



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

April 2009

Vol. 26, No. 4

### Pizza Party After April 2 Track Workout

There will be a kickoff party for our spring track workouts. On April 2, immediately following the workout at Brookdale Park, shoot up Bellevue Avenue to Da Vinci's Pizza (223 Bellevue Ave, just before Valley Rd). The pizza will be compliments of Essex Running Club. Just byob or purchase other liquid refreshments at the pizzeria.

As mentioned last issue, this spring's free track workouts (Apr 2–May 14) will be led by coach Joel Pasternack. ERC runners and walkers of all abilities are encouraged to take advantage of this membership perk. Train together at the Brookdale Park track and receive workout plans, advice, and coaching from Joel. More details on page 3.

### Kathrine Switzer at May 5 Meeting

Kathrine Switzer, who with Roger Robinson appeared at our September 2006 meeting, will be joining us again on May 5. She'll give a presentation and be available both before and after the meeting to sell and sign copies of her autobiographical book, *Marathon Woman: Running the Race to Revolutionize Women's Sports* (2007).

The book signing will get an early start, 7:00 pm. If you can't stay for the meeting but want to have a book signed and say hello, come to Church Street Kitchen at that time.

Switzer, an authority on running and women's sports for more than 30 years, is best known for breaking the gender barrier in the previously all-male Boston Marathon and pioneering the official entry of women into the marathon. She has finished 35 marathons, won the 1974 New York City Marathon, and as an Emmy Award-winning TV commentator has covered many major running events.

### MARK YOUR CALENDAR

- **Apr 2.** First track workout, followed by pizza party. *Page 1.*
- **Apr 4.** Building Tomorrows 5K (club race), Brookdale Park, Bloomfield/Montclair. *Page 4.*
- **Apr 5.** Cherry Blossom Run 10K (USATF–NJ open women 10K championship), Branch Brook Park, Newark. *Page 4.*
- **Apr 7.** ERC awards banquet. *Page 1.*
- **Apr 25.** Clinton Country Run 15K & 5K (USATF all-divisions 15K championship). *Page 4.*
- **Apr 26.** Race for the Cure 5K (club race), Branch Brook Park, Newark. *Page 4.*

### ESSEX RUNNING CLUB AWARDS BANQUET 7:30 pm, Tuesday, April 7

Our usual monthly meeting makes way for the 2009 ERC awards banquet, at which we will honor members for their 2008 achievements. *Prepaid reservations only.* Questions? Call Lynne Mortimer (973–857–3344).

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

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

#### Board Meetings

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

- **May 3.** New Jersey Marathon & Long Branch Half (club race).
- **May 3.** Nutley Chamber of Commerce 5K (club race).
- **May 3.** Our House 5-Miler (USATF–NJ masters men/women 5M championship), Summit. *Page 4.*
- **May 5.** Kathrine Switzer to speak at general meeting. *Page 1.*
- **May 9.** Newport 10,000 (USATF–NJ open men 10K championship), Jersey City. *Page 4.*
- **May 25.** Ridgewood Run (club race). *Page 4.*
- **May 31.** Run for Rachel 5K (USATF–NJ open women 5K championship).
- **Jun 4.** First hosted summer run.
- **Jun 18.** Smoke Rise Challenge 4M hosted by Dr. George Studzinski.
- **Jun 19.** Wine & Cheese Party hosted by Shannon Packard.

#### Welcome, New Members!

Casey Carhart, *South Orange*  
Lisa DiPasqua, *Wayne*  
Leslie Foster, *Bayonne*  
Bedeyam Hawkins, *Elizabeth*  
Christopher LaPenta, *North Caldwell*  
Mark Schnurman, *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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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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essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)  
Then you can send e-mail:  
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**Clothing**  
Catherine Alessi & Susan Palermo  
[clothing@essexrunning.com](mailto:clothing@essexrunning.com)

**Monthly Speakers:** Anne Chesny  
201-869-1708

**Not Running**, by Phil Coffin

On August 24, I ran 13 miles. Nothing special there, it seemed, just a routine Sunday long run.

But it was my last run for almost 11 weeks and the beginning of seven months (and still counting) that my running was halted or compromised by knee problems.

My problem was a torn meniscus, a shock absorber-like piece of cartilage in the knee, that required surgery. It's remarkably common. Desmond Duncker, for example, had a meniscus tear operated on nine months before I did and was running less than two weeks later. Estimates of the number of operations for meniscus tears in this country range from 650,000 to 850,000 annually.

My surgery went well, but other problems ensued. Since early October I have been battling irritation and inflammation in the ligament that runs down the inside of the knee. It sidelined me completely for weeks, bothers me periodically now when I run, and is a chronic annoyance when I go down (and sometimes up) steps.

This is not how it was supposed to be. I was supposed to follow in Desmond's quick-recovery footsteps. I was a runner; running was part of my identity, part of the prism through which I viewed myself. I had lost something important physically and mentally. And I didn't know how to get it back.

Injuries and a sense of loss are hardly unique to me. Chip Bearden, whose injuries have included a broken foot and an Achilles' tear, said injuries were especially hard for him in part because of the fear of how much he might lose. "Each time I've had a moderately serious injury," he said, "I've worried that it might be the last one, the end of my running." Glenn Trimboli, for whom plantar fasciitis caused a lost year, said he struggled to believe he had regained his fitness. "To believe you can run like you did before was (still is) very hard to accept," he said. "I think that was (is) the hardest part of recovery for me."

Why is the loss of running so difficult? Maybe because our running becomes so routine that we can take it for granted. Because with some injuries—Chip notes that back and knee injuries are the worst—you don't know if or how well you will come back. Because while we know how to train for races, no one trains for being hurt. And because we don't stop eating and we pack on the pounds. (Blush.)

But, of course, runners do come back, and they say a good attitude helps. "I cannot ever recall doubting that these injuries would ever eventually heal," said Howie Brown, who has had recurring back issues and foot problems. Chip has also maintained a positive focus, feeling that if he can put in hard work, he has a chance to come back.

First comes allowing enough time for recovery—a plan Howie and Glenn have subscribed to (with occasional false starts, of course; no one always lets everything heal as much as it needs). Keeping the faith isn't easy when, as it has seemed to me, it's unclear how long the recovery will take or whether it will be complete.

Then comes the hard work. Few people cross-train harder than Chip when he's hurt (his lengthy rides on a stationary bike with a cast on his foot are legend); he has put in untold hours at the gym trying to keep his fitness level high so he'd be prepared to run when his body had healed. Howie also preaches the power of cross-training through injury; he bikes outside in good weather, and hits the elliptical, stepper, and bike at the gym in bad weather. He also took up yoga. I myself have learned the workout wonders of spin class.

Howie and Glenn said they drew strength from other runners. Howie said he used the example of his wife, Judy Weiss-Brown—no stranger to substantial injury layoffs herself. "I see how hard she works," he said, "and it really inspires me." Glenn said that remaining tapped into the running world—when it would be reasonable to think he'd want no part of other runners or of races—helped him. He said Chris Jaworski and Deb McNally helped him get going again by letting him run with them as he was beginning his comeback. Once he regained some fitness, Glenn ran the last 10 miles of the New York City Marathon with a friend who needed the company. He said that cheering for friends and ERC members at races was a big help—once he made himself do it. "Sometimes I couldn't bear to go to a race without actually racing it," Glenn said, "but the more you do it, the more satisfying it becomes."

