



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

September 2010

Vol. 27, No. 9

PRESIDENT'S CORNER

Mark Frankel

My daughter loves *Phineas and Ferb*, a Disney Channel cartoon that features a pair of adolescent boys with highly developed, my wife says warped, imaginations, and somehow the technical savvy to build all kinds of strange things.

There's also a pet platypus named Perry. The joke is, while the boys are super-busy each episode, Perry does nothing, or so it seems. What no one realizes is that Perry secretly is Agent P, who is constantly foiling the diabolical plans of his evil nemesis, Dr. Doofenshmirtz.

Anyway, we recently went to a Disney Store to construct a Perry the Platypus Inaction Figure.

Before it was time to build the model, the Disney folks showed a *Phineas and Ferb* episode in which the boys sell the inaction figure concept to a toy company. The CEO of the company loves the idea of a block of wood with a bill, a tail, and four stubby legs—a toy that “does nothing.”

A marketing executive keeps approaching Phineas, the toy's creator, with all kinds of variations: Perry the Secret Agent, Perry the Boxer, Perry the Stud ...

Phineas's response to all these suggestions is, “Perry's a platypus. He doesn't do anything.”

But suppose Perry were a runner, not a secret agent.

Whenever Phineas and Ferb go out on a wild adventure, Perry could sneak off to run a marathon or a 10K. Do not underestimate him, either. Once this marsupial gets going, he can push you to extremes. And although he does not talk, you could imagine him uttering Steve Prefontaine's famous starting-line challenge: “I don't mind if you beat me, but you're gonna have to bleed to do it.”

Perry just might be an intimidating runner. A big sand-bagger. Super Runner P.

MARK YOUR CALENDAR

- **Sep 5.** Jimmy D 5K (USATF championship). New Brunswick. *Page 4.*
- **Sep 6.** Verona Labor Day Classic 5K (club race). *Pages 2, 4.*
- **Sep 12.** Grove Series: Eagle Rock 9/11 Memorial Run. *Pages 2, 4.*
- **Sep 12.** Readington XC 5K (USATF championship). *Page 4.*
- **Sep 15, 22, 29.** First 3 group workouts at Brookdale track. *Page 2.*
- **Sep 17–18.** Reach the Beach Relay (200+ M), Franconia to Hampton Beach, New Hampshire. *Page 4.*
- **Sep 26.** Newport Liberty Half-Marathon (USATF championship), Jersey City. *Page 4.*

ERC'S NEXT GENERAL MEETING Tuesday, September 14, 7:30 pm

Church Street Kitchen

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

Our Speaker

Michael Kelly, DO, on platelet-rich plasma injections for faster healing of acute and chronic musculoskeletal injuries. Long used for wound care in surgery, PRP is a new but promising treatment for tendon and ligament injuries. One's own plasma is used to promote healing, in contrast with steroid injections and use of anti-inflammatories, which impair the healing response. Dr. Kelly's sports medicine practice provides care to professional, collegiate, and high school athletes.

General Meetings 2010

Oct 5, Nov 9 (both at Church Street Kitchen, Montclair);
Dec 5 (holiday party)

Board Meetings 2010

Sep 21 (Office, Montclair), Oct 12 (O'Neil's, Verona),
Nov 16 (Office, Montclair), Dec (no meeting)

Keeping Track Editor Search Continues

Chris Jaworski is stepping down as newsletter editor after the December 2010 issue. Would you like to be considered for the job? If so, please e-mail Chris (jaworski@verizon.net) or ERC president Mark Frankel (mongozus@yahoo.com) to explore your interest in carrying the torch. Chris can provide any needed training and guidance.

Welcome, New Members!

David Alvarez, *Clifton*
Andrew Manning, *Montclair*
Patricia Meyers, *Nutley*
Karen Most, *Clifton*
Frank Pane, *West Caldwell*
David Rubin, *Montclair*
Elsa Slater, *Caldwell*
Karen Wargo, *Montclair*



**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

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Online

Web site: www.essexrunning.com

Yahoo e-mail group:

First join group at
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essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)

Then you can send e-mail to
[essexrunningclub@
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Clothing Directors
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catalessi@optonline.net

ERC Boasts the Best Hosts, and Toasts 'Em!

Thanks to the club members who hosted Thursday-night runs and other get-togethers this summer: Catherine Alessi and Mick Close (Jun 3), Joanne Barone and Susan Palermo (Jun 10), Fernando Padilla (Jun 17), Shannon and Michael Calamito (Jun 18), George and Christa Studzinski (Jun 24), Desmond Duncker and Leticia Allen (Jul 8), John Fabbro, Susan Palermo, and Wayne Carlson (Jul 15), Valerie Kenny and Ginny Kientz (Jul 22), Tom and Martta Kelly (Jul 29), and Justine Krell and Andi Dornelas (Aug 19). Hosted runs will return on weekend mornings this winter, December through February. A call for hosts will appear in the November issue.

September—Great Time to Become an ERC Member

If you or someone you know has been considering joining the club, now's the time. *New memberships entered after September 1 are good for the rest of 2010 and all of 2011.* You can use the application on page 3 or join online at essexrunning.com.

Volunteers Needed for

Verona Labor Day Classic (Sep 6)

Please contact Tom Kelly (tbpkelly@gmail.com, 973-731-1621) if you can help. Volunteers can assist with race-day registration and street crossings and then stay for ERC's postrace picnic! Some refreshments will be provided.

Grove Summer Series Finale:

Eagle Rock 9/11 Memorial Run (Sun, Sep 12)

Join us for this special Sunday group run starting at 7:00 am from Grove Pharmacy (123 Grove St, Montclair). A 6-mile group and a 15-mile group will head out onto Montclair's shaded streets and then run up Crest Drive ("Snake Hill") to the 9/11 Memorial in Eagle Rock Reservation. The club will provide water/Gatorade along the way plus postrun refreshments. —Mick Close (mickclose@aol.com)

Free Coached Workouts at

Brookdale Park Track (Wed, Sep 15–Oct 20)

Coach Joel Pasternack is working with Essex members six evenings this fall, starting September 15. Dates: September 15, 22, 29; October 6, 13, 20. October 27 will be a rain date, or an extension date if attendance is good and interest is there.

Each week, please be warmed up and ready to start the track workout at 6:30 pm sharp. For warmup, we recommend that you arrive between 6 and 6:15, run 2 miles, and finish up with strides.

ERC runners and walkers of all abilities are encouraged to take advantage of this membership perk. Train together and receive workout plans, advice, and coaching. Doing these workouts is a great way to get ready for your fall races!

Convenient and Inexpensive—

ERC Bus to New York City Marathon

Runners and spectators can now book round-trip seats on our NYCM bus from Grove Pharmacy in Montclair (Sun, Nov 7). Free parking at pharmacy. Departures: 6:30 am (runners) and 10:00 am (spectators). Prerace and postrace refreshments included in cost (\$25 member, \$30 nonmember). More details are provided on the reservation form included with this issue of *Keeping Track!*

Ask Not What Your Running Club Can Do for You ...

But if you're asking what you can do for your running club, you might consider submitting your name for our 2011 board election! ERC is always looking for volunteers. Once a year, we also issue a special call to members who have time and the urge to become more deeply involved in club operations. Annual time spent in board meetings is minimal: 20 hours (ten 2-hour meetings). To learn more about helping the club and your fellow runners, contact a board member (see list in box, left). The board will finalize the ballot and then mail proxies to members in November.

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 2010–2011

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

(For either e-mail option, you must provide an e-mail address below)

Mail Paper Copy to Above Address

E-Mail PDF to This Address:

E-Mail Alerts* to This Address:

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

MEMBERSHIP STATUS

ANNUAL DUES

Join the Club Renew Membership

\$25 Individual \$40 Family

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

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 September Issue Of
KEEPING TRACK ...

15 Years Ago (1995)

September meeting speaker Paul Friedman, one-time 5th-place Boston Marathon finisher, remarked “how ‘different’ our running club is from the norm: we seem to be a really fun group with a lot of laughs”; in his President’s Corner, Tom Kelly writes that Paul “spoke at length about improving race times” but salutes “Art Horn’s spirit and feistiness in challenging some of the thoughts Paul expressed. Art has been advocating running just for the pure fun of it for a long time now”; Tom adds, “Certainly while many of us do have that competitive fire burning in us, just as many are comfortable with the more aesthetic aspects of running. Not too long ago, it was fashionable to think, ‘No pain, no gain.’ Well, even that fad appears to have run its course” ... author Gloria Averbuch, Paul’s wife, is to speak at the October meeting ... Karen Mishler on running habits: “On a nasty, cold morning, it’s not unusual for someone, usually a nonrunner, to inquire if I went running that morning. Of course I did. Once I give in to cold, will rain stop me too? Or will hot, humid weather? Where would I draw the line? Will I wait for the perfect day to go out for a run? How would I define a perfect day? See my problem? ... And forget those weather people reporting on the wind chill. Just put on the rain gear or layer up with Polypro and *do it.*”

10 Years Ago (2000)

Mystery speaker or open forum for October meeting, at new Montclair location, Just Jakes ... Jim Ennis describes the unfolding of the Verona Labor Day Classic, from the quiet prerace rituals of the volunteers, to the play-by-play of the 1-mile and 5K races, to the tally of awards given to ERC members ... Mike Wojcio recaps his summer vacation, which includes two marathons, Grandfather Mountain and Paavo Nurmi.

5 Years Ago (2005)

Bernadette Lancaster, Debbie McNally, and Andi Robik join the club ... Brian’s Run, a Wayne race in its 5th year, “is organized by the family of club members Lauren and Steve Wýsmuller in memory of Lauren’s brother Brian to raise money for the Tomorrows Children’s Fund.”



