

One Way to Spend the Summer

Chris Jaworski

Don't meet runners on Church Street
To set a spell, talk and laugh, tell tales.
Don't run a race in some fair place
Like Montclair or Roselle.

Don't make for the lake in Kinnelon
To run, to swim as well, perhaps.
Don't sip wine, with friends pass time,
Eat treats, or nibble Brie or Edam.

Don't run through grass in county Morris,
Kick up dirt in Warinanco.
Don't join a group on a three-mile loop and accept
A host's good graces Thursday.

Don't race west to east, across the state,
To the sea, to dip feet hot and hurting.
Don't wipe tickling foam from upper lip at
Fitzgerald's or Shillelagh.

Don't head with a team of red-and-white
To Central Park, to leave a mark of color.
Don't run lazy or crazy in the heat and haze or
Even in the comfort of the dark.

Don't celebrate the Fourth with a race
In a small town, from another era.
Don't chase cousins Clifton, Madison, and Randolph
In a Brookdale challenge, around and around.

Don't spend a sweltering day's tail end
Seeking the shade, the cool earth, of a trail.
Don't run with a friend in the a.m. (or p.m.)
Chatting, or silent, then drinking lemonade.

And don't read William Blake. "How sweet I roamed from
field to field, and tasted all the summer's pride."

MARK YOUR CALENDAR

- **Jun 4.** Come to the first hosted group run of the summer! *Page 2.*
- **Jun 7.** Montclair Run 10K & 2M (club race). *Page 4.*
- **Jun 15.** President's Cup 5K (USATF open men championship race), Millburn. *Page 4.*

ERC'S NEXT GENERAL MEETING

7:30 pm, Tuesday, June 2

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

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

Board Meetings

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

- **Jun 18.** Smoke Rise Challenge 4M (hosted by Dr. George & Christa Studzinski), Kinnelon. *Pages 2, 4.*
- **Jun 19.** Wine & Cheese Party (hosted by Shannon Packard & Michael Calamito), Rochelle Park. Invitations were mailed mid-May. *Page 2.*
- **Jun 25.** Sunset Classic 5M (club race directed by ERC member Paul Giuliano), Bloomfield. Special guest: Bill Rodgers. *Page 4.*
- **Jun 28 (am).** Pine Beach 5K (USATF masters champ race). *Page 4.*
- **Jun 28 (pm).** Fitzgerald's 1928 Lager Run 5K (club race directed by ERC member Dan Murphy), Glen Ridge. *Page 4.*
- **Jul 4.** Firecracker Four-Mile Run (club race), Cranford. *Page 12.*
- **Jul 19.** Interclub Challenge, Brookdale Park, Bloomfield/Montclair. Run & fun with Clifton Roadrunners, Rose City Runners, Original Geezers. *Page 2.*
- **Aug 1.** River to Sea Relay (club race), Milford to Manasquan.
- **Aug 6.** Project Children 5K (club race), South Mountain Reservation; postrace party at Shillelagh Club, West Orange.
- **Aug 8.** NYRR Team Championships (club race), Central Park.
- **Aug 29.** Smoke Rise Biathlon (swim 0.3 mile, then run 4 miles), Kinnelon.
- **Sep 7.** Verona Labor Day Classic 5K (club race).

New/Returning Members

Dawn Cascio, *West Orange*
Michele Kaplan, *Livingston*



**2009
ESSEX RUNNING CLUB**

Officers

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

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Hall of Fame

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 Larry Hollander. 2002
 George Studzinski. 2002
 Lenore Piccoli. 2004
 Andrew Kotulski. 2008

Postal Address

Essex Running Club
 P.O. Box 183, Verona, NJ 07044

Online

Web site: www.essexrunning.com

Yahoo e-mail group:

Join group at
 groups.yahoo.com/group
 /essexrunningclub
 Then you can send e-mail to
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Clothing Directors
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 Anne Chesny, 201-869-1708

ERC SUMMER EVENTS 2009

ERC schedules many special events for the summer. Among them are Thursday-evening hosted group runs featuring a 3- to 6-mile out-and-back from a host's home plus light food afterward. **Unless noted otherwise, members meet at 7:30 pm for these runs. RSVPs are much appreciated. Volunteer hosts are needed for a few dates.** If interested, write to Chris at jaworski@verizon.net.

6/4	Desmond Duncker & Leticia Allen (73 Hawthorne Ave, Glen Ridge, 973-743-2349) <i>From Verona:</i> Bloomfield Ave E to Glen Ridge, R on Ridgewood Ave (light), pass Washington St (light), make 2nd L (Maolis Ave) and 1st R (Hawthorne), pass Adams Place on L, #73 (two tall trees in front) on L, about halfway to next street (Carteret).
6/11	Aileen O'Rourke (10 Beverly Rd, Cedar Grove, 973-857-2426) & Lynne Mortimer <i>From Bloomfield Ave:</i> 0.9 mile N on Route 23 (Pompton Ave), L on Harper Terrace, 2nd L (Forest Rd), 2nd R (Beverly Rd), #10 two houses down on R.
6/18	SMOKE RISE CHALLENGE 4M Dr. George & Christa Studzinski (973-283-8664), Adrian Dunner, Kevin Burke <i>Meet at beach parking lot at 7:15 pm for 7:30 start. Postrace refreshments and lake swim (weather permitting), then back to house (14 Undercliff Rd, Kinnelon) for deck party.</i> Route 23 N to Kinnelon Rd (8 miles N from Routes 46 & 80 or 3 miles N from Route 287), take jug handle immediately after <i>Coldwell Banker</i> sign on R, cross over highway,* follow Kinnelon Rd for 2 miles, pass Kinnelon High School on L, make R at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise community), 0.5 mile to visitors entrance, ask for directions to beach parking lot. George will be at parking lot to meet you. *If when on Rt 23 N you pass Burger King, you've gone too far. Take next jug handle on R (0.25 mile), get on Rt 23 S, and exit on Kinnelon Rd.
6/19 (Fri)	WINE & CHEESE PARTY Invitations were mailed week of May 17; please RSVP by Jun 12 Shannon Packard & Michael Calamito (23 Brooks Ave, Rochelle Park, 201-843-8727) Please no children or pets. <i>Directions:</i> Garden State Parkway N to exit 160, R on W Passaic St, 0.9 mile (4 lights), R on Rochelle Ave (light), 0.4 mile, R on Terrace Ave (light), first L (Brooks Ave), #23 on R at end. Park on Brooks Ave or Terrace Ave.
6/25	SUNSET CLASSIC 5-MILE ROAD RACE —with postrace party at Foley Field
7/2	Catherine Alessi (5 Notch Park Rd, Little Falls, 973-256-0603) & Mick Close <i>From Bloomfield Ave:</i> 23 N, R on Ridge Rd, pass Bradford Ave, after reservoir first R (Notch Park), #5 third house on R. <i>From 46:</i> Great Notch exit, Great Notch/Little Falls ramp, L at light, pass fire house, stay R on Ridge Rd, through light (Francisco Ave), first L (Notch Park), #5 third house on R.
7/9	Joy Mishkin (973-650-1077) & Genie Temmler (973-809-6753) at home of Joy's friend, Ganesh Gopal (21 Glenfield Ave, Bloomfield) <i>From Bloomfield Ave:</i> N on Ridgewood Ave (toward Montclair), 2 miles, R on Watchung Ave (light), 1st L (Glenfield Ave), #21 is 6th house on R. <i>From Garden State Parkway:</i> Exit 151 (Watchung Ave) toward Montclair, pass Broad St (light), pass Brookdale Park entrance (on R), 4th R (Glenfield Ave), #21 is 6th house on R.
7/16	Volunteer host needed
7/19 (Sun)	INTERCLUB CHALLENGE Brookdale Park, Bloomfield/Montclair, 9:00 am start, arrive at 8:15 to register (no fee) & warm up. ERC needs all its members to attend so we can vanquish Clifton and other clubs (Original Geezers of Randolph, Rose City Runners of Madison) in this, uh, friendly competition. Everyone please bring food and fluid for postrace picnic. Course is 3 laps on park roads (3.3 miles total). Runners start every 30 seconds based on age/sex, so everyone has a shot to win. Runners' finishing positions are added up for scoring.
7/23	Susan Palermo (27 Westwood Dr N, West Orange, 973-325-5127) & Wayne Carlson <i>From Bloomfield:</i> Bloomfield Ave W to Verona Park traffic light, L on Lakeside Ave (becomes Pleasant Valley Way), pass Eagle Rock Ave, pass West Orange High School, pass Route 280, R on Mount Pleasant Ave/Route 10 W (next major intersection, Starlite Pizza on R corner), R at 2nd cross-street (Carolina Ave), 1st L (Westwood Dr S), up hill, #27 around bend at top of hill, on L.
7/30	Volunteer host needed
8/6	PROJECT CHILDREN 5K —with postrace party at Shillelagh Club
8/13	Volunteer host needed
8/20	Rose Francisco
8/27	Volunteer host needed
8/29	SMOKE RISE BIATHLON —swim 0.3 mile, then run 4 miles!

