



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

August 2009

Vol. 26, No. 8

### Volunteers Needed for 27th Annual Verona Labor Day Classic (Mon, Sep 7)

Please contact Tom Kelly (tbpkelly@gmail.com, 973-731-1621) if you can help out. This is a great way to give back to the running community and exhibit your Essex Running Club spirit. Volunteers are needed for race-day registration and street crossings, and it's become customary to stay for the ERC postrace picnic (complimentary refreshments)!

### Track Workouts Return (Wed, Sep 16)

This fall, ERC members of all paces will meet on six Wednesdays for group workouts at the Brookdale Park track. The first workout will be on September 16, the last on October 21. Everyone is encouraged to try these free sessions!

Coach Joel Pasternack will provide guidance, advice, and encouragement.

Arrive between 6 and 6:15 pm and run a 2-mile warmup and strides so that you're ready to go when the workout begins at 6:30; if you can't get there by 6:30, you can come later, as Joel will be on the scene until at least 7:30 to get people started. Also, his workout plan will be posted each week at [essexrunning.com/workout](http://essexrunning.com/workout). —Mick Close

### Sunrise 5K Challenge Series (Thursdays)

A weekly 5K "race" starting at 6:00 am in Brookdale Park! Runners meet at the track at 5:45, warm up, and announce their predicted finish times. The "winner" is the runner who finishes closest to his or her predicted time, so everyone has a shot. The prize? Our everlasting adulation!

What you get for the low, low registration fee of \$0: a measured course, a weekly organized time trial/tempo run, fun with friends, out of bed, in shape.

What you don't get (see low, low fee): water stations (though there are fountains; factor stops into your prediction), traffic control (it's 6:00 am; there's little to no traffic), bib numbers (we'll give you a pen if you want to write one on your shirt), mile clocks (wear a watch; we will try to mark miles 1 and 2), age-group awards (see low, low fee), swag.

So, if you are up and want to join us, come on by!

Series continues through September 24.—Tom Eaton

### NO MEETING IN AUGUST

### ERC'S NEXT GENERAL MEETING 7:30 pm, Tuesday, September 8

#### Our Speaker

David Siconolfi, president of CompuScore, which provides computer timing and Web results for New Jersey races.

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 8 • Oct 6 • Nov 3 • Dec 6 (party)

#### Board Meetings

Aug (no mtg) • Sep 15 • Oct 13 • Nov 10 • Dec (no mtg)

### MARK YOUR CALENDAR

- **Aug 1.** River to Sea Relay (club race), Milford to Manasquan. *Page 4.*
- **Aug 1.** NYC Marathon Long Training Run #2, Central Park. *Page 10.*
- **Aug 6.** Sunrise 5K Challenge Series (Thursdays thru Sep 24). *Page 1.*
- **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 13, 20, 27.** Last 3 Thursday hosted runs of summer! *Page 2.*
- **Aug 16.** NYC Half (club race), Central Park to Battery Park. *Page 10.*
- **Aug 29.** Smoke Rise Biathlon (club event), Kinnelon. *Pages 2, 4.*
- **Aug 30.** Grove Summer Series run: Ten-Hill Challenge. *Pages 2, 4.*

### New & Returning Members!

Sarah Barnes, *Caldwell*  
Rebecca Goldberg, *Montclair*  
Justine Krell, *Little Falls*  
Anders Olson-Swanson, *Montclair*  
Harold Porcher, *Montclair*  
Frank Russo, *Wayne*  
Andrew & Marina Valerio, *West Milford*  
Megan Williams, *Nutley*



**2009  
ESSEX RUNNING CLUB**

**Officers**

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

**Board Members**

Catherine Alessi. . . Clothes, Entertain  
 Aubrey Blanda. . . . . At Large  
 Mick Close. . . . . Team Captain  
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 Robin Kantor. . . . . Insert Designer  
 Ed Kelly. . . . . Team Captain  
 Martta Kelly. . . . . PR, Web Site  
 Tom Kelly. . . . . At Large  
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 Susan Palermo. . . . . Clothes, Walking  
 Gary Peters. . . . . Team Captain  
 Beverly Salerno. . . . . Membership  
 Helene Scarnegi. . . . . Team Captain

**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

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**Clothing Directors**  
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 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.**

<b>8/6</b>	<b>SUNRISE 5K CHALLENGE SERIES, BROOKDALE PARK</b> Thursdays through September 24. More details on page 1.
<b>8/6</b>	<b>PROJECT CHILDREN 5K</b> <span style="float:right"><b>973-762-2930</b></span> South Mountain Reservation, <b>7:00 pm start.</b> From Bloomfield Ave & Pompton Ave/Route 23 intersection: 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.  <b>Postrace Party at Shillelagh Club</b> (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.
<b>8/8</b> (Sat)	<b>NYRR TEAM CHAMPIONSHIPS, CENTRAL PARK</b> See page 4 for details.
<b>8/13</b>	<b>Tom Daniels</b> (142 Ridgewood Ave, Glen Ridge, 973-429-2524) & <b>Desmond Duncker</b> From Montclair: 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.
<b>8/20</b>	<b>Rose Francisco</b> (26 Davidson Rd, Bloomfield, 201-575-3457) From Montclair: 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).
<b>8/27</b>	<b>Tom &amp; Martta Kelly</b> (81 Seaman Rd, West Orange, 973-744-3677) From Caldwell: 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. From Montclair: Bloomfield Ave to Prospect Ave, L on Prospect, ~1.5 miles, first R (after Manor) on Woodland Ave, next R onto Seaman, see above.
<b>8/29</b> (Sat)	<b>SMOKE RISE BIATHLON</b> Register/check in 3:30-4:00 pm, start at 4:30.  Entry form at essexrunning.com. Event organizers: <b>Adrian Dunner</b> (973-838-6633), <b>Kevin Burke</b> (973-283-2617), and <b>Dr. George Studzinski</b> (973-283-8664).  23 N to Kinnelon Rd (8m N of 46/80 or 3m N of 287), take jug handle immediately after Coldwell Banker 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 Burger King, you've gone too far. Take next jug handle on R (0.25 mile), get on 23 S, take Kinnelon Rd exit.
<b>8/30</b> (Sun)	<b>GROVE SUMMER SERIES RUN: Ten-Hill Challenge</b> 15.5-mile run through Montclair, Verona, Essex Fells, the Caldwells, and Cedar Grove features 10 hills. Meet at Grove Pharmacy (123 Grove St, Montclair) at 7:00 am. Route: http://www.usatf.org/routes/view.asp?rID=146656.
<b>9/7</b> (Mon)	<b>VERONA LABOR DAY CLASSIC 5K</b> Contact Tom Kelly (tbpkelly@gmail.com, 973-731-1621) if you can help out. This is a great way to give back to the running community and exhibit your Essex Running Club spirit. Volunteers are needed for race-day registration and street crossings, and it's become customary to stay for the ERC postrace picnic (complimentary refreshments)!
<b>9/13</b> (Sun)	<b>GROVE SUMMER SERIES RUN: Eagle Rock 9/11 Memorial Run</b> 15-mile run mostly on tree-lined streets of Montclair, with an extension up Snake Hill to the 9/11 Memorial in Eagle Rock Reservation. Meet at Grove Pharmacy (123 Grove St, Montclair) at 7:00 am. Route: http://www.usatf.org/routes/view.asp?rID=146670.

