



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

April 2010

Vol. 27, No. 4

### PRESIDENT'S CORNER

Mark Frankel

Like most little kids, my daughter, just shy of her fifth birthday, prefers "her channel" on TV and gets upset when her parents change it. Recently, while trying to get our Olympics fix, she insisted on switching back to Nick Jr., a children's channel we still affectionately call by its old name, Noggin.

By coincidence, one of its higher quality programs, *Wow! Wow! Wubbzy!*, was featuring the Wubbzlympics. Clearly, the venue wasn't Vancouver.

As in the Summer Olympics, the final event was the marathon. Most young children don't have the patience to sit through two-plus hours for a 26.2-mile race, so in its place was the Wuzzleburg Dizzy Dash. I was never able to determine what the actual distance was, so I have to question even whether the finishing times could be IAAF-ratified.

A few minutes before the dash, legendary athlete and record holder Michelle Kwanzzeberry lit the Wuzzlympic torch. She said her secret was always to prepare, practice hard, and have fun. Of course, a winner can say that. The also-rans may have had a different attitude. And Wuzzleburg must support its fair share of sports psychologists.

Competing in the dash were Wubbzy, Widget, Walden, and Daizy. Although all were well-trained, in their own ways, the first three demonstrated an obsession with winning.

I had mixed feelings about this event. Half the athletes cheated. Widget used a running machine, and Walden wore a wind-channeling cape. Even Wubbzy didn't *run*—he rode his pogo-stick-like tail to the win. That might not have been cheating per se, but it was not at all in the spirit of things.

So, the race was tainted. But at least no one shot up with EPO, HGH, or the Clear, I'm relieved to say, and the cheaters didn't win. Widget's machine ran amok, and a shift in the wind drove Walden backward. Wubbzy accidentally bounced onto a bobo bird flying in the wrong direction.

But Daizy, "just happy to be there," pranced around the course, took in the scenery, had a good time. She crossed the finish line, alone and to wondrous cheers! Ms. Kwanzzeberry's placing a medal around Daizy's neck was pure beauty. I admit, I teared up. It was that lovely spirit of competition.

After my daughter went to bed, I switched back to the Winter Olympics. It wasn't as good.

### ESSEX RUNNING CLUB AWARDS DINNER Tuesday, April 6, 7:30 pm

The monthly general meeting makes way for our 2010 awards dinner, at which we will honor members for their 2009 achievements. The dinner will take place at the Brownstone House in Paterson. Invitations were mailed mid-March. Prepaid reservations only. Questions? Call Lynne Mortimer (973-857-3344).

#### General Meetings 2010

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

#### Board Meetings 2010

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

### MARK YOUR CALENDAR

- **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 (USATF-NJ 15K championship, all divisions). *Page 4.*
- **May 2.** New Jersey Marathon & Long Branch Half (club race). *Page 4.*
- **May 2.** Our House 5-Miler (USATF-NJ 5-mile championship, open men & women), Summit. *Page 4.*
- **May 8.** Newport 10,000 (USATF-NJ 10K championship, open men & women), Jersey City. *Page 4.*
- **May 23.** Run for Rachel 5K (USATF-NJ 5K championship, open women), Livingston. *Page 4.*
- **May 31.** Ridgewood Run 10K & 5K (USATF-NJ 10K championship, masters women). *Page 4.*
- **Jun 17.** Smoke Rise Challenge 4M (club race), Kinnelon.

### Welcome to ERC!

Anthony Bennett, *Glen Ridge*  
Mona Jha, *Montclair*  
Michael Jordan, *Montclair*  
John Kriens, *Montclair*  
Nancy Menchaca, *Belleville*  
Terry O'Reilly, *Newark*  
Peter Polanskyj, *Verona*  
Stacey Polanskyj, *Verona*  
Jean-Pierre Welch, *Clifton*



**2010  
ESSEX RUNNING CLUB**

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Tom Kelly..... Vice-President  
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Desmond Duncker..... Secretary

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

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**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)

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**River to Sea Relay: Tom Kelly Wants You!**

It's time to start recruiting for the 15th annual River to Sea Relay!

River to Sea (R2C), which is scheduled for Saturday, July 31, is a 92-mile relay race across New Jersey, beginning in Milford at the Delaware River and ending in Manasquan at the Atlantic Ocean. The course travels through 34 towns in Hunterdon, Mercer, Somerset, Middlesex, and Monmouth counties. On foot is a great way to see our Garden State, and you might get to run places you haven't visited before!

R2C has been drawing more than 100 teams each year for a few years now. Each team has seven members, and each member runs two legs of the race. This is an all-day commitment! A team's starting time is based on its members' average 5K times. The slowest teams begin no earlier than 6:00 am, and the faster teams later—the idea being that many teams will finish around the same time, 7:00 pm.

In recent years, R2C has been limited to 115 teams. This year, two noncompetitive (nonscoring) divisions are being added: Early Start (20 teams, 10 starting at 5:30 am, 10 at 5:40 am, for 92 miles) and Head Start (20 teams starting not in Milford but in Lambertville, 10 at 6:30 am, 10 at 6:40 am, for 72 miles). If all three divisions fill up, the course might be crowded in spots.

Essex is the only club that has participated in R2C since the inception of the race. We've had at least one and sometimes two or three teams each year. We hope to continue the trend of the past few years and field three teams in 2010.

John Harvey and Martta and I are seeking four more members for Team 1. Cost will be about \$68 per member. If you're interested, please let me know (973-731-1621, [tbpkelly@gmail.com](mailto:tbpkelly@gmail.com)).

—Tom Kelly

**Trails Heading Up**, by Chris Jaworski

In the August 2006 issue of *Keeping Track*, I described the growing problem of trail fever among ERC members and warned that "an epidemic looms." Well, I must now report that the epidemic is here. Trail running and racing have spread across New Jersey, and beyond, and a new strain, *Ultrailius marathonicus*, is on the rise as well.

From January 2006 through March 2007 (15 months), 22 club members finished a total of 63 off-road (trail, cross-country) or ultramarathon races. Of these 63 finishes, 43 were by 21 members, and 20 were by 1 member, yours truly.

Over the past 15 months, January 2009 through March of this year, 29 members finished or attempted a total of 72 such races. Twenty-eight of these members ran 61 races total, and I ran the other 11 races.

Comparison of the 2006–2007 and 2009–2010 periods shows increases in the number of members who ran such events (22→29, 32%), number of races run (63→72, 14%), and number of races run by members other than me (43→61, 42%).

Of the 63 races run during the 2006–2007 period, 40 were on trails, 22 were cross-country, and 1 was an ultramarathon (by then member Larry Katz).

Of the 72 races run during the 2009–2010 period, 48 were on trails, 9 were cross-country, and 15 were ultramarathons.

So, there were increases in participation in trail races (40→48, 20%) and ultras (1→15, 1400%!) and a decrease in participation in XC races (22→9, 59%).

That's only Essex. I'm sure other Jersey clubs have caught the bug for trails and ultras, too. And I know that several loosely organized trail- and ultra-running groups have popped up around the state and elsewhere. Some have Web sites, others a presence on Facebook or Yahoo Groups. Group runs are organized on a regular basis, and newcomers are encouraged to attend. There's some interaction between these groups, and a network seems to be forming. More in an upcoming issue.

