



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

January 2010

Vol. 27, No. 1

### PRESIDENT'S CORNER

Mark Frankel

When I was growing up, I knew a kid named David. He had a really cool sandbox, and a lot of kids loved to play in it. Plenty of times, I asked my parents, or pleaded with them, to let me go there.

They didn't understand what was so special about that sandbox. It was just a sandbox, they thought, no different from any other.

But it wasn't just a sandbox. It was where the cool kids played, and where I wanted to spend my hours each day.

Now, decades later, I don't know where David is—we both moved from that neighborhood long ago—but I've found the sandbox again. It's called the Essex Running Club, and it's where the cool kids are.

We travel to many places to play—in group runs, races, marathons, meetings, brunches, banquets, dinners, and, my favorite, the annual wine-and-cheese party.

The great thing about this sandbox is that there are so many games going on. All the kids can play whatever they want: 5Ks, marathons, track events, trail runs, triathlons, and so forth. It's one big fitness celebration after another.

Medicine is good for you but is supposed to be bitter, even awful-tasting stuff. So, what's the deal with running? Like medicine, it's good for you, but it's *fun*. Not something we *have* to do, or *need* to do, but something we *want* to do.

That's why I often find myself asking others, or pleading with them, to let me go to the sandbox. I want to play with the cool kids.

### New Year's Day (Resolution) Run

John Fabbro will host his annual New Year's Day run starting at Fleet Feet Montclair (603 Bloomfield Ave) at 8:00 am. Two distances are planned: a challenging 8 miles and an easier 4 or 5. The 8-miler goes north, then south on Highland Avenue, across Bloomfield Avenue to Lloyd Road, and up Crest Drive ("Snake Hill") to the 9/11 memorial in Eagle Rock Reservation. And there we can stop to reflect on 2009 and make running resolutions for 2010! Then, back at the store, join John for bagels, juice, etc. Planning to attend? Please let him know (973-509-9707, john@fleetfeetmontclair.com). Happy New Year to FF and ERC!

### ERC'S NEXT GENERAL MEETING 7:30 pm, Tuesday, January 5

*Our Speaker:* Pam Fales, USATF-NJ

Church Street Catering  
Upstairs at the Market restaurant  
12 Church Street, Montclair

*Park on street or in Crescent Parking Deck behind  
Church Street between So. Fullerton & So. Park*

\*\*\*\*\*

#### General Meetings 2010

Jan 5, Feb 2, Mar 2 (Fashion Show), Apr 6 (Awards),  
May 4, Jun 1, Jul 6, Aug (no mtg), Sep 7, Oct 5,  
Nov 2, Dec 5 (Sun, Holiday Party)

#### Board Meetings 2010

Jan 12, Feb 9, Mar 9, Apr 13, May 11, Jun 8, Jul 13,  
Aug (no mtg), Sep 14, Oct 12, Nov 9, Dec (no mtg)

### MARK YOUR CALENDAR

- **Now.** Good time to renew your ERC membership (form on p. 3 and at [essexrunning.com](http://essexrunning.com)) and to sign up for 2010 USATF-NJ Grand Prix competition ([usatf.org](http://usatf.org); USATF-NJ, PO Box 330, Boonton, NJ 07005-0330; 973-334-8900).
- **Jan 1.** Fleet Feet New Year's Day (Resolution) Run. *Page 1.*
- **Jan 2, 9, 16, 30.** West Essex Trail group runs. *Page 2.*
- **Jan 3, 10, 17, 23, 31.** Winter hosted group runs. *Page 2.*
- **Jan 7, 21.** NYRR Thursday Night at the Races, Armory. *Page 4.*
- **Jan 18.** Registration deadline for USATF-NJ Awards Banquet (Edison, Jan 23). Info: [usatfnj.org/Banquet/2009\\_Banquet.html](http://usatfnj.org/Banquet/2009_Banquet.html).
- **Jan 24.** Manhattan Half-Marathon (club race), Central Park. *Page 4.*
- **Jan 29.** Millrose Games, Madison Square Garden. [Armorytrack.com](http://Armorytrack.com).

**Welcome, New Members!**  
Glen Freyer, *Montclair*  
Kellianne Martin, *Verona*



**2010  
ESSEX RUNNING CLUB**

**Officers**

Mark Frankel..... President  
Tom Kelly..... Vice-President  
H. Carl Sturcke..... Treasurer  
Desmond Duncker..... Secretary

**Board Members**

Catherine Alessi..... Clothing  
Anne Chesny..... Speakers  
Mick Close..... At Large  
Faye Harvey..... At Large  
John Harvey..... At Large  
Ed Kelly..... USATF Teams  
Martta Kelly..... Web Site, PR  
Lynne Mortimer..... Entertainment  
Aileen O'Rourke..... At Large  
Susan Palermo..... Clothing  
Beverly Salerno..... Membership  
Helene Scarnegi..... Entertainment

**Staff**

Chris Jaworski..... Newsletter Editor  
Robin Kantor..... Insert Designer  
Debbie McNally..... Mailing Maven

**Hall of Fame**

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

**Postal Address**

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

**Online**

**Web site:** [www.essexrunning.com](http://www.essexrunning.com)

**Yahoo e-mail group:**

Join group at  
[groups.yahoo.com/group/essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)  
Then you can send e-mail to  
[essexrunningclub@yahoo.com](mailto:essexrunningclub@yahoo.com)

**General Info:** [info@essexrunning.com](mailto:info@essexrunning.com)

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**Clothing Directors**  
Catherine Alessi & Susan Palermo  
[clothing@essexrunning.com](mailto:clothing@essexrunning.com)

**WINTER WEEKEND RUNS**

ERC plans a mix of events each winter (details in Nov issue). **Groups meet at 9:00, unless noted otherwise. Please RSVP. Host needed for Feb 20 or 21.** E-mail Chris ([jaworski@verizon.net](mailto:jaworski@verizon.net)).

|                      |   |
|----------------------|---|
| <b>1/1</b>           | <b>Fleet Feet New Year's Day Run (8M &amp; 4-5 M), Montclair—8:00 am—page 1</b>   |
| <b>1/2<br/>1/3</b>   | West Essex Trail (▲)<br><b>Susan Mello</b> (353 Roseland Ave, Essex Fells, 973-287-6341)<br><i>From Montclair:</i> Bloomfield Ave west to Caldwell, L on Roseland Ave, #353 is 1.2 miles south, on R (1st driveway past Inwood Rd). <i>Parking:</i> R on Inwood; then walk back to Roseland, turn R, go up driveway to back door.   |
| <b>1/9<br/>1/10</b>  | West Essex Trail (▲)<br><b>Val Kenny &amp; Ginny Kientz</b> (77 Fairway Ave, Verona, 973-857-3432)<br><i>From Montclair:</i> Bloomfield Ave west to Verona Park light, L onto Lakeside Ave, go ~1 mile, pass <i>Entering West Orange</i> sign, next R onto Fairway, continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on L.  |
| <b>1/16<br/>1/17</b> | West Essex Trail (▲)<br><b>Sharon Morrissey</b> (61 McKinley Ave, W Caldwell, 973-226-2118) & <b>Ted Bongiovanni</b><br><i>From Montclair:</i> Bloomfield Ave west to Caldwell, pass First Presbyterian Church on L and movie theater on R, turn R on Smull Ave (light), 0.75 mile, L on Washington, 2nd R (McKinley), #61 last house on L, parking lot by water tower. <i>Coming south on Mountain Ave:</i> Pass Gould School on R, turn R on Smull, R on Washington, R on McKinley. |
| <b>1/23</b>          | <b>Aubrey Blanda</b> (173 Hawthorne Ave, Glen Ridge, 973-865-1919)<br><i>From Verona:</i> Bloomfield Ave east to Glen Ridge, R on Ridgewood Ave (light), L on Washington St (light), 1st R (Hawthorne), #173 on L.  |
| <b>1/24</b>          | <b>Manhattan Half-Marathon, Central Park</b> , 6:30 am Grove Pharmacy car pool—page 4   |
| <b>1/30<br/>1/31</b> | West Essex Trail (▲)<br><b>Desmond Duncker &amp; Leticia Allen</b> (73 Hawthorne Ave, Glen Ridge, 973-743-2349)<br><i>From Verona:</i> Bloomfield Ave east to Glen Ridge, R on Ridgewood Ave (light), pass Washington St (light), make 2nd L (Maolis Ave) and 1st R (Hawthorne), pass Adams Pl on L, #73 (two tall trees in front) on L, about halfway to next street (Carteret).   |
| <b>2/6<br/>2/7</b>   | West Essex Trail (▲)<br><b>Tracy Keller</b> (61 Adams Pl, Glen Ridge, 973-748-0354) & <b>Gina Imperato</b><br><i>From Verona:</i> Bloomfield Ave to Glen Ridge, R on Ridgewood Ave (light), pass Washington (light), make 2nd L (Maolis), 1st R (Hawthorne), 1st L (Adams), 3rd house on L.   |

**Team in Training**, by Lynda Hollander

We seem to run for different reasons, according to life stages. When I began running in 1979, it was to do something different and meet people. In 1986, I ran my first marathon, with another ERC member. I've run most of my adult life, taking off only about six years to raise a family. Now I am married to that fellow marathoner and am training for my first half since 2004.

Why do a half after years off from running? I want to give my father a unique present for his 75th birthday this coming June. He was recently diagnosed with large T-cell leukemia. This chronic condition won't stop him from living a long, productive life, but I began thinking about the implications of the disease. While doing research, I came across the Leukemia & Lymphoma Society. This organization has offered a "Team in Training" (TNT) program for 20 years. TNT has expanded and raised more than \$1 billion in the fight against blood cancers. More than 390,000 people, first-timers to seasoned athletes, have joined TNT to achieve their best in marathons, half-marathons, triathlons, and century (100-mile) bicycle rides.

