



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

February 2010

Vol. 27, No. 2

PRESIDENT'S CORNER

Mark Frankel

Four ERC runners completed this year's Walt Disney World Goofy Challenge in Orlando. It's a two-race series that's so challenging you have to be a bit goofy to do it. You run a half-marathon on Saturday and a full marathon on Sunday.

I ran the Goofy in 2008. To my knowledge, no one in ERC had done it before, though several members had run the marathon. One of this year's Goofy runners asked for advice last spring. I should've known to tell him everything, but, regrettably, I omitted an important point that could've made the difference between a successful race and disaster:

Don't give any of the Disney characters lining the course a high-five. They'll be greatly offended, as they all have only four fingers per hand.

They may, out of deference to runners, accept all those high-fives, but they're doing so with gritted teeth, or they're dissing runners under their breath. Two years ago, one of the chipmunks dissed me. Chip or Dale, I forget which.

Luckily, I got all the crowd support I needed from Mickey, Minnie, Donald, Daisy, Goofy, and the rest. If they're not enough to pump you up, why bother doing Disney?

I'm hoping my failure to disclose this point didn't result in any disappointment for those ERC members who ran the Goofy Challenge or the Disney Marathon last month.

And I sincerely offer them my congratulations!

Renew Your Membership by Feb 10 ...

... to make sure you don't miss the March issue of *Keeping Track*. All ya gotta do is complete the form on page 3 and mail it with your check today. Not sure if you've renewed? Please e-mail Beverly Salerno (membership@essexrunning.com). We hope you'll continue to run with us in 2010 and turn to *Keeping Track* for all the latest news on ERC and the local running scene!

Attn: Electronic Newsletter Subscribers

Beginning with the March issue, we will cease mailing the paper edition of *Keeping Track* to members who requested only electronic delivery. To check or change your delivery option(s), please e-mail Beverly Salerno (membership@essexrunning.com) right away. And thanks to all who selected the cost-effective and green electronic-only option!

ERC'S NEXT GENERAL MEETING 7:30 pm, Tuesday, February 2

Our Speakers

Leukemia & Lymphoma Society's Team in Training (TNT) campaign coordinator Kelli Toner and a TNT coach

Church Street Kitchen

Upstairs at Market Restaurant, 12 Church St., Montclair

General Meetings

Feb 2, Mar 2 (Fashion Show), Apr 6 (Awards)

Board Meetings

Feb 9 (at O'Neil's in Verona), Mar 9, Apr 13

With This Run, I Thee Wed

Congrats to ERC members Debbie McNally and Bruce Fryer on their January 23 nuptials!

Last Call for 2009 Race Results

ERC is compiling your 2009 race results so it can select its annual award recipients. Have results that didn't appear in *Keeping Track*? Send them ASAP to jaworski@verizon.net.

MARK YOUR CALENDAR

- **Feb 6, 13, 20, 27.** West Essex Trail group runs. *Page 2.*
- **Feb 7, 14, 21, 28.** Final four winter hosted group runs. *Page 2.*
- **Feb 10.** Deadline for renewing ERC membership for 2010. *Page 1.*
- **Feb 27.** Bowling Night. *Page 2.*

Welcome, New Members!

Michael Bianchino, *Cedar Grove*
Mary Bibbee, *Verona*
Patrick Gerini, *Cedar Grove*
Michely Hamilton, *East Orange*
Chris Kearns, *Caldwell*
Sam Stabile, *Totowa*
George Swiatek, *Verona*
Marclena Vitale, *Cedar Grove*
Cathy LeClaire Wright, *Montclair*
Ian Wright, *Montclair*
Satomi (Iida) Yen, *Livingston*



**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
 Martha 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

Yahoo e-mail group:

Join group at
 groups.yahoo.com/group
 /essexrunningclub

Then you can send e-mail to
 essexrunningclub
 @yahoogroups.com

General Info: info@essexrunning.com

President: Mark Frankel
 president@essexrunning.com

Membership Director: Beverly Salerno
 membership@essexrunning.com

Newsletter Editor: Chris Jaworski
 jaworski@verizon.net

Insert Designer: Robin Kantor
 robinbkantor@yahoo.com

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

Web Site Manager: Martha Kelly
 website@essexrunning.com

Clothing Directors
 Catherine Alessi & Susan Palermo
 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.**

2/6 2/7	West Essex Trail (▲) Tracy Keller (61 Adams Pl, Glen Ridge, 973-748-0354) & Gina Imperato <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.
2/13 2/14	West Essex Trail (▲) Laura Messina & Phil Coffin (37 Osborne St, Bloomfield, 973-748-4688) <i>From Bloomfield Ave:</i> North on Ridgewood Ave 0.4 mile, R on Osborne, through stop sign, #37 on L. <i>From Watchung Ave:</i> South on Ridgewood Ave 1.5 miles, L on Osborne, through stop sign, #37 on L.
2/20 2/21	West Essex Trail (▲) John Fabbro (114 Midland Ave, Montclair), Susan Palermo (973-325-5127), Wayne Carlson. <i>From Fleet Feet Sports</i> (corner of Bloomfield Ave & Midland Ave, Montclair): Go 0.4 mile on Midland, #114 on L.
2/27 2/28	West Essex Trail (▲) Shannon Calamito (23 Brooks Ave, Rochelle Park, 201-843-8727) Garden State Parkway north to exit 160, R on Passaic St (light), ~1 mile, R on Rochelle Ave (stop light), ~0.5 mile, R on Terrace (stop light), first L (Brooks Ave), #23 on R at end (dead end street). House borders beautiful park with paved running/bike paths (every quarter mile marked).