**YEAR-ROUND GROUP RUNS**

Tue	6:30 pm	(▲) West Essex Trail Run, Verona
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 6:30 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 August Issue Of  
*KEEPING TRACK ...*

**15 Years Ago (1994)**

Low turnout of ERC members at Inter-club Challenge and summer hosted runs is lamented (14 members ran in IC that year; 27 ran in 2008), and a call is made for more members to attend the winter hosted runs starting in December ... even *Keeping Track's* "post box has been very empty lately" ... new Warwick (NY) Marathon "will be run simultaneously with the NYC Marathon ... and is being touted as the 'country alternative'" to NYCM ... NYCM Tune-Up is reported to be changing from 25K to 30K (18.6 miles); it's now an 18-miler ... preregistration entry fee for Verona Labor Day Classic (directed by the Verona Jaycees and the Essex Running Club) is \$11.

**10 Years Ago (1999)**

President Tony Sanchez commends the ERC team that ran a person short in the hottest River to Sea Relay up until then and ends with, "I would want them on my team anytime, anywhere"; Tony's own team "finished 8th out of 41 ... but we all felt the glory of victory. As far as I'm concerned, you don't have to win the race to enjoy victory" ... Lenore Piccoli provides notes from the August meeting, at which members were asked about running and sex ("One has been doing it for 65 years ... his advice is don't stop, just slow down ... Someone else finds it boring but does it anyway. His wife said he makes a game out of it to make it fun ... Another person [does it] for the 'spiritual experience' ... Others have gotten trophies doing it ... Many never take a day off ... One had 57 'marathon' experiences ... Some have done it around the world! ... Another spent their 50th birthday doing an ultra ... It is rumored that one person does it twice a day ... Others explained they joined the club because they needed a group to do it with and were encouraged by friends") ... Gary Peters writes on the benefits of morning running and on his love for running in the woods.

**5 Years Ago (2004)**

Catherine Alessi now a member! ... Jay Gerish to host trail run and picnic on the Gerish Farm in Hunterdon County ... Tuesday-evening West Essex Trail runs draw 20 members each week.

<b>ESSEX RUNNING CLUB 2009</b>		<b>JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!</b>	
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			
<b>KEEPING TRACK (NEWSLETTER) DELIVERY</b> <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			
<b>Membership Directory.</b> 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

Championship races resume in September with the Cross-Country 5K and the Newport Liberty Half-Marathon (see list below). We'll have car pools for both of these all-division team events.

Being part of a team is a lot of fun and can provide extra motivation to improve your running and your race times. We welcome runners of all abilities. Having just a few extra participants can often make a big difference in where ERC teams finish in the races and in the USATF–NJ standings.

We hope new and longtime members will come out for team racing at the rest of this year's championship events. For more info, contact Ed Kelly (ejk823@msn.com) or Mick Close (mickclose@aol.com, 973–477–0016).

- Sun, Sep 13 **Cross-Country 5K (Readington)**  
*USATF–NJ XC 5K 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 XC 8K 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)*

## MORE TEAM FUN

Let's have ERC represented at the NYRR Team Championships! See "At the Races" (this page) for more info.

## GROVE SUMMER SERIES RUNS

Join ERC's Grove Street runners for two special summer long-distance group runs (Aug 30, Sep 13). Meet at Grove Pharmacy (123 Grove St, Montclair) at 7:00 am each Sunday. Courses will be stocked with water and Gatorade.

- Sun, Aug 30 **Ten-Hill Challenge.** 15.5-mile course includes 10 hills in Montclair, Verona, Essex Fells, Caldwell's, Cedar Grove.
- Sun, Sep 13 **Eagle Rock 9/11 Memorial Run.** 15 miles in Montclair and up to the 9/11 Memorial in Eagle Rock Reservation.



## AT THE RACES

### River to Sea Relay **Sat, Aug 1**

Good luck to the three ERC teams in the 14th running of this 92-mile relay from the Delaware River to the Atlantic Ocean. Starting times are staggered according to teams'

average 5K times, so all teams should finish in Manasquan around the same time and have an equal shot at winning. Many thanks to captains Phil Coffin, Desmond Duncker, and Tom Kelly for once again organizing our teams. Info: 732–381–0318, oymp.net.

### Project Children 5K **Thu, Aug 6**

Replacing our Thursday-night group run is this 5K race in South Mountain Reservation. The race is on the tree-lined

reservation roads where Sneaker Factory used to hold its summer series, and the event has a definite Irish flavor, with bagpipes piping at the start and a postrace party at the nearby Shillelagh Club. Entry: compuscore.com. Other info (phone numbers, directions): page 2.

### NYRR Team Championships **Sat, Aug 8**

These 5-mile Central Park races are open only to teams from running clubs in the metro area. This event is smaller than many NYRR races and has a nice atmosphere, more like that of our Interclub Challenge. Almost all runners wear the colors of their clubs. Men race at 9:00 am and women at 10:00. We'd like to field ERC teams, so we hope you'll sign up. Please specify *Essex RC* as your team name on your application. Info: 212–860–4455, nyrr.org.

### Smoke Rise Biathlon **Sat, Aug 29**

Club members and friends are invited to Kinnelon to participate in the Smoke Rise Biathlon (a.k.a. *Battle at the Beach*), a 1/3-mile lake swim followed by a challenging 4-mile run. The start is at 4:30 pm, but you should arrive between 3:30 and 4:00 to register/check in. There will be food, drink, and music at the postrace beach party.

You can compete either individually or as part of a team (1 swimmer + 1 runner). If you need a runner or a swimmer to form a team, you can ask to be paired up at the event. Life guards will be on duty during the swim, and water stations will be set up for the foot race. Yes, it could be time to try your first biathlon—this event is challenging and fun, and the setting in the Smoke Rise community is hard to beat!

Spectators, cheerleaders, and volunteers are welcome. Contact ERC member Adrian Dunner (973–838–6633) or George Studzinski (973–283–8664) for more information.

## September Events

The 27th annual Verona Labor Day Classic will be held Monday, September 7. The 1-mile fun run starts at 9:00 am, the 5K at 9:30. New this year: tech shirts, and timing chips for the 5K. We need as many volunteers as possible to make this a safe and successful club event. Please contact Tom Kelly (tbpkelly@gmail.com, 973–731–1621) to volunteer or to get more information about the race.

USATF–NJ championship races pick up again with the Cross-Country 5K (Sep 13), an all-division race. Note this year's change in venue, from the hilly Holmdel Park course to Readington, also the site of the XC 8K (Oct 25).

Coming September 27 is Jersey City's Newport Liberty Half-Marathon, an all-division USATF–NJ championship race. Much of its course is in Liberty State Park. Many runners use this event as a tune-up for a fall marathon.

### New York City Marathon Bus

Essex Running Club will again be organizing round-trip New York City Marathon bus transportation (Sun, Nov 1). Taking our bus is the best way for runners and spectators to get from our area (Montclair departure) to the marathon and back. More details in an upcoming issue.