I called TNT's Cranford office, attended a meeting at Montclair Public Library, and was hooked. And guess what? I was looking to run a half in New Jersey in honor of my father and discovered that the Long Branch Half-Marathon is part of TNT's 2010 program!

I met with Kelli Toner, a TNT campaign assistant, to go over my fundraising plan. Wondering if other Essex members might like to get involved, I asked Kelli about forming a team that could run this half or (same date, time, and place) the full New Jersey Marathon. She was very supportive. So, I am asking anyone interested to join me and TNT in running the half or full marathon on May 2. This will be a great way to get involved in a great organization and help people with blood cancer diseases. You can get more information by logging on to [teamintraining.org](http://teamintraining.org) or by e-mailing me at [lyndahollander@comcast.net](mailto:lyndahollander@comcast.net).

I have begun training. It's not easy getting back into running after such a long break, but I am committed, and I am confident I'll be able to run 13.1 miles in May. And I am looking forward to meeting new ERC members and seeing some of my old friends when I start doing my long runs from Grove Pharmacy in the early spring.

### YEAR-ROUND GROUP RUNNING

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

(▲) **West Essex Trail Run, Verona.** *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.

### ESSEX RUNNING CLUB JOIN THE CLUB OR RENEW MEMBERSHIP

|      |  |  |  |
|------|--|--|--|
| Date |  |  |  |
|------|--|--|--|

#### INDIVIDUAL

|                  |  |           |  |
|------------------|--|-----------|--|
| Name             |  | DOB       |  |
| Street           |  |           |  |
| City, State, Zip |  |           |  |
| Primary Phone    |  | 2nd Phone |  |
| Contact E-Mail   |  |           |  |

#### FAMILY

|                |  |     |  |
|----------------|--|-----|--|
| 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)*

Mail Paper Copy to Above Address

E-Mail PDF to This Address:

E-Mail Alerts\* to This Address:

*\*You will be notified that PDF has been posted to ERC Web site*

#### MEMBERSHIP STATUS

#### ANNUAL DUES

Join the Club

Renew Membership

\$25 Individual

\$40 Family

Mail form & check (payable to *Essex Running Club*) to ERC, PO Box 183, Verona, NJ 07044-0183

**Current Members.** Renew by February 1 to avoid interruption in delivery of *Keeping Track*. **Membership Directory.** Your name, address, phone number(s), and e-mail address(es) will be printed in a directory distributed to ERC members. This directory is for the personal use of members and is not to be used for commercial or political purposes.



In the January Issue Of  
*KEEPING TRACK ...*

#### 20 Years Ago (1989)

At January meeting, ERC's Andy Fried speaks about triathlon and Ironman training ... in February, the head of the Cardiac Rehabilitation Center at Mountainside Hospital is to discuss the stress test ... members plan their spring half-marathons (E. Murray Todd, Brooklyn, Lancaster) ... member David Ratajack is elected vice-president, Bicycle Touring Club of North Jersey ... second year in a row, Vince Carnevale makes *Running Times* Runners of the Year national list and NYRRC Runner of the Year.

#### 15 Years Ago (1994)

CPR is the subject at the January meeting ... George Sheehan III writes to ERC member Mick Close: "Just a short note to thank you and the Essex Running Club for your kind letters and reflections on dad's life. Our family has been truly touched by such sincere tributes. ... Dad would always say, 'You are your best—that's the *real* you.' I think his trips and talks to your club brought out the very best in him! Let us all learn from that. PS: You *know* that Essex jacket was his favorite!"

#### 10 Years Ago (1999)

Tony Sanchez writes his first President's Corner ... Chip Bearden on group runs featuring "ice, accumulated sleet, and windblown sheets of cold rain" ... Jim Ennis's latest installment in a series of articles on his quest for a 2:49 Boston Marathon is followed by Carl Sturcke's examination of the similarities and differences between his and Jim's Boston training plans ... Jim then sums up his running "career" ("It's Been Fun").

#### 5 Years Ago (2004)

Michael Unis begins his ERC membership ... race schedule includes several cold-weather events: Winter Race Series in Freehold, Snowflake Series of trail races in Allaire State Park, Chill-Out 10-Miler in Seaside Heights ... January speaker Chickie Rosenberg to discuss snowboarding ... the club is taking orders for black fleece jackets embroidered with the Essex logo on the chest and our 20th anniversary logo on the sleeve ... Mick Close reports on the very competitive *National Masters XC 5K* in Holmdel Park, where George Studzinski placed 1st in age (70+).



**USATF-NJ**

The 2009 Long-Distance Running Grand Prix ended with the 10-miler in West Windsor on December 13. In team competition for the year, ERC placed 9th out of the 14 teams that posted a score. Thanks to everyone who raced for Essex in 2009! We hope more members will participate in USATF team competition in 2010.

| <b>Final Team Standings</b>                  | <i>Points</i> |
|--|---------------|
| 1. Raritan Valley Road Runners. . . . .      | 434           |
| 2. Clifton Roadrunners Club. . . . .         | 366           |
| 3. Morris County Striders. . . . .           | 348           |
| 4. Sneaker Factory Road Racers. . . . .      | 314           |
| 5. Rose City Runners. . . . .                | 245           |
| 6. Shore Athletic Club. . . . .              | 215           |
| 7. North Jersey Masters. . . . .             | 160           |
| 8. Central Jersey Road Runners Club. . . . . | 146           |
| 9. Essex Running Club. . . . .               | 61            |
| 10. Geezers. . . . .                         | 39            |
| 11. Running Company. . . . .                 | 33            |
| 12. Road Runner Sports. . . . .              | 24            |
| 13. Fleet Feet Sports. . . . .               | 16            |
| 14. Monmouth University. . . . .             | 10            |
| 15. Breakneck Track Club. . . . .            | 0             |
| Mizuno Runner's High. . . . .                | 0             |
| Sport Newark Benfica. . . . .                | 0             |

| <b>Final Individual Standings</b> | <i>Points</i> |
|-----------------------------------|---------------|
| 12. Will DeRoberts. . . . .       | 5363          |
| 17. Charlie Slaughter. . . . .    | 5191          |
| 24. Mike Sneden. . . . .          | 5013          |
| 35. Ed Kelly. . . . .             | 4745          |
| 47. Dan Murphy. . . . .           | 4465          |
| 59. Frank Russo. . . . .          | 4193          |
| 65. Tom Kelly. . . . .            | 4022          |
| 105. Desmond Duncker. . . . .     | 3251          |
| 106. Larry Czaplowski. . . . .    | 3244          |
| 117. Bill Wilde. . . . .          | 3129          |
| 124. Mark Frankel. . . . .        | 3074          |
| 156. Stephen Sands. . . . .       | 2802          |
| 160. Paul Giuliano. . . . .       | 2785          |
| 164. Paul Kartanowicz. . . . .    | 2769          |
| 165. George Studzinski. . . . .   | 2759          |
| 244. Mick Close. . . . .          | 2088          |
| 253. Ed Trieste. . . . .          | 2017          |
| 266. Mike Wojcio. . . . .         | 1956          |
| 268. Adrian Dunner. . . . .       | 1910          |
| 280. Gary Peters. . . . .         | 1817          |
| 14. Helene Scarnegi. . . . .      | 5209          |
| 15. Susan Mello. . . . .          | 5158          |
| 17. Aileen O'Rourke. . . . .      | 5042          |
| 34. Martta Kelly. . . . .         | 4315          |
| 50. Lynne Mortimer. . . . .       | 3439          |
| 63. Sharon Morrissey. . . . .     | 3009          |
| 72. Rose Francisco. . . . .       | 2692          |
| 75. Karen Foley. . . . .          | 2635          |
| 79. Jennifer Carbone. . . . .     | 2569          |
| 104. Karen Merz. . . . .          | 2157          |
| 114. Robbin Jordan. . . . .       | 2079          |
| 121. Andi Robik. . . . .          | 1995          |
| 147. Susan DeRoberts. . . . .     | 1712          |
| 148. Beverly Salerno. . . . .     | 1689          |

**Individual Awards**

| <i>Grand Prix Series</i>   |              |
|----------------------------|--------------|
| Helene Scarnegi. . . . .   | 1st in 40-44 |
| Will DeRoberts. . . . .    | 1st in 50-54 |
| George Studzinski. . . . . | 1st in 75-79 |
| Charlie Slaughter. . . . . | 3rd in 50-54 |
| Tom Kelly. . . . .         | 3rd in 65-69 |

*Miniseries 1 (3K-4M)*

|                          |              |
|--------------------------|--------------|
| Aileen O'Rourke. . . . . | 1st in 45-49 |
| Martta Kelly. . . . .    | 1st in 50-54 |
| Ed Kelly. . . . .        | 2nd in 40-44 |
| Mike Sneden. . . . .     | 3rd in 50-54 |

*Miniseries 2 (>4M, <15K)*

|                          |              |
|--------------------------|--------------|
| Will DeRoberts. . . . .  | 1st overall  |
| Aileen O'Rourke. . . . . | 2nd overall  |
| Mark Frankel. . . . .    | 1st in 35-39 |
| Mike Sneden. . . . .     | 1st in 50-54 |
| Ed Kelly. . . . .        | 2nd in 40-44 |
| Martta Kelly. . . . .    | 2nd in 50-54 |

*Total Points*

|                            |             |
|----------------------------|-------------|
| Ed Kelly (21,011). . . . . | 1st overall |
|----------------------------|-------------|

*Cross-Country Miniseries*

|                            |                            |
|----------------------------|----------------------------|
| Charlie Slaughter. . . . . | 9th overall & 1st in 50-54 |
|----------------------------|----------------------------|

*Masters Track & Field*

|  |              |
|--|--------------|
| Ed Kelly: Indoor 200-Meter Dash & 400-Meter Dash. . . . .    | 1st in 40-44 |
| Randy Miller: Outdoor 3000-Meter Steeplechase. . . . .       | 1st in 45-49 |
| Indoor 3000-Meter Run. . . . .                               | 2nd in 45-49 |
| Martta Kelly: Indoor 60-Meter Dash & 200-Meter Dash. . . . . | 1st in 50-54 |
| Beverly Salerno: Outdoor Hammer, Javelin, Shot Put. . . . .  | 1st in 60-64 |
| Indoor Shot Put (1st in 60-64) & Long Jump (2nd)             |              |
| Ronald Foster: Outdoor High Jump. . . . .                    | 1st in 65-69 |

The 2010 individual Grand Prix kicks off with several New Year's Day races. Team competition starts with the Clinton Country Run 15K on April 24. The complete 2010 championship race schedule appears on page 10.