Bowling Night

Essex Running Club and Clifton Road Runners announce our first annual family Bowling Night and get-together. Come join us for a different type of interclub challenge, or just come to hang out with good friends, family, and fellow runners. This is a family event, so spouses and kids are welcome!
 —Mark Frankel

Place Brunswick Zone, Belleville
Address 679 Washington Avenue
Phone 973-751-2111
Date Saturday, February 27
Time 6:00-8:00 pm
Cost \$10 per person × 6 people per lane (\$60 per lane)
Includes Unlimited bowling for 2 hours, shoe rentals, 1 pizza, 1 pitcher soda (beer is extra)

We need to have at least six bowlers per lane, so, if your team is short a bowler or two, we will add bowlers to complete your group.

If interested, please e-mail Aileen O'Rourke (aileen1963@optonline.net) or Ed Kelly (ejk823@msn.com). Lanes have been reserved. We may not be able to accommodate late-comers, so we'd appreciate hearing from you before February 12.

Fill in form below, make check payable to *Aileen O'Rourke*, and mail form and check to Aileen O'Rourke, 10 Beverly Road, Cedar Grove, NJ 07009. Checks are due February 13.

Your name _____
 Phone number _____
 E-mail address _____
 Team name (optional) _____
 Number of people in your party _____ × \$10 each = \$ _____
 Name 1 _____
 Name 2 _____
 Name 3 _____
 Name 4 _____
 Name 5 _____
 Name 6 _____

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@yahoo.com.

ESSEX RUNNING CLUB

JOIN THE CLUB OR RENEW MEMBERSHIP

Date	
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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 February Issue Of
KEEPING TRACK ...

20 Years Ago (1990)

March awards banquet to be held at the Fairmont in Little Falls ... in Eye on the Speaker, Tonia Moore reports on Nutley's Ron Kulik, a national champion racewalker who switched from running because he was "addicted to victory"; Ron recommended "racewalking as an alternative when a runner is recovering from injury" and "runners have a race-walking season to rest certain areas that are abused through running" ... Bill Wilde describes his most memorable races: first marathon (New York City, 3:53:27, "ran it slow and easy, took in all the excitement, hated when it was over") and third marathon (Marine Corps, 3:27:57, PR) ... Art Horn lists benefits of hill training, gives tips on uphill and downhill running.

15 Years Ago (1995)

ERC is planning a trip to Wollman Rink in Central Park for some Sunday afternoon ice-skating ... Nancy Grabow re-caps running the Disney World Marathon with her mother ... book author Chris Knutsen (*The Fifty Best Places to Run and Walk in New York*) solicits members' input on "where the running or walking is extraordinary ... within 20 or so miles of Midtown" ... Mick Close writes, "February's speaker was club member Gene Babon, who talked about ... his new book, *The Race to Boston: Achieving Excellence in Long Distance Running*," which "is designed to help the average runner achieve the mental and physical levels required to qualify for the Boston Marathon."

10 Years Ago (2000)

Muddy Sneakers, Donna Close's third book of poems, is now on sale ... Mike Wojcio and Carl Sturcke describe going to Hamilton, New Zealand, for the January 1 Millennium Marathon, "the first marathon anywhere in the world this millennium."

5 Years Ago (2005)

New to the club are Kathleen Benfield, Jim Malone, and Marissa Peters ... in his At the Races column, Mick Close "highlights some of last year's top runners and events" and previews the new year ... trip to run the Al Gordon 15K and see the Gates Project in Central Park is planned.



USATF–NJ

This year's USATF–NJ Grand Prix championship races begin on April 24 with the Clinton Country Run 15K, followed by four races in May and two in June. We're hoping to revitalize our USATF teams, which

will be led by Ed Kelly with help from Paul Kartanowicz and Aileen O'Rourke. Won't you come out to support our teams? The more members racing and cheering, the better!

The only requirement to run on a team is that you become a USATF member. Your membership supports the sport and has many perks, including preregistration discounts at participating races (you can recoup your USATF membership fee). Join online, by mail, or at a championship race. Info: usatfnj.org, 973–334–8900.



AT THE RACES

This month, there are no club races, but there are more races than in years past, including a series of 5Ks in Wayne (final two on Feb 14 and 28). Club races resume with the Newark Distance Classic 20K (Mar 21) and the Millburn Spring Run (Mar 28). To the right is a schedule of all the club races for the first half of the year. Some are USATF championship/team races (bold), and the others are simply popular local races.

At these events, many of your fellow ERC members will be offering support and encouragement. Show your club spirit by wearing an Essex shirt! Contact Susan Palermo or Catherine Alessi for your clothing needs. Info: www.essexrunning.com/clothing.htm.

