



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

October 2009

Vol. 26, No. 10

Fall Track Workouts Finishing Up

Members will meet just three more Wednesday evenings (Oct 7, 14, 21) for group workouts at Brookdale Park track. Everyone, fast or slow, novice or expert, is encouraged to attend. Each week, coach Joel Pasternack will post his workout plan at essexrunning.com/workout. Then, on Wednesday, members will get to the track between 6 and 6:15 pm, run a 2-mile warmup plus strides, and be ready to start the workout at 6:30. ERC's Randy Miller will get the workout started. At 7:15, Joel will answer questions and offer tips.

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). Reservation form posted on essexrunning.com.

Ask Not What Your Running Club Can Do for You ...

But if you're asking what you can do for your running club, you might consider submitting your name for our 2010 board election! ERC is always looking for volunteers. Once a year, we also issue a special call to members who have time and the urge to become more deeply involved in club operations. Annual time spent in board meetings is minimal: 20 hours (ten 2-hour meetings). To learn more about helping the club and your fellow runners, contact a board member (see list on p. 2). The board will finalize the ballot and then mail proxies to members in November.

Another Essex Member Ties the Knot!

Congratulations to ERC member Robert Stack and Lucinda Pereira on their September 19 wedding!

WELCOME (BACK) TO ERC!

New Members

Peter Kashulines, *Mountain Lakes*
Rose Liao, *Harrison*
Ally Sunberg, *West Orange*
Carol Tontala, *Montclair*

Returning Members

Doug DiChiara, *Roseland*
Peter Gencarelli, *Bloomfield*
Robert Nossa & Jennifer Odell,
Montclair

ERC'S NEXT GENERAL MEETING 7:30 pm, Tuesday, October 6

Special Guest

Liz Robbins is a sportswriter at the *New York Times* and the author of *A Race Like No Other: 26.2 Miles Through the Streets of New York*, a book about the New York City Marathon. Last October, she blogged: NYCM "is less than four weeks away, so perhaps this book can be a motivational guide for some, a handbook for those who do not or cannot run, or a template for tales yet to come. ... It is important ... to feel the hope at the start line rather than the uncertainty, to celebrate strength and possibility, along with the quiriness and the diversity that make this city so dynamic, this race so unique. This is not simply a marathon. It is life. Breathe deeply. And enjoy."

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

Oct 6 • Nov 3 (Marathon Stories) • Dec 6 (Holiday Party)

Board Meetings

Oct 13 • Nov 10 • Dec (no mtg)

MARK YOUR CALENDAR

- **Oct 6.** General meeting (special guest Liz Robbins). *Page 1.*
- **Oct 7, 14, 21.** Last 3 group workouts at Brookdale track. *Page 1.*
- **Oct 11.** Long Beach Island 18-Mile Run (club race). *Page 4.*
- **Oct 18.** Nutley Fall Five (5M, club race). *Page 4.*
- **Oct 18.** West Orange Downtown Classic 5K (club race). *Page 4.*
- **Oct 25.** Readington XC 8K (USATF championship race). *Page 4.*
- **Nov 1.** New York City Marathon (40th running, club race).
- **Nov 3.** General meeting (we'll be telling our marathon stories).
- **Nov 8.** Giralda Farms 10K (USATF championship race), Madison.
- **Nov 14.** Goodwill 5000-Meter Run (club race), Montclair.



**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
Chris Jaworski. Newsletter Editor
Robin Kantor. Insert Designer
Ed Kelly. Team Captain
Martta Kelly. PR, Web Site
Tom Kelly. At Large
Debbie McNally. Mailing
Karen Mishler. Honorary
Lynne Mortimer. Ads, Entertain
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

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Web site: www.essexrunning.com

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/essexrunningclub

Then you can send e-mail to
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ESSEX RUNNING CLUB. JOIN THE CLUB OR RENEW MEMBERSHIP

Date	
<i>INDIVIDUAL</i>	
Name	DOB
Street	
City, State, Zip	
Primary Phone	2nd Phone
Contact E-Mail	
<i>FAMILY</i>	
Spouse Name	DOB
Primary Phone	
Contact E-Mail	
KEEPING TRACK (NEWSLETTER) DELIVERY <i>(Check ALL that apply; for e-mail options, you must provide an e-mail address below)</i>	
<input type="checkbox"/> Mail Paper Copy to Above Address	
<input type="checkbox"/> E-Mail PDF to This Address:	
<input type="checkbox"/> E-Mail Alerts* to This Address: <i>*You will be notified that PDF has been posted to ERC Web site</i>	
MEMBERSHIP STATUS	
<input type="checkbox"/> Join the Club <input type="checkbox"/> Renew Membership	
ANNUAL DUES	
<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>	

October—Another Good Month 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!

... Or to Renew Your ERC Membership for 2010

You can *really* help our membership and newsletter volunteers by renewing early (in 2009) rather than waiting until February. Please take a minute to renew now.

ERC Skorts for Sale

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).

Masterful ERC Runner Paul Giuliano Captured on Film

National Masters News is a monthly newspaper for runners of a certain age. One page in it is dedicated to color photographs of newsworthy runners in action. This month's issue features a photo of our own Paul Giuliano (a.k.a. Mr. Gigs) in a 5K he completed in a time of 17:31. Must have been a hilly course. —Randy Miller

YEAR-ROUND GROUP RUNNING

Wed	6:30 pm	(○) Group Track Workout, Brookdale Park (Oct 7, 14, 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 (Oct 7, 14, 21).* Arrive between 6:00 and 6:15 and run a 2-mile warmup and strides so you're ready to go when the group workout begins at 6:30. Coach Joel Pasternack will post each week's workout at essexrunning.com/workout and then come to the track at 7:15 on Wednesday to answer questions and offer tips.

(▲) **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@yahoogroups.com.

FALL IS CROSS-COUNTRY TIME!

Along with the USATF–NJ Cross-Country 8K Championship (Oct 25), many XC races are on tap this fall. Shore Athletic Club (SAC, shoreac.org) and New York Road Runners (NYRR, nyrr.org) both have a lot to offer. Start times are listed below (for registration and other information, check the Web sites).

SAC series, rotating Monmouth County parks, Saturdays

This is a non-USATF series of races. In the past, they started at 9:00 am (registration at 8:15), and the entry fee for each race was only \$6 (or \$30 for all 6 races). Courses are 5K, give or take. Confirm locations, obtain directions and other info: shoreac.org/applications.htm, shoreac.org/contacts.htm.

