



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

March 2010

Vol. 27, No. 3

PRESIDENT'S CORNER

Mark Frankel

A former Grove Street regular has a son in my daughter's school. Recently, the father and I met up at a birthday party.

He lamented that, after running his one and only marathon, becoming injured, and leaving the club, he had put on weight, despite spending a lot of time at the gym.

Funny, I replied, I've run 16 marathons, but I'm 15 pounds heavier now than when I ran my first.

He did a double-take.

One reason for my weight gain, I said, is that the more I run, the hungrier I get. If I don't have my fill, my muscles ache. Metabolism slows with age, too.

About a year ago, a coworker who was desperately trying to lose weight discovered fitness. She noticed running is a big calorie-burning exercise. With all the running I do, she hypothesized, I should look emaciated.

"You're fat," she told me. I don't recall ever being called that before, but I cherish those words. I also wonder what she'd say if she saw a photo of a group of Essex runners.

She took up walking—less strenuous—but didn't lose much weight and, after a few months, quit all exercise. She'd been under the impression that pounds come off quickly with walking. Now all she does is diet and pray she can get into the same clothes she did 20 years ago.

After more than a decade of running, I've realized exercise helps with weight loss but is no panacea. Diet matters, too; quantity of food matters. Yes, I'm still a bit of a pig. Just ask anyone who's seen the pantry in my desk at work. It's fully stocked with rice cakes, cornflakes, and a gorp made of trail mix and oatmeal.

I bypass the traditional obsession with weight and pay attention to body fat. Although I'm not sure if my level has changed over the years, I know it's well under the acceptable range. I'm happy with that. In addition, I know I'm okay if I can continue to run the distances I do.

E-Subscriber, Will You Read This Again, When Your Paper Copy Arrives?

If not, if you read only the PDF files of *Keeping Track*, please consider discontinuing your paper subscription. To check or change delivery options, send an e-mail to Beverly Salerno (membership@essexrunning.com).

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

Church Street Kitchen

Upstairs at Market Restaurant, 12 Church Street, Montclair
Park on street or in Crescent Parking Deck behind
Church Street between So. Fullerton & So. Park

Our Speaker

Dr. Alfred Davis, Jr., director of Davis Chiropractic Health and Wellness Center in Montclair, will conduct a workshop called "Peak Performance and Longevity: The Six Facets of Health." He will speak about stretching and exercise, good posture, proper nutrition, restful sleep, positive attitude, and the balanced spine. He will also bring in equipment that can be used to non-invasively scan the spine to identify any fixations or misalignments within five minutes.

General Meetings 2010

Mar 2, Apr 6 (awards), May 4 (fashion show), Jun 1, Jul 6,
Aug (no mtg), Sep 7, Oct 5, Nov 2, Dec 5 (Sun, holiday party)

Board Meetings 2010

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

- **Mar 7.** NJ Winter Trail Series #3 (10M, 5M), Morristown. *Page 10.*
- **Mar 21.** Newark Distance Classic 20K & 5K (club race). *Page 4.*
- **Mar 27.** West Essex Trail cleanup. Hope you'll volunteer! *Page 2.*
- **Mar 28.** Millburn Spring Run 10K & 2M (club race). *Page 4.*
- **Apr 11.** Cherry Blossom 10K (club race), Branch Brook Park. *Page 4.*
- **Apr 17.** Building Tomorrows 5K (club race), Brookdale Park. *Page 4.*
- **Apr 24.** Clinton Country 15K & 5K (1st champ race of 2010). *Page 4.*

Welcome, New Members!

Katherine Bain, *Montclair*
Allison Boyd, *Newark*
Stephanie Forde, *West Orange*
Bob Goodsell, *Montclair*
Ellen Kim, *Montclair*
Carol-Ann & Don Manfria, *Nutley*
Maria Matesanz, *Montclair*
Dan Motherway, *Montclair*
Fernando Padilla, *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
Beverly Salerno..... Membership
Helene Scarnegi..... Entertainment

Staff

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

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
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Clothing Directors
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West Essex Trail Cleanup—Volunteers Needed Saturday, March 27

Our annual spring cleanup of the West Essex Trail will take place Saturday, March 27 (rain date, Sat, Apr 3). We'll meet at 9:00 am by the tennis courts in the Verona High School parking lot off Sampson Drive, between Grove Avenue and Fairview Avenue. Please come out and give back to the community.