In light of two developments within the past year—creation of the USATF–NJ Cross-Country Series, and Rick McNulty's founding of the NJ Trail Series of MUT (mountain, ultra, trail) and cross-country events—it will be interesting to see where all this goes. More trail races? More ultras? Will XC races catch on in a big way?

After years of simmering, these sports seem to be boiling over with interest and activity. In fact, so many events are being added (see my list at [essexrunning.com/trails](http://essexrunning.com/trails)) that scheduling can be a problem. But it's a good problem to have.

**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			

*KEEPING TRACK (NEWSLETTER) DELIVERY*

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- 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*

- |  |   |  |                                      |
|--|---|--|--------------------------------------|
| <input type="checkbox"/> Join the Club | <input type="checkbox"/> Renew Membership | <input type="checkbox"/> \$25 Individual | <input type="checkbox"/> \$40 Family |
|--|---|--|--------------------------------------|

Mail form & check (payable to *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 April Issue Of  
*KEEPING TRACK ...*

**20 Years Ago (1990)**

Club trips are planned for this year's Amish Half-Marathon in Pennsylvania, Falmouth Road Race in Massachusetts, and Philadelphia Half-Marathon ... in the first installment of a column on favorite running routes, Art Horn writes about the trails of Mills Reservation, just east of the reservoir in Cedar Grove (a different member will take up the task each issue) ... Mike Wojcio lists, as part of a biographical sketch, a few PRs: 24:14 (4M), 38:20 (10K), 1:25:25 (half-marathon), 3:17:05 (marathon) ... also written by Art Horn is an article about Emil Zatopek, the "greatest distance runner of all time" ... Larry Hollander sympathizes with runners labeled "out of control" for their extra mileage and reports theories ("The larger your bills, the longer your miles; the more trouble with your boyfriend/girlfriend, the more the miles; the bigger bastard your boss is, the bigger the workout; the harder it is to cope with life, the harder the workout") ... George McIntyre runs in the park to avoid car drivers, those who dislike runners and those who for various reasons aren't attentive enough.

**15 Years Ago (1995)**

April's guest speaker: Bob Gleeson, who organizes and directs Montclair High School's participation in Special Olympics ... Clifton Roadrunners will host a 6-hour relay race at the William Paterson College track, and Essex plans to field two teams (one for speed, one for fun) ... ERC plans to field a team in the 24-hour relay race benefiting the American Cancer Society, also in June and at William Paterson College.

**10 Years Ago (2000)**

President Tony Sanchez steps down after serving for 16 months and passes the mantle to Anne Chesny... there's still time to get a copy of the 1999 *ERC Yearbook*, produced by Paul Maloney, Laura Messina, Joy Mishkin, Gary Peters, John Piccoli, and Mike Kantor ... Essex sent two teams to the Jersey Shore Relay; one ran the 26.4-mile race in 2:58:46, the other in 3:32:52.

**5 Years Ago (2005)**

Susan Palermo is featured in a Bergen *Record* article, "Winding Back the Clock Puts a Spring in Runner's Step."



## USATF–NJ

Mick Close

The new Fleet Feet/Essex racing team will hit the roads in April as the 2010 USATF–NJ Grand Prix championship kicks off with the Clinton Country Run 15K (Apr 24). We hope that combining forces with Fleet Feet

will allow us to be more competitive in the USATF–NJ team championship and will provide a lot more excitement and motivation to everyone running as teammates.

All ERC members are invited and encouraged to participate. There is no limit to how many teams (A, B, C, etc.) we can field, so everyone is guaranteed a spot.

To run 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 all participating races (you might recoup your entire membership fee). Join online, by mail, or at a championship race. Info: usatfnj.org, 973–334–8900.

This year, Ed Kelly (ejk823@msn.com) and Paul Giuliano (mrgigs420@aol.com) are organizing our team with the help of Paul Kartanowicz (pk\_drums@hotmail.com) and Aileen O'Rourke (aileen1963@optonline.net). Please e-mail one of them for more information. Here is the complete schedule of championship races 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)*

### Jenifer Martin:

#### NYRR Age-Group Runner of the Year

Jenifer, who received the women's 35–39 age-group award at the New York Road Runners banquet on March 4, stood out in an incredibly competitive field. Jen is part of the Fleet Feet/Essex team. Congratulations! —Lynne Mortimer



## AT THE RACES

Mick Close

### Cherry Blossom Run 10K Sun, Apr 11

Celebrate the return of spring by running this race (10:00 am) in Newark's Branch Brook Park as part of the annual Cherry Blossom Festival. This race is usually one

of the best in Essex County and one of our most popular club races. Info: 973–376–6094, compuscore.com.

## Building Tomorrows 5K

Sat, Apr 17

Help the Association for Retarded Citizens (ARC) of Essex County by running this race on its double-loop course in Brookdale Park. The start is at 10:00 am. This is a community event with something for the whole family. Info: 973–535–1181 x1224, oymp.net, active.com.

## Clinton Country Run

Sat, Apr 24

Enjoy a 5K or 15K run through scenic New Jersey countryside (9:30 am start). The 15K is a USATF–NJ championship event and team race for all age divisions. We will probably carpool. E-mail Ed Kelly (ejk823@msn.com) to run on our team. Info: 908–812–4806, compuscore.com.

## Club Races in May

Two club races are scheduled for May 2, the first Sunday. First up are the New Jersey Marathon and Long Branch Half-Marathon. These races start at 9:00 am, later than in years past, and have a new course and a wave start.

The other May 2 race is the Our House 5-Miler (1:00 pm) in Summit. The first 500 people who register for this USATF–NJ open championship race will receive runner bags and long-sleeved shirts.

Organizers of Jersey City's Newport 10,000 (Sat, May 8, 8:30 am) claim that its 10K course is the fastest in the tristate area. This event, which takes place on Saturday of Mother's Day weekend, attracts elite runners shooting for some of the \$12,000 in prize money. The Newport 10,000 is the USATF–NJ open 10K championship.

In Livingston, Run for Rachel (Sun, May 23, 9:30 am) returns once again as the USATF–NJ open 5K championship for women. This race has a fast course, an excellent goody bag, and lots of random prizes.

The annual Ridgewood Run will be held, as usual, on Memorial Day (Mon, May 31, 10K at 8:45 am, 5K at 10:15). There will be more than \$6000 in prize money, and the 10K will be the USATF–NJ masters championship for women. You must preregister; there is no race-day registration.

## RACE RESULTS & RECAPS

We hope you'll submit yours each and every month! Often, for popular races, Mick Close or another member will include finish times in a Yahoo-group e-mail (later printed in "Finish Lines" here). If your time is not listed, please send it in an e-mail to the Yahoo group (essexrunningclub@yahoogroups.com) or to newsletter editor Chris Jaworski (jaworski@verizon.net). Please include (a) your name; (b) name, location (city, state), and date of race; and (c) your time and any item of note (e.g., PR, age-group award). Optional but encouraged: (d) Internet link to results for race and (e) recap. In the spring, results are used to select our annual award winners. Only results reported in "Finish Lines" are eligible for awards. Want to say something about a race? Send us a recap!

