



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

October 2010

Vol. 27, No. 10

PRESIDENT'S CORNER

Mark Frankel

With the time constraints that come with having little kids and an athletically competitive wife, I'm opting more and more for the convenience of my local Y for weekend workouts.

At this communal property, I have to remind myself that most other gym members do not share my athletic goals. They go to work out and perhaps to meet up with friends. But there are others who like me have very specific athletic goals, just in different sports.

It's common to see people playing softball, tennis, basketball, squash. Also common are "leadheads," the men and a few women who are crafting muscular physiques.

Recently, though, I'd just finished a 13.5-mile run at the gym and was heading for the pool when I spotted two very unusual "athletes," people practicing for deep-sea diving.

They were geared up with full-body wet suits and oxygen tanks. I wasn't sure why they were practicing in the swimming pool at the Y. In my 10 years as a member, I'd never seen deep-sea divers there. The pool is clean and chlorinated, not murky like an outdoor body of water.

Athletes of all stripes have a right to use the Y as long as they pay their dues. It makes me feel good to know I live in a community of such diverse athletes.

MARK YOUR CALENDAR

- **Now.** Please consider renewing your ERC membership for 2011.
- **Oct.** Nutley Fall Five (5M) and Dover Renaissance 5K Run have been canceled for 2010.
- **Oct 3.** West Orange Downtown Classic 5K (club race). *Page 4.*
- **Oct 6, 13, 20.** Last 3 group workouts at Brookdale track. *Page 1.*
- **Oct 10.** Readington XC 8K (USATF championship race). *Page 4.*
- **Oct 10.** Long Beach Island 18-Mile Run (club race). *Page 4.*
- **Nov 7.** New York City Marathon (club race). *ERC bus info, pages 2, 4.*
- **Nov 9.** General meeting (we'll be swapping marathon stories).
- **Nov 13.** Goodwill 5000m Race Against Hunger (club race), Montclair.
- **Nov 14.** Giralda Farms Run 10K (USATF champ race), Madison.
- **Nov 21.** Philadelphia Marathon.
- **Nov 25.** Ashenfelter 8K Classic (USATF champ race), Glen Ridge.

Welcome, New Members!

Melissa DiMarco, *Montclair*
Dawn Dubois, *Verona*
Shaundell Pannell, *Newark*
Jodi Zielinski, *Montclair*

ERC'S NEXT GENERAL MEETING Tuesday, October 5, 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*

General Meetings 2010

Nov 9 (marathon stories), Dec 5 (holiday party)

Board Meetings 2010

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

Track Workouts Through October 20

Essex members have three more chances to work with Coach Joel Pasternack at the Brookdale Park track: on October 6, 13, and 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 workout at 6:30 pm. For warmup, we recommend you arrive between 6 and 6:15, run 2 miles, and finish with strides.

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

Editor Search Continues

The December issue will be Chris Jaworski's last as newsletter editor. Would you like to be considered for the job? If so, e-mail Chris (jaworski@verizon.net) or ERC president Mark Frankel (mongozus@yahoo.com) to explore your interest. Chris can provide any needed training and guidance.



**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

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First join group at
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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, which is posted at essexrunning.com.

Be Part of ERC in 2011

To join or rejoin the club or to renew your membership, use the application on page 3 or log on to essexrunning.com.

— *New members.* Join now, and your membership will be good for the rest of 2010 and all of 2011.

— *Former members.* Please encourage former members to rejoin the club.

— *Current members.* You can really help our membership and newsletter volunteers by renewing now rather than waiting until next year.

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.

Autumn Is Cross-Country, by Chris Jaworski

Not interested in trails but want a break from pavement? Consider a XC race. Cross-country courses are "trails lite." The terrain tends to be flatter (no extreme ups or downs) and easier to negotiate (fewer rocks, roots, and other hazards). And in the fall there's nothing quite as pulse-quickening and joyful as running off-road, with earth, grass, and crunchy leaves beneath your feet; wind gusting and leaves swirling 'round your head; crisp, cool air rushing through your nose; all the sights and sounds; and other runners, ahead, behind, alongside.

The USATF–NJ Cross-Country 8K Championship (Oct 10) is not the only XC race in town this fall. There are many others. Shore Athletic Club (SAC, shoreac.org) and New York Road Runners (NYRR, nyrr.org), for instance, both have a lot to offer. Start times are listed below. Check the Web sites for registration, directions, and other information.