**AT THE RACES**

**Thursday Night at the Races Jan, Feb**

This four-date series of indoor NYRR races takes place at the famous Armory Track & Field Center, 216 Fort Washington Avenue (168th Street), one block west of Broadway

in upper Manhattan. Info: armorytrack.com, nyrr.org.

Dates (events): Jan 7 (mile, 800 meters, 2 miles), Jan 21 (3000, 800, 1500 meters), Feb 11 (mile, 800 meters, 2 miles), Feb 25 (1500 meters, 8 x 200-meter relay, 800 meters, 10,000-meter relay [10 runners x five 200-meter legs]).

Registration: 6:15-7:00 pm. Competition: 7:00-10:00. Entry fees: \$15/night, unlimited events; \$10/runner, 10,000-meter relay). Checks payable to *The Armory Foundation*.

**Manhattan Half-Marathon**

**Sun, Jan 24**

This popular race is one of our winter group events. Use it to get in a long run or test your midwinter fitness level, or just come along to run, jog, or walk a few miles in Central Park. Early registration is recommended, as some NYRR races close out ahead of time. We're hoping for a good turnout.

The race starts at 8:00 am, usually on East Drive at 84th Street, and loops the park twice before finishing on the 102nd Street transverse. Info: nyrr.org, 212-860-4455.

If you'd like to carpool, please arrive at Grove Pharmacy (123 Grove Street, Montclair) no later than 6:30 am. Info: Mick Close (973-477-0016, mickclose@aol.com).

We usually use a self-park garage (\$12 per car) on Madison Avenue (left side, between 105th and 106th streets). It's a half-mile from the start but not far from the finish.

—Mick Close

## FINISH LINES

### RunAmuck Mud Run (5K), Oct 3 Harriman State Park, Pomona, NY

When a friend told me about RunAmuck and said the word *mud*, I immediately knew I'd run this race. I called my running friends Helene Scarnegi, Ed Kelly, and Rich Unis and told them about it. They didn't need much convincing, and the three of us with upcoming marathons thought it would be a good way to mix up our training. We agreed to not race—just to have lots of fun.

The fun started when we got in the car four hours before the race and headed to New York. Arriving early allowed us to walk around and see what we'd be getting ourselves into.

RunAmuck was a challenging event with hills, ropes, obstacles, beach crossings, water, walls to climb, and lots and lots of mud! You can run it solo or as part of a team (of two or four members) with or without costumes. We formed a team, the Mudders, but skipped the costumes.

At the starting line, we reminded one another this was for fun, not a race. But, looking around at the other runners, one of the men on our team thought we could not only race this but win it. We logical women yelled no way—we're here for fun! When the horn went off, the men ran ahead. Rich, unhappy there was no mud at the beginning, thought it would be funny to jump in puddles and splash everyone. Needless to say, we weren't making any friends! Although the men took off fast, we weren't worried because we knew they couldn't cross the finish line without us—all members of a team must finish together.

The first 2.5 miles were on a trail in the woods. The trail was covered with rocks, sticks, large branches, and *mud!* Running on a trail can be fun, but also scary when someone falls. The men pretty much disappeared in the woods, but they claimed they could hear us giggling. Helene and I were running along, talking with anyone who'd listen. We were having a great time until Helene took a small fall and scraped up her knees, but in a few seconds she was back up and running. We tried as much as we could to place our feet on even ground. Then we came to a large tree that had fallen across the trail. Climbing over, Helene lost her footing, fell, and hit her head on a tree limb. After assessing her injury (no bump or blood), we resumed running. At the end of the trail, our teammates were waiting for us.

Then came the obstacles. We jumped through rope boxes, ran on sand, waded through waist-deep water, climbed over walls, crawled through mud and sand, battled hanging punching bags, and, before we could finish, crossed a 90-foot mud pit (all but one of us rolled around in it).

Although we had been leading the race at one point, we finished 8th!

We loved this race and would do it again, despite having to buy our own postrace refreshments. We had fun and met interesting people.

And now, some of our comments about the race: *What time does it start? We're not going to race it, right? I have dirt in places I didn't know it could get in! What not to wear for a mud race: a*

*thong and a dress! I thought showering with 10 men would be more rewarding! That Spartans photo op! Best moment—throwing mud at the clean teammate! Don't forget the rubber ducky!*  
—Aileen O'Rourke

As usual, Aileen had a bright idea: Let's do a mud run. Well, this bright idea was one of her best.

Before the woods, Ed and I ditched Aileen and Helene for a team of four French Maids. Meanwhile, Helene tried to jump four Spartans all by herself. She almost succeeded but slipped on a rock, fell, hit her head on a log, and almost killed herself. You'd think Spartans would've stopped to help, but they left her to fend for herself.

These distractions slowed our team down, but Ed and I got to the water/beach area pretty quickly, and that's where the real fun started: 100 yards of waist-deep water, rope boxes, wooden barriers to jump over, crawling through mud (the good kind, imported), and, right before the finish, more mud, where you could really show your wild and crazy side, and some people did.

Like true gentlemen, Ed and I waited (almost 8 minutes) for the women to catch up (our team had to finish together). We would've placed 2nd or 1st if not for Helene's log incident. The team that ran over her came in 2nd. Of the 63 teams, we finished 8th. The French Maids never made it out of the woods. The Spartans were MIA, too.

We had a great day. Lots of mud, fun, great costumes. Our favorites included The Pimp and His Girl (she was fun to watch in the final mud crawl); the Fruit of the Loom guys; and the Devil and the Angel, who was dressed in white and a halo (she was a sight for sore eyes ... I fell in love ... so did everyone else). Helene started a series of photo sessions with the Spartans, who got all tired out carrying so many women.

Aileen, thanks for hooking us up with this race. Helene, get some rest and feel better soon. Ed, we could have been contenders (1st place)!  
—Rich Unis

### Beavertown 5K Fall Classic, Nov 7 Lincoln Park

Chip Bearden . . . . . 23:48  
Joe Cozzi (1st AG) . . . . . 26:14

Years ago I heard about a strategy attributed to ERC member George McIntyre: seek the smallest, most obscure race with decent awards or prizes and hope everyone else goes to a different race the same day. Brilliant!

Two weeks before the Philadelphia Marathon, a track session had gone a bit slower than I'd have liked, and I was concerned about speed. I needed short races to sharpen up.

When I arrived to register for this 5K, immediately I was spotted by Randy and Nina Miller, who ran unofficially, and Joe Cozzi. So much for obscurity. The race was pretty well organized; the only thing missing was mile markers. I felt good all the way, and my time was 15 seconds faster than anything I'd run this year. I kicked hard in the final few hundred meters and slipped by one guy

at the line, but his buddy finished 1 second ahead of me. Too bad, he was 3rd in age (10-year brackets). I missed 2nd by only 5 seconds, and 1st by 16. In fact, the first six guys in the 50–59 group finished within 25 seconds of one another. Thanks, George. It almost worked!  
—Chip Bearden

### Beauty and the Beach 5-Mile Race, Nov 7 Long Branch

Aileen O'Rourke (1st AG, PR) . . . . . 36:59  
Helene Scarnegi (2nd AG, PR) . . . . . 36:59

When Aileen and I saw the big *pink* ad for this race, we immediately set our sights on running it—a race designed by women for women, and everything pink. The event benefited Asian Youth Ministries, and Shore Runner in Long Branch was a race sponsor. We expected our entry fee would get us the perfect race shirt for women, and the shirt did not disappoint. It was cut for women and had long sleeves, and pink flip-flops on the front. There were 5-year age groups for awards, and finisher "medals" (necklaces ... pink flip-flop with rhinestones). Oh, the glitz and glamour wrapped up in a fabulous 5-mile race along the ocean. The course, as you can imagine, was super flat, and it had a lot of spectators.

Certainly there was the usual preparation for this race, but our big focus was on fashion. We had several decisions to make regarding our running ensembles but settled on coordinated black and pink outfits and light and dark pink boas. The boas were the defining accessories for *Mission Pink*. Aileen also purchased knee-high fluorescent hot pink socks with white stripes. I had not worn socks like these since before high school. And we wore skirts, because this was a race for women. We got a lot of laughs and compliments. Some women asked if we dressed like this at every race. We were well aware we looked a bit crazy, but we figured we'd have a bit of fun and not take the race too seriously. Once the race started, though, the switch was flipped.

After about a second, we had a new mission. We took a strong lead and held our positions of 17th and 18th the entire race. We felt great and knew we were pacing well. We were determined to hold the pace and not let anyone pass us. It's important to note that Aileen completed the Marine Corps Marathon only two weeks earlier.

Approximately 500 women ran. Some cheered for the *Boa Girls*, others for the *Boa Broads*. We cheered them back. It was a lot of fun, and we laughed throughout the race. It's good to laugh at yourself, especially when you can't stop pink feathers from sticking to pink lips while you're running into the wind.

