



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

July 2009

Vol. 26, No. 7

Wine & Cheese Party a Huge Success!

Shannon Packard & Michael Calamito

Hello to all who made it to the annual wine & cheese party last night (Friday, June 19). For anyone who missed it, here is a brief recap!

Food, food, food, and more food! Thanks to everyone who brought so many wonderful appetizers and entrees. I think everyone got more than enough to eat (just add on a couple extra miles this weekend), and the Calamito family is looking forward to the smorgasbord of leftovers for lunch today! Are chips and salsa considered a meal?

Oh, the yummy desserts! Thanks to the board members (and some folks not on the board) for bringing all the wonderful desserts. There weren't but a few crumbs left when we kicked the last people out the door. Good thing, as I still have a wedding dress to fit into!

Last but not least, the star of the party, wine and cheese! The entertainment committee picked out fabulous wines and wonderful cheeses and fruit. Thanks to Catherine Alessi, Anne Chesny, Mick Close, and Lynne Mortimer for getting all the goodies and coming early to make sure we were ready for the 65+ guests expected.

It was nice to have good weather! It allowed the party and guests to flow outside as well. It was hot and humid inside (sorry!), but I hope no one minded. It really did look like a good time was had by all.

And a shout-out to everyone who helped clean up! I was still visiting with guests when all of a sudden I realized the leftovers were put away, the dishes were clean, and order reigned again. A special thanks to Lenore Piccoli, Fatima Villone, and Leticia Allen. Can you come every week?

Michael and I are already throwing our hat into the ring to host next year's party, and it wasn't the wine talking last night when I invited everyone to stop by anytime to go for a run in the park next to our house!

What a wonderful time—can't wait for next year!

Big thanks to Shannon and Michael for opening their home to us and hosting this year's party a mere two weeks before their wedding! Their beautiful house overlooks a park—who could ask for a better setting? This was a special evening and a great start to the summer!
—Lynne Mortimer

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

Our Speakers

Justin Solotoff & Kevin Kopack will give a lecture, "From the Big Toe to the Pelvis: Closed-Chain/Postural Evaluation and Treatment Suggestions for Runners" (overview, demonstration, Q&A). Our guests, both with a master's degree in physical therapy from Columbia University, are clinical specialists in sports injuries and co-owners of Fairfield Physical Therapy Center. They have a total of 36 years of experience in outpatient orthopedics.

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

Aug (no mtg) • Sep 1 or 8 • Oct 6 • Nov 3 • Dec 6 (party)

Board Meetings

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

MARK YOUR CALENDAR

- **Jul 2.** Summer Thursday-evening hosted runs continue! *Page 2.*
- **Jul 4.** Firecracker Four-Mile Run (club race), Cranford. *Page 4.*
- **Jul 19.** Interclub Challenge, Brookdale Park. *Pages 2, 4.*
- **Aug 1.** River to Sea Relay (club race), Milford to Manasquan. *Page 4.*
- **Aug 6.** Project Children 5K (club race), South Mountain Reservation; postrace party at Shillelagh Club, West Orange. *Pages 2, 4.*
- **Aug 8.** NYRR Team Championships (club race), Central Pk. *Page 4.*
- **Aug 29.** 10th annual Smoke Rise Biathlon, Kinnelon. *Pages 2, 4.*
- **Sep 7.** Verona 5K (club race).

Welcome, New Members!

Henri Bost, *Caldwell*
Robert Caruso, *Verona*
Meredith Cozzarelli, *Montclair*
Coreena & Frank Crescibene, *Caldwell*
Dave Gurniak, *Montclair*
Robyn Herman, *Verona*
Kimberly O'Neil, *Verona*
Rashawn Riddick, *East Orange*
Stephen Sands, *Montclair*



**2009
ESSEX RUNNING CLUB**

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

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Hall of Fame

Vincent Carnevale. 1995
 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
 essexrunningclub
 @yahoogroups.com

General Info: info@essexrunning.com

President: Desmond Duncker
 president@essexrunning.com

Membership Director: Beverly Salerno
 membership@essexrunning.com

Newsletter Editor: Chris Jaworski
 jaworski@verizon.net

Insert Designer: Robin Kantor
 robinbkantor@yahoo.com

Ad Coordinator: Lynne Mortimer
 lynne.mortimer@cbmoves.com

Web Site Manager: Martta Rose Kelly
 website@essexrunning.com

Clothing Directors
 Catherine Alessi & Susan Palermo
 clothing@essexrunning.com

Monthly Speaker Coordinator
 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.**

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), first L (Glenfield Ave), #21 sixth 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), fourth R (Glenfield Ave), #21 sixth house on R.
7/16	Meet at Brookdale Park track, bring your own refreshments.
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 second cross-street (Carolina Ave), first L (Westwood Dr S), up hill, #27 around bend at top of hill, on L.
7/30	Meet at Verona Park boathouse, bring your own refreshments.
8/6	PROJECT CHILDREN 5K 973-762-2930 South Mountain Reservation, 7:00 pm start. <i>From Bloomfield Ave & Pompton Ave/Route 23 intersection:</i> Go S on Mt Prospect Ave (becomes Prospect Ave) to end (pass Eagle Rock Ave, Route 280, Essex Green Shopping Center, Mt Pleasant Ave), L on Northfield Ave, R at light on Gregory Ave (becomes Wyoming Ave), R on South Orange Ave (major intersection), up hill, L into reservation, straight ahead for parking. Postrace Party at Shillelagh Club (648 Prospect Ave, West Orange, 973-325-9338). Exit reservation, R on South Orange Ave, L at light on Wyoming Ave (becomes Gregory Ave), L on Northfield Ave (light), R on Prospect Ave (light), go 0.4 mile, R into driveway and parking lot, Shillelagh Club is in house set back from road.
8/13	Tom Daniels (142 Ridgewood Ave, Glen Ridge, 973-429-2524) & Desmond Duncker <i>From Montclair:</i> Bloomfield Ave E to Glen Ridge, R on Ridgewood Ave (light), 0.5 mile (pass train station, post office, high school), #142 on R just before Washington St (light). Desmond and I are calling this event <i>Three Dog Night and the Newlywed!</i> Bring towel if you want to swim and dog treats to make fast friends.
8/20	Rose Francisco (26 Davidson Rd, Bloomfield, 201-575-3457) <i>From Montclair:</i> Watchung Ave E, pass Brookdale Park entrance, next L is Davidson (before Broad St), #26 at end, on L (white house with addition, Tyvek paper on L side).
8/27	Martta Rose Kelly & Tom Kelly (81 Seaman Rd, West Orange, 973-744-3677) <i>From Caldwell:</i> Bloomfield Ave, R on Lakeside Ave, ~1.2 miles, L on Woodland Ave (B'nai Shalom on), <1 mile, L on Terrace Ave, first L on Seaman, #81 (yellow with white trim) at end. <i>From Montclair:</i> Bloomfield Ave to Prospect Ave, L on Prospect, ~1.5 miles, first R (after Manor) on Woodland Ave, next R onto Seaman, see above.
8/29 (Sat)	SMOKE RISE BIATHLON (register/check in 3:30-4:00 pm, start at 4:30) <i>see p. 4</i> <i>Entry form at</i> essexrunning.com. <i>Event organizers:</i> Adrian Dunner (973-838-6633), Kevin Burke (973-283-2617), and Dr. George Studzinski (973-283-8664). 23 N to Kinnelon Rd (8m N of 46/80 or 3m N of 287), take jug handle immediately after <i>Coldwell Banker</i> sign, cross highway, * follow Kinnelon Rd for 2 miles, pass Kinnelon High School (on L), make R at Piccolo's restaurant onto Stone House Rd (access to Smoke Rise), 0.5 mile to visitors entrance, ask for directions to beach parking lot, look for George in parking lot or go to registration on beach. *If on 23 N you pass <i>Burger King</i> , you've gone too far. Take next jug handle on R (0.25 mile), get on 23 S, take Kinnelon Rd exit.