- Oct 3 Thompson Park, Lincroft
- Oct 10 Tatum Park, Middletown
- Oct 17 Wolf Hill Park, Oceanport
- Oct 24 Thompson Park
- Oct 31 Tatum Park
- Nov 7 Holmdel Park (same course used for USATF XC 5K in years past)

NYRR series, Van Cortlandt Park, Bronx, Sundays, 11:30 (10:00 on Nov 15)

- Oct 4 Fred Lebow Cross Country 5K
- Oct 11 Harry Murphy Cross Country 5K
- Oct 18 Kurt Steiner Cross Country 5K
- Nov 15 Cross Country Championships 5K
- Dec 13 Pete McArdle Cross Country Classic 15K

Nonseries events

- Oct 25 SAC open & masters meet, Ocean County Park, Lakewood, 9:30
<http://www.shoreac.org/applications.htm>
- Nov 1 Newark Academy 5K Run for FOP, Livingston, 10:00
<http://www.compucore.com/cs2009/novdec/index.htm>



In the October Issue Of
KEEPING TRACK ...

20 Years Ago (1989)

With participation in club events down from the level of previous years, president Lynda Solomon asks, "Where are our members?" And, "a new year is soon to begin—will you get involved, or will the same people continually run the operations of the club?" ... in the West Milford Wilderness Classic 18K, a race on trails around Clinton Reservoir, Mike Wojcio, Gary Peters, and 140+ other runners started out following two horses uphill, and volunteers and police later searched for seven runners lost in the woods; Mike writes, "I don't ever have to run the Dipsea in Marin County, CA. I did it in Passaic County, NJ" (Mike ran the Dipsea Race on Jun 14, 2009) ... editorial board of *New Jersey State Bar Association Journal* rejects ERC member Art Horn's article "A Diet and Exercise Program for Lawyers" for not being "legal enough" but then accepts it when Art changes only the title: "How to Postpone the Probate of Your Will" ... Susan McCarthy describes the two bicycling vacations she's taken (with Backroads) and wonders if there are running vacations ... Larry Hollander encourages members to spread the gospel of running.

15 Years Ago (1994)

Larry Hollander writes about the passing of Fred Lebow, how Fred once encouraged Larry and other runners to finish a wintery 30K in Central Park, and how watching the 1979 NYC Marathon had gotten Larry to "shape up his life" ... Richard Whitten (16:44), Mike Bartholomew (16:47), and Clem Weinberger (17:50) win 1st place in open team competition at Race of Champions 5K in Newark ... welcome to the club, new members Scott Flood and John Thornton ... observations by Tom Kelly: "If we can always see that the word *smile* contains the word *mile* ... we will always have the right mind-set to enjoy the natural high that running provides. ... Ask yourself how many times has a simple wave from a fellow runner across a lonely road renewed your faith in the common goodness of mankind. ... My challenge, and I ask you to join with me, is to preach the miles-in-smiles concept" ... Donna Close and Bob Russo contribute poems to this issue.



USATF–NJ

Mick Close

The final four USATF–NJ championship races of 2009 are listed below. Please try to support our ERC teams by including these events in your racing schedule. Being part of an ERC team is a lot of fun and can provide extra motivation to improve your running and your race times. With just a few extra members running on our teams, we can improve our spots in races and in the USATF–NJ standings. We welcome runners of all abilities!

- 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)

Please contact Ed Kelly (ejk823@msn.com) or Mick Close (mickclose@aol.com, 973–477–0016) for information about ERC teams or USATF. Remember, you must be a USATF member to run on an ERC team.

USATF Memberships 2009/2010

Memberships expire December 31, 2009. You may renew your membership for 2010 beginning November 1. If you are not a member but apply after November 1, your membership will be valid for the rest of 2009 and for all of 2010. Fees for adults are \$30 (1 year), \$55 (2 years), \$80 (3 years), \$100 (4 years). Renew/join at usatf.org, at 973–334–8900, or at a championship race (see list above). Please be sure to specify club ID 246 for ERC!



AT THE RACES

Mick Close

Long Beach Island 18M **Sun, Oct 11**

This is a popular race for runners training for a late fall marathon. LBI features a flat, straight course from one end of the island to the other. Buses take runners to and

from the start and finish. At the mid-island church where the race is staged, there will be lots of postrace food to eat before the awards ceremony begins. LBI is a Grand Prix event (\$7 discount to USATF–NJ members). We may carpool to the race. Info: 609–494–8861, compuscore.com.

Nutley Fall Five **Sun, Oct 18**

This 5-mile race starts at 8:30 am in front of the Nutley town hall and runs through downtown Nutley before turning into the beautiful Nutley park system. The last mile is downhill with a straight sprint to the finish along Franklin Avenue. It's a nice local race and a USATF–NJ Grand Prix event. Info: nutleyfall5.com, compuscore.com.

West Orange Downtown Classic **Sun, Oct 18**

This race, also called the Mayor's 5K Run/Walk to Break the Silence of Ovarian Cancer, starts at 10:00 am and winds

through the historic Main Street corridor of West Orange. It's a major fundraiser for the National Ovarian Cancer Coalition. Info: 973–325–4109, downtownwestorange.org.

USATF–NJ Cross-Country 8K **Sun, Oct 25**

This 8K championship race is a team race for all divisions (men, women, open, masters), so we hope to have enough people for teams. The two-loop course is at Deer Path Park in Readington. Men and women run together starting at 10:00 am. There will be a free postrace cookout for runners. We may carpool. Race info: 973–334–8900, usatfnj.org.

Other October Races

Club members can choose from many more local October races, including the Newark Corporate Race (a lunchtime 5K, Wed, Oct 7) and the Robert Giaimo Memorial 5K Run in Fairfield (Sat, Oct 31). There's also a new Montclair race called the Halloween 5K (Oct 31).

Other popular races: Race for the Cure 5K at Six Flags in Jackson Township (Sun, Oct 4) and East Brunswick Road Races 10K/5K and Paramus Run 10K/5K (both Sun, Oct 18).

For dog lovers, there's the Hounds and Harriers Run in Madison (Sat, Oct 10), but you must run with a dog.

The fall marathon season also kicks into high gear with Baltimore and Hartford on Sat, Oct 10; Chicago, Mohawk–Hudson Valley, and Steamtown on Sun, Oct 11; and Marine Corps on Sun, Oct 25. Note that the Atlantic City Marathon (Sun, Oct 18) has been postponed indefinitely.

There's also a good selection of half-marathons on tap: Grete's Great Gallup in Central Park (Sat, Oct 3), Jersey Shore in Sandy Hook (Sun, Oct 3), Staten Island (Sun, Oct 11), and Seaside (Sun, Oct 18).

Looking Ahead to November

November features several popular club races besides the New York City Marathon (Sun, Nov 1) and the Philadelphia Marathon (Sun, Nov 22). The best two are the Goodwill 5000-Meter Run in Montclair (Sat, Nov 14) and the Ashenfelter 8K Classic in Glen Ridge (Thanksgiving, Nov 26).