## FINISH LINES

**NYRR Run for Haiti (4M), Central Park Feb 20**  
*Dan Murphy (52nd OA, 2nd AG)* . . . . . 24:50  
*Roosevelt Lucas* . . . . . 28:04  
*Tom Daniels* . . . . . 29:35  
*Andi Robik* . . . . . 32:20  
*Aubrey Blanda* . . . . . 35:49  
*Robbin Jordan* . . . . . 41:50

Kudos to Mary Wittenberg for registering 10,000+ runners in 18 days for this fundraising run. The unlimited numbers, lack of corrals, and beautiful running weather made for some very crowded conditions, but most people seemed to take the overcrowding in stride and were happy to contribute to such a great cause.

A friend and I went into Manhattan at 5:45 am and scored my totally top-secret cheap early-bird special parking lot. We ran 11 miles before the race and 5 after, for a great 20-miler in Central Park. It's a fantastic training ground! I recommend making the short trip for marathon training—no traffic, great hills, and cheap, easy parking (if you know where). —*Aubrey Blanda*

Agree with kudos to race director for pulling the event together. Very crowded in the first mile, but everyone was there for the same purpose, to help the victims of the earthquake in Haiti.

On Saturdays and Sundays, I drive up Park Avenue to look for a spot. If early enough, I usually find one. This time, I parked at 56th and Park. —*Roosevelt Lucas*

This event raised more than \$400,000 for Haiti relief, which is a remarkable achievement. The weather could not have been better for the 8500+ participants. The course was kind, relatively flat, banging left onto the 102nd Street transverse rather than continuing north, effectively bypassing that awful hill. For me, the start was uneventful, as I was up at the front and avoided the crowds. Carrying 10 winter-fat pounds was a drag, and the reason I went through mile 1 in 6:10. It *felt* faster, but I'm sure the course is accurate, as I'm just not fit. Finishing 52nd overall and 2nd in age in 24:50 at 6:12 pace was fine but also a wakeup call that I need to find my lost speed and lose weight. (Ten years ago, I averaged 6:12 pace in the London Marathon. Turning 50 is like hitting an off switch!) Cooling down with a complete loop of the park was lovely. It was a beautiful day to be running in Central Park. —*Dan Murphy*

**USATF–NJ Masters Indoor Feb 21**  
**Track & Field Championships, Toms River**  
Randy Miller did the 3000 meter, and I did the shot put and the 60 meter. The listed results are still a bit chaotic. They have me in with a bunch of 40-year-olds. The meet was fun, as always. —*Beverly Salerno*

**USATF East Region Open Indoor Mar 6**  
**Track & Field Championships, Manhattan**  
This championship at the Armory was in the open category, though they scored masters, too. I competed in the weight throw for the first time, and I really enjoyed it. I would've enjoyed it more had

I used a 12-pound weight (the appropriate weight for women 60–64), but that wasn't available, so I had to throw 16 pounds. It didn't go as far, but I felt very good about my form. The Armory is a nice venue for track and field and very convenient to New Jersey. —*Beverly Salerno*

**Salsa, Blues, & Shamrocks 5K, Mar 7**  
**Washington Heights, New York City**  
*Robbin Jordan* . . . . . 30:03  
*Jim Malone* . . . . . 32:59

**NJ Winter Trail Series #3 (5M, 10M), Mar 7**  
**Lewis Morris Park, Morristown**

5M  
*Charlie Slaughter* . . . . . 42:05.9  
*Sharon Morrissey* . . . . . 58:09.6

10M  
*John Young* . . . . . 1:31:23  
*Amanda King* . . . . . 1:48:58  
*Robert Stack* . . . . . 1:51:02  
*Chris Jaworski* . . . . . 1:56:12  
*Jennifer Lanterman* . . . . . 1:59:40

This dual race was the third and final event in the inaugural, 2010 edition of the NJ Winter Trail Series. The series was staged in the same place where the September 2006 Summer Screecher 5K trail race was held, right near Sunrise Lake.

I don't know if a trail race has ever drawn seven ERC members, but there we were! Five of us had at least one trail race under our belts—including Charlie, who was doing his second in this series—but Sharon and Amanda were racing on trails for the first time.

The course was a 5-mile loop of about 90% single-track trail and 10% fire roads. With almost all of it hilly and covered with snow, there was a lot of slipping, sliding, straining, surfing. The sport seemed like cross-country skiing sans skis.

Ninety runners went around the loop just once (for the 5-mile race), and another 63 did two loops (for the 10-miler). It was a cold start, but many runners warmed up quickly. Off came the hats and gloves and extra layers.

As this was my first race in four months, and my winter running had been first nonexistent and then spotty, I planned to see how I felt after one loop before deciding whether to go for another. Well, I was tuckering out after the first 2.5 miles and thinking that I'd call it a day when I returned to the start/finish pavilion, but then I got a second wind. I also realized what a simply wonderful morning it was for running in the woods. So, never mind the race, I decided to push past 5 and go for 10 simply so I could stay out playing longer.

And the funny thing is, those second 5 miles seemed no worse than the first. Several people passed me early into the second loop and disappeared ahead, sure, but that just meant I had the trails and the forest all to myself. I kept a fairly steady pace and was happy doing that.

At some point, though, I spotted a runner up ahead, and my long untapped competitive juices started flowing once again. My run became a

chase, albeit a slow one. For some time, I wasn't making up an inch of ground. But I kept at it, and, when that runner showed signs of tiring, I pushed to catch him and then put some distance between us. Passing several other runners in the final mile or so, I finished strong.

Then I headed straight for the picnic table where the ERC crew was sitting. And what was *that* in Sharon's hand—a bottle of beer? I made a beeline for the pavilion and returned with chocolate stout and two slices of pizza.

It was wonderful, in the morning's sun and crisp air, to see fellow Essex members beaming, and to talk with them about their races, about the course conditions, about the tree that prevented everyone from slipping off the trail and tumbling down a hillside (the tree that everyone collided with), about the full-body workout (and quickly manifesting soreness!) a trail race can provide, about two of our runners placing high (Charlie finished 8/90 in the 5 mile, John 13/63 in the 10 mile), and about having just completed a trail race for the very first time (Amanda and Sharon said they're hooked!).

This event was well-organized, there was ample parking, the long-sleeved tech shirts are very nice, bathrooms were available in the boat-house by the lake, the course was very well marked (though I think John took a detour at one point!), and the postrace fare was great! Perhaps there should have been a water station halfway through the 5-mile loop, but I managed with just the Heed I drank before heading out again from the start/finish. One thing I know for sure is that being thirsty at the end of this race made that beer go down easy and taste extra good!

I think cash prizes went to the overall top 3 men and top 3 women. There were no age-group awards, but the race director was more than generous with give-aways, which included beanies, insulated water bottles, and gift certificates (Sneaker Factory, Road ID).

This trail series appears to have been a success, as the plan for next winter is to expand to four events. Look for the first in December 2010.