USATF–NJ

Mick Close

Championship racing resumes this month with three events: the Jimmy D 5K in New Brunswick (Sun, Sep 5), the Cross-Country 5K at Deer Path Park in Readington (Sun, Sep 12), the Newport Liberty Half-Marathon in Jersey City (Sun, Sep 26). Being part of a team can add to your running incentives, help you stay motivated, and improve your race times. Here is a list of all the championship races for the rest of the year:

- Sun, Sep 5 **Jimmy D 5K (New Brunswick)**
USATF–NJ 5K Championship (Masters Women)
- Sun, Sep 12 **Cross-Country 5K (Readington)**
USATF–NJ XC 5K Championship (All Divisions)
- Sun, Sep 26 **Newport Liberty Half-Marathon (Jersey City)**
USATF–NJ Half-Marathon Championship (All Divisions)
- Sun, Oct 10 **Cross-Country 8K**
USATF–NJ XC 8K Championship (All Divisions)
- Sun, Nov 14 **Giralda Farms 10K (Madison)**
USATF–NJ 10K Championship (Masters Men)
- Thu, Nov 25 **Ashenfelter 8K Classic (Glen Ridge)**
USATF–NJ 8K Championship (Masters Men/Women)
- Sun, Dec 12 **USATF–NJ 10-Miler (West Windsor)**
USATF–NJ 10-Mile Championship (All Divisions)

We hope to field Fleet Feet/Essex teams at all these races. Please e-mail Ed Kelly (ejk823@msn.com) for information about our teams and USATF–NJ. We welcome runners of all abilities. Often a few extra runners can make a big difference. Can you add some of these races to your fall schedule?



AT THE RACES

Mick Close

Jimmy D Memorial 5K Sun, Sep 5
This new USATF–NJ championship race is host to the masters women 5K championship. It's run in New Brunswick in memory of firefighter James D'heron. Info: 732–803–5871, jimmyd5k.com.

Verona Labor Day Classic Mon, Sep 6

This popular race organized by ERC and Verona UNICO will be held as usual on Labor Day in Verona Park. The 1-mile fun run/health walk starts at 9:00 am and the 5K at 9:30. Tom Kelly is back as race director. We need as many volunteers as possible to make this a safe and successful event. Even if you plan to run, you can help out before or after the race. Please contact Tom (tbpkelly@gmail.com, 973–731–1621) to volunteer or to obtain more info.

USATF–NJ Cross-Country 5K Sun, Sep 12

Once again, the XC 5K championship will be held at Deer Path Park in Readington. Men and women race together at 10:00 am. We can arrange a car pool if there's enough interest. Info: 973–334–8900, usatfnj.org.

Eagle Rock 9/11 Memorial Run Sun, Sep 12

Join the Grove Street group for this special Sunday run starting at Grove Pharmacy (123 Grove St, Montclair) at 7:00 am. There will be a shorter run (6 miles) and a longer

run (15 miles). Both go up Crest Drive ("Snake Hill") to the 9/11 Memorial in Eagle Rock Reservation. We will provide maps, water/Gatorade along the way, and postrun refreshments. If you would like more information, please e-mail me at mickclose@aol.com.

Reach the Beach Relay

Fri, Sep 17

For the second year in a row, an ERC team will participate in this 200-mile relay through New Hampshire. Reach the Beach (RTB) is the longest distance running relay race in the United States. Twelve-person teams go from Cannon Mountain in Franconia Notch State Park to Hampton Beach State Park on the Atlantic Ocean. Each team member runs three legs, which vary in difficulty and length (average total distance, 17 miles). Many thanks to Tom Eaton for organizing the ERC team again, and good luck to all our runners!

Newport Liberty Half-Marathon

Sun, Sep 26

This race in its 17th year is once again the USATF–NJ half-marathon championship. It starts at 8:30 am. The fast, flat course takes runners through Liberty State Park, with its views of the Statue of Liberty, Ellis Island, the Verrazano–Narrows Bridge, and the Manhattan skyline. This is a team event in all divisions (men, women, open, masters), so we're hoping for a large turnout. We will have a car pool leaving from Grove Pharmacy in Montclair. Info: 908–902–8587, oymp.net, newporthalfmarathon.com, active.com.

Long Runs for Marathon Training

Here are some races you may want to use as training for a fall marathon. We should have a large group at Newport (Sep 26) and a smaller group at LBI (Oct 10).

- Sep 19 New York City Marathon Tune-Up (18M)
- Sep 19 Philadelphia Rock 'n' Roll Half-Marathon
- Sep 26 Newport Liberty Half-Marathon
- Oct 2 Grete's Great Gallop (13.1 M)
- Oct 3 Jersey Shore Half-Marathon
- Oct 10 Long Beach Island 18-Mile Run
- Oct 10 Staten Island Half-Marathon
- Oct 17 Seaside Half-Marathon

RACE RESULTS & RECAPS

We hope you'll submit yours each and every month! Often, for a popular race, a club member will compile all members' finishing times in a Yahoo group e-mail (later printed in "Finish Lines" here). If your time is not listed, e-mail it 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

Crewing for a Runner at the Jul 12–13 Badwater Ultramarathon (135 M), Death Valley to Mount Whitney, Calif

Q: What do you get when you combine *Survivor* with *Gilligan's Island*? A: The Team Hung-Kwong Ng Crew for the Badwater Ultramarathon!

Oh, no, I'm not crazy enough to run the 135-mile Badwater Ultramarathon through Death Valley! But ever since I saw the movie *Running on the Sun* a few years ago, this race has intrigued me. I have no desire to run it, in its heat, but I did want to experience it as closely as possible.

Eight weeks before the race, after other runners had canceled, my friend Hung-Kwong Ng (pronounced "ing") was invited to enter. He had run Badwater in 2009 and felt he'd maintained a competitive level of training, so he accepted.

With its grueling conditions—a course through the desert, temperature highs upward of 120 degrees, and elevation climbs of 10,000 feet—Badwater is billed as the "world's toughest footrace." Whatever the truth of this claim, there's no doubt that the race's difficulty is through the roof.

Also indisputable is that a runner cannot complete Badwater alone. A crew is essential to finishing. The crew "hopscoches" the runner—drives a short distance ahead, stops to provide assistance, drives ahead, stops ... for 135 miles. At every stop, the crew has cold water and sports drink mixed and ready to offer. It provides food, gels, Advil, Tylenol, sunblock, another pair of shoes, whatever the runner requests. It also performs the runner's preferred cooldown—sprays the runner with ice water, ices the runner, or fills the runner's hat or bandana with ice. At regular intervals, the crew tracks the runner's weight and body temperature to monitor for dehydration and overheating. It keeps ice chests and gas tanks filled, sets up rest stops and times them, tends to blisters and other foot problems, helps any way it can. Its sole focus is on doing whatever it takes to get the runner to the finish line.

Runners finish Badwater in anywhere from about 24 hours to the cutoff of 60 hours. In 2009, Hung-Kwong finished in 33:45:26. This year, he wanted to break 33 hours.

Ideally, the runner is supported by five or six crew members and two vehicles. This setup allows two crew members to drive ahead and grab some rest before relieving two others. The better rested the crew, the more efficient. In addition, if there's an emergency (e.g., ice or more food is needed), one vehicle can drive off to deal with it while the other stays with the runner.

In eight short weeks, Hung-Kwong assembled a crew of four complete strangers, and rented a minivan that would be overworked in the days to come. (The race instructions advise runners, "Do *not* tell your rental company what you will be doing with the car!")

On Saturday, July 10, I flew to Los Angeles to meet up with Hung-Kwong and the three other crew members. Two of the crew were Ironman finishers, and all were accomplished ultrarunners. Me? I guess I was Gilligan. As proud as I'd been when I finally qualified for the Boston Marathon,

I would've felt like a complete dork wearing my Boston shirt here, in a sea of 100-mile, Ironman, and previous Badwater finisher T-shirts.

Amazingly, our crew, four complete strangers, clicked and worked well together throughout the race. We all seemed to have a different crewing talent, and were fairly easygoing, but also serious about our responsibilities. From the airport (LAX), we went straight to buy supplies. The list was endless, and organizing all the food, sunblock, water, first-aid items, large coolers, folding chairs, and miscellaneous items in the tight space of the minivan was a daunting task.

On Sunday, we headed for the race expo, in aptly named Furnace Creek, to pick up Hung's race packet. In the shade, a thermometer read 117 degrees. A breeze on my face may as well have been the hot air that a hair drier blows.

Before entering the expo, each person had to show that he or she had a nighttime safety vest and two red blinking lights for the race.

I walked in, and the first person I saw was my all-time hero, Deena Kastor. She was crewing for Shannon Farar-Griener, founder of the Moeben arm warmer company. I met Kastor a short while later and got a photo and her autograph. I knew then that, no matter what the rest of my Badwater experience would be, this just rocked!

We spent the rest of the expo listening to a lecture on the many rules for the race. The funniest part was what the safety director told us would happen if we had car trouble. He picked up a big rock with AAA painted on it and explained that, in the desert, the rock was all the Triple A we would get, and it was going straight through our car window if we locked our keys inside.

Then the runners were introduced. The cast included well-known ultrarunners Pam Reed, Marshall Ulrich, 75-year-old Jack Denness (featured in *Running on the Sun*), Amy Palmiero-Winters, and Jamie Donaldson. Jamie would finish this year's race in 26:16:12, good for 3rd overall and 1st woman, and the women's course record. Palmiero-Winters, a lower leg amputee with a marathon PR of 3:06, had had a special prosthetic leg made of white material (instead of the usual black) to retain less heat. She'd completed the Western States 100-mile race just two weeks earlier, but would have problems with blistering in Badwater's desert heat and drop after 30 miles. She could have felt sorry for herself and gone home, but she and her crew stayed and cheered runners all along the course right up to the finish. She and her crew were phenomenal.