NYC Marathon Bus **Sun, Nov 1**

Seats are filling up for the ERC marathon bus from Grove Pharmacy in Montclair! For runners who live in this area, taking this bus is the most convenient way to get to and from the New York City Marathon. The bus will leave at 6:30 am (runners) and 10:00 (spectators). Water, bagels, and bananas are provided on the way to the race, other food and drink on the way back. The bus has a bathroom. You can leave your belongings on board during the race. The bus will return from Manhattan around 5:00 pm.

Reservation forms were mailed with the September issue of *Keeping Track*. You can also print the PDF of the form from the ERC Web site: essexrunning.com.

To be assured of a seat, make your reservation now: \$25 for club member, \$30 for nonmember. For more info, call Larry Hollander at Grove Pharmacy mornings (973–744–5550). Please return your reservation form ASAP!

FINISH LINES

Women's Distance Festival 5K, Jul 11
Rockland Lake State Park, Congers, NY
Helene Scarnegi 23:08

JFK Miles for Minds 5K, Edison Jul 26
Helene Scarnegi (4th W, 1st AG) 23:33
 Inaugural race to benefit the Center for Head Injuries at JFK Medical Center.

New York City Half-Marathon, Aug 16
Central Park to Battery Park
Peter Kashulines (5th AG) 1:25:46

Jimmy D Memorial 5K Run/Walk, Sep 6
New Brunswick

Aileen O'Rourke (1st AG, PR) 21:41
 Such a beautiful morning to run! I am training for the Marine Corps Marathon, so I figured I would take it easy and see how I feel. The course is out and back with rolling hills. The first mile, I was at 6:39! I don't think I ever ran that fast before. But I felt good, so I went with the flow. The first half of the race is mostly downhill; I knew I'd be going uphill the second half. The second mile took me 7:04, but, again feeling good, I kept running and kept my pace, despite my shoe's coming untied. With a mile left, I refused to stop to tie it. Third mile, I was still feeling good and heard the spectators cheering, which meant the finish was getting closer. I crossed the line in 21:41! Up until now, I'd never run a 5K that fast! Wow! I could not believe it! Last year I ran this race in 22:57, so to say I am excited is an understatement!

Crossroads of New Jersey 10K, Sep 6
Woodbridge

Mark Frankel (2nd AG) 43:08
Ira Ford (3rd AG) 45:13
Lynne Mortimer 54:11

This was a small but nice race with a confusing start. The 5K and the 10K (double-loop of the 5K) started at the same time, with the 5K starting line about 200 meters in front of the 10K starting line.

As one of the faster 10K runners, I soon caught up with the slower of the 5K runners and began passing them in quick order. But I had to stop from going too deep into the field, as I wanted to avoid the faster 5K runners. I didn't want to settle down with the slower 5K runners, either.

After going out too hard, I slowed it down in the loop's second mile, the most challenging part of the course. At the end of the first 5K loop, there were only 10K runners left, but I was feeling the effects of my hard start, plus the flatness I had experienced all summer, from not dealing with the heat well. I faded at the end but managed to hold on for 2nd in age. —*Mark Frankel*

Rock 'n' Roll Half-Marathon, Sep 6
Virginia Beach, Va

Helene Scarnegi 1:48:34
 For me, 2009 has been a year of half-marathons. Although I find the half to be a very comfortable race niche, running *this* half was by far the most fun I've had, and I got to take a vacation in Virginia Beach for the first time.

I arrived for the expo on Friday and enjoyed shopping at the 80+ vendor stands. I picked up a pair of Newton sneakers and will be trying them in my next race. I also bought the kind of socks that Mick Close and Catherine Alessi were using this past winter. I cannot recall the name, maybe because I hit my head on the Neptune statue on the beach after the race! [*Injinji socks*. —*Ed.*]

I spent the entire day before the race on the beach. That night, I went to see the band Heart playing one of the headliner concerts on the beach. It was an amazing show on a perfect night. I almost forgot I had a race the next morning.

Race morning was humid but cooler. The sun wouldn't get strong until mile 8. I did my warmup from the hotel to the start line. I was feeling better after my rough three-week recovery from the New York City Half-Marathon and was looking forward to pacing well and enjoying the scenery.

The bands that appeared every mile along the course were motivating, and running over the bridge overlooking the inlet kept me distracted. There were people cheering throughout the race, and I loved the Virginia Beach energy.

I felt strong until mile 10 and then had to push harder. Having been through a lot of recent work challenges, I had been expecting more of a struggle at this race. However, I reminded myself I was running my favorite distance. When I finished, I couldn't help but smile because Virginia Beach and a strong focus had brought me back to running a time I had been used to.

I was off-balance coming in, so a volunteer grabbed my arm and helped me to the medals. She asked my name and whether I had drunk anything. I laughed because I felt *maybe I did* have some alcohol, but I knew what she meant, and she was doing her job. The medal with its beach scene was great—I was proud to put it on.

I enjoyed the postrace festivities and then another day at the beach. I recommend a trip to Virginia Beach for this race. The event welcomes runners, is incredibly organized and so much fun, and has a great course. And the concerts are a plus. I missed the Black Crowes because this old lady needed some rest after the race.

I am looking forward to running more half-marathons to finish 2009!

Verona Labor Day Classic (1M, 5K) Sep 7
 1M

Daniel Taliaferro (age 12) 7:43
Garrett Percevault (age 9) 7:51
Yael Gelman (age 7, 3rd AG) 8:42
Kyle Simon (age 9) 10:20
Michaela Connell (age 11) 10:39
Debra Taliaferro 10:42
Zoe Gelman (age 5) 11:07
Abigail Robik (age 10) 11:40
Nicole Kelly (age 7) 11:52
Lisa Kelly 12:00
Sarina Robik (age 7) 12:39
Tom Eaton 12:55
Avery Eaton (age 5) 12:55
Scott Robik 12:56

Carter Robik (age 5) 12:56
Jae Trimboli (age 5) 13:42
Glenn Trimboli 13:42
Karen Merz 13:56

5K
Paul Kartanowicz (PR) 18:22
Doug Taliaferro (3rd AG) 19:25
Glenn Trimboli 19:31
Charlie Slaughter (1st AG) 19:36
Mike Sneden (2nd AG) 20:20
Fred King (age 10) 20:27
Ed Kelly 21:08
Gary Peters 21:53
Adrian Dunner 22:12
Rich Unis 22:26
Peter Connell 22:38
Amanda King (2nd AG) 22:42
Jack McEvoy 22:55
Andi Robik (PR) 24:01
Samir Awad 24:33
Robbie Hollander (age 9) 24:50
Victoria Sneden (age 15) 25:06
Martta Kelly (3rd AG) 25:41
George Studzinski (1st AG) 25:45
Nancy Grabow 26:06
Mark Shufro 26:50
Andrew Valerio 26:59
Ed Trieste (PR) 27:00
Amy Ultio 27:33
Ira Ford 27:38
Robert Caruso 28:02
Amy Rosenthal 28:13
Robbin Jordan 28:14
Philip Giannuario 29:50
Spencer Schwartz 31:02
Lisa Kelly 31:06
Julie Harris 31:16
Marina Valerio 32:06
Harry Moskowitz 32:23
Darlene Sneden 35:08
Linda Hollander 37:09
Susan Palermo 40:54
Joanne Barone 40:54

The 27th annual Verona Labor Day Classic had a record turnout—706 registrants total, with 146 finishers in the 1 mile and 526 in the 5K. In 2008, there were 132 and 510 finishers, respectively.