There can be satisfying payoffs down the road, too. After years of injury, Chip earned his long-sought Boston Marathon qualifier. Glenn also recovered to qualify for Boston and did something this winter he never thought imaginable—breaking 6 minutes in the mile in an indoor track meet. After Laura Messina had major back surgery in 2003, her surgeon advised her not to think about marathons, but last November she completed Philly anyway.

None of this is easy, as I have been learning. "The road back takes months and requires running very embarrassingly slow races in the beginning," Howie said. Glenn echoed that: "The road to recovery is painfully slow."

But it's a road I shouldn't give up on, no matter how long, they said.

"It's a great feeling coming back strong . . . once it's over," Chip said. "You really feel like you've accomplished something most runners can't do. I'm really good at training through injuries, including comebacks.

"But I never want it to happen to me again."

**YEAR-ROUND GROUP RUNS**

Thu (4/2-5/14)	7:30 pm	(○) Track Workout, Brookdale Park, Bloomfield/Montclair
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(○) **Track Workout, Brookdale Park, Bloomfield/Montclair.** Thu (Apr 2, 9, 16, 23, 30; May 7, 14). Runners and walkers of all abilities welcome! Arrive between 7:00 and 7:15, run 2-mile warmup and strides, be ready for free workout at 7:30 sharp. Coach Joel Pasternack will post workout plan (essexrunning.com/workout) each week; he will be at the track each week except April 9.

(▲) **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:

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\*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

**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 April Issue Of  
**KEEPING TRACK ...**

**20 Years Ago (1989)**

ERC president Lynda Solomon classifies runners according to their conversational styles—some don't talk during group runs, some talk only about race times, some complain, and some always talk about clothing dilemmas—but she concludes, "Runners are usually friendly and pleasant to run with. They hardly ever discuss work, family problems, or financial worries. They are supportive during a tough run, don't usually quit in the middle of a run, and will slow the pace down if you ask nicely. ... So the next time you're out for a run, think about what you talk about and observe those around you" ... a summer club run, complete with sandwiches, refreshments, and postrun dinner reservations, is being planned for Belmar or Asbury Park ... members' most memorable races are Run for the Roses (Nancy Grabow's first 10K) and Valley Stream 50-Miler, New York, 1987 (Jack Martin) ... Malco Urzua runs 10:33 in the Caldwell "Run for the Bagels" 2-miler.

**15 Years Ago (1994)**

ERC president George Studzinski on changing, and staying the same: "We have about the same number of members as last year, but they are not all the same people. I am happy to see our new and enthusiastic recruits, but I miss the old-timers who have not rejoined. Won't you help me try to bring some of them back?" ... a team is being organized to run a 24-hour relay at William Paterson College—a fundraiser for the American Cancer Society.

**10 Years Ago (1999)**

ERC's "annual awards dinner dance" is held at the Manor in East Hanover ... Charlie "The Critic" Lorber guarantees PRs to runners who "lighten up" (tell jokes; tell bad jokes; run and discuss movies, books, and politics; in short, have fun and not take themselves and their running too seriously) ... 10 members run the Boston Marathon: Bill Stewart (3:11:01), Mick Close (3:17:22), Andy Kotulski (3:22:20), Phil Coffin (3:31:00), Clem Weinberger (3:31:06), Bill Mishler (3:33:51), Howie Brown (3:34:06), Carl Sturcke (3:39:35), Bob Gorman (3:44:09), and Judy Weiss-Brown (3:48:45) ... Lynda Solomon and Larry Hollander's wedding is announced!



## USATF–NJ

Mick Close

The Grand Prix championship races start up again 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!

Please contact one of our three 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

We'd like to be able to field teams at all the championship races in April, May, and June:

- 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)*

You will need to join USATF to run for a team and/or participate in the Grand Prix. If you'd like to learn more about our teams and the championship series, read the article on page 8 and come to the pizza party after the first track workout on Thursday, April 2 (details on p. 1).

You can join USATF online, by mail, or at a championship race (specify ERC's ID number, 246, when you sign up). Info: usatfnj.org, 973–334–8900.



## AT THE RACES

Mick Close

### **Building Tomorrows 5K      Sat, Apr 4**

Help the Association for Retarded Citizens (ARC) of Essex County by running this race on a double loop around Brookdale Park. The start is at 10:00 am. It's a community-

oriented event with something for the whole family. Info: 973–535–1181 (x1230), www.oymp.net, www.active.com.

### **Cherry Blossom Run 10K**

**Sun, Apr 5**

Celebrate the return of spring by running this race in Newark's Branch Brook Park as part of the annual Cherry Blossom Festival (10:00 am start). This race is usually one of the best in Essex County and one of our most popular club races. This year it's the USATF–NJ championship race for the women's open 10K. Info: 973–376–6094, www.compuscore.com.

## **Boston Marathon**

**Mon, Apr 20**

Sixteen ERC members will run it—maybe more than in any other year. Good luck to Will DeRoberts (bib 3819), Tom Eaton (7031), Jeff Burrowes (7134), Eric Stadnyk (7266), Robyn Ritter (7475), Karen Merz (8702), Bill Stewart (9358), Paul Giuliano (9530), Glenn Trimboli (10146), Jen Lanterman (10560), Desmond Duncker (10894), Doug Williams (10898), Jenn Carbone (11571), Mick Close (14637), Andy Kotulski (15283), and Chip Bearden (16456)!

## **Clinton Country Run**

**Sat, Apr 25**

Enjoy a scenic 5K or 15K country run reminiscent of the defunct but fondly remembered Midland Run. The race begins at 9:30 am. The 15K is the USATF–NJ championship and a team race for men and women, both open and masters. Info: 908–812–4806, www.compuscore.com, www.active.com, www.countryrun.us.

## **Race for the Cure**

**Sun, Apr 26**

This 5K race in Branch Brook Park in Newark (8:45 am) should draw a big crowd. It's part of the largest worldwide series of races, organized by the Susan J. Komen Foundation, a group seeking a cure for breast cancer. Wear pink! Info: 908–277–2904, www.komennorthjersey.org.

## **Club Races in May**

On the first Sunday (May 3) are three club races—New Jersey Marathon and Long Beach Half-Marathon (7:30 am), Nutley 5K (9:00 am), and the Our House 5-Miler in Summit (1:00 pm). Our House (USATF–NJ masters 5-mile championship) will give out runner bags and long-sleeved shirts.

Organizers of Jersey City's Newport 10,000 (Sat, May 9, 8:30 am) claim the course is the fastest in the tristate area. This Mother's Day weekend race attracts some elite runners competing for \$10,000 in prize money and is the USATF–NJ open 10K championship for men.

The annual Ridgewood Run will be held, as usual, on Memorial Day, Monday, May 25 (10K at 8:45 am, 5K at 10:15). There will be \$6100 in prize money and new tech shirts this year. No race-day registration.

Run for Rachel in Livingston is on a new date (Sun, May 31, 9:30 am) but otherwise appears unchanged and returns as the USATF–NJ open 5K championship for women.

## **RACE RESULTS & RECAPS**

We hope you'll submit yours to *Keeping Track* each month! Often, either Mick Close or another ERC member will include finish times in a Yahoo-group e-mail (later printed in "Finish Lines" here). If you don't see your time, send it in an e-mail to the Yahoo group (essexrunningclub@yahoogroups.com) or to Chris Jaworski, the newsletter editor (jaworski@verizon.net). In the spring, results are used to select our annual award winners. Only results reported in "Finish Lines" are eligible for awards. Want to say something about a race? Send us a recap!

