



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

September 2009

Vol. 26, No. 9

Volunteers for Verona 5K (Mon, Sep 7)

Please contact Tom Kelly (tbpkelly@gmail.com, 973-731-1621) if you can help. Volunteers can assist with race-day registration and street crossings and then stay for ERC's postrace picnic, with complimentary refreshments.

Grove Summer Series Finale:

Eagle Rock 9/11 Memorial Run (Sun Sep 13)

Join us for this special Sunday group run starting at 7:00 am from Grove Pharmacy (123 Grove St, Montclair). There will be shorter (6 miles) and longer (15 miles) courses, with both going up Snake Hill to the 9/11 Memorial in Eagle Rock Reservation. There will be several water/Gatorade stops plus postrun refreshments. —Mick Close

Track Workouts Return (Wed, Sep 16)

This fall, ERC members of all paces will meet on six Wednesday evenings 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 attend!

Change in plans: Joel Pasternack will provide workout plans but cannot come to the track until nearly the end of the workouts for questions and suggestions.

Arrive between 6 and 6:15 pm, run a 2-mile warmup plus strides, and be ready to start the workout at 6:30.

Sunrise 5K Series (Thursdays)

If you can't make the Wednesday-evening track workout on Sep 16 or 23, come to Brookdale Park the next morning to "race" a 5K with ERC early risers! Meet at track at 5:45 am, warm up, race at 6:00. For registration fee of \$0, you get a measured course, an organized time trial/tempo run, and fun with friends. Weekly through Sep 24. —Tom Eaton

Essex Members Tie Knots!

Congratulations to two couples on their recent nuptials—Desmond Duncker and Leticia Allen (Jul 11) and Paul Kartanowicz and Amanda Pereira (Aug 16)!

Welcome to ERC!

New member: Elsie Koh, North Caldwell

Returning member: Kenneth Simon, Essex Falls

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

Sep 8 • Oct 6 • Nov 3 • Dec 6 (Holiday Party)

Board Meetings

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

Convenient and Inexpensive—

ERC Bus to New York City Marathon

Runners and spectators can now book round-trip seats on our NYC Marathon bus from Grove Pharmacy in Montclair (Sun, Nov 1). Free parking at pharmacy. Departures: 6:30 am (runners), 10:00 am (spectators). Prerace and postrace refreshments included in cost (\$25 member, \$30 nonmember). More details are provided on the reservation form included with this issue of *Keeping Track*!

MARK YOUR CALENDAR

- **Sep 3, 10, 17, 24.** Sunrise 5K Series (Thursdays, ends Sep 24). *Page 1.*
- **Sep 7.** Verona 5K. *Pages 1, 4.*
- **Sep 13.** Grove Series: Eagle Rock 9/11 Memorial Run. *Page 1.*
- **Sep 13.** Readington XC 5K (USATF-NJ championship race). *Page 4.*
- **Sep 16, 23, 30.** First 3 group workouts at Brookdale track. *Page 1.*
- **Sep 18.** Reach the Beach Relay (200M), New Hampshire. *Page 4.*
- **Sep 27.** Newport Liberty Half (USATF-NJ championship race), Jersey City. *Page 4.*



**2009
ESSEX RUNNING CLUB**

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Vincent Carnevale. 1995
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 George Studzinski. 2002
 Lenore Piccoli. 2004
 Andrew Kotulski. 2008

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Online

Web site: www.essexrunning.com

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 groups.yahoo.com/group
 /essexrunningclub

Then you can send e-mail to
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Clothing Directors
 Catherine Alessi & Susan Palermo
 clothing@essexrunning.com

Monthly Speaker Coordinator
 Anne Chesny, 201-869-1708

All Yesterday's and Tomorrow's Parties

Thanks to the club members who hosted Thursday-night runs and other get-togethers this summer: Desmond Duncker & Leticia Allen (Jun 4); Aileen O'Rourke & Lynne Mortimer (Jun 11); George & Christa Studzinski (Jun 18); Shannon Packard & Michael Calamito (Jun 19); Catherine Alessi & Mick Close (Jul 2); Joy Mishkin, Genie Temmler, & Ganesh Gopal (Jul 9); Susan Palermo & Wayne Carlson (Jul 23); Aubrey Blanda (Jul 30); Tom Daniels & Desmond Duncker (Aug 13); and Tom & Martta Kelly (Aug 27). Hosted runs will return weekend mornings this winter (Dec-Feb).

ERC Skorts Now Available

The latest in running fashion has arrived with the release of ERC running skorts! Made by Moving Comfort; black with pink-and-red accented stripe; signed with ERC logo; sizes small, medium, and large; and affordably priced at \$30. Only while supplies last. Info & orders: Catherine Alessi (catalessi@optonline.net).

It's September—Time to Join ERC

If you or someone you know has been considering joining the Essex Running Club, now's the time. New memberships are good for the rest of 2009 and all of 2010!

ESSEX RUNNING CLUB 2009		JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!	
Date			
<i>INDIVIDUAL</i>			
Name		DOB	
Street			
City, State, Zip			
Primary Phone		2nd Phone	
Contact E-Mail			
<i>FAMILY</i>			
Spouse Name		DOB	
Primary Phone			
Contact E-Mail			
KEEPING TRACK (NEWSLETTER) DELIVERY (Check ALL that apply; for e-mail options, you must provide an e-mail address below)			
<input type="checkbox"/> Mail Paper Copy to Above Address			
<input type="checkbox"/> E-Mail PDF to This Address:			
<input type="checkbox"/> E-Mail Alerts* to This Address: <i>*You will be notified that PDF has been posted to ERC Web site</i>			
MEMBERSHIP STATUS		ANNUAL DUES	
<input type="checkbox"/> Join the Club <input type="checkbox"/> Renew Membership		<input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family	
Mail form & check (payable to <i>Essex Running Club</i>) to ERC, PO Box 183, Verona, NJ 07044-0183			
<p>Membership Year. Jan through Dec. Current Members. Renew by Feb 1 to avoid interruption in delivery of <i>Keeping Track</i>. New Members. Your first year may not be a full year. If you join after Sep 1, however, your membership will carry over to include all of the following year. Membership Directory. Your name, address, phone number(s), and e-mail address(es) will be printed in a directory distributed annually to ERC members only. This directory is solely for the personal use of members and is not to be used for commercial or political purposes.</p>			

**ERC Members Excel in Track and Field:
Broken Records and High Ranks**

Our own Randy Miller is ranked 4th nationally in his age group in the 3000-meter steeplechase and has achieved All-American status once again. He's also been remarkably consistent this season, running the steeple six times, all between 12:19 and 12:28. In addition, Beverly Salerno is ranked 6th in the shot put, 6th in the long jump, and 8th in the hammer throw. —*Phil Coffin*

I'm also ranked, in the 200 meter. Twenty-second place, but it's still something! —*Ed Kelly*

Taking up a new activity is a sure way to lower one's self-esteem (until the learning curve kicks in). Some people like trying new things, and others of us continue in things we have grown comfortable with. From the sidelines, I enjoy reading about the River to Sea Relays, muddy trail races, and mega-mileage epics in which many of our members participate.

This vicarious enjoyment leads me to comment on an article in the most recent issue of a USATF–NJ newsletter on current and noncurrent events. The front-page article describes our own Beverly Salerno's trifecta at this year's state championship track meet. Bev not only won in the shot put, the hammer, and the javelin, but she broke the meet records for her age in all three events. By the way, nobody else (of any age) was able to break three state championship meet records that day.

Bev just recently picked up the throws and will no doubt improve with time and training. Does anyone in the club doubt that we'll soon be seeing an ERC jersey at the national championships? Go get em, Bev. —*Randy Miller*

Randy, it was so nice of you to write this. I knew nothing about it! I'm really flattered, but I have to think it was just a slow news month over at USATF–NJ.

Next summer, you might see Ann Chesny breaking some records. She's been practicing with my javelin. —*Beverly Salerno*



In the September Issue Of
KEEPING TRACK ...

15 Years Ago (1994)

Participating in Exercise Across America, a motivational program sponsored by the American Running and Fitness Association, ERC member Matt Ishkanian logs enough miles in New Jersey to virtually run across both South Carolina and West Virginia ... slated for Oct 2 in Montclair is a 10K, the Montclair YWCA Run Against Violence ... form printed in newsletter is used by members to snail-mail race results for publication ... Mike Bartholomew runs Cranford's Firecracker 4-Miler in 22:57 (5:44 pace); Gary Peters runs Wildwood Trolley Trot (5M) in 28:58 (5:48 pace).

10 Years Ago (1999)

The race director for the Verona Labor Day Classic is Larry Hollander ... ERC member and nutritionist Ann Margaret, speaker at the August meeting at Tierney's in Montclair, attracts a larger audience of barroom patrons, one of whom asks for more information ... joining the club this month is Doug Williams! ... after losing out on an award because of a last-minute switch from 5- to 10-year age groups, Tom Kelly petitions Vince Carnevale to lower the minimum age for entry into the "Ash Can Club" (Vince had it set at 80 years) ... travelers in the club include Mike Wojcio (who reports on running Crater Lake Marathon in Klamath Falls, Oregon; sightseeing in neighboring states for two weeks; and then running Silver State Marathon near Reno, Nevada) and Janine Maltas (who sends a "post-card" from Switzerland; she watched the Jungfrau Marathon in Interlaken and ran 30K in Davos).