## FINISH LINES

**Japan Day (4M), Central Park**      **May 31**  
*Laura Halstead* . . . . . 35:12  
*John Young* . . . . . 40:55

**NYRR New York Mini 10K, Central Park**      **Jun 7**  
*Bernadette Lancaster* . . . . . 1:01:20  
*Robbin Jordan* . . . . . 1:04:38

**NYRR Dash 10K, Central Park**      **Jun 13**  
*Tom Daniels* . . . . . 47:40  
*Jim Enslin* . . . . . 1:02:29

**Woodcliff Lake Run for Education (10K)**      **Jun 14**  
*Bill Wilde* . . . . . 51:27

**Point Boro Rotary Father's Day 5K, Point Pleasant**      **Jun 21**  
*Phil Coffin (2nd AG)* . . . . . 21:22

**Father's Day Fight Against Prostate Cancer (5M), Central Park**      **Jun 21**  
*Bernadette Lancaster* . . . . . 45:26

**Sunset Classic (5M), Bloomfield**      **Jun 25**  
*Paul Kartanowicz (PR, 1st Bloomfield)* . . . . . 31:12  
*Dan Murphy (1st AG)* . . . . . 31:18  
*Matt Casse* . . . . . 31:33  
*Will DeRoberts (3rd AG)* . . . . . 32:14  
*Tom Eaton (PR)* . . . . . 32:53  
*Mark Frankel* . . . . . 33:52  
*Charlie Slaughter* . . . . . 34:03  
*Jenn Carbone (4th W, 1st AG)* . . . . . 34:19  
*Rick Zanni* . . . . . 35:16  
*Phil Coffin* . . . . . 36:05  
*Karen Merz (with stroller)* . . . . . 36:10  
*Jen Lanterman (2nd AG)* . . . . . 36:31  
*Glenn Trimboli (with stroller)* . . . . . 37:05  
*Ed Kelly* . . . . . 37:07  
*Ron Wolfson* . . . . . 37:18  
*Mick Close* . . . . . 37:30  
*Dave Gurniak* . . . . . 37:31  
*John Fabbro* . . . . . 37:58  
*Ted Bongiovanni* . . . . . 38:05  
*Aileen O'Rourke* . . . . . 38:36  
*Tom Kelly (2nd AG)* . . . . . 38:42  
*Chris Jaworski* . . . . . 40:12  
*George McIntyre* . . . . . 40:31  
*Mike Wojcio* . . . . . 40:50

*Bob Gorman* . . . . . 40:59  
*Bill Wilde* . . . . . 41:06  
*Rose Francisco* . . . . . 41:29  
*Martta Kelly* . . . . . 43:33  
*Tim Caputo* . . . . . 44:06  
*Kristen Laird* . . . . . 44:38  
*Meredith Cozzarelli* . . . . . 44:38  
*Susan DeRoberts* . . . . . 45:14  
*Ed Trieste (PR by 3 minutes!)* . . . . . 46:44  
*Joe Cozzi* . . . . . 47:42  
*Amy Ulto* . . . . . 47:48  
*Bill Mishler* . . . . . 48:43  
*Lisa Kelly* . . . . . 50:49  
*Robbin Jordan* . . . . . 52:42  
*Kyle Tevlin* . . . . . 53:54  
*Joan Perzanowski* . . . . . 54:00  
*Jim Malone* . . . . . 54:47  
*Julie Harris* . . . . . 55:24  
*Aubrey Blanda* . . . . . 58:04  
*Dave Benfield* . . . . . 1:06:12  
*Susan Palermo* . . . . . 1:06:18  
*John & Faye Harvey* . . . . . 1:06:19

In tonight's 5-mile Bloomfield race, there were 47 ERC finishers, led by Paul Kartanowicz and Jenn Carbone. Overall, there were more than 650 finishers, including Bill Rodgers (37:30), who tried to pass me coming down the final straightaway. I held him off, barely. This year's collared shirts were white. After the race, there were lots of hot dogs, ice cream, and other refreshments. Congratulations to ERC's Paul Giuliano on a great job as race director. —Mick Close

Krissy Laird and I finished together. This was my first 5-miler. It was so great to see so many ERC folks running and to hear others cheering! I'm glad I joined up with you all! What a great group! —Meredith Cozzarelli

Had a great time! I am so happy to be a part of ERC! My running is improving, and I've met so many talented and supportive people ... and a new running buddy! Was fun crossing the finish line with Meredith! —Krissy Laird

So many cheering! Doug Williams, Howie Brown, Laura Messina, Randy Miller, Wayne Carlson, Sal Ulto, John and Lenore Piccoli, Karen Mishler, Anne Chesny, Catherine Alessi, Jeanette Jaworski, and, with half a mile to go, pharmacist Rich at North Center Drugs! —Chris Jaworski

Helene Scarnegi ran as a pacer for two friends, and Kyle O'Rourke, Aileen's son, ran the 1-mile race and did very well. —Ed Kelly

I loved the Sunset Classic. Big congrats to Paul Giuliano for coming up with some good weather, celebrity sightings, and fun all around. After running the 1-miler with my kids, I ran the 5-miler with an 11-year-old girl I coached in Girls on the Run this spring. She was thrilled to be a part of the event and couldn't be prouder when she crossed the finish line. She was a bit puzzled, though, when I insisted she get her bib signed by

Bill Rodgers and Tom Fleming ("Who are those guys? They're kind of old. What's so great about the Boston Marathon?"). Ah, youth ...

Thanks to all the cheerleaders! I saw Laura, "More Cowbell" Randy, and Wayne Carlson, who biked the course and encouraged everyone! —Aubrey Blanda

Matthew Ulto competed in the 3-year-old division. His first number, and it came with Bill Rodgers's signature! —Sal Ulto

**USATF East Region Masters T&F Championship, 3000m Steeplechase, East Stroudsburg, Pa**      **Jun 27**

*Randy Miller (2nd AG)* . . . . . 12:27.15  
*John Harvey (2nd AG)* . . . . . 17:18.79  
 Randy and I took silver medals in the 3000-meter steeplechase. What a beautiful day for track and field. The sun came out in its full glory just as we lined up to start the race, so the five water jumps at least kept our feet cool. Overall winner Pat Tobin, who carpooled with us, fell and sat down at the last water jump—giving Randy a glimmer of hope. Randy gunned it down the final 75 yards, but his noble effort wasn't enough. He finished 2 seconds off the leader. —John Harvey

John has a beautiful hurdle technique. I'll be asking for lessons. Without the spikes, he gets only one shoe wet. What reach. And this was just 36 hours after he ran the Sunstroke Classic. —Randy Miller

**Pine Beach 5K**      **Jun 28**

*Charlie Slaughter* . . . . . 18:53  
*Mike Sneden* . . . . . 20:08  
*Stephen Sands* . . . . . 20:20  
*Ed Kelly* . . . . . 20:53  
*Phil Coffin* . . . . . 21:19  
*Aileen O'Rourke* . . . . . 23:05  
*Tom Kelly* . . . . . 23:15  
*John Piccoli* . . . . . 23:31  
*Helene Scarnegi* . . . . . 23:34  
*Susan Mello* . . . . . 23:51  
*Bob Gorman* . . . . . 24:02  
*Chip Bearden* . . . . . 24:07  
*Lynne Mortimer* . . . . . 25:02  
*Martta Kelly* . . . . . 25:23  
*George Studzinski (1st AG)* . . . . . 26:05  
*Spencer Schwartz* . . . . . 28:35  
*Lenore Piccoli* . . . . . 32:10

ERC Masters Teams  
*Women 40-49* . . . . . 4th (8 teams)  
*Men 40-49* . . . . . 8th (11 teams)  
*Men 50-59* . . . . . 7th (11 teams)

There were 1300 finishers. —Chris Jaworski

Congrats to our women's 40s team for taking 4th place. I heard someone actually ask, "Where did they come from?" —Ed Kelly

Good job in the heat, everyone! Lenore, good to see you back on the roads!