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 July Issue Of
KEEPING TRACK ...

20 Years Ago (1989)

Dave Benfield and Howie Brown (still members!) join the club ... some very fast times are posted by Gary Peters (10K, 35:25; 15K, 55:00), Mick Close (5K, 16:59, PR; 10K, 37:17), Jack Martin (10K, 40:12), and several members at the Denville Run for the Roses 10K (Malco Urzua, 34:40; Wayne Carlson, 36:29; George McIntyre, 37:17; Andy Kotulski, 39:07; Bill Mishler, 39:55; John De Hart, 40:26; Bill Wilde, 41:44) and Sunset Classic 5M (Gary, 28:30; Wayne, 29:14; Jeff Hartke, 30:52; Joe Cozzi, 31:02) ... Wayne Carlson runs for Clifton at Interclub Challenge (!) ... Mick Close writes "Life in the Fast Lane" in response to Larry Hollander's "I'm Glad I'm Slow" (May).

10 Years Ago (1999)

ERC opens Interclub Challenge to all area running clubs and makes event a benefit for member William Crowell, who lost his two young children in a house fire and was badly burned himself ... Sneaker Factory (Millburn) hosts a popular series of Tuesday-evening races (2-miler at 6:30, 4-miler at 7:00) at South Mountain Reservation ... Jim Ennis titles article "Running and Sex" just to get members to read about his crazy running techniques: wear parachute while training, forcefully exhale ("bark like a dog") every fourth step, gauge pace by observing how long strips of toilet paper (inserted in ears) are blowing in the wind, wear propeller beanie to provide lift that can counteract recent weight gain ... Mike Wojcio on hill training and backward running, Carl Sturcke on the marathon and running a "relaxed first half if you want to enjoy the second half" (focus more on heart rate than on time) ... 4-year-old Marissa Peters runs first race, Cranford Firecracker 1-Mile Fun Run ... NYCM to use timing chip for first time.

5 Years Ago (2004)

The club welcomes Jeff Matthews and Susan Palermo ... former member Ann Margaret Kane hosts a "singles run" ... the new, rubberized track at Brookdale Park opens ... Sal and Amy Ulto run their first race together as a married couple ... July meeting to be open-mike night with ERC's "Question Man." (Was there was an Answer Man, too?)

ESSEX RUNNING CLUB 2009		JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!	
Date			
<i>INDIVIDUAL</i>			
Name		DOB	
Street			
City, State, Zip			
Primary Phone		2nd Phone	
Contact E-Mail			
<i>FAMILY</i>			
Spouse Name		DOB	
Primary Phone			
Contact E-Mail			
KEEPING TRACK (NEWSLETTER) DELIVERY <i>(Check ALL that apply; for e-mail options, you must provide an e-mail address below)</i>			
<input type="checkbox"/> Mail Paper Copy to Above Address			
<input type="checkbox"/> E-Mail PDF to This Address:			
<input type="checkbox"/> E-Mail Alerts* to This Address: <small>*You will be notified that PDF has been posted to ERC Web site</small>			
<i>MEMBERSHIP STATUS</i>		<i>ANNUAL DUES</i>	
<input type="checkbox"/> Join the Club <input type="checkbox"/> Renew Membership		<input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family	
Mail form & check (payable to <i>Essex Running Club</i>) to ERC, PO Box 183, Verona, NJ 07044–0183			
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

Road championship races break for the summer and resume in September. There are no 800-point races this year; all championship races have a 700-point ceiling.

- Sun, Sep 13 **Cross-Country 5K** (Readington)
USATF–NJ 5K XC Championship (All Divisions)
- Sun, Sep 27 **Newport Liberty Half-Marathon** (Jersey City)
USATF–NJ Half-Marathon Championship (All Divisions)
- Sun, Oct 25 **Cross-Country 8K** (Readington)
USATF–NJ 8K XC Championship (All Divisions)
- Sun, Nov 8 **Giralda Farms 10K** (Madison)
USATF–NJ 10K Championship (Masters Men/Women)
- Thu, Nov 26 **Ashenfelter 8K Classic** (Glen Ridge)
USATF–NJ 8K Championship (Open Men/Women)
- Sun, Dec 13 **USATF–NJ 10-Miler** (West Windsor)
USATF–NJ 10-Mile Championship (All Divisions)

Please contact Ed Kelly (ejk823@msn.com) or Mick Close (mickclose@aol.com, 973-477-0016) for info on USATF and/or ERC teams. We welcome runners of all abilities, and often a few extra runners can make a big difference.

We'd also like to participate in the NYRR Team Championships in Central Park (Sat, Aug 8). This 5-miler, open only to running clubs, has men and women running separately. It's smaller than many New York races and has a nice atmosphere, more like that of our Interclub Challenge.



AT THE RACES

Mick Close

Firecracker Four-Mile Run Fri, Jul 4
Now in its 29th year, this is one of the best summer road races. It starts and finishes at Nomahegan Park in Cranford and is a great way to celebrate the Fourth of July.

A firecracker sends runners off on a flat course of tree-lined streets and paved trails. This family-oriented race has prize categories for husband–wife, parent–daughter, parent–son, and male–female couple. Enjoy refreshments, music, popcorn, ice cream, balloons, face painting, and random prize drawings. Info: 908-709-8012, compuscore .com.

Interclub Challenge

Sun, Jul 20

This challenge race against other running clubs (Clifton, Rose City, Original Geezers) is back at Brookdale Park this year. Plan to arrive around 8:15 am to register (no fee) and warm up. We need all ERC runners to show up so we can beat Clifton (and the other clubs) this year!

The course is three loops on the park's road (3.3 miles total), with runners starting at 30-second intervals based on age and sex handicapping. This gives everyone an equal chance of winning and makes for a very interesting race. Scoring is done by adding up finishing positions.

We hope you'll come on out to support the club at this event. If you can't run, you can volunteer so that someone else can run! (The more runners, the better.) There will be food and drinks after the race. Everyone brings something.

August Events

Phil Coffin, Tom Kelly, and Desmond Duncker will again be leading three ERC teams in the annual River to Sea Relay (Sat, Aug 1), a 92-mile, all-day race across New Jersey, from Milford on the Delaware River to Manasquan on the Atlantic Ocean. The course runs through five counties and 34 municipalities. Each team has seven runners, each of whom completes two relay legs, one in the morning, one in the afternoon. Legs range from 2 to 9 miles or so. More than 100 teams are expected again this year.

Also on Sat, Aug 1, is the second of two Central Park training runs for the New York City Marathon. These 20-milers start at 7:00 am and have pace groups ranging from about 7 to 12 minutes per mile, in 30-second increments. The course is four laps around the park, with a short break for refueling and bathrooms after each lap. There are water stations on the course.

