



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

May 2009

Vol. 26, No. 5

Starting June 4:

Summer Fun and Hosted Runs!

It's almost time for ERC's schedule of summer events to begin. There'll be races, a postrace party at the Shillelagh Club, two interclub challenges (Smoke Rise, Clifton et al), our annual wine-and-cheese party (hosted by Shannon Packard this year), West Essex Trail runs on Tuesday evenings (except meeting nights), the Smoke Rise Biathlon, and about 10 Thursday-evening hosted group runs!

The group runs take place at 7:30 pm on most Thursdays in June, July, and August. Volunteer hosts plot a 3- to 6-mile course and provide light food afterward.

If you'd like to host a run from your home (or another location), please write to me at jaworski@verizon.net. I'll add runs to the schedule and print details in *Keeping Track*. Would you like to host but need help with preparation, cost, or location? Consider cohosting with another member.

Dates already reserved: Jun 4 (Desmond Duncker), Jun 18 (Smoke Rise Challenge 4M, George Studzinski), Jun 19 (Friday, Wine & Cheese Party, Shannon Packard), Jun 25 (Sunset Classic 5M), Jul 2 (Catherine Alessi & Mick Close), Jul 23 (Susan Palermo & Wayne Carlson), Aug 6 (Project Children 5K & Shillelagh Club).

The weekend dates for the Interclub Challenge (Clifton et al) and Smoke Rise Biathlon are still to be determined.

Dates available for hosted runs: Jun 11; Jul 9, 16, 30; Aug 13, 20, 27. — *Chris Jaworski*

MARK YOUR CALENDAR

- **May 3.** New Jersey Marathon & Long Branch Half (club race). *Page 4.*
- **May 3.** Nutley Chamber of Commerce 5K (club race). *Page 4.*
- **May 3.** Our House 5M (USATF masters champ race), Summit. *Page 4.*
- **May 5.** Kathrine Switzer to speak at general meeting. *Page 1.*
- **May 9.** Newport 10,000 (USATF open men 10K championship race), Jersey City. *Page 4.*
- **May 14.** Complimentary ice cream after this last track workout. *Page 3.*
- **May 25.** Ridgewood Run 10K & 5K (club race). *Page 4.*
- **May 31.** Run for Rachel 5K (USATF open women championship race), Livingston. *Page 4.*
- **Jun 4.** Come to the first hosted group run of the summer! *Page 1.*
- **Jun 7.** Montclair Run 10K & 2M (club race). *Page 4.*
- **Jun 11.** Want to host a group run this evening? *Page 1.*
- **Jun 15.** President's Cup 5K (USATF open men champ race), Millburn.
- **Jun 18.** Smoke Rise Challenge 4M hosted by Dr. George Studzinski.
- **Jun 19.** Wine & Cheese Party hosted by Shannon Packard.

ERC'S NEXT GENERAL MEETING

7:30 pm, Tuesday, May 5

Church Street Kitchen
12 Church Street, Montclair

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

Kathrine Switzer, who with Roger Robinson appeared at our September 2006 meeting, will join us again. 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).

This book takes Kathrine from her earliest days as a runner through her marathons and career as a journalist and founder of the Avon Games and covers her instrumental role in getting the women's marathon into the Olympics.

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. Please bring cash if you want a book (\$26.95) or *Marathon Woman* shirt (\$20).

General Meetings

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

Board Meetings

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

- **Jun 25.** Sunset Classic (club race, director Paul Giuliano), Bloomfield. Special guest: Bill Rodgers. *Page 4.*

New & Returning Members

Matt Casse, *Montclair*
Laura Gelman, *Montclair*
Yair Greenbaum, *Maplewood*
Jim Hornecker, *Short Hills*
Lisa Kelly, *Cedar Grove*
Debra Simon, *Montclair*
Mike Skara, *Livingston*
Stephen Sundown, *Upper Montclair*
Ron Wolfson, *Bloomfield*



2009
ESSEX RUNNING CLUB

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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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Ultra Thoughts, by Mike Skara

Why seek to run an ultra,
a distance beyond compare?
Why strive for that personal best
and death-march dare?
Said Skara of dauntless quest:
"Because it's there."

While an ultramarathon is not climbing Mount Everest, and I am not George Mallory or Edmund Hillary, taking on this challenge made me feel as if I were. And I can tell you, the view from the top was amazing.

I have always looked for interesting physical challenges. I wrestled in high school, rowed on the crew team and was in the school bodybuilding show at Rutgers, ran with the bulls in Pamplona on my honeymoon, and, more recently, ran marathons and kayaked and camped. After about 20 marathons with mostly fair to middling results, however, I knew I wanted to try something different. I wanted a new event for which I had no expectations. The adventure would be in the trying, not necessarily in reaching a goal. One sings to express the joy of singing, not to finish the song.

I'd flirted with the idea of an ultra after my first marathon, in 1995, but I didn't get serious about it until I became disgusted with my rotten races in the summer of 2008. I looked around and found the best situation for my virgin ultra run. The event, the 24-hour Freedom Park New Year's Ultra Run,* in Morganton, North Carolina, was to take place during school break, near where my brother lives, and the course was a low-stakes 1-mile loop where I could camp out.

My training wasn't especially unusual. I had the experience, from the 2008 Relay for Life in Berkeley Heights, of doing 29 miles on a school track. I then used the Steamtown Marathon as a training run and found I was very fresh at the 20-mile mark. About 6 weeks later, I did a 30-miler on a half-mile loop and felt so fresh at the end that I knew I could keep going.

My goal for the 24-hour run was 65 to 75 miles, which I thought was ambitious. Several people, Glenn Trimboli and Tom Eaton in particular, thought I could go farther, but I was very unsure. During the run, however, I just kept going, far longer than I had expected. The other runners were great, too. They were ultra friendly. All they wanted to do was encourage one another and talk about running. I probably could have gone even farther had I been able to stay awake the entire 24 hours.

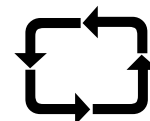
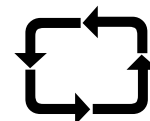
All the phone calls, which I had solicited, really helped. Between family, Essex Running Club members, coworkers, and close friends and even some of their children, I received probably 30 calls while I was running around. They all went something like this. Caller: *How far now?* Me: "About [x] miles." Slight pause. *You're crazy.* "I know." *Well, good luck. I'll call you later.* I loved those calls. Taking a call from a group of ERC members, who had just finished up their annual New Year's Day run and were hanging out at Fleet Feet, was really an ego boost. The cheers I heard when I reported I had completed 91 miles were really great.

When I returned home, my family was duly impressed, under their accusations of insanity. I still get shocked looks when I mention the distance. One coworker was less than half-joking when she told me I was a liar. I had to show her the results page to fully convince her.

This is not the end of my adventures. I hope to run several more ultras and participate in other high-energy events. For instance, one thing I intend to do, when I retire and have a solid six months of free time, is hike the entire Appalachian Trail. I want to live my life to the fullest before I can't do these things anymore.