5 Years Ago (2004)

Club members Anne Murphy and Derek Maciak are married in Anne's native Ireland ... Vince Carnevale celebrates his 88th birthday and aims for his 75th year of running ... brief thunderstorm delays start of Smoke Rise Biathlon ... Tom Daniels runs 5:35 in Fifth Avenue Mile ... Travelin' Mike Wojcio writes about doing the Calgary Marathon ... Adrian Dunner compares River to Sea Relay with road competition at center of movie *It's a Mad, Mad, Mad, Mad World* ... success of year 1 of summer Tuesday-evening trail runs leads to fall Saturday-morning trail runs.

YEAR-ROUND GROUP RUNNING

Wed	6:30 pm	(○) Group Track Workout, Brookdale Park (Sep 16–Oct 21)
Sat & Sun	9:00 am	(▲) West Essex Trail Run, Verona
Sun	7:00 am	(F=) Fleet Feet Sports, Montclair (FF Long Run)
Sun	7:00 am	(+) Grove Pharmacy, Montclair (Grove Street Long Run)

(○) **Track Workout, Brookdale Park, Bloomfield/Montclair.** *Wed (Sep 16, 23, 30; Oct 7, 14, 21).* Arrive between 6:00 and 6:15 and run a 2-mile warmup and strides so that you're ready to go when the group workout begins at 6:30. Runners and walkers of all abilities welcome! Joel Pasternack will provide workout plans but cannot come to the track until nearly the end of the workouts for questions and suggestions. Each workout plan will be posted at essexrunning.com/workout.

(▲) **West Essex Trail Run, Verona.** *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@yahoo.com.



USATF–NJ

Mick Close

Championship races resume in September with the XC 5K and the Newport Liberty half. We'll have car pools for both of these all-division team races. We hope new and longtime members will come out for team

racing at these events and at the remaining championship events (all listed below). Info: 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)



AT THE RACES

Mick Close

Verona Labor Day Classic **Mon, Sep 7**

This very popular race organized by ERC together with Verona UNICO will be held as usual on Labor Day in Verona Park. The 1-mile fun run/health walk starts at 9:00

am and the 5K at 9:30. New this year are tech shirts to the first 500 runners and timing chips for the 5K. Tom Kelly is back as race director. We need many volunteers to make this a safe and successful event. Even if you plan to run, you can help out before or after the race. For more info, contact Tom (tbpkelly@gmail.com, 973–731–1621).

USATF–NJ Cross-Country 5K **Sun, Sep 13**

This year's XC 5K championship will be at Deer Path Park in Readington instead of Holmdel Park. Men and women

will race together at 10:00 am. We can carpool if there's enough interest. Info: 973–334–8900, usatfnj.org.

Reach the Beach Relay **Fri, Sep 18**

For the first time, an ERC team will participate in this 200-mile relay across New Hampshire. Reach the Beach (RTB) is the longest distance running relay race in the United States. Twelve-person teams go from Cannon Mountain in Franconia Notch State Park to Hampton Beach State Park on the Atlantic Ocean. Each team member runs three legs, which differ in difficulty and length (average total distance, 17 miles). Thanks to Tom Eaton for organizing our team, and good luck to all the runners!

Newport Liberty Half-Marathon **Sun, Sep 27**

This race, back for its 16th year, is once again the USATF–NJ half-marathon championship. It starts at 8:30 am. The course is a fast, flat one that goes through Liberty State Park, with its views of the Statue of Liberty, Ellis Island, the Verrazano–Narrows Bridge, and the Manhattan skyline.

This is a team event in all divisions (men, women, open, masters), so we're hoping for a large ERC turnout. Our car pool will leave from Grove Pharmacy. Info: 732–381–0318, oymp.net, newporthalfmarathon.com, active.com.

Long Runs for Marathon Training

Running a marathon this fall? Need to get in a long training run/race? Consider one of the events listed below. We expect there will be a large ERC group at the Newport Liberty Half-Marathon (Sep 27) and a smaller contingent at the Long Beach Island 18-Mile Run (Oct 11).

- Sep 20 Queens Half-Marathon
- Sep 20 Philadelphia Distance Run (Half-Marathon)
- Sep 27 Newport Liberty Half-Marathon
- Sep 27 NYC Marathon Tune-Up 18-Miler
- Oct 3 Grete's Great Gallop (Half-Marathon)
- Oct 4 Jersey Shore Half-Marathon
- Oct 11 Long Beach Island 18-Mile Run
- Oct 11 Staten Island Half-Marathon
- Oct 18 Seaside Half-Marathon

FINISH LINES

Climb to the Top (66 flights), **Mar 1** **30 Rockefeller Center, Manhattan**

This wonderful inaugural stair climb is unlike the Empire State Building Run-Up for two reasons. First, this event is a charity fundraiser with a \$50 entrance fee and a minimum-requirement donation of \$250 (I raised \$450). Second, this has a staggered start, with runners being sent up the stairs every 7 seconds, as opposed to the mad dash to the Empire State stairwell, where people get trampled to be the first one through the door.

For a first-time event, this was extremely well organized. Plenty of staff and volunteers were on hand to direct you both inside and outside Rockefeller Center. Registration and baggage check ran

smoothly. The staircase was wide, well lighted, and dust-free and had water stations every 15 flights or so. There were long-sleeved T-shirts, finisher medals, and a great postrace selection of muffins, bananas, oranges, cookies, water, coffee, and, my favorite, coconut water. And this is an indoor event, so you stay nice and warm and have plenty of places to change clothes and room to stretch out, though there is also a small crowd by race standards. In addition, there is an "elite" division, so we (yes, we) were able to be the first ones up and out.

I highly recommend this event, especially because it raises money to help people affected by multiple sclerosis. Over \$250,000 was raised,

I believe. My friend's mother has MS, so this event was more personal for me than a typical race. They also gave out extra race bibs printed with *In Memory Of* or *In Honor Of*, and you could write in a person's name. Now that I think about it, this was the best race I've ever done. I'd like to participate again in 2010, and hopefully I can raise \$1000 this time. —Michael Topper

Interclub Challenge (3.3 M), **Jul 19** **Brookdale Park, Bloomfield/Montclair**

- 3 Paul Giuliano. 19:18
- 11 Charlie Slaughter. 22:10
- 21 Glenn Trimboli. 21:27
- 22 Tom Kelly. 25:35

23	Randy Miller	21:35
24	Karen Merz	22:35
27	Jeff Burrowes	20:44
31	Paul Kartanowicz	20:26
38	Tom Eaton	23:17
39	Stephen Sundown	22:00
40	Gary Peters	23:36
41	Doug Williams	22:36
45	Ed Kelly	22:35
46	Mike Skara	22:15
47	Joe Cozzi	27:20
49	Tom Daniels	23:31
51	Mick Close	25:46
54	Chris Jaworski	25:05
61	Rose Francisco	24:56
64	Martta Kelly	28:05
65	Ted Bongiovanni	23:35
71	Andi Robik	26:50
74	Tracy Keller	26:27
76	Catherine Alessi	30:19
77	Dave Benfield	30:54
81	Aubrey Blanda	28:45
82	Bill Mishler	31:20
83	Justine Krell	29:07
90	Genie Temmler	35:46
94	Coreena Crescibene	32:20
96	Nina Miller	34:32

ERC members are listed in handicapped (age, sex) finishing order (with Clifton Roadrunners and Rose City Runners removed). Times = net times. Of the 100 finishers, 54 were from Clifton, 31 from Essex, and 15 from Rose City. I wish Spencer Schwartz a speedy recovery from the injury he sustained running here today. —Chris Jaworski

Clifton overwhelmed us with their total number of participants and excellent male 25- to 49-year-old age groups. They won both trophies, for Best Overall Club (top 15 runners: Clifton, 155 points, Essex, 458; Rose City, 848) and Clifton vs. Essex (top 31 runners: Clifton, 776 points; Essex, 1626). —Desmond Duncker

**Poconos Wurst 5K Trail Run, Jul 19
Shawnee Mtn, Shawnee-on-Delaware, Pa**

Will DeRoberts (3rd M)	20:56
Wayne Carlson (2nd AG)	26:09
Aileen O'Rourke (masters award)	26:22
Helene Scarnegi (1st AG)	26:23
Susan DeRoberts (3rd AG)	29:58

ERC members showed their strength and endurance at this inaugural trail race, which raised over \$2000 for the Pocono Family YMCA, and we all agreed we'd participate next year. The event was well organized. The only glitches were too few medals (Wayne's is being mailed) and having only bananas, oranges, and water after the race.

It was a perfect day, with sun and cooler air. Certainly being in the mountains helped. The race started at 9:00 am, so, when we were not running in the wooded areas, we felt the heat a bit. Before the start, an ultramarathoner gave a blessing, and a respected Pocono Area Running Club member said a few words.