A big thank-you to all the volunteers who helped with registration, traffic control, finish line, and so on. It would be impossible to stage this race without you, and you all did a great job.

Special thanks to race director Tom Kelly for all his efforts in coordinating the race and to Martta Kelly, Susan Palermo, and Catherine Alessi for stuffing over 300 race packets the night before.

We made a few changes to the event this year, such as adding chips, technical shirts, and photos, but please send us any suggestions you may have for improving the race even more.

Congratulations to everyone who ran—members, spouses, kids! Impressive times by our youngsters, including 7-year-old Yael Gelman in the 1 mile (8:42), 10-year-old Fred King in the 5K (20:27), and 9-year-old Robbie Hollander in the 5K (24:50). —*Mick Close*

We were very pleased to have ERC members helping with this event again. We could not have done it without you, especially since we added the chip component this year. And thanks to the weather gods for the perfect conditions.

Comments for cohost Unico for next year:

It would be great to get chips ahead of time so we can include them in the bags. Also, disposable chips might be a better option.

Every year, we have the same problems with shirts: not enough ordered, too many XL, and not enough S and M, the most popular sizes. Kids' shirts would be nice for the 1-mile fun run.

All awards/trophies need to be accounted for before the race. This year, some trophies were missing in action, and the ribbons for the fun run showed up late. Also, the fun run should have more age-group awards, not just 14 or younger.

But all in all, good job! —*Martta Kelly*

It's a fantastic job all you Verona race organizers did, and a fun day all around. My goal is to do the fun run next year with my granddaughter.

I'll share the only negative comments I heard, for future reference: Some people would've liked to know in advance that there would be chips. (I don't know why this is an issue, unless one is registering really late, but I'm only reporting the news!) And some would've preferred a quicker awards ceremony. —*Genie Temmler*

Some people have and can use their own chips. That's the only reason I can think of. —*Ed Kelly*

Another great Labor Day run! Super job by Tom and Martta and all who came to help or run. The post-race picnic was terrific. Thanks for all the goodies. Nice to see everybody and catch up.

Suggestions: (1) Label the envelope bins so runners can go to their correct spots. (2) Publicize the shortcut (bridge) to the start so people won't have to go all the way out to Bloomfield Avenue and then backtrack. —*Joan Szabo*

Larry and I were proud of Robbie running his first 5K. Thanks to Nancy Grabow and Martta Kelly for keeping an eye on him during the race. This was my first race in many years. It brought back a lot of great memories when I was race director and involved in ERC. The race has really evolved since those days. What a great turnout! Thanks, Tom and volunteers. It's great so many "old" members are still involved. —*Lynda Hollander*

Wow! ERC members really came through with a great volunteering effort that made this year's Verona Labor Day Classic the best ever!

Multitasking was the order of the day, with many volunteers scurrying from registration tables to street crossings to the finish line. Several even managed to run the 5K as well.

It's great to have members who've "worked" our race before (e.g., Jack Martin, who joined ERC in 1984), but it's also special when newer members catch the spirit and notch their first Verona volunteer effort (e.g., Rob Gerin, Faye & John Harvey, Kristen Laird, 2008; Leticia Allen Duncker & daughter Rachel, 2009).

I got to thank many of our volunteers at the Tuesday club meeting, but I now want to thank those who could not be there: Catherine Alessi; Dave Benfield; Aubrey Blanda; Judy Brown; Wayne Carlson; Anne Chesny; Mick Close; Joe Cozzi; Desmond, Leticia, and Rachel Duncker; Mark Frankel; Laura Gelman; Rob Gerin; Robin Kantor; Ed Kelly; Martta Kelly; Kristen Laird; Paul Maloney; Jack Martin; Joy Mishkin; Aileen O'Rourke; Carl Sturcke; Joan Szabo; Genie Temmler; and Mike Topper.

Two other members also deserve our thanks for their efforts in making the day a success.

Larry Hollander, who kept this race going for many years before Mick Close and I got involved, used his melodious yet powerful voice to direct prerec runners through the registration scene. And Randy (Skippy) Miller did a phenomenal job coordinating the packet pickup and postregistration tables—and helped us avoid the confusion we encountered last year.

Thanks again to one and all! —*Tom Kelly*

New Haven 20K, Conn Sep 7
Paul Giuliano 1:17:28

Wounded Heroes 5K, Mountain Lakes Sep 12
Matt Casse (1st AG) 19:16

Rock 'n' Run 5K, Clark Sep 12
Helene Scarnegi (1st AG) 23:10
George Studzinski (1st AG) 25:12

The new course for this two-year-old race wasn't bad except for about 400 yards of gravel near the finish. A hard rain started right after the race, but all in all this was a fun run in the park, and it was for a great cause. —*Helene Scarnegi*

This race is worth putting on your calendar! Well-organized, rolling but quite fast course, friendly crowd. Helene and I both finished with 1st-in-age awards. I ran my second best 5K time of the year (Teterboro was best, but that was absolutely flat, of course, and conditions were ideal this year), and I was particularly pleased to be the top age-graded master. I also believe I set another age-group course record with my 25:12 (previous record was 37+ minutes). —*George Studzinski*

Patanelas Buckman Sprint Triathlon, Sep 12
Round Valley Recreation Park, Lebanon
Rich Unis (4th Clydesdale, 3rd AG) . . . 1:42:27
Swim 0.5 mile (16:41), T1 (2:46), bike 17 miles (56:35), T2 (1:03), run 5K (25:23).

Light rain all day, but warm—slippery when wet! Great time, hilly course. Bike ride had 1300+ feet of elevation change. This fun race was limited to 475 people. There was also a college division competition scored as its own race. The athletes in that division started about 5 minutes before us. It felt good seeing their young ages written on their legs—and then passing some of them!