YEAR-ROUND GROUP RUNS

Tue	7:00 pm	(▲) West Essex Trail Run, Verona (except meeting nights)
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F=) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(▲) West Essex Trail Run, Verona. Tue 7:00 pm (except meeting nights), Sat & Sun 9:00 am. Meet near tennis courts in Verona High School lot at corner of Fairview Avenue and Sampson Drive (Sampson is one-way, so approach from Grove Ave). The unpaved trail's round trip from Verona to Little Falls is approximately 6 miles. The trail is blazed, and mile markers are posted on trees.

(F=) Fleet Feet Sports, Montclair (FF Long Run). Sun 7:00 am. Meet at Fleet Feet (603 Bloomfield Ave) for runs on 1 or more of 3 loops (each 6–8 miles) at paces ranging from 7:30 to 9:00 per mile.

(+) Grove Pharmacy, Montclair (Grove Street Long Run). Sun 7:00 am. Meet at Grove Pharmacy (123 Grove St) for runs of 4 to 20+ miles. We will try to find a pace and a distance for you.

Questions: Will anyone else show up for a run? Need to confirm a start time? Looking to buddy up for a certain distance or pace? Visit our Internet (Yahoo) bulletin board to get answers about attendance, times, conditions, routes, alternative plans, distances, paces, and other items.

Internet (Yahoo) Bulletin Board: Join at groups.yahoo.com/group/essexrunningclub and then post messages there or by sending e-mail to essexrunningclub@yahoogroups.com.



In the June Issue Of
KEEPING TRACK ...

20 Years Ago (1989)

Essex has two Brookdale Park interclub challenges (one against Clifton Road-runners, the other against South Hudson); these meets are later combined, and other clubs (Rose City Runners, Original Geezers) invited ... Catch the Sun, a women-only 5-miler, is planned for July in Westfield ... Bill Mishler runs 3:27:30 in Long Beach Marathon May 7; 1:05:20 in Midland Run 15K May 13; 42:20 in Ridgewood Run 10K May 21; 32:18 in Clifton-Passaic Run 5M May 28; 41:11 in Montclair Run 10K Jun 4 ... Vince Carnevale: "As a 72-year-old, I see red when entry blanks stop at 60 and over, completely forgetting the 70-year-old category. We do exist, and we do occupy space. We do not like being pushed aside like deadwood" ... Bill Wilde recaps being 1 of 100,000 runners in 7.5-mile Bay to Breakers run/costume party in San Francisco, and Karen Mishler recaps another fun California race, Long Beach Marathon.

15 Years Ago (1994)

At ERC's club meeting, Dudley Healy speaks on "travels and runs of an older runner" (Dudley passed away at age 95 on May 11, 2009) ... Asbury Park 10K moves to Red Bank and becomes George Sheehan Classic.

10 Years Ago (1999)

EnduraFIT owner Steve Loder invites fellow ERC members to speed workout sessions at Montclair State University track, Wednesday evenings from May through Labor Day ... in his Cross-Training Corner column, Paul Maloney provides details on bike trails in Cranford and Allaire State Park ... club meetings at Tierney's in Montclair.

5 Years Ago (2004)

President Anne Chesny writes about officiating at track and cross-country meets ... Judy Weiss-Brown negative-splits second hottest Boston Marathon in history (83 degrees at start) and is first ERC finisher ... Gary Peters sees Chris Jaworski at Our House 5-Miler and lends him \$20 to join USATF-NJ and complete ERC's men 40s team ... Marissa Peters runs first 5K, Mother's Day 5K in Berkeley Heights (father Gary finishes 2nd overall) ... Mark Frankel reviews the book *The Perfect Mile*.

ESSEX RUNNING CLUB 2009		JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!	
Date			
<i>INDIVIDUAL</i>			
Name			DOB
Street			
City, State, Zip			
Primary Phone		2nd Phone	
Contact E-Mail			
<i>FAMILY</i>			
Spouse Name			DOB
Primary Phone			
Contact E-Mail			
KEEPING TRACK (NEWSLETTER) DELIVERY (Check ALL that apply; for e-mail options, you must provide an e-mail address below)			
<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.			



USATF–NJ

Mick Close

Ed Kelly has been doing a great job putting together teams for this year's championship races. The first half of the year closes out with the three 5K championship races. Try to include these races in your schedule and support ERC's teams. We welcome runners of all abilities, and often a few extra runners can make a big difference.

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 Ed Kelly (ejk823@msn.com) or Mick Close (mickclose@aol.com, 973–477–0016) for information about USATF and running on ERC teams.



AT THE RACES

Mick Close

Run for Rachel 5K **Sun, May 31**

Its mostly flat, out-and-back course from Livingston's Memorial Oval (9:30 am) produces some of the year's fastest 5K times, and a strong women's field is expected for

this USATF–NJ women's open 5K championship race. Pre-register for a \$3 USATF discount, a superloaded goody bag, and a T-shirt. Stay after the race for the random prize drawings, which usually feature some valuable prizes. Info: 973–765–9050 x400, oymp.net, active.com.

Montclair Run **Sun, Jun 7**

The popular 10K (9:30 am) draws many ERC members, and the 2-miler (8:30) is great for kids who are aspiring runners. The mostly flat courses are on tree-lined streets, with the 10K going through Edgemont and Anderson parks. Montclair YMCA organizes the day's events, including many kids' activities. Register at Fleet Feet (603 Bloomfield Ave, Montclair) through Sat, Jun 6; pick race packets up Fri, Jun 5, or Sat, Jun 6. Info: 973–744–3400, active.com.

President's Cup, Millburn **Mon, Jun 15**

This premier 5K is on a fast double-loop through downtown. The start, finish, and postrace party (food, music, Samuel Adams beer) are at Charlie Brown's Restaurant. The late (8:00 pm) start adds to the excitement, as the race unfolds with nighttime approaching and many spectators cheering runners on. We'll have teams in this USATF–NJ open men's 5K championship. Info: 973–376–6094, sneakerfactory.com.

Smoke Rise Challenge, Kinnelon **Thu, Jun 18**

This Thursday-evening event is a friendly race against the Smoke Rise Road Runners in their beautiful community. The quiet, tree-lined, 4-mile course winds around a lake and has challenging hills in miles 2 and 3. It's well worth the drive, and we're always warmly welcomed by our Smoke

Rise friends! RSVP and arrive by 7:15 pm for 7:30 start. See page 3 for directions.

Sunset Classic, Bloomfield **Thu, Jun 25**

This popular 5-mile race through Bloomfield and Glen Ridge (7:30 pm) is directed by ERC's Paul Giuliano. Preregister to receive Sunset's traditional collared shirt or a tech shirt. The race's exciting track finish and postrace party (hot dogs, ice cream, drinks, deejay, random prize drawings) take place at Foley Field. Special appearance this year by Bill Rodgers, who'll run the race and sign copies of his book, *The Complete Idiot's Guide to Running*. Prerace signup at Fleet Feet (603 Bloomfield Ave, Montclair). Info: 732–381–0318, oymp.net, active.com, raceforum.com/sunset.

Pine Beach 5K **Sun, Jun 28**

We hope to send ERC teams to this USATF–NJ masters 5K championship, one of many great summer shore races! Pine Beach is Parkway exit 80. Carpool? For the 9:00 am start, leave by 6:30. The fast, scenic course goes along the Toms River and through Pine Beach. Preregister to get a shirt, a mug, and a goody bag. Free postrace barbeque by Outback Steakhouse, plus random prize drawings, one for a custom bike. Info: 732–349–6425, pinebeach5k.com.

Fitzgerald's 1928 Lager Run, Glen Ridge **Sun, Jun 28**

This 5:00 pm event is at Fitzgerald's 1928 Tavern. Director and ERC member Dan Murphy promises another great flat, fast 5K on Glen Ridge's beautiful tree-lined, gaslit streets. Zorrel tech tops to first 500 runners. Postrace block party: beer, soda, water, food, more! Preregister at Fleet Feet (603 Bloomfield Ave, Montclair) up to 6:00 the night before. Info: 973–809–9311, dan@dtmurphy.com, active.com.

Other June Races

The Summer Solstice 5-Mile Trail Run in Kittatinny Valley State Park (Fri, Jun 12, 6:30 pm) is a good choice for both novice and experienced trail runners. Fresh fruit and pizza!

Two local 5K races take place Sat, Jun 13, at 9:30 am: Valerie Fund 5K, Verona Park (supports health care services for children with cancer and blood disorders) and Bradley Richards 5K, Anderson Park, Montclair (proceeds to college scholarship for a Montclair High student-athlete).

The George Sheehan Classic (Jun 13, 8:30 am) is a flat, fast 5-miler that starts in the late Dr. Sheehan's hometown of Red Bank. Everyone gets a finisher's medal, and the top 100 men and women a commemorative mug.

Father's Day (Sun, Jun 21) options: American Cancer Society Run for Dad, a flat, fast, scenic 5K mostly on paved paths through woods and along a lake (Mercer County Park, West Windsor, 9:00 am), and Father's Day Fight Against Prostate Cancer, a Central Park 5-miler (8:30 am).

Battle of the Business 5K in Florham Park (Mon, Jun 22, 7:30 pm), good for both individuals and corporate teams, features Saucony tech shirts and Rita's Italian Ice.

The Firecracker 5K in Montville (Sat, Jun 27, 8:00 am) was originally conceived by ERC member Randy Miller.