CLUB RACES: FIRST HALF OF 2010

Mar 21, Sun	Newark Distance Classic 20K, 5K
Mar 28, Sun	Millburn Spring Run 10K, 2M
Apr 11, Sun	Cherry Blossom Run 10K (Branch Brook Park)
Apr 17, Sat	Building Tomorrows 5K (Brookdale Park)
Apr 24, Sat	Clinton Country Run 15K, 5K <i>USATF–NJ 15K Championship (All Divisions)</i>
May 2, Sun	Our House 5-Miler (Summit) <i>USATF–NJ 5-Mile Championship (Open Men/Women)</i>
May 2, Sun	New Jersey Marathon & Long Branch Half-Marathon
May 8, Sat	Newport 10,000 (Jersey City) <i>USATF–NJ 10K Championship (Open Men/Women)</i>
May 23, Sun	Run for Rachel 5K (Livingston) <i>USATF–NJ 5K Championship (Open Women)</i>
May 31, Mon	Ridgewood Run 10K, 5K <i>USATF–NJ 10K Championship (Masters Women)</i>
Jun 6, Sun	Montclair Run 10K, 2M
Jun 21, Mon	President's Cup 5K (Millburn) <i>USATF–NJ 5K Championship (Open Men)</i>
Jun 24, Thu	Sunset Classic 5-Mile Race (Bloomfield)
Jun 27, Sun	Pine Beach 5K <i>USATF–NJ 5K Championship (Masters Men)</i>
Jun 27, Sun	Fitzgerald's 1928 Lager Run 5K (Glen Ridge)

FINISH LINES

Fitness Mind, Body, Spirit Games Sep 12 (4M), Central Park

Tom Daniels. 29:35

Poland Spring Marathon Kickoff Oct 25 (5M), Central Park

Susan Mello. 38:44

Kimberly O'Neil. 39:39

Ashenfelter 8K Classic, Glen Ridge Nov 26

I forgot to put on my chip! After I finished, in 57+ minutes, they took my info and bib number. My first race as a 65-year-old. —*Charlie Lorber*

NYRR Ted Corbitt 15K, Central Park Dec 19

Susan Mello. 1:12:54

Chip Bearden. 1:21:21

Polar Bear Race (5M), Asbury Park Dec 27

Jennifer Lanterman (2nd AG). 37:58

This past year was difficult, as I struggled with an injury and was unable to compete much or well, but I wanted to get one last race in, and the Polar Bear fit the bill! Then I talked Ray into it.

It had been cold, rainy, and windy for a few weeks before the race, and I feared more of the same on the Asbury Park boardwalk, but we lucked out! It was in the 40s and sunny. There was, however, lots of wind, so lots of flying sand!

The course was different from when I ran it two years ago. It consisted of five 1-mile loops. It can get a bit demoralizing when you are getting lapped by really fast guys. I tried to focus on running the best race I could given my training.

I finished in 37:58, 2nd in age group 30–34!

The Shore Athletic Club hosts this event. The handmade awards are little polar bears mounted on wooden bases. Very cute!

The only thing I didn't like, besides the wind, was the water. There was a station at the turnaround, which is fine, but only one guy handing out water, and he couldn't keep up. To get water, you had to weave your way to the jug and pour your own. I did that three times. At the end, they are happy to give you hot soup, but no water! I had to walk back to water station and try not to get in the way of runners still on the course.

Good race for the last one of the year!

Freedom Park Dec 31, 2009– New Year's Ultra Run Jan 1, 2010 (24-Hour Run), Morganton, NC

Mike Skara (5th M, 8/68 OA). . . . 109.16 miles

I'd been hoping to reach 100 miles in this timed (24-hour) event, but, as it got closer, I became less and less sure of success. Then I really worried when Paul Kartanowicz started calling it a 100-miler. I figured he had jinxed me. I felt no different from how I had felt last year, when I did 90.91 miles. To yourself, you are who you are.

This time, though, I traveled 109.16 miles, or 20.1% farther than before on this 1-mile looped course. I couldn't be more pleased with my performance—good for 5th male and 8th overall.

Experience certainly played a role. This year I went in with a plan, including resting and eating more during the run. I also trained harder, including three ultras and two marathons in the past six months. I believe those Grumpy Grover early-morning workouts in Montclair helped, too.

Unfortunately, that work and planning seemed to go out the window after only 11 miles. My legs and hips felt shot, and I thought even a double-

marathon distance might not be a sure thing. But because I had nowhere to go, and it would be too embarrassing to stop, I got up and started running again. Thankfully, my virtual cheering section, especially Ilene, my wife, on Facebook and by phone, helped a lot.

Oddly, as I kept going, I didn't feel any worse. And as the temperatures rose into the upper 30s, I finally found a groove, somewhere around the 35-mile mark. I also ran a bit with people I'd met at other races and people from New Jersey. Rick McNulty, who organizes the NJ Trail Series, was there as a volunteer, helping out all the runners he could. He got me food several times and shouted encouragement almost every time I went past. (In May, Rick is hosting a timed ultra of his own, Three Days at the Fair, in Sussex County. It has 6-, 12-, 24-, and 48-hour options.)

Soon after the midnight countdown and toast, I reached 80 miles and my scheduled long rest. However, I felt that, if I rested too long, I wouldn't have enough time to reach 100. So, I got back up and jogged and walked until about 5:20, when the race director confirmed I had only half a lap to go. I ran that as fast as I was able.

After a 20-minute break, I walked again until there was only 1 hour left and then felt refreshed enough to jog/trot. Seeing my name on the leader board for the first time at that point was uplifting. It was extra nice when my brother Charles came and watched me finish my last lap before he did most of the work breaking down my campsite.

I give much thanks to Ilene, to Charles and his wife Kerry for hosting me again, and to the Grumpy Grovers for their encouragement. I wish you could have heard Charles do his hilarious impression of Howard Cosell commentating on us ultra runners. It may have been even funnier to me because I was exhausted.

If you have the slightest thought of running an ultramarathon, this is the one to do. I don't know how the race directors could do a better job. The overabundance and variety of food and drinks, the heated tent, the hourly updates, the midnight celebration, and just the way you're treated as if you're a potential national team qualifier make this event the best there is.