Cheshire Home 5K, Madison Sep 13
Helene Scarnegi (3rd W) 22:43

I felt good after yesterday's darn gravel, knew I could do better today, and did (the trophy was icing on the cake). I hung out with a few Clifton

Roadrunners (Peter, Glen, Sheba, Camille) I'd run with in the past, and I received some on-the-course encouragement from a psychiatrist who's been running for 46 years (amazing).

USATF-NJ XC 5K, Readington Sep 13
Charlie Slaughter 20:43
Frank Russo 21:23
Ed Kelly 22:13
Aileen O'Rourke 24:02

I think I'm done with these cross-country events for a while! Although the weather was perfect, the course was not—it hadn't dried out after two days of rain. This race should have been renamed the *USATF-NJ Mud Run*.

My knee was sore from a 20-mile run I had done with Aileen in the rain two days earlier. However, after a brief warmup, I felt good enough to give it a go. And things did go well at first. I ran a 6:40 first mile on wet and muddy terrain. Second-mile hills and mud slowed the pace a bit. Then, while closing in on 2.5 miles, I slipped and fell crossing a wooden bridge. (I later found out I hadn't been the only casualty on that bridge—at least three other runners also slipped and fell there.) The fall broke my stride and threw my time off a bit, and I now have a couple of bruises and a banged-up thumb to remember the day. —*Ed Kelly*

South Nyack 10-Miler, NY Sep 13
Will DeRoberts 1:14:08
Susan DeRoberts 1:30:38

This race had a nice, scenic course with great views of the Hudson River. The day was humid, and there wasn't much shade. Miles 6 through 9 were uphill, but mile 10 was on a shaded trail! Will's calf cramped at mile 7, so he had to limp to the finish. He thinks it was from dehydration.

Nation's Triathlon, Washington, DC Sep 13
Andi Robik 3:21:28
Swim 1.5K (37:30), bike 40K (1:37:50), run 10K (51:33, a PR!), transitions (14:35 combined).

It was a picture-perfect day for a race of any kind, even cool enough to hang out in the swim pen for 1 hour 20 minutes with my wet suit on.

The race started at 7:00 am; the wave of 176 women in my 40–44 age group went off at 8:21. Overall, there were 3933 finishers (1453 female, 2480 male). I placed 110/176 in my division.

The swim was in the clean, not salty, choppy Potomac River. I swallowed a lot of water early on, which made me panic before settling into a rhythm. The waves were crowded, and it was hard to find a clear spot to swim. My swim time wasn't my best. Because of swallowing so much water, however, I was hydrated the rest of the race—*too* hydrated, hence the slow transitions!

I was nervous using clip-in shoes for the first time, but they made a big difference on the bike. My NYC time had been 15 minutes slower! Once I got going, I enjoyed the increased momentum. Thanks, Tracy Keller, for bike practice last week!

My 8:19 pace on the run was faster than my Montclair 10K pace! As I didn't have my trusty Garmin, however, I wasn't getting my splits and felt slow. My wave's late start meant that, by the

time I hit the run there were no fast runners left; it was fun passing the “joggers” and those in my wave who had passed me during the bike.

This was a fun event—mostly flat terrain, slight rolling hills on the bike, no hills on the run. And really good PB&J sandwiches at the finish. Definitely worth doing again!

Skylands Triathlon, Clinton Sep 13

I did this triathlon to celebrate my 54th birthday and finished 8th in age and 56th of 308 overall. Although I sank in the half-mile swim (174/308), I rocked in the 14.1-mile ride (20.6 mph, 13/308) despite using a 20-year-old steel bike. My 5K run was okay (21:58, 7:06 pace, 31/308) despite not running the past two months because of injury (I ran at my normal training pace). If I could swim faster, I'd be a contender. —Dan Murphy

Danskin Women's Triathlon, Sandy Hook Sep 13

Jennifer Lanterman (155/1551 OA). 1:18
Swim 0.5 mile (15:08), bike 11M (34:11), run 3M (21:08). Ranked 362 in swim, 359 in bike, 41 in run. Paces: 19.3 mph bike, 7:02 run. Finished 12/94 in 30–34 age group.

I registered for this sprint distance triathlon last spring and figured I'd be healed up in time. I was wrong. I had wondered whether I should participate and carefully considered my doctors' physical activity guidelines. They said I could run 5 miles or less, preferably on soft surfaces, no more than every other day, and I could cross-train as much as I wanted, within reason (no 50-mile bike rides). The wheels in my head turned: “Three-mile run plus transitions equal less than 5 miles, and I won't run Saturday. Complies with rules? Check. Half-mile swim, 11-mile bike. Complies with rules? Check. I'm doin' the triathlon!” And then all my friends said I was out of my mind. Just another day in the neighborhood.

I stayed with a friend who lives in Red Bank. Unfortunately, my bed was super uncomfortable, there was much drunkenness, and I didn't sleep a wink. In the morning, I drove to the event with a friend who had gotten in drunk at 2:00 am. She was supposed to complete the run leg for a relay team. She smelled like a bar and was still drunk. For an hour, the smell made me want to puke.

I started in wave 20. The water was colder than in prior years. Also, there were so many jellyfish I got a handful every time I took a stroke. At least they weren't the stinging variety! And the water was wave-rough! During my training, I had switched from standard goggles to goggles with wider lenses so I wouldn't take in as much water as in previous years. They had worked fine during practice, but on race day they kept filling with saltwater! I flipped over and treaded water (legs only) while emptying the goggles in rough water and with people swimming on top of me. The effect on my swim time was disastrous.

I reached the beach and set off on the swim-bike transition, an absurd 400+ meters, maybe even 800 meters, I'm not sure. And it was all on cement! Having endured that torture before, this time I came prepared with a pair of junk sneakers that I could use and discard.

When I got to the bikes, I found that a late arrival had jammed hers in between mine and someone else's, placed hers on top of my gear, crushed my sunglasses, and made it difficult for me to get my bike out. That was a long transition!

I hit the road for the out-and-back course. The side wind on the way out wasn't bad, but the way back was an entirely different story—6 miles of nasty headwind. I think I saw two (90-pound) women get blown off their bikes!

The bike-run transition was much smoother. When I hit the pavement, it was warm, and many women were walking. I ran the 3 miles a lot faster than I felt I was moving. Very surprising!

I am happy I completed this triathlon and wonder how I might've done had I trained properly! Oh, well! Another pretty medal for the collection.

Any women thinking of trying a triathlon? I recommend Danskin as a first-time tri.

Reach the Beach Relay (207 M), Franconia to Hampton Beach, NH Sep 18–19

ERC Beach or Bust team (39/400). 25:42:41
Complete coverage next issue!