FINISH LINES

Mt. Penn Mudfest 15K Trail Run, Apr 11
Reading, Pa
Robert Stack..... 1:30:24
Mark Schnurman..... 1:34:15

BAA 5K, Boston, Mass Apr 19
Tina Bearden..... 23:29
Susan DeRoberts..... 26:11
Josie Bearden..... 26:32
 I needed a 13-mile training run, so I did 10 miles and then ran the inaugural Boston Athletic Association (BAA) 5K. Guest speakers at the race were Lorraine Moller, Joan Benoit Samuelson, and Kathrine Switzer. Two minutes before the start, I noticed Kathrine Switzer lined up next to me! The race was a lot of fun but crowded. The course took us around Boston Commons and Boston Gardens, and we finished at the Boston Marathon finish line on Boylston Street. Nice medals went to all runners. —*Susan DeRoberts*

This was a nice 5K for anyone who'd be spectating at the Boston Marathon the next day and for a few diehard runners warming up for the big race. Both my daughters ran it and were thrilled to get a Boston shirt, a medal, the final half-mile down Boylston Street in front of the grandstands, and photos crossing the marathon finish line. Although large (limited to 4000, but I'm not sure how many ran it), this was no manufactured-for-the-masses-and-media event. The male winner's time was sub-14:30, and Joan Benoit Samuelson was 4th woman, by 5 seconds, with a 17:42. —*Chip Bearden*

Run as One (4M), Central Park Apr 19
Joshua Cames..... 25:18
John Young..... 27:43
Laura Halstead..... 36:26
Robbin Jordan..... 40:53

Woods & Lakes Run (5K), Apr 25
Mountain Lakes
Will DeRoberts (3rd OA, 1st AG)... 21:31.25
George McIntyre (6th OA, 1st AG) . . 24:35.94
Joe Cozzi (2nd AG)..... 28:02.06
George Studzinski (1st AG)..... 28:22.67
 The group that puts this race together is noted for its quirkiness. Every year, something new. This year, the T-shirt had a drawing of the backside of the race's mascot, a frog. —*Randy Miller*

Clinton Country Run (1M, 15K) Apr 25
 1M
Madeline Morrissey (age 13)..... 8:31
Charlotte Talis (age 13)..... 8:31
 15K
Dan Murphy (1st AG)..... 59:51
Charlie Slaughter (3rd AG)..... 1:02:54
Brian Foster (3rd AG)..... 1:06:18
Mike Sneden..... 1:06:20
Ed Kelly (PR by 3 minutes!)..... 1:11:55
Susan Mello (3rd AG)..... 1:15:29
Tom Kelly (3rd AG)..... 1:16:57

Laura Gelman (3rd AG)..... 1:17:15
Bill Wilde..... 1:18:12
Sharon Morrissey..... 1:19:42
Rose Fracisco..... 1:20:17
Lynne Mortimer (3rd AG)..... 1:24:19
Martta Rose Kelly..... 1:27:50
John Harvey..... 1:32:56

ERC 15K Teams
Women Open..... 4/7
Women 40–49..... 4/7
Men Open..... 5/6
Men 40–49..... 5/8

Congrats to all our age-group placers and to our teams, women (two 4th-place finishes) and men (two 5th places). Also, welcome to Brian Foster, who made his race debut for Essex. He had a fine finishing time, won 3rd in his age group, and helped our men's open team. —*Chris Jaworski*

I thank all the ERC runners who helped fill out our teams, but especially Brian (with wife and newborn in attendance) and Laura. They signed on as USATF members earlier in the week. Their times were terrific! I can't wait to see what they can do at the next championship race!

ERC had numerous medal winners. USATF age-group awards were also given out, after the regular awards (most people didn't know about these extra awards and left).

It was hot for a 15K, so some runners' times suffered, but I managed a 3-minute PR. The first part of this race, miles 2 to 5, is on a trail shaded by trees. It was not until you left the trail and hit the pavement that the sun started soaking in. Also, starting at mile 5 are numerous hill climbs, which did not help, but we all did well there. The course had plenty of water and Gatorade.

One negative about this \$40 championship race is that there were no mile clocks, and some of the times called out by volunteers at the mile markers were off by up to 3 minutes.

If you spot this year's Clinton 15K T-shirt, look at the picture on the front—it's a picture of one of the runners, Sharon Morrissey's niece! —*Ed Kelly*

With the day's unseasonably hot, humid weather, and no acclimation time, everyone needed to slow down at this race. This was my slowest 15K, 10 minutes slower than my PR in the distance and 6 minutes slower than my time in the inaugural race on this course a few years ago. I was happy to stay on my feet and surprised to receive an age-group award. —*Lynne Mortimer*

Country Music Marathon, Apr 25
Nashville, Tenn
Joshua Cames..... 3:57:22
 This was my hilliest and hottest marathon. At the finish, it was 87 degrees (plus humidity), the highest temp in the race's 10-year history. That my 3:57 placed me in the top 15% of the field shows how tough this race in the heat was. I was incredibly happy to break 4 hours. The 11-hour drive to

Nashville, the 4-hour race, and the 11-hour drive back to Washington, DC, made for an exhausting weekend. Still, I give this race a thumbs-up. It was lots of fun (even though I'm not a fan of country music) and well organized.

Rau-Fitzgerald 5K, Hasbrouck Hgts Apr 26
Spencer Schwartz..... 29:52
 My worst 5K! Hot and hilly, but a nice race for elites who wanted a medal for the heck of it. The course was scenic, and I give the race organizers a thumbs-up for doing the best they could with what seemed a small budget.

Lincoln Tunnel Challenge (5K) Apr 26
Will DeRoberts (1st AG)..... 19:07
Ed Kelly..... 21:19
Ron Wolfson..... 21:57
Samir Awad..... 22:49
Karen Foley..... 25:36
Susan DeRoberts..... 25:47
Tracy Keller..... 28:27
Beverly Salerno..... 36:17
Susan Palermo..... 47:50

The only challenge in this year's race was getting to it ahead of the traffic. Going through the tunnel in two waves were 2565 runners. The first wave had a projected finish time of 25 minutes or less; the second wave, which was to start half an hour later, had a projected finish time of more than 25 minutes. The tunnel was clean and well ventilated with fans blowing—much better to run here than outside in the heat! —*Ed Kelly*

Ed, thanks for getting all the scores. I wish I did a little better. I was going great until the last half-mile, which was uphill all the way. Good race. —*Karen Foley*

This was a very nice race. The tunnel was clean, and the air inside (vs. outside) almost felt air-conditioned. However, there was a problem with splitting the race into two waves. Runners in the second wave had to wait for the first wave to finish. Unfortunately, there were many slow runners in the first wave, and the last one took 40 minutes to finish. I guess some people didn't hear or understand the instructions. The other problem, I think, was the clock for the second wave. I felt great and ran well but ended with a 5K time that was my worst by more than 2 minutes, which seems almost impossible. Since this was a "fun race," and I had fun doing it, I'm not complaining. I recommend this race! —*Beverly Salerno*

My husband and I started in the second wave. Other than for the delayed start, the event was well organized, especially given the record number of attendees. I had trouble keeping a consistent pace because there were so many kids, strollers, walkers, and even dogs. I didn't notice any air-quality issues, just a steeper than expected incline to the finish (the course turned out to be a good workout). It's not every day you can run a unique course like this. —*Tracy Keller*

I ran with coworker and friend Megan. This was her first 5K. Although she had shin issues at the beginning, we ran or walked the race and even mustered up the energy to run out of the tunnel to the finish line (seeing and hearing Bev at the finish gave us the extra push we needed). I let Megan set the tone/pace of the race; I was there for support. On the drive home, Bev and I discussed other races Megan could do, but I think Bev sees another track-and-field competitor!

—Susan Palermo

Susan G. Komen Race for the Cure Apr 26 (5K), Branch Brook Park, Newark

Race for the Cure is not only a fantastic fundraising effort to battle breast cancer but also a celebration of survivors and their families. More than 12,000 runners and walkers participated, and hopefully thousands of dollars were raised.

This race is an example of what runners, walkers, volunteers, and nonathletic folk can do when they set their minds to something. There were first-timers and experienced runners, but for the most part it was a day in the park for a good cause. Away from marathon and half-marathon training, there were pink ribbons and stories about survivors and surviving. Attached to shirts were, besides bib numbers, pink cards listing the names of friends and family who had and hadn't beaten this terrible disease. There were corporate teams that had raised lots of money, plus kids with mothers' names on their shirts.

The experience was both uplifting and heart-breaking. I hope next year this race can become a club event for Essex.

—Charlie Lorber

Run for Children (5M), Elizabeth Apr 26

Mark Frankel (6th OA, 2nd AG) 34:41

I woke up early to watch a live Webcast of the London Marathon, hoping that the great performances there would somehow motivate me to overlook the ridiculously hot and humid conditions awaiting me in Elizabeth.

I ran the first mile slower than I would have liked, and every mile thereafter got a little slower. I clearly wasn't ready for the heat yet. It was like a preview of River to Sea.

With this race taking place a week after the Boston Marathon, the day after the Clinton Country Run, and a week before Our House and the New Jersey Marathon, I lucked out and wound up 6th overall in a field of 71.

