



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

May 2010

Vol. 27, No. 5

PRESIDENT'S CORNER

Mark Frankel

May is upon us, and I'm starting to look forward to Memorial Day weekend with all its wonderful trappings: the Ridgewood Run, the Spring Lake Five, barbecues, the opening of pool season, and, of course, television marathons.

I'm a bit fascinated that the word *marathon* is used to describe anything of long duration. I'm also a bit annoyed that, having worked so hard to finish 14 "real" marathons (16 attempts), I see the name of the race associated with an activity promoting couch-potato-ism. It just seems wrong.

(Continued on p. 2)

Starting June 3:

Summer Fun and Hosted Runs!

It's almost time for ERC's schedule of summer events to begin. There'll be races, a postrace party at the Shillelagh Club, two interclub challenges (Smoke Rise, Clifton et al.), our annual Wine & Cheese Party (with Shannon Calamito hosting again), the Smoke Rise Biathlon, and 10 Thursday-evening hosted group runs!

The group runs take place at 7:30 pm on most Thursdays in June, July, and August. Volunteer hosts plot a 3- to 6-mile course and provide light food afterward.

If you'd like to host a run from your home (or another location), please write to me at jaworski@verizon.net. I'll add runs to the schedule and print details in *Keeping Track*. Would you like to host but need help with preparation, cost, or location? Consider cohosting with another member.

Thursdays reserved: June 24 (tentative, Smoke Rise Challenge 4M, George Studzinski), July 1 (Sunset Classic 5M), August 5 (Project Children 5K & Shillelagh Club).

Thursdays available for hosted runs: June 3, 10, 17; July 8, 15, 22, 29; August 12, 19, 26. — *Chris Jaworski*

MARK YOUR CALENDAR

- **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 4.** General meeting with special guest Frank Gagliano. *Page 1.*
- **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.*

ERC'S NEXT GENERAL MEETING

Tuesday, May 4, 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

Special Guest

Frank "Gags" Gagliano, considered the Godfather of Track and Field, was the most successful men's T&F coach in Georgetown University history, leading the Hoyas to 10 IC4A (Intercollegiate Association of Amateur Athletes of America) team titles, eight Penn Relays Championship of America titles (including a world-record distance medley relay win), and 23 Big East team championships. He later coached the Nike Farm Team (2001–2006) and the postcollegians in the Oregon Elite Track Club (2006–Jan 2009). Over his career, Gagliano has coached 140+ All-Americans and 12 Olympians, including 2008 team members Christian Smith, Nick Symmonds, and Nicole Teter.

General Meetings 2010

May 4, Jun 1, Jul 6, Aug (no mtg), Sep 14,
Oct 5, Nov 9, Dec 5 (Sun, holiday party)

Board Meetings 2010

May 11, Jun 8, Jul 13, Aug (no mtg), Sep 21,
Oct 12, Nov 16, Dec (no mtg)

- **May 31.** Ridgewood Run 10K & 5K (USATF–NJ 10K championship, masters women). *Page 4.*
- **Jun 3.** Come to the first hosted group run of the summer! *Page 1.*
- **Jun 6.** Montclair Run 10K & 2M (club race). *Page 4.*
- **Jun 18.** ERC Wine & Cheese Party (Shannon Calamito, host).
- **Jun 24** (tentative). Smoke Rise Challenge 4M, Kinnelon.
- **Jul 11** (tentative). Interclub Challenge with Clifton & other clubs.

Coming Soon

Essex Running Club's
2010 Membership Directory

Welcome to the Club!

George Carlson, *Clifton*



**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

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Online

Web site: www.essexrunning.com

Yahoo e-mail group:

Join group at
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Then you can send e-mail to
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Clothing Directors
Catherine Alessi & Susan Palermo
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(Continued from p. 1)

So, assuming my kids ever give me the time to watch anything other than Disney and Noggin, I'd like to propose that a TV station show a "marathon marathon" over Memorial Day weekend. Yes, 24 consecutive hours of marathon coverage.

For the broadcaster, filling that block would require a lot fewer marathons than, say, half-hour sitcoms. Assuming that all the top runners of the major marathons would finish in 2 hours 45 minutes or less, and that just 15 minutes of commercials would be added, then only eight marathons (vs. 48 sitcoms) would be needed.

The five marathons that comprise the World Marathon Majors (Berlin, Boston, Chicago, London, New York) would be obvious choices for programming, leaving just three more marathons for studio executives to select.

In odd years, the World Championships could work, and every four years, of course, the Olympic Marathon comes around. Other fine possibilities are such mid-majors as Honolulu, Los Angeles, Paris, Richmond, Rome, Rotterdam, and Tokyo. Maybe even Marine Corps, though the People's Marathon is usually boycotted by the pros for not offering prize money.