### 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](mailto:essexrunningclub@yahoo.com) or to [jaworski@verizon.net](mailto:jaworski@verizon.net). Want to say something about a race? Send a recap!

I won't be the only one to offer big thanks to Susan Mello and her aunt and uncle, Anita and Harry, who live across the street from the park and who not only opened up their driveway and bathrooms to Essex runners but put out a spread of bagels and fruit! This I call going beyond!

I'd do this race again. The course is fast, the race well organized. Good food, and they didn't run out even with so many people. Nice raffles, including one for a bicycle. —*Martta Kelly*

**Fitzgerald's 1928 Lager 5K Run, Jun 28  
Glen Ridge**

<i>Paul Giuliano (6th OA, 1st AG)</i>	17:32
<i>Paul Kartanowicz (3rd AG)</i>	18:40
<i>Will DeRoberts (2nd AG)</i>	18:53
<i>Tom Eaton (2nd Glen Ridge)</i>	19:37
<i>Karen Merz (2nd W, 1st AG, 0:27 PR)</i>	19:48
<i>Jeff Burrowes</i>	20:06
<i>Mike Sneden</i>	20:28
<i>Stephen Sands</i>	21:08
<i>Ed Kelly</i>	21:09
<i>Tom Daniels</i>	21:44
<i>Aileen O'Rourke (3rd AG)</i>	23:00
<i>Mick Close (3rd AG)</i>	23:04
<i>Laura Gelman (3rd AG)</i>	23:12
<i>Sharon Morrissey</i>	23:27
<i>George McIntyre (1st AG)</i>	23:29
<i>Tracy Keller (5th Glen Ridge)</i>	23:34
<i>Tom Kelly (2nd AG)</i>	23:37
<i>Chip Bearden</i>	24:03
<i>Carl Sturcke (3rd AG)</i>	25:17
<i>Andi Robik</i>	25:23
<i>Martta Kelly</i>	26:23
<i>Tim Caputo</i>	26:33
<i>Susan DeRoberts</i>	26:40
<i>Bernadette Lancaster</i>	26:47
<i>Aubrey Blanda</i>	26:58
<i>Donna Daniels</i>	27:14
<i>Bruce Fryer</i>	29:32
<i>Robyn Herman</i>	29:44
<i>Amy Ulto</i>	30:11
<i>Lisa Kelly</i>	30:13
<i>Donna Cataliotti</i>	30:59
<i>Dave Benfield</i>	31:27
<i>Kyle Tevlin</i>	31:27
<i>Lauren Daniels</i>	31:35
<i>Joan Perzanowski</i>	32:05
<i>Jim Malone</i>	32:22
<i>Chiara D'Agostino</i>	32:48
<i>Marissa Peters</i>	33:10
<i>Kristen Laird</i>	33:13
<i>Gary Peters</i>	33:15
<i>Julie Harris</i>	44:43
<i>Susan Palermo</i>	44:58

42 ERC finishers, 619 overall! —*Chris Jaworski*

Great race, record number of runners, good time had by all. It was so nice to see Gary and Marissa Peters running again. Congrats to everyone who did the double (Pine Beach at 9:00 am, Lager Run at 5:00 pm). Lager Run should have 2nd- and 3rd-in-age awards. —*Ed Kelly*

First time doing this race, and I had a great time! I ran with my 10-year-old cousin, who is new to running and completed his first 5K! I had fun helping him with pacing but was a bit worried

because it was hot. He needed water, but there was only one water station. —*Kristen Laird*

**Woodbridge 4-Mile Run for Pizza Jul 1  
Lynne Mortimer (2nd AG)** 33:25

**Freedom Run Festival 5K, Jul 4  
Stroudsburg, Pa**

*Helene Scarnegi (4th W, 1st AG)* 23:06  
This race was at Dansbury Park in the Poconos, about 30 minutes from where hubby Paul and I were staying for the weekend. I've found PA races to be unique, and this one was too.

The sun was out, but it was a breezy morning, and there were shaded areas on the course, so it appeared we'd have decent race weather.

There was a no-frills registration area, and I was the 100th registrant, which meant the last to get a shirt (not a keeper, unfortunately). I did a long warmup and acquainted myself with the area. When I returned, I found Paul talking with one of the race directors about the course. The finish line was on a narrow grass trail with a dropoff on either side. It looked like a long run on grass leading to the finish. I said I thought the race would be hilly, and Paul said, "It's PA. What were you expecting?" As my new philosophy is to take on races with hills so I can get stronger, I shrugged it off, asked about the miles where the hills come into play, and made a plan.

This 5K had 142 runners, making it one of the smaller races I've done. The course went past East Stroudsburg University, around town, and back to Dansbury Park. I decided to abandon my watch and run by feel. At the beginning, I got caught up in a small cluster. The first hill was a steady incline with a real nice decline following; after pacing up, I flew down the other side and kept moving. The last mile, entirely on grass, felt to be the longest. I couldn't see the finish line or hear the sounds of the people there. For the most part, I was on my own; there were quite a few runners behind but only a smaller group in front. I felt good and kept telling myself I needed to stay with my pace because it felt right. Finally, I saw the finish line.

At the end, I was so thirsty that I poured an entire bottle of water on my head. Not until that night did I realize that there hadn't been any water along the course.

It became a long morning, because getting all the awards ready took a while. I missed 3rd female by less than 30 seconds but finished 1st in age. The medals were fitting for the holiday.

I liked this small race and used it to practice my breathing technique and dropping my arms. It's always interesting to see how races are organized in other places. Next week I will be running a race at Shawnee Mountain.

**Firecracker 4-Mile Run, Cranford Jul 4**

<i>Mike Sneden</i>	26:34
<i>Mark Frankel</i>	26:56
<i>Mick Close</i>	30:42
<i>Jim Collins</i>	31:41
<i>Joe Cozzi</i>	32:44
<i>Martta Kelly</i>	34:03
<i>Amy Ulto</i>	38:06

<i>Robbin Jordan</i>	39:14
<i>Mike Wojcio</i>	39:45
<i>Catherine Alessi</i>	50:28

Mick and Catherine placed 9th of 12 in the male-female couples division. —*Chris Jaworski*

**Wall Township Firecracker 5-Miler Jul 4  
Phil Coffin (1st AG)** 35:11

There was a simultaneous 3.5-mile fitness walk, and one group in it was Team Jaworski. Saw a half-dozen walkers in *Jaworski* shirts. Funny, they did not veer off the pavement into the woods.

**Lawyers for Kids 5K, Morris Twp Jul 9**

<i>Will DeRoberts (1st AG)</i>	18:50
<i>Helene Scarnegi (1st AG)</i>	23:29
<i>Susan DeRoberts</i>	26:58
<i>Beverly Salerno (3rd AG)</i>	32:23

**Spirit of Gettysburg 5K, Pa Jul 11  
Paul Giuliano (22nd OA, 2nd AG)** 17:31

**Belmar Five (5M) Jul 11**

*Mike Sneden* (my watch) 33:37  
*Jon S. Corzine* 54:22  
Headed to the shore for this race with an excellent turnout of almost 1500 runners. Weather was great, about 70 degrees, cloudless, with no wind. Course heads south along Ocean Avenue, circles around Lake Como back north on Ocean Avenue and around Silver Lake to the finish. Ocean Avenue is wide enough to handle all the runners at the start without a crush. Even had the opportunity to shake Governor Corzine's hand as he moved through to the back of the pack to start.