I hope next year this race finds a similar spot on the calendar ... and has better weather!

Leatherman's Loop 10K Trail Run, Apr 26 Cross River, NY

Robert Stack 59:29
 Rich Unis 1:00:29
 Chris Jaworski 1:03:36
 Debbie McNally 1:03:56
 Aileen O'Rourke 1:05:42

Wayne Carlson also ran, but his time isn't in the results. He passed me with less than 2 miles to go, and I think he finished soon after Rich.

It was supposed to be 70 degrees at the 9:00 start of this race, but it was sunny and hot (78) when the horn went off at 9:20. I felt sapped right

away and ended up 6 minutes slower than last year, when the temps were in the mid to upper 40s (Rich was off by about 6 minutes too, but Robert by only 2.5; Debbie and Aileen were new to the Loop this year). I think all our times continued the pattern of a slowdown among ERC racers on this weekend of instant heat.

I like this race the best when conditions are cool/cold, overcast, and wet. Today's conditions just knocked the mud outta me.

A nice touch this year: race bibs with runner's first names on them (e.g., *DEBORAH*).

A favorite memory: after the race, taking our shoes and socks off, sprawling out on the dry, cushiony grass, sticking our muddy legs skyward!

We were eyeing the nice age-group awards (homemade pies, doughnuts), but our times didn't make the cut. Drats! We settled for respectable finishing positions.

—Chris Jaworski

I *hate* hot weather running—which explains why I disappear to the higher altitude and shade of Pennsylvania most of the summer. That said, this race was probably the only one I'd have shown up for in such oppressive temps.

But what a lot of fun!

We met up at Grove Pharmacy at 6:45, and Chris informed us we would arrive at 8:00 at the park where the race was to be held. We pulled into the parking lot (a field, really) at 7:59.

Aileen and I had wanted to run a trail race together since meeting up at the Morris Mauler in October. As we stood in the bathroom line, we got the Loop lowdown from a tough-looking chick in pale pink shorts. I couldn't stop thinking, *There are supposed to be all kinds of mud today. Why wear pink?* And she had her shoes taped to her feet—probably not a good sign.

The gang took a before photo so we could compare our clean and soon-to-be-muddy selves.

The race went off, and Aileen and I stayed together for a while. However, we really had to keep our eyes on the trail (roots, rocks, hills, runners, etc.) and were soon separated. Actually, for a long while I thought I was following her, but then I realized it was someone else wearing the same kind of shorts. Duh!

Here's my highly technical analysis of the course: grassy field, mud, first water crossing (wide but shallow), more mud, hills, more mud, more hills, water stop, lots and lots of mud, the 45-degree-angle sandhill (hard to climb), more mud, beautiful pine grove, more mud, switch-back trail, second and final water crossing (narrower and deeper), grassy field, finish line!

My favorite parts: the bagpiper at the sandhill summit; the harmonica player at the bottom of another hill; the cooling water crossings; the beautiful scenery; the shade along the way; the scale model of the race course, complete with hills, mud, and plastic deer; the companionship.

Thanks to Chris for recommending the Loop more than a year ago (I'm so glad I finally did it); Aileen for adding estrogen to the trip; Robert for driving; Wayne for pushing me (literally) at the top of that horrible hill; and Rich for making me laugh the whole day. This race goes on my calendar for next year.

—Debbie McNally

If you like mud, the Leatherman's Loop is for you. And I am beginning to think I really do like mud! I loved this race. Something very different from road races. As I ran along the trails, all I thought about was how great it felt to be running on such a beautiful, hot day. I love hot weather, but running in it can be tricky. I drank a lot of water and Gatorade before the race, but on the course there were times I wished I had a bottle of cold water.

Approaching the first mud patch, I thought, *Run through it*, and that's what I did. Guess what? It felt good on my feet. Quite a cooling sensation. The guys behind me were happy I didn't tiptoe in, as that would've slowed them down. The trails were challenging but manageable. The scenery was beautiful. At one point, I thought I was in the movie *E.T.* I was hoping someone would pick me up, put me in a bicycle basket, and fly me away.

The water crossings weren't as bad as I had expected. The water was not deep, but the rocks and mud were slippery. One woman kept losing her balance, so I helped her out of the water. Go figure that! I really can't swim without holding my nose, so for me to help someone is amazing.

This race was a lot of fun. I especially liked having my Essex running buddies with me.

—Mud Momma Aileen O'Rourke

Lyndhurst Merchants 5K May 2

Mike Sneden (2nd AG) 20:26
 Ed Kelly 21:07

This inaugural 5K had many volunteers; bagels, juice, and water before the race and more food after; a section of road closed near the starting line (good for warmups and deejay); and a nice course with two tolerable hills, a long straightaway (Ridge Road), and a generally downhill finish.

But it also had its first-year glitches, the kind usually worked out before the next running. For example, there seemed to be only two bathrooms (good thing there were only 170 runners).

And there was the waiting. We got to the line at 9:55 and waited ... 10:00 ... 10:05 ... 10:10. "Just a few more minutes to set the mile markers." Okay, the gun went off, the splits were correct, and the scoring worked fine. Later, we waited for awards ... and waited ... and finally they began around 11:45, almost an hour after the race.

Snafu: Nice preprinted medals were in 10-year increments, but race results were in 5-year increments. The race director got overwhelmed trying to make the adjustments while the crowd was breathing down his neck. Meanwhile, town workers thought the event was over and began taking the sound system apart. Good grief. Ed and I hung around because the crowd had thinned out and about 25 gift certificates were to be given out by local merchants. Okay, the awards finished around 12:15, and then it was announced that the gift certificates would be given out later. Later? Ed and I left in disgust.

—Mike Sneden

Mike, I ended up talking with some Clifton Road-runners and then doing an about-face for the gift certificates. After drawing 15 nonwinning numbers, the award presenters realized that most runners had already left. So, they had the remaining runners take their bib numbers off and toss

them into a box. Then the first bib number was drawn and announced. Everyone looked around. Could the winner have just left? No. People forgot what their bib numbers were! Very funny scene!

Some remembered their numbers and won prizes (I got a \$10 New Balance gift certificate.

There's more. With all the numbers drawn, there were still prizes left, so the numbers went back into the box for round 2! This time, I won a \$50 Visa gift card. I took my prize and got going while the getting was good because I was now on very borrowed time (it was 1:00 pm).

I would've won 2nd in age if not for the change to 10-year groups. Does anyone know Anthony Cioce, Jr.? He's the 42-year-old Essex Fells guy who won my age group with a time of 16:22! We could use him on an ERC team! —Ed Kelly

Cinco de Mayo 5K, Lafayette **May 2**
Will DeRoberts (4th OA, 1st AG) 19:41
Susan DeRoberts (3rd AG) 27:24
I am always leery of inaugural races, but part of the course for this 5K was on the Paulinskill Valley Trail, which is where I ride my horse, and I thought it'd be fun to race there.

The start was 18 minutes late because Route 94 South had to be shut down between Routes 15 and 206. Although I wasn't happy about the delay, running on roads without traffic was great!

Miles 1 and 2 had plenty of hills, the first starting immediately on exiting town. Mile 3 was trail (flat, no roots or rocks, some mud after the rain).

There was the usual postrace spread (e.g., bagels, fruit), plus about 25 very nice prizes given away in a random drawing. The volunteers were friendly and the race director very interested in improving the race for next year (he approached runners and asked for their suggestions).

My time wasn't the greatest, but I had run 9 miles before the race. —Susan DeRoberts

Turtle Trot 5K Run, Jupiter, Fla **May 2**
Nancy Grabow (2nd AG) 25:04

Muddy Marathon, Rockaway **May 2**
Mark Schnurman (tied 2nd OA) 7:11:06
Chris Jaworski (DNF at half) 3:42:01
At 8:00 am, 24 runners started out on this challenging trail marathon.

Sixteen, including me, did not finish.

My right knee had been aching earlier in the week, so I took two days off before this Saturday race. The downtime helped, but running the full marathon—four times around a 6.55-mile loop—seemed like a long shot. I started out expecting to complete only one, maybe two loops. Yes, I could have changed my entry status at the last minute, switched to the separate half-marathon race starting at 10:30, but I wanted to set out with the marathoners in the hope that I'd find myself doing well and wanting to go the full distance. The only risk was the dreaded DNF label.

The good news: The knee held up and felt fine. The bad news: On the second loop, my upper left quad became very strained, and lifting the leg increasingly difficult. I couldn't risk the third loop, let alone the fourth. I doubt my body would've allowed me to go much farther anyway.

So, I called it a day after 13.4 miles (my GPS) and 3 hours 42 minutes.

At the Craigmear Recreation Complex, where the race was staged, things had started out well enough. It had been cool and overcast, the high humidity was supposed to drop, and this was just another trail ("by trail-race standards . . . medium terrain," according to the promo material).

We bounded down a long grassy hill and then U-turned up a long hill of dirt and rocks before turning onto single-track trail. I hadn't expected to get wet so early, but then there we were, following a chalk (or flour?) arrow off the single-track and into a streambed. Markers led us not directly across the stream but straight up it for several yards. Ahead, on dry land, a photographer stood waiting for us to make a splash. Make no mistake, this course was expressly designed to get runners wet and muddy! We then "bushwhacked" through a section marked with pink surveyor's ribbon. A bit later, we reached the 1.8-mile aid station, which doubled as the 5-mile aid station. Moving on, we began tracing a cliff with a big dropoff, and I slowed to a walk whenever I felt a trip could mean *good-byyyyyyyyy*.