Suddenly it was Monday, race day. We were all up early to prepare the van and get to the start at Badwater Basin, 282 feet below sea level and the lowest point in North America. (The race ends at Mount Whitney Portal, 8371 feet above sea level.) Eighty runners were to go in three waves, the slowest at 6:00 am, a faster group at 8:00, and the fastest, including Hung, at 10:00. Seventy-three of these runners would officially finish.

The 10:00 start was quite a sight—about 30 runners standing in front of big race banners, surrounded as far as the eye could see by desert

and huge salt flats. After many photos, the national anthem was sung, and the horn sounded.

How to condense 36 hours of an intense experience into a few paragraphs? Here goes.

We took a couple hours to unify into a real crew. The work, and the focus required, was constant. The organization we'd worked so hard on before the start evaporated easily, as day turned into night, night into day. But, any mistakes made, and there were quite a few, weren't big deals. For example, when we forgot Hung's water bottle inside the van at a stop, we had it ready for him 3 or 4 minutes down the road, at the next stop.

We finally got a rhythm going, and moved along smoothly through the desert. Over the next 36 hours, we jumped in and out of the van every 5 minutes, to spray Hung down with ice water, to offer him sports drink, gels, and food, to set up a chair so he could sit. Twice he rested about 20 minutes, most often only 5 or 10. After 17 miles, runners were allowed to have not a pacer but a crew member running behind, providing support. The other members of our crew each ran with an ice-water spray bottle for 25 to 30 miles. I'd told Hung before the race that I wouldn't pace, but I did follow him, with water and a spray bottle, on a 5-mile walking phase during the hottest part of the first day of the race.

Death Valley is huge and unforgiving, with vast tracts of land empty but for tumbleweeds, salt flats, and the occasional ragged Joshua tree. Towns were 30 to 50 miles apart or more. There were no bathroom facilities or bushes to duck behind, no gas stations, no convenience stores where you might need them. Cell phone service was sporadic, and the Internet nonexistent, so advance planning was vital. *What should we do if there's an emergency?* ran constantly through my mind. Yet, I wasn't too worried. Even in this desolation, officials enforcing race rules were on us within seconds whenever we parked the van over the white line, on the road (major infraction). We never did need any help.

Hung went out hard the first day, the hottest part of the race, when the temperature hit a high of 120 degrees. He drank sports drink and water but waited until evening for solid food (gels). He thought after the race that this may have left him without enough energy to pick up the pace when it cooled off at night. It did not cool off nearly as much as it had last year, though. At 10:00 pm, it was still about 100 degrees. Hung's perseverance, however, was incredible. Just before noon of the second day, he started running again, at about 10-minute pace, and mostly kept that up until he reached the finish line. He ate Clif Bars and Pop-Tarts and rested at regular intervals.

After about 120 miles, as we crossed through the cowboy town of Lone Pine (elevation 3700 feet), the steep climb up to Mount Whitney Portal (8371 feet) began. Every one of us was pumped up knowing we'd finish, and relatively soon. Hung didn't stop for a shoe change, or for anything that took longer than a few seconds, until he met up with a group of Moeben cheerleaders. While he was posing for pictures and flirting, a runner we'd

dubbed *Camo Girl* (for her camouflage running capris) power-walked right past him. (She'd stay ahead of him all the way to the finish!) After that episode, I and the rest of the crew put a lid on Hung's social life for the rest of the race.

I was absolutely amazed how Hung was still smiling after being awake in the heat, running and walking, for more than 30 hours.

The climb to Mount Whitney Portal was the most intense part of the race, physically and emotionally. The runners had already managed 120 miles in extreme heat, and now they had to climb a mountain! At the same time, though, this ascent marks the final leg of the race, and everyone is elated as they start the climb.

Finally, we saw the lights at the finish line, and heard the noise. By this point, the field had spread out so much that each runner was able to break a finish-line tape all his or her own, and crew members were able to join their runner for the run in to the finish and across the line (a nice touch). Each runner who completed the race received a finisher's medal, and each sub-48-hour finisher also got a silver belt buckle.

Hung finished in 35:56:02, slightly more than 2 hours longer than in 2009, or only a bit more than a minute per mile slower. No doubt Hung's faster start and the higher nighttime temperatures this year account for the difference. Still, his finish time was more than respectable!

After finish-line photos, we returned to our hotel. I think it took me an hour in the shower to scrub off the rings of desert sand and dust around my ankles. Fresh clothes never felt so good.

The finish line officially shut down 60 hours after each wave start. Jack Denness, who had started at 6:00 am Monday, finished just before the shutdown at 6:00 pm Wednesday, and became the oldest runner to complete Badwater.

As the finish line was closing, the postrace pizza party in Lone Pine was starting. Denness went straight from the race to the party, entering to thunderous applause from the crowd of runners and crew members. He gave a little speech and swore he'd be back, but only as a volunteer. He looked so good and so much younger than his 75 years, though, that I bet he'll complete at least one more Badwater as a runner.

For me, a runner, the Badwater Ultramarathon was an epic adventure. I would go back. Death Valley is a place I probably wouldn't have visited had it not been for crewing, but, now that I've been there, I can recommend it as a vacation spot (maybe not for July, though). Many people were there not for the race but for hikes of Mount Whitney and other mountains in the area, or for the towns full of cowboy history.

Nevertheless, it was a relief to head back to Los Angeles on Thursday. The team dropped me off there, at an old college friend's place. That evening, while my friend and I were having dinner at an ocean-side Malibu restaurant, I thought how absolutely bizarre it was that just the day before I had been in the middle of a desert, with nothing but Pop-Tarts and protein bars to eat, assisting a guy who was racing 135 miles to the middle of Mount Whitney. It's a crazy life!

—Aubrey Blanda

Karner Blue 10K, Black River Falls, Wisc July 17
Andy Kotulski 56:09

Poconos' Wurst 5K Trail Run, Shawnee Mtn, Shawnee on Delaware, Pa Jul 18
Wayne Carlson (16th OA, 1st AG) 23:52
Aileen O'Rourke (1st masters W) 26:17
Helene Scarnegi (1st AG) 27:52
Wayne's time was corrected after the August issue of *Keeping Track* went to press.

Sunrise 5K, Brookdale Park Jul 22
This morning's Sunrise 5K was one of the best this summer. The weather was not vile, the track was almost empty of other runners, and we had a large group, including Chris Jaworski, who made his first appearance at the S5K this year. Many of us ran well, particularly Amanda King, who set a PR. The father-daughter competition between David and Emily Gurniak was a bit closer today, which added to the fun. And Glenn Trimboli mentioned something interesting that comes from running so often together: Many of us can recognize one another from our running postures and gaits. For example, even though he was on the far side of the track, we knew right away the guy in the red shirt was Chris. I could also tell it was Karen Merz coming down the hill toward us, before she called out her greeting. Maybe I'm overstating it, but it's a nice feeling to know running friends that well.
—Mike Skara

Sharon Morrissey and I formed today's *Sweep Team*. That sounds so much better than *back of the pack, last ones to finish, or even rear-bringer-uppers*. One advantage of being on the Sweep Team is that we had the most people clapping for us at the finish. Can't beat that. And where else can runners receive applause for completing a 3.1-mile, um, tempo run?
—Chris Jaworski

Queens Half-Marathon, Flushing Meadows Corona Park, NY Jul 24
Roosevelt Lucas 1:48:33
Before the start, the race director told us that this year's course is new but begged us not to try for a PR on such a hot (86 degrees) and humid (63%) day. Yes, at times a breeze would kick up or the sky would become overcast, or a section would provide some shade, but the heat, humidity, and overall lack of a breeze would be draining!

To prevent myself from overheating, I kept to a slower pace, and walked a bit between miles 9 and 10, before recharging for a speedy final 5K. It didn't help to see a runner faint in my path.

The flat Queens course had just a few minor uphill. We got a nice running tour of Citi Field, Flushing Meadow, uninteresting College Point Boulevard, and Meadow Lake. As this half was a NYRR event, the water/Gatorade stops were adequate, and there were bananas and bagels at the finish. It was good to have something to eat before the long trek home.

The only disappointment was the cotton race shirt. I'd rather have a tech shirt, like the one I got at the Brooklyn half. But overall this was a great event, and I'll be there next year.

Escarpment Trail Run (30K), Windham to Haines Falls, NY Jul 25
Steve Fleisig 4:35:19
Greg van Inwegen 5:07:29
Laura Gelman 5:08:26
Chris Jaworski (PR by 27:39) 5:47:19
Ellen Kim 5:55:05
Gas and tolls: \$35. Gels, blocks, and sports drink: \$60. Three ankle braces: \$75. Five entry fees: \$175. Five backpacks: \$300. Five pair of trail shoes: \$600. Fun had by all: *Priceless*.

The Escarpment Trail Run (ETR), referred to by Amby Burfoot as the "Boston Marathon of trail races," takes place on a remote, rugged hiking trail in the Catskill Mountains of New York state.

The 30K course of blue-blazed trail spans six peaks with more than 10,000 feet of elevation change. It begins at the Escarpment Trail's northern end, at NY route 23, and crosses Windham High Peak (3524 feet), Burnt Knob (3180 feet), Acra Point (3085 feet), Blackhead Mountain (3937 feet), Stoppel Point (3425 feet), and North Point (3180 feet) before finishing at the North Lake Public Campgrounds in Haines Falls.