SAC series, rotating Monmouth County parks, Saturdays 9:00 am (registration at 8:00)
Distance: 5K, approx. In the past, entry fee was only \$6 per race, or \$30 for the block of 6.

Oct 2	Thompson Park, Lincroft
Oct 9	Tatum Park, Middletown
Oct 16	Wolf Hill Park, Oceanport
Oct 23	Thompson Park
Oct 30	Tatum Park
Nov 6	Holmdel Park (same course used for USATF XC 5K in years past)

NYRR series, Van Cortlandt Park, Bronx, Sundays 11:30 am (registration 10:00–11:00)
Entry fee: \$7 (preregistration) or \$10 (day of) for NYRR members and nonmembers alike.

Oct 3	Harry Murphy XC Classic (5K)
Oct 17	Kurt Steiner XC Classic (5K)
Nov 21	Fred Lebow XC Championships (5K)
Dec 12	Pete McArdle XC Classic (15K)

Nonseries events

Oct 31	SAC open XC meet, Ocean County Park, Lakewood, registration at 8:45 am, 5K at 9:30 followed by boys & girls youth races, shoreac.org
Nov 7	Newark Academy 5K Run for FOP, Livingston, 10:00 am campuscore.com/cs2010/novdec/index.htm

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 October Issue Of
KEEPING TRACK ...

15 Years Ago (1995)

Tom Kelly cures the aching in his feet by getting fitted at Fleet Feet Sports and "right-sizing" his shoes ... Kathleen Francis and Lenore and John Piccoli join the Essex Running Club! ... following up on comments made in the September issue, George Studzinski writes, "While Art Horn and Tom Kelly are right in the opinions they express [To ignore pain while training, to set unrealistic goals, to train excessively or run too fast all court disaster and increase the risk of being unable to run at all], there is nothing wrong in being competitive while in a race. With fun runs and club runs, it's another story. Was I wrong in my assumption that [our September speaker, of whom Art and Tom were critical] was talking about *race* preparation?"

10 Years Ago (2000)

Anne Chesny writes in her President's Corner, "I have been lucky to be at almost every New York City Marathon since 1976 as a spectator, participant, or volunteer" ... the ERC board considers merging the awards dinner and the wine-and-cheese party ... welcome new members Valerie Kenny and Larry Miller! ... ERC and other groups in the New Jersey running community succeed in their campaign to get Madeline Bost's running column reinstated to the *Daily Record* (Morris County) ... "The former Glen Ridge Turkey Trot (10K) on Thanksgiving Day has been transformed this year into a more competitive 8K race to honor local hero Horace Ashenfelter. ... race director is top local masters runner Dan Murphy" ... H. Carl Sturcke on the Durban Marathon (South Africa), Mike Wojcio on the Canadian International Marathon (now the Toronto Marathon) ... Phil Coffin rounds up members' responses to his question, *Why do you run marathons?*

5 Years Ago (2005)

H. Carl Sturcke on running without a wristwatch or other timekeeper (he went instead by heart rate monitor when he took on the challenging San Francisco Marathon course) ... the ERC board experiments with its winter hosted-run schedule by adding West Essex Trail runs and road trips to the mix (each weekend now features a hosted run and either a trail run or a road-trip run).



USATF–NJ

Mick Close

We aim to field Fleet Feet/Essex teams at all remaining 2010 championship races. Please e-mail Ed Kelly (ejk823@msn.com) to learn about our teams and USATF–NJ.

We welcome runners of all abilities. Often a few extra teammates can make a big difference, so we ask that you please consider including these championships on your fall racing schedule. You can help ERC to a strong finish in the team competition for the year!

In addition, being on a team is a lot of fun and can add an incentive to your running that will help you stay motivated and improve your race times.

- 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)



AT THE RACES

Mick Close

W.O. Downtown Classic Sun, Oct 3

This 10:00 am 5K race, which winds through West Orange’s historic Main Street corridor, has become a major fundraiser for the National Ovarian Cancer Coalition. Info: 973–325–4109, downtownwestorange.org.