This annual cleanup is dedicated to ERC member Rod Munro, the first person to arrive at the very first trail cleanup, organized by George Studzinski in April 1996. Rod passed away a few months later while running with his wife at the Cedar Grove reservoir, not long after participating on our first River to Sea Relay team with Tom Kelly et al. This is a way for us to honor Rod and help keep his spirit alive.

The cleanup will finish at about 10:30, and then some or all of us will run the trail. Background for new members: The West Essex Trail is about 6 miles round trip, to the end and back. It's mostly a dirt and cinder path along the old railroad line from Verona to Little Falls. It's straight, narrow, and blazed, so there's little chance of going astray, plus there are mile markers on trees.

Protective clothing (long-sleeved shirt, pants, gloves) is recommended for the cleanup. Please bring one or two large, heavy-duty plastic bags for trash. Pruning shears may be helpful for cutting back some of the smaller branches along the trail.

Bagels will be provided, and free T-shirts will be available. For more information, please contact me at 973-477-0016 or mickclose@aol.com. —Mick Close

Directions to Verona High School lot. Take Bloomfield Avenue to center of Verona and turn onto Grove Avenue. Go north on Grove about half a mile and turn left onto Sampson Drive. Just before Fairview Avenue (where Sampson ends), turn into parking lot on right (next to tennis courts, across street from high school). Park at Fairview end of lot. (Sampson is one-way; don't enter from Fairview.)

A Host of Hosts

Thanks to everyone who hosted a run this winter, or last winter, or at any time in the club's 26 years, for that matter. Hosted runs are such a warm and welcoming feature of the Essex Running Club, and I truly enjoy participating in them, whether as a guest or a host.

This year's Run for the Oats, cohosted on January 17 by Ted Bongiovanni and me, had at least 50 walkers and runners covering distances from 2 to 20 miles. Days later, people in my town came up to me exclaiming they had never seen so many runners out and about on a Sunday morning.

The day was a big success thanks to Suzy "Six-Pack" Mello, who showed up the night before and got suckered into helping clean my house and bake; thanks to Mick Close, who lent his expert USATF mapping skills and worked out all the route and distance changes I was e-mailing every five minutes in the time leading up to the run; thanks to Mother Nature, for providing 30-degree temps and holding off on the predicted rain; thanks to all of you who came out to run or walk and then enjoy the oatmeal and other food; thanks to Sue and Ed Palermo, for bringing such beautiful piano music to our ears; and thanks to birthday boy Phil Coffin, who ventured out while recovering from knee surgery and gave us an excuse for a group sing-a-long (really, thanks, Laura Messina!).

Extra thanks to my dear cohost, Bon Jovi, and my loving family. They didn't blow my cover while I was playing hostess with the mostest. In the weeks that led up to the Run for the Oats, they saw the true me, the Evil Queen. —Sharon Morrissey

As winter ends, we thank all the generous ERC members who hosted runs: Susan Mello (Jan 3), Valerie Kenny and Ginny Kientz (Jan 10), Sharon Morrissey and Ted Bongiovanni (Jan 17), Aubrey Blanda (Jan 23), Desmond Duncker and Leticia Allen (Jan 31), Tracy Keller and Gina Imperato (Feb 7), Laura Messina and Phil Coffin (Feb 14), John Fabbro, Susan Palermo, and Wayne Carlson (Feb 21), and Shannon Calamito (Feb 28). We also thank Mick Close for organizing the car pool to the Manhattan Half-Marathon (Jan 24). Hosted runs will return this summer, Thursday evenings June through August. —Chris Jaworski

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 in Verona High School lot at corner of Fairview Avenue and Sampson Drive (Sampson is one-way, so approach from Grove Ave). Trail's round trip from Verona to Little Falls is 6 miles. Unpaved, blazed trail with mile markers 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 2010

JOIN THE CLUB OR RENEW MEMBERSHIP

Date	
Renewing members, is any of your personal data different from what you provided before?	
<input type="checkbox"/> No <input type="checkbox"/> Unsure <input type="checkbox"/> Yes (<i>what's new?</i> _____)	

INDIVIDUAL

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

FAMILY

Spouse Name		DOB	
Primary Phone			
Contact E-Mail			

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**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

Membership Directory. Your contact information will be printed in a directory distributed to ERC members. Directory is for personal use and is not to be used for commercial or political purposes.