First time using a D-tag timing system. Technology is moving fast, from the reusable chip to the disposable chip and now the D-tag. This device reminds me of the paper bracelet you get at amusement parks, where you peel off the end to expose adhesive and wrap the band around your wrist to make a bracelet. Only this was a light plastic band, flat chip embedded, that you looped through your laces to make a band. The only problem: My D-tag was wrong by more than 2 minutes. Luckily, I kept my own time.

The course was flat and fast, as is often the case at the shore. Splits every mile, plenty of water. Race was organized by the Jersey Shore Running Club, and they do a good job. After the race, vendors sold running gear, food, soda, and water. All in all, a great race.

**Amber Pizzo 5K, Berkeley Heights Jul 12  
Tom Kelly (1st AG)** 24:15

*Martta Kelly (3rd AG)* 26:36  
I wasn't going to mention this race, as our performances were less than stellar, but Tom thought a write-up was in order because of the message the organizers were trying to convey.

This race honors the memory of Amber Pizzo, a young woman who was killed by a drunk driver. Another woman, whose elderly mother was killed in a pedestrian crosswalk by a driver talking on a cell phone, gave an emotional speech. That driver spent only a day and a half in jail!

The reason Tom wanted me to write something is that we runners are vulnerable to the in-



discretions of drivers, whether they be under the influence or distracted by kids, pets, cell phones, et cetera. We can't assume that drivers are paying attention and will stop at a stop sign or a red light and look before proceeding.

So, the message from this race is always to be careful, and aware of your surroundings.

We'd love to see a larger ERC presence at this race next year. It's a quick course, with a few hills thrown in, and the postrace party had a great silent auction and raffle prizes plus plenty to eat: Edy's ice cream, Rita's ices, hot dogs, watermelon, oranges. This was the first race at which I've seen a guy drawing caricatures!

**Randolph Lake Triathlon (Sprint), Jul 12  
Randolph Township**

*Paul Kartanowicz (1st triathlon!)* . . . . . 1:47:31  
Swim ½M, 23:49; bike 16.4M, 55:06; run 5K, 24:50.

**Morris County Striders Jul 13  
Summer Series XC 5K, Boonton**

*Charlie Slaughter (1st AG)* . . . . . 19:33

**Sunrise 5K Challenge Series, Jul 16  
Brookdale Park**

Eight early risers turned out for this "casual race": Mike Skara, Glenn Trimboli, Stephen Sundown, Stephen Sands, Chris Jaworski (still wearing his sleeping cap), Ted Bongiovanni, Laura Gelman, and Tom Eaton.

This race was a lot of fun. Warmup began at 5:45 am, and at 6:00 we were off. Because of her last-second change in predicted time, Laura just

missed out on the coveted prize of our everlasting adulation, but she did finish 1st woman. The overall "winner" (me, aw shucks) missed his predicted time by 4 seconds. Even more impressive, Mike, Glenn, and Stephen Sundown broke 20 minutes in this early-morning "tempo" run.

We will be out there again next week, rain or shine, so feel free to join us. —*Tom Eaton*

Had I known the adulation was to be everlasting, I might have slowed down on the final lap to hit my time. Don't I get anything for beating my prediction by 17 seconds? And by the way, a tempo run means you run a mile or two, do a speed push for a few miles, and then run another mile or two. These guys were all business. There was a warmup followed by a full-effort 5K, and then they all jumped in their cars and went to Dunkin' Donuts while I pounded out another 1.5 miles.

Thanks to the Grove boys for organizing. It turns out that 6:00 am is the perfect time to use the usually crowded Brookdale track (inside-lane walkers were few to none). I'll be back next week. —*Laura Gelman*

**Corporate Classic 5K, Morristown Jul 16**

*Matt Casse* . . . . . 19:07.5  
*Mark Frankel* . . . . . 20:58.0  
*Jennifer Carbone* . . . . . 21:17.0  
*Ed Kelly* . . . . . 22:11.4  
*Beverly Salerno* . . . . . 36:04.2

**Teterboro Airport 5K Jul 18**

*Mike Sneden* . . . . . 19:40  
*Mark Frankel* . . . . . 20:03

*Ed Kelly* . . . . . 20:50  
*Aileen O'Rourke* . . . . . 22:46  
*Bill Wilde* . . . . . 23:28  
*George Studzinski (1st AG)* . . . . . 24:09  
*Spencer Schwartz* . . . . . 27:44

Teterboro was wonderful for its rare good weather but also because my daughter, Robbie, made her racing debut, in the Mini Flyer Dash, and took home a nice, big medal. —*Mark Frankel*

**Run for Central Park (4M) Jul 18**

*Bernadette Lancaster* . . . . . 35:42  
*Robbin Jordan* . . . . . 39:56

**Sunset Lake Triathlon (Olympic), Jul 18  
Bridgeton**

*Meredith Cozzarelli* . . . . . 3:04:02  
Well, I completed my first Olympic-distance triathlon wearing lucky number 13!

It was a great experience, and I can't wait to train more and become more successful.

Here's a little recap: swim 1.5K (32:08), bike 40K (1:27:09), run 10K (58:44), total (3:04:02).

Although I wish my run had been faster, I'm still quite pleased with my time. I think that, if it hadn't been for the workouts I'd done with ERC members, my 10K would've been closer to 1:05. Thanks to all!

Now that I have the Marine Corps Marathon in the not so distant future, I am looking forward to doing more ERC runs and improving my speed and endurance even more!

Sorry I can't be at the Interclub Challenge. I need a day to recover!

**EYE ON THE SPEAKERS**

Phil Coffin

Justin Solotoff and Kevin Kopack,  
Physical Therapists

Runners come to physical therapists with a variety of injuries, but the crucial role for physical therapists is to treat the structural problems and not just the symptoms, said Justin Solotoff and Kevin Kopack, the owners of the Fairfield Physical Therapy Center, at the July meeting.

The site of an injury may not be the root of the cause, Kevin said. For example, iliotibial band pain may result from problems with the pelvis, the knee, or the head of the tibia. And problems with the feet may cause injuries higher up the body—what Justin and Kevin call the "closed chain" from the big toe to the pelvis.

Treating symptoms is important, they said, but it is only part of the therapy they provide. Justin and Kevin said they begin treatment by evaluating patients carefully so they can try to determine what might be causing the symptoms that brought the patients to their office. Their evaluation includes observing patients standing with and without shoes on; from the front, side, and back; while sitting and walking; and even when patients don't realize they are being observed—as they walk through the office, for example.

It is important to add those observations to what a patient has to say about the injuries, because, Justin said,

many patients don't know how the pain occurred or developed. And evaluating a patient as a whole—not just dealing with the specific symptoms—allows them to try to prevent problems in other areas, Justin said.

The most common injuries for runners are Achilles tendinitis; plantar fasciitis; hamstring pulls; chondromalacia, or patellar pain; and iliotibial band syndrome.