"This run," according to the ETR entry form, "is for mountain goats only! The trail is extremely rocky, and runners must expect to navigate over boulders, downed trees, gullies, and hidden roots the entire distance. Contestants must be prepared to deal with bees, slippery rocks, porcupines, extreme lightning, black bears, and anything else that can be found in the forests of the Catskills. There are numerous places where runners must climb hand over fist to scale a rise. Conversely, extremely steep downhill sections add not only a challenge but also a high degree of unwelcome danger." Race founder/director Dick Vincent also provides an ominous list of the actual and potential medical complications of doing this race: "broken bones, ligament-cartilage-tendon sprains and tears, dislocations, bruises, cuts that require stitches, hypothermia, hyperthermia, bee stings, poison ivy, concussions, dehydration, and the occasional divorce. There are sections of the course that travel along cliffs. If you're not careful, you could fall to your death."

Even before our entry-acceptance letters arrived in the mail, there was nervousness in the air. Laura, Greg, and Ellen read several terrifying blog posts about the event and were warned by Steve they were getting in way over their heads. The letters ("Due to a stroke of bad luck, your application has been accepted") didn't help much. We were excited, yes, but still apprehensive.

Moreover, the group's journey to race day was nearly as gnarly and unpredictable as the 18.6-mile Escarpment Trail itself.

Two weeks before ETR, we trained on trails in Norwin Green State Forest, near the Wanaque Reservoir. Laura and Greg's 17-mile Saturday run, though punctuated by thunder and lightning, was successful. In contrast, Sunday's outing, by Steve, Chris, Ellen, and Jane Whipple, was a debacle. Just 20 minutes into it, Ellen sprained an ankle and, unusual for her, wasn't able to shake it off. With her ankle bruising and swelling, the group reached the consensus that she should head back. Ellen returned to the car and then

began waiting for the others to finish their run. First 30 minutes, then an hour passed after their estimated time of arrival. Finally, Jane came running out of the forest, alone. Steve had also sustained a bad ankle sprain, and Chris was suffering from heat exhaustion. Of the four of us, only Jane, who wasn't signed up for Escarpment but had come along as a good sport and loyal training buddy, was still standing. She had eaten up those trails! We are, unbeknownst to her, submitting her application for ETR 2011.

In a pre-race e-mail, the director wrote, "Hello, Wizards of Mountain Goat-ery. The Escarpment Trail Run is right around the corner, and I want to welcome you all to the 34th running across the famed 'Wall of Manitou.' ... The legend of Manitou is from Native American lore. A fierce demon, Manitou, periodically descended from the sky and ate the little children. One day a brave stood to fight, and slew the fierce Manitou. When Manitou fell to his death, he turned to stone forming the northern Escarpment of the Catskill Mountains. It is that profile from north to south that we run."

But up until the morning before the race, it wasn't clear which of us would be running. Ellen had had her ankle (grade 2 sprain) in a soft cast for 7 days, Steve hadn't been able to walk without pain for 10 days, Chris hadn't been well for a few days, and, a week before Escarpment, Greg was still deciding which shoes and shirt to wear.

But on the fateful morning of Sunday, July 25, at 4:15, all five members of our group loaded their gear into Greg's minivan. John Young, our honorary sixth member, had graciously agreed to meet us at the race to provide psychological support and backup. He would take photos at the race start and then, after driving and hiking a bit, meet us at the mile 6 aid station. He'd backpack in water, gear, and a cell phone in case anyone needed a 911 from the course. Just knowing he would be there made us feel safer and happier.

The ride north was uneventful, as everyone was still trying to make peace with the dawn. Greg drove with Chris as wing man, while Laura, Steve, and Ellen snoozed on and off in the back.

While scorching heat continued in New Jersey, conditions in the Catskills weren't too bad: humid but mid-70s and no rain. We would have just the right amount of sunshine coming through the leaf cover for clear views of the terrain, plus blue skies and lookout-point vistas that went on for miles and miles, and revitalizing breezes.

Lining up at the start were about 190 runners (155 men, 35 women), most of whom were very fit. At 9:01, the official start time, everyone funneled across a narrow bridge and then began climbing the first of the six peaks on the course.

The first 3 miles involved a lot of walking and slow running, as the trail was narrow, and there was little or no room to pass. On the way up, one runner managed to gash his knee pretty bad and was now working his way back down, against traffic. His injury unsettled all our stomachs. This beginning segment was the last time most of our group would see one another on the trail.

As expected, Steve took the lead. He started out easy to prepare for difficult terrain—we had all been warned of Blackhead's steepness and

Stoppel Point's false peaks—and to see how his ankle would fare. Some sections were incredibly narrow, making passing impossible without a bit of acrobatic footwork. Although he found the trail technical, Steve was able to negotiate its climbs and downhills. He even caught up to one of his adventure racing colleagues and helped push him toward a PR. Despite a slight roll of his compromised ankle, Steve killed the course, finishing in 4:35:19. When asked what he thought of the trail, he replied, "Gnarly." Naturally, he wondered how he would've done had he not taken 10 days off to heal. Perhaps he could've beaten 10-time ETR champion Ben Nephew (2:58:59)!

Greg and Laura ran together now and then throughout the race. At one point, she passed him and went ahead. When he spotted her hanging from a tree branch without any ground beneath her, he decided to try to stick with her the rest of the way. Meanwhile, John, having hiked back out from the mile 6 aid station and driven to the finish, began hiking the trail "backwards" to look for members of our group. Two miles along, he met Greg and Laura and helped run them in. With about 500 hundred yards to go, Greg pulled his famous "Slow down so I can beat you" trick and bolted up the trail. He finished in 5:07:29, about 50 seconds ahead of Laura's 5:08:26. This was the third time Greg used this tactic on Laura. What's that saying? "Fool me once ..."

Chris had a great race. Not only did he PR, beating his 2007 time by almost 28 minutes, but he finished with a huge smile, happy to have completed Escarpment after a dead-tired first few miles. He'd even contemplated dropping out, but a bit of downhill running got his motor going again. He'd also been reenergized remembering that, yes, a race can get better, and worse, and better again, and—well, it hadn't been too much farther before he realized that, barring injury, he was in it for the duration. Later, at 13.5 miles, on the ascent to Stoppel Point, he was massaging out his thigh cramps when up from behind came Ellen. She was desperately trying to make up time on the uphill, as she'd been crab-walking most of the downhill scrambles and boulder dives. She'd run out of water, so he gave her a sip of Gatorade, and then watched as she steamed ahead, uphill! He called out that he'd meet her at the aid station at the top. Ellen was adjusting her ankle brace when Chris scooted in and out of the aid station—eager to begin jamming down the final 4+ miles to the finish. And jam them he did: 5:47:19.

No one had known quite what to expect from Ellen. Not only was this her first Escarpment, but it was her first gnarly trail race (the Summer Solstice 15K had been on carriage roads) and a complete departure from her Essex County asphalt church. Moreover, she was running with a weakened ankle, and a history of taking a fall every time she'd run a trail. Much to her and everyone else's surprise, though, she miraculously completed the race without falling, and in one piece. But almost from the get-go, her ankle braces had started biting into the sides of her legs, and, as the race progressed, the *uninjured* ankle began hurting more and more. The downhills were excruciating. She tried to compensate for all the

crab-walking and butt-sliding they'd required by running the uphill. And whereas it was on the downhill she was being passed by 70-year-old men, it was on the uphill she was passing them back again. At times, she was running the trail alone. She found it to be a giant playground, and ended up enjoying herself more than anticipated. With a mile to go, she knew if she pushed on the remaining downhill scramble, she could break 6 hours. Well, when she emerged from the forest at the end, and heard "You did it!" from John and Steve, and heard 5:55:05, she was ecstatic!

Summary: All five of us finished in under 6 hours and automatically qualified for ETR 2011!

The group agreed that one of the best parts of this race was its volunteers and runners. Somehow, the volunteers hiked to seven aid stations to hand out water, Gatorade, bananas, oranges, Fig Newtons, PB&J sandwiches, potato chips, and electrolyte capsules. They were some of the most cheerful, helpful race volunteers we'd encountered. Likewise, fellow runners were friendly, humble, and funny. The futility of taking oneself too seriously on the overpowering Escarpment Trail seemed to bring these traits out in everyone.

A special holler goes to John, whose support was hugely appreciated! He was amazing with his encouraging smile, quiet words of strength, and incomparable pacing!

Steve drove us home but not without a short detour for food and drinks at the Gilded Otter in New Paltz. After dinner, we were all looking forward to hot showers. The group is considering its next trail race and welcomes all who would like to join in the fun. —*The Escarpment Five, Plus One!*

River to Sea Relay (92M), Milford to Manasquan

Jul 31

The 15th edition of River to Sea is now history. With more than 130 teams and awful afternoon traffic jams that left many second-leg runners finishing ahead of their support cars, perhaps the event's organizers need to rethink its logistics.

When I participated in the inaugural R2C in 1995, Essex was one of only seven teams running. I chuckle every time I recall how we started off heading west on route 80 toward Milford, Pa, before someone noticed we were supposed to be going to Milford, NJ!

I've done this relay 14 of its 15 years, missing only R2C3. Team member Stacey Slaughter, who ran leg 1, and then the wildcard legs (10 & 11) with her father, Charlie, reminded me she'd been only two years old in 1995, the year of R2C1. By the way, Charlie and Stacey are the first parent and child to pair up for ERC in the R2C series. For that matter, they might be the only father-daughter duo that's run for *any* R2C team.

Congrats to Team 1, ERC's Grumpy Grovers, captained by Phil Coffin, for completing the 91.7-mile course faster than any other ERC team ever!

ERC had three teams this year. While Phil's team was the *crème de la crop*, there was a lot of good-natured competition between my team (3) and Ed Kelly's (24). It was an epic all-day leap-frog, until Martta Kelly held off the hard-charging Helene Scarnegi on the final leg.

Our starting time was 7:10 am. On completing leg 1, Stacey handed the mythical baton to Charlie for leg 2. Both were R2C newbies.