First Day 5K, Fair Lawn Jan 1
Bill Wilde (3rd AG) 23:40

Hamilton Hangover Run (5M) Jan 1
Mike Sneden (3rd AG) 35:15
Ed Kelly 36:57

NYRR Fred Lebow Classic (5M), Central Park Jan 9
Robbin Jordan 1:11:27

Walt Disney World, Orlando
 Half-Marathon Jan 9
Susan DeRoberts 2:09:16
Will DeRoberts 2:09:16
 Marathon Jan 10
Susan DeRoberts 4:47:09
Will DeRoberts 4:47:09
Beverly Salerno 5:53:39
 Congrats to Susan and Will on completing the Goofy Challenge!

I was really disappointed in my time. I'd been certain I'd beat my New York City Marathon time and get a PR, but that didn't happen. I couldn't get past the 20-mph winds and steeply sloped roads. Most of all, I stopped too often. I would've PR'd for sure had I not spent 15 minutes at one nasty portapotty. But, that's the marathon. So many unpredictable things. I had a lot of fun, though, and Disney World is great! —*Beverly Salerno*

Watchung Winter Ultra 50K, Watchung Reservation Jan 9

Jennifer Odell 6:26
 Race director Rick McNulty wrote, "Runners were asked in lieu of an entry fee to give a donation to the United Way of Morris County with the total raised amounting to \$1400." —*Chris Jaworski*

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@yahoo.com or jaworski@verizon.net. Have something to say about an event? Write a recap and send it along!

Bermuda Triangle Challenge Jan 15-17

Mike Wojcio 6:06:57
 7:06 (1 mile) + 52.53 (10K) + 5:06:58 (marathon)
 It was great to be flying back to Bermuda after 20 years! The beauty of the land and the hospitality of the people make this my favorite island in the Atlantic. This is where I met Mick Close in 1989! Bermuda has changed over the years, the biggest changes being more people and more traffic. The population increased by more than 100,000 since my previous visit.

The Triangle Challenge consists of three races: 1 mile (Friday), 10K (Saturday), and half-marathon or marathon (Sunday). In 1986 and 1987, I ran the 10K and the marathon; in 1989 and 1990, just the marathon.

Pam, an official, knew I was arriving Friday and planning to run the 1-mile race at 6:30 pm, so she had my goody bag waiting for me at the inn where I'd be staying. In the bag were my bib and chip and lots of energy bars and other treats. She helped get me to the race on time.

This race, which took place on Front Street in the capital city of Hamilton, was just marvelous because of the good weather and mostly local crowd. It was the best part of the weekend! I was in the second wave and ran carrying the Bermudian and American flags.

After my mile, I had fun watching children and teens compete. Many Bermudian kids ran. I met 10-year-old Victoria Davis and her parents

and cheered her on in the grammar school division. Her mile time was 6:45, good for 4th. Kenya Sinclair from Jamaica won the women's event in 4:43. Twenty-four-year-old Shadrack Biwot of Kenya won the men's mile in 4:11. I had sat at his table during the pasta dinner, and he told me he ran 6 miles every day in grammar school and 100 miles a week now. Later I learned he also won the 10K and the half-marathon. Winning all three events had never been done before! I also met Kenyan Richard Kessio at that table. On Sunday, he won the marathon in 2:17:32.

Saturday's 10K was difficult. It had 9 uphill and 12 downhill plus slight undulations. Two of the downhills were very long, and I love running downhills. One of the uphills came at the beginning of mile 5, and another near the end of that mile! The course may have been the one I ran in 1986 and 1987, but I don't remember those hills. I was happy just to finish, given the difficulty of the course, the mile I raced the day before, and my lack of training on hills.

Sunday's marathon generated a lot of stories, like how ignorant I had been about the Bermudian flag. During the mile and the 10K, no one had said a thing. Maybe most hadn't noticed the error. About 4 miles into the marathon, however, a guy yelled out, "You have the Union Jack flag upside down!" Now that was something! Trying to fix it while running was difficult, but I did make it right for the last 21 miles of the marathon.

Also, I didn't put my ankle chip on correctly, and it fell off. Luckily, an organizer still recorded a time for me in this final event.

The marathon 20 years ago had been more difficult (many more hills), but 15 years ago the course was changed to two 13.1-mile loops (the half is one loop). The first loop was good, but on the second they really let the traffic go on the side we were running. Very dangerous. Some vehicles came too close for comfort. At a crossing point at 22 miles, one almost hit me. I was very lucky. There were not many locals cheering runners on during the second loop. I've written to the assistant director about the traffic problem. I hope they can improve the safety.

Another thing that slowed me down was four bathroom stops (I had had too much to drink before the race). Also, I had to stop to take a stone out of my shoe. Worse was hitting the wall at about 24 miles. I got a terrible cramp in my leg. A volunteer gave me a big container of orange juice. After 10 minutes of stretching and suffering, I was able to shake the cramp off.

But that volunteer must've notified the race officials, because an ambulance soon arrived. A woman jumped out and told me I had to stop and sign papers in the ambulance! I said no, as I had just lost 10 minutes and didn't want to waste any more time. I ran in front of the ambulance and then turned around and waved to let them know I was okay. The whole thing was funny.