—*Chris Jaworski*

I ran with some of the gang and had a great time! I've been slowly but steadily increasing my mileage. I had planned to do five 10-mile runs between January and February, which would have had me set for this race, but Mother Nature had other ideas! I've been consistent in getting runs in, even with all the snow we've had, but they were shorter, and I was able to do only one 10-miler before the race. Oh, well! I ran or slid over the entire course and had a good time. It was nice to get out of the city, return home (I grew up not far from this park and swam in Sunrise Lake as a little kid), and go for a challenging run. It was cool that pizza was still at the finish, even though I was toward the back of the pack. Tasty pizza and Capri Suns would make the pain train later in the day a bit more tolerable! Thanks to Sharon, who handed me a cup of agua as I finished my first lap! —*Jen Lanterman*

**E. Murray Todd Half-Marathon, Mar 7 Lincroft**

<i>Dan Murphy (1st AG)</i> . . . . .	1:24:42
<i>Yair Greenbaum</i> . . . . .	1:29:53
<i>Randy (Skip) Miller</i> . . . . .	1:30:36
<i>Glenn Trimboli (PR)</i> . . . . .	1:31:40
<i>Desmond Duncker</i> . . . . .	1:32:03
<i>Doug Williams</i> . . . . .	1:34:36
<i>Ed Kelly</i> . . . . .	1:47:11
<i>Mick Close</i> . . . . .	1:47:18
<i>Rich Unis</i> . . . . .	1:50:37
<i>Tom Kelly (2nd AG)</i> . . . . .	1:52:47
<i>Martta Kelly</i> . . . . .	2:05:02
<i>Valerie Kenny</i> . . . . .	2:20:37

The nice weather brought out a record crowd of 600+ runners for the 34th edition of this popular race organized by the Monmouth County Park System. The course loops through sections of Lincroft, Holmdel, and Colts Neck and Thompson Park, with the start and finish at Brookdale Community College. The first, mostly flat part of the course is in residential areas. The middle section is on rolling hills out in the country. Runners pass horse farms, woods, and lakes. The final 3 miles, back to the college, are on a winding paved path. This year, construction forced a slight course modification; most runners felt the course was 0.10 mile short. —Mick Close

**St. Patty's Day 5K, Morristown Mar 13**

<i>Paul Kartanowicz</i> . . . . .	18:15.23
<i>(10th OA, 1st AG, PR)</i>	
<i>Michael Bianchino (2nd AG)</i> . . . . .	21:19.02
<i>Mike Sneden</i> . . . . .	21:48.76
<i>Aileen O'Rourke</i> . . . . .	23:06.36
<i>Jean Zignorski</i> . . . . .	25:29.51
<i>Robbin Jordan</i> . . . . .	30:30.88

Paul placed 10th out of 792! —Chris Jaworski

Bad weather, medium course, and a great race. I think the weather kept a lot of people home, or else there would've been more competition. Still, a fast race with the winner at 16:40. Congrats to all who ran, and Randy and Nina Miller, who braved this mess to cheer. —Paul Kartanowicz

**NYRR 8000 (8K), Central Park Mar 13**

<i>Andi Robik</i> . . . . .	40:16
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With all the rain and wind, the course wasn't as crowded as usual, which was nice. No one drank the water, since there was enough coming down from the sky. (I felt bad for all the volunteers out there!) Race officials didn't care where you started in the corrals or if you ran outside the cones. My time was not my best, not my worst, and I'm happy with my age-group finish: 10/95. Now I'm going to enjoy the rest of the day inside!

**Leprechaun Leap 5K, Mount Olive Mar 14**

<i>Charlie Slaughter (2nd AG)</i> . . . . .	19:15.7
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**Celebrate Life Half-Marathon, Mar 14 Rock Hill, NY**

<i>Will DeRoberts (1st AG, 3rd male cancer survivor)</i> . . . . .	1:30:36
<i>Ellen Kim</i> . . . . .	1:54:07
<i>Bob Goodsell</i> . . . . .	1:54:07
<i>Susan DeRoberts</i> . . . . .	2:04:15

From the Web site: "The race annually raises funds to assist cancer patients in their financial needs. One hundred percent of the proceeds are directed to patients in treatment in Sullivan and Orange counties." And: "Celebrate Life was featured in the March 2009 issue of *Runner's World* for having the 'Best Schwag.'" —Chris Jaworski

**HAT 50K Endurance Run, Mar 20 Susquehanna State Park, Havre de Grace, Md**

I should write an article, "Mastering the DNF." This HAT was my fourth incomplete race within the past 14 months. Practice makes perfect, I say, though I stopped for a different reason each time—ice and poor visibility, nonfunctioning leg, getting lost, and now a bonkaroonie.

I may have run a respectable race here in 2008 (6:38:50) and set a cool course and 50K PR in 2009 (6:06:12), but this year I completed only 17.3 of 31+ very hilly trail miles. My time of 3:41 works out to 12:55 pace. Of the 414 starters, 78 (19%) of us did not finish.

My running felt tentative even fairly early on, my breathing wasn't right (was I not acclimated to the warmth on this first day of spring?), and my darling Inov-8 trail shoes were just plain shot (after a while, my feet were feeling every step). I finished the 3.6-mile first loop and then began my struggle with the first 13.7-mile loop.

At some point, I started dwelling on speed and perceived effort. My pace as I neared mile 17 was more than a minute per mile slower than my pace over the full 31 miles last year, and running simply felt too much like work. So, I dropped instead of heading out on the second 13.7-mile loop. If I were to keep going, I reckoned, I'd end up wobbling and stumbling around or worse.

The stated elevation gain for this course was revised from 9000 feet to 7000-something. That's still a lot of climbing, but a great heinie-tightening workout, he writes, shifting on his chair.

Each DNF stings a little. And I didn't get this year's finisher's prize, a beer stein! But I do take heart in other members' supportive comments (thanks!) and in something a trail/ultra runner friend says, "Each race is training for the next one." Another thing I take away from this event is that, after a stressful and sedentary winter, I've pretty quickly worked up to being able to complete a tough 17-mile trail race. Not bad for the new year. It's only March.

R.I.P. my favorite pair of trail shoes. They had served me well and seen a lot of mud and roots and rocks in their lifetime! —Chris Jaworski

**Richard Stockton Invitational Track & Field Meet, Pomona Mar 20**

Bev Salerno will be competing at the USATF Mid-Atlantic indoor meet on Sunday, but today it was Randy Miller running outdoors at Stockton, where he met the All-American standard for the 3000-meter steeplechase. Randy's age-group standard is 12:45; he ran what he said was his best steeple since breaking his ankle four years ago, 12:15:85, or about 6:35 pace for 1.86 miles over 35 barriers, including 7 jumps over a 3-foot-high hurdle with a water pit on the other side. Congrats to both our T&F competitors! —Phil Coffin

**USATF-Mid-Atlantic Track & Field Mar 21 Masters Championships, Reading, Pa**

I competed in three events: shot put, weight throw (12 lb), and super weight throw (25 lb). My shot put was disappointing; I am not improving in that event. But I was pleased with my other results. I don't have exact numbers, but I did a little over 8 meters in the weight throw and over 4 meters in the super weight. With some training, I might make the All-American standard of 4.75 meters.