Leg 3 was gamely run by R2C veteran Gary Peters, who, despite a painful knee, turned in a stellar performance, and didn't miss a beat when it came time to run leg 8.

Yours truly ran leg 4, the Beast—marking the eighth straight year I've pushed myself up that daunting hill. Not being able to pass any other runners while having seven runners overtake me was sobering and humbling. Guess it's almost time for me to give it up to another teammate. My second leg, 12, being flat as a pancake, more than compensated for the morning hills.

Cocaptain John Harvey had to meet several challenges—running legs 5 and 9, both dubbed “animals,” in the heat of the day and with a recovery of only 24 miles in between.

Also doing a yeoman's job was Rob Gerin on animal legs 6 and 13. He ran the highest combined mileage (16) of any of our team members. Although Rob had run R2C before, this was his first time as an Essex member.

Over the years, I've gotten to know so many ERC members a little better by spending 12 or more hours with them going from River to Sea. This event forges lasting friendships. Each year holds special remembrances.

In his “memory lane” article last month (Aug, p. 3), Chris Jaworski noted how Eric Noren had run R2C5 while his wife was in the initial stages of labor (Eric kept phoning her from the relay). When I ran into Eric in 2009, I got to meet his 10-year-old son, born three days after R2C5.

One of my dreams is to have an all-female ERC team. Over the years, we've had about 20 women participate in R2C, but almost all have run it only once. Aileen O'Rourke and Helene just completed their third. Marta, my own “best teammate,” has now run her eighth straight. She has more than proved her mettle by ungrudgingly accepting any and all leg assignments and keeping me under control by reminding me that River to Sea is not a competition but an event to be enjoyed and shared with teammates.

In closing, I'd like to once again thank my teammates for their support, their camaraderie, and their stellar efforts.

Here's a list of our distances, finishing times, and paces:

Leg	Runner	Miles	Time	Pace
1	Stacey	4.8	0:35	7:18
2	Charlie	8.0	1:00	7:19
3	Gary	6.4	0:48	7:27
4	Tom	8.2	1:11	8:40
5	John	6.5	0:53	8:09
6	Rob	8.0	0:56	6:57
7	Marta	3.9	0:36	9:06
8	Gary	5.5	0:41	7:23
9	John	9.1	1:26	9:23
10-11	Stacey-Charlie	13.9	1:45	7:33
12	Tom	6.5	0:53	8:05
13	Rob	7.9	0:59	7:25
14	Marta	2.4	0:18	7:12
			12:10	

—Tom Kelly

River to Sea is one of the highlights of the year. Not only do participants get to run hard against other teams and their own past performances, but it is a great opportunity to do something we all enjoy for a whole day. What could be better than hanging out with and supporting friends, and running? And though the course hasn't changed much in years, each edition of the race is different, because of weather, traffic, other teams, new teammates, the legs we run—all the logistics that make for great stories that we recall, and perhaps embellish, for the whole year to come.

The big picture is that we finished the course in 10:12:30, by some accounts an ERC record. Every man ran about the best he could, and we turned in some great times. Although a lot of that has to do with our training and desire, credit also goes to Phil Coffin, our captain. Instead of removing himself from this year's action because of his injury, he took on the “suspenders-and-belt”-type preparations that allowed the rest of us to focus on running. He was also out there as one of our drivers and crew members.

A few anecdotes ...

We started farther back than usual in comparison to the other 124 teams, so much so that Paul Kartanowicz started the race by himself. It was difficult to get a feel for quite how fast he was going, as we usually see him opening a big gap on teams that start with him.

The weird part of leg 2 was other Grumpy Grovers seeing me under a car and wondering if I'd been run over. Actually, Stephen Sands and I were trying to help another team fix a flat tire.

Doug Williams, king of amusing incidents, said at one point, “Hey, someone's cell phone is ringing. [slight pause] Oh, wait, it's mine.”

Brian Foster took his rookie hazing well. No matter what, he smiled at our stupid comments. He also ran like a champ in legs 2 and 10-11.

Phil's frequent use of colorful language during our wildcard-leg traffic crawl was notable. Perhaps his vaunted vocabulary had been depleted by all the carbon monoxide he'd inhaled.

Tom Eaton made us look as though we deserved our Team 1 bibs. He was running so fast past Allaire State Park that I had to sprint to catch up to him to retrieve his water bottle.

Glenn Trimboli was so fast I missed taking a photo of him crossing the finish line. I saw him turn the corner, but he passed me before I could bring the camera up and snap the shutter. The next thing I heard was Paul's screaming 10:12!

I am really looking forward to R2C16, so we can create more stories. —Mike Skara

The latest incarnation of the Grumpy Grovers apparently set an ERC record by completing the course in 10:12:30. That finish time includes 8 minutes of standing-around time at mandatory stops, so the Grumpsters actually ran the course in 10:04:30. The course is officially measured at 91.7 miles, though USATF mapping and Garmin's indicate it's shorter (89.3, according to Glenn's research). No matter how you measure the distance, the Grumpsters averaged well under 7 minutes a mile for the entire day—6:46 per mile for the least generous measurement we've found.

Leg	Runner	Miles	Time	Pace
1	Paul	4.8	29:54	6:14
2	Brian	8.0	51:08	6:23
3	Doug	6.4	42:53	6:42
4	Mike	8.2	57:22	6:59
5	Tom	6.5	41:05	6:20
6	Glenn	8.0	58:02	6:53
7	Stephen	3.9	26:45	6:51
8	Doug	5.5	38:05	6:34
9	Paul	9.1	58:56	6:22
10-11	Brian-Mike	13.9	93:18	6:34
12	Stephen	6.5	47:23	7:18
13	Tom	7.9	51:09	6:29
14	Glenn	2.4	17:05	6:17
			10:12:30	

The previous ERC record: 10:15, set in R2C2 by John Piccoli, George McIntyre, Mick Close, Jim Ennis, Jim Hornecker, Clem Weinberger, and Ingi Choo. That race had 8 mandatory stops of 1 or 2 minutes (total time unlisted in ERC recaps). So, the Grumpsters—Tom Eaton, Brian Foster, Paul Kartanowicz, Stephen Sands, Mike Skara, Glenn Trimboli, and Doug Williams—made a serious dent in that mark. As this year's chauffeur/crew/captain/concierge/nag, I can tell you the boys were flyin'. And a lot of fun to be around.

Congrats also to the teams of Tom Kelly and Ed Kelly, who by numerous accounts also ran well and enjoyed the special craziness of R2C.

Thirteen years into my love/love relationship with the River to Sea Relay, I finally found a way to make the Grovers faster. Several ways, actually. — I got hurt, and we got faster. With me on the sideline for the first time, the Grumpsters were 33 minutes faster.

— Even though Mike and Glenn have both run R2C several times, they'd never run it together. This year they were teammates, and look what happened. Cause → effect.

— The best weather we have had in years—a high in the low 80s, some clouds, diminishing humidity. It has been a long time since we ran R2C in a heat advisory, and perhaps it's no coincidence that we have broken 11 hours each of the past three years. The annual rain-on-Doug deluge never materialized either.

— We avoided the nails that someone apparently seeded on the course. A van for a College of New Jersey team got a flat in the parking lot at the end of leg 1. About 10 miles away, the New York University team car driven by Anna Miller, Randy and Nina's daughter, developed two flat tires—around the same spot I got a leak in a tire in R2C3. Anything can happen during this relay. Fortunately, it didn't happen to us.

So that's how the Grovers ran so fast. Well, maybe that's some small part of the reason.

Or maybe it was Paul, running leg 1, then 9, the dreaded Frying Pan, faster than ever before. Paul acknowledged he'd given some thought to “retiring” from the Frying Pan ... but after another year of thriving on the skillet of central New Jersey, he says he's in for next year. Good, Paul, because you can't retire at age 30; Tom Kelly just ran the Beast again at 69!

Or maybe it was newbie Brian, who followed Paul's ultrafast opening leg with 8 ultrafast miles of his own and then survived the traffic mayhem of the wild card with Mike in the afternoon.

Or maybe it was Doug, who left us laughing all day long. His running was no joke, though: sub-7s on the leg 3 towpath and in the midday heat of leg 8 leading up to the Frying Pan.

Or maybe it was Mike, who felt he had to atone for his 2009 running of the Beast. This leg is sort of like the Running of the Bulls, only on a mile-and-a-third hill in Jersey, not the streets of Pamplona. Oh, Mike has run with the Bulls, too.

Or maybe it was Tom Eaton, who showed that a sub-40 10K is in his future (if he'd just quit running those pesky marathons!) with 6.5 flyin' miles on leg 5 before owning the bike path.

Or maybe it was Glenn, who ran the leg I call Beast Jr., 8 miles of unpleasant twists, turns, hills, valleys, full sun, deep shade, and an unconscionable last mile uphill before sprinting home on the Glory Leg in Manasquan.

Or maybe it was Stephen, who forsook anti-depressants while waiting and waiting and waiting to do the first half's last leg, which he finished strong, and who followed that up with a zippy 6.5 miles to the outskirts of lovely Farmingdale.

I still say it was my injury. —Phil Coffin

Emily Gurniak's First Half-Marathon, Aug 1 Philadelphia, Pa

We had trouble finding a half that fit into Emily's schedule, so we made up our own today.

We left around 6:30 am to drive to northern Philadelphia. The plan was to stop at the first Pennsylvania Turnpike rest stop and then go on to do our run. Well, that rest stop was closed, and there was nowhere else to stop on the way. Fortunately, we found many portajohns at our destination, the northern end of the Forbidden Trail. Our first crisis was solved.

