afternoon be without shopping? Princeton has some great stores, including a running store. Shortly after the race, I was in the Lindt candy store, and its manager asked if I could let the race director know that next year Lindt will attend and give out samples. I will do that and also tell the RD what a great job was done on the first Cupid's Chase. I hope next year you'll consider this race and a special day in Princeton. I did. Happy Valentine's Day, all!

**Mid-Winter Beach Run (2M), Feb 21
Manasquan**

Helene Scarnegi 15:23
Lynne Mortimer 15:42
I did this race last year and had so much fun struggling to run in the sand that I went back to struggle some more. Guess what? It wasn't much easier the second time around. The only difference in my strategy is I bolted the first mile (6:59) knowing I'd later be trudging along in the sand. Funny thing, after running in the sand, you lose control of your legs a bit, and, before you can get back into the swing of things, the race is over.

Both Lynne and I were happy with the race and the weather. It was a perfect, sunny day with some wind, and everyone was having a good time figuring out how to maneuver in the sand. A fun group of runners invited Lynne and me for a swim in the ocean, but we declined.

This race provides a good speed workout and a big crowd. I always enjoy an opportunity to run at the shore. No one really needs another T-shirt or sweatshirt, but I really like the sweatshirts given out at this race. Although it's been around only two years, I've already made running it a tradition. And now, in the midst of preparing for long-distance races, I love doing a short race like this and having a bit of challenge at the end.

Awards were given to the top 10 males and females. The top female finished in 13:01. Lots of photos are taken, and it's interesting to see all the battling on the beach (check out jsr.org).

I was thrilled with my time, 15:23, a big improvement over last year's. Lynne made sure we went for a good cooldown run, so overall we had a great workout and great weather!

The movie *Rocky* made running on the beach look so easy ... the beauty of cinema. Anyway, I invite you to join Lynne and me next year, when we will once again try to figure out the best strategy for running on unpacked sand. What good are races without a challenge, anyway?

—*Helene Scarnegi*

I had a terrific time with Helene! And the weather was a real treat for running—cold, sunny, and, except for the beach, not too windy. The course wound through the streets of Manasquan. The quarter-mile in the sand came in the second mile. That was the tough part. I zigzagged closer to the shoreline to get to the harder packed sand, but that probably cost me in the end. I was wobbly getting back to the street for the finish. I need more trail running to tune up for this!

After the race, Helene and I enjoyed pizza and lots of chatting. This race is the tougher, "winter version" of the Parker House race. It comes so early in the year, and the sand running takes a lot out of you. I'll do it again, though—sign me up for next year! —*Lynne Mortimer*

EYE ON THE SPEAKER

Mark Frankel

Kim Keenan-Kirkpatrick

She was named an assistant coach to the US women's Olympic track team for the 2008 Beijing Olympics, but Kim Keenan-Kirkpatrick, our February speaker, was more an "Olympic facilitator."

"I would help get towels, water bottles, whatever. I was there to take care of people's needs, and do whatever was needed to get the job done."

Keenan-Kirkpatrick, associate director of athletics at Seton Hall University, a former high school and collegiate track and cross-country coach, and a three-time winner of the overall USATF–NJ Grand Prix, used a slide presentation to talk about her experience as an assistant coach.

"I go to many US championships, so I see the same athletes all the time," she said, adding that the relationships she's developed helped get her selected for the 2008 job.

As a coach, and an athlete too, she is familiar with training. However, she wasn't there to provide coaching ser-

vices to the team's athletes, as they all had brought their own coaches. But she did provide assistance as needed.

She began her talk by showing a few photos taken at the US training camp in Dalian, China, just a few weeks before the Olympics. The purpose of training in Dalian was to acclimate the athletes to the heat and humidity of China.

However, Dalian is a coastal resort, and Beijing is far inland, about an hour away by plane.

"The heat and humidity were much worse in Beijing than in Dalian," Keenan-Kirkpatrick recalled, noting that it was usually about 10 degrees cooler at the resort.

The US training camp featured a horse track and a half-mile dirt trail. The athletes ran at least once with a police escort that closed the streets to automobile traffic.

Whereas her work at the training camp afforded her plenty of time to relax and tour around, the Games did not. Once they began, she was so busy that she had no time to watch any events other than running. However, she was able to watch the opening and closing ceremonies, and she showed photos of them during her presentation.

"It was probably a bad idea for athletes who were running a few days later to go to the opening ceremony," she said, noting that the delegation was on its feet for six hours. "It would have been better to watch it on TV."

According to another Olympics story told at the meeting, Shalayne Flanagan got sick just a few days before her event, the 10,000 meters. Keenan-Kirkpatrick and Flanagan's coach recommended that the athlete rest before the race instead of train. "The extra rest helped her run better," Keenan-Kirkpatrick recalled.

It's that type of small, subtle encounter that she hopes will get her invited to the 2012 Games. As she noted, most of the athletes she assisted wrote thank-you letters to her after the Games. "They didn't have to do that," she said.