It may even be reasonable to include one or two Ironman triathlons. Kona is always neat to watch. Ultras may work, too. I'd love to see Badwater on TV.

I can't think of anything more exciting. Marathons are races of attrition. They're also races of faith. The lead runners go out with the faith that their training can help them hold a certain pace, even speed it up, over 26.2 miles. As the event goes on, the lead pack is whittled down to those few whose faith wasn't misguided that day.

Watching a marathon marathon would beat sitting through another Hannah Montana marathon, which my five-year-old daughter will undoubtedly ask to see, or even the *M*A*S*H* marathon, which my father-in-law will watch in between flipping burgers on the grill.

West Essex Trail Cleaned Up

Thanks to everyone who helped out at the trail cleanup on Saturday, March 27. We started with the usual tribute to former club member Rod Munro, and then we split up into two groups and spent about an hour cleaning up the trail between Verona High School and Pompton Avenue in Cedar Grove. Afterward, we had bagels, and a few of us ran the trail. I ran the trail again on April 5 and enjoyed the fruits of our labor! Catherine Alessi, Joe Cozzi, Dave Gurniak, Gina Imperato and William Jarrett, Tracy Keller, and Tom and Martta Kelly—great job!
—Mick Close

Award-Worthy Awards Dinner

Thanks to Mark Frankel, Lynne Mortimer, Helene Scarnegi, and Aileen O'Rourke for organizing the wonderful evening of April 6 at the Brownstone House restaurant in Paterson. The ambience was more than appropriate, the food was great, and the company of so many accomplished runners topped it all off. This was a great choice of venue, and a very efficiently run event! Thanks again.
—George Studzinski

I echo those sentiments. It's inspiring to be surrounded by so many accomplished runners—and I mean everyone, not just the award recipients.
—Justine Krell

New Joy

Although we're sad she's left us and New Jersey behind, we're also very happy for longtime Essex Running Club member Joy Mishkin. On April 29, Joy moved to California to start a new and exciting life!

Before heading west, Joy provided *Keeping Track* with a few details about herself: "I joined ERC in 1998 and ran a variety of 5Ks and summer Thursday-night runs. After breaking my leg in January 2005, however, my running days were over, and simple walking on Thursday nights sufficed."

Joy would like her Essex friends to know that they can stay in touch with her at joymishkin@gmail.com or 973-650-1077. She also extended an invitation: "If you're ever in Los Angeles, feel free to look me up."

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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E-Mail Alerts* to This Address:

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

MEMBERSHIP STATUS

ANNUAL DUES

Join the Club Renew Membership

\$25 Individual \$40 Family

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

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 May Issue Of
KEEPING TRACK ...

15 Years Ago (1995)

Speaking at next month's meeting will be Ray from Montclair Bikery and a Trek representative ... Larry Hollander recaps doing New York City's Five Boro Bike Tour with Mel Fine, Robert Fine, and Lynda Solomon ... Mike "Cliffhanger" Wojcio takes 1.25 pages to describe his Big Sur Marathon experience before ending with: "Then the alarm went off. It was 3:45 am (to be continued)" ... In Eye on the Speaker, Genie Tendrich reports on *Record* track-and-field reporter and USATF–NJ long-distance running coordinator Madeline Bost's April talk on age-graded timing ... Joe Cozzi: "Human nature being what it is, we often take things for granted. I did not truly appreciate the positive influence running had on the quality of my life until it was taken from me for a period. It is unfortunate that we do not realize the value and importance of many of our gifts until they are taken from us. Such is the case with the gift of movement" ... the board of directors announces ERC will become a "member club" of USATF–NJ ... Bloomfield's Sunset Classic will be limited to 3000 entrants; there will be postrace Coors; and results will be mailed on request.

10 Years Ago (2000)

For Tom Kelly, the Cherry Blossom Run is his CCCC race, a race he values for its County, Civic, Club, Carnevale, and Personal components ... Howie Brown and Judy Weiss-Brown on running the Boston Marathon, in 3:41:50 and 3:40:17, respectively; Mike Kantor on getting a second chance after a hip stress fracture and being able to run a marathon again (Jersey Shore, 3:43:06); and Mike Wojcio on completing South Africa's Two Oceans Marathon, a 56K (35-mile) ultramarathon he completed in 6:53:17.

5 Years Ago (2005)

Welcome to the club, Aubrey Blanda and Jennifer Lanterman! ... Mark Frankel reviews Lance Armstrong's *It's Not About the Bike* ... joining the ranks of ERC's Hall of Fame is Lenore Piccoli, a "top woman distance star in the 70s, 80s, and 90s ... quite often the first woman finisher or first in her age group in various USATF and other New Jersey road races and area marathons."



USATF–NJ

Mick Close

May with its four championship races is a big month for the new Fleet Feet/Essex racing team, and all ERC members are invited to be a part of it. In fact, everyone is guaranteed a spot on the team. But to run as a team member, first you need to sign up with USATF and obtain a USATF number.