My suggestion to everyone is: Do an ultra. It is just like a marathon. The feeling of accomplishment is the same, just more intense, more satisfying, and it makes you that much more proud of yourself. Be more like Teddy Roosevelt. Live that strenuous life and win the "splendid ultimate triumph."

*Recapped in the April issue of *Keeping Track*.



YEAR-ROUND GROUP RUNS

Tue*	6:30 pm	(▲) West Essex Trail Run, Verona (*except meeting nights)
Thu (5/7, 14)	7:30 pm	(○) Track Workout, Brookdale Park, Bloomfield/Montclair
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(☞) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(✚) Grove Pharmacy, Montclair (Grove Street Long Run)

(▲) **West Essex Trail Run, Verona.** Tue 6:30 pm, 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.

(○) **Track Workout, Brookdale Park, Bloomfield/Montclair.** Thu (May 7, 14). Runners and walkers welcome! Arrive between 7:00 and 7:15, do 2-mile warmup and strides, be ready for free workout at 7:30 sharp. Coach Joel Pasternack will post each week's plan at essexrunning.com/workout.

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

15 Years Ago (1994)

President George Studzinski describes the pros and cons of participating in triathlons after hearing triathlete Larry Blomberg speak at the May meeting ... and, in Eye on the Speaker, Genie Tendrich reports "Larry's tips for triathletes or cross-trainers: try running backwards to work out muscles which are otherwise missed; try cross-training, not because it will improve your running but just for the fun of a different workout; stretch, not just to lengthen your muscles, but also for the relaxing effect; don't be afraid of resting occasionally during a workout; and, finally, accept the fact that when you're doing the running portion of a triathlon, it just may never feel good" ... the poem "A Walk," by Rainer Maria Rilke, is printed: "My eyes already touch the sunny hill, / Going far ahead of the road I have begun. / So we are grasped by what we cannot grasp. / It has its inner light, even from a distance, / And changes us, even if we do not reach it, / Into something else, which, / Hardly sensing it, we already are. / A gesture waves us on, answering our own wave, / But what we feel is the wind in our faces." ... applications included for four events: Run for the Roses 10K (Denville), Sunset Classic 5-Mile Foot Race (Bloomfield), Montclair Run 10K, and 5K Run for Mental Health (Cedar Grove).

10 Years Ago (1999)

President Tony Sanchez tells of one year when he trained well and saved his new Dunlop shoes for "one of the most important races in Guatemala, the Max Tot Half-Marathon." The shoes were so comfortable he skipped wearing socks. Halfway through the race, he developed several blisters and had to remove the shoes. He carried them while running the rest of the race barefoot and finished in 1:23! ... at Verona High School, a contest is to be held to design the T-shirt for the town's Labor Day race ... Mick Close mounts an intense campaign to prevent the Newark Water Company from blocking access to the Cedar Grove Reservoir trail (unfortunately, the company built its fence) ... Tom Kelly: "Wherever there is another runner, I will feel I am in my neighborhood!" ... Sunset Classic on hiatus!



USATF–NJ

Mick Close

The championship races remaining in the first half of the year are shorter ones: a 5-miler, a 10K, and three 5Ks.

Try to support our Essex Running Club teams by including some of these races in your schedule. We welcome runners of all abilities, and often a few extra runners can make a big difference.

- 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)

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



AT THE RACES

Mick Close

New Jersey Marathon & Long Branch Half-Marathon

Sun, May 3

The marathon, the half-marathon, and the marathon relay all start together at 7:30 am on a fast, flat loop course through Long

Branch and Monmouth Beach, with oceanfront start and finish. The half is one loop, and the marathon is two loops. The course is spectator-friendly, as runners can be seen twice each loop. Info: 732–578–1771, www.njmarathon.org.

Nutley 5K

Sun, May 3

This local race, which has received high marks for its organization and volunteers, starts at the Nutley Town Oval at 9:00 am and circles the downtown business district. Info: 973– 667–5300, www.nutleychamber.com.

Our House 5-Miler

Sun, May 3

This early afternoon (1:00 pm) race, which starts at the Village Green in Summit, is the USATF–NJ masters 5-miler championship, which means that both men and women 40 or older will compete on teams in 10-year age groups. There are runners’ bags for the first 500 entrants, plus long-sleeved shirts. After the race, there are great refreshments and fabulous random prizes. The course is on residential streets over rolling hills with the first 4 miles mostly downhill and a tough last mile back up to the finish. Info: 908–902–8587, www.oymp.net, www.raceforum.com/ourhouse.

Newport 10,000

Sat, May 9

This race goes off at 8:30 am on the Saturday of Mother’s Day weekend. With \$10,000 in prize money, this premier event attracts many elite runners. It’s also the USATF–NJ open 10K men’s championship race and another opportunity for us to enter teams. The course is said to be the fastest in the tristate area, with the first 4 miles on local streets and the last 2 on the waterfront, with spectacular views of the Manhattan skyline. Runner amenities include special Newport 10,000 tee, goody bag, postrace refreshments, deejay, and random prizes. Info: 908–902–8587, www.oymp.net, www.newport10k.com.

Ridgewood Run

Mon, May 25

The Ridgewood Run (34th annual) will be held as usual on Memorial Day (10K at 8:45 am, 5K at 10:15). There is no race-day registration. North Jersey Masters does a great job with this event, and there are many amenities, including new tech shirts this year. Info: 973–333–4837, www.ridgewoodrun.com, www.active.com.

Run for Rachel 5K

Sun, May 31

This race has moved to a new date on the calendar this year but otherwise appears unchanged. Usually some of the year’s fastest 5K times come on this mostly flat, out-and-back course from Livingston’s Memorial Oval (9:30 am). This is a USATF team race for our women and always features a strong women’s field for the USATF–NJ women’s open 5K championship. Preregister to receive a \$3 USATF discount and a super-loaded goody bag in addition to a T-shirt. Stay after the race for the random prize drawings, which usually feature some valuable prizes. Info: 973–765–9050 x400, www.oymp.net, www.active.com.

Club Races in June

The Montclair Run (Sun, Jun 7, 8:30 am) is one of the club’s most popular races and features a 2-mile run in addition to the 10K.

The President’s Cup Night Race (Mon, Jun 15, 8:00 pm) is a fast, exciting two-lap 5K around downtown Millburn. The postrace party at Charlie Brown’s features Samuel Adams beer. This event is again the USATF–NJ open men’s 5K championship.

The Sunset Classic, another night race (Thu, Jun 25, 7:30 pm), is the popular Bloomfield/Glen Ridge 5-miler with its finish on the Foley Field track plus postrace party. Four-time Boston/New York City marathon winner Bill Rodgers is scheduled to attend. He’ll run and be available for photos and a book signing.

The Pine Beach 5K (Sun, Jun 28, 9:00 am), down the Jersey shore, is the USATF–NJ masters championship 5K race. The fast, flat, scenic course follows Toms River and travels through the quiet streets of Pine Beach.