Soon after the course turned to safer ground, we experienced a different challenge—trying to determine where to run next. I think it was here where I banded together with Zsuzsanna Carlson, fellow Essex Running Club member Mark Schnurman, and adventure racer Jan Wright. Eventually we arrived at the aid station again. Just one problem: We had run only 3 miles, not the 5 we should've. Instead of going back and trying to figure out where we had gone wrong, we picked a downhill trail and ran a 2-mile out-and-back on it so that we'd return to the aid station having covered 5 miles. Our actual distance came out to 5.25. The volunteer at the aid station—son of race director Rick McNulty—told us we were in places 6 through 9.

So, only 1.35 miles back to the start/finish now. We headed in a new direction and then, following another arrow, turned off the blazed trail once again. Below us was a lush green valley. We threaded our way down the steep hillside—bushwhacking, rock hopping, and trying not to fall even while keeping our eyes peeled for pink ribbons. Finally, we leveled off . . . into increasingly wet and muddy terrain. First we crossed little streams, and then . . . *thlump, thuk, squish* . . . we waded through several patches of funky-smelling knee-deep swamp mud that rivaled some of the best on the Leatherman's Loop course, which I'd run just the week before. After our mud treatment, we were home-free except for a run up a long, grassy ski slope and then on paved and gravel paths for a short distance.

Our time after the first loop: 1 hour 40 minutes. Not bad, considering there was a 2-hour cutoff. But there was a catch. Each loop had a 2-hour cutoff. That meant we four runners had to finish the second loop not by 4 hours but by 3 hours 40 minutes. Would we slow down from fatigue? Speeded up from being familiar with the course and its turns? Slow down or speed up covering the part of the course we had missed the first time around?

At the beginning of the second loop, we were joined by two more runners, Colleen McClay and Pete Johnson. Our six-pack stuck together past the 1.8-mile aid station and then some. Colleen was leading, I was behind her, Mark was behind me, and then the others. We were making good work of spotting blazes, pink ribbons, and arrows, and I was nimbly tripping over branches (without falling!) to alert Mark so he could avoid them (for the sake of those who followed, he deftly cleared these branches from the trail). We even managed not to go astray on this loop. For some reason, this time the markers were apparent, and the direction of the trail obvious—straight up the gap in an almost vertical rock face. Whoa!

Single-file, we climbed—grabbing rocks, finding footholds—and tried not to slip back down on the dirt in between the rocks. (I hadn't known I should've been doing pull-ups for training!) This climb, and another, on a steep, slippery, dirt- and leaf-covered hillside, took a lot out of me. By now I was bringing up the rear. The group waited for me after these climbs, but, once we were on runnable terrain again, they picked up the pace, and I started lagging behind. I thought I might catch up with Pete, but he too soon disappeared.

At the mile 5 aid station, Pete pulled in right after me (he had missed a turn) and then took off with another runner, Mason Parker. My left quad was now aching. I kept moseying along. I saw an arrow leading off to the side but hesitated following it, as I saw absolutely no one in the valley below, and the steep hillside path down didn't look like the one I remembered from the first loop. I backtracked a bit, thinking maybe the group had missed this turnoff, but, no, this seemed the only path. Down, down I went—unsure if I'd have to turn around and go back up, up. But then the markings resumed, and soon the pink ribbons! The ribbons told me I was good. And soon I was bushwhacking, rock hopping, crossing streams, and plowing through mud again—oh, stinky, glorious mud! The rest of this loop was in the bag.

The second loop took me 2 hours 2 minutes—enough to disqualify me, except that race director Rick was waiving cutoff times because of the trouble runners were having with navigation. But with my quad a liability, I told him I was done.

My first and second loops covered a lot of the same ground, but the second loop, with its steep hillside and rock-face climbs, was much more difficult. Those climbs, plus fatigue and a strained quad, could easily account for my taking 22 minutes longer to do the second trip around.

With my running done, and the sun now emerging, it was time for me to relax, eat a couple of Texas Smoke Barbecue beef sandwiches, and drink Cricket Hill Brewery beer from my Muddy Marathon commemorative pint glass. I then took a hot shower to wash the mud off. Well fed and clean, I sat down at a picnic table, chatted with some folks, and watched runners coming in. Some were doing the marathon, others the half, still others the quarter (started at noon) or the four-person marathon relay. Some were ending their runs early, others were finishing up for the day, still others were checking in and heading out for another loop.

The marathon winner, Stefan Albinsson, finished in a blazing 5:22:11, almost 50 minutes ahead of tied-for-second Colleen and Mark (7:11:06). The next pair across the line, almost 10 minutes later, was Zsuzsanna (7:20:40) and Jan (7:20:43), followed in 2 minutes by Mason (7:22:53). Rounding out the top 8 (and only) finishers were Dave Monzella (7:38:03) and 64-year-old R. L. Macon (7:43:00). Pete had ended his run after three loops (6:11:36), and I had done the same after two (3:42:01).

I thought my first DNF would sting, but it felt liberating. And I was in good company—67% of the starting marathoners didn't finish this race. In addition, for the first 9 to 10 miles I was right there keeping up with most of the runners who did finish the marathon (when I ended my race, I was only 11 minutes behind Colleen and Mark). So, I did all right. Still, I can't leave that DNF sitting there, so next year I'll be back!

In the half-marathon, 10 (45%) of 22 starters finished, and, in the quarter, the finish rate was 93% (25/27). Two teams started and completed the relay race. The quarter-marathoners included former ERC member Beth Cunningham, who had run her first trail race just a week earlier. She finished her Muddy smiling and eagerly asking about other events. I give her lots of credit for taking on what Rick had described as "not a race for beginning trail runners." I also think it speaks highly of this event that it both inspired a newbie and satisfied experienced trail runners.

I learned two things out there. On a long, difficult-to-follow course with some very technical terrain, I like being part of a group of runners, for the camaraderie, inspiration, navigational assistance, humor, and safety. I also learned that, once a group breaks up—this was a race, after all—I can depend on myself to figure things out and take it to the finish (next year, the real finish).

Difficult-to-follow course? Yep. In two other long races, I spent a good deal of time seeking the trail on a "well-marked" course, so now I'm skeptical of claims of a course "so well marked that a second grader could follow it" (Muddy Marathon). Such a description usually means adults will make a wrong turn within the first 100 yards and won't ever find their way home again! Rick is aware of the problem and wrote that he will "mark the course much better [next year] to try to eliminate all the extra miles that occurred." He also indicated he'll "have more supplies at the aid station in the woods for later runners to have sufficient aid." He sounds serious about putting on a great event and listening to feedback, so I have no doubt these items will be nonissues at the second running of the Muddy Marathon.

Very technical terrain? Yep. I don't think the advertised "medium terrain" captures a trail that requires bushwhacking, rock hopping, and nearly vertical, hand-over-hand climbing. That's difficult terrain, some of it Escarpment-like. My 16:34 pace in the Muddy was almost as slow as my 20:09 in the Escarpment Trail Run in the Catskills two years ago. They're both tough races! So, maybe a tweak in the Muddy promo material is in order. One last note on the terrain: Before the Muddy Marathon, I'd never run a trail race

that had bushwhacking as one of its main components. This kind of trekking through the woods was different but, heck yeah, fun.

One promo phrase that need not be changed is "delightfully scenic." There was so much to see, so much variety, so much beauty. A couple times, I had to remind myself that a race was going on.

Each participant received, in addition to the pint glass, a nice Saucony tech shirt and a copy of *Trail Runner* magazine.

Rick and wife Jennifer were well organized and accommodating, and they kept the events of the day humming right along. The race's venue seemed ideal. It had indoor toilets and hot showers, a covered pavilion, picnic tables, a playground for kids, and plenty of parking spots. Heed sports drink and Hammer gels were a welcome sight at the start/finish table, as were the good postrace food and kegs of beer. —Chris Jaworski

Nutley Chamber of Commerce 5K May 3
Spencer Schwartz..... 28:18

Our House 5-Mile Run, Summit May 3

<i>Dan Murphy (2nd AG)</i>	31:23
<i>Charlie Slaughter (3rd AG)</i>	32:19
<i>Ed Kelly</i>	35:44
<i>Aileen O'Rourke</i>	39:39
<i>Karen Foley (2nd AG)</i>	41:45
<i>Adrian Dunner</i>	42:10
<i>George Studzinski (1st AG)</i>	43:57
<i>Lisa Kelly (first 5-mile race!)</i>	53:20

ERC Teams

<i>Men 40–49</i>	7/9
<i>Women 40–49</i>	8/11

First, big thanks to Adrian Dunner, who signed on as a USATF–NJ member immediately before the race so ERC could complete its men's 40s team. Also, big thanks to Lisa, my wife, who had grown tired of hearing me complain about not having enough runners for ERC teams and decided to run her first 5-mile race to help out the ERC women's 40s team as its third runner. This was her first race of any distance over 5K, it was farther than any training run she had ever done, and she did it in the rain. I think I owe her.