USATF membership also allows you to race in the Grand Prix for individuals, and it supports the sport of running and has many perks, such as preregistration discounts at all participating races (it's possible to 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 through June:

- 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)



AT THE RACES

Mick Close

New Jersey Marathon & Long Branch Half-Marathon

Sun, May 2

The marathon, half-marathon, and marathon relay all start together at 9:00 am on a fast, flat course through Long Branch, Monmouth Beach, and Oceanport. There is an oceanfront start/finish—and this year a wave start, plus changes to the course. The half is one loop, and the marathon two loops. The course is spectator-friendly, as runners can be seen twice each loop. Info: 732–578–1771, njmarathon.org.

Our House 5-Miler

Sun, May 2

This early afternoon (1:00 pm) race, which starts at the Village Green in Summit, is the USATF–NJ open 5-mile championship and a USATF team race for both men and women. The first 500 entrants get a long-sleeved T-shirt and a runner's bag. After the race, there are great refreshments and fabulous random prizes. The course is on residential streets over rolling hills, with the first 4 miles mostly downhill and a tough last mile back up to the finish. Info: 908–902–8587, oymp.net, raceforum.com/ourhouse.

Newport 10,000

Sat, May 8

This race goes off at 8:30 am on the Saturday of Mother's Day weekend. With \$12,000 in prize money, this premier event attracts many elite runners. It's the USATF–NJ open 10K championship and a team race for men and women. The course is said to be the fastest in the tristate area, with the first 4 miles on local streets and the last 2 on the Jersey City waterfront, with spectacular views of the Manhattan skyline. Amenities include a special Newport 10,000 tech tee, a goody bag, postrace refreshments, music, and random prizes. Info: 908–902–8587, oymp.net, newport10k.com.

Run for Rachel 5K

Sun, May 23

This event keeps being moved around on the calendar but otherwise appears unchanged. Usually some of the year's fastest 5K times are recorded here, on the race's mostly flat, out-and-back course, which starts (9:30 am) and ends at Livingston's Memorial Oval. And this USATF team race for women always draws a strong women's field for the USATF–NJ women's open 5K championship. Preregister to receive a race bag in addition to a T-shirt, and stay after the race for the random drawings, which usually feature some valuable prizes. Info: 973–765–9050 x400, oymp.net, active.com, raceforum.com/rachel.

Ridgewood Run

Mon, May 31

The Ridgewood Run (35th annual) will be held as usual on Memorial Day (10K at 8:45 am, 5K at 10:15). There is no race-day registration. North Jersey Masters does a great job with this event, and there are many amenities. The 10K is a team race for our women 40 or older and the USATF–NJ masters women's 10K championship. The 5K is the RRCA (Road Runners Club of America) New Jersey state championship. There is prize money in both events. Info: 973–333–4837, ridgewoodrun.com, raceforum.com/ridgewood.

Club Races in June

The Montclair Run (Sun, Jun 6), one of ERC's most popular events, features both a 2-mile fun run/walk (starts at 8:30 am) and the well-known 10K race (9:30).

The President's Cup Night Race (Mon, Jun 21, 8:00 pm) is a fast, exciting two-lap 5K around downtown Millburn. The postrace party at Charlie Brown's features Samuel Adams beer. This event is once again the USATF–NJ open men's 5K championship.

The Pine Beach 5K (Sun, Jun 27, 9:00 am), which takes place down the shore, is the USATF–NJ masters men's championship 5K race. Its fast, flat, scenic course follows Toms River and travels through the quiet streets of Pine Beach. Run this 5K in the morning and then ...

The same day (Sun, Jun 27), do Fitzgerald's 1928 Lager 5K Run at 6:00 pm back up north here, on Essex County home turf in Glen Ridge. This race is organized by Essex Running Club member Dan Murphy.

The Sunset Classic, another night race (Thu, Jul 1, 7:30 pm), is the popular Bloomfield/Glen Ridge 5-miler with the Foley Field track finish and postrace party.

FINISH LINES

Bordentown St. Patrick's Day 5K Mar 20

Mike Sneden (2nd AG) 20:20
A beautiful day for late March greeted the more than 400 runners doing this race, which started and ended at a middle school (with facilities). The flat, two-loop course through the downtown was fast, and this ended up being a nice race for Grand Prix points.

Rise Fit for Life 5K, Hightstown Mar 27

Mike Sneden (2nd AG) 20:19
Ed Kelly 20:43
I ran into Ed Kelly at this race, which was staged at the high school. The temperature was cool, in the mid-40s, so it was nice to have the gym for registration, warmup, and the restrooms. Small turnout: 125 runners. The race started in the parking lot, and the pretty flat course traversed neighborhood streets. But in the final half-mile, there was a snafu. A turn was blocked off, and the pace car and leaders went straight instead. The runner in front of me turned correctly when the course marshals (otherwise known as 15-year-olds) removed the barriers. After the race, Ed and I plotted to have all the runners ahead of us disqualified so we could get all the Grand Prix points, but we thought that might be unsportsmanlike. In the end, though, the runner in front of me said the runners ahead of him were so far in front that the placing would not have changed.