The Fitzgerald’s 1928 Lager 5K Run will be held in Glen Ridge on the same day (Sun, Jun 28) but later (5:00 pm). This race is organized by ERC member Dan Murphy, who also directs the Ashenfelter 8K Classic on Thanksgiving.

FINISH LINES

Stockton Invitational, Mar 21
Richard Stockton College of NJ, Pomona
 3000-meter steeplechase
Randy Miller. 12:26.03
 Randy earned All-American status in the 3000-meter steeplechase again. Competing against college runners, he bettered the AA standard for his age group by nearly 14 seconds, finishing in 12:26.03. That's about 6:40 pace for 1.86 miles with 35 barriers that stand 3 feet high (1 barrier each lap with a water pit). —*Phil Coffin*

National Half-Marathon, Mar 21
Washington, DC
Helene Scarnegi (PR). 1:46:56

Millburn Spring Run (2M, 10K), Mar 22
South Mountain Reservation
 2M
Tommy Morrissey (3rd OA, 1st AG). . . . 12:56
Susan DeRoberts (3rd AG). 20:51

10K
Larry Czaplewski (6th OA, 1st AG, 1st master). 38:01
Dan Murphy (7th OA, 1st AG, 2nd master). 38:31
Will DeRoberts (9th OA, 2nd AG, 3rd master). 38:44
Charlie Slaughter (3rd AG, 9th master). . . . 41:00
Rob Gerin. 43:19
Ed Kelly. 45:33
Desmond Duncker. 46:22
Sharon Morrissey (6th master). 46:37
Susan Mello (7th master). 46:55
Wayne Carlson. 47:54
Aileen O'Rourke (PR). 47:54
Mike Wojcio. 48:27
Tom Kelly (2nd AG). 48:33
George McIntyre (3rd AG). 49:22
Bill Wilde. 49:30
Chip Bearden. 50:03
Tracy Keller. 53:02
Howie Brown. 53:30
Martta Rose Kelly (3rd AG). 54:40
Ed Trieste. 59:57
Beverly Salerno (2nd AG). 1:06:25

Attendance was up: 303 people in the 10K this year (vs. 172 last year), 66 in the 2-miler (vs. 29)! I'm not sure why. Maybe the nice weather (50s, partially sunny) or the fact that people were itching to race. (Usually by now, we've had the New-ark Distance Classic and the E. Murray Todd, but the former was rescheduled, and the latter was canceled because of inclement weather.)

ERC had a great showing, including 10 place winners, 1 PR setter (this early in the year amazes me!), and 6 folks in the top 10 masters division—not too shabby coming off the winter from hell! Tom and I had had a 24-hour stomach flu a few days earlier, and several people from our and other clubs told us they'd suffered as well.

The course could have used another water station. Instead of one halfway through, there should have been two, at miles 2 and 4.

One of the things I like about this race is the postrace lunch: three 6-foot-long subs and beer. The awards, however, reflected the recession: cheesy ribbons instead of medals. The top 3 men and women didn't fare much better: They got bobbleheads!

It was good finally to get out and race and see so many members show up and do well.

—*Martta Rose Kelly*

I don't know if it was itching to race ... or something else. I looked at St. Paddy's 10 Mile results, and the field there went *down*, from 641 in 2008 to only 277 this year. My guess is that Millburn's becoming a 700-point race accounts for its jump in attendance. Why travel to Freehold for a no-points 10-miler when I can stay close to home and run a 10K for points? —*Ed Kelly*

St. Paddy's 10 Mile, Freehold Mar 22
Susan Palermo. 2:13:15
 I ran my first race of the season. Between miles 6 and 9, it got pretty lonely, without a lot of people in sight. Didn't matter—the day was beautiful, and I enjoyed every minute of it.

Florida 12-Mile Training Run, Mar 22
Jupiter to Juno to Palm Beach Gardens
 While in Florida, I had a great run with longtime member Nancy Grabow and her friend Randy Garvey, whom I had met at the Richmond Marathon a year and a half ago. Our run started late by Floridian standards (6:30 am), and now I know why. The temperature really starts heating up by 8:00. We ran mostly on the oceanfront, with its glistening water and balmy breezes. This was a good brush-up for the Ocean Drive 10 Mile race back home in New Jersey a week later.

After the run, we had breakfast in a café overlooking the ocean, and I had the opportunity to present Nancy with her 2008 ERC 10K distance award, which she was thrilled to receive. As we always say, one of the best things about Essex is the friendships we make, and catching up with Nancy was a treat. She's running extremely well and regularly winning age-group awards on the Florida scene. This was one of the highlights of my trip to Florida this year. —*Lynne Mortimer*

Shamrock Marathon, Mar 22
Virginia Beach, Va
Mark Frankel (4:30 pacer). 4:29:26
 This was my third time running the Shamrock Marathon as a pacer. I had signed up as an injury replacement for the 4:00, 4:15, and 4:30 teams (two pacers per team) and was told to run as part of the 4:30 team, which was short one person. I was given my assignment while working alongside Geoff Weber at the pacer booth at the expo the day before the race. Geoff is a former world record holder in the 50K treadmill run and would be the 3:30 pacer the next day.

Race day was very nice: low 40s and almost no wind, unusual for Virginia Beach in March. As I walked from my hotel to the start, a runner from

last year recognized me. He had been part of my 4:30 group then but finished about 2 minutes behind. He thanked me for helping him, as he was injured last year, and said he'd be running with the 3:50 team this year.

About 5 minutes before the race, I found the other 4:30 pacer, Marie. She's an accomplished athlete—a pacer (for Clif Bar) who does about two marathons a month and an ultrarunner who has run Western States and Badwater.

We took a quick survey of our group at the start. There were several first-timers and a Boston aspirant, Carolyn. Marie and I went to great lengths to check on Carolyn throughout the race.

About 20 runners stayed with us most of the race. A few dropped off pace, but I didn't see anyone pull ahead. A lot of this, I think, had to do with Marie's helping create group cohesion. At each mile marker, she had us shout, "Four-thirty rocks!" She also stopped to shout that into the microphones of the deejays and the TV reporter covering the event. Every mile, she had someone dedicate that mile to someone else.

The group was chatty over the first 16 miles. At mile 16 came the first of two gel stations. I stopped, and so did another runner in our group, which made her remark that she wasn't the only one who couldn't eat gels while moving. I offered to pace her to rejoin the group, which had passed us by. After a mile or so, she said she didn't want to catch up, so I let her be and ran ahead.

Another runner who had dropped off pace saw me and asked if she should go on. She had never raced anything longer than a half-marathon before. I told her not to kill herself and just do whatever she felt was okay in order to finish. "Remember, whatever you do, it'll be a PR." She thanked me and began walking around mile 17.

Then I came up on Carolyn, who had fallen 30 seconds behind the group. But that was okay, as the group was 40 seconds ahead of pace. When I caught up to Marie around mile 19, she said she was concerned about Carolyn but wasn't willing to drop back to check on her.