The last mile was tough as we tired, but we picked it up and hit the finish together in 36:59, a PR for both of us. We were thrilled! We were met by the reporter for *The Link* newspaper. He took photos and asked us about the race.

There was a postrace candy smorgasbord. What a treat! Bowls of candy had scoops in them so runners could fill their cups. I loved the chocolate-covered raisins.

The well-organized awards presentation and brunch took place at The Avenue. Aileen won 1st in age 45–49 (good for a tiara and \$20 to use at Shore Runner); I won 2nd in age 40–44 (\$10). We won raffles, too: a pink T-shirt (Aileen) and Baileys Irish cream chocolate (me). We charged right over to the store to spend our winnings.

Seaside running, PRs, tiara, chocolate, shopping, friendship—all key to a fantastic morning. We highly recommend this event to our ERC sisters. It was a great opportunity to show south Jersey women the crazy styles of the north. At Giralda Farms the next day, a woman called out to us, “It’s the Boa Girls!” We had such a laugh. We plan to run Beauty and the Beach next year and would like to bring more ERC red to the sea of pink. Girl power!  
—*Helene Scarnegi*

**Passaic Valley Rotary River Run 5K, Nov 8 Little Falls**

*Spencer Schwartz* . . . . . 29:52  
Good race, good weather, good prizes, but the ample supply of Subway sandwiches made this a race to remember.

**Giralda Farms Run (5K, 10K) Nov 8**

5K  
*George McIntyre (1st AG)* . . . . . 23:30  
*Kyle O'Rourke* . . . . . 28:56  
10K  
*Larry Czaplowski* . . . . . 39:10  
*Will DeRoberts (3rd AG)* . . . . . 39:37  
*Frank Russo* . . . . . 43:10  
*Mike Sneden* . . . . . 43:23  
*Ed Kelly* . . . . . 44:25  
*Aileen O'Rourke* . . . . . 47:01  
*Amanda King* . . . . . 47:20  
*Helene Scarnegi* . . . . . 48:42  
*Susan Mello* . . . . . 49:19  
*Tom Kelly (2nd AG)* . . . . . 50:03  
*Martta Kelly* . . . . . 55:19  
*Karen Foley* . . . . . 56:52  
*Justine Krell* . . . . . 58:38  
*Ed Trieste* . . . . . 58:32

10K: ERC Teams  
*Men 40s* . . . . . 8/9  
*Women 40s* . . . . . 4/12

Thanks to Randy Miller and Anne Chesny for volunteering and cheering us on!  
—*Ed Kelly*

**Hashathon 6-Mile Trail Race, Nov 8 Cheesequake State Park, Matawan**

*Charlie Slaughter (2nd AG)* . . . . . 48:31  
*Wayne Carlson (Road Kill Award)* . . . . . 55:04  
*Mick Close* . . . . . 1:00:16  
*Debbie McNally (3rd AG)* . . . . . 1:01:15  
I was excited to run this race for the second time. In 2008, it was my favorite event of the year. Then I got nervous—what if last year was a fluke, and this time I’d hate the hills, steps, roots, and more hills? Plus, except for the Wineglass Marathon Relay, I hadn’t raced in months.

I needn’t have worried. The Hashathon is now undeniably my all-time favorite race!

This year featured many crazy costumes, as the 30th anniversary of the Hashathon was being

celebrated, and the organizers asked runners to don historically appropriate attire, and even gave an award for best retro outfit.

Again I loved the hills, the leaves, the challenge, running on boardwalk through a marsh on a gorgeous day. Toward the end, I passed a lot of people, including two women about my age, and was feeling good . . . until I saw my time on the finish-line clock and realized I was a good deal slower this year. I placed 3rd in age, though!

I left before the awards so I could get to the Outdoor Store in Montclair in time to meet Christopher McDougall, author of *Born to Run*. This extremely personable writer gave me a barefoot-running demonstration outside the store to help me understand how running in Vibram Five Fingers gave me blisters. He also explained why I felt “untired” at the end of the Hashathon.  
—*Debbie McNally*

I had fun even though I struggled through the second half of this trail race (I had been under 28 minutes at the 3-mile mark but finished in over an hour). The other ERC runners fared much better, and they all picked up awards. Wayne’s much coveted Road Kill Award was for wiping out and landing in the mud!  
—*Mick Close*

**Harrisburg Marathon, Pa Nov 8**

*Doug Williams (qualified for Boston)* . . . . . 3:29:30  
This was a nice, low-key marathon. Although its course was described as flat, there were hills. Jersey Shore Marathon is what I would call flat!

The Harrisburg course heads out along the Susquehanna River for about 3 miles and then meanders for a while. Starting around mile 18, I hit some really steep uphill and downhill that made my legs scream. There weren’t any water stations between miles 17 and 20, and the heat was starting to take its toll on me. I had a really good pace going until around mile 20, and things still looked okay at mile 23, but it took me about 28 minutes to run the final 5K. I started to panic whenever I looked at my Garmin over those final few miles. Why was I losing so much time?

I recommend this marathon as a fall alternative. It cost only \$55, and I got a nice pullover/windbreaker with logo. The event had a good vibe, the course was scenic, and I met some great people. Two caveats. First, this race may be too small for some. Second, bad weather could make the 6-mile riverside section tough. Thanks to Chip Bearden for suggesting this marathon.

**Outer Banks Marathon, Nov 8 Kitty Hawk to Manteo, NC**

*Mark Frankel (4:30 pacer)* . . . . . 4:29:08  
I went to North Carolina to pace my fourth marathon, and my first not named Shamrock. OBX was also my 14th marathon overall. My job was to lead the 4:30 group. The other 4:30 pacer, Tonya, had led the 4:45 group at Shamrock in March (I had paced 4:30 there).

The 10-hour drive felt extra long, as I had forgotten to bring some of my favorite CDs.

The weather’s being on the warm side (low 60s at the start, mid 70s at the finish) would take a huge toll on our group. We started with about

20 people. The first few miles were shaded and fast, and it seemed no one dropped out.

Around mile 10, we entered a nature preserve. Here we ran on packed dirt trails for nearly 2 miles and then on a loose dirt hiking trail for 1 more. In spots, the hiking trail was so narrow it allowed only two runners side-by-side. Many dropped behind, and the group was seemingly obliterated.

We reemerged on the roads near the halfway mark, which we hit in just under 2:15. Tonya, who had stopped to use a portapotty at mile 11, rejoined us around mile 15, at which point only three in our group remained. The rising temperatures were clearly having an effect. Tonya took another break at mile 17. This time she did not catch up, and results show her finishing in 4:53. Two of our runners dropped out at mile 21.

Over the final 5 miles, it was only Charlene and me. She was gliding along, often pacing me rather than the other way around. At mile 23, she raced up a bridge, the only big hill on the course, and I couldn’t stay with her. I shouted I was slowing to get back on pace so the other two might catch up. Charlene stopped on the other side of the bridge to tie her shoes and then rejoined me. I was running on empty the next 2 miles, but Charlene had a tremendous reserve. She sped up and beat me by 30 seconds.

I had a good time. I love pacing, though I’m not sure I’d do the 10-hour drive again.

**Goodwill 5000m Race Against Hunger, Montclair Nov 14**

*Paul Kartanowicz (9th OA, 2nd AG)* . . . . . 18:44  
*Stephen Sundown (3rd AG)* . . . . . 19:39  
*Ed Kelly* . . . . . 20:40  
*Karen Merz (5th W, 1st AG)* . . . . . 20:46  
*Mike Sneden* . . . . . 20:49  
*Doug Williams (3rd AG)* . . . . . 20:50  
*Steve Fleisig* . . . . . 21:08  
*Roosevelt Lucas* . . . . . 22:34  
*Laura Gelman* . . . . . 23:21  
*George McIntyre (1st AG)* . . . . . 23:26  
*Susan Mello (3rd AG)* . . . . . 23:56  
*Andi Robik (2nd AG)* . . . . . 24:07  
*Chip Bearden* . . . . . 24:25  
*Victoria Sneden (age 15)* . . . . . 25:52  
*Bernadette Lancaster* . . . . . 26:28  
*Theresa Fallon* . . . . . 26:54  
*Ed Trieste* . . . . . 28:18  
*Marty Baum* . . . . . 28:28  
*Valerie Kenny* . . . . . 34:43  
*Darlene Sneden* . . . . . 36:13  
*Susan Palermo* . . . . . 42:02  
*Joanne Barone* . . . . . 42:03

**Saddle River Run 15K, Ridgewood Nov 15**

*Ed Kelly (PR)* . . . . . 1:06:52  
*Helene Scarnegi (PR)* . . . . . 1:12:49  
*Aileen O'Rourke (1st 15K)* . . . . . 1:12:57  
*Susan Mello* . . . . . 1:14:21  
*Tom Kelly (2nd AG)* . . . . . 1:16:34  
*Bill Wilde* . . . . . 1:19:20  
*Martta Kelly* . . . . . 1:25:52  
*George Studzinski (1st AG)* . . . . . 1:26:15  
*Karen Foley (2nd AG)* . . . . . 1:26:56

This race was a replacement for the Great Swamp Devil 15K, which this year was canceled because



of bridge construction. Saddle River was organized by USATF–NJ and supported by running clubs. Despite being put together at the “last minute,” this race drew more runners than expected, 374. There weren’t enough timing chips!

It was nice to see so many ERC runners taking advantage of the weather, which was ideal for a long run through the park system.