—Mike Sneden

Ship Bottom Sprint for Life 5K Apr 3

Mike Sneden (2nd AG) 20:01
I carpooled to Long Beach Island with Passaic County Runners Club founder Ross Mistretta. The weather was expected to be spectacular (mid-60s temps), so we were a bit disappointed it was still in the low 50s at the 12:30 pm start. Nevertheless, after coming off a bunch of cold-weather races, this 5K, even with its relatively light wind, was okay. Nice turnout: about 400. The course was flat; its second half consisted of two long straightaways. Ross (21:09, 2nd AG) and I did well with Grand Prix points. Since this race was created seven years ago, it's raised about \$50,000 for the Leukemia & Lymphoma Society.

Scotland Run (10K), Central Park Apr 3

Aubrey Blanda (personal CR) 52:17
Kimberly O'Neil 52:55
Karen Foley 56:50
Robbin Jordan 1:04:40
It was a gorgeous morning for venturing into Manhattan and the park, where there were plenty of kilts (on men and woman), Scottish flags, bagpipes, and oats. An outstanding band, A Whiskey Kiss, entertained the crowd and played a wonderful violin version of the national anthem. The race was well attended but not overly crowded (the corral system really helped). After running 7 slow miles around the park, I was happy to give this race a good effort, and, in spite of the unexpectedly strong sun, this was my best time for a 10K on this course.

—Aubrey Blanda

13.1 Marathon New York Apr 3

(Half-Marathon), Queens
Jean Zignorski (5th AG, PR) 1:49:13
The inaugural 13.1 Marathon is sponsored by World Vision and is run in eight cities: Atlanta, Boston, Chicago, Fort Lauderdale, Los Angeles, Miami, Minneapolis, and New York.

The New York race was in Flushing Meadows. On my drive to Queens, I didn't hit any traffic—one of the good things about a race on the day before Easter. And a great day it was.

There wasn't a lot of parking, but I know the area well from going to Mets games and found a spot a little way away and walked. Worked great.

Communication about the baggage check was poor. Initially we'd been told we could check our bags at the start, and the bags would be brought to the finish. That didn't happen. We had to go to the finish to check our bags.

The course map looked complicated, but all turned out well just following runners ahead of us. And overall it was a great experience. I liked the course. The crowd support was minimal in some areas but great in others. Names were added to race bibs, so I was able to hear my name being called out several times, and that really helped motivate me. I ended up beating my previous PR by about 5 minutes. I had set an aggressive goal for myself and accomplished it!

MK5K Run, Denville Apr 10

Will DeRoberts (10th OA, 1st AG) 18:29
Susan Mello (2nd AG) 23:48

Essential 2 Life 5K, Apr 10

Liberty State Park, Jersey City
Mike Sneden (1st AG) 20:41
Ed Kelly (3rd AG) 21:29
Helene Scarnegi (8th W, 1st AG) 23:23
Ellen Kim (10th W, 2nd AG) 23:38
Bob Goodsell (3rd AG) 23:38
Spencer Schwartz 30:39
Last year's rain was replaced with clear skies and gusty winds. The stark difference was such that I didn't even realize the Statue of Liberty was in view along the course. This is my kind of race: flat all the way.

—Spencer Schwartz

Times were a bit slow, as the headwinds were quite strong!

—Ellen Kim

Mid-40s temps and 20+ mph winds did not stop ERC runners from hauling away a load of metal—and our age-group award medals were *heavy*. Ellen took a great picture of us medal winners that I hope will make it into the newsletter's photo insert. Those cool and windy conditions weren't the best, but they were an improvement over last year's cool temps, wind, and pouring rain. This was a great race—500+ runners, shelter and bathrooms in the terminal, a live band, good food, raffles, and many sponsors. The course is a flat out-and-back on pavers. On a nice, windless day, it would be fast, but today's wind slowed us all down considerably.

—Mike Sneden

Doylestown Duathlon, Pa Apr 10

(5K run, 30K bike, 5K run)
Rose Hall 2:10:20
(23:35, 1:19:23, 23:39)
Meredith Cozzarelli 2:15:25
(25:24 PR, 1:19:22, 25:35)

The Doylestown Duathlon at Lake Nockamixon was Rose's first multisport, and boy was she a rock star—I am beyond excited for her!

The morning started out a bit chilly, about 42 degrees, with some wind. The 5K course was an out-and-back along the shore. It was a decent course with some rolling hills.