The Project Children 5K in South Mountain Reservation replaces our Thursday-night group run on Aug 6. This 7:00 race is run on the tree-lined reservation roads where Millburn's Sneaker Factory used to hold its summer series. The evening has a definite Irish flavor: bagpipes at the start and then a postrace party at the Shillelagh Club in West Orange. See page 2 for directions.

New York Road Runners will hold its Team Championships on Sat, Aug 8. These 5-mile Central Park races are open only to teams from running clubs in the metro area. Men race at 9:00 am and women at 10:00 am. We hope to have Essex teams competing this year.

ERC members and friends are invited to the 10th annual Smoke Rise Biathlon (Sat, Aug 29, 4:00 pm). This *Battle at the Beach* features a 1/3-mile lake swim and a challenging 4-mile run. Some people do both; others compete as a team (1 swimmer, 1 runner). Afterward, there will be music, food, and fun on the beach by the lake. See page 2 for directions. There is an entry form on the ERC Web site.

Fall Marathons

Missed out in the New York City Marathon lottery? Looking for a fall marathon? Here is a list of some fall East Coast marathons. Steamtown, Hartford, and Philly are usually top choices with club members. Chicago (Oct 11) and Marine Corps (Oct 26) are sold out.

- Aug 25 Self-Transcendence Marathon (Congers, NY)
- Sep 20 Adirondack Marathon (Schroon Lake, NY)
- Sep 20 Yonkers Marathon (Yonkers, NY)
- Sep 26 Hamptons Marathon (East Hampton, NY)
- Oct 4 Wineglass Marathon (Bath, NY)
- Oct 10 Baltimore Marathon (Baltimore, Md)
- Oct 10 Hartford Marathon (Hartford, Conn)
- Oct 11 Mohawk–Hudson River Marathon (Albany, NY)
- Oct 11 Steamtown Marathon (Scranton, Pa)
- Oct 18 Breakers Marathon (Newport, RI)
- Oct 18 Asbury Park Marathon (Asbury Park, NJ)
- Oct 18 Atlantic City Marathon (Atlantic City, NJ)
- Oct 25 Cape Cod Marathon (Falmouth, Mass)
- Nov 8 Outer Banks Marathon (Outer Banks, NC)
- Nov 14 Richmond Marathon (Richmond, Va)
- Nov 22 Philadelphia Marathon (Philadelphia, Pa)

FINISH LINES

Fit 2 Run (4M), W Palm Beach, Fla May 16

Nancy Grabow (2nd AG) 33:30
This race took place at Okeeheelee Park and was a club challenge. My Florida club, the Palm Beach Road Runners, won.

Spring Lake Five (5M)

May 23

Will DeRoberts 31:03.53
Karen Merz 34:01.94
Doug Williams 34:44.41
Ed Kelly 35:43.75
Aileen O'Rourke 38:26.21
Rich Unis 38:40.18
Susan DeRoberts 45:02.77
Tracy Keller 47:51.53
Jim Malone 52:53.64
I enjoyed this race more than in years past. It used timing chips for the first time, so it was much more organized. Since we had to step on a starting mat to record our times, we didn't have the usual wave of runners jumping into the race from the boardwalk or side streets. I give an A+ to this race this year! Still, starting with 7000 runners has its challenges! The weather was great at the start—a cool shore breeze, some fog—but turned much hotter inland. —*Ed Kelly*

It was a good morning for running. It got hot after about the first mile. Some of us were frustrated by the crowds. Karen finished 22nd out of 3558 women—quite impressive given the talent of the first 100 or so runners! There was a ton of post-race food and drinks. I bumped into other ERC runners. It was a good event. —*Doug Williams*

Ridgewood Run (1M, 5K, 10K)

May 25

1M: *Wayne Carlson* 5:57
10K: *John Harvey* 54:22
Rest of results in June issue.

I love running the Ridgewood 10K. The course is fast, and, though the heat always seems to bring on a meltdown, the organizers provide some solace with a three-quarter-mile downhill at mile 5.

The 1200-runner field was a record this year. Naturally, the start was crowded, and silly me lined up too far back. The difference between my chip and gun times was 12 seconds. For a neighborhood 10K, that's huge.

Mile 1 was a bit slow by my standards. I was in slight panic mode, as I was hoping to beat a certain runner from Clifton Roadrunners. I had been within striking distance of him two weeks earlier, at the Newport 10,000, only to fade in the final half-mile trying to match his ferocious kick.

Farther back than I wanted to be, I sped up to get on pace. I realized the heat and humidity were subtly taking a toll, and I was expending a lot of energy by not relaxing into a cruising pace, but I gave this risky strategy a go anyway.

Finally, around mile 4, convinced I was on pace, I settled in for a mile. But now a runner I thought I had put behind me much earlier made a move, so I countered by speeding up. It's a good thing I did: Approaching the mile 5 split, I saw my Clifton friend.

After we turned the corner, I made my move. The long downhill again proved to be my salvation. Although my time was slower than at Newport, I feel much better about this race. I overcame a bad start and, despite heat and humidity, ran the last 5 miles much faster than at Newport. —*Mark Frankel*

Although my 53:54 was not a PR, I'm just as ecstatic! I ran my best 10K time of the year coming off a piriformis injury that's plagued me since late February. A combination of acupuncture, deep tissue massage, self-massage, stretches, and heat treatments seems to be doing the trick, as I ran pain-free the entire way and felt as if my range of motion had come back almost 100%. If the day hadn't been warm, I might even have shaved off another 30 seconds.

A word to the wise: If you're primarily a distance runner (5K and longer) and over 40, don't even think about doing track sprints like 60 or 200 meters without the proper prep and training. That's what hurt me back in February, and it's taken this long, 3 months, for me to run pain-free again. Not to say I'll never enter that competition again, but I'll stick to events like 3000 meters. —*Martta Rose Kelly*

Thanks to Essex for supporting the Ridgewood Run. I enjoyed working the finish line and cheering on my fellow members. —*Jim Malone*

My Ridgewood 5K was odd from the get-go. I found parking! Parking at this race had been a problem for me in the past, so I arrived at 7:20 am and got an awesome spot! I proceeded to registration to find my number on the list and to get my bib and chip. However, my name wasn't listed. I was surprised, as I had registered weeks earlier. But Rick Pingitore now made sure I got a number and chip. Thanks, Rick!

The weather was much nicer than in years past. I recall running this race in unbearable heat and humidity. No real humidity today. However, I usually begin my runs by 6 am, so the 10 am start was rough. The sun isn't all that strong at 6, but it's a different story at 10, and my skin was cooking! (Some of my medication might have left it sensitive.) So, I was a huge fan of the spectators who sprayed us with their garden hoses!

I chatted with ERC members before the race and saw Ed Kelly at the start. Off we went! Along the course, I saw a few familiar faces, including Randy Miller, Lynne Mortimer, and, I think, Rick.

Wow, I was right—I forgot how to run a 5K! This race requires skills and speed I've lost. For me, 5K is a strange distance. After not having raced a 5K for so long, I feel I'm just getting warmed up at 3 miles. Conversely, I can haul butt at a track workout, but I don't have to sustain that pace over 3.1 miles. Reconditioning to run 5Ks is my next challenge! I finished in 22:53. Now I know what time I need to improve on.