5K Spirit Run, Sparta Sep 19

Mike Sneden (2nd AG). 21:05
Ed Kelly. 22:20
Met Ed Kelly and a few Clifton Roadrunners at this Grand Prix race, about an hour from Montclair. I'm always leery of races north and west of us, and this race did not disappoint. The course had the worst hills I'd run in recent memory (they reminded me of Bradford x 2 on Sunday with the Grove gang). Seemed the first 1.5 miles were straight up. Oh, well, no PR here, but a beautiful day and a well-organized race ... winner of the *Top Sound System Award*. The emcee, walking around in the crowd, used a wireless microphone to speak through the deejay's sound system while awards were being given out on a brand-new synthetic-turf football field. —Mike Sneden

Nice turnout (400+ runners) for a tough course. The \$30 entry fee was steep for a race with 10-year age-group awards. —Ed Kelly

Ramsey Run 10K Sep 19

Paul Kartanowicz (8th OA, 2nd AG, PR). 38:06
Bill Wilde (3rd AG). 49:51
The half-marathon plan I am following called for a 10K race today. This was the only one I found. Mark Frankel, who ran it last year, said it was a good, well-organized race, and he was right—there were many things to like about it.

It was only a few minutes off route 17 and easy to find. There was ample parking right next to the staging area, making trips back to the car quick and easy. Restrooms were clean, large, and well-stocked and included changing booths and showers (they were more like locker rooms than bathrooms). While warming up, I noticed how quiet the surroundings were—there was no deejay blasting *Born to Run* or other songs with *Run* in the title, and because this was a relatively small race, the overall volume of the runners was low. Being there when the sun rose was a nice way to start a crisp, early autumn day.

There were separate starts for the 10K and the 5K. It was nice to run only with your competition and not have someone you've been battling it out with for 3.1 miles suddenly end his race while you have another 3.1 to go!

There were two hills, and a few inclines that didn't take too long to get up. Unfortunately, on this loop course, after you ran up the hill, it leveled off, so there was no downhill running to make up for lost time. Although there were very few cars on the road, and drivers were respectful of the race, I'd have liked the course better had it been completely closed to traffic.

I broke my old PR (39:28), which I had set a week after graduating high school, at the end of a great track season. For a long while, I dwelled on that time and thought I'd never match it. Setting a new PR was worth all the hard work. Now I hope I can do well in my half next month. —Paul Kartanowicz

Staten Island 6-Hour Run Sep 19

Mike Skara (9th OA, 6th M). 36.55 miles
Although I hadn't been training anywhere close to what I should've, I managed 36.55 miles here, good for 9th place (81 runners) and 6th male. I'm very happy with that, though a bit surprised.

My goal had been 30 miles, so when I did the first 20 in exactly 3 hours, I was glad. I felt a bit tired but not dead. Every lap after that, I took 1 or 2 minutes to rest. After 30 miles, I took 5 minutes ... but was able to pick it up again. At 35.5 miles, however, my legs were screaming. When I was finally on the short loop that ends the race, I enjoyed hearing the whistle blow.

The course at Clove Lakes Park was fair and pretty. Although it had a few hills, most of it was shaded by huge trees. Every lap of the 2-mile course, runners had access to a well-stocked aid station and a cheering section of lap counters. The park was not closed, so plenty of times we had to go around nonracers, dogs, dog walkers, ROTC, and a 5K, but usually there was room.

Staten Island is only 45 minutes away, and Clove Lakes Park is right off the highway. If you're considering an ultra, this is a good one.

North Face Endurance Challenge (50K), Washington, DC Sep 19

Rob Gerin (36–38 miles). 7:32:21
This race was 50K-plus for me. At an aid station, I was sent the wrong way, which put me on the *Difficult Run* loop. The 50-milers ran this loop twice, and so did I. In the participant guide, it's described as “steep ups and downs ... very rocky.” I think I did between 36 and 38 miles. Before that wrong turn, I had been on pace to run the 50K in 6:30.

One weird sensation I had was seeing 5:30 on my watch, thinking it was 5:30 pm, and wondering where the day had gone. After running a few more minutes, I realized it wasn't 5:30, but 12:30.

The night before the race, there was a panel discussion with some interesting trail runners. Lots of good stories followed by Q&A.

Berkeley Heights 5K Sep 20

Tom Kelly. 23:29
Marta Kelly. 26:06

**Queens Half-Marathon, Sep 20
College Point, NY**

Aileen O'Rourke (10th AG, PR) 1:43:05
Helene Scarnegi (8th AG, PR) 1:44:47
What a great morning to run! The air was crisp and cool, and we were determined to finish strong. Helene was on her fourth half in five weeks, and I'm training for Marine Corps Marathon. Despite some early-morning issues—Helene got only 4 hours of sleep, we almost ran out of gas in the city, and my Garmin's battery died on the way—we were ready to take on Queens.

We found a parking spot maybe six blocks away and used the distance to warm up. Chip-and-number pickup was very organized. We lined up in corrals. It took us about 3 minutes to get to the start—not bad for a city race.

It was a bit difficult maneuvering around some runners and walkers. Mile 1 took 9 minutes, and we weren't happy with that. Our goal was to stay close to 8-minute miles. As we kept going, we picked up the pace and gained some time. Chris Jaworski and Tom Daniels had told us there'd be many twists and turns and hills, and I liked that—it never got boring. The miles seemed to go fast.

Whoever wrote NYRR's course description mistook hills for flat. There were many of them, but luckily they're very much part of our training.

Water/Gatorade stops came every 2 miles up to mile 6 and then more often to the finish. I loved running through the neighborhoods and seeing so many different types of houses.

We felt good the first 10 miles, and then I told myself, *Only a 5K left ... can't be too bad.* We plugged along. The last mile included a hill large enough I almost yelled out, "Is this a joke or something? Who would put a big hill at the end?" But then we heard the cheers and music, and, as I always say when going uphill, "Pull on the rope, and you'll be at the top soon." We came around a bend and entered the park for a strong finish.

We are both very happy with our times. We both set PRs! Helene took more than 2 minutes off her previous half (two weeks earlier), and I took more than 10 minutes off (last year).

—*Aileen O'Rourke*

Well said, Aileen. I'd certainly do this race again, as it provided a great deal of maneuvering and challenge. I am thrilled I ran it the day before my birthday (the PR was a gift!). I had been running a lot, was determined to hit 1:44, and knew with you and me setting a fast pace early on we could pull it off. I'll increase my training to break 1:44. What made the difference was teamwork. You were so encouraging. At the end, though, I felt the lack of sleep and had to slow down. When I was finishing and realized I had a PR, I was ecstatic!

Aileen and I laughed at our prerace issues and didn't let them deter us from having a good time and a fun race. The half is my favorite race. I get more familiar with it each time out. It was a beautiful day in Queens, with great results.