In the March Issue Of
KEEPING TRACK ...

15 Years Ago (1995)

After reading up on the aging process, ERC president Tom Kelly reports, "Physical decline is not due to aging but to inactivity and [poor] nutrition"; he also suggests that AGE stands for Activity Generates Energy ... New York City's Five Boro Bike Tour is coming up in May ... in an article on his 27 years as a long-distance runner, Art Horn offers his "two-point program for a lifetime of running enjoyment: Keep it simple. Do it regularly"; Art, who took up LD running in 1969, writes, "I think that the act of running is the closest that we humans, without the aid of any equipment or machinery, can come to flying."

10 Years Ago (2000)

Mick Close describes the Fool's Run (10-miler and 5K) in Kutztown, Pa, as "one of the most enjoyable club events of the year"; seats on the bus are still available ... informal group runs are being held at 7:00 pm on Tuesday and Thursday each week, at Verona Park (contact Paul Maloney) and Brookdale Park (contact Wayne Carlson) ... at age 84, Vince Carnevale reports having "completed 8000 miles of walking" within the past five years ... ERC secretary Lenore Piccoli uses many exclamation marks (!) in her Eye on the Speaker article on Fritz Mueller, who completed 56 marathons in 15 years (21 under 2:30!) and for 6 years held the Boston Marathon masters record! ... trips to faraway places are recapped by Mick and Donna Close (the nearly deserted Peter Island, one of the British Virgin Islands, has a 5-mile fitness trail on it) and Mike Wojcio of Kenilworth, New Jersey (Mike visited Kenilworth, England, where he went out on several runs with members of the Kenilworth Runners) ... the club's Mountain Creek ski trip is summed up with an article and two large photos.

5 Years Ago (2005)

USATF board members Rick Pingitore and Beth Moras are scheduled to speak about the Grand Prix ... Carl Sturcke, Gary Peters, and Paul Maloney discuss their spring running goals ... Madeline Bost's *Daily Record* article about ERC member George Studzinski is reprinted ... Phil Coffin plugs the 5th annual Ten-Town Distance Challenge.



USATF–NJ

Mick Close

Big changes are in store for our ERC team. We are planning to unite with Montclair's Fleet Feet Sports team. Current Fleet Feet team members will become members of Essex Running Club so we can all race

together as a single team. Combining forces will allow us to be much more competitive in the USATF–NJ Grand Prix team championship and will provide more excitement and motivation to everyone on the team. The 2010 USATF–NJ championship begins Saturday, April 24, with the Clinton Country Run 15K. Here's the complete championship schedule for the first half of the year:

- Sat, Apr 24 **Clinton Country Run 15K, 5K**
USATF–NJ 15K Championship (All Divisions)
- Sun, May 2 **Our House 5-Miler (Summit)**
USATF–NJ 5-Mile Championship (Open Men/Women)
- Sat, May 8 **Newport 10,000 (Jersey City)**
USATF–NJ 10K Championship (Open Men/Women)
- Sun, May 23 **Run for Rachel 5K (Livingston)**
USATF–NJ 5K Championship (Open Women)
- Mon, May 31 **Ridgewood 10K**
USATF–NJ 10K Championship (Masters Women)
- Mon, Jun 21 **President's Cup 5K (Millburn)**
USATF–NJ 5K Championship (Open Men)
- Sun, Jun 27 **Pine Beach 5K**
USATF–NJ 5K Championship (Masters Men)

All ERC members are invited and encouraged to participate on our team. There is no limit to the number of runners we can field, so everyone is guaranteed a spot on the team. You just need to sign up with USATF and obtain your USATF number. USATF membership allows you to race in the Grand Prix for individuals as well. It also supports the sport of running and has many perks, such as preregistration discounts at participating races (you can recoup your membership fee). You can join online, by mail, or at a championship race. Info: usatfnj.org, 973–334–8900.