I'm always so impressed with the organization of this run, and yesterday was no exception. —*Jennifer Lanterman*

Congrats to everyone on their great experiences. And also to my pal Sue Palermo, who had a very good race. I, on the other hand, hated this 10K. It was too hot for me, and I just didn't feel good. And it seemed that the first water station came around mile 3. Thankfully, people in the neighborhood provided water unofficially. But my bad race was mostly my fault: I went out too fast and died after only 2 miles. —*Beverly Salerno*

Huge thanks to Nina Miller, who ran the 10K with me the entire way. She was so positive and gave me great advice, especially when I was losing my energy around mile 4. —*Susan Palermo*

Blue Jay 5K, Freehold

May 30

Mike Wojcio (1st AG) 26:16
I got lost on the way and was 2+ minutes late for this race, so I didn't even have time to pin on my number. I ran holding my number and car keys. The walkers were a quarter of a mile ahead, so I passed a lot of people. The course wasn't the easiest in the world—it had slight hills, and about 80% of it was on grass. The funny part is I won my age group (60–69), which had 4 runners in it.

Ocean Medical Center 5K, Brick

May 30

Phil Coffin 21:03
Jack Martin 48:37
Ominous sign: This race was run in the parking lot of a hospital. Good sign: The hospital is on Jack Martin Boulevard, and longtime ERC member Jack Martin was there to run the race, too. "How could I not run it?" he said, smiling, as usual. Jack, who is 70, has been battling knee, leg, and foot injuries in recent years but doesn't want to give up running and racing. What an example.

Brooklyn Half-Marathon,

May 30

Prospect Park to Coney Island

Stephen Sands 1:37:50
Rob Gerin 1:37:50
Ted Bongiovanni 1:43:27
Tom Daniels 1:48:54
Jane Whipple 1:49:48
Sharon Morrissey 1:50:52
Laura Gelman 1:53:45
Rich Unis 1:54:28
Karen Foley (1st half!) 2:11:36
Robbin Jordan 2:32:58
Rob crossed the finish line the same moment I did. With my heart rate in the 180s, I can't imagine how I missed him. —*Stephen Sands*

You were flying! I was aiming to come in around 1:40. At mile 12, I knew I had it, so I eased up and glided to the finish line. —*Rob Gerin*

Run for Rachel (5K), Livingston

May 31

Matt Casse 18:35
Will DeRoberts (1st AG) 18:44
Charlie Slaughter (3rd AG) 19:03
Karen Merz (3rd AG) 20:18
Mike Sneden 20:19
Desmond Duncker 20:54

Jennifer Carbone (1st AG)	21:03
Ed Kelly.	21:04
Rose Francisco.	22:25
Aileen O'Rourke.	23:12
George McIntyre.	23:34
Helene Scarnegi.	23:38
Tom Kelly.	23:42
Susan Mello.	23:44
Nancy Grabow (visiting from Fla).	25:51
Lynne Mortimer.	25:54
Martta Rose Kelly.	26:26
Ed Trieste.	28:26
Amy Ulto.	30:00
Lisa Kelly.	30:53
Jim Malone.	32:16
Julie Harris.	32:27
Beverly Salerno.	33:42
Leticia Allen.	37:12
Susan Palermo.	38:43

First, I thank the women who came out to run on our open team. They placed 9th out of 18 teams. Good job! Also, good job by the new Fleet Feet women's open team, which, led by Karen Merz and Jenn Carbone, finished 1st overall.

The course has hills, up and down. Depending on how you felt in the hot, dry conditions, you had a great race or a so-so race. —Ed Kelly

Those hills got me. In Florida, we don't have any to run on, except for bridges. —Nancy Grabow

**Black Bear Triathlon, May 31
Beltzville State Park, Jim Thorpe, Pa**

Robyn Ritter (2nd AG)	5:51:34
Half Iron: 1.2-mile swim (37:33), 56-mile bike (3:26:26), and 13.1-mile run (1:41:39).	

Roxbury Community Benefit 5K Jun 1

Charlie Slaughter (2nd AG)	19:27
Mick Close.	22:29
Nancy Grabow (2nd AG)	25:29
Beverly Salerno (2nd AG)	33:20
This race (formerly Merry Heart 5K) has one hill. Missed 1st in age by 4 secs. —Nancy Grabow	

Rockaway Rotary Run (5K) Jun 6

Charlie Slaughter (1st AG)	18:50
Mike Sneden (2nd AG)	20:06
Ed Kelly.	21:12
Helene Scarnegi (3rd master, 2nd AG)	23:18

I've run here the past four years. Over that time, the course has changed (for the better), but it's still rolling. The event is pretty well organized.

The day started out overcast, which was a welcome change from last year's 100-degree temps (or at least it had felt that way).

The race started without a hitch, but at the end there was a gap in the times posted: 20:40 to 25:00 were missing. It seems around 20:42 two kids fell at the finish line, and the scorers, stopping to help them, paused the computer-controlled devices that record times. When the devices were restarted, about 5 minutes were added to many runners' times. Fortunately, the proper adjustments were made, and the correct results were posted on Compuscore.

While this was being figured out, the race director started the giveaways by calling bib num-

bers. However, many runners and walkers were still on the course. There were about 150 travel cups and cup holders to give out, so this lasted more than 30 minutes.

Then came the awards, which I can't figure out. The age groups were 11 and under, 12-14, 15-16, 17-19, 20-34, 35-39, and then every 5 years. Awards went to the top 3 female masters but only to the 1st-place male master. When a runner pointed this out, the director brushed off the remark and continued the age-group awards. He had a look like, *No one tells me how to run this*. In any case, it was another fine day, with ERC picking up some awards. —Ed Kelly

Kilometers for Karyn 5K, W Orange Jun 7

Ed Kelly (1st AG)	21:29
Tom Kelly (1st AG)	23:45
Helene Scarnegi (3rd W, 1st AG)	23:55
Joe Cozzi (3rd AG)	25:59
Martta Rose Kelly (1st AG)	26:33
Spencer Schwartz.	28:10
Since 1997, this well-organized race has honored the life of Karyn Glick by providing much needed financial assistance to organizations that fight children's leukemia and pediatric cancer. There were 187 runners last year and 185 this year. Consistent! The fast out-and-back course has some challenging hills on the return, but at least on this warm day I was running only half the distance of the Montclair 10K. PS: I won dinner for two at Calabria's Restaurant in Livingston! Also, Ed and Helene ran the Rockaway 5K yesterday. Good job! —Martta Rose Kelly	

Enjoyable race, and it felt great to be helping an important cause. The mostly well laid out course opened with a lap on the track and then followed shaded streets through the neighborhood.