The race began in the parking lot, so there was some running on gravel. Then we crossed a small creek and ran over a wooden bridge into Shawnee and the resort area, where we began

climbing. It was probably a blessing that we didn't know how many hills were coming, which way they turned, and so forth. Aileen, Wayne, and I were together at first. We looked up and thought *here we go*. The hills were tough, and, just when you thought one was over, another greeted and taunted you. After three big hills total, there was a quick drop into the woods.

After catching our breath and getting our pace back, we began a cooler run on trails in the woods. That was a real treat after the climb in the sun. We were cooking and nearing the end when we came to a dirt wall with a man at the top taking pictures. I thought this was not a great photo op, but he may have enjoyed the look of shock and pain on our faces. I also thought too strategically about how to climb up that wall until I realized time's wasting and threw myself at it.

It was then a faster run on pavement to the end. Wayne had gone ahead, so Aileen and I decided to finish together, arms up in the air!

Teamwork made the difference, and for my first race like this I was grateful for the camaraderie. It made this challenging race so much fun.

There were 153 finishers. All five ERC members received awards, and four won raffle prizes: Wayne (free McDonalds meals), Will (heart rate monitor), Susan (ice bucket), and me (case of "pink" vitamin water!)

After the race, Wayne, Aileen, Kyle (Aileen's son), and I went to the lake to replenish our calories with Italian food and do some kayaking. This was a great trip, and we hope more members will try this race next year! —Helene Scarnegi

Downtown Westfield 5K Run Jul 22

Ed Kelly	21:37
Gary Peters	22:35
Mike Wojcio	23:25
George McIntyre	23:59
Tom Kelly	24:07
George Studzinski (1st AG)	25:21
Martta Kelly	26:47
Ed Trieste	30:35
Lisa Kelly	32:00
Jim Malone	33:10

Thanks for the tips about the course map and what to expect. And thanks, Catherine and Mick, for finding the missing lens from my glasses!

Quick impressions about the race . . .

Hot and crowded (2273 finishers). Nice town, nice pizza party. Parkway traffic was sluggish. (Leave extra time next year.) Race started 20 minutes late, I heard because of the huge same-day registration crowd.

A lot of my race was a blur. I don't remember crossing the starting line in the big crowd. For the first time, I saw people running on sidewalks. I didn't hear a starting horn or gun, just went with the crowd. I have no idea how long it took me to reach the starting line. I don't remember when I went from jogging to running, but I think it was about halfway into the first mile.

At the Sunset Classic, there were several unofficial water stations. At Westfield, many spectators sprayed us with their sprinklers.

With the heat and crowd and my being unfamiliar with the course, I realized this would be

a slow race, so I didn't let it get to me. There were some hills (not drastic, but substantial) and, as promised, a drop near the end.

I was hoping to hear some loud, inspirational music along the way—like the *Rocky* theme at the Ridgewood Run or *Stars and Stripes Forever* at Run for Marge—but no such luck.

The postrace party was nice—plenty of food, a live band, and massages (always a plus). Westfield treats this race as a big event, and I'm glad I ran it. Now I know what to expect, and hopefully next year will be cooler. —Ed Trieste

Very crowded, very humid. Lost time at the start because I lined up too far back, and this was not a true chip race. However, when I saw I finished 9th out of 86 in my age group, I felt a little better. Plentiful pizza, and the garden hoses along the course were much needed. Yes, this event needs more folks working postregistration; there were only 4 for, I heard, 1300 postregistrants! PS: I think George Studzinski set the course record for his age group! Congrats! —Martta Kelly

Parker House 2-Mile Run, Sea Girt Jul 25

Lynne Mortimer	15:10
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For me, this race has always been a highlight of summer, and its postrace party (at Parker House) one of the best. This year, it was also a kickoff for a friend's birthday celebration, so what a way to start! For the first time, too, I didn't break 14 minutes; given my latest set of injuries, I'm okay with that. Awards go only to the top 3 men and women—all race proceeds go to charity, and the T-shirt and sweatshirt you get are donated by Dr. T-Shirt. Although the app fee is hefty (early bird is \$35!), it's well worth it in my opinion!

New York City Triathlon (Sprint) Jul 26

Andi Robik	3:25:59
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The weather was ideal: pouring at 4:30 am but clear and overcast at the start. My wave was scheduled for 6:38 am, but we started close to 7:00 because of the early-morning storms. I finished 3 hours 25 minutes later.

The Hudson River swim was not as bad as I had feared. Very salty, and the exit was mushy, as you touched bottom getting up the ramp. But the current was helpful—I did the 1500 meters (0.9 mile) in 23:05! In a pool, that distance usually takes me about 35 minutes!

The 40K bike ride was an out-and-back on the West Side Highway, which was closed to traffic. The turnaround was on Moshulu Parkway. The coolest part was crossing the toll bridge and not having to pay. The course was hilly, challenging enough to keep things interesting but not unbearable. My 1:52:23 time is slow in the bike world, but I'm still a beginner. I was just happy not to get run over by bikers going twice as fast. I did hit 25 mph once, on a downhill.

My favorite part was the 10K run across 72nd Street, from the river to Central Park, and around. My 53:58 time (8:42 pace) is not far off my time in the Montclair Run 10K, and that race wasn't preceded by a swim and a bike ride!

Over all, the course was logistically challenging, requiring a mile walk from the transition area

to the swim start, and then a quarter-mile “run” in bare feet from the swim exit back to transition. With there being 3400 participants, two transition areas the size of a few football fields were needed. These areas had different routes, so you had to pay attention. First-timers took transition tours the day before the race.

I had a great time! I’m very glad I attended ERC’s January meeting, because that’s where our speaker, NYC Triathlon director John Korff, offered me a spot in this event (it had sold out in 22 minutes back in November). So thanks, Martta Kelly, for arranging for John to speak to our club. Maybe next year more ERC triathletes will want to participate in this event. I know I’d do it again!

Ironman Lake Placid, NY Jul 26
(swim 2.4 M, bike 112 M, run 26.2 M)

Robyn Ritter (9th AG) 11:53:07
Swim (1:23:48), bike (6:32:20), run (3:44:06)

John Thornton 14:16:18
Swim (1:24:19), bike (6:57:22), run (5:32:11)

Andrew Fried 14:27:30
Swim (1:11:19), bike (7:20:39), run (5:35:54)

“Robyn Ritter, *You Are an Ironman!*”

Prerace. I arrived in Lake Placid several days before the race because of the minimum hotel stay required. I spent my time relaxing, getting gear ready, mentally preparing. There were many fit bodies and expensive bikes in town, and positive and nervous energy filled the air. Mom and Dad got there Friday. On Saturday, they helped me by going over long checklists and getting my bike and three of five transition bags checked in.

My Saturday-night dinner was ziti with marinara sauce, bread, green beans, and ice cream. I went to bed early, but, by the time the alarm went off at 4:30 am, I had slept only 2 hours.

For breakfast on Sunday, I had cinnamon oatmeal, two slices of peanut butter toast, and a banana. While eating, I couldn’t help but wonder what was in store for me, but I promised myself that, no matter what happened, I’d have fun. I gathered my special-needs bag and wetsuit, and Dad drove me to the crowded transition area.

I found my bike, pumped the tires, checked the gears, and attached my nutrition and bottles. Then I located my run and bike transition bags and put extra nutrition in those. Around now, it started raining. I found the body-marking area and tried to get myself marked, but with the wet conditions my race number and age ended up not that clear. I took my special-needs bags to the designated areas and then found the Team Nrgy tent. I stretched a bit, started putting my wetsuit on, and realized I had very little time left.

I headed for the starting line and heard the gun go off! It was 6:50 am—the pros were starting. I had 10 minutes to go. While walking, I tried pulling the top of my wetsuit on but was having a lot of difficulty. With the wetsuit and me both wet from the rain, it was next to impossible to get the darned thing on. I started to panic. Luckily, I found Mom and Dad. Dad began frantically pinching and pulling at the suit, trying to get it up my

arms. I felt my skin being pulled with it (that explains the strange bruises I found after the race).

Five minutes to go. Just then, to add to the confusion and stress, a little boy came toward us crying. He had lost his parents. My dad tended to him while a helpful spectator (a.k.a. wetsuit angel) began helping me tug at the suit. Wetsuit angel, no bigger than me, was pulling on the suit so hard I was being lifted off the ground. Finally, it was on! Thanks, wetsuit angel!

With time growing short, I joined the droves of other soon-to-be Ironmen (and women) in Mirror Lake. We treaded water while the national anthem played, received last-minute instructions, and when the bullhorn sounded were off!

Swim. At first, the waters were surprisingly calm. However, within a couple minutes swimmers converged, and we got packed in like sardines. I was barely getting in full strokes and was being hit from all sides. Whenever things got too rough, I popped my head up, frantically looked for an open spot, and swam hard toward it. This was working fairly well, and at times I felt I had some space, but soon I was surrounded again. I did the best I could and tried not to panic. At one point, I found myself swimming directly over the cable line and enjoyed not having to “sight.” After about 20 minutes on the first lap, I reached the turn-around buoy. Swimming here was brutal. I got hit *hard* in the head, which led to a headache that would linger for a couple of hours.