The 30K (18.6-mile) bike course came out to 21.2 GPS miles. Right out of the transition, we hit a lovely incline, which we took easy to get our bike legs going. Then we had a nice flat stretch out of the park and onto the roads, where the fun began. My dad had told us the wind would be from the southwest. He was wrong. It came from every direction! Needless to say, the wind, coupled with Bucks County hills, made the course quite challenging. Gorgeous, though! We rode a bit slower than we had anticipated, but, given the wind, we can't complain.

Then we finished with the second 5K, on the same route as the first, but now we were wearing a lot less clothing than before.

Rose had started this duathlon with the First Timers group, and I'd started 3 minutes ahead, with the age-group females. Luckily, Rose takes 3 minutes less to finish a 5K than I do, so we hit the transition at the same time and were able to ride the bike segment together. We then split up during the final 5K and finished within a couple minutes of each other.

Rose finished 1st female First Timer! Woo-hoo! She would also have placed 3rd in age. Her final times and splits were awesome.

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@yahoo.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., age-group award, PR). 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 listed in "Finish Lines" are eligible for awards. Want to say something about a race? Send us a recap!

I was very pleased with my performance as well. I PR'd on the first 5K, and almost peed my pants with excitement! Then, I somehow made my old PR in the second 5K! Who knew I could do that? I admit, I am still a little perturbed with the cycling, as that is usually my strong point, but what can you do?

I think I've finally converted Rose to a multisporter! We just need to get her into a swim cap!
—Meredith Cozzarelli

**Garden Spot Village Marathon, Apr 10
New Holland, Pa**

Beverly Salerno (2nd AG). 5:59:59
This is a marathon I probably will not do again. It was way too difficult for me. Those of you who love the challenge of hills might find it fun. There are rolling hills, some very steep, the entire way. There is a rise of 400+ feet in the middle of the course. I was wiped out by mile 13.

The course through Amish country is scenic. There were plenty of buggies trotting along and friendly Amish families sitting by the roadside and waving. As the course runs along working farms, however, there was a constant strong smell of cow manure. It was hard to breathe at times.

A half-marathon went on at the same time. Of 1000 runners, only 230 did the full marathon. So, after a few hours, runners were spread very thin. Most of the time, I was all alone on the road, with no houses or signs of civilization nearby. Once or twice I got panicky, envisioning myself dropping dead in a cornfield and being eaten by pigs.

My legs were destroyed by the hills, so I walked most of the last few miles. I consider it a miracle I finished in under 6 hours and 2nd in age (there were only two people in my age group).

I commend the Garden Spot Village people for being so well organized and friendly and for giving out Oreo cookies at all the water stops.

**Caldwell College Apr 11
5K Run/Walk for Autism, Caldwell**

Will DeRoberts (8th OA, 1st AG). 19:50
Helene Scarnegi (8th W, 2nd AG). 23:05
Ed Trieste (7th AG). 28:29
Susan DeRoberts. 29:33

Many Essex members went to the Cherry Blossom Run, but how could I pass up a race less than a mile from home? This first annual Run/Walk for Autism was part of a big weekend event the college held to promote autism awareness.

The race started at the college's Ryerson Avenue entrance and finished at its Bloomfield Avenue entrance. In between, the course looped through Essex Fells. There was a long downhill along Fells Road from about half a mile into the race to about the halfway point, then a long incline up Rensselaer Road. A nice downhill on Ryerson provided some relief near the end of the race.

A few glitches might be expected for a first-time event. Here, there were no signs directing cars to race parking (I ended up using a business's empty lot); the postrace entertainment, awards ceremony, and results list were widely separated; and I was given a wrong-size T-shirt.

On the other hand, there were a couple of nice surprises in this 5K—three water stations,

more than in some 10Ks, and a 3-mile marker. In addition, there was a pasta party Saturday evening (I didn't attend) plus a fun run and a magician on hand after the awards ceremony. Della Crews of News12 started the race off.

There were 409 finishers and a sizable contingent of walkers. Thanks to this being a college event, there was a strong turnout of runners in their 20s. I hope these runners stick with it—I remember one Verona Labor Day race that had only two finishers in the male 25–29 age group!