—Spencer Schwartz

Montclair Run (2M, 10K) Jun 7

2M	
Grant van Inwegen (age 11, 5th OA,	12:54
2nd AG)	
William Burton (10th OA, 1st AG)	13:56
Jae Trimboli (age 5!).	19:58

10K	
Dan Murphy (8th OA, 1st AG)	38:46
Robyn Ritter (13th OA, 1st W, 1st AG)	39:47
Paul Kartanowicz.	40:42
Tom Eaton.	41:45
Glenn Trimboli.	41:55
Karen Merz (4th W, 3rd AG)	42:28
Jeff Burrowes.	44:20
Phil Coffin.	44:51
Ron Wolfson.	45:37
Dave Gurniak.	47:54
Amanda King.	48:34
Laura Gelman.	49:26
John Fabbro.	49:49
Rose Francisco.	49:53
Mick Close.	50:38
Daniel Nachman.	51:20
Samir Awad.	51:21
Chip Bearden.	51:32
Tracy Keller.	51:37

Greg van Inwegen.	52:59
Andi Robik.	53:42
Jane Whipple.	54:48
Karen Foley.	54:50
Tony DiNapoli.	55:00
Henry Whipple (age 13, 4th AG)	55:13
Jim Collins.	56:00
Kristen Laird.	56:34
Carolyn MacDonald.	57:25
Laura Halstead.	57:42
Julie Harris.	1:08:55
Dave Benfield.	1:09:56
Joan Perzanowski.	1:09:56
Leticia Allen.	1:16:03
Susan Palermo.	1:30:00

2M: 366 finishers (2009) versus 368 (2008). 10K: 607 finishers (2009) versus 552 (2008). And in those totals ERC was well represented with 35+ members. More were volunteering, cheering, pacing, enjoying the day.

Today was Robyn Ritter's last race as a New Jersey member of the club, and she went out in style, as the first female finisher and 13th finisher overall! Let's all wish her well in life, and in running and racing, as another out-of-state ERC member. We'll miss her! —Chris Jaworski

I ran the 10K with some women from No Boundaries. One woman lost her steam after mile 4. We walked the next 2 miles, and my goal was to keep focused and moving. Thanks for the support from Laura Messina, Phil Coffin, and everyone else. At the turn, we sprinted to the finish. I learned a lot about myself and never felt prouder than when we held hands crossing the finish line. Our time, 1:30 and change, wasn't recorded. I think they stopped timing after a certain point.

—Susan Palermo

Susan is the coach for John Fabbro's 5K group, No Boundaries. Susan ran with the group as its coach. She is the best—a great coach and an inspiration to us all! —Catherine Alessi

**North Olympic Discovery Marathon, Jun 7
Port Angeles, Wash**

Will DeRoberts.	3:21:56
Susan DeRoberts.	4:44:13

I had run Pocono 3 weeks earlier and wanted to try multiple marathoning, but I developed tendonitis in my foot and knew I'd have to make this one a long, slow training run. My plan was to run easy and take many walk breaks.

This is a scenic marathon. The first 9 miles took us through the town of Sequim, and the other 17 miles were on the Olympic Discovery Trail, a wide asphalt path that ends in Port Angeles. Only marathoners were on the path, so people dodging wasn't necessary. It was nice to run like that. We ran over two wooden bridges, one with switchbacks leading up to it. We ran past lavender fields and farms and saw horses and cows. The last 4 miles of the trail were on the beach of the Straight of Juan de Fuca. It was nice seeing the water and hearing the waves crash.

There were a few uphill, some steep. The few downhill were pretty steep, too. The course started uphill. We ran a quarter of a mile before

coming to a gradual, 1.5-mile incline. The rest of the course was rolling, except for the last 4 miles on the beach. They were relatively flat.

The race was small, about 400 runners, and walker-friendly. An early start was offered to anyone who expected to take more than 5.5 hours, and the course was kept open 8.5 hours. The half-marathon had a different starting location, and the 5K and 10K started where the longer races finished. There were water/Heed stations every 2 miles and gels, gummy bears, and oranges throughout the course. Many aid stations had fun themes. Volunteers were enthusiastic and entertaining. There weren't many spectators, but I run my long runs solo, so I didn't need the crowds.

When runners cross the finish, their names and hometowns are announced. Each runner is met by a volunteer, who presents a medal, gets the runner a drink, and walks the runner wherever needed. This was a nice personal touch, and this marathon a nice destination marathon.

—Susan DeRoberts

Bradley Richards 5K, Montclair Jun 13
Samir Awad..... 24:19

Colts Neck Reformed Church Jun 13
Community 5K

Phil Coffin (2nd OA, 2nd AG)..... 21:21
Once, at a club meeting, ERC member George McIntyre gave a talk about how to win your age group or even a race: Pick your event wisely. Small, little publicized race, out-of-the-way location, maybe one in competition with a big race. Good advice, and today I followed it—this small-town event, run while the Sheehan Classic was pulling in multitudes a few miles away, drew only about 100 runners—but I didn't have George's knack for the overall or age-group win. In the least competitive field you can imagine—we were timed with a sundial—I finished 2nd overall and in age. The winner might have cracked the top 175 at President's Cup.

Chatham Fishawack 4-Mile Race Jun 13
Jennifer Lanterman (3rd AG)..... 29:16

Today is my 30th birthday. Months ago I decided I'd run a race today to mark the move to my new age group. Between then and now, I was diagnosed with a nerve-aggravating herniated disk. How great! My fabulous orthopedist, Dr. Owens, explained I should remain as active as possible but keep my run distances to single digits. In true Jen-style, I was bound and determined to participate in this race, even if I had to walk it.

The event was well organized. There was plenty of parking, I was in and out of registration, and I didn't have to wait for a bathroom. The race announcers gave me several birthday shout-outs, which was very cool! The T-shirts are really nice, too. The heat wasn't too bad at first, and it was a bit humid, but by race time it was muggy.

My plan was to start conservatively and, if I felt okay, pick up the pace at 2 miles. The first mile was almost entirely uphill. In fact, more than half the race was uphill, I think. I've no idea how that's possible, but all I can remember is running uphill! I felt okay, so I picked it up a bit.

The race was on the small side, maybe 250 to 300 runners, but there were lots of spectators cheering us on and using their sprinklers to give us a much needed cooling off.

My time was good for 3rd place in the 30–39 age group! The race organizers were calling out bib numbers for the prize giveaway. My number wasn't called, but I was given a prize as a birthday gift! Prize bags included a really nice, heavy, embroidered long-sleeved shirt and a hat.

Today's race was a good way to ease myself into my 30s, which have sufficiently freaked me out for the past 364 days. I wrapped it all up with a tasty cup of coffee and a Rice Krispies Treat!

Run for Marge 5K, Pequannock Jun 14

Mark Frankel (2nd AG)..... 20:18
Ed Kelly..... 20:49
Adrian Dunner (PR)..... 21:37
Ed Trieste..... 27:09
George Studzinski (1st AG)..... 27:31
Although the weather was good, and the course fast, this 5K drew not much more than a local crowd. Too bad—this was an exceptional race.

Images of Charlie Brown kept flashing through my head. As with many 5Ks, this one had its share of grade schoolers, many of whom make jackrabbit starts, only to fade quickly. Two kids started out ahead of me—a boy, blond hair in a crew cut, wearing a tie-dyed baseball jersey, and a little red-haired girl. I don't remember what she was wearing because I couldn't get past the red hair. It was very red, and curly.