The rain was still coming down.

At the end of that lap, I ran out of the water and crossed the timing mat. Despite the rough conditions, I was feeling good and smiling ear to ear. There was lots of excitement—music playing, spectators around the lake screaming, and the announcer keeping them going. No more than 30 seconds later, I was back in the water.

For most of the second and final lap, I had more room to myself and was able to open my stroke and glide more. I thought my split on this lap would be faster, but no. There was crowding in spots, and the sun came out, making it harder to sight. Still, I was hoping the sunshine meant it wouldn’t rain all day, as it did here last year. Before long, I was into the final stretch and again getting caught in the congestion. When I glimpsed the man next to me, I felt I was swimming beside a gorilla! With each stroke, his arm hit the water with such force that I thought, if it struck me just once, I’d surely be sinking to the bottom. Luckily, I avoided his blows and made it to shore.

I exited the water to the sounds of cheers, music, and screams and removed my goggles, swim cap, and the upper portion of my wetsuit. I ran over to a “wetsuit stripper,” dropped to the ground, put my feet in the air, and let him rip it off me. It took him about 2 seconds. Those wetsuit strippers know what they’re doing, I tell ya! Total swim time: 1:23.48.

Transition 1. I ran to the transition area (about a quarter-mile from the lake), found my bike bag in the sea of bags, and ran to the women’s changing tent. It was complete chaos inside. It was full of chairs, volunteers, and racers, and the ground was a muddy mess. I took a seat at the far end

and got myself ready for the bike (helmet, gloves, sunglasses, sunscreen, chamois butter, socks, bike shoes, etc). Then I located my bike, one of thousands, and unracked it. (Volunteers usually do this, but I left the water with so many other swimmers that the volunteers couldn’t keep up.) Now on to the mounting area. T1 time: 8:50.

Bike. I mounted my bike, clipped in, and began the 112-mile ride. The roads were still slick from the rain, so I was a bit cautious at first, especially around the tight turns.

The first few miles went gradually uphill, and then came a 6-mile downhill. After that, hills! Being well aware of those monster climbs ahead, I took advantage of the flats and downhills at the beginning. Even though I was riding a road bike, as opposed to a more aerodynamic tri bike, I still managed to hit 46 mph on the downhill through Keene. What a rush! I was feeling great but made a point to conserve energy, getting into “granny gear” for each incline and focusing on full rotation of each pedal stroke.

I also focused on taking in enough calories and electrolytes. My plan was to drink Infnit (my race beverage of choice) whenever I started feeling thirsty, take an Accegel with water every hour, and eat a Snickers bar whenever I started getting hungry or sick of gels.

About 15 miles in, I saw a course marshal giving drafting penalties to the guys right in front of me. We were on a slight incline and hadn’t spread out yet, as it was still early in the race. Penalizing those guys wasn’t fair. They may have been near one another, but they weren’t drafting.

I made my way through Jay and then into Wilmington, where we did an out-and-back on Haselton Road. This section was cool because I saw leading racers heading back the other way, and I spotted three fellow Team Nrgy athletes, also attempting their first Ironman. It was a real draft-fest here. (Of course, now the marshal was nowhere to be seen.) The crowding on this road also resulted in a lot of blocking. It was annoying to have to continually yell “On your left!” only to have riders not move over to let you pass.

I rode over the first timing mat and took the turnaround. A few miles later, I stopped for a porta-potty break. Here I lost 2 minutes or more, as I had to walk through sand, which got into my cleats and made it difficult to clip them back in.

When I realized I had only about 16 miles of the first loop to go, I couldn’t believe it. But then I learned those 16 miles are brutal. They explain why my average speed for the first half of each loop was so much faster than for the second half.

Passing fog-covered Whiteface Mountain, I reminded myself to take in the beautiful views.

The last three significant hills on each bike loop are affectionately called *Mama*, *Baby*, and *Papa Bear*. Spectators cheered on riders powering up Papa Bear. Streets were lined with spectators from this point all the way to the end of the loop, and for several solid minutes I almost felt I was in the Tour de France.

Near the end of the loop, I stopped at Special Needs, grabbed my bag from a volunteer, refilled my bottles with Infnit, and put on sun-

screen. Just as I got going again, I saw Team Robyn (a.k.a. Mom and Dad). Mom had camera in hand, and Dad seemed relieved to see me looking strong and happy. It was exciting to ride through the crowds of spectators. I was smiling big time and truly having fun. I had finished the first loop in 3:07 and was feeling great and ready to take on the rest of the course!

The second bike loop was less crowded. Near the beginning, I saw Donald and Julia cheering. I almost crashed trying to turn around and acknowledge them!

I was doing well taking in nutrition and staying positive. Throughout the race, I repeated several mantras ... *Just one stroke after another ... Have a strong heart ... First with the head, then with the heart* (from the novel *The Power of One*). I became familiar with the jerseys or bikes of other riders, who seemed to be playing a back-and-forth game with me. I passed them, they passed me, I passed them back. This went on for much of the race and made for some friendly banter. Other than that, this loop was rather uneventful.

Rain clouds were gone, the sun was beating down, temps hovered around 80, and there were some strong crosswinds and headwinds.

I reached the out-and-back timing mat in 1:58.09 ... slower than before. My legs were strong, but my back and bottom were sore from being on the bike so long. I never thought I'd be so happy to see Mama Bear ... but seeing her meant I was near the end of the bike portion of the race. Riding past the cheering spectators gave me a jolt of energy, as before, and I felt almost completely renewed. I also spotted Team Robyn. I think my still having a smile on my face surprised them. Bring on the marathon! Total bike time: 6:32.20.

Transition 2. I got off my bike, gave it to a volunteer, found and grabbed my run-gear bag, and ran into the changing tent. This time the tent was much less crowded, and two volunteers were helping me (they rocked!). I removed my helmet, shoes, and gloves and put on fresh socks, running shoes, and a hat. I grabbed gels and Cliff Shot Bloks and was ready for the final portion of the race, 26.2 miles of running. T2 time: 4:03.

Run. Usually after biking, my quads are shot, and my legs protest running. I was thrilled that my legs felt fairly fresh now—my first few splits were under 7:50 pace. Knowing how many miles remained, however, I had to remind myself to slow down. I aimed for at least 8-minute pace.

I saw pro-triathlete and last year's winner Caitlin Snow heading in the opposite direction. I said, "Good job, Caitlin," and she gave a friendly reply, "Thank you so much." Cool!

The sun was out, and it was still pretty hot (low 80s?), so I took in fluids at every aid station. They had water and Gatorade Endurance. I also ate one Cliff Shot Blok every mile. When those were gone, I went back to Accelgel, and when I tired of that I started eating pretzels and grapes. Although I didn't like the pretzels—they gave me cotton-mouth—the grapes hit the spot. I figure I ingested about 2500 calories during the race!

The run course consists of two loops, each an out-and-back on River Road and an out-and-

back along Mirror Lake. There are four long, steep hills, two per loop. Before the race, I had made it a goal not to walk. As I went up IGA Hill near mile 11 or 12, I was about the only person running it. Then I had to stop at Special Needs for blister pads. Over the first loop, I maintained that 8-minute pace. Loop 1 time: 1:44.42.

I began the second loop with legs that were not as fresh as before. I was also starting to feel the drain from 10+ hours of continuous exercise (I had been wondering when that would hit). And, though I had been getting plenty of fluid and food, I was becoming extremely hungry. I also felt the sudden need for a bathroom. Luckily, there was a portapotty 100 meters ahead. I just made it!

Starting again was difficult. *Strong heart ... One foot in front of the other ... You're almost done!* Though beginning to struggle, I knew I would finish and would do it in under 12 hours. Despite the aches and pains, a smile returned. My pace slowed to 9-minute miles, and I made my way down River Road back to the main road.

I saw the hills ahead and prepared to power up them one last time. I made it without walking again and felt a sense of relief. It was all "down-hill" from here (not quite literally), and there were only about 2 miles to go!

The crowds still lined the streets, and I took in all of the excitement. I finished the turnaround along the lake and headed for the finish. I wanted to run faster but was just so tired and hungry. I couldn't wait to cross the line, to be done, to eat everything in sight! The crowds got thicker and the screams louder.

This was the moment I'd been waiting for. I made my way into the stadium, heard my name being called by the announcer, and ran around the oval. The bleachers and hill along the sides were filled with spectators. As I neared the chute, memories of the past year flooded my mind.

Before now, I hadn't given myself much credit for the effort I'd put into training. I'd worried it wouldn't be enough. Running in the winter months, in the dark, through the ice, with the Grove group. Getting up early, sometimes at 4:30 am, to go swimming. Riding up to 8 hours at a time, most of the time alone. It was all becoming worth it in this exact moment. My training *had* been enough, and I was proving it! I was finishing an Ironman!

With tears in my eyes, I ran toward the finish line, raised my arms in victory, and heard the announcer say, "Robyn Ritter, you are an Ironman!" It was one of the proudest moments of my life. I will never forget it. They put a medal around my neck and handed me a finisher's shirt and hat. Mom and Dad found me and gave me kisses and a huge hug. I got my picture taken and headed immediately for the food. Run time: 3:44.06. Overall finishing time: 11:53.07!