As usual, this race was well organized and well attended. The course has hills, and running them in the rain (vs. the usual heat and humidity) was somewhat pleasant. —Ed Kelly

New Jersey Marathon & Long Branch Half-Marathon May 3

Marathon

<i>Stephen Sundown (PR)</i>	3:14:22
<i>Bill Stewart (2nd AG)</i>	3:32:05
<i>Paul Kartanowicz (1st marathon!)</i>	3:32:31
<i>Yair Greenbaum (1st marathon!)</i>	3:33:36
<i>Desmond Duncker</i>	3:38:26
<i>Richard Zanni</i>	3:40:58
<i>Tom Kelly (qualified for Boston!)</i>	4:13:10
<i>Aubrey Blanda</i>	4:28:27
<i>Mike Wojcio</i>	4:36:56
<i>Mike Skara (4:45 pace group leader)</i> ..	4:45:41
<i>Kristen Laird (1st marathon!)</i>	4:52:18
<i>Genie Temmler</i>	5:45:32

Half-Marathon

<i>Glenn Trimboli</i>	1:32:56
<i>Ron Wolfson</i>	1:38:59
<i>Ted Bongiovanni</i>	1:40:13
<i>Mick Close</i>	1:41:05
<i>Helene Scarnegi</i>	1:47:36
<i>Joe Cozzi</i>	2:09:10
<i>Martta Rose Kelly</i>	2:11:46
<i>Valerie Kenny</i>	2:29:57
<i>Robbin Jordan (1st half-marathon!)</i>	2:33:01
<i>Beverly Salerno</i>	2:35:51
<i>Catherine Alessi</i>	2:54:00
<i>Susan Palermo (1st half-marathon!)</i> ...	3:06:33
<i>Leticia Allen (1st half-marathon!)</i>	3:07:00

It was great to see so many familiar faces in Long Branch. Congrats to everyone who finished the marathon or half-marathon, especially our first-timers! And special thanks to ERC cheerleaders, including Randy and Nina Miller, Laura Messina and Phil Coffin, Robyn Ritter, Ginny Kientz, and Larry Hollander.

This event has really grown. I heard there were more than 8500 runners in the marathon, half-marathon, and relay. Unfortunately, increased participation seems to have caused some organizational problems. The worst? Having runners park at Monmouth Race Track and take shuttle buses to Long Branch. Huge traffic jams resulted, which presumably led to the 20-minute delay in starting the races. Another problem was lack of package pickup on race day, which meant that people not in the area had to make an extra trip to Long Branch on Saturday, or stay overnight. Last, results weren't posted until the next day.

The races themselves were much better. The course is flat, and the start and finish on the boardwalk are nice. The half is a single loop, and the full a double-loop, with both races starting at 7:30 am. Fluid stations came about every mile. Some had gels and other items. The course was spectator-friendly and had crowd support most of the way. Bands usually line the route, but this year many were absent because of the weather. The races started with cool temps, light rain, and no wind, but the rain picked up and may have been too much for some marathoners.

One interesting statistic from these races is that women outnumbered men 3615 to 2785. In the marathon, there were 1712 finishers (1019 men, 693 women), and, in the half, there were 4688 finishers (1766 men, 2922 women).

There's much to like about NJM. I just hope its problems can be resolved. —Mick Close

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!

A big shout-out to all the first-timers, and to Tom, my husband, who qualified for Boston for the second time! Proud of you, Honey!

It was also a first for me—the first time I ran under an alias. My original plan was to do the half with Catherine, Susan, and Beverly—to keep them company and offer them support while Tom was running the marathon. However, Cat wasn't sure she wanted to do the entire half, so she gave me her number and chip. I felt strange, but, since I wasn't racing, I figured what the heck.

I intended to run with the 5:30 or 6:00 marathon pace group, but that was not to be. First, those groups' leaders did not stay on pace, and everyone split up and ended up doing their own thing. So ... I started with the 6:00 group and then caught up to 5:30, then 4:45 (hi, Mike Skara!), and, finally, at mile 12, 4:30, which is my pace group. And then because I felt so "rested," I kicked in the final mile, which felt really good!

I cheated at Galloway, too. I took a 1-minute walk break at mile 3, another at mile 7. That's all.

I liked the course and the volunteer support but not the parking and traffic snafus and registration woes (no packet pickup on race day). I stayed overnight with the gals at a hotel so I could pick Tom's packet up for him. We had a blast, though. It was like a slumber party! And Mick, I'm glad I took your advice and wore only one shirt instead of two! —*Martta Rose Kelly*

Everyone who finished NJM or LBH got a pin, the kind you can put on a hat or a jacket. I like that idea! I hope more races give out pins. They are inexpensive compared with shirts, and who needs more shirts? I'd love to wear an ERC hat or jacket full of race pins. You could easily brag, "This one is for this race, that one for that race, etc. Like wearing all your race shirts at once.) —*Beverly Salerno*

I thought the course was okay, but the logistics from the finish to when I left were nightmarish. However, seeing other ERC members before the start and on the course made it very worthwhile! —*Aubrey Blanda*

George and Christa Studzinski cheered along the course as well. Merci! —*Genie Temmler*

I thank everyone who offered advice about the weather. All your tips proved helpful! The rain wasn't bad ... I enjoyed it! I had a wonderful race and may have done even better had I not wasted so much time waiting to use portajohns along the way. I stopped at each fluid station because I was afraid of hitting the wall. Perhaps some advice to manage my bladder and stay hydrated will be helpful for next time! —*Kristen Laird*

This was my first half, and, despite the weather and my initial newbie concerns, I'm happy to report that I crossed the finish line with a smile. —*Robbin Jordan*

I can probably write pages and pages about this year's New Jersey Marathon, my first marathon, but I'll try to be concise.

The seeds for this race had been planted in 1997, when, as a high school junior, I watched the New York City Marathon on TV. On runs with my cross-country team back then, we discussed one day doing a marathon. Just the notion of finishing had seemed superhuman, and we agreed that, if any of us would ever be crazy enough to try a marathon, it would probably take us all day, but, eventually, through much stop and go, we'd cross the finish line around the time the sun was setting. We had all agreed that we'd never take off our finisher medals unless we got pictures of them tattooed on our chests.

The dumb things we say as teenagers.

High school ended, and with it my running career ... or so I thought.

Fast-forward to the first weekend of May 2007. After many unsuccessful attempts to start running again, I entered my first road race, the Nutley 5K, on very little training. I almost didn't get out of bed that morning, in which case I wouldn't be writing this recap and instead would probably be sitting on the couch and drinking more beer. I surprised myself by not doing too bad in that event, and soon after I found myself joining the Essex Running Club and running race after race. A year later, on the first weekend of May 2008, I entered the Nutley 5K again, but this time I won my age division and came in 7th overall.

Now, with the first weekend of May 2009 just wrapped up, I am very proud to say I completed my first marathon! I didn't get a Boston qualifier (which was my goal), but, as the days pass, I realize the world's oldest annual marathon isn't going anywhere, and neither am I. There will be plenty of chances to qualify for and run Boston. I think the allure of that race pushed me to train harder than I ever had before, and that is something I do not regret. In a way, I am glad I didn't qualify, as now I'll want to work even harder.

But what did I get? I got a medal (which I've since taken off, and there are no plans for a tattoo). I got the pride of completing something I had once thought nearly impossible (and I might have walked 15 seconds max). But most important, I got back something that had been missing from my life for many years. Something I once had but had taken for granted. Something that had faded away long before I realized it was gone. I became an athlete again, and I feel great about that. This time I'm in it for the long haul.

One day after the marathon, my Mom called to say that watching my race had inspired her—that she had gotten on the treadmill and starting walking and jogging. And a friend who cheered for me is starting to run again and plans to enter her first 5K this summer. I guess this running stuff is contagious! —*Paul Kartanowicz*

Five Boro Bike Tour (42M), NYC May 3

This untimed event on a car-free course through the five boroughs starts at Battery Park in Manhattan and finishes at Fort Wadsworth on Staten Island after a trip across the Verrazano-Narrows Bridge. The brochure promises 42 miles of adventure, but Will and I got 42 miles of rain. The tour was crowded (30,000 people), but riding our bikes through NYC was fun. —*Susan DeRoberts*

Husband Ray and I also rode in the 5 Boro Bike Tour. Ray really wanted to ride. He loves cycling. I am a functional cyclist, and I ride to prepare for triathlons, but I've never focused only on cycling. I decided to give it a whirl, though, as Ray had run Marine Corps Marathon with me last fall.

I crashed only once—before arriving at the event. We drove to Hoboken and planned to take the PATH into Manhattan. As we neared the station, a crazed cab came dangerously close (6:00 am Sunday!), and I swerved to avoid being hit, but my front wheel got caught in the old trolley tracks, and down I went. I banged my right knee and elbow and jammed my neck and left trap pretty good. However, I was kind of happy about it, because now I didn't have to worry about having my first crash in a long while on a wet road surrounded by thousands of cyclists! I proudly wore my battle wounds.

The event was neat, but the number of riders too large for the space allowed—just one or two traffic lanes along most of the course. Problems arose when slower or inexperienced riders got in front. Passing them was difficult and in some cases too hazardous to attempt.