Marathon training seems to be agreeing with me. I took 5 minutes off my previous PR (1:11:55, Clinton 15K, April 2009). I heard other runners talking about PRs today, too. —Ed Kelly

**Atlantic City Marathon Nov 15**

*Desmond Duncker. . . . . 3:48:49*  
I ran AC to see what another New Jersey marathon is like. Unfortunately, Friday I developed a sore throat, and Saturday a hacking cough. On the drive down, Tisha and I discussed running the half-marathon instead. I decided to reserve judgment on that until race day.

By Sunday, the cough had subsided a bit, so I stuck with my plan to run the full marathon, but at a slower pace. Once I got moving, I felt pretty good. I ran the first 16 miles at under 8-minute pace. At mile 18, however, my legs tightened up, and I had to jog it in. Even 11-minute miles were hard by mile 21. It turned into a survival marathon. Tisha kept me company the final 6 miles.

It’s been many years since my last survival marathon. The lesson is to not get sick before a race, though I’m not sure how I’d control that. No more marathons for me until next year.

**Fleet Feet Pancake Run, Montclair Nov 21**

Many thanks to John Fabbro, Paul Giuliano, Laura Messina, and the rest of the Fleet Feet crew for hosting the first annual Pancake Run to celebrate the store’s 22nd anniversary. At least 30 people enjoyed an easy 3-mile run, to Edgemont Park and back, and then pancakes, fruit, mimosas, and coffee at the store. There was a plentiful supply of delicious pancakes thanks to the culinary skills of Chef Paul, looking right at home in hat and apron! Congratulations to John and Fleet Feet on the anniversary! —Mick Close

**NYRR Knickerbocker 60K, Nov 21 Central Park**

*Aubrey Blanda. . . . . 6:25:58*  
I had a great marathon at New York on November 1. Besides being a long sought after sub-4, a PR, and a BQ, it was the most enjoyable and probably easiest marathon I’ve ever run, and the first in which everything came together for me. Even the recovery was the best I’ve had so far.

But after that, all I could think about was Bill Murray in *Ghostbusters* saying, “Next time someone asks if you’re a god, say yes!” I was having delusions of grandeur, feeling like Superwoman. Of course, a mental state like that can be dangerous, because it might lead to insane acts, like forgoing proper recovery and running a 60K three weeks after a successful goal marathon.

To be honest, I had no intention of doing the entire 60K (37.2 miles). At \$25, the registration fee was cheap enough that, if I ran 20 to 22 miles as a supported long training run, I’d be happy.

On race day, I picked up my chip at the NYRR office and headed for the start on East 90th. The weather was great, around 45 degrees, slightly overcast. The course consisted of a short out-and-back, plus nine 4-mile loops, which thankfully did not include Harlem Hill on the north side. There were two water stations, one at the start/finish, the other directly across the park.

I talked with a young woman who had also run NYCM, finishing a minute ahead of me. We decided to begin together, and ended up running that way for 20 miles or more. I probably wouldn’t have finished this race if not for her. She started slowly, and I stuck with her, avoiding my usual M.O. of rushing out and crashing later on. I kept things easy, as my primary goal was to avoid injury. I had no idea how to pace an ultra anyway, and wasn’t racing. When I couldn’t speak easily to my new running buddy, I slowed down.

She told me that her friend Gillian Horovitz would be pacing us for about 10 miles, and then introduced us. Gillian, tall and elegant-looking, had the physique of a natural distance runner. We chatted for more than an hour, she gave me a lesson in running tangents along the course, and then she picked up her bicycle and headed home. When I Googled her name after the race, I learned she had been an elite runner in the 1980s and 90s! She had been the first New York City female finisher in the 1999 NYCM, and she had won a host of NYRR races over the years. I couldn’t get over the fact that an elite runner had paced me, at my snail’s pace, over so many miles in my first ultramarathon! That truly ranks as one of my cooler running experiences.

I felt pretty good for 25 miles (never thought I’d say that!), and then the fun factor started to decrease. The race volunteers, however, were fantastic. I’ve run many NYRR races, but I’d never seen or heard such enthusiastic volunteers. I lost contact with my friend before mile 30, but those volunteers really kept me going to the finish. I was fully prepared to walk the hills in the park, as an ultrarunning friend had suggested, but I never felt the need. I wasn’t exactly running up the hills, but I stopped only at the stations for water and, later in the race, pretzels and gels.

I felt good (not great, and not as good as in NYCM) for 90% of this race, the exception being some nausea on the final loop. I was still smiling at the volunteers at mile 33, and I went over the finish line with my arms raised in victory. It was the ultimate hammy pose, but it was fun, and the spectators got a kick out of it. By then, however, my legs were completely shot, my hips in pain, and delusions of super powers completely evaporated. Good thing, too, because I want to rest for five weeks. I was thrilled to get a Lucite plaque with *60K Finisher* engraved on it.

Would I run this again? I don’t think so. First, I’d like to take 8 more minutes off my marathon time, and that might take a while. Second, I can’t see myself ever being able to race this distance, and running it slowly again doesn’t appeal to me much, except as a supported long training run. But once my glutes and hips stop hurting, maybe I’ll reconsider. Otherwise, the marathon distance suits me just fine.

**John F. Kennedy 50 Mile Memorial, Nov 21 Boonsboro to Williamsport, Md**

*Mike Skara. . . . . 9:18:44*  
My first JFK50 was an experience I’ll never forget. *Short version:* I completed the distance in 9:18:44, much, much better than I had hoped. Atypically, I ran smart—ran when I could and walked when I couldn’t or shouldn’t. I placed 239 of 1013. I am ecstatic about my performance, which qualifies me for the Western States 100.

*Longer version:* JFK seems to be what the marathon once was—a sign that its participants are insane. Who in his right mind would want to run 50 miles over rocks, down cliffs, and up steep hills with no bands, balloons, or sea of fans? Okay, guilty as charged. I loved almost all of it.

I’d argue that the crowd support at this event rivals that at the New York City Marathon. Obviously, the size was fractional, but every person cheered honestly for every runner. The aid stations were amazing. I filled up much more than usual, and the hot soup really helped. Also, I’m looking forward to seeing the photo of Santa and me at the mile 38 aid station. That was funny.

The course has four distinct sections: road (2.5 miles), Appalachian Trail (13 miles), C&O Canal towpath (26+), and more road (8+). My strategy was to be cautious, as I had yet to try this exact distance and had little experience on technical trails. On the first section, I spent time talking to other runners to get a feel for pace. I walked when most others walked—up the staggeringly large hills that were similar to Bradford in Montclair, though seemingly longer.

At the top was the trail. It was pretty, even with so many leaves down. As much of the trail was narrow, we ran mostly in single file to the next aid station. Runners were still in very good humor, making jokes and calling to one another. The second stage of the trail was more difficult. I didn’t like running through this section, though I’d love to camp there. I really had to concentrate on my footing and speed. Both hidden and visible rocks were tough on the feet and ankles. I think I turned my right ankle, previously injured, four times there. Each time I was able to shake it off.

The most difficult section was the Weyernton cliffs. They really are cliffs, marked with caution tape and featuring very narrow pathways down. If I hadn’t seen runners right in front of me on these steep pathways, I don’t know if I’d have tried to get down the same way. About halfway through, I turned my left ankle severely. Surely I cursed a few times, and the person behind me said he didn’t think I’d keep going. I did, maybe because of a runner’s high, but I was very happy to reach the aid station and flat ground.

I felt refreshed once I was on the canal path, next to the river. The path with its overhanging trees was full of fallen leaves, and by then the sun was up and breaking through the clouds. I wish the entire course had been like this, because I felt I could run forever here. I met and ran with a few more runners, but never for too long. I ran mostly by myself, cautiously relying on my legs, the terrain, and my Garmin to tell me when to run or walk. My weirdest running companion was a dog, who must have decided he

was missing out on the fun. That mutt paced someone else (his owner?) for at least a mile. Along this path, I kept very careful tabs on my pace and my goal to break 10 hours, continually calculating if I could hold 12-minute miles from each particular point and still do it. By the mile 40 mark, though, I was getting tired of the path.

Once I made the transition to the paved road and walked up the final large hill, I was mentally strong again. There was power in me yet. I had two aid stations and my best terrain left. Passing each mile marker, I became more and more excited. At mile 49, I calculated I needed a last 10-minute mile to break 9:20, which seemed a nice number. I threw caution aside, ran sub 9 minutes, and met all five goals I had set for myself.

Someone recently told me it appears I have found my best running to be long and longer, not to be confused with dumb and dumber, though that description seems more apt. Next up: New Year's 24-hour run, and then who knows?

Again, I give a lot of credit to my wife and my fellow Grovers. Ilene gave me emotional support and never complained about the late nights and early mornings. The Grovers helped motivate me through runs I wouldn't have done by myself and encouraged me before and after races.