Paul Kartanowicz and Aileen O'Rourke have agreed to help Ed Kelly with the team this year, and they'll be joined by Paul Giuliano, who's on the current Fleet Feet team. Ed (ejk823@msn.com) will be able to answer any questions you may have (Paul K, Aileen, and Paul G can help, too). More info about the new *Fleet Feet Essex* team will be provided through our Yahoo e-mail group and in the April issue of *Keeping Track*.



AT THE RACES

Mick Close

Club Races

Club races resume in March as the spring season gets under way. We usually see a lot of our members at these races, so when you go be sure to display your ERC spirit

by wearing an Essex Running Club shirt! Contact Susan Palermo or Catherine Alessi for all your clothing needs (essexrunning.com/clothing).

Newark Distance Classic

Sun, Mar 21

This event features a 5K and a 20K, which start together at 9:30 am. They follow the same route for about 3 miles in the downtown area. The 5K then makes a turnaround for a quick finish, while the 20K continues out past Sacred Heart Cathedral all the way to the end of Branch Brook Park and back. The park section covers much of the same ground as the Cherry Blossom Run 10K (Apr 11).

The Rutgers gymnasium on Warren Street in Newark is where registration takes place. You can stay inside the gym before and after the race (a big plus during bad weather). Indoor bathrooms are available. The gym's in a decent area not too far from Route 280, and there is plenty of parking on nearby streets and in university lots. Info: 973–733–3749, compuscore.com. Some members may carpool to the race.

Millburn Spring Run

Sun, Mar 28

Millburn's Sneaker Factory celebrates the return of spring with this annual event on the roads inside South Mountain Reservation. The out-and-back 2-mile race at 11:00 am is followed by the double-loop 10K at 11:30. Two other races start at 10:30—a half-mile run for children 10 and under and a 1-mile race for those 11 to 14 years old. The nice awards ceremony takes place at the Sneaker Factory store in Millburn. Info: 973–376–6094, sneakerfactory.com.

Looking Ahead

Scheduled for April are three club races, including the first USATF–NJ championship race of the year (Clinton Country Run 15K, an all-divisions championship race and a team race for men and women; Sat, Apr 24). The Cherry Blossom Run (Sun, Apr 11) is one of our most popular club races but is not a championship race this year. The Building Tomorrows 5K in Brookdale Park (Sat, Apr 17) is a nice local race that loops around the park and helps raise money for the Association of Retarded Citizens (ARC) of Essex County.

Two other races supporting major charities: Running 4 Answers 4-miler (Roseland/Essex Fells, Sat, Apr 10) and Race for the Cure 5K (Branch Brook Park, Sun, Apr 25). Running 4 Answers, a new race, benefits the Cure Alzheimer's Fund (curealzfund.org).

FINISH LINES

Winter Trail Series #1 (5K), Lewis Morris Park, Morristown	Jan 24
<i>Charlie Slaughter (5th OA)</i>	23:44.4
Empire State Building Run-Up	Feb 2
<i>Paul Kartanowicz</i>	15:41
Winter Trail Series #2 (10M), Lewis Morris Park, Morristown	Feb 7
<i>Steve Fleisig</i>	1:38:15
Hoboken on Hudson Hot Chocolate 5K	Feb 14
<i>Ed Kelly</i>	21:28
<i>Aileen O'Rourke</i>	23:26
<i>Helene Scarnegi</i>	23:35
<i>Rich Unis</i>	23:41
Stevens Institute of Technology. Only 1st-place male/female overall and age-group awards. First-place age-group award (over age 30, US resident) was a weekend rental of a Bentley!	
	—Ed Kelly

EYE ON THE SPEAKER

January. Our speaker was Pam Fales, managing director of USA Track & Field of New Jersey (USATF–NJ). Pam is the fourth managing director since the organization was founded. She is also the group's membership coordinator.