A group of Connecticut women who had run the half cheered me on as I passed the 26-mile mark. Then, surprise, I saw Dick Beardsley! He yelled, "Go, Mike!" About half an hour after finishing, I cramped again, and two other runners massaged my calves, while some locals gave

me water and an electrolyte drink. Later, a medic suggested drinking water during the first half of a marathon and electrolyte drinks during the second half to avoid cramping. He said the body produces electrolytes, so you don't need them until about 13 to 18 miles into the race.

So with my total time of 6:06:57 (7:06 mile, 52.53 10K, 5:06:58 marathon), I finished 44th out of 55, and 7th (last) in my 60–69 age group. The competition was tough. I ran all three races with the two flags. Had I run the half instead of the full marathon, I probably would've placed 2nd or 3rd.

Saving money. Continental usually offers the best prices on flights. The host hotel, the Fairmont Princess Bermudian, is expensive. Some runners booked through Bermudarental.com and got a Pitts Bay Road guest house at a bargain. That's nearer the Princess. I stayed at 4 Ways Inn and Cottages. Nice. I went through Expedia but would have saved more had I called the inn directly. A taxi driver said Paraquet (pronounced *parakeet*) Guest Apartments has a good price, too. With either place, you can't see the ocean but can walk to it. Both places are ~3 miles from the Princess. Please don't walk it—narrow roads and traffic!

The Bermuda Triangle Challenge offers few awards, but I recommend you go and do it! Maybe do the half instead of the full marathon to complete the three-race challenge, and save your training for a different marathon. Let me tell you, the mile–10K–half challenge would be a very good Essex Running Club event for 2011!

Happy running in 2010, our new decade.

Manhattan Half-Marathon, Central Pk Jan 24

<i>Paul Giuliano (PR, 2nd AG)</i>	1:18:00
<i>Peter Kashulines</i>	1:24:32
<i>Paul Kartanowicz (PR)</i>	1:25:23
<i>Dan Murphy (10th AG)</i>	1:26:04
<i>Tom Eaton (PR)</i>	1:27:13
<i>Glen Freyer (PR)</i>	1:32:05
<i>Glenn Trimboli</i>	1:35:44
<i>Bob Goodsell</i>	1:39:15
<i>Stephen Sands</i>	1:40:43
<i>John Young</i>	1:41:29
<i>Greg van Inwegen</i>	1:43:20
<i>Laura Gelman (PR)</i>	1:43:29
<i>Jane Whipple (PR)</i>	1:45:12
<i>Amanda King</i>	1:45:19
<i>Susan Mello</i>	1:45:36

<i>Robert Nossa</i>	1:45:54
<i>Tom Daniels</i>	1:46:29
<i>Sharon Morrissey</i>	1:49:27
<i>Ellen Kim</i>	1:50:45
<i>Aubrey Blanda (CR)</i>	1:52:32
<i>Tom Kelly</i>	1:54:11
<i>Andi Robik</i>	1:55:00
<i>Tracy Keller (PR)</i>	1:55:24
<i>Karen Foley (PR)</i>	2:01:22
<i>Robbin Jordan</i>	2:36:29

Personal course record—best I've done on Central Park's hills by a minute. —Aubrey Blanda

I'm thrilled because I took more than 8 minutes off my previous best! —Karen Foley

Congrats to all, especially those who PR'd! That always makes for a special memory. The weather was great, and it was fun to see so many ERC folks out. Thanks to Mick Close for organizing the Grove carpool and spectating in his highly visible red pom-pom hat, to John Young for pacing me during the first half of the race and waiting for me at water stations, and Tom Kelly for buying coffee. Here's hoping everyone gets a well-deserved nap this afternoon! —Sharon Morrissey

ERC Members Set PRs at Philadelphia Marathon; Disputes Over Training Methods Mark November Weekend

The Week Before

Sharon Morrissey: Greg van Inwegen, sold a bill of goods from John Fabbro at Fleet Feet, showed up with XXS compression gear from the basement's musty stock. About 16 items, including a Will Farrell headband, for head-to-toe coverage.

Greg: I knew you'd like the gear, but I'm ready to puke after one day on Chip Bearden's carb-depletion diet. My wife is sure I'm going into kidney failure and dialysis by Wednesday. I'm eating only eggs, ham, cheese, sausage, meatballs, and nuts. My cholesterol level is skyrocketing. I'd give anything for a slice of bread. Another lame Chip idea, but I have to see if I can stick with it.

Chip: It's true that Greg is trying a lot of new stuff, but let's face it: What has he got to lose? The man is so undertrained for this marathon that he should be restrained from walking through the expo, much less be allowed at the starting line. My biggest worry is all that ancient Lycra fabric, sitting on the shelf for years. If shortly after the start of the race you hear an enormous *S-P-R-O-N-G-G-G-G-G-G* and then a ripping sound, you'll know Greg's "new" compression wear has let go.

Chris Jaworski: Greg, spronging can be pretty bad, as Chip suggests, so please call ahead to make sure Medical has a decompression chamber waiting for you at Philly, or else you might be the first marathoner to finish with the bends.

Phil Coffin: Inside sources tell me the apparel John gave Greg is actually sausage casing.

Ted's Recap

Ted "Bon Jovi" Bongiovanni: Saturday before the race, we're on the road in the Commodore, Commodore Greg's silver Chrysler Caravan. I count two cases of Power Bars, a case of Clif Bars, and two six-packs of Gatorade. "Hungry, guys?" I ask.