Justin said that "probably the most important part of the body for runners is the big toe and the foot." Mobility of the big toe is vital, so it can provide proper push-off; without enough extension, a runner's gait is affected "and everything else in the chain," Justin said. High arches (good for push-off, bad for shock absorption) and low arches or flat feet (good for shock absorption, bad for push-off) can each provide specific problems.

Likewise, misalignment of the knee can result in a variety of injuries but have myriad sources.

Strengthening the core is important because that can help prevent or ease problems in the closed chain, Kevin and Justin said. Kevin suggested a thorough warmup before a run—tailored to the type of run (sprints or short distances vs. long runs)—and stretching afterward.

Also important is proper form—driving, working out in the gym, sitting in the office, as well as while running. The lesson from Kenyan runners, Justin said, is that "if you run with proper form, you don't get injured."

## Proposal for Local Rails-With-Trail Outlined in Meeting at ECEC

Chris Jaworski

On July 14, at the Essex County Environmental Center in Roseland, Montclair resident David Wright presented information on the Rails-to-Trails Conservancy, a national organization, and on an effort to establish a bi-county “rail-trail” right here in our area.

If this effort were to succeed, ERC members would have two local rail-trails for running—the other being the well-used West Essex Trail, from Verona to Little Falls.

Wright and his group hope “to convert the abandoned Boonton railway ... into a recreational trail” connecting Montclair (Essex County) and Jersey City (Hudson County). The 7.1-mile strip would take a scenic route across the Meadowlands. A more ambitious version of the plan has the trail extending to Hoboken.

All the municipalities along the proposed trail are on board with the plan, and money apparently isn’t an issue. Several groups have told Wright that funds for such projects already exist.

There’s just one big sticking point. Norfolk Southern Corporation owns the property and shows no sign of wanting to give it up, as it hopes the line will one day be revived. NSC isn’t even open to a compromise proposal—to make the land rails-*with*-trail, meaning that the remaining set of tracks (the other set was removed) and the trail would co-exist, side by side, with a minimal barrier in between.

So, the next step for Wright’s group is to get communities along the line, and other groups, to pressure NSC (e.g., through a letter-writing campaign) to agree to the plan. If this pressure doesn’t work, legislation may be able to do the trick. The proposed trail sounds perhaps years off, but there’s no time like now to get started.

This initiative seems to be spearheaded by bicyclists, and so naturally they envision a paved trail, but Wright also said that the type of surface hasn’t been decided yet and will be open to discussion. (The main concern now, he said, is addressing NSC’s opposition.) Either way, paved or unpaved, this trail sounds like a good idea, as the plan and hope are, among other things, to attract bikers, walkers, and runners and to “create the only green alternative safe commuting route between the adjoining communities and Newark, Jersey City, and New York ... revitalize recreation and commerce along the line ... [and] encourage sustainable transportation between neighboring communities.”

To start receiving more information about this effort, you can join a Google group:

<http://groups.google.com/group/njnycrailtrail?lnk=srg&hl=en>

Wright’s group is looking for volunteers to “provide technical support (e.g., build and support a website), work at community events to raise awareness, organize fundraising events, write grants requesting funding, and liaise with municipalities, counties, and interested parties.”

This meeting was sponsored by the West Essex Park Conservancy and the Sierra Club. Meeting attendees included ERC’s Tracy and Mike Keller, Andy Kotulski, Randy Miller, and me.

Tracy adds, “I agree a usable trail appears years away, but the effort has to start somewhere. I think as a group we should stay current on the situation and do what we can to support the push for more green space in our backyard.

“Wright said that names are still needed for the group and the trail. Coming up with official names is an important step in developing the 501(c) that will drive the charge. I’m sure that anyone can post creative suggestions to the Google group.”

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## Staring Down the Bear: On Trail Running, Ultra Running, Motivation, and the Bear Mountain 50K

Chris Jaworski

Four months ago, Paul Kartanowicz asked fellow Essex members Mike Skara and me about the ultramarathons we had run. Paul wanted to know, among other things, what motivated us. Why run an ultra? Mike gave his intriguing answers in the May issue of *Keeping Track*. As for me, after three 50Ks and a 50-miler, I wasn’t able to say much more than “I don’t know.”

Although I’m usually comfortable with such a reply, in this case I also thought it could be a dodge, a way to avoid two difficult, time-consuming tasks—figuring out what makes me tick and trying to put it into words. Odd that a little self-examination can be more intimidating than running through the woods for six, nine, ten-plus hours at a time. Well, after going out and knocking off a couple more 50Ks, I finally felt up to the challenge. Paul (and I?) deserved a “real” answer. Now it was time to stare down the bear.

Here is what I’ve put together.

My wanting to go farther has its roots (and rocks and mud and trees) in trail running. Simply, longer distances mean more time on trails. And running trails is fun. It’s play. It’s solving a three-dimensional puzzle. It’s not going into Nature; it’s being part of Nature. It’s home. To run there is to go home. Never mind that I grew up in concrete-covered Irvington, New Jersey. Nature is home, where I—where anyone—can go to reconnect and feel whole again. I started lengthening my runs and races on trails.

To me, running a road ultra isn’t as alluring. Luckily, the courses for most ultras are trails.

Just as time is vast in childhood, time on the trail can stretch on and on. After I’ve run twenty minutes, my watch convinces me an hour has passed. Why such a gap in perception? Sometimes I give so much awareness to what’s underfoot and what’s just ahead that I disappear. Pop. Gone. I’m in the Trail-time, like the Dreamtime,

a time out of time. When I return, I’m farther up the trail. Those six, nine, ten-plus hours—where do they go? Maybe the appeal of stretching out time in this manner is that it recreates that vastness of childhood, a simpler period, of oceanic, open-ended days and whiled-away hours.

In a June 2009 *Sacramento Bee* article, “The Spaciness of the Long-Distance Runner,” Sam McManis wrote about *association* (“staying highly focused on the task at hand”) and *dissociation* (“thinking about anything except the task at hand”). Both thought processes can help in longer distance runs. Well, there’s a third process: *flow*.

The idea of flow, wrote McManis, was “developed ... by psychologist Mihaly Csikszentmihalyi, [who] described [it] as ‘being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement and thought follows inevitably from the previous one.’ ... [A] flow state feels effortless.”



Flow states can be elusive, but they're what I hope to experience while running. Although slipping into them happens on roads, I find trails more conducive, perhaps because of how enveloped I can become there. And though short distances work—I recently ran the six-mile West Essex Trail round-trip in a rain- and mud-induced flow state—longer treks present more opportunities. Extending an activity for a long period can be a game- and a brain-changer. Maybe it's just that with more ebbs come more flows.

Fear has been another element in my ultra running. Yes, I built myself up gradually, but there have been points when I faced jumps in distance (Nipmuck Trail Marathon), technical difficulty (Conestoga Trail Run), elevation (ditto), and danger (Escarpment Trail Run). During the week preceding Escarpment 2007—not an ultra but a 30K that took me more than six hours to complete—one of my sleep dreams had me running in that event and falling off the side of a rain-swept cliff. But the only way past such fear was through it, and soon I was making sure the butterflies in my stomach were well nourished. Why allow for the possibility of getting in over my head? Why take risks? Before I ran Bear Mountain in May, someone explained to me, "The bigger the risk, the greater the reward." I think that's true for me.