## FINISH LINES

### Freedom Park Dec 31, 2008— New Year's Ultra Run Jan 1, 2009

**(24-Hour Run), Morganton, NC**  
*Mike Skara (11/36 OA)* . . . . . 90.91 miles  
 The idea is that you run as far as you can in 24 hours. For me, this New Year's Eve race started around 3 am, when I slowly crept from my warm sleeping bag. It was about 19 degrees. I turned my race-approved iPod back on. Guns & Roses was playing *You're Crazy*. "Yes," I said to myself, "I know." However, I did get back out and eventually finished just under 91 miles.

We started at 8 am and for the first 50 miles I was in reasonably good shape. It was about 35 degrees, and the 30-mph winds gusted only on the long straightway. When I was in the sun, the running conditions were great. The 1-mile loop was in great condition, too. We were allowed to run on the tarmac or in the grass just next to it.

Once I passed my original goal of 65 miles, I began shooting for 75. I was tired at that point, partly because I had woken at 5:00 am the day before to get to the race. I napped, then slowly jogged on and off a few times from 3:00 to 6:00 am to push past 85 miles. Earlier, my brother Charles, without whose support I couldn't have participated or done anywhere near as well as I did, suggested I go for 88 miles (88 was my bib number). He said, "They'll be able to say 'Double infinity is down' when you collapse on the course." (He's a funny guy, right?) I finally got up one more time just before 8:00 am so I could be running when the final gun went off.

If you should ever consider a 24-hour race, this is the one to do. The organizers did everything possible to help. They served up hot soup, ordered pizza twice, and had all the race food you might want, dozens of varieties in open trays for easy picking. They updated the leader board about every 90 minutes (I was on it almost the entire event). It was certainly not their fault that the water and beverages froze. There was even a buffet at a restaurant for the awards ceremony.

The other runners, even the elite runners, were terrific too, so supportive. Two people qualified for the world championships; another broke the US record for 50K in the 80–84 age division.

I thank everyone, especially my wife, for the phone calls. Your support was really, really helpful and kept me going. I am sorry I missed speaking to those who left messages but for whom I had no return phone number.

### ERC IN THE SUNSHINE STATE

I am excited to be in a new age group. We don't have anything like USATF down in Florida. I am a member of the Palm Beach Road Runners, but no club compares with Essex. Belonging to ERC has made me a better runner and a better person. I wish I lived in New Jersey and still participated with all my running friends in all the great races there. Florida races all start early, most at 7:00 am. I still get ERC's e-mails, and sometimes I see a familiar name from the past. Here are four race results. —*Nancy Grabow*

### Race for the Cure (5K), Jan 31 West Palm Beach. . . . . 25:50

### Race for Faith (5K), W Palm Beach Feb 7 3rd AG. . . . . 25:46

### Loop Around the Lake (6K), Feb 14 Lake Clarke Shores 1st AG. . . . . 31:15

### For the Love of Children 5K, Feb 21 Carlin Park, Jupiter 1st AG. . . . . 26:24 Ran on wood chips most of the way—not easy.

### Myrtle Beach Marathon, SC Feb 14 *Mike Skara (PR)* . . . . . 3:24:19

Thanks to all my friends for their support over the past six weeks. I was suffering from a bad case of *premarathon syndrome* (a term coined by Tom Eaton), and your encouragement was great.

My time was a PR by just under 5 minutes. All the things that had concerned me never came to pass. My legs had hurt the day before but felt fine the morning of the race; the family had sat down to dinner much later than I had hoped the night before the race, but I didn't feel tired when I got up at 4:30 am for the 6:30 start; and the skies were cloudy, but it never rained until I finished.

The 3:30 pacer went off too fast, so I ignored him. Instead, I ran the first 8 miles or so with the Freedom Park ultramarathon race director, who I just happened to meet before the gun went off. I held a slightly faster pace until mile 13 and then picked it up a little. Eventually, I caught up with the 3:30 group. The hotel where the family was staying was right at mile 16, so I was very excited and happy to see them there. My children, niece, and nephew made signs for me—which was great. Seeing them carried me along for a few miles.

I don't have Desmond Duncker's photographic memory for splits, but I know I sped up again at mile 20. I felt very good at that point as a result of being so cautious during the first half. At mile 23, my wife was again waiting for me with words of encouragement. I was really glad to see her. After a quick kiss, I gave my hat and sunglasses to her and then sped off—dropping down to about 7 minutes per mile, even on the two slight uphill.

I couldn't be more pleased with my performance. I had a huge PR, ran smart, passed a bunch of people in the last six miles, and even had enough for a big kick. Maybe next time I will start off a little less cautious and do even better.

### NYRR Al Gordon Snowflake 5K, Feb 21 Prospect Park, Brooklyn *Jean Zignorski* . . . . . 27:11

### USATF–NJ Open & Masters Indoor Feb 28 Track & Field Championships, Toms River 60-meter dash *Martta Rose Kelly (1st AG)* . . . . . 12.31 200-meter dash *Ed Kelly (1st AG)* . . . . . 30.76 *Martta Rose Kelly (1st AG)* . . . . . 43.49

### 400-meter dash *Ed Kelly (1st AG)* . . . . . 1:10.67 800-meter run *Ed Kelly (5th AG)* . . . . . 2:50.34 3000-meter run *Randy Miller (2nd AG)* . . . . . 11:21.86 Shot put (4K) *Beverly Salerno (1st AG)* . . . . . 5.49 meters Long jump *Beverly Salerno (2nd AG)* . . . . . 1.22 meters

It's all Bev Salerno's fault. She piqued my interest in this annual event!

I signed up for the 60- and 200-meter dashes. Although I had done speed work, I hadn't competed in anything shorter than a 5K since high school. Time to awaken the fast-twitch muscles!

We received a sheet listing all the events and their scheduled start times, but we might as well have torn it up for all the good it did. Almost nothing took place on time, which is par for the course, Bev told me. A delay with the 60-meter hurdles event—the hurdles had been set up incorrectly—pushed everything else back. Plus, many more men than women compete in track and field, so a gazillion men's heats took place before the women's . . . all two of them.

With everyone warming up on the track, the scene was like something out of Monty Python's Ministry of Silly Walks.

For the 60-meter dash, I was in heat 2 with three other women—a 62-year-old; a 68-year-old, Jane Simpson, who is quite a fixture at track and field events all over the metro area; and a 90-year-old who, in full-length skirt and turtleneck top, was trying to break a record. When she finished the race, the crowd went wild. Amazing!

The 62-year-old took off like a bat out of hell, and I was disappointed I couldn't catch her. When I later found out she had once been an Olympic athlete, I didn't feel so bad. I don't know what my exact time was, but I won my age group—not hard to do when you're the only one in it.

I liked this race less than the 200-meter dash. It was over 1–2–3, and, though I had warmed up for it, I didn't have time to do anything but sprint to the finish. I know that's the point, but I am so used to long distance that running a short dash took a major psychological adjustment.

When not running, I watched Bev and Jane compete in the shot put and the long jump. Jane wanted to show Bev how to do the high jump. I thought she was joking, but, no, Jane really was game for anything. In the 60-meter hurdles race, she amazed us by leaping over every hurdle.

Repeating her 2008 achievement, Bev took 1st in the shot put. That's especially deserving, as she was not allowed to compete with the 3K outdoor shot she was used to and had to switch to a heavier (4K) indoor shot.