Short answer: yes. Long answer follows. From Garden State Parkway exit 148 to the Philadelphia Turnpike, I listen to Greg and Chip exchange carbohydrate counts for the foods they'd eaten the past week. "Okay, we had 4 ounces of pasta for lunch today—that's 160 grams. Chip, would you write this down and mail it to me?" Chip takes dictation on his Blackberry—the putative master supporting his eager apprentice. And then the hazing of the outsider/traitor begins.

"Bon Jovi, last night you ate *what* for dinner—pizza? Are you crazy? Cheese? That's got a horrible carb-to-fat ratio. Oh, man, you're toast. You should've had pasta," says Greg. As if this weren't enough, Chip chimes in, "Bon Jovi, there's still time. Do a warmup and then go all-out for 2 minutes so your body will think it's been depleted of carbs. Then start carbo-loading like crazy."

"Is it too late?" I ask. "Is a rest stop nearby?" Truth is, I just want a break from the barrage of comparative carbohydrate data. I agree to spot Greg 37.5 minutes after hearing he'd done only one week of 30+ miles. We bet the sum of \$1. Compression training, compression gear, compression carb-loading. I just want to decompress.

The scene is upstairs at Pasta Primavera in Ardmore, Pennsylvania, with the college parent and family set, surrounded by murals of the Mediterranean. Besides Sharon and daughters Abby and Madeline, we're joined by Abby's triathlete boyfriend, Tom, who forever earns Greg's affection for knowing all about The Big Game (something to do with football). This is only the second time I've seen Sharon outside of a Sunday run. Perhaps it's the continuing carb counts, but she's like, "We need a picture, prom-style." I'm like, "Huh, what?" And then I get the pose. Greg snaps pictures. Food arrives. More carbs are counted.

Race day is sunny and 41 degrees, and the humidity is 86%. Somehow I manage to lose Chip while queued up for the portajohns. When I move toward the starting line, the mayor is high-fiving runners, and a deejay along with *Runner's World* editor Bart Yasso are egging everyone on. I cast off my shirt and trash bag, and I'm off.

Not quite a mile in, I steam by Chippie, who tells me I look strong. I say, "Yup, this is where I usually do look strong," and remind myself that I have 26 miles to go. The last thing I want is a repeat of last year, when Chippie cruised by me at mile 20 while I was walking. I settle into just under 8:00 pace. I start chatting with Chris from Annapolis, also with a goal of around 3:30. I share Chip's insights about rolling in the downhill and heed the advice. Sharon meets us at mile 6, as promised, and provides a full bag of treats and oodles of enthusiasm. "Quite a crew you've got on hand," says Chris. We stick together until mile 18, so he does get a sense of how angelic the Evil Queen can be. "Clif Blok? Orange? Banana?" It's as if I've checked into first-class after flying coach my whole life. The miles click off. I'm still feeling strong, and I've held my pace at around 7:45. This is a new sensation for me. My first two marathons, I was doing walk/run by mile 18 and wondering how I'd finish. Again in my head is the voice of Chip . . . "I'd eat more gels" . . . and so I do, along with oranges. Before I know it, I'm at mile 24, and the angel Sharon reappears to tell me that I'm doing great, that I've worked hard for this, that I should enjoy the moment. I'm more thinking, "I can't wait to be done," but I'm very psyched to be ahead of my goal. A bit more, and I finish.

Sharon runs in Chipster, who's philosophical about not reupping his Boston qualifier, and then Greg, who, incredibly, PRs by 3 minutes. I lose

my bet by a wide margin. I knew he was doing well when he had the energy to sass me at 18.

We shuffle back to the hotel. Greg showers, and we hear his trademark cold-water screams. He emerges Adonis-like, clad only in a towel, to ask if we have any clothes he can borrow. He left his bags in the car. I offer a T-shirt that would be even more form-fitting than his compression gear, but he decides to wait until Sharon arrives with his bags. Chip pops a blood blister the size of a silver dollar after showing it off to us. "That's the marathon for yah," he says, with perverse satisfaction. Sharon returns with Philly grinders and a piña colada Slurpee. On the trip home, there's much talk about the efficacy of carb-loading, traditional, and compression training regimens.

I write my coach, Tom Fleming, and tell him I'm grateful, and a little surprised, that I was able to meet my goal on basically no speed work. He says, "It's not about speed. It's about endurance for 42K races. I've told this to many runners, and no one totally believes it until they try this endurance base-building training. Midweek 'long run' and weekend long run that increases gradually."

Either that, or carb counting and compression wear. You decide, sports fans.

Thanks to Sharon, Chippie, and Greg for making this my best marathon ever. All jokes aside, it's been a privilege to run and train with you. Just please, no more carb counts.

Chip's Recap

Ted's recap was excellent. It made generous use of the facts without being unduly constrained by them. For example, it's not true that Greg and I said, "You're toast," in reference to his marathon prospects. He was already panicking after realizing how ill-prepared he was. What we said, Ted, is you might consider raising the carb-to-total calories ratio if you wanted to achieve "your most."

Maybe Ted had the impression that Greg and I resented his being anointed Man of the Year by the Fleet Feet women. Hardly. We couldn't be happier for the guy, despite his irritating habit of showing up with homemade baked goods. Sharon wouldn't shut up about him during the Wineglass Marathon trip in October ... *Bon Jovi's scones ... his oatmeal ... if only Bon Jovi were here.* Please!

High point of my weekend was watching Bon Jovi's anxiety rising in the hour before our 6:00 am hotel departure, when his room service oatmeal failed to arrive. It was all I could do not to explode with laughter, as the night before I had canceled his order while he was brushing his teeth!