Thanks to the people who recommended this race. I'm not sure I would've run it otherwise. And thanks, Aileen, for being such a strong support. You're on your way to a fantastic Marine Corps!

—*Helene Scarnegi*

Philadelphia Distance Run (13.1 M) Sep 20

Aubrey Blanda 1:55:37
Henri Bost (PR) 2:07:18
I ran my best half-marathon time here. I thank the Sunday-morning Fleet Feet runners for helping me increase my speed. —*Henri Bost*

I had a wonderful time in Philly this weekend. After Philip and the kids took forever to get out of the house Saturday, we all drove down to Philadelphia in time for me to hit the Distance Run expo and the kids to hit the Ben Franklin Museum, which had an awesome *Star Trek* exhibit.

Race bags included samples of Kinesio tape! I'd been wearing K-tape on one calf and both hamstrings for about 6 weeks, and it really seems to help. Everyone was wearing it at the race.

I had dinner in Chinatown, at the same excellent place as last year, but this time I avoided the black bean sauce and tried to eat lightly. Still overdid it, though—the food was just so good! That left me freaked out thinking I'd repeat last year's PDR routine, stopping at every portapotty from mile 7 to the finish. So the next morning I ate just one waffle, cold—we had no toaster!

As my fall goal race is the Mohawk-Hudson Valley Marathon 3 weeks from now, I planned to run PDR no faster than marathon pace. My strategy was to do the first 6 miles at 8:15 pace to get in a tempo workout. After 6 miles, I'd try to stay at 9-minute pace, which should get me to overall marathon pace. I did a 2-mile "shake-out" run at 5:00 am, then taped my leg. I wore a 3:50 marathon pace bracelet that had me hitting 13 miles at 1:54, so I figured I'd finish in 1:55.

It was a perfect running day—low humidity, not warm at the start. It was sunny, but I wore a visor, and the course had enough shade. And what do you know? I averaged 8:17 over the first 6 miles. I relaxed after that, took only one portapotty break, practiced taking gels and electrolyte caps, avoided cramping and stomach problems, and came in at 1:55:37. Then I did a slow, 3-mile cooldown. Average overall pace was 8:50, perfect for a marathon-pace run, though my actual marathon pace will be a bit slower. I felt good after, too, as if the whole thing had been easy. I felt that, had I raced the entire half, I would've PR'd, at least. But I'm also glad I showed some restraint.

I had a Philly cheesesteak for the first time ever a couple of hours later and took the kids to the Rodin Museum, where my son expressed his appreciation of fine art: "Mom! Check out that lady's boobs! All the statues are totally naked!"

Philly is a great city with plenty to do, and PDR is one of my favorite half-marathons. The course is fast, mostly flat, and scenic and has plenty of water stations. Bands play every mile or two. (Next year, the race will become the Rock 'n' Roll Philadelphia Distance Run.) The field is large but well organized with starting corrals. There's an atmosphere of fun and excitement that's missing from many local races, including, in my opinion, the Newport Liberty Half-Marathon. This was my third PDR, and I plan on going back next year.

The winners this year were Ryan Hall and Catherine Ndereba, two of the biggest names the race has ever had. —*Aubrey Blanda*

Brian's Run (5K, 10K), Wayne Sep 27

5K: *Gary Peters (2ndAG) 22:57*
10K
Mark Frankel (3rd AG) 43:27
Frank Russo (1st AG) 43:37
Joe Cozzi (1st AG) 55:24
Susan Palermo 1:30:00

I've now run this race eight of nine times it's been staged (missed it only for my sister's wedding). I always enjoy it. I've even incorporated some of the course into training runs. Serene and picturesque—there's no better place to run in Wayne.

In a first, the race director warned us to conserve energy for the hills near the end. Those final miles, especially the last one, never seem to deter people from running this beautiful race.

My fitness level has diminished a bit since last year, when I ran a minute faster, but I had a good race and a great time. —*Mark Frankel*

I ran 99.5% of the 10K race with 80-year-old Bill Welsh. Bill usually runs with people around his age group, but no one was there today, so I decided to keep him company. We had a ball!

Bill talked nonstop and told the funniest jokes, and we had a police escort the entire time, as we made up the very back of the 10K pack. We got to know Nathan, our escort, fairly well.

Bill's pace, between 14 and 15 minutes per mile, was perfect for me. When we began walking up the steeper hills between miles 3 and 5, however, it was more like 17 minutes. We always got back on pace on the flat sections and stayed on pace until the finish.

We talked about Bill's family and prior races, and he gave me the lowdown on USATF and the points. A couple times, he told me to run ahead, but I said no, "I started with you, I'll end with you," and we crossed the finish line together, holding hands. It turned out his number was 52 and mine was 53. The 5K started just as we were heading for the finish line. As a courtesy, we moved to the sidewalk. The hoots and hollers we got from the 5K racers were great! I saw Gary running the 5K and of course gave a big shout-out to him. I love this sport and the people who do it.

Bill Welsh made my day. —*Susan Palermo*

**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 here, in "Finish Lines"). If you don't see your time listed, please e-mail it to essexrunningclub@yahoogroups.com or jaworski@verizon.net. Have something to say about an event? Write a recap and send it along!

Timing chips are “EZ-Pass for people,” said Dave Siconolfi, founder and president of Compuscore, the largest timing service in New Jersey. Chips are quickly becoming the standard for providing runners with fast and accurate results.

Siconolfi, a seven-time marathoner, was the featured speaker at the September meeting.

While a member of Dean Shonts’s Sneaker Factory team in the early 1980s, Siconolfi, a research engineer at Bell Labs, wrote a program that helped Shonts generate race results faster. After testing the system, Siconolfi used it for a Millburn race, what would later become the President’s Cup Night Race. Soon, word of mouth led to a huge demand for the system, and Siconolfi started Compuscore.

In 2001, Siconolfi accepted an early retirement package and made his part-time Compuscore work into a full-time occupation. He now employs 10 to 15 people, depending on demand. This year, he expects to work 235 races, mainly New Jersey footraces; he also works a few races in New York and Pennsylvania and a few triathlons.

In the mid-1980s, Siconolfi was using bar codes to score runners. This system is also known as *bib scoring*, as the bar code is printed on a tear-off tag on the runner’s bib. Compuscore currently uses bib scoring in half the races it times. However, large races can complicate scoring and make it difficult. Siconolfi recommends setting up multiple finish-line chutes for races with 400+ runners and switching to timing chips for races with 1000+ runners.

But even many smaller races are now turning to timing chips, for the convenience. Compuscore began using the Championship timing chip in 2001. This chip, introduced in 1996, once seemed destined to become the standard for racing, but many similar transponder timing systems are coming out, Siconolfi said.