I watched Randy Miller compete in the 3000-meter run. Later, I saw Ed Kelly, who did the 200- and 400-meter dashes and the 800-meter run. He finished 1st in age in the 200 and 400.

Then it was time for my 200-meter dash, an event for women age 30 or older. There were five

runners, or at least there were supposed to be. Only three of us were at the start; the other two hadn't heard the announcement to line up! Fortunately, officials allowed them to race anyway.

I had been warming up pretty much all day, was raring to go, and felt great the entire way! Again, I don't know my time, but Ed informed me I won another 1st-in-age award.

I want to do this again. Although the day can be disorganized and circus-like, it is also really low-key, and there are no prima donnas. Everyone is encouraged to try new things. And, it's all indoors (except for the portapotties). Food and drinks are sold at a concession stand, but you can bring your own (I did).

I'd love to see more ERC folks, especially women, do track and field. —*Martta Rose Kelly*

Martta, yes, 90-year-old Grace Foster broke the world record in the 60-meter dash. I had heard it was 38 seconds, and she finished in the mid-20s!

Although I'm not completely hooked on track sprints, I had fun and will do this again, plus Lisa and the kids were there to cheer me on.

The 200-meter dash had me up against an elite in this class along with Nick Paolazzi, Ben Teixeira (Clifton Roadrunners), and a world-class sprinter who blew the field away. I just missed my goal of sub-30 (30.04) but took 1st in age (it helps when you're the only one in your group).

The 400-meter dash came an hour later. Again, there was no one else in my age group. At first I was set up to run the 2-lap race all by myself, but the officials then pulled me off and placed me in another group (the result was a 15-minute delay). This race didn't go as well as the first—legs felt like Jello—but I finished.

Then came the dreadful 800-meter run. Four laps don't sound like much, but, after doing two sprints within an hour, my legs were cement. For 400 meters, I kept up with the field of seemingly younger, more experienced runners; then the bottom fell out, and I was going nowhere fast.

This was a great, fun day. There were many familiar faces from ERC and Clifton (Clifton had about six runners). Note to self: track workouts with Joel this spring! —*Ed Kelly*

Martta, the woman who made you eat her dust is Marie Salamon, who had been on Romania's track-and-field team and competed both nationally and internationally. She beat me in the long jump, but then that 90-year-old could've beaten me, as I'm so uncoordinated I couldn't even figure out how to jump with two feet.

These meets are low-key and friendly, and they're fun even when you're just watching. However, if you watch, you probably will get the urge to run, jump, or throw. —*Beverly Salerno*

### **Coogan's Salsa, Blues, & Shamrocks Mar 1 5K, Washington Heights, Manhattan**

*Rob Gerin*. . . . . 21:30  
Race begins and ends at Columbia Presbyterian Hospital. Nice part of the run goes through Fort Tryon Park, circling the Cloisters. I started at an easy 7:15 pace, picked it up in the second mile (14:20), and finished strong.

### **E. Murray Todd Fun Run Mar 1 (Half-Marathon), Lincroft**

A dozen ERC members and their friends showed up for this half only to find out the police canceled it because of a little slush. (I propose that each local police department be required to have a runner on its staff so it can make better informed decisions regarding race cancellations!)

Half of our contingent headed back north for a run on less messy roads. The other half picked up EMT course maps and headed out for a fast-paced run, minus the aid stations.

Three Lincroft pace groups formed: Robyn Ritter and Glenn Trimboli, Doug Williams and Mick Close, and Matt Casse and me. Our finish times ranged from 1:37 to 1:55. The roads were okay, and the weather almost ideal, though I was having flashbacks to two years ago (the headwind really picks up along a couple of stretches). It was good to meet Matt and have his company for the entire 13.1 miles. Fairly early on, we were joined by two other runners doing the course; they pointed out the turns and saved me the trouble of fumbling with my map.

On the way home, we made a much needed coffee/food stop. Thanks to Matt for driving!

The race cancellation was a letdown, but impromptu, plan B activities like today's run can be just as much fun. —*Chris Jaworski*

### **Halfway to Brielle Day 5K Mar 7**

*Helene Scarnegi (PR >1 minute)*. . . . . 22:17  
*Lynne Mortimer (2nd AG)*. . . . . 24:58

Lynne and I got to this race only 30 minutes before the start—not much time for number pickup (my registration was missing, so I had to fill out another) and warmup. I was thinking I might not have a chance to adjust to the sun and warm air (it was about 67 degrees). At the starting line, I saw the usual speedy racers, so I took a deep breath and enjoyed the great weather.

I usually avoid checking my watch at mile 1 (because of my history of giving too much early on), but this time I glanced and saw 6:40 and thought I should slow down—except I was feeling really good. Then along came a hill that looked a steep, but I figured I'd power up it the best I could. At mile 2, I was only slightly over 14:00 and knew I had to hold on. Heading for the finish, I heard 21-minutes-and-something yelled out and realized my first 22-minute race could become a reality.

I finished in 22:17 and was beaming! Then I realized Lynne was on her way. I snapped myself out of it so I could cheer her in to the finish.

Simko's Grill put together a fantastic post-race buffet, and we had a really nice lunch. I was glad to have a fellow runner sharing my excitement, as PRs don't come around every day. I had a lot of coughing and thought, well, this is just great—I hit my goal, and now I'm going to croak.

Then Lynne and I dined with Bill O'Brien, a man who just turned 83 and is still at races every weekend. I realized how incredible it might be to continue going to races at that age.

Proceeds from this race go to the Brielle Fire Company, which gets a lot of community support. As always, the Jersey Shore Running Club folks know how to throw a party! —*Helene Scarnegi*

I was a little worried that the day might be too warm for running (after months of cold weather and no time to acclimate), so I paced myself and used this 5K as a spring tuneup. However, I felt good, almost too good, at the finish, so I may have held back a bit too much. On the other hand, I had really enjoyed my run!

I am so proud of Helene, who let it all out and PR'd by a minute-plus! My time isn't anything to brag about, but I sneaked in 2nd in age.

The buffet at Simko's Grill was fabulous, and we stopped for ice cream on the way home. I had a great time and am so happy for Helene!

—*Lynne Mortimer*

What Lynne doesn't say is that she gave me her medal to acknowledge my accomplishment. That kind gesture really represents the spirit of ERC. We are out there trying our best, and it's only that much nicer to have club members sharing our enthusiasm. —*Helene*

### **Celebrate Life Half-Marathon, Rock Hill, NY Mar 8**

*Will DeRoberts (2nd AG)*. . . . . 1:28:37  
2nd male cancer survivor

*Helene Scarnegi*. . . . . 1:48:08  
*Susan DeRoberts*. . . . . 2:04:20  
*Jim Enslin*. . . . . 2:22:48

I'm preparing for a half-marathon in Washington, DC, at the end of March, but, given my forgettable Bronx half in February and the forecast for great weather, I decided to run Celebrate Life as a training half to get my pace right and my confidence back for the race distance I love.

I got a good night of rest and set my sights on having a low-key, scenic run. The drive took 1 hour 20 minutes. The temperature in Rock Hill was cooler than here, and the course was by far the hilliest I've run—a roller coaster with no end in sight. But running around Lake Louise and Wolf Lake was incredibly serene. With there being only 500-plus runners, at times I was truly alone.