This meet was well-organized and very nice. Everyone was friendly and helpful, which I appreciated, as I hadn't done super weight before and was totally clueless. FYI: Weight throw and super weight throw are not done at USATF-NJ meets. —Beverly Salerno

**Winter's End Run (4.5M), Lehman, Pa Mar 21**

<i>Debbie McNally (2nd AG)</i> . . . . .	35:43
<i>Bruce Fryer</i> . . . . .	39:25

This race is put on by the Wyoming Valley Striders running club. The morning was gorgeous, and the race-time temp was about 50 degrees. The course was described as rolling, but it seemed to roll up a lot! We ran on practically car-free roads through beautiful farms and part of a college campus, and then on a dirt road for a bit.

Before the start, we were told that there were a record 170 registrants and that we were lucky: The race usually features rain or snow, and it seems to have only one nice day every 10 years. Given the challenging course, I'm sure glad the weather wasn't a factor!

I'd been cross-training and not running this winter, so I had no expectations here. Even more so after seeing the competition. Not many casual runners. In fact, they all finished in about 50 minutes. That would not be true in our area.

I felt good the entire way, even on the constant rolling hills. And the small size of the field was on my side, as I placed 2/17 in my age group!

Bruce had a good race and finished in 39:25. Not too shabby for a part-time runner.

I'd do this one again. —Debbie McNally

**Run From Winter 10K, Mar 21 Duke Island Park, Bridgewater**

<i>Ed Kelly</i> . . . . .	44:09.55
<i>Aileen O'Rourke (1st AG)</i> . . . . .	47:59.83
<i>Helene Scarnegi (3rd AG)</i> . . . . .	48:34.26

Got to get in those category 2 races! —Ed Kelly

**St. Paddy's 10-Mile Race, Freehold Mar 21**

<i>Paul Kartanowicz (6/473 OA, 2nd AG, PR)</i> . . . . .	1:01:43
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*Susan Palermo* . . . . . 2:27:05  
I learned a lot here. A little about what I'm capable of, a lot about what we're all capable of.

For most of us, the goal in a race is to go as fast as possible, perhaps to set a PR, but almost certainly to do our best. For many, doing our best means giving it all we have. We go home, check our results, and usually are happy to find we've finished ahead of others. Medals, trophies, and gift certificates go to the victors.

In short, whether you are a veteran or are running your first race, the experience, from start to finish, is almost entirely about yourself. You

may give a word of encouragement as you're passing a struggling opponent, say thanks to the volunteers, or even help your friends and teammates do their best even as you strive to achieve the same for yourself. But let's face it, if you're having a good day, you keep going even when your friends are having a bad day. After all, it is a race. You regroup at the finish line and wish everyone better luck next time.

But would you ever slow down to keep a friend company? What about a stranger? Would you slow down to keep a stranger company while that person was falling into last place?

That's exactly what Sue Palermo did at this race. I saw her approaching the finish line long after all the other runners. Long after the joggers and walkers. She was jogging and in a tie for last place. But she wasn't feeling sorry for herself; she had chosen to drop back to this position. In typical Sue Palermo fashion, she began smiling and waving excitedly when she saw me waiting for her. When I started jogging the last 100 meters with her, she told me I really didn't have to ... and then she repeated that about four more times.

Sue introduced me to Ann Marie. These two runners had met out on the course, and this was Ann Marie's first 10-miler. She was a new runner who up until now had done only a 5K. She wasn't wearing an Essex singlet. She hadn't driven with Sue to the race. She was a complete stranger.

Later, Sue told me she hadn't planned on that kind of finish, but she'd seen Ann Marie struggling and offered to help. Sue had promised, no matter what, she wouldn't leave Ann Marie behind. She'd help her reach the finish line. And Sue had gone a step further and shared some running wisdom. She'd explained how to dress for heat and sun (Ann Marie had worn too much) and how important it was to get fitted for running shoes, and she'd offered Ann Marie advice on her upcoming half-marathon.

As the awards were being given out, the two ladies sat in the shade, rehydrated, and chatted before finally parting ways. On the way back to our cars, Sue told me that what she'd done was her way of giving back to the running community.

I don't know what the future holds for Ann Marie, but I do know that finishing a race in last place would make just about anyone want to hang up the running shoes and call it quits. And yet, I'm willing to bet that Ann Marie will be at the starting line of her half-marathon in a few weeks.

I also know that, at this race, I learned the true meaning of a phrase I'd heard hundreds of times before but never understood until now: "It's not about who wins or loses but how you play the game."  
—Paul Kartanowicz

#### Newark Distance Classic (20K, 5K) Mar 21

20K (152 finishers)  
Paul Giuliano (11th OA, 2nd AG) . . . 1:15:23.65  
Jenifer Martin (3rd W, 1st AG) . . . 1:18:51.85  
Larry Czaplewski . . . 1:21:26.10  
Desmond Duncker (3rd AG) . . . 1:29:06.35  
Stephen Sands . . . 1:30:13.30  
Doug Williams . . . 1:32:18.50  
John Kriens . . . 1:33:56.30

Susan Mello (3rd AG) . . . 1:40:09.50  
Dave Gurniak . . . 1:40:33.20  
Tom Kelly (1st AG) . . . 1:43:38.15  
John Piccoli . . . 1:51:27.10  
Peter Gencarelli . . . 2:01:30.05

#### 5K (84 finishers)

Charlie Slaughter (5th OA, 1st AG) . . . 19:48.95  
Roosevelt Lucas (10th OA, 2nd AG) . . . 21:19.20  
George Carlson (2nd AG) . . . 22:18.45  
Joe Cozzi (1st AG) . . . 26:35.90  
Spencer Schwartz . . . 30:16.45

I had preregistered for the 20K, but my name was not listed at the check-in table. Not sure how an event with "certified mile markers" could've lost my entry form and check. In any case, I ran back to the car, found some money, called my wife for my USATF number, and postregistered.

The race was great, and the day beautiful. I had fun running and finished just behind Susan.

It seemed everyone ran the first mile fast, though I never saw the certified mile marker.

I felt really strong at the turn (~7.5 miles). I got to see Desmond, Doug, Stephen, and Susan!

I flew through 15K thinking I'd finish strong, but then suddenly I was walking. Not sure how that happened. Must've been somewhere after the certified 10-mile marker, which I don't remember seeing. Now with my loss of mental focus I knew it was only a matter of time before Susan picked me off. Oh, well, just like Sunday morning with the Fleet Feet group; the women are faster. It was nice to see Randy Miller cheering us on, just after Susan flew by.

I did manage to run my age for the first 10K (49:59). This required covering the 1.2 miles from the certified 5-mile marker in 7:59? Strange, as I felt I had run at the same speed from the certified 4th mile to the certified 5th mile, which took almost 10 minutes.

I need to buy a Garmin before I run this race next year.  
—Dave Gurniak

NDC mile markers are notoriously off. The 5-mile mark is at least 5.25 miles into the race, but the mile markers on the way back to Newark (9, 10, etc.) are okay. So, yes, if you want accurate splits, get a Garmin or run with someone who has one. That said, the course is probably accurate (20K, or 12.4 miles). Most runners don't run the tangents and end up doing more than 12.5 miles.