Excerpts From Clifton Roadrunners Club "Rites of Spring" Race Application (1989)

You must read and sign this Unconditional Waiver and Release (the obligatory FINE PRINT):

I know that distance running, particularly around the Cedar Grove Reservoir, is a potentially hazardous activity. I assume all risks associated with running in this event

(including, but not limited to, death, injury, hypothermia or hyperthermia, low blood sugar, heat stroke, heat exhaustion, physical exhaustion, road failure, vehicle accident, falls, contact with other runners, heart attack, gas attack, sickness, bubonic plague, loss of friends and loved ones due to extensive training for long distances, or a good old-fashioned case of the running blahs), and agree and accept that I am solely responsible for whatever happens to me during this race, or afterwards.

I also accept responsibility for the more unusual risks associated with running at the Cedar Grove Reservoir, including but not limited to: falling into a pothole all the way to China; being eaten alive by a wild animal; getting bitten by a dog or the dog's owner; or, worse, missing my lap count and running farther than necessary. ...

I certify and warrant that I am medically able and properly trained for this event, and that I will drop out and avoid injury rather than stubbornly finish the race, if necessary or requested by a race official or volunteer. ...

I ... waive and release the Clifton Roadrunners Club, its members and officers, race organizers, officials and volunteers, the other runners and spectators, and the rest of humanity from all claims or liabilities ...

Everything you always wanted to know about USATF–NJ, ERC team racing, and the Grand Prix series*

Chris Jaworski

USA Track & Field (USATF) is the governing body for track and field, long-distance running, and race walking in the United States. One way in which this nonprofit organization promotes interest in, participation in, and competition in these sports is by sanctioning races and presenting awards to the finest teams and individual runners each year. USATF also establishes and enforces the rules and regulations of these sports, certifies race courses, and provides insurance to its sanctioned events and member clubs and athletes.

Essex Running Club runners need not be fast or competitive to be on a team. We enter USATF-sanctioned New Jersey races for various reasons—team and individual competition, fun, the exercise and the challenge, team spirit and camaraderie, a love for the sport, travel to different parts of the state. The level of interest in the club means that we are able to field teams for most major (i.e., championship) USATF New Jersey (USATF–NJ) races.

Joining USATF

If you are interested in racing alongside fellow ERC members, in being part of one of our teams, first you need to join USATF. Signing up allows you to compete both in team competition and in individual competition. More on this later.

USATF membership runs January through December. If you join between November 1 and December 31, however, your membership will be good until the end of the following year.

The annual adult membership fee is now \$30. You can save money with a multiyear membership (2 years, \$55; 3 years, \$80; 4 years, \$100). You'll receive a membership card and car decals.

*But were afraid to ask

Many benefits come with your membership: a preregistration discount on many races (look for the Grand Prix logo on race applications); free subscriptions to the 3-times-a-year USATF–NJ newsletter, *News Jersey*, and the quarterly USATF magazine, *Fast Forward*; discounts on many products and publications (USATF merchandise, running store merchandise, videos, books, *Running Times*, *Runner's World*, other magazines); discounts on hotel reservations and rental cars; and free "secondary accident insurance while competing in and traveling to USATF-sanctioned events and USATF-registered club practices"). All the details can be found at the USATF–NJ Web site (www.usatfnj.org).

There are four ways to start or renew a USATF membership:

1. Online (www.usatfnj.org).
2. By phone (973–334–8900).
3. By mail (PO Box 330, Boonton, NJ 07005–0330).
4. In person (at a championship race).

When signing up, please select ID number 246 for the Essex Running Club.

Teaming Up With ERC Members

Once you get your USATF membership number, tell an ERC team captain (see below) that you want to be on a team. We need runners of all abilities! We need many participants to field age-group and open teams! There is strength in numbers! We need *you!*

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

(Continued next issue)

RACES: MARCH–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.

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	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
3/21	Sat	10:00a	SDA Spring Thaw Run (Liberty State Park)	5K	201-434-5938	NBGP: 500 pts
3/22	Sun	9:00a	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)
3/22	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-347-3088	
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	9:30a	Newark Distance Classic	20K, 5K	973-733-3749	NBGP: 20K & 5K (both 500 pts)
3/29	Sun	10:00a	Mudders & Grunters (trail, FDR Park, Yorktown, NY)	5M	845-245-0157	
4/4	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/5	Sun	8:00a	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	917-602-4289	
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	9:00a	Run as One (Central Park)	4M	212-860-4455	
4/19	Sun	9:30a	Westfield Recreation 5-Miler	5M	908-789-4080	
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	8:00a	More/Fitness Marathon & Half (women only, Central Pk)	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	Registration closed	
4/26	Sun	9:30a	Rau-Fitzgerald 5K (Hasbrouck Heights)	5K	201-288-1426	
5/2	Sat	9:15a	Revlon Run/Walk for Women (Times Sq to Central Pk)	5K	212-379-3199	
5/2	Sat	Various	Muddy Marathon (Rockaway)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55 M
5/3	Sun	7:30a	NJ Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
5/3	Sun	9:00a	Nutley Chamber of Commerce 5K	5K	973-667-5300	NBGP: 500 pts
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)	Various	Registration open for 50M, 50K; closed for 13.1M, 10K	
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	8:00a	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	9:00a	Mother's Day 5K (Berkeley Heights)	5K	908-464-8373	
5/10	Sun	10:00a	Morris Mauler 5K (trail/xc, Lewis Morris Pk, Morris Twp)	5K	908-295-8580	
5/16	Sat	9:00a	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
5/17	Sun	10:00a	HOHA Classic (Hoboken)	5M	201-792-0340	
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	8:00a	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)