Pam's topic was how to succeed in the USATF Grand Prix racing series. She said that success requires speed and strategy. Speed is something Pam can't help you with, but she did have a couple of pointers on how to strategize:

- Set a competitive goal, such as finishing among the top 100 men or top 25 women, beating runners you know, or winning your age group or making its top 3.
- Run all 700-point (championship) races on the schedule to add a significant number of points to your total. All other sanctioned races are good for only 500 points.
- Pick races that maximize your points. Races with more runners usually yield more points than smaller races.

Tips for figuring out your points in a points race:

- The runner who finishes first gets the maximum number of points for that race, either 700 or 500, and the runner who finishes last gets the minimum, either 200 or 100.
- Points for males are separated from points for females.
- Each finisher is given points based on the difference between the maximum and minimum number of points divided by the number of finishers.
- You can use the points calculator on the USATF–NJ Web site (usatfnj.org) to estimate your points. Just select the race points range (e.g., 500–100), type in the total number of male (or female) finishers and your position among males (or females), and press Calculate.

Fifty-seven local USATF associations are accredited by the national office. The New Jersey association is the second largest in the United States and one of the best. Every year, New Jersey beats out all of New England (Massachusetts, New Hampshire, Rhode Island, Vermont).

When you apply for USATF membership, your postal (Zip) code is used to link you up with a local association. You can, however, select a different association.

The USATF–NJ Grand Prix racing series has been in place since the mid-1990s. Fourteen hundred to 1500 runners compete annually in this series.

Other associations have copied and modified the New Jersey model, but it's still one of the most successful.

Other items of note:

- Any road race can be in Grand Prix.
- Cross-country and track races have separate series.
- Each Grand Prix race offers a discount of \$2 or more to runners who register at least 10 days before the race.
- Courses must be certified and listed on the Web site of the national USATF. Certification is good for 10 years.
- Know of a quality race? Ask its director to bid for championship status. In mid-November, championship status is awarded only to certain races. —*Desmond Duncker*

February. A little bit of little bits adds up to a lot, said Melissa Milenberg, a coach with Leukemia & Lymphoma Society's Team in Training (TNT). Melissa and TNT campaign coordinator Kelli Toner were this month's featured speakers.

TNT was formed in 1988 to raise money to support research by the Leukemia & Lymphoma Society into treatments for these two deadly forms of blood cancer, as well as Hodgkin disease and myeloma.

According to a brochure Toner handed out, 390,000+ athletes have worked with TNT since its inception, and more than \$1 billion has been raised. This year, 40,000+ athletes are expected to participate.

Both Milenberg and Toner said they began as athletes and were then invited to join the TNT staff.

Fundraising drew Milenberg to TNT in 2006. Her then seven-year-old nephew, whose acute lymphoblastic leukemia had gone into remission years earlier, had a relapse.

She was an experienced runner and didn't need the coaching, but her nonrunner sister signed up with TNT to run the Nike Women's Marathon, so Milenberg joined her.

A year later, Milenberg was asked to join the TNT coaching staff. She quickly became certified, and she's coached six or seven marathons. She also still runs as a participant.

In July 2007, her nephew died at the age of nine. Team in Training "keeps me going," she said.

In 2008, Toner did not personally know anyone with blood cancer. She joined TNT to run the Walt Disney World Marathon and "got sucked in." The cause and the camaraderie of the team made the experience very enjoyable, she said.

From the brochure:

TNT participants come from all walks of life—from novice to seasoned athlete. Many begin their athletic journey as people who want to get in shape, triumph over a challenge, and meet other motivated people. Some dedicate their time and energy in honor of a friend or loved one who has had blood cancer. Still others are cancer survivors who want to prove that they have the physical and mental stamina to finish a marathon, half-marathon, century/metric-century ride, triathlon, or hike adventure.

Each runner commits to raise \$4000 at minimum. A few events, which also include walks, bicycle tours, hikes, adventure races, and road races, can require more or less, with 75% of funds raised going directly to the charity. Two summer full marathons and half-marathons, Rock 'n' Roll San Diego and Lake Placid, require commitments of \$2900 and \$2500, respectively.

Administrative costs include coaching, airfare, hotel, guaranteed entry, clothing, gear, and fundraising support.