The boy, true to form, faded after half a mile, but the Little Red-Haired Girl kept pressing on. At times, I couldn't get within 50 feet of her. I kept thinking, *You're a good man, Mark Frankel, and you're going to get that Little Red-Haired Girl.*

Shortly after 2 miles, I flew past the Little Red-Haired Girl and the runner who'd place 3rd in my age group (I came in 2nd). Interestingly enough, had I been 1 year older and 1 minute faster, I wouldn't have won anything—the men in the 40–49 group were viciously fast. I have a lot to look forward to. Good grief! —Mark Frankel

I know all about 40–49, and, yes, good grief! I ran faster today than I did last year, but it wasn't fast enough for top 5. I was right behind your Charlie Brown, though. —Ed Kelly

Portugal Day 5K, Newark Jun 14

Tom Kelly (2nd AG)..... 23:32
Martta Rose Kelly (1st AG)..... 26:11
We're both registered for President's Cup tomorrow night, so we went back and forth on whether to run Portugal Day today. Tom made some good points: (1) More rain is forecast for tomorrow. (2) Even on our best days, we won't place at President's Cup. (3) Postrace Portuguese "hiney rolls"!

So off we went to Newark. Today's Portugal Day was the first I've been to that wasn't 95 degrees in the shade and unbearably humid. Temps were in the 70s, skies were overcast, and the humidity hadn't started to build yet.

But I didn't feel great. Yesterday the weather had been horrible, and I went ballistic scrubbing floors, vacuuming, dusting, doing laundry. When

I awoke this morning, my back ached, and all I could think of was, *My kingdom for a Tylenol!*

The field for the 1-miler and the 5K seemed small. And someone forgot the timing clock! Volunteers called times out at the finish, though. Despite everything, I ran my best 5K of the season, 26:11, good for 1st in age. Tom ran 23:32 and took 2nd in age. And yes, the Portuguese hiney rolls were worth waiting for!

Woodcliff Lake Run for Education (10K) Jun 14

Beverly Salerno..... 1:20:30
Susan Palermo..... 1:21:10

This race was very hilly. We walked up most of the hills. Some were very steep. Around mile 3, we joined Laura, someone who was running/walking our pace. We appreciated one another's support. We stayed together until the last quarter of a mile, where I lost my steam (not sure what happened). I realized I could not catch Bev and Laura, but I stayed on pace and ran to the finish. I feel great today. —Susan Palermo

The Dipsea Race (7.4 M), Jun 14
Mill Valley to Stinson Beach, Calif

Mike Wojcio..... 1:33:02
After playing golf, chess, and Ping-Pong for three days, I ran Dipsea in northern California on Flag Day, and carried my two US flags during the race. This year's 99th running drew a field of 1500.

The Dipsea trail race, from Mill Valley to the Pacific Ocean, is the most difficult and grueling short race I've ever done. Plenty of tough hills up and down, rocks, roots, poison ivy, poison oak, and runners passing too close to one another. Most runners are careful, but my friend Art told me some get knocked down. After the race, I met three runners who had been injured in falls, and I heard one had to be taken to a hospital.

These 7.4 miles felt like 20 to me (I don't train on hills much) and maybe like a half-marathon to good hill runners. The elevation goes from about sea level to 1360 feet and then down to sea level again. The course has 671 steep steps, more than 50% in the first half-mile, and all uphill. After three sets of steps, you run up a hill for about a mile and then down Suicide Hill. (There is an easier trail to the right, but I took Suicide Hill.) Then you run 2.5 miles up Cardiac Hill.

When I arrived at Steep Ravine, I could have opted for a less severe way down, but I assumed this would be like Suicide Hill. Let me tell you, Steep Ravine was a lot more dangerous! It was a very long downhill, and the trail was shaped like a V in many places, which put extra pressure on the ankles. Here a young runner was right on my shoulder, with no room to pass. I was holding my flags close to my body and couldn't wait for the downhill to end so she could pass me. With the steepness and terrain, this downhill might have been my most difficult ever. Were I to run Dipsea again, I'd take the easier way down here. The steeper hill saved me some time but was too difficult, and I was lucky not to fall.

Dipsea is handicapped by age and sex, so older and female runners go out in groups first. Fifty-two-year-old Brian Pilcher won the race in

55:25 (9:27/mile). Thirteen-year-old Julia Maxwell took 4th overall and was first female (her father is the late Brian Maxwell, founder of PowerBar). Also impressive was 6-year-old Kelby Buckley, who came in 1223rd, ahead of 250+ other runners (I couldn't believe a child that age was allowed to run such a difficult race). I came in 992nd, with a time of 1:33:02 (13:06/mile).

Next year will be the 100th running. The race started in 1905, but there were years (e.g., during World War II) when it wasn't held. It should be one of the hardest US races to get into in 2010. You can try to get in and take my place, as my Dipsea days are over. Once is quite enough.

Wayne Carlson told me how he loves trail running. Well, try this famous race. Most Dipsea runners are from northern California. They are tough runners. New Jersey runners are tough, too. I hope Wayne, Chris Jaworski, other ERC runners, and Rose City's Mecca Cerny take the challenge and run Dipsea.

Each year, the race's top 35 finishers receive special black shirts with big football numbers on them. The top 5 finishers are given the opportunity to speak to the crowd. Brian, this year's winner, told us he saw about 15 nude women while doing a training run on the course a week earlier. (I imagine there was a group of nudists hiking through the wilderness.) Maybe the sight led to the ankle injury he mentioned getting on that run!

My friend Art, one of 800 members of the Tamalpa Club in Marin County, finished 692nd, which means he qualified for next year's race. Art has also run Double Dipsea (Stinson Beach to Mill Valley and back) twice. (The Double takes place in late June.) Those Marin County runners have an advantage training on the course. My quads still hurt five days later!

The Quadruple Dipsea (the trail run from the valley to the beach and back, twice) is in late November. Limited to 250 runners, it is probably the most difficult short ultra in the world.

Jack Kirk ("The Dipsea Demon") ran the Dipsea Race 68 consecutive times, up until age 95. That's amazing! I don't know how he did it as an older runner. Jack died in 2007 at age 100.

I met plenty of nice trail runners at Dipsea, so it was indeed a wonderful race for me.

Suffolk County Community College Jun 14 50K, Riverhead to Selden, NY

Mike Skara (1st 50K!) 4:35:47
 Going into this race, I had a lot of concerns—the unprepared/ill-informed vibe I got from the race organizers, predicted thunderstorms, the lousy sleep I got, the 37.5 miles I had run two weeks earlier, and so forth. However, everything went as perfectly as one could have hoped, and I completed my debut 50K in 4:35:47.

My intention was to keep my entry under wraps, because I wasn't going to tell anyone if I did poorly. Let's say word leaked out. I appreciate all the words of encouragement. What more could a guy ask for than friends who care?

My concerns about the ultra-small-town feel were completely unfounded. The course was fair, only a few significant hills, and very clearly marked throughout. They must have put down

300 arrows. There was almost no way to get lost. The aid stations were tiny, manned by a single person, but very well stocked. Really, what more did they need for 80 registrants over 31 miles?

Unfortunately for you, dear reader, you missed the boat on this high-quality event. As it was run for the college's 50th anniversary, it'll never be run again. I joked to the race director that they should have a 51K next year. He said they'd consider only a 100K 50 years from now. I figure none of us will be running in 2059.