When Emily and I started, I figured we'd take it easy, treat this as a long run. Forbidden Trail has half-mile markers, though they're difficult to spot. We found the first one at 5:05. I told Em we'd started too soon, because I knew we were running closer to 9 minutes per mile. Our half-miles then breezed along at 4:20, 4:13, 4:09, 4:09 ... seemed a bit fast, but we felt good. Then after missing three markers in a row, we saw our 2-mile split of 15:30. At this point, I knew we had a near race effort going. I think Em was picking up the pace, but she blamed me?

Robin, my wife, planned to jog 30 minutes and then meet us with water on East River Drive. We crossed the bridge only to find out that the road was closed for a triathlon. So much for our water break! There was no way that Robin could make it through to bring us water. Fortunately, Em was carrying a bottle, and we shared from that.

We got stopped twice at the triathlon transition zone. I was hoping these stops would break Em's pace of 8 minutes per mile. Not really?

On reaching the Art Museum, I was finished, but we still had more than a mile to go. I told Em to go on without me, but she was nice enough to stay with me. We finished in 1:47, not too bad for her first half. —Dave Gurniak

Morris County Striders Summer Aug 3
XC 5K Series (Race 3), Boonton Twp
Charlie Slaughter (1st AG) 20:01
John Harvey 25:27

Project Children 5K, Aug 5
South Mountain Reservation
Wayne Carlson (3rd AG) 21:47
Desmond Duncker 22:23
Don Manfria 23:44
George McIntyre (1st AG) 24:54
John Harvey 25:41
Bernadette Lancaster (1st AG) 26:36
Katie Maher (3rd AG) 27:55
Laura Halstead 28:08
Ed Trieste 28:14
Elsie Koh 31:25
Norman Scrivener 32:43
Beverly Salerno (2nd AG) 32:56
Laura Barry 34:19
Carol-Ann Manfria 38:57
Milt Westrich (1st AG) 48:17
I ran on ADP's team. This smaller 5K takes place on a shady course, so heat was not a huge factor, though it was still plenty hot. I ran my usual time, for 2nd in age. Up against Patricia O'Hanlon, I had no chance for 1st! —Beverly Salerno

NYRR Team Championships (5M), Aug 7 Central Park

Andi Robik 42:31
Laura Halstead 44:06
Laura and I were ERC's sole representatives at this team race. We really enjoyed it—the nice weather, and the small but very fast field (which meant hardly any weaving to do). The race had two waves, men and women. There were only 509 women, so corrals were barely needed!

This race was a comeback for me, as I had been injured and hadn't run more than once a week and hadn't done speedwork. I was pleased with my 8:30 pace.

There were lots of clubs, team shirts, banners, food, spirit, etc. Next year, we should get a bunch of ERC members to go to this event! It was so nice running in a New York Road Runners race and getting all the benefits without all the crowds. Who needs another T-shirt anyway? —Andi Robik

At the 9:00 am start of the women's Team Championship, the weather was perfect: cool (70 degrees) with only 53% humidity.

Only running club members can participate in this team-only race. Most teams were from NYC, others from Hoboken and some from as far away as Rockland, New York. With only two ERC members there, we were not competitive in the team standings, but had fun nevertheless.

The field of 509 women was tiny compared with the field of up to 6000 people in the typical NYRR race. Small turnout = huge plus! There were no corrals, no lines at water stations (everyone knew how to use them, so no pileups), and no lines at the finish!

I highly recommend this race. Maybe next year a large ERC turnout will be in the cards.

—Laura Halstead

Born to Tri, Asbury Park Aug 7
Dan Murphy (1st AG) 1:10:02
0.33-mile swim (11:08), 14-mile bike (35:25), 3.2-mile run (19:41)

This triathlon was exceptionally well organized and had a tight, well laid out, very spectator friendly staging area and race course. I highly recommend it. The cool tech T-shirt design was a take on Springsteen's *Born to Run* album cover, with a bicycle in place of the guitar.

There were no prerace shark sightings—that was a relief—and I was happy the swim was only 400 meters. My time, 11:08, was typical for me, and good for 156/271 overall. My transition time was really slow too (socks slow you down), but once on the bike I got down to business, working hard to catch up to the others and posting an average speed of 23.7 mph for 7th overall. Then on the run, my legs took almost a mile to come back to life. The neat thing about shore races is that running on the boardwalk, with its bouncy, flat surface, reminded me of my college indoor track days, when I was fast. Hitting my stride on the boards felt great, and I really picked up the pace, moving through group after group. The last 2 miles flew by. However, I wasn't happy with my time, 19:41, or 6:16 pace over 3.2 miles, not the originally advertised 3.5 miles. I finished 15th in the run and 25th overall in the triathlon. And yes, I was happy to get my first triathlon age-group win, and now I'm looking forward to my next sprint, the Revolutionary Triathlon, at Lewis Morris Park in Morristown on August 15.

Grove Summer Series: Trail Mix Aug 8

From the head of the West Essex Trail, it was an impressive sight—a pack of about a dozen people running down Francisco Avenue. I hadn't expected such a large crowd, so I was surprised to hear there were even more runners behind them. And they'd be followed by two smaller groups, and a few people in between. Adding the three who had gone out earlier, we must have had 30 folks participating in this second installment of the Grove Summer Series of long runs.

The 16-mile Trail Mix began at Grove Pharmacy. First it was 5 miles to the trail, then it was 6 out-and-back trail miles, and then to finish up it was 5 miles back to the pharmacy.

Unfortunately, the dog days of August were back. The clouds and humidity had rolled in overnight, making for cooler, damp conditions. On a sunny day, the trail is much nicer, offering welcome relief from the direct sun.

Sorry for not putting out more water, but I hadn't expected such a large crowd, or the high humidity. Thanks go to Paul Kartanowicz, Doug Williams, and Stephen Sands for all their help, and for supplying the refreshments back at Grove.

It was great seeing so many runners out, though I wish I could've run faster and managed more than just the trail. To everyone who did today's run, great job, and I hope to see you at the next one! Remember, the Grove Summer Series will finish up on Sunday, September 12, with the Eagle Rock 9/11 Memorial Run, a 15-miler with a 6-mile option. (For details, turn to pp. 2, 4.)

—Mick Close

Turkey Swamp Race Day (50K), Aug 8 Freehold

Mike Skara 6:16:34.3
Chris Jaworski (3rd AG) 6:16:34.4
When my Garmin clicked over to 16 miles, I began wishing I'd stayed home for the club's Trail Mix group run—I'd've been done for the day. But nooooo, I was in Freehold for the Turkey Swamp trail ultra, and there were another 15 miles to go. We had high humidity to get us nice and doughy on the inside early in the race, which started at 8:30 am, and then high temps to toast us on the outside later on (the postrace reading on Mike's car thermometer was 90 degrees).

Yes, Mike and I ran this race in what was our first meeting of the ultra minds. Let's just say it was a long day. But we finished!

An event like today's can change one's view about race goals. When finishing is in doubt, the goal of finishing can loom large, become oh so important. I have gone into races in which finishing was not guaranteed, and there's an appeal in that. Right from the get-go, just finishing can be a goal, a worthy goal. Unfortunately, that is not how I approached this particular race.

I wanted to nail it.
I thought I could PR.

My best time at 50K is 6:06:12 (11:49 pace). That was at the 2009 HAT Run, a very hilly ultra in Havre de Grace, Maryland. Surely I could better that time on the flat, nontechnical course at Turkey Swamp Park. After all, in 2008, I'd finished its 20-mile option in 3:02 (9:06 pace). Shouldn't another 11 miles take me 2 hours tops? Even 2.5 hours would yield a PR of nearly 35 minutes!

In addition, I had done well in three other big trail races this year, the Mayapple 50K (May 22), the Nipmuck Marathon (Jun 6), and the Escarpment 30K (Jul 25), none of which is noted for its level terrain or good footing. Surely I could swiftly deal with Turkey Swamp's dirt road; easy single-track; open, grassy fields; and lack of boulders, steep grades, and slippery-slidey mud. Shouldn't I also benefit from becoming familiar with every nook and cranny on this multiple-loop course? I'd even be able to forgo carrying a waist pack of food, or a weighty hydration backpack, as there were two aid stations on the loop, plus my own strategically placed cooler of refreshments. Rest rooms? There were several portajohns, here and there, plus a clean, commodious indoor facility with sinks for cooling off and freshening up!

Two volunteers counted and recorded laps for the 50K runners. D-Tags and a mat were used, too. And for crying out loud, *all* the volunteers were as helpful and nice as a runner could hope for!

So what went wrong?

As already mentioned, it was humid (91% at the start), and it was hot (high of 87 degrees). If you combine my not being a heat runner with trying to do *four* big trail races within 11 weeks, well, you just might have your answer!

Going out too fast in an ultra was probably not a good idea either, but, darn it, I was enjoying that first mile (8:08) or two (8:22) with Mike. I was in my element, feeling my oats, having a good time. Often at a race, you'll see a faster buddy only at the start and the finish. Spending

some trail time together with Mike, particularly before the day got ugly, was pretty cool.

Then it was time for Mike to move on, and for me to start thinking long-distance.

I needed to circle the course's 2.65-mile loop 11 times, and then run all but half a mile of the loop to get to 31.3 miles for the day. Once I began having trouble, early, I really had to pep-talk myself into starting the next lap, then the next.

On single-track trail, just before the 10-mile mark, I came upon an alarming scene—a runner down, on his back, his heart rate being checked by another runner, and a third assisting in some way. I offered to get help and was off. I ran hard, and then just could not run another step. I was then power-walking and thinking that that guy could be in serious trouble, and I can't get my legs moving any faster. After a short breather, I started up again, and soon was pulling into the start/finish area and telling what happened and where to find the runner in distress. I later learned an ambulance had gotten to him, and, though he'd been downed by heat exhaustion, he was okay.

That episode shook me up a bit, and after that sprint I needed some slow recovery running.