USATF–NJ XC 8K, Readington Sun, Oct 10

This championship cross-country race is held on a two-loop course at Deer Path Park. Men and women run together starting at 10:00 am. There will be a free postrace cookout for all runners. This is a team race for all divisions—men, women, open, and masters—so we hope to have enough people for teams. We can arrange a car pool if there’s enough interest. Info: 973–334–8900, usatfnj.org.

Long Beach Island 18-Mile Run Sun, Oct 10

This race, popular among runners training for a late fall marathon, features a flat, straight, south-to-north course that goes from one end of LBI to the other. It’s staged at a church in the middle. There’s much food to eat before the awards ceremony begins. Buses take runners to and from the start and finish. USATF–NJ members receive a \$7 discount on the entry fee through September 30. We usually carpool to the race. Info: 609–494–8861, raceforum.com/lbi.

Halloween 5K for Cervical Cancer Sat, Oct 30

The National Cervical Cancer Coalition is hosting this inaugural Montclair race. Genie Temmler’s daughter and a friend organized it, with help from Aubrey Blanda, to honor a friend who died of cervical cancer and to raise money. This all-ages, costume-optional event will start at Just Jakes at 11:00 am. The free postrace party will feature live music by the band Streams of Whiskey. Info: cervicalcancer5k.org.

New York City Marathon Bus Sun, Nov 7

Seats on our NYCM bus are filling up. This bus is the most convenient way for runners and spectators to get from northern Jersey to the race and back. Sit, relax, and share the excitement of the marathon with others.

The bus departs Grove Pharmacy (123 Grove Street, Montclair) at 6:30 am (runners) and then 10:00 (spectators). Free parking is available near the pharmacy. The bus takes runners to the starting area on Staten Island and spectators to the finish in Central Park. It then leaves New York around 5:00 pm and returns to the pharmacy around 5:30.

Bagels, bananas, and water are provided in the morning, and other food and drinks after the race and on the way home. There is a bathroom on the bus, and you can leave your bag and other belongings on the bus.

Make your reservation early to be sure of a seat. Cost: \$25 (ERC member) or \$30 (nonmember). Reservation form at essexrunning.com or at pharmacy. Info: Larry Hollander, Grove Pharmacy, 973–744–5550 (mornings).

FINISH LINES

River to Sea Relay (92M), Jul 31 Milford to Manasquan

ERC members assembled three teams to run in this year’s relay race across New Jersey. Recaps for the teams led by Tom Kelly and Phil Coffin appeared in the September issue. Here now is the recap for Ed Kelly’s team. —Editor

Our day started with banter and some high-energy music from *Jersey Shore Soundtrack*. Snookie songs at 5:00 am can really pump you up for the day ahead. That Ed Kelly is a tolerant guy.

Aileen O’Rourke and I helped keep the conversation flowing even in the wee hours of the morning. Rich Unis and Ed often appreciate our incessant chatter, and this day would be no different, except they were joined by Mike Sneden

and four more women—runners Rose Hall and Krissy Laird and drivers and crew queens Susan Palermo and Meredith Cozzarelli. We named our team *Four Blondes and a Few Good Men*.

Veteran Susan and first-timer Meredith helped make the day a smashing success. Meredith provided the red cowbells that we used to cheer on our team and every other team on the road! We shared our energy and screams with everyone we encountered over those 92 miles. Okay, so maybe some folks (e.g., the man called *Tank*) received more attention than others.

We had amazing weather and the most fun we could’ve had running. What was rewarding was having a mix of veterans and newbies running and crewing. Aileen and Ed had planned our legs very well, and we all ran great.

Aileen started us off with her incredible speed and focus and then passed off to Ed, who has no problem with any distance.

Just a week after a 500-mile bike race, Rich applied his usual strength to the leg called The Beast. That man sure can do hills. When he was showing off his hill skills during a run earlier this year, we thought, aha, he’s simply made for The Beast. He proved us right!

Cheeky newbie Rose attacked leg 5. We’re all so proud of how well she did in her first R2C. Of course, it helped that she made some friends along the way. It gets quiet out there, doesn’t it?

Mike then took over. Being a perfectionist, he felt at the end that he could have done better. We, however, were thrilled by his performance, as he sure can run, no matter the temps.

Perky Krissy was in complete control over the course of her first leg.