Runners give a credit card number to TNT to ensure coverage of any difference between funds committed and funds raised, but they can keep raising money to meet their commitment up until 30 days postrace. They can also walk away 10 weeks prerace and not be charged; any money raised up until then goes to the society. Furthermore, runners who become injured are not charged a differential as long as they submit a doctor's note. —*Mark Frankel*

Essex Loses Two of Its Own

Our thoughts go out to the families of two club members who passed on last month.

Fred Forrester. Some of you may remember Fred Forrester, walking briskly throughout Montclair in the mornings, always dressed in black, with his long-legged stride and swinging arms. Fred completed the New York City Marathon 15 times in his recognizable style, most likely smiling at spectators the entire way. Over the past year, he suffered some serious medical problems and moved out of state to live with his daughter. Sadly, on February 5, he passed away, at age 82. Fred was a veteran of World War II and the Korean War and an electronic engineer at Bendix Corporation. During his retirement years, he worked for H&R Block. He is survived by his daughter, a son, and two granddaughters. —*Laura Messina*

Frank Monroe. Frank Monroe, a substitute mathematics teacher at West Orange High School, passed away on February 6, at age 63. Frank was an avid participant in USATF track and field events, often medaling in shot put and discus. He served as a First Lieutenant in the Vietnam War in 1969–1970 and then settled in East Orange, establishing himself as a self-employed tax preparer and insurance broker. Frank lived in West Orange the past nine years. He leaves behind a wife, Julie, and two daughters and two grandchildren. He will be missed. —*Martta Kelly*

The following poem was printed on a handout that was available at Frank's funeral. —*Tom Kelly*

No Lone Runners, by Cassandra Boyd

You take your first breath, your training begins.
Your growth determines your stamina within.
You start to run at a pace that's slow and steady,
Rest a minute, walk a little, sprint when you're ready.

Accelerate the pace as you head around the bend.
The baton that you pass inspires
your parent, your child, your friend.

As you persevere in the race, your eyes are always on watch
for someone else's life you can possibly touch.
When you pass them the baton for them to carry on,
your only hope is that it's not compassion they will lack,
but you're trusting that they have a desire to give back.

This race is not for you to run alone,
but to motivate others to do as you have done.
To receive only medals that praise and magnify
your strength and generosity in this race called life.

When your race is done, what will people say?
Have you touched anyone in a profound way?
Were you a lone runner, a team player, or an MVP?
What do you think your epitaph will read?

Remembering Vince

It was a hot weekend when I ran my first race with Vince Carnevale, at the Kessler Institute. It was damn cold when I did my last race with him, the Ashenfelter. He raced from one end of the temperature spectrum to the other. And from one end of the speedometer to the other. Newer club members should check his stats. At age 69, he ran a marathon four minutes faster than my last one.

Vince's been gone since February 7, 2006, but I'm sure he'd enjoy seeing us all running the best we can this weekend. We may not be competitive, but just getting out and hitting the pavement is something he'd encourage. There was nobody like Vince. And I miss him. —*Randy Miller*

Those of us who had the opportunity to run with Vinnie were the better for that experience. Martta and I accompanied him to many of his last races, and, though it was sad to see him on his deathbed, it was comforting to be able to hold his hand a few minutes that last day. He never lost his lust for living, or his sparkling wit. —*Tom Kelly*

Our 2006 tribute to Vincent Carnevale is available at:
http://essexrunning.com/2006-04b_April_Carnevale_tribute.pdf

RUNNER PROFILE		New Member Patrick Gerini
Call me	Pat, Patrick, G-Man	
Occupation	Project Manager, UPS	
Running background	I started running competitively in 2000. I originally started running to help my daughter train for high school track. I have done half-marathons and 5Ks, and last year I ran my first marathon, Philadelphia. The past four years, I've been competing mainly in sprint triathlons and 70.3 (half-Ironman) events.	
Running records	<i>Records</i> is overstating it. I'm a blistering middle-of-the-pack runner. Fastest 5K: 21 minutes, Stone Harbor Turtle Trot, 2003. Fastest half-marathon: 2:09, EagleMan Triathlon, 2009.	
Goals	I need to become a faster and stronger runner. My 6-month running goals are consistent 7:30 5K race pace and consistent 8:10 10K race pace.	
First race	NYRR Brooklyn Half-Marathon	
Memorable race	2009 EagleMan Triathlon conditions were perfect, and I beat my PR by 30 minutes.	
Shoes	Asics Gel Kayano	
Hobbies	Genealogy, any fitness activity	
Quotation	"If you are going through hell, keep going."	
Anything else?	I'm looking forward to running with ERC and learning to be a better and faster runner.	