Fortunately, as the laps accumulated, and I began to think in terms of having completed such-and-such a chunk of the race, it became easier to say *just one more lap*. Over the second half, too, I fell into a rhythm of running all the single-track and as much of the fields as I could, but then walking more than I wanted of the dirt road. This wasn't pretty, but it was working.

I got a reality check when I noted my time at 20 miles: just under 4 hours. Two years earlier, I'd done that distance almost an hour faster.

It was on my eighth or ninth lap that I met up with Johnny, who had run with me a bit at Mayapple, and also been at Escarpment. His sciatica had flared up after Escarpment, and he was hurting now. I ran a lap with him. He then wanted to call it a day, but his wife, knowing him, convinced him to hang in there. She walked a lap with him, and then he was good for the remaining distance.

After I'd just completed nine laps, or almost 24 miles, the helpful and friendly lap-counters told me I'd completed eight. What? No, that's incorrect. They promised they would recheck their info before the next time I came around to their station, and they did, and now our counts agreed. Then I saw a runner borrow a pen from one of the lap-counters and use it to mark his bib with the number of laps he'd completed.

Halfway through lap 10, I spotted . . . Mike? I thought he must be on his last lap, but no, he was struggling like me. We walked a while, then ran some, walked some, ran some. And that's how we managed the final 6 miles. It seems that we bumped into each other at just the right time.

For all the physical exertion and endurance needed for this race, it was, for me, more of a mental challenge. So, yes, even though I missed a PR by 10 minutes (dang!), I was pretty pleased just to have finished. —Chris Jaworski

Chris wrote that we had a meeting of the ultra minds, but it was more like two runners out of their minds. Only a madman tries to race a 50K

a week after the River to Sea Relay (me) or two weeks after the Escarpment Trail Run (him).

The first 19 miles, I was on pace for a PR. Then the wheels fell off. My wind was fine. I did not feel tired. My legs simply stopped working. Thankfully, my buddy Zach, who came to see me run, trudged a lap with me. Then Chris caught up with me. I was so glad to complete the rest of the distance together. If he hadn't shown up, I doubt I would have finished. I am glad I did. The letters DNF are almost as bad as IRS. —Mike Skara

Morris County Striders Summer Aug 10 XC 5K Series (Race 4), Boonton Twp

Charlie Slaughter (1st AG) 19:49
John Harvey 24:14

Bronx Half-Marathon Aug 15

Tracy Keller (PR) 1:53:26
Gina Imperato 2:07:44

Revolutionary Triathlon, Aug 15 Lewis Morris Park, Morristown

0.25-mile swim, 10-mile bike, 3-mile run
Dan Murphy (5th OA) 1:04:21
11:29, 28:47, 21:18
Andi Robik 1:28:35
12:29, 43:52, 27:11

I signed up for this event on a whim. I had a free morning, and the distances were short—it would be easy. Little did I know that the run was a trail run on an extremely hilly loop in the park, all uphill going one way, all downhill coming back—a little more than I'd bargained for! And the swim was in a small pond, so, to cover a quarter-mile, we had to swim in an M shape. Interesting.

It was really a lot of fun, actually. There were only 196 finishers, and it was pretty low-key. For not being a trail runner, I had a nice trail run and passed a lot of people. The weather held out, the music was great, and I didn't have to rack my bike the day before or go to a briefing session, although I could've used one. In an embarrassing moment, I missed seeing the finish-line chute, passed right by it, ran an extra 15 seconds or so before I realized I was going the wrong way, and then had to backtrack. Yes, I hadn't seen the big sign that read *RUN IN*.

Dan, who is to blame for introducing me to this early-morning hill-fest, finished 5th overall and 1st in the bike! Great job, Dan!

Hours later, I'm still scraping off pond weed. But I recommend this event, and I'd do it again. —Andi Robik

Central Park (Morris County) Aug 18 5K XC Series, Parsippany

Charlie Slaughter 20:55
Frank Russo 21:43

5K Inferno Run, Lake Hopatcong Aug 21

Justine Krell 27:28

These Just In . . .
Morris County Striders Summer Jul 6 XC 5K Series (Race 1), Boonton Twp

John Harvey (3rd AG) 25:52

Morris County Striders Summer Jul 20 XC 5K Series (Race 2), Boonton Twp

Andrew Manning (3rd AG) 20:41

Favorites
Mike Wojcio

My favorite race is the New York City Marathon. This year I will be running it for the 20th time, and my sisters will come out to watch. Once again I will take our club's NYCM bus from Grove Pharmacy to the start of the race on Staten Island. Thanks to Larry Hollander and all the other Essex Running Club members who come to see us off and wish us well each year. Once again, while running the marathon, and carrying my two American flags, I will stop on the Willis Avenue Bridge to say hello to Eugenie Temmler. I truly thank her for being out there and cheering for me and all the other Essex marathoners each year!

My favorite race is not an ultramarathon. I have run only two ultras in my life—the Two Oceans Marathon (35 miles) in South Africa, and the Davos Marathon (42 miles) in Switzerland. I won't do another, as it's difficult enough for me to complete a regular marathon. I admire Chris Jaworski and the other Essex members who run ultras in the woods. For me, the hardest races are ultras, particularly the ones that involve navigating the woods and dealing with all those rocks, roots, ravines, et cetera, without falling down. Hats off to the ultrarunners in the Essex Running Club!

My favorite short race is the 5K. I compete with George McIntyre and Tom Kelly. Even though these guys are in the 65–69 age group, a step above mine, they beat me anyway. Nevertheless, it is great seeing them at these events. These races put a lot of stress on the body, because you are trying to run them as fast as you can. But the distance is only 3.1 miles, so they are over quickly. I think 10K races are more difficult, because you still are trying to run as fast as possible, but they're twice as long, so pacing can be

more difficult. I truly enjoy Westfield's "Pizza Run" and the President's Cup Night Race in Millburn.

My least favorite run is the training run. Even more difficult than racing, I think, is trying to run a lot of miles each week to train for a marathon or even just to stay in shape. You don't have anyone handing you water or cheering you along the way. I like to greet runners, walkers, and bicyclists as they go by, but some wear headphones and cannot hear you, and others ignore you, don't say anything back, don't give you a wave or smile. In these situations, I have to dig deep to complete my run. On the other hand, when they say good morning or smile back, I'm happy. This is the core of what we are doing. While I run, I don't use headphones. Instead, I recite a favorite poem or song, or try to invent a mnemonic for the book I am writing. Sometimes I count my steps. A mile is about 850 to 900 steps with one foot, depending on how fast I am running. Incorporating hill work, stretching, and pushups into training runs is good.

My favorite training run is the Essex hosted group run. I really enjoy the runs hosted by Essex members on Thursday nights in the summer. Thanks to everyone who has put on one of these runs, and thanks for all the good food and drinks at your homes after these runs!

My favorite run isn't easy. Nothing is easy in life. A former running friend who can't run anymore always liked it when I said, during our training runs, "It doesn't get any easier!" It is true. Running doesn't get easier. The satisfaction I get is when I'm done running and I'm feeling great. Solo training runs are not my favorite runs, but life isn't easy either. We have our problems to solve, big and small, every day. Stepping out the door to run is what makes us who we are—runners. I love running and runners. I wish my Essex Running Club friends many great races and training runs!

RACES: SEPTEMBER–NOVEMBER 2010

Compiled by Mick Close. Club/Team races in **bold print**. Some dates and times tentative—call to confirm. NBGP = New Balance Grand Prix. Chris Jaworski has compiled a comprehensive list of trail races and ultramarathons—go to <http://www.essexrunning.com/trails>.

9/5	Sun	8:00a	Labor Pain 12-Hour Endurance Trail Run (Reading, Pa)	12h	610-779-2668	
9/5	Sun	9:00a	Jimmy D Memorial 5K (New Brunswick)	5K	732-803-5871	NBGP: 700 pts
9/5	Sun	9:00a	Crossroads of New Jersey 10K & 5K (Woodbridge)	10K, 5K	732-549-9440	NBGP: 10K & 5K (both 500 pts)
9/6	Mon	9:30a	Verona Labor Day Classic	5K	973-239-4111	NBGP: 500 pts
9/11	Sat	8:00a	<i>Fitness Magazine Mind, Body, Spirit Games (Central Pk)</i>	4M	212-860-4455	
9/11	Sat	9:00a	Rock 'n' Run 5K (Cranford)	5K	908-902-8587	NBGP: 500 pts
9/11	Sat	9:00a	McGuire Mud Run, McGuire AFB, Burlington County	10K	staff@mcguiremudrun.org	
9/12	Sun	9:00a	IronMatt 5K (Oakland)	5K	201-651-2010	NBGP: 500 pts
9/12	Sun	9:00a	Komen NYC Race for the Cure (Central Park)	5K	212-560-9590	
9/12	Sun	9:30a	High Speed Chase for the Cure (New Brunswick)	5K	732-235-4956	NBGP: 500 pts
9/12	Sun	10:30a	USATF–NJ XC 5K Championship (Readington)	5K	973-334-8900	NBGP: 700 pts
9/18	Sat	9:30a	Spirit 5K (Sparta)	5K	973-335-8029	NBGP: 500 pts
9/19	Sun	7:00a	New York City Marathon Tune-Up (Central Park)	18M	212-860-4455	
9/19	Sun	8:00a	Philadelphia Rock 'n' Roll Half-Marathon	13.1M	800-311-1255	
9/19	Sun	9:00a	Cheshire Home 5K (Madison)	5K	973-377-9531	NBGP: 500 pts
9/19	Sun	9:00a	James N. Rentas 5K Run (Bayonne)	5K	201-681-6600	NBGP: 500 pts
9/19	Sun	9:30a	Berkeley Heights 5K	5K	908-464-8899	NBGP: 500 pts
9/25	Sat	8:30a	Ramsey Run	10K, 5K	201-825-8299	
9/25	Sat	9:00a	Newstead 5K (South Orange)	5K	973-313-9575	
9/25	Sat	9:30a	Haworth 5K	5K	201-314-8656	NBGP: 500 pts
9/25	Sat	10:00a	Dunellen Run for Education	5K	732-968-7470	NBGP: 500 pts
9/26	Sun	8:30a	Brian's Run (Wayne)	10K, 5K	973-904-1395	NBGP: 10K & 5K (both 500 pts)
9/26	Sun	8:30a	Newport Liberty Half-Marathon (Jersey City)	13.1M	908-902-8587	NBGP: 700 pts
9/26	Sun	9:00a	Pfalz Point Trail Challenge (High Falls, NY)	10M	845-255-0919	