And there have been rewards, besides the ones I've mentioned. I've learned that many fears (mine, others') are overblown (there's nothing like checking things out for yourself), completed difficult challenges for which I had no guarantees of success, discovered interests (e.g., adventure) and strengths (e.g., ain't fast but am doggedly determined), added to my sense of accomplishment (e.g., by doing things I hadn't pictured or thought possible for myself), began feeling I could do almost anything (e.g., run Ashenfelder 8K [almost PR'd] five days after JFK 50 Mile), increased my fitness (e.g., JFK conditioning surely helped at A8K), and made new friends.

How did all this play out at the North Face Endurance Challenge at Bear Mountain?

The fear factor was in effect, for sure. In 2008, two weeks after running the HAT 50K Run, I sat out the inaugural Bear Mountain event (50M, 50K, half, 10K) and then listened to the horror stories of slippery rocks and steep hills and, in the case of the 50-miler, an easily missed turn and aggressive time cutoffs (67/86 starters were pulled).

Some said the 50K was the most difficult in the East, possibly the country.

But I envied these runners, and I wanted to be part of, and support, this local ultra (there aren't all that many). When 2009 registration opened, however, I chickened out and tried to sign up for the half. One problem: The half, and the 10K, had sold out. So, I registered for the next distance up (50K!) and figured I'd worry about it later.

Last year's feedback led the organizers to redesign the 50M and 50K courses to make them easier. Even so, this year's 50K course was rated 4/5 on elevation change (9708 feet) and 5/5 on technical terrain and overall difficulty. (Okay, the Hudson River Valley scenery was rated 5/5, too!)

A week before the race, I had to stop half-way through another event, the Muddy Marathon

in Rockaway, because of a strain in my left quad (see June issue). That trail race also aggravated my right knee. I rested up that week, and quad and knee improved, but I was concerned I'd re-injure them over a 31-mile up-and-down rockfest.

All my worries came to a head when I woke up at 4:30 am on May 9. It was pouring. My brain was in a fog. I wasn't feeling confident. I did not want to leave the comfort of home. But I told myself not to waste time on negative talk; I had to leave so I'd make the 7:00 start. And with that I realized I was heading for the trail, heading for my other home, and a calm came over me.

The five-region Endurance Challenge series has a slogan: "Run your self-doubt into the ground." I think they've got it exactly right.

The rain stopped, and soon I was looking at a misty, verdant landscape in New York.

I like to think of Trail-time not just as time out of time but as a "place" where runners come to meet runners and share the trail experience. When I arrived at the staging area, the first person I saw was someone I had seen at several other trail races—Mecca Cerny of Rose City Runners. Bear Mountain was to be her first 50K.

Mecca and I ran the first couple of uphill miles together. When I had to catch my breath and do some hiking, she powered on ahead. The next we'd see each other would be seven hours later. I'd finish less than two minutes after her!

The course markings were superb. There was seldom a question where to go. And with the four races using some of the same trails, color-coded ribbons kept everyone on track. The 50M runners wore red bibs and followed red ribbons, we 50K runners wore and followed blue, and so on.

A bit later, on rolling, winding, technical single-track, I found myself behind another runner. She asked if I wanted to pass; I said no, the pace was just right. We chatted. Where the trail widened, I started pulling ahead, and she said, "Did you run Bimble's Bluff?" Immediately I was transported into Trail-time! It turned out Jennifer recognized the Bimble's Bluff Buff I was wearing, and we had been among the last group of runners to finish that 50K in Connecticut last October. How neat that our paces found each other again!

Jennifer needed more time than I did at the next aid station, so I set out again solo. She'd catch up to me later, and then we'd part until the finish. She came in just eight minutes behind me.

The course was beautiful but treacherous, and to be respected—rocks, green and slippery with moss; mud made fresh from the rain overnight; puddles, streams, water flowing down the rocky trail we were running up; short and long climbs; branches and logs every which way.

Chugging up a long hill, I met Sandra, running her first 50K. I gave her some words of encouragement and moved on. When I saw her at the finish, she said she had been wiped out and ready to quit at mile 20 but kept on moving.

As hard as the course was, I thought at one point, *Hey, this ain't so bad. I can do this.* At mile 11, I realized I had 20 to go and knew finishing was just a matter of time. A matter of time!

But then of course some of my slowest miles started coming beginning with mile 12.

Something happened at mile 15—I relaxed, I think—and the next five miles were trail-running paradise. I was flying, in the flow, over rock fields and roots, through water, down single-track. *I'd better slow down, this is risky, bound to end badly*, but I couldn't pull myself out of the spiral. Looking back, I wish I could bottle those miles!

Finally, when exhaustion crept back in, I slowed for a walk, but a woman called out from behind, "Don't stop—you're my inspiration!" *How long had she been there?* I had no choice but to listen to the Voice and keep going. I exchanged greetings with the runner, Adrienne, and then she passed, catching and pulling me along in her wake.

But soon I couldn't keep up and began walking. In a bit, I restarted, picked it up, tried to catch Adrienne. Her words had inspired me, reset my goal. Now I wanted to do more than just finish.

I thanked her when I saw her again, at the end. She had finished 20 minutes ahead of me.

I fueled well during this race. At each aid station (miles 3.9, 8.6, 13.9, 20.9, 25.3, 27.8), I ate something to keep my energy up, plus a liberally salted piece of potato to ward off cramping, and topped off my 64-ounce hydration pack. There was just one mishap—a volunteer at mile 13.9 refilled the pack but didn't close it correctly, and much of my Gatorade leaked out and down my backside and legs over the next mile or so.

Starting at mile 20.9 (Anthony Wayne parking area aid station), we followed in the footsteps of British soldiers marching on Fort Montgomery. March and trot were about all I could do on the long paved uphill leading us back into the woods.

Around mile 25, on the steep climb up to the Timp Pass, I recalled an uphill-running-techniques article in the *Trail Runner 2009 Trophy Series* magazine included in my North Face race bag. I was hiking, not running, but using the leg-over-leg side-stepping approach described in the article seemed to reduce the pressure on my knees.

At one of the last stations, I had two more Trail-time encounters. I spotted Richard (we knew each other from Pennsylvania and central Jersey races) and Hiroshi (Muddy Marathon, Wurtsboro Mountain, Watchung Winter Ultra). Hiroshi and I left the station together, yacking away even while dealing with pretty technical trail. When I stopped to empty a rock from my shoe, he went ahead. I tried to catch him, but my left knee turned painful near mile 29, and I began nursing it (quad and right knee were good the entire race). I finished a minute behind. Later I learned Hiroshi had taken photos of me crossing the line. Nice of him!

My 7:27:21 (14:20/mile) was much better than I had expected from my Bimble's time (9:00:58). What a difference a well-marked course makes! I placed 88/156, and 4/12 in age (10-year groups).

Fantastic event, and I had a great time on Bear Mountain. Maybe I'll do the 50M in 2010.

That night, I was really hungry, despite having eaten enough. Although dead tired, I had trouble falling and staying asleep. Images and dreams of running the course flooded my head. Enough already! The next day, I was giddy. These longer events can really do a number on a person. My legs had aches and pains for at least four weeks after this ultra, but, I must say, it was worth it.