It was a rough ride in the rain, but we're happy for the experience. Ray swears he'll never do this ride again, though, as he termed it a "logistical nightmare," particularly in terms of the ferries.

I now look a bit like Frankenstein's monster, with my neck pretty stiff from the tumble!

—*Jennifer Lanterman*

New Providence 5K May 9

Phil Coffin (3rd AG) 21:39
Mike Wojcio (1st AG) 24:00
I ran this race six days after the New Jersey Marathon (4:36:56). I couldn't believe all the kids here! A resident runner, 37-year-old Kathleen Castles, won in 17:45 (5:43/mile). First time I saw a female win a 5K race! I talked to her and congratulated her for a great performance. —*Mike Wojcio*

This was my first race in nine months. Is the glass half-full? (This was much faster than I had imagined I could run.) Or is it half-empty? (It was almost 2 minutes slower than I had been running before my knee injury.) Hmm, for once I opt for half-full. Sure was fun wearing a number again. —*Phil Coffin*

Race for the Arts 5K, Lake Worth, Fla May 9

Nancy Grabow (1st AG) 25:42

Bark for the Cure 5K, Jersey City May 9

Bacchus & Jennifer Lanterman 34:43
This Liberty State Park race, organized to support canine cancer research, was small but well organized. I was happy the rain had stopped, because Bacchus hates the rain. When it rains, he sometimes freezes like a scarecrow, and then I have to carry him. He is only 28 pounds but gets heavy fast when hanging on your shoulders!

We checked in, stretched, and warmed up. My idea was for us to use the Galloway method. Bacchus, however, had other plans. The gun went off, and he started running. I kept trying to rein in his pace by shortening his leash, but it was no

use. He wanted to run. So, off we went. He ran and ran. Predictably, after 1.5 miles, he slowed down, and after that our breaks came more frequently. I stopped every half-mile to give him water from a bottle. Bacchus also decided to pee on every garbage can, bench leg, and lamppost along the way, plus make two potty stops.

His splits were 9:19, 11:37, and 13:47, for a finish of 34:43. I am proud of his performance!

Many cancer-related events start with or acknowledge cancer survivors. This race started with a canine cancer survivor and his owner. It was noted that cancer is the primary disease-related cause of death in dogs. Hearing that, I thought of my previous dogs, Ivan the German shepherd and Pooch the beagle. Both had died from cancer in their rear legs.

It was nice to see so many happy and healthy dogs outside playing on a Saturday morning with their running-inclined humans!

Newport 10,000 (10K), Jersey City May 9

Will DeRoberts (6th master, 1st AG) . . . 39:31
Charlie Slaughter (3rd AG) 40:05
Mark Frankel 42:21
Mike Sneden 42:47
Ed Kelly 44:15
Desmond Duncker 44:18
Aileen O'Rourke 48:21
George Studzinski (1st AG) 53:39
John Harvey 54:33
Lynne Mortimer (2nd AG) 53:26
Susan DeRoberts 55:58
Robbin Jordan 1:07:57
 Our men's open team placed 7/10, but Desmond was not listed as a member. This will be corrected, I hope, and ERC should move up into 5th.

The race went off well, and all in all it was a pretty good day—too humid for some runners but perfect for most. Gatorade stations would have been nice. Postrace giveaways included Mets tickets. I won a \$50 gift certificate to Dorians restaurant in Jersey City. —*Ed Kelly*

With the cloud cover, it seemed we wouldn't feel the 87% humidity, but many people did. Another bad race for me time-wise, but that's what happens when I run on injuries and in such weather.

The camaraderie in traveling back and forth with Ed, George, and Lisa was great, and ERC chalked up several awards at this championship race, which drew many elites with its prize purse. —*Lynne Mortimer*

**North Face Endurance Challenge, May 9
 Bear Mountain, NY**

Half-Marathon: *Steve Fleisig 2:35:44*
 50K: *Chris Jaworski 7:27:21*
 Race report to come.

Mother's Day 5K, Berkeley Heights May 10

Susan Palermo 37:44
 It was great seeing Laura Messina at the registration table and then cheering. This was my first race since the Long Branch Half. I felt good, and the race felt short. It's hard to explain. I guess this happens when you run a long race and then a shorter one soon thereafter—a first for me!

Morris Mauler 5K (trail/xc), May 10

Lewis Morris Park, Morris Twp
Wayne Carlson (1st AG) 26:29
Aileen O'Rourke (1st AG & F master) . . . 28:45

R Baby Mother's Day 4M, Central Pk May 10

Robbin Jordan 41:17

Maywood 5K May 16

Mike Sneden (2nd AG) 20:23
Ed Kelly 20:48
Helene Scarnegi (1st AG) 23:19
Bill Wilde 23:42
Lynne Mortimer (2nd AG) 25:24
 The best perk of this race: It cost only \$10 pre-registration or \$15 postregistration. —*Ed Kelly*

My time here was my worst over the past year, but I raced on no sleep whatsoever! I need to do more 5Ks to get my speed back, but it looks like a long road ahead! PS: None of us (Mike, Ed, Helene, Bill, me) knew anyone else was racing, or we could've carpooled! —*Lynne Mortimer*

Healthy Kidney 10K, Central Park May 16

Robbin Jordan 1:06:26

Hair of the Dog 5K, Hightstown May 17

Beverly Salerno 31:54
 This nice 5K was staged in a vineyard. You park among the grapes. The course is lovely, flat and rural. Its final 10th of a mile goes through the vineyard. The race is a fundraiser for dog rescue organizations, and dogs participate with humans. There were a lot of dogs running, which I thought would cause huge problems on the narrow road, but the dogs were well behaved. I saw only one canine-human collision, and that was the human's fault. There were awards for humans and canines alike (little paw trophies for the dogs).

**Pocono Mountain Run for the Red May 17
 Marathon, Tobyhanna to Stroudsburg, Pa**

Susan DeRoberts (PR) 4:28:12
 What a great marathon! Although small (<500 runners), this race had the friendliest, most enthusiastic volunteers! Not a lot of spectators, but they were enthusiastic, too. The scenic course finished on the Stroudsburg High School track. There were some hills. The ones between miles 18 and 24 were the worst, not because they were big, but I was tired. Fluid stations came every 2 miles.

My hip had been bothering me, so I wanted to avoid or delay hitting the wall. I also wanted to run all the way ... something I hadn't done before.

At the start, it was pretty cold (low 40s), and there was a headwind. After the turnaround, there was a nice tailwind for several miles. Then the wind was mixed until the finish.

I started slow so I wouldn't bonk. I felt great until mile 17, when my hip started bothering me. I kept going, though the hip slowed me down. The farther I went, the more it bothered me, but not enough for me to walk. Will parked at the finish, ran back to 18.5 miles, and joined me for my last 8 miles. I told him I wanted to finish without walking. He helped to keep me motivated, and I did it ... I ran my first marathon without walking!

I wanted a better time. On the bright side, I passed many runners in the last 8 miles (no one passed me), finished strong, PR'd by 1 minute!

I'll spend the next 2 weeks recovering, as I want to try multiple marathoning. Will and I are running the North Olympic Discovery Marathon in Washington state on June 7.

Wyeth 5K Run (~3M), Madison May 20

Dan Murphy (1st AG) 17:55
Will DeRoberts (2nd AG) 18:04
Charlie Slaughter (3rd AG) 18:32
Ed Kelly 20:21
Doug Williams 20:21
Bill Stewart (2nd AG) 21:28
Mick Close 21:35
Jim Malone 29:39
Beverly Salerno (2nd AG) 32:31
Susan DeRoberts 32:40

This year's turnout (835 finishers) was a record. The lead motorcycles missed a turn near mile 2 and cut about a 10th of a mile from the course. Congrats to Dan, Will, and Charlie for taking 1, 2, and 3 in the 50–55 age group—a clean sweep for ERC! Also to Bill and Bev on their 2nd-place age-group awards. —*Ed Kelly*

Mayor's Trophy 5K, Rahway May 25

Mike Wojcio 22:26
 I know the course was short because my time two weeks ago in the New Providence 5K was 24:00. Last year, I ran Rahway in 22:44 and won my age group; this year, I improved my time by 0:17 and finished 4th in age. Age groups depend on who shows up! Some say time is more important, yet really the most important things are trying to run your best and finishing the race.

Ridgewood Run (5K, 10K) May 25

5K
Paul Giuliano (2nd AG, 6th M master) . . . 17:38
Charlie Slaughter 18:42
Glenn Trimboli 19:41
Jennifer Carbone (10th W, 2nd AG) . . . 20:47
Will DeRoberts 21:12
Bill Stewart (2nd AG) 21:29
Ed Kelly 22:22
Aileen O'Rourke 22:55
Jennifer Lanterman 22:58
Helene Scarnegi 23:23
Kristen Laird 28:06
Spencer Schwartz 30:52
10K
Will DeRoberts (1st AG) 39:09
Mark Frankel 42:27
Mike Sneden 42:34
Desmond Duncker 42:50
Ed Kelly 43:55
Tom Kelly 48:33
Bill Wilde 50:16
George Studzinski (1st AG) 52:28
Karen Foley 53:12
Marta Rose Kelly 53:54
Lisa DiPasqua 54:44
Ed Trieste 1:01:02
Robbin Jordan 1:01:58
Beverly Salerno 1:07:29
Susan Palermo 1:17:11

Kathrine Switzer, Marathon Woman

“Running is a whole social change,” Katherine Switzer said. “You’re part of a much bigger thing.”