Postrace. My nephew (Ethan) and niece (Abby) were watching the event live via the Internet. When I crossed the finish line, Ethan thought the announcer said, "Robyn Ritter, you are a Trash Can!" Abby thought she heard, "Robyn Ritter, you are a Fireman!" Too funny!

I thank *everyone* for the thoughts and support on race day and in the year leading up to it.

You have all been great, and I'm very appreciative for the awesome love I feel from friends and family. A special thanks to Mom and Dad, my biggest fans! To Lauren and Addy for traveling to Lake Placid to watch. To the Grove gang (Tom, Laura, Mike, Karen, Glenn, Paul G., Mick, Randy, Phil, PK, Jenn, Ted, Matt, Doug, Chris, Jen, and others). To Team Nrgy, Start-Tri directors Mickey and Jason, and fellow camper Walt. And to all my friends and family, who went out of their way to express their support. I appreciate you all!

Morris County Striders Jul 28 Summer Series XC 5K, Boonton

Charlie Slaughter (1st AG) 19:39
Frank Russo (2nd AG) 22:07

River to Sea Relay (92M), Aug 1 Milford to Manasquan

I had another really fun time on Air Jamaica! It was a beautiful day, just a little too hot mid-afternoon (high 80s, no cloud cover). This year our team did great, with little drama—no lost keys, no torrential rain during the lost-key episode, no keys locked inside the car. Desmond Duncker and Shannon Packard did an excellent job organizing everything we needed to pull off our race!

Newcomer Rich Unis was a true asset to the team. His paces were in the 7-minute range, and he contributed a lot of team spirit! Thanks, Rich, for being in the Estrogen Car! Tracy Keller gets the team spirit award too. After returning from vacation late in the day Friday, with laryngitis and a bad cold, she rallied to complete her two legs and do a lot of clapping for her teammates! Jen Lanterman pulled off the Beast and the 8-mile run near the finish with minimal puking in between (and it did not affect her times, of course). Chip Bearden, also new to the team this year, ran the unbearable 9-mile leg in the heat of the afternoon and completed it like a champ. He swore he'd "never run again" afterward, but that sentiment did not last, and he was back in true Chip spirit within minutes. Tom Daniels and Des were, as usual, consistent in their individual legs and in the 13-mile wildcard leg. Des was late to one exchange (oops!), so now he can't yell at us for any mistakes we make at the next five R2Cs.

We started running at 7:45 am and finished at the beach at 8:02 pm. The pizza at the end was terrible but tasted great anyway.

It was great to see ERC's Foxes & Hounds team on the beach and share the day. Of course, ERC's Grumpy Grovers team was long gone. They had finished their pizza just as we crossed the line. Great job, Grovers!

My sincere thanks to everyone who helped organize our race. Count me in for next year!

—Andi Robik

We had another fine Air Jamaica team this year. Andi, Tom, Tracy, and Jen ran once again for us, and we added newbies Rich and Chip. Also, R2C veterans Shannon and Sue Carr returned as Car 2 manager and Car 1 driver, respectively.

As Andi indicated, we had a great time and, despite a few minor errors, made it to Manasquan! Big thanks to Shannon and Sue for crewing. The

day is so much better when you have someone handling the driving and details while everyone else is running and providing runner support.

Rich and Chip really stepped up to the plate. I'm not sure if Rich broke a sweat—he always looked cool! And Chip, not a hot-weather runner, ran the most miles under the hottest conditions and completed both of his legs still standing!

Jen was a question mark with the injuries she has battled this year. Despite being in obvious pain, she ran both of her legs at under 8 minutes per mile. What a trouper!

Andi and Tracy performed up to their usual high standards, and Tracy appears to have gotten a bit faster this year! They make quite the team for our medium to short distances.

Tom as usual kept things light and the conversations funny. He was there to make sure I didn't wilt on my long leg and covered me when we alternated running during the wildcard.

Thanks to all the members of our team for another great River to Sea Relay!

Grumpy Grovers dethroned Air Jamaica as the first ERC team to reach the shore this year! They started an hour before us but stormed past us during the wildcard leg and beat us handily! Just wait till next year! —*Desmond Duncker*

Desmond's account was very kind to all of us on Air Jamaica. It was also technically correct: I did finish both of my legs still standing. However, it was a few minutes after Rich helped me away from the finish line of my second leg before I could navigate unassisted again. So, let me clarify my impulsive statement about never doing R2C again. With a good night's sleep and more perspective, I realized I meant every word.

R2C was all that Phil Coffin, my friend Krissie O'Grady, and others warned it could be ... and worse. It was one of the most punishing days I've had since I began running in 1977, including 32 marathons. I'm not sure what possessed me to try it this year, but I hope someone physically restrains me if I should even mumble about doing it again. The race itself is a fantastic concept. It's actually running it that sucked.

Ground fog still settled eerily in the Delaware River Valley at the start. I had gotten just an hour of sleep the night before. I'm not a hot-weather runner, and temps were in the mid to high 70s, with humidity nearly 100%.

Despite being shaded and flat, my morning leg of 8+ miles became torture. Tom later told me they had worried I wasn't drinking enough Gatorade and had been on the point of forcing me to stop and do so. But then the temperature rose, relative humidity fell, and I began feeling better. Never before in my running career had sports drink just tasted wrong. Usually I love it.

Given the trouble I'd experienced, Desmond made a prudent decision: I'd run Jen's shady, late-afternoon 8-mile leg, and she'd take my midday leg of 9+ miles. Unfortunately, less than an hour before the midday leg, Jen was retching at the side of the road. In addition, I was worried about the last 4 miles of my later leg—on a trail where car support wasn't possible. Shade or no shade, I wasn't sure I could run 4 miles solo.

So with a water bottle and a baggie of crushed ice under my hat, I set off as originally planned on the 9.25-mile leg in full sun. I felt good, fully recovered from my morning trial. Less than a mile later, I knew I'd made a terrible mistake. I'd never raced in these conditions and wasn't acclimated to the heat. Des, Tom, Jen, and Sue were pulled off the road at mile 1 with the same routine we had developed for Jen. One person gave me ice water to be sloshed over head and shoulders; 30 meters farther on, another offered me Gatorade and a gel, which I refused; in another 30 meters, a third gave me a new baggie of ice and a new bottle of drinking water to carry.

"Des, I'm in trouble," I gasped, "You need to think about a backup plan."

Desmond was startled and clearly unhappy over this revelation. I'd run only 1 mile! But he reassured me, "I'm planning, I'm planning." So I pressed on, feeling worse than I have at mile 20 in many of my marathons. And I faced not 6 but 8 more miles of tough going. I was nearly certain I couldn't run it all the way in. I was dying. I felt my pace slowing inexorably as I sweated profusely and ice water dripped out of my cap and mixed with sunblock. Only Desmond's promise of a backup plan gave me hope.

That lasted a mile, until I learned what Des's plan was. Tom would meet me with two bottles of ice water, one for me and one he himself would slosh over my shoulders. "We're going to get you through this," he said firmly. Clearly the team's supportive attitude had hardened.

I knew the problem. Under the rules, should I stop, then whoever finishes my leg also has to run the entire next leg, in this case Des and Tom's 13-miler, normally a tag-team leg. Tom had already run 6.5 and Des 8, so that would put one of them at 20 or 22 on a day when most of us would've cut back a long run for safety's sake.

I can't remember who helped me when over the next 7 miles, but each time someone promised to see me a mile later, and someone was always there when I arrived, my feet squishing and blistering in my soaked shoes and socks.

The ice under the hat kept my head cool, but the heat was taking a murderous toll on the rest of me. Official temps reached 80 degrees around the time I ran, but the thermometers in our chase cars were reading high 80s to low 90s. I should have been more inquisitive before my run. When I asked Sue if the car had a thermometer, she replied yes. Apparently, Desmond had imposed an information lockdown.

A race official took interest and asked three times if I was okay. I wanted so much to say no (*Des, I wanted to keep running, but they wouldn't let me*). Near mile 7, I stumbled briefly into the oncoming traffic lane and frightened the driver of an approaching car before we both swerved. A bit farther on, Phil was waiting to cheer on his Grumpy Grovers. "Only a mile and a half to go, Chip. Be strong!" As my own calculations told me I was more than 2 miles out, I didn't know whether he was trying to boost my spirit or crush it. He needn't have bothered on either account. At mile 8, my calves and ankles started to cramp, and I knew the end was near.

I finished and tagged a relieved-looking Tom. Rich was there practically at the same instant to steady me and walk me back to the parking lot. Shannon had laid out a towel on a grassy embankment. I was completely exhausted but had none of the symptoms of heat stroke or hyponatremia or anything else more dangerous than running long distances in middle age on no sleep. I wasn't dizzy or nauseous or confused, and I never lost my very well reasoned ability to blame Desmond for not taking me out.

Things I learned:

1. R2C is tough. I pride myself on never taking running challenges for granted, but I made that mistake here. Were I to do it again, I'd shift my training runs to midday or perhaps overdrive for a month to acclimate as much as possible.