I realized mid-race that I was doing well, so I continued with the reckless abandon. Sometimes not focusing on time works better for me. I was looking to do what I had done in my first half so that I could restart shooting for a new goal. With all the hills done at mile 12, it was time to run downhill, and I went quickly but carefully. Oh, so steep! The finish line was close, and I smiled at Paul as I looked up and saw 148:08. I was back in my zone and had survived the crazy hill ride!

This race can be described as challenging, beautiful, and small—and let's not forget incredibly meaningful. Proceeds go to cancer patients in need of financial assistance—a cause close to my heart. There were many cancer survivors running, and many people running for others with cancer.

It was great seeing Will and Susan as well as my new Clifton friend, who had convinced me to do this race. Will took home an age-group award, so congrats to him!

I highly recommend the Celebrate Life half as prep for a spring marathon.

Running two races in a weekend can tax the ole body, but I think we know our limits, and sometimes pushing a bit can yield a positive outcome.

I'm tired after racing Brielle yesterday and Rock Hill today, but I was thrilled to be in these races and in the company of some inspiring athletes. The weekend was perfect for setting a 5K PR and then gaining renewed confidence and energy in the half-marathon distance. —*Helene Scarnegi*

Susan and I really enjoyed this race. The course around the two lakes was scenic and challenging. Plenty of hills! More important to me than winning an age-group award, however, was bringing home a cancer survivor award. That was my focus throughout this race. —*Will DeRoberts*

<b>Morristown St. Patty's Day 5K</b>	<b>Mar 14</b>
<i>Charlie Slaughter</i> . . . . .	19:35
<i>Jenn Carbone (7th W)</i> . . . . .	20:09
<i>Dan Murphy</i> . . . . .	20:20
<i>Mike Sneden</i> . . . . .	20:41
<i>Ed Kelly</i> . . . . .	21:47
<i>Susan Mello</i> . . . . .	22:59
<i>Mike Wojcio</i> . . . . .	23:20
<i>Aileen O'Rourke</i> . . . . .	24:20
<i>Beverly Salerno</i> . . . . .	32:29
<i>Jim Malone</i> . . . . .	33:26

<b>NYRR 8000 (8K), Central Park</b>	<b>Mar 14</b>
<i>John Young</i> . . . . .	36:17
<i>Jim Enslin</i> . . . . .	51:30
<i>Robbin Jordan</i> . . . . .	1:01:36

**Shamrock 10-Miler, Lake Worth, Fla** **Mar 15**  
*Nancy Grabow (2nd AG)* . . . . . 1:28:35  
 This race started in John Prince Park at 7:15 am!

**St. Dominic Academy** **Mar 21**  
**Spring Thaw 5K Run, Jersey City**

*Mike Sneden (2nd AG, PR)* . . . . . 19:52  
 As I could not make the Millburn 10K, I opted for this 5K on a familiar course in Liberty State Park. The course is flat, out and back on pavers along the waterfront starting at the old railroad terminal that now serves to ferry folks to the Statue of Liberty. It was cool (~35 degrees) with some wind. Most of the runners were affiliated with St. Dominic's (there were no other ERC runners and not many other club runners). The race was small, but the director noted that today's turnout (125) was its largest ever. I guess the extra crowd overwhelmed the organizers, as there were all kinds of trouble with timekeeping. Scoring and awards took more than an hour. I received a 3rd-in-age medal but actually came in 2nd.

But the course was fast (I hope they had us turn around at the right spot), and I recorded a PR. Luckily, my watch time came within 2 seconds of the official time, so in my book the PR counts.

**HAT 50K, Susquehanna State Park, Mar 21**  
**Havre de Grace, Md**

*Chris Jaworski* . . . . . 6:06:12  
 HAT 50K Run is short for *Hinte-Anderson Trail 50K Endurance Run*. Twenty-one years ago, inspired by another ultra event (the JFK 50 Mile), Jeff Hinte and Phil Anderson created this trail race in northeastern Maryland. Its course, which overlooks the Susquehanna River, was once marked with hats, but now fluorescent pie plates are used.

And last year you got a hat for entering and, if you completed the run, a coveted *finisher's* hat.

In 2008, I ran the HAT as my first official 50K. The night before that race, I had talked with Mr. Hinte at a meet-and-greet at Grumpy's Bar & Grill in Aberdeen. He had recommended the steak (I had a burger) and over a beer happily answered all my questions (e.g., how much fluid to carry between aid stations?). He also proudly talked about all the race swag (the directors lose money on the event!) and said he wouldn't give out anything that he himself as a runner wouldn't use.

Last year I received lunch/six-pack and drink Koozies, both hats (yes!), and a Brooks reflective long-sleeved tech shirt—all emblazoned with HAT 50K Run. I used that shirt a lot this winter. This year: a polo shirt and, at the finish line, a knit cap and a folding chair with carrying bag (perfect post-50K accessory). I wouldn't be surprised to hear that you recoup your entry fee in swag!

My main goals in doing HAT 2008 were to experience the event, enjoy the trails, complete the run, get that finisher's hat! For 2009, I wanted to race the distance, and that's what I did.

Last year the starting temp was 38 degrees, but, with the wind whipping over open fields, the real feel seemed less than freezing. I started in two shirts and a jacket. I tied the jacket around my waist at times (when the sun shone on those fields) and put it back on at other times (in the shade, in the woods). I was mostly comfortable then, but this year conditions were superb: sunny, little wind, 32–34 degrees at the start and 48–50 by the time I finished. After the first 3.6 miles (a road out-and-back, a small trail loop), I ditched hat, gloves, and Under Armour long-sleeved shirt and went with a lighter long-sleeved shirt (jacket not needed at all). Only once did I wish I had my gloves again, but the chill passed soon enough.

That 3.6-mile loop is followed by two trips around a 13.7-mile loop of "mostly single-track trail with a mix of open fields, dirt road, and some paved road." All the loops end at the start/finish pavilion, where each runner can leave a "drop bag" of clothes, gear, and supplies. Also inside the pavilion is an aid station. Bathrooms are a short walk away. For any runner having a bad day, this area is the best place to bow out.

Aid stations are positioned approximately every 5 miles around the course.

The race starts in a field, cross-country style. This year, I began at a comfy pace, but, when I found myself keeping up with a speedy friend after a mile, well, I just knew I was going too fast. That was okay, though, because I got ahead of the crowd, and once we hit another field and the woods, I was running with clear sight lines and at my own pace, with little of the energy drain that can come with lots of passing and being passed.

The trail was well marked where it needed to be but mostly was so naturally self-evident that I seldom had to ponder where to go next. That meant I could stay focused on footing (though the terrain wasn't particularly tricky, either). The upshot is I spent a lot of time *running*, in an up-and-down rhythm over an undulating landscape.

There may not be a lot of must-walk hills on this course, but its ups and downs are constant.

The directors claim "nearly 9800 feet of climbing." Some runners have measured or estimated about half that. The truth? HAT is some workout!

The trail was in excellent shape, soft but not muddy, and the water at the stream crossings was low. Mindful of last year's heel blister, I tried to avoid slipping off the rocks in the streambeds and getting my feet wet. Sense of balance, I thank you—not a single sploosh all day!

I didn't like the park-road sections (maybe 4 miles total). I got bored there, dispirited even, and the pavement hurt the soles of my feet. But this year, particularly on the second big loop, I made good time on the long paved downhills.