I enjoyed this race and plan to run it again.
Note: My 56:39 in the Millburn Spring Run 10K (Mar 28) was a PR!
—Ed Trieste

Run as One 4M, Central Park Apr 11

Aubrey Blanda (PR). 31:57
Rob Caruso. 33:11
Kimberly O'Neil. 33:17
Bob Goodsell (ran with daughter). 39:30
A perfect morning for racing. This event raises money and awareness to fight lung cancer.
—Aubrey Blanda

Run for Children (5M), Elizabeth Apr 11

Mike Sneden (2nd AG). 33:31
Ed Kelly (3rd AG). 34:33
Mike Wojcio (2nd AG). 38:35
Yes, a great morning for racing, but only 60 or so runners showed up here. The course was pretty flat. It started at Union County College on West Street, headed west into Warinanco Park, made a big loop around the park, came back east on West, went uphill, passed the starting line, and finished in front of City Hall. —Mike Sneden

**Cherry Blossom Run (10K), Apr 11
Branch Brook Park, Newark**

Larry Czaplowski (11th OA, 3rd AG). 39:04
Dan Murphy (13th OA, 1st AG). 39:16
Charlie Slaughter (17th OA, 2nd AG). 40:39
John Kriens. 43:55
Amanda King (5th W, 2nd AG). 44:33
Stephen Sands. 46:41
Jennifer Lanterman (12th W, 2nd AG). 47:22
George McIntyre. 49:13
Tom Kelly. 49:29
John Piccoli. 50:54
George Swiatek. 54:09
Martta Kelly. 55:02
George Studzinski. 56:05
Mary Bibbee. 56:05
Karen Foley. 57:18
Gina Imperato. 57:26
Joe Cozzi. 57:32
Robbin Jordan. 1:02:44
Dawn Cascio. 1:05:11
Spencer Schwartz. 1:05:31
Susan Palermo. 1:18:05
Joanne Barone. 1:31:01

How frustrating. I knew I wasn't having a good race because of my iliotibial band injury. My time last year was 53:24; this year, 57:18. Last year, I placed 9th in age, and there were many fast runners. This year, I placed 9th again. Had I run last year's time, I would've placed 3rd. Ahh. Taking a week off to heal now. Thanks, Amanda, for suggesting the foam roller. I went to Fleet Feet

right after the race and picked one up. Hopefully use of the roller plus rest, and I'll be good to go.
—Karen Foley

Great race! Happy to see my friend Joanne make it! Watched with my 91-year-old mother and sister out from California.
—Bob Russo

**Urban Environmental Challenge Apr 11
10K Trail Race, Van Cortlandt Park, Bronx**

Chris Jaworski. 58:45
This was UEC #2 for me, but the two events may as well have been in different universes. In 2007, Robert Stack and I raced these trails during a nor'easter, the distance was 6.3 miles, I finished in 1:01:15 (9:43 pace), and the rain and cold wind left our bodies shaking and our teeth chattering and sent us scurrying for the warmth of the car. In 2010, I went solo, met up with New York Flyer friends, ran well despite the warmth (9:29 pace), and hung around to enjoy the sunshine and the small crowd at this legendary running venue.

Indian Trails 15K Run, Middletown Apr 11

Bill Wilde (3rd AG). 1:16:21
After running this race four times over the years, I vowed in 2009 never to do it again. It has several challenging hills, topped off after 7 miles by a miniature Mount Everest—a hill that shows no signs of shrinking. I was once again ready to call this race quits, but then a minor miracle happened—I won an age-group award! Amazing how a two-dollar medal can take away postrace exhaustion and soreness. There were not many runners in my age group, but I wisely choose to ignore that fact. Indian Trails next year, anyone?

There's a long, long trail a-winding
Into the land of my dreams.

—Stoddard King (1889–1933)

Release

The moment
becomes the run
the flow
to where we run
What is the goal?
Why do we run?
With each step
closer or further?
To feel the motion
the sound of wind
Without becomes within
and without again
Carrying us to
the point of no return
But return we do
In brief moments
we go
beyond the run.

Wayne Carlson
April 6, 2010

WHAT'S THE RUSH?

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

Happy spring to runners of all ages and speeds. Spring brings us out onto the streets, and brings up thoughts of races, especially 5Ks. Most runners have tried their stuff at a 5K. The 3.1-mile race is very doable for even the slowest of us.

But it's not the same race for a 13- or 14-minute miler and a 6-minute miler. While a "snail" is still struggling up a hill, a speedy runner is enjoying a postrace bagel or beer. If you plan to do a 5K at a leisurely pace, you need to be prepared for what might happen (that's a *might*, because all races differ).

The authors have experienced just about everything that can go wrong, or right, with a slower 5K. So, here is our advice, based on our experience.

Be prepared for a lack of supplies toward the end of the race, or at the finish. If it's a hot day, or the race director underestimated, you may find nothing to drink or eat. It's best to bring your own. Wear a fuel belt or have a friend keep something for you. At one finish line, Bev was told there was no food or water because the "fast people took it all." Sue recommends being well hydrated at the start because of the extra time you will be out in the heat.

Be prepared for a lack of volunteers (marshals) on the course, especially at small races. Slower runners often find themselves alone, unable to see anyone ahead or behind. You may find yourself at a crossroads and not know which way to go. It helps to review the course ahead of time, or carry a course map and directions. Once at a race in Saddle River Park some years ago, Bev had to ask a few dog-walkers, "Which way did the runners go?"