Marie thought I was running too fast. Earlier, she had refused to hand me the pace sign, but now she handed it to me and said, "Here, maybe this will slow you down." At mile 20, Marie was having trouble telling her stories and reclaimed the sign (it made her feel more comfortable).

I dropped back to check on Carolyn. She had fallen a minute off pace and teamed up with another runner. I ran back up to Marie to give a progress report. I told her I was going to return to get Carolyn on pace. By mile 21, however, Carolyn and the other runner were 2 minutes off. I kept talking to keep them interested in catching up. Both tried to speed up around mile 22. At 23, Carolyn complained of foot pain and began walking. The other runner picked it up, so I headed back to Marie to give her one last report.

I ran the next mile close to 7:30 pace, and the spectators loved it as I flew past. Obviously, I didn't want to become too enthused, but that was my most comfortable mile the entire race.

Around 24, I caught up to Marie and told her Carolyn was finished. Naturally, the group had thinned out, but almost a dozen of our runners were just a few seconds back. Marie finished in 4:29:28, Carolyn in 4:37:31. —*Mark Frankel*

Excellent, Mark. You were, uh, right on the Mark with your time! Is this the closest you've come to your assigned pace time? —*Aubrey Blanda*

I may have been a few seconds closer last year, but it had been cold then and I hadn't fully recovered from my Bay State Marathon hypothermia. This year was a lot more fun, the weather beautiful, and recovery much smoother. —*Mark*

Give a Life Foundation 5K, Mar 28
Palm Beach Gardens, Fla
Nancy Grabow (1st AG) 26:00

Wurtsboro Mountain 30K Run, Mar 28
Wurtsboro, NY
Will DeRoberts (2nd AG) 2:12:38
Doug Williams 2:27:35
Chris Jaworski 2:51:33
Susan DeRoberts (13-minute PR!) 3:05:17
This was the 30K *That Felt Like a Marathon!* From the event's Web site ...

1. "Runners will take from 2 to 5 hours to complete course." Check.
2. "Get some practice running longer than you've been doing, then up and down longer hills to be ready for this race." Does a hilly 50K seven days earlier count?
3. "Rest up for 5 days before to supercharge your muscles." How about 2 out of 5?
4. "Pace yourself on race day, especially uphill for the first 3.5 miles." Is there a way to run up that hill fast? I suppose so!
5. "Hold back in the middle stages of the race." After all the uphill, which seemed not to end until after 6 miles? Well, I *wanted* to push it on the downhills then, even if it meant suffering later. I mean, I had a nice pace going through mile 11!
6. "In the later stages, 'hang tough'; be strong-minded. Don't give up. Believe in your abilities." I gave it a shot. It didn't help that a volunteer at the mile 12 station told me that the next 2 miles were going to be hard. I'd rather have found out for myself ... maybe even found out different!
7. "A marathon and a 30K are about parceling out your reserves properly and thinking positively." I think I parceled out my reserves for a 30K, but the organizers slipped another 8 miles into the course, because it felt like a marathon!

When I finished, I don't think I had one step left in me. My hat's off to Susan, who finished the race and then cooled down with a few miles to get to 22 for the day!

This was one well-run event—staged at an elementary school (plenty of bathrooms, plus indoor changing facilities) and with a very nice hat (no shirt) as a give-away, water-and-Gatorade stations every 2 miles up to mile 16 and another at mile 17, gels at mile 10, good traffic control by police in a couple of locations, many nice, little-used roads (on one, I had to make way for a tractor coming the other way), a road that follows a

babbling brook, helpful and friendly volunteers, and postrace food (pizza and hero sandwiches, "some held in reserve for later finishers") that tasted like manna from heaven after this grueling race, which should be renamed *Hurtsboro*.

Doug and Will were using this hilly 30K as a training run for the Boston Marathon, which takes place about three weeks from now. Just look at their times, and tell me they were training! I did this race because I have no common sense left. I bet Susan had a good reason. Sue?

This race also features a three-person relay. I wonder how a trio decides who gets those first 6 very hilly miles!

Instant "PRs" for Doug and me—we hadn't raced this distance before. —*Chris Jaworski*

Great recap, Chris! You forgot one thing, though. The Web site left out the rolling hills at the end. I think it was described as pancake flat.

This is really a great race, challenging but so well organized and with great volunteers. When I skipped a water stop, a volunteer came running after me with water and Gatorade. She didn't want me to get dehydrated.

Also, for the second time during a race, I stopped to help a man catch his runaway dog. That cost me a few minutes and extra distance, as the dog was running the course in the opposite direction, but, hey, I'm a sucker for animals.

I ran this race mainly for the challenge but also as training for a May marathon. The extra mileage at the end was at the suggestion of my running mentor, Andy Kotulski, who thought I should get in a 22-mile run. I did it, Andy!

I also set a PR by taking 13 minutes off last year's time. —*Susan DeRoberts*

Newark Distance Classic Mar 29
5K
John Piccoli (8th OA, 1st AG) 19:43
Christine Piccoli (1st W, 1st AG) 23:11
Victoria Sneden (2nd W, 1st AG) 24:08
Max Sneden 25:03
John Piccoli 26:27
Spencer Schwartz 27:55
Robbin Jordan 32:40
Darlene Sneden (3rd AG) 33:28

20K
Paul Giuliano (2nd AG, 2nd master) 1:15:50
Larry Czaplowski 1:19:24
Dan Murphy (1st AG) 1:22:54
Joshua Carnes (visit from Wash, DC) 1:25:57
Charlie Slaughter (3rd AG) 1:27:18
Jennifer Carbone (3rd AG) 1:29:47
Stephen Sands 1:31:21
Ted Bongiovanni 1:33:18
Jennifer Lanterman 1:41:13
Robert Stack 1:42:41
Tom Kelly (1st AG) 1:45:41
Martta Rose Kelly 1:58:42
Mike Wojcio 2:07:03

Never mind I shook hands with Newark mayor Cory Booker—who's a big guy, bigger than I remember from when I shook his hand the day before Super Tuesday last year—I ran this great

5K race at my usual pace and finished in 27:55. It's a choice race for the runner who prefers a predominantly flat course.

The event was for a good cause, and it was great to do a race affiliated with my college, Rutgers. The best part was meeting up after the race with a college friend I hadn't seen in 20 years. This friend is now press secretary and spokesperson for Mayor Booker. —*Spencer Schwartz*

I just sent in my ERC membership registration and want to add my 1:31:21 to your impressive list of runners' times. Not sure I fully understand the masters' age-graded results but was pleasantly surprised to come in at #30. —*Stephen Sands*

Ocean Drive Marathon Mar 29
(Cape May–Sea Isle City) & 10 Mile

Marathon: *Aubrey Blanda* 4:11:28
10 Mile: *Lynne Mortimer (2nd AG)* 1:26:58
ODM has a reputation for 26.2 miles of vicious headwinds, and this year the likelihood of rain and a thunderstorm was added to the mix. Well, I hadn't planned on doing this marathon as a race, and, in any case, I came equipped with my garbage bag with holes cut out for head and arms.