The 2008 race had been more difficult for me. My base mileage was lower then, and I was just learning the ropes of running farther and fueling. Around mile 14 or 15, I bonked. My mind took a little vacation. I think I was gone for only a couple of seconds, but those were seconds during which my body kept moving. No one was holding the reins! That freaked me out for a bit (which may explain why I didn't recap HAT 2008 until now). What helped me debonk was hearing Andy Kotulski's words in my head—something about running being all mental, about keeping the body moving at all costs. I kept going, told myself I'd wait until I reached the pavilion and 17.3 miles before deciding whether to call it quits. Once I got there, I pushed myself out for the second big loop before my brain could get wind of what I was up to. Somehow, I told myself, I'd figure out how to finish, despite the leg cramping that had already begun to plague me.

I went into the 2009 race with a more confident mind-set. My base mileage was up, I had two more ultras under my belt, I had learned more about fueling and become surer of my gear and clothing choices, and I was now familiar with the HAT course. I had even written: "I expect to drop a good hunk of time" off last year's result.

Last year I finished in 6:38:50 (12:52 pace). This year I wanted 6 hours. I had recently bought a Garmin (305), and I think its feedback helped me tremendously. First, seeing my average pace holding at 11:30–11:35, I realized my goal was indeed achievable. Second, clicking off the miles I'd run and counting down the ones remaining kept me situated (the course lacks mile markers). In short, the numbers had me thinking ahead.

I think I would've broken 6 hours, too, but with exactly 5 miles and 1 hour left, I tripped on a root and went down, triggering the most excruciating calf cramp I've ever had. I shook it off and a bit later tripped and fell again—instant cramps in *both* calves! I stretched them out and ran on, but, with little tremors now going on in either leg, threatening to quake out, I slowed wherever the trail looked to have wipeout potential. (Chicken-and-egg question: Did tripping cause the cramps, or did cramping cause the trips?)

My time: 6:06:12 (11:49 pace). That's a minute per mile faster than last year. And whereas in 2008 I finished 193/328 overall (another 64 did not finish) and 25/50 in age, in 2009 I placed 141/385 overall (60 dnf) and 18/62 in age.

I'm happy (and very sore), and I surprised myself. This was one of my most satisfying races!

## More of everything you always wanted to know about USATF–NJ, individual and team racing, and the Grand Prix series\*

Chris Jaworski

### Individual Competition

So you've become a member of USA Track & Field (see March issue of *Keeping Track* for details). What happens next?

When registering for a USATF–NJ–sanctioned race (a race with the Grand Prix logo on its entry form), include your USATF membership number. Your result is then automatically captured by USATF, and your results from all such races start counting toward your standing in the annual Grand Prix individual competition.

Anyone can compete in the Grand Prix. You don't even have to win races! All ya gotta do is run them and finish them.

The results that USATF captures are not finish times; they're points. Your finishing position in a race determines how many points you earn for that race. Most races are worth a maximum of 500 points and a minimum of 100 points. In those races, the first USATF or non-USATF male finisher earns 500 points, the last male finisher earns 100 points, and all the male finishers in the middle earn prorated points between the maximum and the minimum. The same goes for female finishers. The only difference between USATF and non-USATF finishers is that the latter are not included in the scoring for the Grand Prix series.

Some races, championship races, are worth more than 500 points. There are road championships (700 max, 200 min) and cross-country championships (700 max, 300 min). Some years, there is a sponsored race worth 800 points (200 min). In addition, there is a "wild-card race," in which you can select the maximum points level you want to shoot for (e.g., 800, 700, or 500).

Each year, to make things interesting, USATF divides the Grand Prix into three different but concurrent series. In the *overall series*, runners test themselves in three distance categories; in *two miniseries*, they specialize in short distance (miniseries 1) or mid-distance (miniseries 2). To be eligible for an overall or age-group award in a series, you must complete the number of races USATF specifies for that series. Other rules apply, too. For a summary of series requirements and limitations, see the table below.

You can run as many Grand Prix races as you want each year, but only your best race scores (highest point totals) are counted in the final standings. So, let's say that, after completing two championship races and one nonchampionship race in category I of the overall series, you run another nonchampionship race in that

category. USATF automatically keeps the higher nonchampionship score and discards the lower one. If you want, you can keep running nonchampionship races in an attempt to better your non-championship score. The same applies to championship races, though there are fewer of these on the schedule.

It makes sense to do the maximum number of championship races allowed, as these are worth more than nonchampionship races. Miss a championship race, and you could be at a distinct disadvantage points-wise! Even more incentive to run championship races: These events are also *team races*, which means that your participation benefits both you *and* the Essex Running Club team you run with that day. Help yourself, help your team!

USATF members can compete in any or all three of the Grand Prix series (overall, mini 1, mini 2), but does completing multiple series mean running too many races? Not necessarily. Short- and mid-distance races do double-duty. They are counted in the overall series and in their respective miniseries. So, if you earn 365 points in a 5K race, that score is applied both to category I of the overall series and to miniseries 1. If you finish your three category I races, you need run only four more short-distance races to complete miniseries 1. A little planning can go a long way.

Throughout and at the end of the year, USATF–NJ tallies its members' points and ranks the top 300 male and top 300 female runners (regular updates are posted at [usatfnj.org](http://usatfnj.org)). The names of the top three winners in each age group in the overall series are removed from the two miniseries so that other participants can have a shot at awards in the miniseries. Overall and age-group award winners are announced for all three series. Finally, at a formal banquet in January, awards and cash prizes are given to the overall and age-group winners.

### Team Competition

Just as there is a Grand Prix for individuals, there's one for teams. Running clubs can form separate male and female teams in five categories: open (age 14+ for females, age 16+ for males) and masters ages 40–49, 50–59, 60–69, and 70+.

Any number of teams can be formed, but each team must declare a certain minimum number of members, and then only a certain number of the fastest times are scored: open men (declare 8, score 5), open women (5, 3), cross-country open women (8, 5), masters men 40–49 and 50–59 (8, 5), masters women all ages (5, 3), and masters men 60–69 and 70+ (5, 3).

Smaller clubs can find it difficult to field teams, so USATF permits "double-dipping"—a runner can fill a spot on two teams. For example, a 53-year-old man can "simultaneously" run for the club's men 50–59 and 40–49 teams (but not the 50–59 and 60–69 teams).

Assembling teams and maximizing double-dipping can be complicated, plus there's paperwork to be filed, so when you're planning to run a team race, it's important to give an ERC team captain an early heads-up (contact info, p. 4). It's much easier to set our teams in advance than to be looking for teammates at the registration table (declaration forms must be handed to a USATF rep 30 minutes prerace, and any changes 15 minutes prerace).

ERC runners of all abilities can help our teams be competitive. More teammates can mean more points, which can help us in the Grand Prix team standings. Why not give team racing a shot? We might not end up placing first or winning awards, but taking part can be invigorating and fun, full of camaraderie with friends.

\*But were afraid to ask

KT welcomes your articles on USATF.

Series	Requirements & Limitations
Overall (3 scores minimum)	<i>Category I</i> <i>Distance:</i> 3K to 4 miles <i>Scores:</i> 3 maximum, 2 championships maximum
	<i>Category II</i> <i>Distance:</i> >4 miles to <15K <i>Scores:</i> 3 maximum, 2 championships maximum
	<i>Category III</i> <i>Distance:</i> 15K or farther <i>Scores:</i> 3 maximum, 2 championships maximum
Mini 1	<i>Distance:</i> 3K to 4 miles <i>Scores:</i> 9 maximum, 7 minimum; in either case, 3 championships maximum
Mini 2	<i>Distance:</i> >4 miles to <15K <i>Scores:</i> 7 maximum, 5 minimum; in either case, 3 championships maximum



## ERC Spectators at 2008 Boston Marathon Offer Glimpses of 2009?

### Martta Rose Kelly

What can I say about the Boston Marathon? What a class act this race is!