2. Logistics and organization are very important. Frankly, when I saw Desmond's roster, I wondered why we needed two full-time drivers. Only now do I understand it's not just about the running. R2C is a long campaign in which, over each of 92 miles, drivers and passengers are making many decisions—about the runner's condition; upcoming turns and exchange points; who will support the runner and where; which car has to jump ahead of the new runner; and which vehicle must retrieve the finishing runner. I can't conceive succeeding in this race without a lot of experienced team members. And that's if everything goes according to plan, which it never does.

3. Lack of mile markers and pacing information was both disconcerting and liberating. GPS-equipped team members were better informed, but I had only a vague notion of how fast I was running and how much farther I had to go.

4. The team element overrides everything. Handicap factors based on participants' 5K times theoretically put every team in contention, but there's no way to control which legs are run by stronger versus weaker runners; how individuals respond to distance, hills, heat, double workouts; and so forth. So most teams, ours included, aren't really there to win anything, except perhaps "best of ERC" bragging rights. And because teams vary from year to year, there's no such thing as PRs, except on individual legs, which also may change slightly over the years. Apart from the final leg, there's no cheering throng to welcome you at the finish line either.

But it's fun to challenge yourself with a compatible group of runners on an imposing course and to share common travails, such as weather, running out of ice, traffic jams, and the powerful odor of wet running shoes.

Knowing your team is relying on you to perform inspires you to dig deeper when otherwise you might be tempted to back off. It's also a challenge for the team to help each member do the best he or she can. That's easy when a runner is really cooking—er, going faster than expected.

To me, a big part of the experience was observing how different people behave under physical and mental stress, as when a runner is performing below par. I often asked myself, *Would I want to share a lifeboat with this person?* Well, the Air Jamaica crew performed admirably under stress, and I am proud to have been initiated into

the inner sanctum. I knew I wasn't in medical trouble during either of my legs, but when I later discovered some team members had been concerned, I was impressed with how calmly and rationally they had acted, how they had made balanced decisions in stressful situations, and how they had avoided adding to the problem with unnecessary drama. Enjoying this bonding experience would be the *only* reason I'd consider R2C again. I'm glad I finally did it, and I encourage others to try it (heh, heh, heh).
—Chip Bearden

Once again, we survived 17 hours together in cramped quarters and made it to the beach. This year, either the sun set earlier or the handicap gods were not as kind to us. Although our splits were mostly consistent with those of the past, our time running was affected by our starting 1 hour later. Heat and humidity also played a bigger role and added to the drama, as Chip so eloquently described. Still, reaching Manasquan at 8:02:15 allowed us to wave good-bye to the Grumpy Grovers (well rested and showered by then), attend the awards ceremony, pose for some cameos with Tom Kelly's crew, and dip our feet into the surf as we watched the sun set.

So as not to be repetitive, or add to the exhaustion you may be feeling after reading Chip's tome, I will merely summarize the top 10 things I overheard in our car: 10. I'm leaking. 9. Ice cubes make you wet. 8. My thighs are too big for that. 7. I need something salty in my mouth. 6. Just give her what she wants. 5. It's a very short leg ... we cannot disappoint. 4. Just slam it against the ground, and it will fit in there. 3. Getting out of that cornfield can be quite a challenge. 2. I can go like this forever. 1. I need something to get my gag reflex going. (All quotations without attribution. Context available from authorized team members.)

Think what you might, but remember the effects of sleep deprivation, overcrowding, and extreme heat over 92 miles. Thanks to captain Des, drivers Sue and Shannon (who would have made Johan Bruyneel proud), and teammates Andi, Chip, Jen, Rich, and Tracy for making the day bearable. Who knew getting up before 5:00 am to run 92 miles in the hot sun and humidity could be so much fun? And we're counting on amnesia to set in to render moot Chip's mumbling about his "first and last R2C." See everyone next year.
—Tom Daniels

I also had a "great" time! As Tom indicated, it is oddly fun to get up before the roosters, spend an entire day jammed in a car with other sweaty people or delivering drinks to them in the sun, and running your own legs. Desmond always plans well for the team, and Shannon and Sue are great drivers! Not many people could put up with the demands of seven sweaty, agitated, sometimes puking runners and not lose it.

It was nice to run with Des, Tom, Andi, and Tracy again, and to add Chip and Rich. Rich let me smell his sub sandwich during the hour I was munching saltine crackers. Thanks, dude!

So much hilarity comes out of R2C. There are so many events or things said that we laugh

about later, even though we may have been a bit stressed out about them at the time. Tom and I were laughing before we got started Saturday!

—Jennifer Lanterman

The 14th edition of R2C has come and gone. Is it too soon to start thinking about R2C15? No!

Congrats to Phil Coffin's Grumpy Grovers and Desmond Duncker's Air Jamaica. The Grovers finished in 10:45:04, good for 29th place overall (118 teams competing) and 16/45 in the open men's category. Air Jamaica ran 12:17:15 and was 63rd overall and 11th out of 21 in the open mixed category. My Foxes & Hounds team, which finished in 12:34:48, was 77th overall and 9/15 in the veteran mixed category.

One rewarding aspect of R2C is witnessing firsthand the teamwork, enthusiasm, and camaraderie of our ERC teams (and of other teams).

And I'm particularly delighted when I read a recap by an Essex member who has completed this event for the first time—like Chip Bearden. I think his recap is the longest and most insightful I've read in my 14 years of running R2C (I missed only one, the third, because of illness).

The event has grown in stature each year since 1995, when ERC was 1 of just 7 teams! To my knowledge, no other club has participated in all 14 R2Cs, and only 1 runner has participated more times than I have. Our club has now had almost 100 members do R2C at least once.

Our *Foxes & Hounds* name was descriptive in that our team included four beautiful, talented women: Marta (my wife), Aileen O'Rourke, Helene Scarnegi, and Susan Palermo. Sue, participating in her first R2C, provided fantastic crewing and driving support and a great sense of humor. And with illness and injury complicating our performance, her nursing skills were a tremendous asset. Thanks also to hounds Ed Kelly, Wayne Carlson, and Mark Frankel for their great efforts and for making R2C14 as rewarding and memorable as all the rest.
—Tom Kelly

After 12 years of running the River to Sea Relay, I have a treasure trove (or junk heap) of memories ... the paltry number of participants in my first relay, R2C3 (21 teams, not the current 118) ... the spot where we used to have an exchange point ... the farm once surrounded by fields, not houses ... the leg that used to end 2 miles down the road ... the leg Gary Peters swore he'd never run again ... the leg where we lost a runner ... where Jim Hornecker goaded John Piccoli into an unbelievable mile ... where two teammates put up a toilet-paper "finish line" to mark that I had a mile left on the Beast ... where Pete Mason scurried into the woods to go to the bathroom, not noticing the farmhouse picture window as he dropped trou ... where another team's runner got picked up by an ambulance for heat exhaustion ... the church where the toilets got stopped up (and you wonder why we're not allowed in anymore?) ... where Hornecker yelled the loudest, most profane, best, and most effective cheer-leading I'd ever heard ...

There are plenty more memories from the Grumpy Grovers' trek across the state in R2C14,

but perhaps the most indelible is Paul Kartanowicz's blazing run on leg 9—the Frying Pan. It's 9.1 miles in the middle of the afternoon, in the middle of the heat, with virtually no shade and no visual attractions to make the miles bearable. It's the sacrificial lamb leg for our team each year. But not this year. Paul averaged 6:47 per mile, a Grumpy record by roughly a half-minute per mile.

That was merely the best of a series of good runs that allowed us to finish in 10 hours 45 minutes—the 17th best time among finishing teams (we averaged about 6:55 pace for the day). Tom Eaton, Mike Skara, Doug Williams, and two first-time R2C standouts, Karen Merz and Stephen Sands, also ran well and ran long, making up for a team captain (blush) whose infirmities didn't permit running the same kind of distance.

Tom, Doug, and Mike have helped carry this team through many an R2C, and they made this day worthwhile too. Stephen, a late injury replacement, gave us strong legs and a perpetual smile, even while running in the heat! And Karen added a sense of calm and competitiveness that made us all, and the entire experience, better.

For picking up my slack, for their good humor, their patience, their laughter, their willingness not to get sick in the cars, their ability to read the map, and their great sense of team, I thank 'em all. My fervent hope? To carry my weight next year. We'll find out in the 91.7 miles of R2C15.