On Saturday, I stopped in Wildwood to pick up my race packet at the tiny expo there. The long-sleeved tech shirt was of a nice material, but the logo of a seagull with human legs and running shoes may give me nightmares for months. There were some useful freebies in the race bag: ibuprofen, mini Clif Bar, Chapstick.

I agonized over what to wear because it was very cold and windy on Saturday, but the forecast called for highs in the 60s on Sunday. I settled on layers: shorts, short-sleeved tech shirt, throwaway cotton T, light hat with bill (in case of rain), and trusty garbage bag. And my choices turned out to be perfect for once. I ditched the bag at the start, and the cotton T by mile 3 or so.

At the 9:00 start, I met up with Lynne Mortimer and Rick Pingitore, who were running the 10-mile race. The weather, cool and misty without much wind to speak of, was perfect.

This low-key, gun-timed race is on a mostly flat, south-to-north course that winds through resort towns on the Jersey shore. Marathoners run with 10-milers from the start in Cape May to the 10-mile race finish in Wildwood. I got a real boost in Wildwood, where Lynne had waited to high-five me and cheer me on. Thanks, Lynne! Past the 10-mile finish, the number of spectators, never large to begin with, dropped considerably. The spectators were enthusiastic nevertheless.

The predicted rain and thunderstorm never materialized. After I reached the halfway mark, hazy sunshine came out and made for beautiful views over the ocean and the marshes lining the course. The only winds were on a few short cross-streets. There were no headwinds on the northward part of the course, which was most of it.

I had no real goals, except not to get injured. I figured I'd try to run consistently as long as I could, then stay comfortable. As I hadn't put in any formal training, I didn't want to expect anything.

I may have started out too fast, on pace for a 4-hour marathon. I should have eased into it,

warmed up more. I hit the half in 1:58. I felt good running an average 9:01 pace for 16 miles, and made it to 20 with no walk breaks. Having been hit by severe cramps at Dallas, I was now being extremely careful to take an electrolyte capsule every 4 miles, alternating with gels every 4 to 6 miles, and I took advantage of the well-stocked, well-manned aid stations to drink plenty. This strategy worked; at least I had no cramping or dehydration issues. After 20 miles, however, it became clear that the training I had done wouldn't get me near sub-4, and I slowed.

I finished in Sea Isle City in 4:11:28, which I'm quite happy with, after my personal worst of 4:42 at Dallas. I think I'll now put my time goals on hold until I can do the kind of training I did last fall.

This was my first ODM but I think one of my favorite marathons. I can see how a north-to-south wind could make it a drag! —Aubrey Blanda

Former Essex member Rick Pingitore and I decided on a change-up from the Newark Distance Classic this year and took a chance on the sometime weather issues of headwinds and rain that go along with Ocean Drive. And we lucked out. It was a beautiful weekend, and the only headwinds were those blowing over the few bridges and toward the ocean when we came around construction detours.

This race is large (more than 450 runners), and we started with the marathoners, including Aubrey, who had a terrific race. We caught up with her at the start and warmed up inside the Congress Hotel on this brisk and chilly morning. It's always great to see a familiar face!

Although Rick and I felt our times were not our best, chalking it up to "early-in-the-year syndrome," we managed to place in our age groups. Rick ran a 1:02:02, garnering 1st in age and 1st master, and I finished in 1:26:58, 2nd in age.

It was wonderful cheering Aubrey on at her 10-mile mark. She looked terrific, relaxed, full of energy, right on pace. I knew she'd do well.

This race makes for a nice getaway weekend, with hotels offering dinner specials and post-race breakfasts at reasonable rates. I'll do this one again. —Lynne Mortimer

**Building Tomorrows 5K Run, Apr 4
Brookdale Park, Bloomfield/Montclair**

Mike Sneden (1st AG).....	20:59
Ed Kelly.....	21:51
Samir Awad.....	24:40
Jill Sanders.....	26:25
John Harvey.....	26:46
Joe Cozzi.....	27:38
Laura Halstead.....	28:35

The overall winner was a woman, 33 years old, with a time of 17:27. Fifth overall was her twin sister, in 18:45. Truly amazing! —Ed Kelly

**Cherry Blossom 10K Run, Apr 5
Branch Brook Park, Newark**

Dan Murphy (1st AG).....	38:42
Matt Casse (3rd AG, PR).....	39:33
Will DeRoberts (3rd AG).....	39:44
Charlie Slaughter (4th AG).....	40:38
Mark Frankel.....	41:44

Larry Miller.....	42:43
Jeff Burrowes.....	42:51
Ed Kelly.....	45:32
Susan Mello.....	47:43
Helene Scarnegi (PR).....	48:00
Rose Francisco.....	49:33
Tom Kelly.....	50:05
Adrian Dunner.....	51:07
Karen Foley.....	53:24
George Studzinski (2nd AG).....	54:04
Martta Rose Kelly.....	55:22
Robyn Herman.....	58:20
Eileen Percevault.....	59:00
Spencer Schwartz.....	59:04
Casey Carhart.....	1:01:13
Robbin Jordan.....	1:06:23
Susan Palermo.....	1:17:51

It was a beautiful spring morning in Branch Brook Park, and the cherry blossoms were just starting to pop on some trees! There were more than 20 ERC runners in today's field of 578. It was nice to see our newest members—Casey Carhart, Matt Casse, Karen Foley, Rose Francisco—out there on the course. Karen and Rose signed up for our open women team and joined Susan Mello, Helene Scarnegi, and Martta Rose Kelly in placing 7th out of 14 teams. Congrats!

—Chris Jaworski

**Urban Environmental Challenge Apr 5
10K Trail Race, Van Cortlandt Park, Bronx**

Tracy Keller.....	1:04:38
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Thanks to everyone who offered advice about this race. It turned out to be a great morning! As a first-time trail racer, I found the course challenging. You really can't take your eyes off the ground too long without risking a sprained ankle or worse. After the first 3-mile loop, my legs felt like Jell-O, forcing me to slow down a little for the second round to make sure I could keep my footing. Michael Topper was right about single track—at times I felt I could be moving faster, but at certain points it was easier to fall in line and keep up the pace. And I was fine with that for my first trail-racing adventure.

One of my 2009 running goals is to break from my norm and try new things. This race definitely fit that category, and I'll look for more trail races to help keep things interesting.

I got lucky and found a parking spot on the first pass, right around the corner from the start, but I can see how parking can be a problem.

**Indian Trails 15K Run, Middletown Apr 5
Bill Wilde.....**

I first ran this race in 1995 because I wanted to try something different. It sure was different—those hills nearly killed me. My legs were so beat up I vowed never to run Indian Trails again. A glutton for punishment, and forgetting my vow, I foolishly ran it again in 1996. Once again, I then vowed never to run it again, and this held until 2007, by which time my memory of those hills had faded. But those hills, including the dreaded never ending "widow maker" after mile 7, were still there. So I made the same vow. But somehow I found myself drawn to Indian Trails again this year. Yep, the hills hadn't disappeared, and

they felt even steeper and longer this time. I hereby vow never to run Indian Trails again. Dog-gone it, I really mean it this time!