Why Do We Run?

Phil Coffin

Yael Averbuch, a professional soccer player from Montclair whose mother, Gloria, is a fixture in our running circles, spoke recently at a coaches convention in Philadelphia about why she loves soccer.

Yael played for an NCAA (National Collegiate Athletic Association) champion at North Carolina, is a member of the US national team, and played last year on the championship team, Sky Blue FC, based in New Jersey, in the first season of Women's Professional Soccer.

But her passion for the game, Yael told the coaches, does not stem from those peak times. Instead, she said, her longtime motto has been: *Love the process.*

Not that she hasn't been thrilled by the highlight-reel moments, but, she said, "This feeling for me doesn't necessarily come in a moment of glory, in the last five minutes of a game, or in a winning play. It's born from the passion of what I do when it 'doesn't matter,' when no one is watching, when nothing is at stake."

Sounds like a runner. Because while races may be our tangible goals, most of what runners do is not done in the heat of competition. It's daily effort, with no one watching, with no one else to encourage, no one else to prod, no one else to motivate. Yes, all that work can build to the point that we can achieve our goals, or make the valiant effort, or even blow up by trying too hard for a goal that was too high. But ultimately runners seem gratified by the work itself.

It's that work that I miss right now. Because of lingering knee problems, I have basically not run in five and a half months. Bone-graft surgery is requiring a six-month recovery and rehab. By the time I take my next step running, it will have been nine and a half months since I really ran.

What do I miss? I won't lie: I do miss the races. I love the excitement, the chances to test myself, to gauge myself against others in a way I don't experience elsewhere.

But what I miss most is going out every day to run, being *able* to go out every day to run. The feeling of being fit and capable, and the belief that running gives me physical and mental strength more than anything else does.

I once wrote to my Sunday running buddies about how good it felt for us to know, just know, that we could go out any day of the week and run 10 miles if we chose to. Not

that we would, but we could. It was an ability, honed by days and weeks and months and years of running, that made me take for granted going out for a single day, a single week, a single month.

That's what I miss. Going out for as many miles as I chose, at whatever pace seemed right (even if it hurt). Adding this day's run to the last day's run to the run before that. Deciding: Longer run today. Harder run today. Track workout today. Easy, look-at-the-sunshine-and-trees run today. Day after day after day, until running seemed to have seeped into the DNA. Running was an integral part of life.

Love the process. Love the running.

I'd love to get it back.

With a Little Help From My Friends

Mike Skara

Over the years, and in many issues of *Keeping Track*, we have thanked our ERC compatriots for their support.

The support (and competitive nudge) that Essex friends provide during training and during travel to and from races can help tremendously. In my case, I am simply better off for the time I spend training with other club members on Sunday mornings and weekday evenings.

That support is just as strong even when we aren't running, and for that I am just as thankful.

Perhaps I am more injury-prone than most, but recently I once again found myself not being able to run, this time after doing 109 miles in 24 hours in a New Year's Eve/Day ultra (see February issue). This is not to be confused with the time I fell through a bookshelf, the time three computers slid off a table onto my legs, or the time I smashed my knee into a computer monitor. Over the past five years, it seems I've been on the shelf as much as I've been running.

But the phone calls, the e-mails, and the Facebook postings of support I received from ERC members were very uplifting. When I had doubts about my recovery, someone expressed the opinion that I would soon get back into the game. And, except for some gossip about club members' new jobs, there wasn't much I missed during my time off.

Whether I'm running or not, ERC is a great support system for me. I hope other runners have found this to be true for themselves. As a friend wrote, "I know my Grovers are pulling for me, and that's meaningful."

RACES: MARCH–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.