**Stampede Through Clifton (5K) Nov 22**  
*Spencer Schwartz* . . . . . 30:33

**Philadelphia Marathon & Half Nov 22**

Marathon

|  |         |
|--|---------|
| <i>Ted Bongiovanni (PR)</i> . . . . .  | 3:27:51 |
| <i>Jennifer Odell</i> . . . . .        | 3:35:36 |
| <i>Joshua Comes</i> . . . . .          | 3:36:57 |
| <i>Rob Nossa (PR)</i> . . . . .        | 3:42:09 |
| <i>Rich Unis</i> . . . . .             | 3:49:20 |
| <i>Chip Bearden</i> . . . . .          | 3:54:31 |
| <i>Greg van Inwegen (PR)</i> . . . . . | 3:56:58 |
| <i>Susan DeRoberts (PR)</i> . . . . .  | 4:10:10 |
| <i>Krissy Laird (PR)</i> . . . . .     | 4:18:37 |
| <i>John Harvey (PR)</i> . . . . .      | 4:42:12 |

Half-Marathon: *Henri Bost* . . . . . 2:09:50

My second best half-marathon time. Thanks to running with the Fleet Feet group on Sundays, I was able to improve on last year's time: 2:19:25.  
 —*Henri Bost*

After an 8-year running break, I did NYCM 2008 in 5:05:30. Today I knocked 23 minutes off that time and set a PR!  
 —*John Harvey*

My first marathon was New Jersey in May 2009. My time there was 4:52:18. Philadelphia was my second marathon, and I ran 4:18:37! Disbelief! I took off 34 minutes! I couldn't have done it without the help of my friends and training partners Rose Francisco and Meredith Cozzarelli, who kept me going on our long runs every weekend! Also, the tips and advice from other club members have been invaluable!  
 —*Krissy Laird*

My first time in Philadelphia. As at Baltimore, I figured what better way to get acquainted with a city than to run 26 miles on its streets. I thought Philadelphia did a wonderful job orchestrating this

event. The start was very accessible and surprisingly easy to navigate despite the large crowds. The police and their tow trucks were out in full force clearing the race course of all unauthorized vehicles in the early morning hours. I kept thinking no wonder this city was chosen as a setting for the TV show *Parking Wars*. You'll get towed in a heartbeat. Mile 2 of the course ran directly past our hotel, so I was happy I had left my Mini Cooper safe and sound back home in DC.

Despite the wave start, the crowd was thick at the beginning, and it took a bit over 2 miles for me to get into a groove. As I knew qualifying for Boston was out of the question this time around, I settled on a nice 8-minute pace as the smartest (and least injury-prone) way to run. The course had a good mix of city streets, waterfront views, and parkland, all with minimal hills. I stuck right around my pace until the final few miles headed back down the Schuylkill River. There I racked up a few extra seconds per mile, but no big deal. I still managed a strong finish and my third best marathon time, beating October's Marine Corps Marathon time by 5 minutes!

Thumbs-up for this race. —*Joshua Comes*

This was my second marathon, and I had a great run. The sunny skies and 50-degree temps (42 at the start) were perfect. My goal time range was 3:40 to 3:50, and I ran 3:49:20. I'm pleased with that, as my Philly 2007 time was 3:46:00.

Training had gone well, but in the final week Rollin Deas, my running partner, broke his ankle. His misfortune set me back a bit, because I was used to running with someone. The hardest part of the marathon was not having Rollin to talk to. Nevertheless, I ran well and finished strong.

It was great to see ERC members running, or supporting us and cheering. Thanks to everyone who helped me and sent best wishes. It's good to know someone's pulling for you.  
 —*Rich Unis*

**CEA/JF Turkey Trot 5K, Flemington Nov 26**

|                                      |       |
|--------------------------------------|-------|
| <i>Meredith Cozzarelli</i> . . . . . | 27:39 |
|--------------------------------------|-------|

Before I could eat too much food, I ran this race with 3600 of my closest friends! Apparently, between the 5K and the 2-mile run/walk, there were 4400 participants. By the way, CEA/JF = Center for Educational Advancement/Johanna Foods.

I had a ton of family and friends there, as always. I ran with my husband, my sister, and her boyfriend. We started in the back, and it took us 2:39 to cross the line. The course was beyond packed and super hard to maneuver. My husband ran on the sidewalk most of the time.

Once again, I had a great time running this Thanksgiving Day race. I enjoy being with family and friends here, and I love all the crazy people dressed up as the Mayflower, turkeys, pilgrims, et cetera. It's cool that this event brings so many people together to run, cheer, and party! It is one of my favorite holiday traditions.

On another note, my sister's close friend, Chris Pannone, won the race in 14:44 (4:45 pace). He also won the Newport Liberty Half in September and will be running a marathon in California in December in hope of qualifying for the Olympic marathon trials. Pretty cool!

**Ashenfelter 8K Classic, Glen Ridge Nov 26**

1M: *Freddie King* got a nice silver cup for 1st OA!

8K

|  |       |
|--|-------|
| <i>Paul Giuliano (1st AG)</i> . . . . .      | 27:32 |
| <i>Larry Czaplewski</i> . . . . .            | 29:58 |
| <i>Paul Kartanowicz</i> . . . . .            | 30:01 |
| <i>Will DeRoberts</i> . . . . .              | 30:43 |
| <i>Tom Eaton (1st Glen Ridge)</i> . . . . .  | 31:23 |
| <i>Stephen Sundown</i> . . . . .             | 31:23 |
| <i>Charlie Slaughter</i> . . . . .           | 31:24 |
| <i>Doug Taliaferro</i> . . . . .             | 31:30 |
| <i>Jeff Burrowes</i> . . . . .               | 31:47 |
| <i>Glenn Trimboli</i> . . . . .              | 33:03 |
| <i>Yair Greenbaum</i> . . . . .              | 33:08 |
| <i>Mike Sneden</i> . . . . .                 | 33:08 |
| <i>Mark Frankel</i> . . . . .                | 33:23 |
| <i>Ira Ford</i> . . . . .                    | 33:45 |
| <i>Larry Miller</i> . . . . .                | 33:57 |
| <i>Ed Kelly</i> . . . . .                    | 34:45 |
| <i>Ted Bongiovanni</i> . . . . .             | 34:48 |
| <i>Stephen Sands</i> . . . . .               | 35:08 |
| <i>Peter Connell</i> . . . . .               | 35:12 |
| <i>Dave Gurniak</i> . . . . .                | 35:33 |
| <i>Aileen O'Rourke</i> . . . . .             | 35:45 |
| <i>Doug Williams</i> . . . . .               | 35:53 |
| <i>Adrian Dunner</i> . . . . .               | 36:00 |
| <i>Amanda King</i> . . . . .                 | 36:03 |
| <i>Tom Daniels</i> . . . . .                 | 36:12 |
| <i>Grant van Inwegen (age 12)</i> . . . . .  | 36:39 |
| <i>Helene Scarnegi</i> . . . . .             | 36:45 |
| <i>Rich Unis</i> . . . . .                   | 36:46 |
| <i>Laura Gelman</i> . . . . .                | 36:57 |
| <i>Dan Nachman</i> . . . . .                 | 37:09 |
| <i>George McIntyre (3rd AG)</i> . . . . .    | 37:12 |
| <i>Greg van Inwegen</i> . . . . .            | 37:26 |
| <i>Gary Peters</i> . . . . .                 | 37:28 |
| <i>Susan Mello</i> . . . . .                 | 37:46 |
| <i>Sharon Morrissey</i> . . . . .            | 37:58 |
| <i>Stacey Slaughter</i> . . . . .            | 38:05 |
| <i>Ron Wolfson</i> . . . . .                 | 38:17 |
| <i>Bill Wilde</i> . . . . .                  | 38:20 |
| <i>Bob Gorman</i> . . . . .                  | 38:37 |
| <i>Andi Robik (5th Glen Ridge)</i> . . . . . | 38:44 |
| <i>Tom Kelly</i> . . . . .                   | 39:28 |
| <i>John Thornton</i> . . . . .               | 39:35 |
| <i>Howie Brown</i> . . . . .                 | 39:43 |
| <i>Michael Francaviglia</i> . . . . .        | 40:25 |
| <i>Marty Baum</i> . . . . .                  | 40:26 |
| <i>Tyler Daniels (age 17)</i> . . . . .      | 40:55 |
| <i>Amy Ulto</i> . . . . .                    | 40:59 |
| <i>Susan DeRoberts</i> . . . . .             | 41:39 |
| <i>Martta Kelly</i> . . . . .                | 42:15 |
| <i>Mick Close</i> . . . . .                  | 42:41 |
| <i>John Fabbro</i> . . . . .                 | 42:43 |
| <i>Karen Foley</i> . . . . .                 | 42:44 |
| <i>Peter Gencarelli</i> . . . . .            | 43:31 |
| <i>Carl Sturcke</i> . . . . .                | 44:03 |
| <i>Theresa Fallon</i> . . . . .              | 44:19 |
| <i>Justine Krell</i> . . . . .               | 44:32 |
| <i>Lisa DiPasqua</i> . . . . .               | 44:34 |
| <i>Ed Trieste</i> . . . . .                  | 44:59 |
| <i>Donna Daniels</i> . . . . .               | 45:08 |
| <i>George Studzinski (1st AG)</i> . . . . .  | 45:25 |
| <i>Jim Collins</i> . . . . .                 | 45:29 |
| <i>Andy Kotulski</i> . . . . .               | 46:07 |
| <i>Laura Messina</i> . . . . .               | 46:34 |
| <i>Bruce Fryer</i> . . . . .                 | 47:23 |



|  |         |
|--|---------|
| <i>Krissy Laird</i> .....              | 47:45   |
| <i>Alex van Inwegen (age 14)</i> ..... | 48:05   |
| <i>John Harvey</i> .....               | 48:37   |
| <i>Robbin Jordan</i> .....             | 48:37   |
| <i>Jim Malone</i> .....                | 48:45   |
| <i>Robyn Herman</i> .....              | 49:25   |
| <i>Debbie McNally</i> .....            | 49:29   |
| <i>Erin McNally</i> .....              | 49:31   |
| <i>Spencer Schwartz</i> .....          | 50:08   |
| <i>Lauren Daniels</i> .....            | 52:32   |
| <i>Julie Harris</i> .....              | 54:58   |
| <i>Dawn Cascio</i> .....               | 55:50   |
| <i>Andrew Gelman</i> .....             | 56:59   |
| <i>Gina Imperato</i> .....             | 57:42   |
| <i>Tisha Allen</i> .....               | 1:00:29 |
| <i>Beverly Salerno</i> .....           | 1:07:22 |

**ERC Teams**

|                           |       |
|---------------------------|-------|
| <i>Men Open A</i> .....   | 7/16  |
| <i>Men Open B</i> .....   | 10/16 |
| <i>Men Open C</i> .....   | 14/16 |
| <i>Women Open A</i> ..... | 5/14  |
| <i>Women Open B</i> ..... | 11/14 |
| <i>Women Open C</i> ..... | 14/14 |

In the 8K, there were about 80 Essex finishers out of 1827 finishers overall. —*Chris Jaworski*

The open race is not easy. We had six full teams (three men's, three women's) participating, and two men's and two women's teams in the top 10! Great job and thank you, teams! —*Ed Kelly*

Wow, Amanda! I met up with Toni, race director Dan Murphy's wife, and the first thing she said was, "Did you see that kid who won the mile run? No one else was close!" I did see Freddie finish—impressive! He obviously has his mom's genes!