If only he were a better writer. Lest you think I'm critical because his recap wasn't centered on me, the most serious distortions relate to Sharon and Greg. Bon Jovi may have received slavish first-class service from Sharon on the road to his PR, but yours truly, battling what I had realized during mile 1 would be an inexplicably tough day, felt like a standby passenger. Sharon grudgingly agreed to meet me at mile 24. Well, apparently she became so swept up in escorting her beloved Bon Jovi across the finish line, through the chute, out of the finish area, into the food tent, and out to the baggage trucks that it wasn't until mile 25 that she finally appeared, looking cross.

"Boy, are you slow today. Did you stop to talk to someone? I just don't know what to do with you, Chippie. Hey, I gave all my gels to Bon Jovi. You didn't want one, right? Didn't think so. Need anything else? Okay, gotta go. You'll be fine, time to shine. I'm going back for Greg. Did you see him?"

All that took about 100 meters, at most.

Greg had been about 2 miles behind me at the 20-mile turnaround, feeling good enough to bellow "Yeah, baby!" in his best Austin Powers voice, which scattered the runners around him. Uncharacteristically, he had followed my advice and gone out slow. Then, armored with enough compression gear to send all John Fabbro's kids to college, and fortified with the three-day carbo count of an Italian bakery, he had felt so strong in the second half that he accelerated to an 8:30 pace ... at the same time I was slowing from 8:30 to 9:30. All the way back along the river, he had been barreling down on me. Had the race been 2 miles longer, he would've passed me. And my laid-back attitude about simply having a bad day might have taken a decidedly more churlish turn.

I didn't mind Bon Jovi finishing ahead of me. The kid is, what, 27? And nothing could erase the memory of passing him while he was dejectedly walking at mile 20 of Niagara Falls in 2009. We talk about camaraderie and *We're so happy for you*, but let's be honest. We all run marathons for one simple reason: to feel better. And beating people, especially the ones who make me look sick on any given Sunday morning, is sweet.

Greg is a different case. His expectations were simple: to stay out of the finish-line medical tent (which, given his history, constituted what we marathon experts refer to as a "stretch goal"). He said he was thinking 4:15, maybe 4:10. I thought he might surprise us and go under 4:00, but he scoffed. Still, his approach to training in the final weeks before the race was admirable. If only he had trained well for 16 weeks, not just 16 days.

His marathon results seem to vindicate the traditional carbohydrate-depletion/loading regimen. Greg approached this regimen the same way he would approach any other quantitative analysis: with rigor and precision. He sent me a daily report of total calories and carb calories, initially by meal and in aggregate and eventually by food item, Monday through Friday. By then, he had me doing the same thing. All I can say is that, though this regimen is no magic bullet (I followed it yet had a mediocre race), Greg's results with it were remarkable. There's no way he should have been able to cruise through 26 miles on his limited training without crashing hard. Instead, he nailed a 3-minute PR, at just under 3:57.

Ted also neglected to mention that Greg and I *both* wore the compression socks made famous by Paula Radcliffe. This was my third marathon with them, and they are seemingly responsible for completely eliminating my calf cramping. I understand that John put in a big order on the basis of Greg's one-time buyout purchase, so you'd do well to hurry over to Fleet Feet Sports and stock up before Greg returns to the store.

These road trips are great. It's not that critical who is invited or even who shares the room. Just be careful not to let anyone else write the recap.

Sharon's Recap

At Philly, spectating is spectacular! It's so easy getting around the course on foot. Seeing Ted, Robert Nossa, Chipster, and Greg all on schedule at the 6-, 13-, and 24-mile marks was great fun. I ran with each along the way but obviously spent more time with some than others. A few runners recognized me as they went past and helpfully said, "He's coming up in a few minutes."

Ted for sure wins Man of the Year Award for eternity. At mile 25, he was cheering folks headed out on Kelly Drive and calling each by name. I had to try to reel him in: "Ted, you've worked hard for this, now is your time, focus on yourself," to which he replied, "No way." Had he any money in his pocket, he would've handed that out, too.

Chipster turned down my peeled oranges, peeled grapes, bananas, Chapstick, and Body Glide. What a crank. When he said, "I'm beyond caring," I didn't take it personally.

At mile 25, Greg didn't speak. Didn't even want me near him. But I noticed he was mindful enough to pouf his hair for his finish photo.

Greg's Recap

During a road trip, Bon Jovi is an extremely handy guy to have around (less so, though, when his iPhone battery is dead). But, as the Dutch New (Amsterdamer) Yorkers found out, history is written by the victors. This is true of Ted's exaggerated recap. Readers should know that Chip and I discussed carbs no more than 500 times.

Sharon cruelly suggested I poufed my hair for the finish photo. In fact, I was merely wiping her spit off my face, as she had been talking/spraying very fast at mile 25 trying to convince me to sip a beer or have an orange slice or Clif Blok or gel or pretzel—anything to try to slow me up so her heartthrob Ted would win our bet. Nice try.

Phil, stray dogs did not mistake me for a six-foot-tall running sausage. And Chris, thankfully there was no need for a decompression chamber. It was a sprong-free finish. In fact, the compression gear worked great. I had no calf cramping and, more important, no hamstring cramping, which historically has been a marathon stopper for me. Highly recommended. Thank you John!

I'd like to thank the much maligned Chip. Sure he's weird, but he has a few underappreciated running tips. Given my weak training program (only three weeks of 18+ miles), I needed something extreme to salvage this marathon. Chip and compression gear and carb depletion to the rescue! I went from 15 grams of carbs on Wednesday to 1050 grams (5150 calories) on Saturday. Those extra carbs were a godsend the last 6 miles, when I felt very good and progressively sped up (negative split, 7+ minutes). My Saturday-morning depletion sprint probably helped, too. Thanks, Chip!