Finally, keep your sense of humor, no matter what. Sue tells a story about a 5K she ran: "I was being paced by a policeman on a motorcycle. We were side by side. I was able to hear him on his radio telling the race director that he was with the last runner, and they could start taking down the roadblocks. All I could do was laugh."

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



ANNUAL AWARDS FOR 2009

Athletic Achievement Awards

USATF Overall Grand Prix Series: Helene Scarnegi (1st AG), Will DeRoberts (1st AG), George Studzinski (1st AG), Charlie Slaughter (3rd AG), Tom Kelly (3rd AG)

Miniseries 1: Aileen O'Rourke (1st AG), Martta Kelly (1st AG), Ed Kelly (2nd AG), Mike Sneden (3rd AG)

Miniseries 2: Will DeRoberts (1st OA), Aileen O'Rourke (2nd OA), Mark Frankel (1st AG), Mike Sneden (1st AG), Ed Kelly (2nd AG), Martta Kelly (2nd AG)

Cross-Country Series: Charlie Slaughter (1st AG)

Total Points: Ed Kelly (1st OA, 21,011 points)

Masters Track: Ed Kelly (1st AG, indoor 200 meter, indoor 400 meter), Randy Miller (1st AG, outdoor 3000-meter steeplechase; 2nd AG, indoor 3000 meter), Martta Kelly (1st AG, indoor 60 meter, indoor 200 meter), Beverly Salerno (1st AG, outdoor hammer, outdoor javelin, outdoor shot put, indoor shot put; 2nd AG, indoor long jump), Ron Foster (1st AG, outdoor high jump)

Distance <5K. Lynne Mortimer & Wayne Carlson
5K. Karen Merz & Paul Giuliano
8K/5M. Amanda King & Paul Giuliano
10K. Karen Merz & Dan Murphy
15K/10M. Aileen O'Rourke & Dan Murphy
20K/Half-Marathon. Jennifer Carbone & Paul Giuliano
18M. Aileen O'Rourke & Tom Kelly
Marathon. Jennifer Carbone & Bill Stewart
Ultramarathon. Aubrey Blanda, Mike Skara, Chris Jaworski

ERC Runners of the Year. Aileen O'Rourke & Charlie Slaughter
Rookies of the Year. Robbin Jordan, Stephen Sands, Stephen Sundown
Most Improved Runners. Susan Palermo & Paul Kartanowicz
Most Consistent Runners. Helene Scarnegi & Mike Sneden
Personal-Record Runner. George Studzinski
Comeback Runners. Amanda King & Dan Murphy
Youth Runners. Stacey Slaughter, Robbie Hollander, Fred O'Rourke
Track & Field Athlete. Randy Miller
Off-Road (Trail/XC) Runners. Helene Scarnegi & Charlie Slaughter
Multisport Athletes. Jennifer Lanterman & John Thornton
Interclub Challenge Top Runners. Karen Merz & Paul Giuliano

Spirit Awards

Cheerleader Awards. Anne Chesny & Randy Miller
Spirit of ERC Awards. Sharon Morrissey, Aileen O'Rourke, Susan Palermo, Helene Scarnegi, Tom Eaton, Paul Kartanowicz, Randy Miller
Goodwill Ambassador Award. Susan Palermo
Purple Heart Award. Phil Coffin
Sally Sammon Award for courage in the face of hardship. Catherine Alessi
Marco Polo Award for running travels far and wide. Mike Wojcio

Service Awards

Rachael Ray Award for fantastic food. Shannon Calamito
Newsletter/Journalism Awards for writing in Keeping Track. Chip Bearden
Past President. Desmond Duncker
Past Vice-President. Anne Chesny
Larry Hollander Award for club service. Ed Kelly
Rick Derella Award for community service. Nancy Grabow
Supporting Business Awards. Fleet Feet Sports, Grove Pharmacy, PIP Printing