**Cherry Blossom 10-Mile Race, Apr 5
Washington, DC**

Jean Zignorski (PR)..... 1:23:55
Great day, great course (flat, very scenic), and a well organized event! I'd heard about it for years and wanted to try it. Registration opened in early December, and the race sold out in 3 hours. I was fortunate to get in. I'm still excited about my time!

**Essential 2 Life 5K, Apr 11
Liberty State Park, Jersey City**

Mike Sneden (2nd AG).....	21:02.0
Ed Kelly.....	21:43.4
Aileen O'Rourke (2nd master, 1st AG).....	24:09.7
Spencer Schwartz.....	29:03.4

Talk about your rainy races! I've been in a car-wash that wasn't as wet. —Spencer Schwartz

It was not wet when Aileen and I left Cedar Grove, but, by the time we met Mike in Liberty State Park, there was a slight, steady rain. This wasn't a big deal for any of us, including Mike, who was running in his first rain event, but we quickly learned that the best training for today may have been running in a wind tunnel.

The course went out and back on the "board-walk" along the Hudson. We ran the first mile and a half at a fast pace because of the wind at our backs. At the turnaround, wind and pelting rain started hitting us head on, and the second half became runners versus Mother Nature.

Now that I have had time to warm up from the wind and freezing rain, I can say all in all it was kinda fun and different. Oh, and thanks, Aileen, for having the sense to run with cash in your pocket and treating Mike and me to hot coffee while we were waiting for the awards.

Oddly enough, there were more finishers this year (426) than last (344). —Ed Kelly

A hot cup of coffee never tasted better than after this race, but what really made me shiver was the sight of Ed in running shorts and a short-sleeved shirt in 40-degree rain. He did throw on a pair of gloves at the last minute, as if that would make a difference. —Mike Sneden

**Rooney's 5K Run, Jupiter, Fla Apr 11
Nancy Grabow (1st AG).....**

.....	25:09
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MK5K Run, Denville Apr 18

Charlie Slaughter (9th OA, 1st AG).....	19:21
Chris Jaworski.....	22:31
Sharon Morrissey (2nd AG).....	22:48
Susan Mello (3rd AG).....	22:50

Ahh, to run a 5K again! After many trails and long-distance races, a nine-month break since my most recent 5K, and not a little trepidation about trying to run fast after being so used to slow miles, it was great to come in out of the wilderness and be back in a short road race, my first of the spring of 2009. Even better, I got to see three good ERC friends this morning ... and form a race pack with two of them!

I'm happy with my run. No parts came flying off, as they might when a jalopy speeds over a bumpy road; I resisted the urge to stop, despite the second half of the course being more of a challenge than the first; and I finished just half a minute off my best time, set at MK5K a year ago.

Congrats to Charlie, Sharon, and Susan on their age-group awards! —Chris Jaworski

Trail runs with Chris + track workouts with Suzy = good 5K race. —Sharon Morrissey

River Edge 5K **Apr 18**

Ed Kelly..... 21:47

What a difference a week makes. Last Saturday, we had wind, rain, and a chill. Today was a picture-perfect day for a 5K. This year I opted out of MK5K to give this race a try. The course on residential streets has many homeowners out cheering. This was a nice, well-organized race with two water stops. However, no one mentioned the hill climb around mile 2. Ouch, especially in the heat. Not one of my best times, but I'll take it.

City Center 5K, W Palm Beach, Fla **Apr 18**

Nancy Grabow (2nd AG)..... 24:59

An out-of-towner beat me by 35 seconds!

Jersey Shore Relay Marathon (Seaside Heights-Asbury Park) & Asbury Park Half-Marathon **Apr 18**

Relay Marathon
Spirit of Essex (3rd mixed masters)... 3:30:05

Half-Marathon
Mike Sneden (3rd AG, PR)..... 1:35:49
Yair Greenbaum (1st half)..... 1:41:40
Laura Messina..... 2:13:55

A big pat on the back to our relay team, which did super, finishing in 3:30:05. I'm sure my teammates will chime in here, but suffice it to say we had a great day. It's amazing how quick the time passes when you do a marathon as a team.

We started at 9:30 am with yours truly doing the first, 6.1-mile leg. There was a chill in the air before I got started, but around mile 2 the heat began to build. Without any humidity, though, it wasn't oppressive. I had good team support along the way. Coming off an injury, I took my time and kept an even pace.

Helene Scarnegi was next, and she did fab with her 6.6 miles. She was followed by Lynne Mortimer (4.2 miles), Tom Kelly (6.5 miles), and Wayne Carlson, who ran the final 5K into the finish with a time of 17 minutes and change!

Tom, after completing his leg, also ran the final 5K, partly to get in a longer run in preparation for the Jersey Shore Marathon on May 3, but also out of frustration. There had been little volunteer support and only one water stop on his relay leg! Along the boardwalk was a long stretch where it was difficult to find parking and water, and this was during the hottest part of the day. Still, Tom looked good at the finish.

Afterward, we had pasta and salad at the Convention Center but no beer (they had run out, bummer!).

I don't like to complain about this relay, as it benefits Special Olympics, but it would be nice if it and other Jersey shore races used timing chips. Chips would help eliminate many timing glitches, especially important given that shore races are so popular and attract some of the best runners in the state. —Marta Rose Kelly

What a gorgeous day for a run! Barring the fact that it got hot toward midday (temps in the 70s), our team did tremendously well. Tom, Marta, Helene, Wayne, and I knocked off a splendid marathon time that garnered us 3rd place in the mixed masters category. Not too shabby, considering there were hundreds of teams.

The postrace party at Convention Hall was terrific—great band, buffet, and beer, which they promptly ran out of! And once again, there were problems with the timing system. Initially our result was not listed, but Marta got that straightened out, and a wonderful day was had by all. —Lynne Mortimer

Everything was perfect for racing. The weather was gorgeous (temperature about 60 degrees, bright sunshine, mild breeze), the half-marathon course was flat, and there's nothing like in-person encouragement from ERC members, particularly when their appearance is a surprise.

I needed to pull a 1:40 to qualify for the New York City Marathon. My only other half had been Jersey City's Liberty (2008). I thought I should be able to do better than my 1:40:50 there, but I don't put in the training miles needed for longer races.

Well, after being cheered by Phil Coffin six times on the three-loop course, and waving back and forth with Laura Messina as we passed each other again and again, I clocked a very satisfying 1:35:49. So, the good news is I qualified for New York, and the bad news is I need to train for it.