Everything from its huge, amazing expo to its pasta party, bus queue, and finish area was very well organized for 25,000 runners and tens of thousands of spectators.

Yes, it was zoo-ish at times, as is to be expected, but I never saw anyone or anything get out of control. The only thing I did not like (and this has nothing to do with the marathon) is the Boston subway system. You call that a subway? I'll never again complain about New York City's. Think of a Manhattan subway platform at rush hour. Then shrink the E train to about a tenth of its size and imagine the same number of people cramming into it. And Lord help you if you're not holding on to something when the train stops or lurches. Not for sissies!

But the Boston people—citizens, police, subway workers—were patient and courteous. They must've heard the same questions all day long: *Where's this street? How do I get there? How does this machine work?* My hat's off to them.

It was nice catching up with Mick Close, Phil Coffin, Laura Messina, and Glenn Trimboli at the pasta party. At first, the organizers directed us under a Big Apple Circus big top, complete with clowns and merrymakers. We thought we were being led to a show, but the food and tables were farther away, outside the tent. It was cold out there but fun. We enjoyed pasta (two types), salad, bread sticks, and brown ale.

On race day, Tom and I got up at dawn, checked out, and drove to a garage downtown. We were able to park all day for \$20. That's where Boston's got New York beat.

We walked to Boston Commons and saw thousands of runners queued up for the school buses that would take them to the start. There was a sea of red—Boston Marathon clothing bags slung over shoulders.

I kissed Tom good-bye, wished him luck, and started heading back downtown. A man stopped me and asked, "Excuse my ignorance, but what is this gathering?" I couldn't believe someone in Boston, let alone on the planet, didn't know it was Patriots' Day and this was the Boston Marathon. When I answered, he was taken aback. I'm glad I could set his world back on its axis.

At 7:00 am, I had three and a half hours to kill before Lynne Mortimer would be calling. We had planned to watch the marathon together. After stopping for coffee, I followed Mick's advice and toured Newbury Street. What a cool street, with lots of unique stores and restaurants! Unfortunately, they weren't opening until later, but the walk was nice, and I got some good photos.

I then went to Stuart Street to familiarize myself with the family reunion area, and later I checked out the mall. When Lynne called, I made my way outside. I was amazed how in just a few hours the crowds had swelled to around three-deep at the finish line on Boylston Street. Lynne, Sally Simeone, and I got a great viewing spot. We saw Robert Cheruiyot fly by for a 2:07:46 finish

(his nearest competitor was about 2 minutes behind). Later, two women battled it out for the top spot; the winner, Dire Tune of Ethiopia, finished in 2:25:25, just 2 seconds ahead of Russia's Alevtina Biktimorova!

It was exciting when we spotted Glenn and Mick coming in. Sally was waiting for her boyfriend, and she and Lynne knew runners from North Jersey Masters, Sneaker Factory, and Jersey Shore Running Club. We screamed at the top of our lungs when we saw Tom, but he was finishing on the other side of the street, out of earshot. He looked good, though!

I caught up with Mick and Tom on Stuart Street, under the *E* (for Essex) sign. (Good idea, Mick!) I got to hear about the course from Mick, who's run Boston a few times, and Tom, a Boston newbie.

### Laura Messina

Another viewpoint on cheering at Boston—from a returning spectator.

The energy level and the buzz around Boston certainly are strong, and there is admiration for all those who have qualified for entry. The historical aspects of this city and this marathon also foster a sense of honor and significance not found elsewhere. It was exciting to be there and an honor to cheer for all those racers, most particularly our Essex runners, of course.

But as someone who in recent years has cheered on the streets of at least 30 marathons (four or five Bostons), I think this race is not so great for cheering for specific runners out on the course. If you find a good spot where you can hang and cheer for everyone, then it is just fine.

The point-to-point course makes seeing your runner(s) more than once almost impossible. Over the past few years, this race has grown significantly, and the crowds have mushroomed as well. Larger crowds are okay on the streets but not on the trains heading out to points on the course, from mile 16 to the end. A ride on the T to my chosen spot near mile 18 usually takes 25 minutes; this year, it took 70 minutes, and there was barely room to breathe on the dangerously crowded train. Same thing on the return, which pretty much eliminates the possibility of seeing your runner again until the family reunion area.

Two other events, a midday baseball game at Fenway Park and a downtown parade for Patriots' Day (a state holiday), increase the excitement—and the unbelievable crowding on the trains. Things can get pretty nasty.

I echo the recommendation to try for a hotel in town. You'll pay dearly for it, but it will make life easier for all the marathon activities. Boston's streets are not like New York's; there is no grid, no sense of order. Expect to get lost a few times! We found most people friendly and helpful, however. Maybe they're used to visitors wandering around looking at maps and street signs.

Many of you have run Boston or want to. Not me, but I admire (and congratulate!) all the runners who have earned a trip there! I just wish it weren't so difficult to be a cheerleader in Boston.

### Lynne Mortimer

What a weekend! Being a spectator these past few days really equaled running a race yourself!

The women's Olympic marathon trials were breathtaking. More than 150 of our finest females gathered to race for one of three spots on the US team. I ran from my hotel to Harvard Bridge (~2.5 miles), where I was able to see them all several times, going back and forth on their loops. The excitement and thrill of being there were beyond belief!

Deena Kastor ran a brilliant race. She allowed a young competitor, Magdalena Lewy-Boulet, to go out ahead, and then she pushed to rein her in and overtake her. Talk about strategy!

Joan Benoit Samuelson broke the world marathon age-50+ record, previously held by Toshiko D'Elia of New Jersey. History in the making!

New Jersey's Kathleen Castles, who had qualified for the trials with her first marathon (Philadelphia 2007), finished 36th overall. Before turning to the marathon distance, Kathleen was a 5K specialist who easily won most of the 5Ks she entered in our state. She had used the Millburn Spring Run as a trials tuneup. When I spotted her in Boston, I screamed her name, and, even though she was running a blistering 5-minute-plus pace, she was smiling and looking totally at ease. She gave me a thumbs-up as she went by.

I cheered for each and every woman who came in to the finish. The crowds were thinning toward the end, but I refused to let any of these runners, who had worked so hard to get here, finish without a cheer. They all deserved accolades, no matter their place, 1st or 151st.

The expo was the best I've seen. It went on and on and had tons of great merchandise, much of it at great prices (except for the 2008 Boston gear). I picked up three souvenirs—an Olympic trials poster, which I'll have framed; a key chain; and a plain *Boston* hooded sweatshirt, which I'd need for the colder temperatures forecast for race day (I had packed as if it were summer).

At a terrific expo seminar, I learned about nutrition before, during, and after endurance events, triathlons included. There I also had the pleasure of meeting Amy Palmiero-Winters, an amputee who had run a 3:04 marathon and been featured in *Runner's World*, and Reid and Tim De Boom, both of whom were multiple overall winners of the Hawaii Ironman. These informative athletes provided great tips and answered many questions, and it was a thrill to meet these brilliant, down-to-earth people.

Marathon Monday was another beautiful day. I caught up with Martta near the finish. Even with the crowds, we had a great view of all the runners coming in. We missed a few finishers but caught good views of Glenn, Mick, and Tom and screamed as loud as we could for them. We also cheered for many non-ERC people we knew.