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	10:00a	Celebrate Life Half-Marathon (Rock Hill, NY)	13.1M	845-866-1345	
3/14	Sun	1:00p	Leprechaun Leap 5K (Mount Olive)	5K	973-347-3088	
3/21	Sun	9:30a	Run From Winter 10K (Duke Island Park, Bridgewater)	10K	908-872-6727	NBGP: 500 pts
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 to 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	
4/3	Sat	10:00a	Scotland Run (Central Park)	10K	212-860-4455	
4/10	Sat	9:00a	MK5K (Denville)	5K	973-664-2236	NBGP: 500 pts
4/10	Sat	9:00a	Running 4 Answers (Roseland/Essex Fells)	4M	973-896-9263	NBGP: 500 pts
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	Run as One (Central Park)	4M	703-539-5705	
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
4/11	Sun	10:00a	Urban Environmental Challenge (trail), Van Cortlandt Pk	10K	917-602-4289	
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	Run for the Parks (Central Park)	4M	212-860-4455	
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	9:30a	Westfield Recreation 5-Miler	5M	908-789-4080	
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	9:00a	Colonia 5K Classic	5K	732-815-1431	NBGP: 500 pts
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	Earth Day 5K (Liberty State Park)	5K	201-795-4555	NBGP: 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		Registration closed
4/25	Sun	TBD	More/Fitness Women's Half-Marathon (Central Park)	13.1M	212-860-4455	
5/1	Sat	Various	Muddy Marathon (Craigmeur Complex, Newfoundland)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55M
5/1	Sat	9:00a	Revlon Run/Walk for Women (Times Sq to Central Pk)	5K	212-379-3199	
5/2	Sun	9:00a	Nutley Chamber of Commerce 5K	5K	973-667-5300	NBGP: 500 pts
5/2	Sun	9:00a	NJ Marathon & Long Branch Half-Marathon	26.2, 13.1M	732-578-1771	
5/2	Sun	10:00a	Madison High Five	5K	973-514-1057	NBGP: 500 pts
5/2	Sun	1:00p	Our House 5-Miler (Summit)	5M	908-902-8587	NBGP: 700 pts
5/8	Sat	Various	North Face Endurance Challenge (Bear Mountain, NY)	Various*	214-659-5668	*50M, 50K, 26.2M
5/8	Sat	8:30a	Newport 10,000 (Jersey City)	10K	908-902-8587	NBGP: 700 pts
5/8	Sat	9:00a	New Providence 5K	5K	908-464-4430	
5/8	Sat	9:30a	Fairfield Recreation Jack Funsch Memorial 5-Mile Run	5M	973-882-2745	
5/9	Sun	Various	North Face Endurance Challenge (Bear Mountain, NY)	Various*	214-659-5668	*13.1M, 10K, 5K
5/9	Sun	8:00a	Mother's Day Run (Central Park)	4M	212-860-4455	
5/9	Sun	8:45a	Rubin Mother's Day Run (Tenafly)	10K, 5K	201-569-7900	NBGP: 10K & 5K (both 500 pts)
5/9	Sun	9:00a	Mother's Day 5K (Berkeley Heights)	5K	908-464-8373	
5/15	Sat	9:00a	Healthy Kidney 10K (Central Park)	10K	212-860-4455	
5/15	Sat	9:30a	Shepherd Lake 5K (Ringwood)	5K	973-741-3251	NBGP: 500 pts
5/15	Sat	10:00a	Lyndhurst Merchants 5K Run	5K	201-935-4455	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	
5/22	Sat	6:00a	South Mountain Mayapple Ultras (Millburn)	100K, 50K	973-376-6094	
5/22	Sat	8:00a	Sparta Day 8-Mile Run Around Lake Mohawk	8M	973-729-2383	
5/22	Sat	8:00a	Brooklyn Half-Marathon (Prospect Park to Coney Island)	13.1M	212-860-4455	
5/23	Sun	9:30a	Run for Rachel (Livingston)	5K	908-902-8587	NBGP: 700 pts
5/29	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration closed
5/30	Sun	TBD	Charlie Horse Half-Marathon Trail Race, Plowville, Pa	13.1M	610-796-2156	
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 (bestrace.com), Compuscore (compuscore.com), Metro Race Forum (raceforum.com), New York Road Runners (nyrr.org), On Your Mark Productions (oymp.net)