President's Cup 5K, Millburn Jun 15

<i>Paul Giuliano (3rd AG)</i>	<i>17:14</i>
<i>Matt Casse</i>	<i>17:58</i>
<i>Will DeRoberts</i>	<i>18:25</i>
<i>Paul Kartanowicz (PR)</i>	<i>18:34</i>
<i>Charlie Slaughter</i>	<i>18:39</i>
<i>Dan Murphy</i>	<i>18:44</i>
<i>Brian Foster</i>	<i>19:14</i>
<i>Desmond Duncker</i>	<i>20:02</i>
<i>Mike Sneden</i>	<i>20:07</i>
<i>Ed Kelly</i>	<i>20:22</i>
<i>Stephen Sands</i>	<i>20:38</i>
<i>Adrian Dunner</i>	<i>21:48</i>
<i>Helene Scarnegi</i>	<i>22:51</i>
<i>Mick Close</i>	<i>22:56</i>
<i>Tom Kelly</i>	<i>23:32</i>
<i>Martta Rose Kelly</i>	<i>25:16</i>
<i>George Studzinski (1st AG)</i>	<i>25:19</i>
<i>Spencer Schwartz</i>	<i>29:15</i>
<i>Beverly Salerno</i>	<i>31:15</i>

It was the usual Millburn scene, with mostly clear skies for the race, coming after heavy thunderstorms earlier in the day. A nice addition this year was a rainbow over Charlie Brown's restaurant just before the start. Also as usual: no postrace food but a great postrace party fueled by a Samuel Adams beer truck. Ugly cotton T-shirts!

ERC was well represented in this very competitive race with its large field (>1300 runners). Our men's open teams finished 11th and 18th out of 22 teams, despite our top 5 runners all coming in under 20 minutes. —Mick Close

I stood with the 9-minute milers and then took more than a minute to reach the starting line. At the finish, I was surprised to see my finish and official times match. Lesson learned: Start nearer the front, for the chip is not the great and mighty device I believed it to be. —Spencer Schwartz

Even though I finished last among us, this was my best 5K this year. I should always warm up with a 10K the day before! —Beverly Salerno

This was my best 5K this year too, and I ran Portugal Day yesterday. Many folks said they did well at President's Cup. Maybe it was the cooler than average temps, because it certainly wasn't the anticipation of postrace food. C'mon guys, beer without food? Disaster waiting to happen. —Martta Rose Kelly

Thanks to all the Essex men who ran on our open team at this race. It's hard to compete with runners in their 20s, but, if you look at our PLPs, you'll see we would've been right up there. PS: I also ran my best 5K time of the year here after a race the day before! —Ed Kelly

Smoke Rise Challenge (4M), Jun 18 Kinnelon

<i>Will DeRoberts (Essex)</i>	<i>26:43</i>
<i>Randy Miller (Essex)</i>	<i>28:12</i>
<i>Dave Donus (Smoke Rise)</i>	<i>28:59</i>
<i>Jaimie Tighe (Smoke Rise)</i>	<i>29:24</i>
<i>Mick Close (Essex)</i>	<i>30:41</i>
<i>Ken Smalley (Smoke Rise)</i>	<i>31:34</i>
<i>Karen (Smoke Rise)</i>	<i>33:33</i>
<i>Tom Kelly (Essex)</i>	<i>33:52</i>
<i>Adrian Dunner (Smoke Rise)</i>	<i>33:54</i>
<i>Andi Robik (Essex)</i>	<i>34:26</i>
<i>Gary Smith (Smoke Rise)</i>	<i>36:45</i>
<i>Martta Rose Kelly (Essex)</i>	<i>37:13</i>
<i>Sara (Smoke Rise)</i>	<i>37:39</i>
<i>Vanessa (Smoke Rise)</i>	<i>37:41</i>
<i>Anne Chesny (Essex)</i>	<i>38:00</i>
<i>Rich (Smoke Rise)</i>	<i>38:58</i>

Essex had a small group, but our 7-person team, led by Will DeRoberts and Andi Robik, squeezed out a 3-point victory. The scoring was done by adding the finishing places of the top 4 men and top 3 women on each team. The tally: 53 points for Essex and 56 points for Smoke Rise.

Many thanks to our Smoke Rise hosts for another wonderful evening—especially Adrian Dunner for helping organize the run and George and Christa Studzinski for hosting the postrace party at their beautiful home. —Mick Close

Florham Park Jaycees 5K Run Jun 20

<i>Charlie Slaughter (1st AG)</i>	<i>19:03</i>
<i>Mike Sneden</i>	<i>20:13</i>
<i>Amy Ulto</i>	<i>28:16</i>

The Jaycees sponsor this race as a benefit for Billy and Ashley Streiter, killed by a drunk driver in 2003. A memorial scholarship fund was created in their name, with race proceeds going to the fund. The event was at Holy Family Church, which had parking for almost all 300 runners.

The sky was overcast, the air a bit humid, and the temps in the 60s—good for running. The course wound through neighborhood streets. With miles 1 and 2 heading mostly downhill, I thought the last mile back to the finish would go up, but it wasn't too bad. There were no mile splits, but water, postrace food, and scoring were fine. Awards were in 10-year groups, so I missed out. —Mike Sneden

Hershey Chocolate Miracle 5K, Jun 20 Hershey, Pa

Helene (and Paul) Scarnegi and I (and Lisa and the kids) drove to Hershey on Friday so we could run this race at 8:00 am Saturday. I had set the alarm for 6:30 but was awakened instead by a loud clap of thunder. *Oh, boy, this can't be good.* But there was only one boomer. When I left the hotel, however, the rain was steady, and the sky was getting darker by the minute. Arriving at the race site, the Hershey Technical Center, I was surprised to see many other nuts already there.

I checked in and was given a bright orange nylon bag with nothing it. No T-shirt, no goodies from Hershey, nothing. I met up with Helene and did a warmup in the rain. When we got to the start, the race director announced that, because of the weather, there would no mile clocks. Little

did I know that also meant no mile markers. The RD also announced that, in case of lightning, we should take shelter on the nearest porch. Imagine waking up and seeing a gaggle of wet runners on your front porch! Luckily, this didn't happen.

We then waited 10 minutes for the usual prerace announcements, speeches, and singing, all the while getting pounds heavier from the now constant downpour. Finally, the race went off. The course was a nice out-and-back with some rolling hills ... and water streaming on the road.

Except for New York City races, this was my first out-of-state race. The method of compiling results was strange to me. Usually I'm looking for a computer printout, but here they tore the number from the bottom of your bib, stapled the number to a 2x4 card, and wrote in your time.

The top 3 males and females received nice medals ... and were placed back into the age-group awards (bad sign). Age-group awards were dog tags engraved with placements.

Even fighting off a sinus cold, Helene won 1st in age with an unofficial time of 23:07. I ran a little under 21:00 and think I finished 4th in age (staying up until 1:00 am after driving 3.5 hours might have slightly affected my run). I cannot confirm these results yet. According to the race's Web site, results will be posted by June 26.

The organizers gave away plenty of gift certificates, mostly from local merchants, and plenty of Hershey candy, which seemed to get hauled off in boxes by local runners. Helene and I received our fair shares as well.

The rain, on and off all day, finally stopped around 3:30 pm. The kids had fun in the park, though. The rain had kept many people away, and there were no lines for rides. All the rides stayed open in the rain. Only lightning closes the park, a worker told me. Interesting.

The race's Web site sums up the day: "It rained ... they came. It poured ... the runners ran the race! There were *torrential downpours* ... participants ran and walked the fun run/walks and stayed through it all for the giveaway drawings!"