Sharon was great. She drove cars, lugged gear, cheered us four guys one at a time, and ran us in up to the Art Museum's pearly gates.

Philly Finale

Ted	3:27:51, 7:55 pace, 3:30 goal, 15:36 PR
Rob	3:42:09, 8:28 pace, 3:45 goal, 02:51 PR
Chip	3:54:31, 8:57 pace, 3:45:59 goal, 0:15 AR
Greg	3:56:58, 9:02 pace, 4:15 goal, 03:00 PR

RACES: FEBRUARY–MAY 2010

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

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)	10M, 5M	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
2/14	Sun	11:00a	PCRC Winter Series #3 (Wayne)	5K	917-597-5857	
2/14	Sun	12:00p	Hoboken on Hudson Hot Chocolate 5K	5K	732-263-0245	
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	
2/28	Sun	11:00a	PCRC Winter Series #4 (Wayne)	5K	917-597-5857	NBGP: 500 pts
2/28	Sun	12:00p	Four-Mile Beach Run (Long Branch)	4M		
3/7	Sun	9:00a	Salsa, Blues, Shamrocks 5K (Washington Hgts, NYC)	5K	212-860-4455	
3/7	Sun	9:00a	NJ Winter Trail Series #3 (Lewis Morris Park)	10M, 5M	973-627-2575	
3/7	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/13	Sat	8:00a	NYRR 8000 (Central Park)	8K	212-860-4455	
3/13	Sat	10:00a	St. Patty's Day 5K (Morristown)	5K	973-401-1300	NBGP: 500 pts
3/14	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-347-3088	
3/21	Sun	9:30a	Newark Distance Classic	20K, 5K	973-733-3749	NBGP: 20K & 5K (both 500 pts)
3/21	Sun	10:30a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	
3/21	Sun	TBD	NYC Half-Marathon (Central Park to Battery Park)	13.1M	212-860-4455	
3/27	Sat	9:00a	Wurtsboro Mountain 30K Run (Wurtsboro, NY)	30K	845-866-1345	
3/28	Sun	9:00a	New York Colon Cancer Challenge (Central Park)	15K, 4M	212-860-4455	
3/28	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M, 5K	609-523-0880	NBGP: 26.2M & 10M (both 500 pts)
3/28	Sun	11:00a	Millburn Spring Run	10K, 2M	973-376-6094	NBGP: 10K (500 pts)
4/3	Sat	9:13a	13.1 Marathon New York (Flushing Meadows, Queens)	13.1, 5K	305-278-8668	
4/10	Sat	9:00a	MK5K (Denville)	5K	973-664-2236	NBGP: 500 pts
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	908-902-8587	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	732-842-4317	NBGP: 500 pts
4/11	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-376-6094	NBGP: 500 pts
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	
4/17	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	910-686-0026	NBGP: 500 pts
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	
4/18	Sun	11:00a	Miles for Matheny (Liberty Park, Peapack)	5K	732-381-0318	NBGP: 500 pts
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
4/24	Sat	9:30a	Clinton Country Run	15K, 5K	908-812-4806	NBGP: 15K (700 pts), 5K (500 pts)
4/24	Sat	10:00a	Woods & Lakes Run (Mountain Lakes)	10K, 5K	973-335-2799	
4/25	Sun	8:00a	Lincoln Tunnel Challenge (Weehawken)	5K	609-896-8000	NBGP: 500 pts
4/25	Sun	8:45a	Race for the Cure (Branch Brook Park)	5K	908-277-2904	
4/25	Sun	9:00a	Waldwick 5K	5K	201-652-0547	
4/25	Sun	9:00a	Leatherman's Loop (trail race, Cross River, NY)	10K		
4/25	Sun	TBD	More/Fitness Women's Half-Marathon (Central Park)	13.1M	212-860-4455	
5/1	Sat	Various	Muddy Marathon (Craigmear Complex, Rockaway)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55M
5/2	Sun	9:00a	NJ Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
5/2	Sun	1:00p	Our House 5-Miler (Summit)	5M	908-902-8587	NBGP: 700 pts
5/8	Sat	8:30a	Newport 10,000 (Jersey City)	10K	908-902-8587	NBGP: 700 pts
5/9	Sun	8:45a	Rubin Mother's Day Run (Tenafly)	10K, 5K	201-569-7900	NBGP: 10K & 5K (both 500 pts)
5/15	Sat	9:30a	Shepherd Lake 5K (Ringwood)	5K	973-741-3251	NBGP: 500 pts
5/16	Sun	8:30a	Superhero Half-Marathon (Morristown)	13.1M	973-401-1300	NBGP: 500 pts
5/16	Sun	10:00a	HOHA Classic (Hoboken)	5M	201-792-0340	
5/23	Sun	9:30a	Run for Rachel (Livingston)	5K	908-902-8587	NBGP: 700 pts
5/31	Mon	8:45a	Ridgewood Run	10K, 5K	555-427-5205	NBGP: 10K (700 pts), 5K (500 pts)

Web sites for info, applications, registration: Active.com (active.com/running), Best Racing Systems (besttrace.com), Compuscore (compuscore.com), Metro Race Forum (raceforum.com), New York Road Runners (nyrr.org), On Your Mark Productions (oymp.net)