# RACES: AUGUST–OCTOBER 2009

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

8/1	Sat	~7:00a	<b>River to Sea Relay (Milford to Manasquan)</b>	<b>92M</b>	<b>908-381-0318</b>	
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	<b>Project Children 5K (South Mountain Reservation)</b>	<b>5K</b>	<b>973-762-2930</b>	
8/8	Sat	8:30a	Asbury Park 5K	5K	732-571-2162	
8/8	Sat	9:00a	<b>NYRR Team Championships (Central Park)</b>	<b>5M</b>	<b>212-860-4455</b>	
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 (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)
8/15	Sat	8:30a	Bradley Beach 5K	5K	732-774-3789	
8/16	Sun	7:00a	<b>NYC Half-Marathon (Central Park to Battery Park)</b>	<b>13.1M</b>	<b>212-860-4455</b>	
8/22	Sat	8:30a	Percy Sutton Harlem 5K	5K	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	<b>10th Annual Smoke Rise Biathlon (Kinnelon)</b>	<b>Swim/Run*</b>	<b>973-283-8664</b>	<b>*Swim 1/3 M and/or run 4M</b>
8/30	Sun	7:00a	<b>Ten-Hill Challenge (Grove St. Pharmacy, Montclair)</b>	<b>15.5M</b>	<b>973-477-0016</b>	<b>Group Run</b>
8/30	Sun	9:30a	Not Quite Fall Classic (Cranford)	4M	973-776-3901	NBGP: 500 pts
8/30	Sun	11:30a	NYRR Henry Isola XC Classic (Van Cortlandt Park, Bronx)	4M	212-860-4455	
9/5	Sat	9:00a	Saturday in the Park Women's 5K (Holmdel)	5K	732-571-2162	
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	<b>Verona Labor Day Classic</b>	<b>5K</b>	<b>973-239-4111</b>	<b>NBGP: 500 pts</b>
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	9:00a	Skylander Challenge (Newton)	10K, 5K	973-300-3168	NBGP: 10K & 5K (both 500 pts)
9/12	Sat	9:30a	Fallen Heroes 5K Memorial Run (Lake Como)	5K	908-472-6075	NBGP: 500 pts
9/13	Sun	7:00a	<b>Eagle Rock Memorial 9/11 Run (Grove St. Pharmacy)</b>	<b>15.5M</b>	<b>973-477-0016</b>	<b>Group Run</b>
9/13	Sun	9:00a	Pizza Firehouse Run (Florham Park)	5K	973-377-9531	NBGP: 500 pts
9/13	Sun	9:00a	Cheshire Home 5K (Madison)	5K	973-377-9531	NBGP: 500 pts
9/13	Sun	9:00a	Race for the Cure (Central Park)	5K	212-560-9590	
9/13	Sun	10:30a	<b>USATF-NJ XC 5K Championship (Readington)</b>	<b>5K</b>	<b>973-334-8900</b>	<b>NBGP: 700 pts</b>
9/19	Sat	8:30a	Ramsey Run	10K, 5K	201-825-8299	
9/19	Sat	9:30a	Spirit 5K (Sparta)	5K	973-335-8029	NBGP: 500 pts
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, Lewis Morris Park, Morris Twp)	5K	908-295-8580	
9/26	Sat	8:30a	Boardwalk Relay for Hunger (Asbury Park)	15K	732-542-6090	
9/26	Sat	9:00a	Newstead 5K (South Orange)	5K	973-313-9575	
9/26	Sat	9:00a	Kinnelon Cares 5K	5K	973-978-9877	
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	<b>Newport Liberty Half-Marathon (Jersey City)</b>	<b>13.1M</b>	<b>732-381-0318</b>	<b>NBGP: 700 pts</b>
9/27	Sun	9:00a	High-Speed Chase for the Cure (New Brunswick)	5K	732-235-4956	NBGP: 500 pts
10/3	Sat	TBD	Grete's Great Gallop (Central Park)	13.1M	212-860-4455	
10/3	Sat	9:00a	Mendham Harvest Hustle	5K	973-876-0881	NBGP: 500 pts
10/3	Sat	10:00a	Sean Hanna 5K (Duke Island Park, Bridgewater)	5K		NBGP: 500 pts
10/4	Sun	8:15a	Race for the Cure (Six Flags, Jackson Township)	5K	609-896-1203	
10/4	Sun	8:30a	Mahwah 10K & 5K	10K, 5K	551-206-5885	NBGP: 10K & 5K (both 500 pts)
10/4	Sun	9:00a	Jersey Shore Half-Marathon (Sandy Hook)	13.1M, 5K	732-409-7644	
10/4	Sun	9:30a	Carlos Negron Run (Liberty State Park)	5K	201-434-4174	NBGP: 500 pts
10/4	Sun	11:30a	NYRR Fred Lebow XC 5K (Van Cortlandt Park, Bronx)	5K	212-860-4455	
10/10	Sat	8:00a	Hartford Marathon (Conn)	26.2M et al.	860-652-8866	
10/10	Sat	9:00a	Hoboken University Medical Center 5K	5K	201-418-2009	NBGP: 500 pts
10/10	Sat	9:00a	Heart of the Highlands 5K (West Milford)	5K	973-835-0141	
10/10	Sat	10:00a	Fall Spectacular (Harrington Park)	5K	201-750-9447	NBGP: 500 pts
10/10	Sat	10:00a	Hounds & Harriers Run (must run w/dog) (Morris Township)	3M	973-377-6276	
10/11	Sun	TBD	Staten Island Half-Marathon	13.1M	212-860-4455	
10/11	Sun	8:00a	Steamtown Marathon (Scranton, Pa)	26.2M	570-963-6363	
10/11	Sun	8:30a	John Samra Memorial 5K (Clifton)	5K	973-470-5897	
10/11	Sun	8:30a	Mohawk-Hudson Valley Marathon (Albany, NY)	26.2M	518-435-4500	
10/11	Sun	9:30a	Liberty Corner 4-Miler	4M	908-766-7925	NBGP: 500 pts
10/11	Sun	10:30a	<b>Long Beach Island 18-Mile Run</b>	<b>18M</b>	<b>609-494-8861</b>	<b>NBGP: 500 pts</b>
10/11	Sun	11:30a	NYRR Harry Murphy 5K (Van Cortlandt Park, Bronx)	5K	212-860-4455	
10/17	Sat	9:30a	CPL Breakfast Run (Cranford)	5K	910-686-0026	NBGP: 500 pts
10/18	Sun	8:30a	<b>Nutley Fall Five</b>	<b>5M</b>	<b>973-667-1884</b>	<b>NBGP: 500 pts</b>
10/18	Sun	8:30a	Atlantic City Marathon	26.2M et al.	609-822-6911	
10/18	Sun	9:05a	Paramus Run	10K, 5K	910-686-0026	NBGP: 10K & 5K (both 500 pts)
10/18	Sun	10:00a	<b>West Orange Downtown Classic</b>	<b>5K</b>	<b>973-325-4109</b>	<b>NBGP: 500 pts</b>
10/18	Sun	10:00a	Colonial Challenge (Morristown)	5K	974-401-1300	NBGP: 500 pts
10/18	Sun	10:00a	Seaside Half-Marathon	13.1M, 5K	732-245-7255	
10/18	Sun	10:00a	Asbury Park Marathon & Relay	26.2M	732-578-1771	
10/18	Sun	11:30a	NYRR Kurt Steiner XC 5K (Van Cortlandt Park, Bronx)	5K	212-860-4455	
10/18	Sun	1:00p	East Brunswick Road Races	10K, 5K	848-391-0200	NBGP: 10K & 5K (both 500 pts)