—Desmond Duncker

#### New York City Half-Marathon, Central Park to Battery Park Mar 21

Dan Murphy . . . 1:26:24  
John Young . . . 1:36:02  
Amanda King (PR) . . . 1:38:14  
Jane Whipple . . . 1:41:29  
Tom Daniels . . . 1:41:55  
Greg van Inwegen . . . 1:45:00  
Karen Foley (PR) . . . 2:01:21  
Kristen Laird . . . 2:05:04  
Robbin Jordan . . . 2:21:58

I volunteered and saw Dan Murphy before the start and Tom Daniels on both passes at 90th Street. I did not see Dan run; he must've been so fast I missed him. It was very cool to be a course

marshal and watch the entire race. The elites passed by the second time soon after the crowd passed by the first time, so there was very little downtime. An early, fun morning! —Andi Robik

I ran 1 second faster than at the Manhattan half in January. Still, a PR!  
—Karen Foley

#### Los Angeles Marathon Mar 21

Mick Close . . . 5:06:59  
Lisa (my daughter) and I ran and finished this race together. It was a PR for her! The course started at Dodger Stadium and finished in Santa Monica. We had a great time!

#### Bataan Memorial Death March Marathon, White Sands Missile Range, NM Mar 21

Jeff Burrowes (9th OA) . . . 5:09:29  
(Civilian Heavyweight Division)

The weekend started with a historical presentation of the Bataan Death March and classroom presentations by survivors (firsthand accounts of the march and the P.O.W. camps). Inspirational men. In the moving opening ceremony, roll was called of the 24 survivors present. Then we were able to shake their hands on the way to the start.

The first 3 miles were on pavement, the next 4 or so were on dirt roads, and then there was pavement again but entirely uphill. Finally, at mile 13, the summit was reached and the descent begun. It was mostly rolling hills. Mile 20 marked the start of the sandpit, which had the consistency of kitty litter. Not the most enjoyable surface to run/walk on at this point. The final 4 miles of the marathon were on dirt roads. The water stations were well manned, and hamburgers were being sold at mile 13. No beer, though.

This was the most challenging course I have run, because of the hills and because I was in the Civilian Heavyweight Division, which meant I was required to wear a 35-pound backpack. It was great running with ROTC and service men and women serving our country. In a sense, this was the easiest marathon to finish because of the inspiration from the men of Bataan.

#### Marine Corps Run to Register 10K, Quantico, Va Mar 27

Jennifer Lanterman . . . 45:35  
Ray and I ran this race on the Marine Corps Base in Quantico. The event is in its first or second year. The idea behind it is that all finishers receive guaranteed entry for the Marine Corps Marathon.

I had a cold all week and, after the temperature dropped precipitously on Saturday, was debating whether to run. I decided to go to the race, as I had driven all the way down there already, and either I'd run or watch Ray run.

It was cold: 33 degrees! The race start was odd. We began on the track in Butler Stadium. We ran half a lap before heading up a hill. The first mile was a traffic jam. The road was narrow, and I found myself stutter-stepping often. A big problem was some very slow runners started in the front, ran shoulder to shoulder with friends, and did not yield or square their yards for faster runners. Anyone who did not start at the very front ended up with a dismal first-mile split.

The course is an out-and-back along the river. The best part of running on a base is that traffic is easily controlled, and we didn't have to watch for cars! At the 3-mile turnaround, there was a water station *and* portajohns, and many runners appeared to appreciate both.

As I had slept horribly the night before, I ran with my iPod for a boost. Around mile 4, I pulled the ear buds out of the iPod, but my hands were too cold to reinsert them, so I had to stop to get the job done. When I finished, though, I looked up and saw I'd stopped at the foot of a hill. Ugh! At the same time, a wind came up off the river. So, there I was, trying to regain my momentum while running uphill and against the wind! The finish was back down the hill and then to the track for another half a lap.

The well-organized finish area had drinks and snacks in a tent, a no-wait supply of portajohns, and a USO truck supplying coffee, tea, hot cider, snack bags, and free Girl Scout cookies! Yes, cookies! The GSA donates a gazillion cookies to the military for distribution to the troops and at military-affiliated events. The finish area was also where we finishers received our Marine Corps Marathon registration codes

The awards ceremony was well-organized, too. It started promptly at 9:30. Runners received really cool short-sleeved Dri-Fit shirts.

My time of 45:35 was good for 6th in my age group (30–34), which included the top 2 female finishers, and 171/1796 overall. I'm very pleased with my performance, as I hadn't done a speed workout since mid-autumn, and now I'll be able to use that time as a guide for my speed workouts, which I'll start this coming week!

<b>Millburn Spring Run (10K)</b>	<b>Mar 28</b>
<i>Charlie Slaughter (1st AG)</i> . . . . .	40:19.86
<i>George Carlson</i> . . . . .	44:12.33
<i>Ed Kelly</i> . . . . .	44:19.44
<i>Michael Bianchino (1st AG)</i> . . . . .	44:31.11
<i>Yair Greenbaum</i> . . . . .	46:10.81
<i>Aileen O'Rourke (3rd AG)</i> . . . . .	47:05.12
<i>Wayne Carlson</i> . . . . .	47:58.74
<i>Helene Scarnegi (2nd AG)</i> . . . . .	48:13.46
<i>George McIntyre (1st AG)</i> . . . . .	49:28.48
<i>Rich Unis</i> . . . . .	50:07.72
<i>Bill Wilde</i> . . . . .	50:17.74
<i>Tom Kelly (2nd AG)</i> . . . . .	50:30.42
<i>Amy Ulto</i> . . . . .	51:20.83
<i>George Swiatek</i> . . . . .	54:47.37
<i>Ed Trieste</i> . . . . .	56:39.00
<i>Martta Kelly (2nd AG)</i> . . . . .	59:28.49
<i>Robbin Jordan</i> . . . . .	1:01:12.03
<i>Valerie Kenny</i> . . . . .	1:04:14.74
<i>Lynda Hollander</i> . . . . .	1:11:04.77

Tom and I set out to do this race as part of a long training run, the last long run for Tom before his taper to Boston (lucky him!). Our plan was to run 6 or 7 miles as a warmup, then the 10K, and then 6 as a cool down. For the most part, everything went according to plan.

I wanted to race the 10K, as I'd always done, but Tom said not to worry so much about racing but to keep an even pace throughout and have enough in the tank for the final 6. So, I backed off, and posted one of my worst 10K times ever.

The good news is that I felt great throughout, even during the final 4 miles, when I got a little tired. Our plan was to fuel up every 6 miles, and, because we brought bananas, gels, and miso soup with brown rice (yes!), that worked out well. Getting started up again was a bit tough, as was the unpredictable weather. For the first 6, I dressed like an Eskimo; for the race, I felt good enough to go with tights and a long-sleeved tech shirt (no hat, no gloves); for the cool-down, it was rain gear, a hat, and gloves.

The best part? My new orthotics felt like heaven, thanks to my new podiatrist. Over the past two months, I'd been plagued by a mysterious left-foot "toe pinch" (second and third toes) that usually cropped up at mile 7 or 8 of a long run. When I used my hand to try to replicate the pain, the pain was gone. I could run with the pinch, but it was very annoying and uncomfortable, and it definitely slowed me down. It turned out that all I needed was new orthotics and, to my amazement, larger running shoes. Apparently, 10 years of running have caused my feet to grow an entire size! Why can't running make us taller, too?