My Girl Scouts had a blast cheering runners and handing out water, and they didn't complain (too much) when they had to pick up all the discarded cups. We'll be there again next year! —*Aubrey Blanda*

Thanks, Aubrey! Actually, Freddie has only my skinny legs. He got his running genes from his uncle (my speedy brother) and his grandfather's cousin, who was an Olympic marathoner in the 1970s. —*Amanda King*

Thanksgiving Day, four days after the Philadelphia Marathon, and I was going to take it easy. I felt good after the start, though, so I thought I'd see what I could do. Had a great run, legs felt great, didn't feel any effects from Philly. My recovery had gone well. Don't get me wrong—I had recovery pains, just nothing to cry about. Once again, it was a pleasure to see a strong showing of ERC runners at the A8K. —*Rich Unis*

**AMBS Reindeer Run 5K, Dec 5 Franklin Lakes**

|                                       |       |
|---------------------------------------|-------|
| <i>Mark Frankel</i> .....             | 20:36 |
| <i>Ed Kelly</i> .....                 | 20:47 |
| <i>Aileen O'Rourke</i> .....          | 22:18 |
| <i>Rich Unis</i> .....                | 22:41 |
| <i>Helene Scarnegi (3rd AG)</i> ..... | 22:47 |
| <i>Susan Mello</i> .....              | 23:21 |
| <i>Susan Palermo</i> .....            | 44:05 |

AMBS: Academy of the Most Blessed Sacrament.

**Jingle Bell Run/Walk for Arthritis Dec 6 5K, Livingston**

|   |       |
|---|-------|
| <i>Ed Kelly (2nd OA, 1st AG)</i> .....          | 20:14 |
| <i>Michael Biacchino (5th OA, 1st AG)</i> ..... | 21:15 |
| <i>Rich Unis (3rd AG)</i> .....                 | 22:45 |
| <i>Aileen O'Rourke (3rd AG)</i> .....           | 23:15 |
| <i>Kyle O'Rourke</i> .....                      | 27:21 |
| <i>Kellianne Martin</i> .....                   | 27:49 |

Kellianne just joined ERC, and Michael said he'll be mailing in his application soon. Welcome!

What better way to spend a cold and icy winter morning than to run a 5K? We arrived early, before the race volunteers were set up. Lucky for us that registration was inside Livingston Mall.

We got cute T-shirts, plus bells for our shoes. And, yes, some of us added other holiday attire.

The race began in the mall parking lot and went throughout a nice residential neighborhood. Salt didn't make much of a difference; the roads were wet and slippery. I ran cautiously, but It Was Scary. As for Ed, the ice didn't slow him down. He ran 2nd the entire race and was unstoppable!

The finish was at a Care One facility, where a delicious brunch awaited—the best postrace spread I've ever had! Scrambled eggs, sausage, bacon, pancakes, French toast, bagels, Christmas cookies, yogurt, fruit, water, juice, protein drinks!

Each goody bag included a sports bottle, Advil, a mouse pad, and Chapstick.

As the main focus was on raising money for the Arthritis Foundation, awards were slim. Nothing for overall, and age groups were unusually large, 15 or 20 years (medals went to top 3 in each).

This was the first Jingle Bell Run for Arthritis at this location, and they were eager to hear suggestions for improvement. —*Aileen O'Rourke*

**American Red Cross 5K Dec 6 Run/Walk for Life, Millburn**

|                                    |       |
|------------------------------------|-------|
| <i>Mike Wojcio (2nd AG)</i> .....  | 22:55 |
| <i>Tom Kelly (2nd AG)</i> .....    | 24:03 |
| <i>Martta Kelly (1st AG)</i> ..... | 25:49 |
| <i>Lisa DiPasqua</i> .....         | 26:07 |

I'm not training for 5Ks and wasn't in the mood for this. I was almost hoping Saturday's snowfall would force us to walk the course, but Public Works did a superb job clearing the streets. Damn.

Thirty-two degrees, uphill first half, and strong headwind—are we having fun yet? I felt surprisingly good running up that hill. The best part, of course, was reaching the top and getting to run back downwwn. I was okay with my time, too, just 15 seconds more than my 2006 time, which was coming off Philly marathon training.

Nice course, out and back, well organized. Small enough (330 runners) so you don't get lost in the shuffle. Just one complaint: only one stall in the women's bathroom in the Millburn Library. —*Martta Kelly*

**Rutgers Big Chill 5K Run, Dec 12 New Brunswick**

|                                       |       |
|---------------------------------------|-------|
| <i>Samir Awad</i> .....               | 24:51 |
| <i>Meredith Cozzarelli (PR)</i> ..... | 26:26 |

I ran with my dad. No chip; timed myself. Pleased, too: I ran a PR! Seems I'm improving in every race. Let's hope I keep this up and get to my 24:00 triathlon 5K goal! —*Meredith Cozzarelli*

**Roxbury Marathon, Conn Dec 12**

*Mike Skara*..... 3:43:07  
This marathon was the ultimate throwback. No chips, no bib numbers, no course marshals, no spectators, no shirts, no medals, and no awards ceremony (too cold to stand around anyway). You counted your own laps, and Popsicle sticks were used to distribute place numbers. If not for the high-performance clothing, one might think the year was 1969, not 2009.

So what was there? A bunch of friendly people running up and down the hills of Connecticut—mostly members of the club that hosts the event. Because of those hills, this was not a PR course by any means. And because much of the course was a loop, two aid stations were plenty.

The round-trip drive to Roxbury took 5 hours but was worth it. I don't think I'd have done a 26.2-mile training run on my own. Also, I can check Connecticut off my 50-state marathon map now.

**USATF-NJ 10-Miler, West Windsor Dec 13**

|                                     |         |
|-------------------------------------|---------|
| <i>Will DeRoberts</i> .....         | 1:08:29 |
| <i>Randy Miller</i> .....           | 1:09:07 |
| <i>Ed Kelly</i> .....               | 1:12:56 |
| <i>Desmond Duncker</i> .....        | 1:13:06 |
| <i>Mike Sneden</i> .....            | 1:14:23 |
| <i>Dave Gurniak</i> .....           | 1:16:42 |
| <i>Aileen O'Rourke</i> .....        | 1:18:14 |
| <i>Helene Scarnegi</i> .....        | 1:18:54 |
| <i>Emily Gurniak (age 16)</i> ..... | 1:22:24 |
| <i>Tom Kelly (3rd AG)</i> .....     | 1:23:26 |
| <i>Martta Kelly</i> .....           | 1:31:00 |
| <i>Val Kenny</i> .....              | 1:45:48 |
| <i>Beverly Salerno</i> .....        | 2:22:44 |

**ERC Teams**

|                         |      |
|-------------------------|------|
| <i>Men Open</i> .....   | 7/10 |
| <i>Men 40s</i> .....    | 8/10 |
| <i>Women Open</i> ..... | 7/9  |
| <i>Women 40s</i> .....  | 5/12 |

The weatherman said the temperature would get up to 47 degrees, but that didn't seem to happen. I'm still thawing out. It took us about an hour to get to West Windsor, and as soon as we arrived the rain started ... cold rain ... but we ran anyway, and so did about 250 other runners. It did warm up after 2 or 3 miles, but I must thank the volunteers, because it was cold and wet for them, too. Robin, Dave's wife, was one of those who stood watching 250 crazy people run three loops inside Mercer County Park. Thanks, Robin, but will you ever come back? —*Ed Kelly*

My daughter Emily also ran ... for fun? It was her first race longer than 5K. And Ed is correct. I'm afraid Robin will be complaining for many moons about standing in the rain for 2 to 3 hours. If I could just figure out how to get her running with the rest of us ... —*Dave Gurniak*

I used this race as a slow marathon training run. I was one of the early starters. The rain began just as the gun went off. I was soaked to the bone and frozen after 2.5 hours of running, but had fun. I hooked up with another slow runner, who told stories about her 39 marathons. I learned a lot! —*Beverly Salerno*