As I had to leave for my daughter's volleyball tournament, I caught only part of the postrace festivities. But, I did grab some pasta, salad, mac 'n' cheese, and beer before taking off. Unfortunately, our relay team hadn't crossed the finish line yet. I'd wanted to hear firsthand about everyone's experience. —Mike Sneden

Indeed, a beautiful day and a nice event. This was my first official half, and I enjoyed it a lot. I started way too fast (first race, remember?) and had a hard time keeping a reasonable pace over the last 2 miles. It was nice seeing club members running and others cheering. —Yair Greenbaum

Miles for Matheny 5K Run, Peapack **Apr 19**

Dan Murphy (6th OA, 1st AG)..... 18:52
Randy Miller (1st AG)..... 20:29
Ed Kelly (2nd AG)..... 21:21
Chris Jaworski..... 22:48

I am still aching ... from all the postrace food I peapacked away. Everywhere you looked was food!* I had to replenish my energy after losing just about all of it during this tough 5K race through hunt country on rural roads in Peapack-Gladstone and Chester Township.

*Chili, veggie burgers, hamburgers, hot dogs, Chipotle tacos, pasta, KFC chicken, subs, Olive

Garden salads, soda, Starbucks coffee, Friendly's ice cream, cookies, apple pie, brownies, and more.

Hills were everywhere you looked, too, and the course had a good selection of them—a seriously steep one within the first mile, a long, gradually climbing one, and then rolling ones made somewhat easier by their being part of an overall downhill second half.

Near the end, Randy wondered if he'd be able to reach the finish line, and after the race I was all wobbles, but Ed managed to do better today than in yesterday's River Edge 5K. Way to go, Ed, and way to go, Ed, Randy, and Dan, for your age-group awards and Dan for his high finish overall. It was good to see George McIntyre running as well.

This event with its hills, small-town-mainstreet finish, kids' fun run, bike rides, wheelchair walks, shuttle buses, postrace celebration, and, yes, food, is challenging and quirky and charming. The awards ceremony and postrace picnic, teeming with runners and volunteers and kids and Matheny patients, took place at the Matheny Medical and Educational Center, high atop a hill overlooking the countryside.

According to the event's Web site, "Miles for Matheny specifically raises funds for Matheny's Center of Medicine and Dentistry, which provides specialized outpatient care to disabled children, adolescents, and adults who live in communities throughout New Jersey. Staffed by an elite team of specially trained physicians, dentists, therapists, and nurses, the outpatient center is unique in that it provides medical, dental, and therapy services all under one roof."

It was good running and relaxing with everyone today. —Chris Jaworski

Boston Marathon **Apr 20**

Paul Giuliano (PR)..... 2:58:34
Jennifer Carbone (PR)..... 3:15:52
Robyn Ritter..... 3:16:01
Will DeRoberts..... 3:17:47
Tom Eaton..... 3:23:31
Karen Merz..... 3:26:25
Desmond Duncker..... 3:31:55
Doug Williams..... 3:32:46
Bill Stewart..... 3:34:40
Mick Close..... 3:35:32
Glenn Trimboli..... 3:37:07
Jeff Burrowes..... 3:41:36
Jennifer Lanterman..... 3:49:05
Chip Bearden..... 3:55:59

RACE RESULTS & RECAPS

We hope you'll submit yours to *Keeping Track* each month! ERC usually includes finish times in a Yahoo e-mail (later printed in "Finish Lines" here). If your don't see your time, e-mail it to essexrunningclub@yahoo.com or to jaworski@verizon.net. Want to say something about a race? Send a recap!

Between what happened at Marine Corps Marathon in the fall and my ridiculous, made-for-TV-movie health issues of the past eight months, I wondered whether running Boston was wise. Of course, never being one to know when to say when, and since qualifying is a big deal, I decided to run—though not without a strategy to try to prevent as many problems as possible.

At MCM, I had felt great until mile 14, when that whole dehydration/electrolyte imbalance became a buzz kill. This time I procured electrolyte tablets from Aubrey Blanda. You can take these, even when your stomach goes to hell and you can't drink Gatorade, to keep yourself together.

I stretched and massaged my knees. Most important, I prayed to God that I would not have an asthma-related problem, as my medication had been changed less than two weeks earlier.

Ray and I drove to Boston with our awesome pooch, Bacchus, on Saturday. We hit the expo for my number and a pair of Race Ready shorts. I got a cool Asics pair with pretty magenta pouches. I saw a T-shirt with *Boston Marathon* on front and *Hell and Back* on back—yes, fairly dramatic, but it resonated. (I'd run here in some horrendous conditions, as in 2007; I know how grueling marathons can be; I was concerned about this race; and maybe it was just foreshadowing.)

Sunday I relaxed and ate carbs out the wazoo.

I met up with Desmond on Monday morning and headed for the buses at Boston Common. The lines were insane. We waited and waited and then ended up on the last bus to Hopkinton. I get wound up before marathons, but being on the last bus freaked me out. At Hopkinton, I got nervous that there would not be enough time to use the facilities, drop my bag at the bus, and get to the start, but Desmond reassured me. In a bit, I joined Des, Glenn, and Doug in corral 10.

Early on, I was running well and feeling great. From half a mile out, the Wellesley girls sounded like construction equipment, but, closer, I could make out their screaming and cheering. These girls give free kisses to runners. So, I kissed a Wellesley girl! Around this time, I saw Jenn Carbone, who ran an awesome race!

At mile 14, my left knee went. My iliotibial band hurt bad. Then it stiffened, as did the right knee. I stopped every so often to stretch so I could keep bending my knees to run. Around 17.5 miles, I developed intermittent chest pain. That scared me, as my doctor had said my new asthma meds increase the chance of a cardiopulmonary event (read: heart attack) and asthma-related death.

At mile 20, I got sick. By mile 21, it was a yakkfest. [Details deleted to save space and your lunch.—Ed.] The last 5.2 miles were some of my hardest ever—knee pain and stiffness, tight hip flexors, chest pain, nausea. I staggered across the finish line, then straight to the medical tent to get the lungs and ticker checked. Incidentally, this was my first time in a race medical tent. It looked like a combat hospital! The doctor said the pins and needles in my feet, hands, mouth, nose, and eyelids (weird!) resulted from hyperventilation, which also caused numbness and constriction in muscles—like the pain in my chest. I was really relieved it wasn't a cardiac problem!

I have mixed feelings about my 3:49 finish. It's respectable. I usually shoot for 3:20 to 3:30, but that wasn't realistic given my recent issues. I don't feel bad. I qualified, ran, finished despite feeling wretched. The experience, however, confirmed what I'd been thinking for months: I need a break from marathons. I've been training for and

running them for several years, even while injured and sick. I can't remember what it feels like to run a short race. I've run only two 5Ks the past two and a half years, and I can't remember my last 10K. So, for now, I'm taking my pretty Boston medal and giving my body the break I should have given it a long time ago. —*Jen Lanterman*



ANNUAL AWARDS FOR 2008

Athletic Achievement Awards

USATF	Larry Czaplewski.....	Grand Prix (3rd OA, 1st AG)
	Mark Frankel.....	Mini 2 (1st AG)
	Ed Kelly.....	Mini 1 (2nd), Mini 2 (2nd AG), Total Points (21,692)
	Martta Rose Kelly.....	Mini 1 (2nd AG), Mini 2 (3rd AG)
	Tom Kelly.....	Mini 1 (2nd AG), Mini 2 (2nd AG)
	Lynne Mortimer.....	Grand Prix (2nd AG)
	Beverly Salerno.....	Mini 1 (3rd AG), Mini 2 (3rd AG), Masters Track & Field, Throws (1st AG)
	Charlie Slaughter.....	Mini 1 (1st AG), Mini 2 (1st AG)
	Mike Sneden.....	Mini 2 (3rd AG)
	George Studzinski.....	Grand Prix (1st AG)