All told, we did about 19 miles. It wasn't the 20 we were after, but it was good enough given a few setbacks we'd had over the past couple of weeks. And since we ran a slow 6 to cool down, neither of us had any major pain or stiffness afterward, even today, two days later. All those years that Coach Joel tried to get me to do a cool-down run after a race, and I always blew it off. No more!

The biggest surprise, however, was checking the results and learning that we both took 2nd-in-age awards. Unreal! —*Martta Kelly*

**NYRR Colon Cancer Challenge Mar 28 (15K, 4M), Central Park**

15K: <i>Andi Robik</i> . . . . .	1:18:54
4M: <i>Aubrey Blanda (PR)</i> . . . . .	32:12

There was so much going on in the park this morning, even a duathlon, which our own Tracy Keller participated in and completed, that the start time for the 15K was pushed back to 11:15. Despite the late start, I enjoyed the race. The field wasn't too crowded, either. —*Andi Robik*

I went into Manhattan early to get in some miles before the 15K race, which I had planned to run, but I managed to do 14 miles by 9:15, in time to pick up my chip and shirt and make the earlier start of the 4-mile race.

My 15K plan had been to run at marathon pace, as the race was to be part of my last long run before tapering for my goal marathon. But because I opted for the shorter race, I decided to challenge myself out on the course, and I was rewarded with a 19-second PR, coming after 14 miles! I was very happy with that, and capped the race off with a 2-mile cool-down, for an even 20 miles for the morning.

I have done this race four times and have never found it hard to push myself seeing all the signs made in memory of loved ones who have died of the awful disease of colon cancer. That so many runners were out there for this cause was very motivating. —*Aubrey Blanda*

**Wurtsboro Mountain 30K Run, Mar 28 Wurtsboro, NY**

<i>Will DeRoberts</i> . . . . .	2:21:53
<i>John Young</i> . . . . .	2:24:47

**Ocean Drive Marathon & 10-Miler, Mar 28 Cape May to Sea Isle City (26.2M) or to North Wildwood (10M)**

Marathon	
<i>Bob Goodsell (1st marathon! BQ!)</i> . . . . .	3:41:55
<i>Ellen Kim (1st marathon!)</i> . . . . .	3:46:54
<i>Greg van Inwegen (PR)</i> . . . . .	3:54:16
10M: <i>Susan Palermo (PR)</i> . . . . .	
	2:12:15

Several ERC members raced or paced at Ocean Drive. The marathoners were Bob, Ellen, Greg, and Laura Gelman; Susan ran the 10-miler; and Sharon Morrissey and Chris Jaworski paced.

Our very convenient center of operations was Granny's (Sharon's grandmother's) shore house in Avalon—20 miles from the start, 10 from the expo and finish area for the 10-miler, and a block or two from the marathon's 20-mile marker.

Saturday afternoon and evening were a beehive of activity, with members hanging out at the house, hitting the expo, attending Palm Sunday Mass, preparing and sitting down for a big pasta dinner (finishing three days of carbo-loading), toasting Granny's 100th birthday (peace be with her), celebrating Sue's birthday, touring the area and the course, watching an inspirational DVD of Laura's 2003 New York City Marathon (starring her and her supportive family and very professionally produced by her father), and discussing strategies for our races the next morning.

When Ellen's turn rounded, she said she was hoping for 3:59:59 in this, her first marathon. A hush immediately fell over the room . . . and almost as quickly the silence was broken by the voices of marathon veterans Greg, Laura, and Sharon suggesting that Ellen concentrate on having fun and try not to push too hard. Greg followed with a few of his war stories. Soon Bob (another first-time marathoner) and Ellen not only were convinced that sub-4 hours was unattainable, but they were wondering whether they'd finish at all.

In the morning, Bob reported on the weather conditions (partly cloudy; 15-mph winds from the east, meaning primarily a cross-wind), and the gang reread Chip Bearden's e-mails detailing wind exposure at every turn, elevation changes at speed bumps, and every pothole on the course.

Sharon drove the nervous group to the Cape May start. Greg and Laura used the time to give loads of useful expert advice to Ellen and Bob.

There were 600+ marathoners, and almost 500 people running the 10-miler. Our marathoners were able to line up 10 feet from the starting line, so for once clock time matched watch time.

The crowds were thin compared with NYC's, of course. There were some great fans along the way, but also someone holding a sign that read, *I am just holding a sign*. And Sharon posted two signs by the 20-mile marker: *Go B & E* (for Bob and Ellen) and one with a large-print *Go Laura* above a tiny-print *Oh yeah and Greg too*.

Greg spent his first 8 miles blocking the wind to Laura's specifications: "a little to the left . . . no,



a little to the right ... watch the elbow in the face ... oops, sorry for kicking you again." Laura was already seeing stars at mile 8, and it was clear it wasn't her day, but she kept running because going to mile 20 was the most convenient way to get back to Granny's. At mile 11, Bob became separated from Greg and Laura. Little did he know he was on his way to run the fast race we'd all known he was capable of. Chris drove Sharon to mile 14, dropped her off, and headed for North Wildwood. Sharon waited for Greg and Laura to arrive and then ran with them. At mile 20, Laura bowed out as planned. Good thing the house was so close; she could barely walk, and her leg gave out twice. But what a great effort she'd put into getting to mile 20, despite having difficulties so early in the race! We're so sorry she had a rough day!

As predicted, Bob ran great. He hung back, negative-split by ~7 minutes, finished in 3:41:55, and qualified for Boston on his first attempt!

Amazing Ellen ran the perfectly executed race of an experienced pro. She also hung back the first half, then began her push and soon caught up to and passed Greg and Laura, whose jaws dropped. Greg: "What are you doing here?!"

In the 10-miler, Sue was joined by Chris at the 9.5-mile mark for her run in to the finish on the North Wildwood boardwalk. Not only did she beat the time she had estimated for herself, but she set a PR and completed a 10-miler running nonstop for the very first time!

Sue walked a bit to cool down, and then she and Chris quickly left to drive back to Granny's. Sue took her postrace shower while Chris walked over to the 20-mile mark to pace Ellen. He was expecting her to arrive 3 hours into the race, but he no sooner got there than Ellen and Greg did too, about 10 minutes ahead of schedule.

Greg had been battered by the wind, but Ellen was looking stronger than ever. She ran those

final 6.2 miles with Chris at 8:20 pace and finished in 3:46:54! Check it: In her first marathon, she'd thrown down a 1.5-minute negative split and come within 55 seconds of a Boston qualifying time. We think she'll get one on her next try!

After relaxing at Granny's, Sue drove Sharon farther up the course to drop her off before continuing to the marathon finish area. Sharon ran a bunch of miles looking for Greg, to no avail. She'd reunite with him later, at the finish line.

Despite a bit of rough going, Greg gutted it out and set a PR by 2 minutes 42 seconds! At the finish, he was beset by severe cramps and uncontrollable shivers. With the gang attending to him and Sue getting him some hot soup, however, he was soon on the road to recovery.