RACES: MAY & JUNE 2010

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

| | | | | | | |
|-------------|------------|--------------|---|--------------------|---------------------|--|
| 5/1 | Sat | Various | Muddy Marathon (Craigmear 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 | Hot Pursuit 5K (Saddle Brook) | 5K | 201-960-8584 | NBGP: 500 pts |
| 5/2 | Sun | 9:00a | NJ Marathon & Long Branch Half-Marathon | 26.2, 13.1M | 732-578-1771 | |
| 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 |
| 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 | 8:00a | Long Island Greenbelt Trail Run (Plainview, NY) | 50K, 25K | 516-349-7646 | |
| 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 | 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 | 9:30a | Westfield 5K | 5K | 908-789-4080 | |
| 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 | |
| 5/23 | Sun | 9:30a | Run for Rachel (Livingston) | 5K | 908-902-8587 | NBGP: 700 pts |
| 5/26 | Wed | 6:30p | Pfizer Run for Pride 5K (Madison) | 5K | 973-376-6094 | NBGP: 500 pts |
| 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 | |
| 5/31 | Mon | 8:45a | Ridgewood Run | 10K, 5K | 555-427-5205 | NBGP: 10K (700 pts), 5K (500 pts) |
| 6/5 | Sat | 9:00a | Hillsborough Hop | 5K | 908-369-0490 | NBGP: 500 pts |
| 6/5 | Sat | 9:30a | Lakeview 5K (Edison) | 5K | 732-549-6187 | NBGP: 500 pts |
| 6/5 | Sat | 10:00a | Rockaway Rotary Run | 5K | 973-625-3753 | NBGP: 500 pts |
| 6/6 | Sun | 8:00a | Japan Run (Central Park) | 4M | 212-860-4455 | |
| 6/6 | Sun | 8:30a | Montclair Run | 10K, 2M | 973-744-3400 | |
| 6/6 | Sun | 9:00a | Kilometers for Karyn (West Orange) | 5K | 910-686-0026 | NBGP: 500 pts |
| 6/6 | Sun | 9:00a | Tenafly 5K | 5K | 201-567-8313 | NBGP: 500 pts |
| 6/6 | Sun | 9:00a | Hartshome Woods Spring Trail Run (Atlantic Highlands) | 7M, 5M | 732-578-1771 | |
| 6/6 | Sun | 5:00p | Pleasant Valley Twilight Challenge (Basking Ridge) | 5K | 908-204-2523 | |
| 6/7 | Mon | 7:00p | Roxbury Community Benefit 5K | 5K | 973-584-6709 | NBGP: 500 pts |
| 6/12 | Sat | 8:30a | Valerie Fund 5K (Verona Park) | 5K | 973-761-0422 | |
| 6/12 | Sat | 8:30a | Florham Park Jaycees 5K | 5K | 973-236-1280 | NBGP: 500 pts |
| 6/12 | Sat | 8:30a | George Sheehan Classic (Red Bank) | 5M | 732-988-7725 | |
| 6/12 | Sat | 9:00a | Fishawack 4-Mile Run (Chatham) | 4M | 973-377-4444 | |
| 6/12 | Sat | 9:00a | NYRR New York Mini 10K (women only, Central Park) | 10K | 212-860-4455 | |
| 6/13 | Sun | 8:00a | Run for Marge (Pequannock) | 5K | 973-835-9253 | NBGP: 500 pts |
| 6/13 | Sun | 8:30a | Woodcliff Lake Run for Education | 10K, 5K | 201-391-4799 | NBGP: 10K & 5K (both 500 pts) |
| 6/13 | Sun | 9:00a | Portugal Day Run (Ironbound, Newark) | 5K | 973-589-7878 | NBGP: 500 pts |
| 6/13 | Sun | 9:30a | Bradley Richards 5K (Montclair) | 5K | 201-509-0709 | |
| 6/16 | Wed | 7:00p | JPMorgan Chase Corporate Challenge #1 (Central Pk) | 3.5M | 917-463-3954 | |
| 6/17 | Thu | 7:00p | JPMorgan Chase Corporate Challenge #2 (Central Pk) | 3.5M | 917-463-3954 | |
| 6/18 | Fri | 7:15p | June Moon 5K (Colonial Park, Somerset) | 5K | 732-236-7651 | NBGP: 500 pts |
| 6/20 | Sun | 8:30a | Father's Day Fight Against Prostate Cancer (Central Pk) | 5M | 212-860-4455 | |
| 6/20 | Sun | 9:00a | Run for Dad (West Windsor) | 5K | 732-951-6370 | NBGP: 500 pts |
| 6/21 | Mon | 8:00p | President's Cup Night Race (Millburn) | 5K | 973-376-6094 | NBGP: 700 pts |
| 6/24 | Thu | 6:45p | AHA Start! Wall Street Run (Financial District, NYC) | 3M | 212-860-4455 | |
| 6/25 | Fri | 6:30p | Summer Solstice Trail Run (Kittatinny State Park) | 5M | 973-919-1373 | |
| 6/26 | Sat | 8:00a | Montville 5K | 5K | 973-331-3305 | NBGP: 500 pts |
| 6/26 | Sat | 9:00a | New York Lesbian & Gay Pride Run (Central Park) | 5M | 212-860-4455 | |
| 6/27 | Sun | 8:30a | Achilles Hope & Possibility (Central Park) | 5M | 212-860-4455 | |
| 6/27 | Sun | 9:00a | Pine Beach 5K | 5K | 732-349-6425 | NBGP: 700 pts |
| 6/27 | Sun | 6:00p | Fitzgerald's 1928 Lager Run (Glen Ridge) | 5K | 973-809-9311 | NBGP: 500 pts |
| 6/28 | Mon | 7:30p | Battle of the Business Run (Florham Park) | 5K | 908-665-8038 | NBGP: 500 pts |