—Phil Coffin

Run Against Crime 5K, Hoboken Aug 3

Lynne Mortimer (2nd AG) 25:38
Rashawn Riddick 41:02

This was my first race of 2009 and my first race since my first marathon (2007). I'd call it a training race. I saw many young runners, some as young as 7. I didn't do as well as planned but still had a great time.
—Rashawn Riddick

I enjoyed this race so much last year I went back. My son now attends Stevens Institute and has a summer job there, so I twisted his arm to meet me at the finish—in exchange for a complimentary Mexican dinner and quality time with Mom! The trophies are beautiful, the cause (anti crime and drugs) a good thing. The weather was not as good—horribly hot and humid. Runners seemed unhappy with their times, and there was a slight change in course (deemed short in 2008). Still, lots of fun. I think Hoboken races are a priority on my schedule now.
—Lynne Mortimer

Project Children 5K, South Mountain Reservation Aug 6

Gary Peters 22:18
Wayne Carlson 22:59
Aileen O'Rourke (10th W, 2nd AG) 23:00
Helene Scarnegi (3rd AG) 23:22
Tom Kelly (2nd AG) 23:39
George McIntyre (3rd AG) 23:57
Chip Bearden 24:04
John Harvey (PR) 25:36
Marta Kelly (3rd AG) 26:17
Ed Trieste 28:00
Val Kenny 29:31
Zachary Fryer (2nd AG, 10 & under) 29:39

Jim Malone. 32:01
Faye Harvey (PR by 4 minutes!). 32:04
Beverly Salerno (3rd AG). 32:07
Not as hot as usual, but plenty of humidity. There were 317 finishers. Congrats to John and Faye Harvey on their PRs!
—Martta Kelly

**Captain Bill Gallagher's Aug 8
10-Mile Island Run, Sea Isle City**

Sharon Morrissey. 1:24:31
Chris Jaworski. 1:24:50

As some of you know from my past complaining, this beach race can be brutal and grueling. But this year's conditions—ocean breeze, cloud cover, low (80-degree) temps—proved to be perfect.

This year's race also proved to be a different and welcome experience, mostly because I persuaded Chris to come down and run it with me.

He forged ahead of me early into mile 2 but then decided to plow into an aid-station boy and get into fisticuffs with a few male runners along the route and take an 8-minute potty break and outdoor shower at mile 5 and stop for a brew on the boardwalk and listen to a great live band and get a snow cone and God knows what else—leaving me in the lead and not realizing it until the last turnaround, near mile 6. —Sharon Morrissey

As far as my in-race diversions are concerned, Sharon's obviously pulling your salt water taffy, but some of those incidents are *true*.

On the paved boardwalk, before the 4-mile mark, I took a 30-second bathroom break. It's here where she must've zoomed ahead. I would not see her again for 2 miles. She's one tough cookie to catch. Actually, I never did catch her.

Then, between miles 4 and 5, I moved to the side to throw away a gel wrapper. But spectators were lined up pretty tight, so I had to come to a complete stop and reach between a couple of them to hit a receptacle. Maybe I was still standing there (next to a baby stroller, with baby on board), or maybe I had inadvertently taken a step backward, onto the course, but in either case the next thing I knew—wham!—I was hit from behind. My back/neck made a sound like cracking knuckles. I was hurt only a bit, but stunned. The culprit, a runner, kept going, straight ahead—didn't stop, didn't slow down, didn't ask if I was okay. I had several expletives all lined up but, realizing there were kids around, kept my trap shut. What I next wanted to do was keep that runner in sight, catch him, and berate him or kick sand in his face or worse. It's probably better he quickly put some distance between us and disappeared into the crowd ahead because, had I caught the big lug, he would've kicked my butt most assuredly. My neck was stiff later that night but is okay now.

Before the 6-mile mark, on the beach, a boy working a water station unexpectedly changed direction and moved right into my path. In one of those choreographed, slo-mo scenes you might see in a Brian De Palma movie, I ran right over the boy, knocked him over, reached down to grab him by the arm, lowered him gently to the ground, and said I'm sorry—all without missing a stride.

Sharon and I were on the same wavelength regarding pace for this race. She wanted to aver-

age 8:30, and I, not having done a mid-distance race in a long time, wanted a "solid run." I got one. Our paces were 8:27 and 8:29. Sharon, if you want to get closer to 8:30, I suggest you add a 30-second pit stop and a couple of collisions.

Those were colorful incidents in a unique race, and I'm glad Sharon invited me to run it. Fourteen hundred finishers, big crowds of spectators and lots of cheering both on the boardwalk (one quarter of the course) and on the beach (the other three quarters), and, really best of all, running on the beach. The beach was just like some trails I've run—a forgiving surface (99% of the sand was the firm stuff near the water) and uneven terrain with obstacles (dips and rises, remnants of sandcastles and moats, even a few wooden barriers and thick drainage pipes to jump over). I liked it! It reminded me of the time a few years ago when I ran with my sister-in-law's dog on the beaches of Cape May and North Cape May. That dog wanted to run fast, and I did my best to keep up, but its leash remained taut. Maybe that memory was behind my finding the energy for a good push over the final couple of miles of sand on the Captain's 10-mile course.

—Chris Jaworski

**Lionheart Adventure Race, Aug 8-9
Ohiopyle State Park, near Pittsburgh, Pa**

The 25-hour Lionheart was my third 24-hour or longer race since June and my second race in a row with Rodney and Amy, a very experienced adventure racing couple I've known for a long time from the local adventure racing scene.

We drove together to Ohiopyle on Friday and went through race registration around 7:00 pm. At that time, each team received a race map (a custom 1:24,000 topographical map about 3 x 4 feet in size) and a race course clue sheet (the night before the race is when teams receive this sheet and learn where and how they'll be racing). On the map, each team will have to plot 19 checkpoints (CPs) and their respective universal transverse Mercator (UTM) coordinates. The race director had a master map on which roads that were to be off-limits during the race were marked; each team is to transfer this info to its own map.

When we finished with registration, we went to our motel, and Rodney and Amy had the un-fun task of plotting the CPs and figuring out which route we would take to each. By the time they were done and I weighed in on their route choices, it was almost 11:45. We had to get up at 6:15 Saturday morning for the 9:00 race start.

The format of this race was familiar. We must get to mandatory CPs (and get to them in order), and we can try for optional CPs for extra points. The gun goes off at 9:00 am Saturday, and the team with the most points and fastest time wins when the race ends at 10:00 am Sunday.

We gathered at the start line with our packs, which weighed 10 to 15 pounds, depending on how much fluid and food each person took. The race began with an "on-foot prologue," which race directors like to use to space teams out.

We were expecting the typical 10-minute prologue run, but we ended up running for 30 minutes, mostly uphill on trails and roads through

a campground and then back to the start to pick up our mountain bikes.

We had to bike up and out of the river gorge via about 3 miles of nice single-track trail. Once at the top, we took wider trails and roads to the CP, where we transitioned from bike back to foot. We had finished the first leg in a bit less than 2 hours. As we knew the paddle portion of the race was coming early in the day, we opted to carry our own kayak paddles (each broken down into four pieces). I guess the race director felt that, since we had a nice journey up to the top of the ridge, why not have us go back down to the river on foot ... which is what we did. Our plan was to jog all the downhills and some of the flats and walk anything that went up. Well, we had to run downhill for about 3 miles on a dirt road at one point, and we knew this was just the beginning. All told, the run took about 2 hours.

Once we reached the river, we hopped into inflatable kayaks, a 2-person for my teammates and a 1-person for me. Our kayaks stayed pretty even, but after about 20 minutes we knew we'd paddle faster as a team if we tied a line between our boats to help me along. The water level of the Youghiogheny River was lower than normal, so there wasn't any whitewater higher than class II. The paddle portion, an uneventful 11 miles or so, took about 2.5 hours. Fortunately, the clouds that rolled in kept us from broiling in the sun.

The next portion, on foot again, was to take us from the bottom of the river gorge up about 1500 feet to our bikes. Unbeknownst to us at the time, this portion was the crux of the race. What we didn't focus on when plotting our course was that the Laurel Highland Trail, which teams had to take, was 15 miles of going down 500 feet, up 800 feet, down 1000 feet, up 750 feet, over and over again. We jogged almost every downhill, and there are lots of them. This was no small feat, as one of the few rules in this sport is that all teammates must travel together at all times and not become separated by more than 50 yards. To help us adhere to that rule, and to help Amy manage the pace and intensity of this leg of the race, Rodney attached a towline between them. The yo-yoing stopped when we arrived back at the river and had to decide how to cross it. We could go farther on foot to a bridge, or we could walk or swim across here and save lots of time. We chose the latter (every other team probably did too). First we found where the river was narrower, and then we walked slowly across, only occasionally hitting water that was waist-deep. It was strange how the current had seemed slow during the paddle but 10 times stronger now that we were walking across. Our reward for making it across was a trek back up the same dirt road we had run down earlier in the day. This 21-mile fun run took us 6+ hours to complete.

By this time, it was dark and the next portion would be back on bikes (CP 8) with opportunities to get optional CPs 9, 10, 11, and 12 (when marking our map Friday, we planned to try for these). We rode first to CP 11. Then, heading for 10, we ran into friends on another team. We stopped only briefly to chat, but I noticed one of the guys (Bruce) looked like crap. Better him than me. We

went and got 10 and then in order to get 12 rode down a road in the middle of nowhere around 11:00 pm. We came to an intersection and ran into another team. When we stopped, they rained on our parade big-time when they told us the road we'd been on was off-limits. If that was true, we had just made a big boo-boo. We rode another 300 meters to get 12, made our way to 9, and returned to 8/13, which were one and the same.