It was so exciting to be there. I've watched races before, but the Boston Marathon was special. Seeing people we know in a race like this was really a thrill, and we were so proud of them! This was truly a great weekend!

## RACES: APRIL–JUNE 2009

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

4/4	Sat	10:00a	<b>Building Tomorrows 5K (Brookdale Park)</b>	5K	973-535-1181	<b>NBGP: 500 pts</b>
4/5	Sun	8:00a	City Parks Foundation Run for the Parks (Central Park)	4M	212-860-4455	
4/5	Sun	9:00a	Indian Trails Run (Middletown)	15K	732-842-4317	NBGP: 500 pts
4/5	Sun	10:00a	<b>Cherry Blossom Run (Branch Brook Park)</b>	10K	973-268-3500	<b>NBGP: 700 pts</b>
4/5	Sun	10:00a	Urban Environmental Challenge (trail, Van Cortlandt Park, 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	Run to Read 5K (Newton)	5K	973-383-7933	
4/11	Sat	10:00a	Homecoming 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	<b>Clinton Country Run</b>	15K, 5K	908-812-4806	<b>NBGP: 15K (700 pts), 5K (500 pts)</b>
4/25	Sat	10:00a	Woods & Lakes Run (Mountain Lakes)	10K, 5K	973-335-2799	
4/26	Sun	8:00a	<i>More/Fitness</i> Marathon & Half (women only, Central Park)	26.2, 13.1M	212-860-4455	
4/26	Sun	8:45a	<b>Race for the Cure (Branch Brook Park)</b>	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	Various	Muddy Marathon (Craigmear Recreation Complex, Rockaway)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55M
5/2	Sat	9:15a	Revlon Run/Walk for Women (Times Square to Central Park)	5K	212-379-3199	
5/3	Sun	7:30a	<b>New Jersey Marathon &amp; Long Branch Half-Marathon</b>	26.2, 13.1M	732-578-1771	
5/3	Sun	9:00a	<b>Nutley Chamber of Commerce 5K</b>	5K	973-667-5300	<b>NBGP: 500 pts</b>
5/3	Sun	10:00a	Madison High Five	5K	973-514-1057	NBGP: 500 pts
5/3	Sun	1:00p	<b>Our House 5-Miler (Summit)</b>	5M	732-381-0318	<b>NBGP: 700 pts</b>
5/9	Sat	Various	North Face Endurance Challenge (trail, Bear Mountain, 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	<b>Newport 10,000 (Jersey City)</b>	10K	732-381-0318	<b>NBGP: 700 pts</b>
5/9	Sat	9:30a	Fairfield Recreation Jack Funsch Memorial 5-Mile Run	5M	973-882-2745	
5/10	Sun	8:00a	R Baby Mother's Day 4M (Central Park)	4M	212-860-4455	
5/10	Sun	8:45a	Rbi n Mother's Day Run (Tenafly)	10K, 5K	201-569-7900	<b>NBGP: 10K &amp; 5K (both 500 pts)</b>
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 Park, Morris Township)	5K	908-295-8580	
5/16	Sat	9:00a	Maywood 5K	5K	201-845-0920	NBGP: 500 pts
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	Stillwater Stampede (Newton)	5K	973-885-0280	
5/17	Sun	10:00a	HOHA Classic (Hoboken)	5M	201-792-0340	
5/19	Tue	6:45p	Wall Street Run (Battery Park, Manhattan)	5K	212-860-4455	
5/20	Wed	6:30p	Wyeth 5K (Madison)	5K	973-376-6094	NBGP: 500 pts
5/23	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration closed
5/25	Mon	8:45a	<b>Ridgewood Run</b>	10K, 5K	555-427-5205	<b>NBGP: 10K &amp; 5K (both 500 pts)</b>
5/30	Sat	6:00a	South Mountain 100K (Millburn)	100K	973-376-6094	
5/30	Sat	8:00a	Sparta Day 8-Mile Run Around Lake Mohawk	8M	973-729-2383	
5/30	Sat	9:00a	Hillsborough Hop	5K	908-369-0490	NBGP: 500 pts
5/30	Sat	TBD	Brooklyn Half-Marathon (Prospect Park)	13.1M	212-860-4455	
5/31	Sun	8:00a	Japan Day 5M (Central Park)	5M	212-860-4455	
5/31	Sun	9:30a	<b>Run for Rachel (Livingston)</b>	5K	973-765-9050	<b>NBGP: 700 pts</b>
6/1	Mon	7:00p	Roxbury 5K (formerly Merry Heart 5K)	5K	973-584-6709	NBGP: 500 pts
6/6	Sat	10:00a	Rockaway Rotary Run	5K	973-625-8600	NBGP: 500 pts
6/7	Sun	8:30a	<b>Montclair Run</b>	10K, 2M	973-744-3400	
6/7	Sun	9:00a	Kilometers for Karen (West Orange)	5K	732-381-0318	NBGP: 500 pts
6/7	Sun	9:00a	Streets of Tenafly 5K	5K	201-567-8313	NBGP: 500 pts
6/7	Sun	9:00a	NYRR New York Mini 10K (women only, Central Park)	10K	212-860-4455	
6/7	Sun	9:00a	Hartshorne Woods Spring Trail Run (Monmouth County)	7M, 5M, 4M	732-578-1771	
6/7	Sun	5:00p	Pleasant Valley Twilight Challenge (Basking Ridge)	5K	908-204-2523	
6/8	Mon	7:15p	5000 Strides (Morris Township)	5K	732-381-0318	NBGP: 500 pts
6/10	Wed	7:00p	JPMorgan Chase Corporate Challenge #1 (Central Park)	3.5M	917-463-3954	
6/11	Thu	7:00p	JPMorgan Chase Corporate Challenge #2 (Central Park)	3.5M	917-463-3954	
6/12	Fri	6:30p	Summer Solstice Trail Run (Kittatinny Valley State Park, Andover)	5M	973-919-1373	
6/13	Sat	8:30a	George Sheehan Classic (Red Bank)	5M	732-988-7725	
6/13	Sat	9:00a	Fishawack 4-Mile Run (Chatham)	4M	973-377-4444	
6/13	Sat	9:00a	Naples–New York Park to Park 10K (Central Park)	10K	212-860-4455	
6/13	Sat	9:30a	Bradley Richards 5K (Montclair)	5K	201-509-0709	
6/13	Sat	9:30a	Valerie Fund 5K (Verona Park)	5K	973-761-0422	
6/14	Sun	8:00a	Run for Marge (Pequanock)	5K	973-835-9253	NBGP: 500 pts
6/14	Sun	8:30a	Woodcliff Lake Run for Education	10K, 5K	201-391-4799	<b>NBGP: 10K &amp; 5K (both 500 pts)</b>
6/14	Sun	9:00a	Portugal Day Run (Ironbound, Newark)	5K	973-589-7878	NBGP: 500 pts
6/15	Mon	8:00p	<b>President's Cup Night Race (Millburn)</b>	5K	973-376-6094	<b>NBGP: 700 pts</b>
6/20	Sat	8:30a	Florham Park Jaycees 5K	5K	973-236-1280	NBGP: 500 pts
6/21	Sun	8:30a	Father's Day Fight Against Prostate Cancer (Central Park)	5M	212-860-4455	
6/21	Sun	9:00a	Run for Dad (West Windsor)	5K	732-381-0318	NBGP: 500 pts