Distance	Interclub Challenge.....	Aubrey Blanda & Larry Czaplewski
	<5K.....	Lynne Mortimer & Wayne Carlson
	5K/4M.....	Karen Merz & Larry Czaplewski
	8K/5M.....	Sharon Morrissey & Larry Czaplewski
	10K.....	Nancy Grabow & Larry Czaplewski
	15K/10M.....	Susan Mello & Larry Czaplewski
	20K/Half-Marathon.....	Robyn Ritter & Larry Czaplewski
	18M.....	Karen Merz & Tom Kelly
	Marathon.....	Karen Merz & Judy Weiss-Brown (tie) & Bill Stewart

ERC	Runners of the Year.....	Karen Merz & Will DeRoberts
	Rookies of the Year.....	Robyn Ritter & Paul Giuliano
	Most Improved Runners.....	Helene Scarnegi & Joshua Carnes
	Most Consistent Runners.....	Susan DeRoberts & Ed Kelly
	Comeback Runners.....	Andi Robik & George McIntyre
	Youth Runner.....	Marissa Peters
	Track & Field Athletes.....	Beverly Salerno & Randy Miller
	Multisport Athletes.....	Andi Robik & Rich Unis
	Off-Road (Trail) Runners.....	Aileen O'Rourke & Robert Stack
	Ultra Runner.....	Chris Jaworski

Spirit Awards

Cheerleader Awards.....	Laura Messina, Randy Miller, Susan Palermo
Spirit of ERC Awards.....	Catherine Alessi, Mark Frankel, Faye Harvey, John Harvey, Martta Rose Kelly, Susan Palermo, Beverly Salerno, Mike Sneden
Purple Heart Award.....	Valerie Kenny
Sally Sammon Award for <i>courage in the face of hardship</i>	Laura Messina
Marco Polo Award.....	Andrew Kotulski

Service Awards

Rachael Ray Award for <i>fantastic food</i>	Sharon Morrissey
Newsletter/Journalism Awards for <i>Keeping Track</i>	Phil Coffin & Jennifer Lanterman
Larry Hollander Award for <i>club service</i>	Chris Jaworski
Rick Derella Award for <i>community service</i>	Susan Palermo
Supporting Business Awards.....	Barbara Parzatka, Joel Pasternack, Church Street Kitchen, Fleet Feet Sports, Grove Pharmacy, PIP Printing

Vince Carnevale Lifetime Achievement Award	Mike Wojcio
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RACES: MAY–JULY 2009

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

5/2	Sat	Various	Muddy Marathon (Craigmeur Recreation Complex, Rockaway)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55 M
5/2	Sat	9:15a	Revlon Run/Walk for Women (Times Square to Central Park)	5K	212-379-3199	
5/2	Sat	10:00a	Lyndhurst Merchants 5K Run	5K	201-935-4455	NBGP: 500 pts
5/3	Sun	7:30a	New Jersey 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	9:00a	Bergen County Police Hot Pursuit 5K (Saddle Brook)	5K	201-646-2700	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 Mountain, NY)	Various*		*Registration open for 50M & 50K, closed for half & 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
5/9	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 & 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 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	AHA Wall Street Run (Lower Manhattan)	5K	212-860-4455	
5/20	Wed	6:30p	Wyeth 5K (Madison)	5K	973-376-6094	NBGP: 500 pts
5/21	Thu	7:00p	Legal Runaround (Somerville)	5K	908-245-3000	NBGP: 500 pts
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	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	8:00a	Brooklyn Half-Marathon (Prospect Park to Coney Island)	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 4M (Central Park)	4M	212-860-4455	
5/31	Sun	9:30a	Run for Rachel (Livingston)	5K	973-765-9050	NBGP: 700 pts
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	Montclair Run	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)	4M, 5M, 7M	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	
6/11	Thu	7:00p	Flag Day 5K (Basking Ridge)	5K	908-647-5717	NBGP: 500 pts
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	NYRR Dash & Splash (formerly Park to Park, 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 (Pequanook)	5K	973-835-9253	NBGP: 500 pts
6/14	Sun	8:30a	Woodcliff Lake Run for Education	10K, 5K	201-391-4799	NBGP: 10K & 5K (both 500 pts)
6/14	Sun	9:00a	Portugal Day Run (Ironbound, Newark)	5K	973-589-7878	NBGP: 500 pts
6/15	Mon	8:00p	President's Cup Night Race (Millburn)	5K	973-376-6094	NBGP: 700 pts
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
6/25	Thu	7:30p	Sunset Classic (Bloomfield)	5M	732-381-0318	NBGP: 500 pts
6/27	Sat	8:00a	Montville 5K	5K	973-331-3305	NBGP: 500 pts
6/27	Sat	8:30a	Race for Freedom (Somerville)	5K	908-797-0790	NBGP: 500 pts
6/27	Sat	9:00a	Front Runners NY Lesbian & Gay Pride Run (Central Park)	5M	212-860-4455	
6/28	Sun	8:30a	Achilles Hope & Possibility Run (Central Park)	5M	212-860-4455	
6/28	Sun	9:00a	Pine Beach 5K	5K	732-349-6425	NBGP: 700 pts
6/28	Sun	5:30p	Fitzgerald's 1928 Lager Run (Glen Ridge)	5K	973-809-9311	NBGP: 500 pts
6/29	Mon	7:30p	Battle of the Business 5K (Florham Park)	5K	908-665-8038	NBGP: 500 pts
6/30	Tue	7:00p	Morris County Summer Series (Boonton)	5K	973-263-5529	
7/1	Wed	7:00p	Woodbridge Run for Pizza	4M	732-549-9440	NBGP: 500 pts
7/4	Sat	9:00a	Run Thru Maplewood	5K	973-763-6265	
7/4	Sat	9:30a	Firecracker Four-Mile Run (Cranford)	4M	908-709-8012	
7/9	Thu	7:15p	Lawyers for Kids 5K (Morris Township)	5K	732-381-0318	NBGP: 500 pts
7/11	Sat	8:30a	Belmar 5-Mile Run	5M	732-542-6090	
7/12	Sun	7:00a	NYC Marathon Long Training Run #1 (Central Park)	20M	212-860-4455	
7/12	Sun	9:30a	Amber Pizzo Memorial Run (Berkeley Heights)	5K	908-322-3322	NBGP: 500 pts
7/12	Sun	6:45p	Sprintin' Clinton	5K	908-238-0970	NBGP: 500 pts
7/13	Mon	6:45p	Summer Screecher 5K (Morris Township)	5K	908-295-8580	
7/14	Tue	7:00p	Party With Purpose 5K (Hoboken)	5K	201-936-2152	

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)