## RACES: JANUARY–APRIL 2010

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

|             |            |               |  |                  |   |  |
|-------------|------------|---------------|--|------------------|---|--|
| <b>1/1</b>  | <b>Fri</b> | <b>8:00a</b>  | <b>New Year's Day (Resolution) Group Run (Montclair)</b> | <b>8M, 4M–5M</b> | <b>973-509-9707</b>                               |  |
| 1/1         | Fri        | 11:00a        | First Day 5K (Fairlawn)                                  | 5K               | 201-410-3496                                      | NBGP: 500 pts                            |
| 1/1         | Fri        | 11:00a        | Resolution Run 5K (Hillsborough)                         | 5K               | 908-285-0383                                      | NBGP: 500 pts                            |
| 1/1         | Fri        | 12:00p        | Hangover Run (Westfield)                                 | 5K               | 908-591-3963                                      | NBGP: 500 pts                            |
| 1/2         | Sat        | 9:00a         | PHUNT Run 50K, Marathon, & 20K (Newark, Del)             | Various          | Free (traildawgs.org, raceit.com)                 |  |
| 1/3         | Sun        | 10:00a        | Winter Race Series #1 (Freehold)                         | 5K               | 732-431-2627                                      |  |
| 1/7         | Thu        | 7:00p         | Thursday Night at the Races (Armory, Manhattan)          | Various          | 212-860-4455                                      |  |
| 1/9         | Sat        | 8:00a         | Fred Lebow Classic 5M (Central Park)                     | 5M               | 212-860-4455                                      |  |
| 1/9         | Sat        | 8:00a         | Watchung Winter 50K & Marathon (Watchung Res)            | 50K, 26.2M       | Free (sites.google.com/site/wwultras, raceit.com) |  |
| 1/9         | Sat        | 9:50a         | Freezing Cold Hash Run (group run, Edison)               | 4M–6M            | 732-572-0500                                      |  |
| 1/10        | Sun        | 10:00a        | Winter Race Series #2 (Freehold)                         | 5K               | 732-431-2627                                      |  |
| 1/17        | Sun        | 10:00a        | Winter Race Series #3 (Freehold)                         | 5K               | 732-431-2627                                      |  |
| 1/21        | Thu        | 7:00p         | Thursday Night at the Races (Armory, Manhattan)          | Various          | 212-860-4455                                      |  |
| <b>1/24</b> | <b>Sun</b> | <b>8:00a</b>  | <b>Manhattan Half-Marathon (Central Park)</b>            | <b>13.1M</b>     | <b>212-860-4455</b>                               |  |
| 1/24        | Sun        | 9:00a         | NJ Winter Trail Series #1 (Lewis Morris Park)            | 5K, 10K          | 973-627-2575                                      |  |
| 1/24        | Sun        | 10:00a        | Winter Race Series #4 (Freehold)                         | 5K               | 732-431-2627                                      |  |
| 1/24        | Sun        | 11:00a        | Chilly Cheeks 7.2-Mile Trail Run (Reading, Pa)           | 7.2M             | 610-779-2668                                      |  |
| 1/31        | Sun        | 10:00a        | Winter Race Series #5 (Freehold)                         | 5K               | 732-431-2627                                      |  |
| 2/2         | Tue        | 10:30a        | Empire State Building Run-Up (Manhattan)                 | 1576 steps       | 212-860-4455                                      |  |
| 2/7         | Sun        | 9:00a         | Gridiron Classic 4M (Central Park)                       | 4M               | 212-860-4455                                      |  |
| 2/7         | Sun        | 9:00a         | NJ Winter Trail Series #2 (Lewis Morris Park)            | 5M, 10M          | 973-627-2575                                      |  |
| 2/11        | Thu        | 7:00p         | Thursday Night at the Races (Armory, Manhattan)          | Various          | 212-860-4455                                      |  |
| 2/13        | Sat        | 10:00a        | Cupid's Chase 5K (Princeton)                             | 5K               | 609-514-9494                                      | NBGP: 500 pts                            |
| 2/20        | Sat        | 11:00a        | Mid-Winter Beach Run/Walk (Manasquan)                    | 2M               | 800-435-0066                                      |  |
| 2/25        | Thu        | 7:00p         | Thursday Night at the Races (Armory, Manhattan)          | Various          | 212-860-4455                                      |  |
| 2/28        | Sun        | 9:00a         | Al Gordon Snowflake 4M (Prospect Park, Brooklyn)         | 4M               | 212-860-4455                                      |  |
| 3/7         | Sun        | 9:00a         | NJ Winter Trail Series #3 (Lewis Morris Park)            | 5M, 10M          | 973-627-2575                                      |  |
| 3/7         | Sun        | 9:00a         | E. Murray Todd Half-Marathon (Lincroft)                  | 13.1M            | 732-542-1642                                      |  |
| 3/14        | Sun        | 1:00p         | Leprechaun Leap 5K (Mount Olive)                         | 5K               | 973-347-3088                                      |  |
| 3/21        | Sun        | 10:30a        | St. Paddy's 10-Miler & Leprechaun 5K (Freehold)          | 10M, 5K          | 732-431-2627                                      | NBGP: 10M & 5K (both 500 pts)            |
| 3/21        | Sun        | TBD           | NYC Half-Marathon (Central Park to Battery Park)         | 13.1M            | 212-860-4455                                      |  |
| 3/28        | Sun        | 9:00a         | Ocean Drive Marathon (Cape May to Sea Isle City)         | 26.2, 10M, 5K    | 609-523-0880                                      | NBGP: 26.2M & 10M (both 500 pts)         |
| <b>3/28</b> | <b>Sun</b> | <b>9:30a</b>  | <b>Newark Distance Classic</b>                           | <b>20K, 5K</b>   | <b>973-733-3749</b>                               | <b>NBGP: 20K &amp; 5K (both 500 pts)</b> |
| 4/3         | Sat        | 9:13a         | 13.1 Marathon New York (Flushing Meadows, Queens)        | 13.1, 5K         | 305-278-8668                                      |  |
| 4/10        | Sat        | 9:00a         | Running 4 Answers (Roseland)                             | 4M               | 973-896-9263                                      |  |
| 4/10        | Sat        | 9:30a         | Essential 2 Life 5K (Liberty State Park, Jersey City)    | 5K               | 910-686-0026                                      | NBGP: 500 pts                            |
| 4/11        | Sun        | 9:00a         | Run for Children (Elizabeth)                             | 5K               | 908-820-4050                                      | NBGP: 500 pts                            |
| 4/11        | Sun        | 9:00a         | Indian Trails Run (Middletown)                           | 15K, 3M          | 732-842-4317                                      | NBGP: 500 pts                            |
| <b>4/11</b> | <b>Sun</b> | <b>10:00a</b> | <b>Cherry Blossom Run (Branch Brook Park)</b>            | <b>10K</b>       | <b>973-376-6094</b>                               | <b>NBGP: 500 pts</b>                     |
| 4/17        | Sat        | 8:30a         | Asbury Park Half-Marathon                                | 13.1M            | 732-542-6090                                      |  |
| 4/17        | Sat        | 9:00a         | Jersey Shore Relay (Seaside Heights to Asbury Park)      | 26.2M            | 732-793-3000                                      |  |
| <b>4/17</b> | <b>Sat</b> | <b>10:00a</b> | <b>Building Tomorrows 5K (Brookdale Park)</b>            | <b>5K</b>        | <b>910-686-0026</b>                               | <b>NBGP: 500 pts</b>                     |
| 4/17        | Sat        | 10:00a        | River Edge Run   | 5K               | 201-599-6295                                      | NBGP: 500 pts                            |
| 4/18        | Sun        | 8:00a         | Unite Half-Marathon at Rutgers (New Brunswick)           | 13.1M            | 856-468-0925                                      | NBGP: 500 pts                            |
| 4/18        | Sun        | 9:00a         | Tackle the Trail 5K (Parsippany)                         | 5K               | 973-326-7616                                      |  |
| 4/18        | Sun        | 9:30a         | Rau-Fitzgerald 5K (Hasbrouck Heights)                    | 5K               | 201-288-1426                                      |  |
| 4/19        | Mon        | 10:00a        | Boston Marathon  | 26.2M            | 508-435-6905                                      |  |
| 4/24        | Sat        | 9:30a         | Main Street 5K (Sparta)                                  | 5K               | 973-726-6218                                      | NBGP: 500 pts                            |
| <b>4/24</b> | <b>Sat</b> | <b>9:30a</b>  | <b>Clinton Country Run</b>                               | <b>15K, 5K</b>   | <b>908-812-4806</b>                               | <b>NBGP: 15K (700 pts), 5K (500 pts)</b> |
| 4/25        | Sun        | 8:00a         | Lincoln Tunnel Challenge (Weehawken)                     | 5K               | 609-896-8000                                      | NBGP: 500 pts                            |
| 4/25        | Sun        | TBD           | More/Fitness Women's Half-Marathon (Central Park)        | 13.1M            | 212-860-4455                                      |  |

## USATF–NJ CHAMPIONSHIP RACES: 2010

|       |     |        |   |       |                     |
|-------|-----|--------|---|-------|---------------------|
| 4/24  | Sat | 9:30a  | Clinton Country Run                         | 15K   | All Divisions       |
| 5/2   | Sun | 1:00p  | Our House Run (Summit)                      | 5M    | Open Men & Women    |
| 5/8   | Sat | 8:30a  | Newport 10,000 (Jersey City)                | 10K   | Open Men & Women    |
| 5/23  | Sun | 9:30a  | Run for Rachel (Livingston)                 | 5K    | Open Women          |
| 5/31  | Mon | 8:45a  | Ridgewood Run                               | 10K   | Masters Women       |
| 6/21  | Mon | 8:00p  | President's Cup (Millburn)                  | 5K    | Open Men            |
| 6/27  | Sun | 9:00a  | Pine Beach 5K                               | 5K    | Masters Men         |
| 9/5   | Sun | 9:00a  | Jimmy D 5K (New Brunswick)                  | 5K    | Masters Women       |
| TBD   | ... | ...    | USATF–NJ Cross-Country 5K (Readington?)     | 5K    | All Divisions       |
| 9/26  | Sun | 9:00a  | Newport Liberty Half-Marathon (Jersey City) | 13.1M | All Divisions       |
| TBD   | ... | ...    | USATF–NJ Cross-Country 8K (Readington?)     | 8K    | All Divisions       |
| 11/14 | Sun | Noon   | Giralda Farms Run (Madison)                 | 10K   | Masters Men         |
| 11/25 | Thu | 9:00a  | Ashenfelter 8K Classic (Glen Ridge)         | 8K    | Masters Men & Women |
| 12/12 | Sun | 11:00a | USATF–NJ 10-Miler (West Windsor)            | 10M   | All Divisions       |