It was a great trip. Sharon's hospitality at Granny's and her and Chris's driving and pacing were greatly appreciated. All are looking forward to a fall road trip. —Granny's Gang

## WHAT'S THE RUSH? Sue Palermo & Bev Salerno

*A column for the speed-challenged runner, by Sue the Snail Palermo and Bev the Tortoise Salerno.*

Are you a snail or a tortoise? You may be if you answer yes to any or all of these questions:

- Are you slower than the slowest pace groups at races?
- Is your marathon goal to finish before the moon rises?
- Do finish-line volunteers applaud you because they can finally go home?
- Is it impossible for you to do a slow training run (a run at slower than race pace) because it would be walking?

Each month, What's the Rush will provide a helpful tip or a personal story for the snails and tortoises in the club.

Here's our introductory thought: Don't disparage your running efforts. Don't tell yourself you're slow. According to a paper written by J. L. Mayhew of the University of Illinois and published in the *British Journal of Sports Medicine*, the "energy cost of running a given distance is independent of the speed at which it is run." So, you're not taking it easy. You are as wiped out by your 3-hour half-marathon as your speedy friend is by his 2-hour half. And you deserve all the admiration you get for your effort.

Until next time ... enjoy your running, at any speed.

### Running On, Living On

Mike Skara

While awake in bed late in the night, when it is just me and the darkness, I think about the big questions. Who am I? What am I doing here? Will I be remembered by anyone when I'm gone, or even while I still live, as we have our exits and entrances in others' lives?

The answer, I think, is probably not. Although "some are born great, some achieve greatness, and some have greatness thrust upon 'em," I don't fit any of those categories. I'm no Shakespeare, Einstein, or da Vinci, and I know, "Life's

but a walking shadow, a poor player, / That struts and frets his hour upon the stage, / And then is heard no more."

But with running, each of us can achieve a sense of greatness. As we run, "to-morrow, and to-morrow, and to-morrow," we improve. We move up in the race standings. We become stronger. We're remembered by our family and peers. Maybe in the office they're saying, "She's a crazy runner. Goes out running in a snow, I hear." Maybe one day 75 years from now, our grandchildren are telling their children, "Grandpa? He was quite a character. That guy loved to run. I think he ran a bunch of marathons."

Those scenes may not reach a level of immortality on the world's stage, but they can be even more precious.

### On April 10, the Cycle Continues

Interested in bicycle racing? Just as racing season is resuming for us runners, the sport of cycling is also getting under way again. On April 10, a criterium-style race will be held at Branch Brook Park. Here's a good article about getting started in the world of cycle races: <http://tinyurl.com/y97oflu>. It could be a fun addition to your running. —Paul Kartanowicz

That same day, Rose Hall and I are doing a duathlon at Lake Nockamixon in Doylestown, Pennsylvania. 5K run, 19-mile bike, 5K run. Should be a good time, particularly for other multisport folks who want to avoid the water just yet! Check out [doylestowndu.com](http://doylestowndu.com). —Meredith Cozzarelli

#### More Hillwork Needed

John Bunyan's *The Pilgrim's Progress* (1678) takes a long journey on foot as an allegory of life. ... Occasionally the Pilgrim's journey does include a little running, as when Christian is climbing the Hill of Difficulty. As the going gets tougher, he falls "from running to going [walking], and from going to clambering upon his hands and knees, because of the steepness of the place."

—Roger Robinson

## RACES: APRIL & 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.*

4/3	Sat	9:13a	13.1 Marathon New York (Flushing Meadows, Queens)	13.1M, 5K	305-278-8668	
4/3	Sat	10:00a	Scotland Run 10K (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	8:30a	Caldwell College 5K Run for Autism	5K	973-618-3297	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
<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>
4/11	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	
<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	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	9:00a	Miles for Matheny (Liberty Park, Peapack)	5K	910-686-0026	NBGP: 500 pts
4/18	Sun	9:00a	Strive for 5 (Bridgewater)	5K	908-566-7757	NBGP: 500 pts
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	
4/19	Mon	10:00a	Boston Marathon	26.2M	508-435-6905	
4/21	Wed	6:30p	5K XC Series (Morris County Central Park, Parsippany)	5K	973-627-2575	Weekly through September 1
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
<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>
4/24	Sat	10:00a	Earth Day 5K (Liberty State Park, Jersey City)	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	5K	609-896-8000	NBGP: 500 pts
4/25	Sun	8:00a	More/Fitness Women's Half-Marathon (Central Park)	13.1M	212-860-4455	
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
5/1	Sat	Various	Muddy Marathon (Craigmear Complex, Newfoundland)	Various*	973-627-2575	*26.2 (individual, relay), 13.1, 6.55M
5/2	Sun	9:00a	Nutley Chamber of Commerce 5K	5K	973-667-5300	NBGP: 500 pts
5/2	Sun	9:00a	Hot Pursuit 5K (Saddle Brook)	5K	201-960-8584	NBGP: 500 pts
5/1	Sat	9:00a	Revlon Run/Walk for Women (Times Sq to Central Pk)	5K	212-379-3199	
<b>5/2</b>	<b>Sun</b>	<b>9:00a</b>	<b>NJ Marathon &amp; Long Branch Half-Marathon</b>	<b>26.2, 13.1M</b>	<b>732-578-1771</b>	
5/2	Sun	9:30a	Christian Brito Memorial 5K (Passaic Park)	5K	201-926-5303	
5/2	Sun	10:00a	Madison High Five	5K	973-514-1057	NBGP: 500 pts
<b>5/2</b>	<b>Sun</b>	<b>1:00p</b>	<b>Our House 5-Miler (Summit)</b>	<b>5M</b>	<b>908-902-8587</b>	<b>NBGP: 700 pts</b>
5/8	Sat	8:00a	Long Island Greenbelt Trail Run (Plainview, NY)	50K, 25K	516-349-7646	
5/8	Sat	Various	North Face Endurance Challenge (Bear Mountain, NY)	Various*	214-659-5668	*50M, 50K, 26.2M
<b>5/8</b>	<b>Sat</b>	<b>8:30a</b>	<b>Newport 10,000 (Jersey City)</b>	<b>10K</b>	<b>908-902-8587</b>	<b>NBGP: 700 pts</b>
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	Maywood 5K	5K	201-845-0920	NBGP: 500 pts
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)	13.1M	212-860-4455	
<b>5/23</b>	<b>Sun</b>	<b>9:30a</b>	<b>Run for Rachel (Livingston)</b>	<b>5K</b>	<b>908-902-8587</b>	<b>NBGP: 700 pts</b>
5/29	Sat	8:30a	Spring Lake Five	5M	732-449-3544	Registration closed
5/30	Sun	10:00a	Charlie Horse Half-Marathon Trail Race, Plowville, Pa	13.1M	610-796-2156	
<b>5/31</b>	<b>Mon</b>	<b>8:45a</b>	<b>Ridgewood Run</b>	<b>10K, 5K</b>	<b>555-427-5205</b>	<b>NBGP: 10K (700 pts), 5K (500 pts)</b>

*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 (oympt.net)*