Race proceeds benefit Children's Miracle Network, which supports Children's Hospital at Penn State Milton S. Hershey Medical Center.

All in all, a good day. I would like to do this race again, in better weather. —Ed Kelly

Grandma's Marathon, Duluth, Minn Jun 20

Doug Williams..... 4:12:56

On my way to the start Saturday, I saw a bank clock indicating 70 degrees. This was before 7:30 am. Apparently, officials considered canceling the race because of the oppressive heat that morning. It went up to 90 degrees at noon.

I made it to the spot where I thought I would hop on a school bus that would take us to the start. Getting there became an adventure after they put us on a quaint old train, and we made it to the start with less than 10 minutes to spare.

Early on, it became clear that I had no chance of running a PR, and I noticed that other runners began walking very early in the race. I started walking around mile 14 and could only jog/walk

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 you 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!

the rest of the marathon. I was extremely nauseated at the end.

Despite the tough day, I recommend this course to anyone looking for something different. The views along Lake Superior were really scenic, and the atmosphere relaxed overall. There were friendly people out there.

Facts: 8377 entrants, 6366 starters, 5853 finishers, 577 runners treated at medical tents, 36 sent to the hospital.

Father's Day Fight Against Prostate Cancer (5M), Central Park Jun 21

Karen Foley (3rd AG)..... 42:59

To my surprise, I placed 3rd in my age group! I didn't stick around because there were so many people and, though I had felt very good during the race, I didn't think I would place. Perfect running conditions for me: cool and light rain.

Entertainment Value: Movie or 5K?

Mark Frankel

The weekend is coming up, and you want to spend some quality time entertaining the family.

You consider a movie. Even though it's expensive, it still seems like a good value.

Ironically, the last thing that goes through your mind is taking the entire family to a race. After all, you're a runner, and they're not. You may want to think again, though.

The theater will occupy everyone for about 2 hours, if you add up the time spent waiting in line and watching all the previews and the movie. The 5K will take 2 hours too, if you add up the time for warmup, racing, cooldown, and awards.

After agonizing about which movie all family members want to see, parents can look forward to shelling out \$30 for tickets (\$7.50 per person), \$10 for two buckets of popcorn (one for the parents, one for the kids), and \$8 for soda to wash down the popcorn.

Fitzgerald's 1928 Lager Run 5K, on the other hand, is \$20 per person, assuming you preregister and are not a USATF member. Although the \$80 a family of four would spend to do the Lager Run seems a lot pricier than the \$48 for the movie, dollars are only part of the equation.

Consider what everyone eats and drinks at the movie. Movie popcorn (buttered, of course) has 1220 calories, according to SeriousEats.com, and soda (assuming each

large movie theater cup holds two 8-ounce servings) has 186 calories, according to CalorieKing.com. That comes to 786 calories per person.

To be fair, people burn calories even while watching a movie. According to My-calorie-counter.com, a 100-pound person burns about 45 calories per hour watching a movie.

So, a skinny family watching a 2-hour movie takes in a total of 3144 calories while burning only 360 calories, for a net gain of 2784 calories, or 696 calories per person. On a dollars-per-calorie scale, the movie comes to 14.5 calories gained per dollar spent.

The same 100-pound person burns 236 calories running a 5K, according to Runnersworld.com.

To be fair, runners eat afterward. Assume each person eats a bagel, a banana, and an orange—taking in 72, 45, and 72 calories, respectively, for a total of 189.

So, a family of four takes in a collected 756 calories after burning a collected 944, for a net loss of 188 calories, or 47 calories per person. On a dollars-per-calorie scale, the 5K comes to 2.35 calories burned per dollar spent.

So what is the better value? As far as gaining weight (movie) or losing weight (5K) is concerned, the 5K represents a much better value.

You may be head runner in the household, but the other members of your family will also benefit from entertaining themselves the way you do.

RACES: JULY–SEPTEMBER 2009

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

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	9:00a	Glen Rock 9/11 Tribute Run	5K		
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	9:00a	NYRR Team Championships (Central Park)	5M	212-860-4455	
8/8	Sat	5:30p	Capt. 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	NYC Half-Marathon (Central Park to Battery Park)	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)
8/29	Sat	4:00p	10th Annual Smoke Rise Biathlon (Kinnelon)	Swim/Run*	973-283-8664	*Swim 1/3 mile and/or run 4M
8/30	Sun	9:30a	Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
8/30	Sun	11:30a	Henry Isola XC Classic (Van Cortlandt Park, Bronx)	4M	212-860-4455	
9/6	Sun	9:00a	Jimmy D Memorial 5K (New Brunswick)	5K	732-249-6271	NBGP: 500 pts
9/6	Sun	9:00a	Crossroads of New Jersey 10K & 5K (Woodbridge)	10K, 5K	732-549-9440	NBGP: 10K & 5K (both 500 pts)
9/7	Mon	9:30a	Verona Labor Day Classic	5K	973-239-4111	NBGP: 500 pts
9/12	Sat	9:00a	Rock 'n' Run 5K (Cranford)	5K	732-381-0318	NBGP: 500 pts
9/12	Sat	9:00a	Wounded Heroes 5K (Mountain Lakes)	5K	973-897-2237	NBGP: 500 pts
9/12	Sat	9:00a	<i>Fitness Magazine</i> 4-Mile Run (Central Park)	4M	212-860-4455	
9/12	Sat	9:45a	Fallen Heroes 5K Run (Lake Como)	5K	908-499-9250	NBGP: 500 pts
9/13	Sun	9:00a	Race for the Cure (Central Park)	5K	212-560-9590	
9/13	Sun	10:30a	USATF–NJ 5K XC Championship (Readington)	5K	973-334-8900	NBGP: 700 pts
9/19	Sat	8:30a	Ramsey Run	10K, 5K	201-825-8299	
9/20	Sun	7:00a	Queens Half-Marathon (College Point)	13.1M	212-860-4455	
9/20	Sun	7:45a	Philadelphia Distance Run	13.1M	800-311-1255	
9/20	Sun	9:00a	James N. Rentas 5K Run (Bayonne)	5K	910-686-0026	NBGP: 500 pts
9/20	Sun	9:30a	Berkeley Heights 5K	5K	908-464-8899	NBGP: 500 pts
9/20	Sun	10:00a	Morris Mauler 5K (trail/xc, Morris Township)	5K	908-295-8580	
9/26	Sat	9:00a	Newstead 5K (South Orange)	5K	973-313-9575	
9/26	Sat	10:00a	Dunellen Run for Education	5K	732-968-7470	NBGP: 500 pts
9/26	Sat	Various	Fifth Avenue Mile (Manhattan)	1M	212-860-4455	
9/27	Sun	7:00a	NYC Marathon Tune-Up (Central Park)	18M	212-860-4455	
9/27	Sun	8:30a	Brian's Run (Wayne)	10K, 5K	973-904-1395	NBGP: 10K & 5K (both 500 pts)
9/27	Sun	8:30a	Newport Liberty Half-Marathon (Jersey City)	13.1M	732-381-0318	NBGP: 700 pts
9/27	Sun	9:00a	High-Speed Chase for the Cure (New Brunswick)	5K	732-235-4956	NBGP: 500 pts

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