He plans to expand his bar-code and Championship offerings by adding another chip system, Chronotrack. He said the Chronotrack chip, also called the D-Chip for the distinctive loop it forms around shoelaces, is much easier to distribute, less susceptible to interference, and disposable.

Siconolfi said almost all Championship-timed races require a chip-distribution station separate from preregistration and postregistration packet pickup. With the D-Chip, there is no need to set up such a station (and devote a volunteer to it), as this chip can be attached to the bib.

Championship timing mats have many sources of interference, such as manhole covers. D-Tag’s use of a much higher frequency means it isn’t affected as much.

Using disposable D-Chips is a matter of convenience, not cost savings, Siconolfi said. Championships are reusable, hence cheaper, and that means Compuscore can charge lower fees to events that use Championship timing.

To speed up race registration, Siconolfi plans to start offering online entry and a day-of-race driver-license reader system. He already has the equipment for the reader system but needs to work out the details and test the system.

In 1966, Shizo Kanakuri of Japan set the world record for the slowest marathon finish ever: 54 years, 8 months, 6 days, 8 hours, 32 minutes, and 20.3 seconds, according to FutilityCloset.com.

Kanakuri, running the marathon at the 1912 Stockholm Olympics, was one of two athletes representing Japan in its first ever Games. The other was Yahiko Mishima, who ran several sprint races.

Sports-Reference.com reports that, on marathon day, July 14, 1912, the temperature in the shade was 89.6 degrees. Sixty-nine runners began the race, but only 35 finished, according to JubileeMarathonStockholm, a group organizing a marathon in 2012 to commemorate the centennial of the Stockholm Olympic marathon. Even worse, the Stockholm course had only four water stations, at 5K, 15K, 25K, and 35K. (The course was 40.2 K, not today’s 42.2 K.)

GermanRoadRaces.de reports that most of the runners skipped the 5K water station and then ended up dropping out between 15K and 25K (“the ambulance and the doctors had strenuous work to do”). One runner, Portugal’s Francisco Lazaro, collapsed about 30K (18.6 miles) into the race, was never revived, and died the next morning (Sports-Reference.com).

Around the same point in the race, Kanakuri, too, was overtaken by the heat. On the verge of collapse, near Tureberg, where the 15K and 25K aid stations were located, he spotted people drinking orange juice in a garden. He stopped to quench his thirst and lingered at the garden party for about an hour, according to *Sports Illustrated*.

When he remembered the marathon was still going on, he realized it was too late to get back into it, so he took a train to Stockholm. He spent the night in a hotel there and, deeply ashamed and without telling anyone, left on the first boat to Japan, wrote Steve May in *The Art of Finishing*.

For 50 years, Swedish authorities considered Kanakuri missing, despite his returning to compete in the 1920 and 1924 Olympic marathons, clocking 2:48:45 at Antwerp and DNF’ing at Paris (Sports-Reference.com). (The 1916 Games were canceled because of World War I.)

Settling in Tamana, Japan, Kanakuri raised a family and became a geography teacher. In 1966, a Swedish journalist tracked him down at his home and put him in touch with an organizing committee seeking to raise funds to have the Olympics return to Stockholm.

The committee arranged for the 66-year-old Kanakuri to complete his marathon, and he did. He later told *Sports Illustrated*, “It’s been a long race, but then I got myself a wife, six children, and 10 grandchildren during it, and that takes time, you know.”

Currere is Latin for “to run.” *Leg godt* is not a running deity but means “play well” in Danish. What more does a person need?

RACES: OCTOBER & 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.

10/3	Sat	9:00a	Harvest Hustle (Mendham)	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	9:30a	Run for Life (Parsippany)	5K	973-945-9442	NBGP: 500 pts
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 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	9:00a	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	9:00a	Rutgers Against Hunger (RAH) 5K (Piscataway)	5K	732-932-7490 x225 ... Bring nonperishable food items	
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	
10/12	Mon	5:30p	Spartan Stride 5K (Wayne)	5K	973-694-3702	NBGP: 500 pts
10/17	Sat	9:00a	Mountain Madness 50K (trail, Ringwood State Park)	50K, 7.77M	http://sites.google.com/site/xxctrailsseries/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.	609-822-6914	Postponed indefinitely
10/18	Sun	9:00a	Maplewood 5K	5K	973-378-7907	
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	8:30a	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 (Just Jake's, Montclair)	5K	201-247-3022	
11/1	Sun	9:40a	New York City Marathon	26.2M	212-860-4455	
11/1	Sun	10:00a	Newark Academy 5K Run for FOP (XC, Livingston)	5K	908-800-1808	
11/1	Sun	10:00a	Ira's Run (Englewood)	5K	910-686-0026	NBGP: 500 pts
11/1	Sun	10:00a	Run With the Vikings 5K (South Brunswick)	5K	732-940-3111	
11/1	Sun	11:00a	After the Leaves Have Fallen (trail, New Paltz, NY)	20K	845-339-5474 (evenings)	
11/7	Sat	9:30a	Beaverton 5K Fall Classic (Lincoln Park)	5K	973-270-2040	
11/7	Sat	10:00a	Run for Runaways (Duke Island Park, Bridgewater)	5K	908-526-6605	NBGP: 500 pts
11/8	Sun	9:30a	Passaic Valley Rotary River Run (Little Falls)	5K	973-256-5001	
11/8	Sun	11:00a	Hashathon Trail Race (Cheesequake Pk, Matawan)	6M	732-528-0132 (evenings)	
11/8	Sun	Noon	Giralda Farms Run (Madison)	10K, 5K	973-635-5709	NBGP: 10K (700 pts) & 5K (500 pts)
11/14	Sat	8:30a	Goodwill 5000-Meter Run (Montclair)	5K	973-865-1919	NBGP: 500 pts
11/15	Sun	10:00a	NYRR XC Championships (Van Cortlandt Pk, Bronx)	5K	212-860-4455	
11/21	Sat	8:00a	NYRR Knickerbocker 60K (Central Park)	60K	212-860-4455	
11/22	Sun	7:00a	Philadelphia Marathon	26.2M, 13.1M	215-685-0054	
11/22	Sun	8:30a	Race to Deliver (Central Park)	4M	212-860-4455	
11/22	Sun	9:00a	Stampede Through Clifton	5K	973-470-5956	
11/26	Thu	9:00a	Ashenfelter 8K Classic (Glen Ridge)	8K	973-809-9311	NBGP: 700 pts
11/27	Fri	11:00a	Born to Run 5-Miler (Freehold)	5M	732-431-2627	
11/28	Sat	11:00a	Westfield Turkey Trot	5M	908-245-9422	

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)