When we pulled into CP 13, we told the race director of our faux pas. He said he'd wait until the end of the race to assess us a penalty. That incident is known in adventure racing as a ... bummer ... mojo killer ... large problem. Moaning about it yields nothing, so after that 5-hour ride we pressed on. Now we were riding down the same single-track we had ridden up earlier. When we pulled into the transition area, we got the fluid and food we'd need for the last portion of the race. A guy on the team we had run into during the bike portion told us that Bruce had begun puking his guts out. They had made it to the transition, and now Bruce was sleeping to try to recover so they could finish the race.

The last portion had optional CPs. The twist was that, if we went for any, we had to get one on foot and the other one or two on bike. Well, these CPs were nowhere near one another. After checking the maps and figuring the time it would take to return to the finish, we chose to get CP 16 on foot, skip 17, get 18 on bike, and finish.

Despite taking NoDoz at 9:30 pm, we were now trashed and sleepy at 3:00 am. We walked most of the way and jogged some to and from CP 16. I was pretty smoked at this point, but, as usual, once the daylight popped, I got another shot of normal functioning, kind of.

Then we got on our bikes, rode down a big hill until we hit a rail trail to CP 18, and took the rail trail again to get to the finish. After our climb-fest, we much appreciated being done. This bike portion had taken us 6+ hours to complete.

We crossed the finish line at 8:48 am Sunday after racing continuously for almost 24 hours. Total elevation gain: about 12,000 feet.

At the award ceremony, the race director told us he wouldn't assess us a penalty because doing so wouldn't change the standings. We had gotten 76 of 86 optional points; the next closest team had 62. Even subtracting our 10 points for CP 12, we'd still have 66. We ended up placing 3rd out of 15 teams in the 3-person coed category and 4th out of 33 teams overall. —*Steve Fleisig*

**New York City Half-Marathon, Aug 16
Central Park to Battery Park**

<i>Will DeRoberts</i>	1:34:34
<i>Stephen Sundown</i>	1:34:42
<i>Jennifer Carbone</i>	1:36:37
<i>Karen Merz</i>	1:39:38
<i>Stephen Sands</i>	1:39:55
<i>Tom Daniels</i>	1:49:10
<i>John Young</i>	1:51:38
<i>Ed Kelly</i>	1:52:17
<i>Helene Scarnegi</i>	1:57:18
<i>Andi Robik</i>	1:58:00
<i>Susan DeRoberts</i>	2:06:32
<i>Laura Halstead</i>	2:09:06
<i>Tracy Keller</i>	2:09:43
<i>Robbin Jordan</i>	2:22:32
<i>Julie Harris</i>	2:43:46
<i>Michael Topper</i>	3:04:46

It was a hot and humid morning for a half. Sorry, Tom Kelly, I did not make your 1:55:30 projection (not far off, though). The music was great. After Central Park, there were many bands and boom boxes, and a lyrics screen at the corner of 42nd and 7th in case we felt like singing. Despite the weather, I loved this race. The feeling I got running down 7th, closed to traffic, was amazing. I'll do this one again and again. —*Andi Robik*

Let's give a special shout-out to Randy Miller for cheering on ERC runners! Randy jumped in with

words of encouragement just when I needed them most. The heat had been getting to me when I hit the West Side Highway, but there was smiling Randy to keep me motivated and moving along to the finish line! Thanks. —*Tracy Keller*

I second that! This was by far my toughest race, and I'm happy to have finished it at all. Randy was an angel who came out of nowhere, and he knew the struggle. His supportive words meant so much when 3 more miles seemed too far.

I agree with Andi: It was an incredible feeling running down 7th Avenue! I'll do this race again. This was also my first NYC race, and I think I'm hooked on the energy. Great seeing all the other ERC runners—congrats to all who beat the heat! —*Helene Scarnegi*

This was a nice race, but the heat and humidity got me. I was happy just to finish. Thanks, Randy, for cheering me on. —*Susan DeRoberts*

I had the pleasure of learning the benefits of race cheerleading from Laura Messina, who lifted my spirits many times on a course. Sometimes you don't know you need a hand until someone offers it. —*Randy Miller*

What was I thinking? It was 95 degrees in the shade, and I hadn't run once (well maybe once) since March 1. The only reason I did this race was I had promised my friend I'd run with him. What a mistake. After mile 6 (Galloway, Shmalloway), I walked the rest of the way. By the time I finished, they had run out of finisher medals (I've been assured one's being mailed to me). Hmm ... is there enough time to train for the Philadelphia Distance Run? "Pain is temporary, pride is forever"? Yeah, okay. —*Michael Topper*

Lacey Township 5K Aug 22

<i>Stephen Sands (2nd AG)</i>	21:07
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Hot and humid race at the Jersey shore, but no sign of Hurricane Bill yet.

RACES: SEPTEMBER–NOVEMBER 2009

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

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	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	9:00a	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	Eagle Rock Memorial 9/11 Run (Grove Pharmacy)	15M, 6M	973-477-0016	Group Run
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: 500pts
9/13	Sun	9:00a	Race for the Cure (Central Park)	5K	212-560-9590	
9/13	Sun	10:30a	USATF–NJ XC 5K Championship (Readington)	5K	973-334-8900	NBGP: 700 pts
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 Pk, 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	9:00a	McGuire Mud Run (McGuire AF Base, Burlington Cty)	10K	mcmguiremudrun.org	
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
9/27	Sun	9:00a	Pfalz Point Trail Challenge (Mohonk, High Falls, NY)	10M	845-255-0919	
9/27	Sun	10:00a	Roosa Gap Roller Coaster Run (Wurtsboro, NY)	11.5M, 5K	845-888-2107	
10/3	Sat	9:00a	Mendham Harvest Hustle	5K	973-876-0881	NBGP: 500 pts
10/3	Sat	9:00a	Grete's Great Gallop (Central Park)	13.1M	212-860-4455	
10/3	Sat	10:00a	Sean Hanna 5K (Duke Island Park, Bridgewater)	5K		NBGP: 500 pts
10/3	Sat	Various	RunAmuck Mud Run (Harriman St Pk, Pomona, NY)	5K	runamuckfestival.com	
10/4	Sun	8:15a	Race for the Cure (Six Flags, Jackson Twp)	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	9:00a	Paine to Pain Half-Marathon (trail, New Rochelle, NY)	13.1M	http://painetopain.com	
10/4	Sun	9:30a	Carlos Negrón Run (Liberty State Park)	5K	201-434-4174	NBGP: 500 pts
10/4	Sun	11:30a	NYRR Fred Lebow XC 5K (Van Cortlandt Pk, Bronx)	5K	212-860-4455	
10/7	Wed	Noon	Newark Corporate Race	5K	973-376-6094	NBGP: 500 pts
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 (must run with dog) (Morris Twp)	3M	973-377-6276	
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	Staten Island Half-Marathon	13.1M	212-860-4455	
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	Long Beach Island 18-Mile Run	18M	609-494-8861	NBGP: 500 pts
10/11	Sun	11:30a	NYRR Harry Murphy XC 5K (Van Cortlandt Pk, Bronx)	5K	212-860-4455	
10/17	Sat	9:00a	Mountain Madness 50K (trail, Ringwood State Park)	50K, 7.77M	http://sites.google.com/site/xxctrailseries/mountainmadness	
10/17	Sat	9:30a	CPL Breakfast Run (Cranford)	5K	910-686-0026	NBGP: 500 pts
10/18	Sun	8:30a	Nutley Fall Five	5M	973-667-1884	NBGP: 500 pts
10/18	Sun	8:30a	Where the Pavement Ends (paved+trail, Katonah, NY)	5M	www.thepavementends.org	
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	9:30a	Hot Chili Challenge (trail, Kittatinny State Pk, Andover)	8M	973-919-1373	
10/18	Sun	10:00a	West Orange Downtown Classic	5K	973-325-4109	NBGP: 500 pts
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 Pk, 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)
10/25	Sun	8:00a	Bimble's Bluff 50K Trail Race (Guilford, Conn)	50K	http://mrbimble.com/WordPress/bluff	
10/25	Sun	8:30a	Marathon Kickoff (Central Park)	5M	212-860-4455	
10/25	Sun	10:00a	USATF-NJ XC 8K Championship (Readington)	8K	973-334-8900	NBGP: 700 pts
10/25	Sun	10:30a	Family Reach 5K (Mahwah)	5K	973-394-1411	NBGP: 500 pts
10/25	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	910-686-0026	NBGP: 500 pts
10/25	Sun	1:00p	Summit Y-5	5K	908-273-3330	NBGP: 500 pts
10/31	Sat	8:30a	International Friendship Run (United Nations)	1.75M	212-860-4455	
10/31	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	
10/31	Sat	9:30a	Robert Giaimo Memorial Run (Fairfield)	5K	973-610-5176	
10/31	Sat	10:15a	Morris Mauler Handicap Stakes 5K (Lewis Morris Pk)	5K	908-295-8580	
10/31	Sat	Noon	Halloween 5K (Montclair)	5K	201-247-3022	
11/1	Sun	11:00a	After the Leaves Have Fallen (trail, New Paltz, NY)	20K	845-339-5474 (evenings)	
11/8	Sun	11:00a	Hashathon Trail Race (Cheesequake Pk, Matawan)	6M	732-528-0132 (evenings)	

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)