9/26	Sun	See note	Roosa Gap Roller Coaster Runs (Wurtsboro, NY)	11.5M, 5K	845-888-2107	11.5M starts at 10:00a; 5K at 11:00a
9/26	Sun	Various	Fifth Avenue Mile (Manhattan)	1M	212-860-4455	
10/2	Sat	8:15a	Grete's Great Gallop (Central Park)	13.1M	212-860-4455	
10/2	Sat	9:00a	Mendham Harvest Hustle	5K	973-876-0881	NBGP: 500 pts
10/2	Sat	9:30a	Soles for Faith 5K (Branch Brook Park, Newark)	5K	973-497-4353	NBGP: 500 pts
10/2	Sat	9:30a	Run for Life (Parsippany)	5K	973-945-9442	NBGP: 500 pts
10/3	Sun	8:00a	Steeplechase Distance Run (Hillsborough)	25K, 5K	908-902-8587	NBGP: 25K & 5K (both 500 pts)
10/3	Sun	8:15a	Race for the Cure (Six Flags, Jackson Township)	5K	609-896-1203	
10/3	Sun	8:30a	Mahwah 10K & 5K	10K, 5K	201-825-1182	NBGP: 10K & 5K (both 500 pts)
10/3	Sun	9:00a	Jersey Shore Half-Marathon (Sandy Hook)	13.1M, 5K	732-409-7644	
10/3	Sun	9:00a	Paine to Pain Trail Half-Marathon (New Rochelle, NY)	13.1M	http://www.painetopain.com	
10/3	Sun	9:30a	Carlos Negron Run (Liberty State Park, Jersey City)	5K	201-991-9103	NBGP: 500 pts
10/3	Sun	10:00a	West Orange Downtown Classic	5K	973-325-4109	NBGP: 500 pts
10/3	Sun	11:30a	Harry Murphy XC Classic (Van Cortlandt Park, Bronx)	5K	212-860-4455	
10/6	Wed	Noon	Newark Corporate Race	5K	973-376-6094	NBGP: 500 pts
10/9	Sat	8:00a	Hartford Marathon (Conn)	26.2M et al	860-652-8866	
10/9	Sat	9:00a	Hoboken University Medical Center 5K	5K	201-418-2009	NBGP: 500 pts
10/9	Sat	10:00a	Hounds & Harriers (must run w/dog) (Morris Twp)	3M	973-377-6276	
10/9	Sat	10:00a	Fall Spectacular (Harrington Park)	5K	201-750-9447	NBGP: 500 pts
10/9	Sat	10:00a	Sean Hanna 5K (Duke Island Park, Bridgewater)	5K		NBGP: 500 pts
10/10	Sun	8:30a	Staten Island Half-Marathon	13.1M	212-860-4455	
10/10	Sun	9:30a	Liberty Corner 4-Miler	4M	908-766-7925	NBGP: 500 pts
10/10	Sun	9:30a	Hot Chili Challenge (trail, Kittatinny State Pk, Andover)	8M	973-919-1373	
10/10	Sun	10:00a	Habitat for Humanity 5K (Duke Island Pk, Bridgewater)	5K	908-704-0016	NBGP: 500 pts
10/10	Sun	10:00a	USATF-NJ XC 8K Championship (Readington)	8K	973-334-8900	NBGP: 700 pts
10/10	Sun	10:30a	Long Beach Island 18-Mile Run	18M	609-494-8861	NBGP: 500 pts
10/11	Mon	7:00a	Lenape34 (Lenape Trail walk, Millburn to Nwk Penn Sta)	34M	http://lenape34.org	Shorter distances, too
10/11	Mon	5:00p	Spartan Stride 5K (Wayne)	5K	973-694-3702	NBGP: 500 pts
10/16	Sat	9:00a	Mountain Madness (trail, Ringwood State Park)	See note	973-627-2575	50K, 25K, 7.77 M
10/16	Sat	9:30a	CPL (Cerebral Palsy League) Breakfast Run (Cranford)	5K	910-686-0026	NBGP: 500 pts
10/17	Sun	8:30a	Atlantic City Marathon	26.2M et al	609-822-9419	
10/17	Sun	9:00a	Maplewood 5K	5K	973-378-7907	
10/17	Sun	9:05a	Paramus Run	10K, 5K	908-902-8587	NBGP: 10K & 5K (both 500 pts)
10/17	Sun	10:00a	5K Run for Wishes (Liberty State Park, Jersey City)	5K	800-252-9474	NBGP: 500 pts
10/17	Sun	10:00a	Seaside Half-Marathon	13.1M, 5K	908-783-7526	
10/17	Sun	10:00a	Asbury Park Marathon & Relay	26.2M	732-578-1771	
10/17	Sun	10:15a	Livingston 5K	5K	973-477-7108	
10/17	Sun	11:30a	Kurt Steiner XC Classic (Van Cortlandt Park, Bronx)	5K	212-860-4455	
10/17	Sun	1:00p	East Brunswick Road Races	10K, 5K	848-391-0200	NBGP: 10K & 5K (both 500 pts)
10/23	Sat	9:00a	Canswerlink 5K (Duke Island Park, Bridgewater)	5K	908-256-1192	NBGP: 500 pts
10/23	Sat	9:30a	St. Patrick's Community 5K (Chatham)	5K	908-413-2486	NBGP: 500 pts
10/23	Sat	9:30a	Red Ribbon 4-Miler (Cranford)	4M	732-381-4100	
10/24	Sun	9:00a	Run the Farm (trail race, Muscote Farm, Katonah, NY)	5M	http://runthefarm.org	Kids 1M run at 8:30a
10/24	Sun	9:30a	Fanwood 5K	5K	201-725-2032	NBGP: 500 pts
10/24	Sun	9:30a	Great Swamp Devil Run (Basking Ridge)	15K, 5K	973-376-0231	NBGP: 15K & 5K (both 500 pts)
10/24	Sun	10:00a	Totowa PAL 10K & 5K	10K, 5K	862-377-4799	NBGP: 10K & 5K (both 500 pts)
10/24	Sun	10:30a	Family Reach 5K (Mahwah)	5K	973-394-1411	NBGP: 500 pts
10/30	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	NBGP: 500 pts
10/30	Sat	9:45a	Robert Giaimo Memorial Run (Fairfield)	5K	973-610-5176	
10/30	Sat	10:00a	HoBooken Halloween 5K (Hoboken)	5K		
10/31	Sun	8:30a	Marathon Kickoff (Central Park)	5M	212-860-4455	
10/31	Sun	Noon	Safe Dating Challenge (Convent Station)	5K	910-686-0026	NBGP: 500 pts
11/6	Sat	9:00a	Beaverton 5K Fall Classic (Lincoln Park)	5K	973-270-2040	
11/6	Sat	10:00a	Run for Runaways (Duke Island Park, Bridgewater)	5K	908-526-6605	NBGP: 500 pts
11/7	Sun	9:40a	New York City Marathon	26.2M	212-860-4455	
11/7	Sun	10:00a	Newark Academy 5K Run for FOP (XC, Livingston)	5K	908-800-1808	
11/7	Sun	10:00a	Thunder Run Half (trail, Kittatinny Valley Pk, Andover)	13.1M	973-919-1373	
11/13	Sat	8:30a	Goodwill 5000m Race Against Hunger (Montclair)	5K	908-245-3000	NBGP: 500 pts
11/14	Sun	8:45a	Garden State Plaza 5K (Paramus)	5K	908-245-3000	NBGP: 500 pts
11/14	Sun	11:00a	Hashathon Trail Race (Cheesequake Pk, Matawan)	6M	732-528-0132	(evenings)
11/14	Sun	Noon	Giralda Farms Run (Madison)	10K, 5K	973-635-5709	NBGP: 10K (700 pts) & 5K (500 pts)
11/20	Sat	8:00a	NYRR Knickerbocker 60K (Central Park)	60K	212-860-4455	
11/21	Sun	8:30a	Race to Deliver (Central Park)	4M	212-860-4455	
11/21	Sun	9:30a	Saddle River Run 15K (Ridgewood)	15K	973-584-6709	NBGP: 500 pts
11/21	Sun	11:30a	Fred Lebow XC Championships (Van C Park, Bronx)	5K	212-860-4455	
11/25	Thu	8:30a	Morris Twp Thanksgiving Day Turkey Trot (Morristown)	5K, 1M	908-245-3000	NBGP: 500 pts
11/25	Thu	9:00a	Dick Meighan 5K (Upper Saddle River)	5K	201-818-0248	
11/25	Thu	9:00a	Ashenfelter 8K Classic (Glen Ridge)	8K	973-809-9311	NBGP: 700 pts
11/25	Thu	9:30a	CEA/JF Turkey Trot (Flemington)	5K	908-782-2911	NBGP: 500 pts
11/26	Fri	11:00a	Born to Run 5-Miler (Freehold)	5M	732-431-2627	
11/27	Sat	11:00a	Westfield Turkey Trot	5M	908-245-3000	

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