Switzer, the first woman officially to run the Boston Marathon, was our guest at the May meeting. She spoke about her autobiography, *Marathon Woman*.

The original hardcover version of the book is about her life up to the 1984 Olympics, which featured the women’s marathon for the first time in history. The paperback sold at the meeting is updated with a prologue.

“The 1984 marathon was like the physical equivalent of the women’s right to vote. It was the full acceptance of what women can physically do,” she said.

The book, though, is much more than about running, according to Switzer. It “chronicles all of us—lives, issues. We prevail anyway.”

In the early pages of *Marathon Woman*, she recalls how her father encouraged her as a 12-year-old to run one mile each day to increase her chance of making a field hockey team comprised mostly of older girls. That regimen gave her a tremendous sense of empowerment.

She kept running, and, in 1969, as a college junior, she decided to run the Boston Marathon. The common belief at the time was that the marathon was an unsafe distance for the fragile female body.

Switzer wasn’t aware of this and entered anyway, as *K.V. Switzer*, and received an official race number.

It was cold the day she ran. She wore a hood over her head, unknowingly hiding that she was a woman. When the race started, she took the hood off, and her long hair flowed behind her. Reporters soon began laughing at race director Jock Semple, saying a “girl” was running his race.

Two miles in, Semple tried to push Switzer off the course, but her boyfriend intervened, throwing Semple to the ground.

“I was scared at the time,” Switzer recalled, “but I felt that, if I stepped off the course, I’d set women’s running back. Besides, I’d trained.”

Finishing the race changed her life. She realized that she had to create opportunities for women to run. It was ironic, she noted, that men but not women were very supportive of her running.

“Why don’t other women get it?” she said. “It’s probably because they didn’t have a dad who encouraged them to run one mile a day. They have no opportunities, so they don’t think they can do it. I disproved it, so now I want to create those opportunities.”

Switzer, like many marathoners, kept running marathons in an attempt to lower her times. And she succeeded, going from 4:20, at the infamous 1969 race, to 2:51.

Her pursuit of better marathons helped her realize that other women needed to feel as confident about running as she did. She thought, “There’s so much talent out there, but there need to be opportunities.”

She soon began planning a series of races and searching for sponsors to host them. She’d find Avon Cosmetics,

and in just more than eight years she’d see the millionth runner complete one of her Avon Runs.

One of Switzer’s dreams along the way was to get the women’s marathon into the Olympics. So, while organizing runs around the world, she asked the events’ host countries to support the proposition.

By 1980, she had received pledges from 27 countries on five continents to vote for the women’s marathon, and it debuted at the 1984 Los Angeles Olympic Games.

The ramifications of seeing women run have been incredible. Citing recent statistics, Switzer said that 51% of all runners are women.

USATF–NJ Adds Cross-Country Series to Long-Distance Grand Prix

Ed Kelly and Chris Jaworski

USATF–NJ added a cross-country (XC) series to its long-distance program beginning with 2009. Runners can now score in four series: overall, miniseries 1 and 2, and XC.

There are 11 races in the initial XC lineup—9 nonchampionship (500-point) races and 2 established championship (700-point) races. It’s hoped that more races will be added.

The nonchampionship races are scheduled for June, July, and August; the first championship race (5K) for September; and the other championship race (8K) for October. Both championship races will take place at Deer Path Park in Readington (Holmdel Park had been home to the 5K).

Nonchampionship races (each 500 pts max, 100 pts min)

Note that these are evening races.

- Morris County Striders Summer Series (Jun 30, Jul 14, Jul 28, Aug 11), 5K, 7:00 pm, Johanson Fields, Boonton Township, 973–263–5529.
- Warinanco Park Summer Series (Jul 1, Jul 15, Jul 29, Aug 12, Aug 25), 5K, 6:45 pm, Warinanco Park, Roselle, 609–577–6595.

Championship races (each 700 pts max, 300 pts min)

- 5K (Sep 13), Deer Path Park, Readington.
- 8K (Oct 25), Deer Path Park, Readington.

This schedule is from usatfnj.org/cross/XC_Calendar.html. On that Web page, races that are part of the XC series are marked *USATF–NJ XC Series Event*.

Points earned in the championship XC races count not just in the XC series but also in the overall series (5K, 8K) and in miniseries 1 (5K) or miniseries 2 (8K). Points earned in nonchampionship XC races count only in the XC series.

USATF–NJ makes these points about competing in the XC series :

1. You must be a USATF member at time of competition.
2. You must run a minimum of 5 XC races.
3. You can enter as many XC races as you like, but only your 5 highest scoring XC races will count toward your point total for the series, and you can count a maximum of 2 championship races (right now, only 2 exist).

For more information, see usatfnj.org/cross/2009_Cross_Country_Series_Overview.pdf.

RACES: JUNE–AUGUST 2009

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

6/1	Mon	7:00p	Roxbury 5K (formerly Merry Heart 5K)	5K	973-584-6709	NBGP: 500 pts
6/6	Sat	9:30a	Wayne AM Rotary 5K	5K	973-628-1676	
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)	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	
6/11	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 St Pk, 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 Pk)	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 (Pequannock)	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
6/19	Fri	7:15p	June Moon 5K (Colonial Park, Somerset)	5K	866-841-9139	NBGP: 500 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 Pk)	5M	212-860-4455	
6/21	Sun	9:00a	Run for Dad (West Windsor)	5K	732-381-0318	NBGP: 500 pts
6/22	Mon	7:30p	Battle of the Business 5K (Florham Park)	5K	908-665-8038	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 Pk)	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
6/30	Tue	7:00p	Morris County Striders Summer Series (xc, Boonton)	5K	973-263-5529	NBGP: 500 pts (xc)
7/1	Wed	6:45p	Warinanco Park Summer Series (xc, Roselle)	5K	609-577-6595	NBGP: 500 pts (xc)
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 (trail, Morris Township)	5K	908-295-8580	
7/14	Tue	7:00p	Party With Purpose 5K (Hoboken)	5K	201-936-2152	
7/14	Tue	7:00p	Morris County Striders Summer Series (xc, Boonton)	5K	973-263-5529	NBGP: 500 pts (xc)
7/15	Wed	6:45p	Warinanco Park Summer Series (xc, Roselle)	5K	609-577-6595	NBGP: 500 pts (xc)
7/16	Thu	7:30p	Corporate Classic 5K (Morristown)	5K	973-898-9386	
7/18	Sat	8:30a	Teterboro Airport 5K	5K	908-902-8587	NBGP: 500 pts
7/18	Sat	8:30a	Packanack Day 5K (Wayne)	5K	201-906-1749	
7/18	Sat	9:00a	CPC Run for Central Park (Central Park)	4M	212-860-4455	
7/19	Sun	9:00a	Interclub Challenge (Brookdale Park)	3.3M	973-783-3092	
7/22	Wed	7:00p	Downtown Westfield 5K	5K	732-381-0318	NBGP: 500 pts
7/26	Sun	9:00a	JFK Miles for Minds 5K (Edison)	5K	732-632-1540	NBGP: 500 pts
7/28	Tue	7:00p	Morris County Striders Summer Series (xc, Boonton)	5K	973-263-5529	NBGP: 500 pts (xc)
7/29	Wed	6:45p	Warinanco Park Summer Series (xc, Roselle)	5K	609-577-6595	NBGP: 500 pts (xc)
8/1	Sat	~7:00a	River to Sea Relay (Milford to Manasquan)	92M	908-381-0318	
8/1	Sat	7:00a	NYC Marathon Long Training Run #2 (Central Park)	20M	212-860-4455	
8/3	Mon	7:00p	Run Against Crime & Drugs (Hoboken)	5K	201-420-2195	NBGP: 500 pts
8/6	Thu	7:00p	Project Children 5K (South Mountain Reservation)	5K	973-762-2930	
8/8	Sat	8:00a	NYRR Team Championships (Central Park)	5M	212-860-4455	
8/8	Sat	5:30p	Captain Bill Gallagher 10-Mile Island Run (Sea Isle City)	10M	609-263-3655	
8/9	Sun	8:30a	Turkey Swamp Race Day (trail, Freehold)	10M→50K	732-578-1771	
8/11	Tue	7:00p	Morris County Striders Summer Series (xc, Boonton)	5K	973-263-5529	NBGP: 500 pts (xc)
8/12	Wed	6:45p	Warinanco Park Summer Series (xc, Roselle)	5K	609-577-6595	NBGP: 500 pts (xc)
8/16	Sun	7:00a	New York City Half-Marathon (Central Pk to Battery Pk)	13.1M	212-860-4455	
8/25	Tue	7:00a	Self-Transcendence Marathon (Congers, NY)	26.2M	718-297-2556	
8/25	Tue	6:45p	Warinanco Park Summer Series (xc, Roselle)	5K	609-577-6595	NBGP: 500 pts (xc)
8/30	Sun	9:30a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
8/30	Sun	11:30a	NYRR Henry Isola XC Classic (Van Cortlandt Pk, Bronx)	4M	212-860-4455	

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