But then it started getting hot and steamy, and my leg was next. I'm an ambitious blonde, but my strength is not in the heat. Bring out the water, the wet cloths, and the water guns! My team knows how to crew, so all was good, and then Gary Peters from Tom Kelly's team caught up. Guess what? There is no better team player than Gary, and we ran to the finish together.

And then there was Aileen to take on the heat of a very long leg. The wildcard leg went well, considering the traffic jams, and then Rose took on the last trail. I was more than ready for the last leg, flying through Manasquan to take our team to its Fabulous Finish. There truly is no greater feeling than finishing those last 2-plus miles on such an amazing day!

We were pleased with our time of 12:16:18 and 91st-place finish. Everyone had done so well and had a great time, and now we were up for a celebration party with Lynne Mortimer at Leggetts.

Thanks to all who participated and made the day so memorable. We'll all be back for R2C!
—Helene Scarnegi

**Self-Transcendence Marathon, Aug 24
Rockland Lake State Park, Congers, NY**
Aubrey Blanda. 4:20:51
Beverly Salerno. 6:20:28
Susan Palermo (1st marathon!). 6:36:16

This unique marathon has become an annual ritual for me; this year's attendance was my fourth. The race is produced by followers of Sri Chinmoy, a self-proclaimed spiritual guru whose international practice involves meditation and striving to transcend the physical through feats of endurance. Chinmoy died two years ago, but this race has transcended his death, ha ha, and remains an event worth experiencing.

Runners do 8.75 laps of a flat, asphalt 2.96-mile bike path around beautiful Rockland Lake. A short drive (40 minutes) from Essex County adds to the attraction for me, though the typically hot and humid August weather and lack of course certification mean I've done this marathon as a training run or a time trial for a shorter distance.

This year, my expectations for a funky, upbeat, and low-key but efficient marathon were exceeded. The weather was good: overcast sky with a nice breeze. As was the case the past three years, the bike path had three well-stocked aid stations, sitar players, chanting girls, conch shell players, drummers, a sax player, and a weird guy reading platitudes to passing runners.

My goals were to run about 1 minute slower than my goal marathon pace, for a 4:25 finish, and to concentrate and not let myself become distracted. Well, for the first time in my life I was spot-on in a training run. I didn't stop for a bathroom, and I walked only a few steps through an aid station or two. But because I started nice and slow and exercised some self-discipline, I ended up feeling fine the entire race (except for the dry heaves I got after trying new salt tablets), and I was able to run the final 2 miles at a nice clip, well under my goal marathon pace of 8:55. I hit 13.1 miles in 2:11, my slowest half here, but fin-

ished in 4:20:51, my fastest finish here. Just about even splits. Lesson learned! Now if I can do a marathon 1 minute faster per mile, I'll be golden.

The best thing about this year's STM was bumping into Susan Palermo and Beverly Salerno at the start! They intended to run 20 miles and then drop as part of their marathon training. When I learned after the race that Susan went the full 26.2 miles and completed her first marathon, I was thrilled! Congratulations, Susan!
—Aubrey Blanda

This marathon is a treasure. No one could ask for a more supportive and friendly atmosphere, not to mention the flat, beautiful course around the lake. Our plan was to do 20 miles as training for the Chicago Marathon. Every person we spoke with during the run tried to talk us into finishing the whole 26.2. What finally convinced me was 69-year-old Mama Jean, a 50 Stater. She overheard us talking about stopping, and as she ran past she yelled, "Are you nuts? Didn't you pay the fee? You're crazy to stop." So when we hit 20 miles and were feeling good, we kept going.
—Beverly Salerno

Stephen Sands's Shore Scores Aug 28
Lacey Township. (2nd AG) 20:26
Municipal Alliance 5K Run
Stafford Township. (3rd AG) 21:09
PBA 5K Run

This year, my two favorite Jersey shore 5Ks were held an hour apart. The first race, Lacey, started on time at 8:30 am. Immediately after finishing, I hopped in the car and drove 15 miles south on the Garden State Parkway to the Stafford event, arriving in time to change and stretch before its 9:30 start. It all worked out well, and I wound up having a memorable summer 2010 experience!

Smoke Rise Biathlon, Kinnelon Aug 28
1/3-mile swim + 4M run
Randy Miller (3rd open M)
11:21 + 29:58. 41:19
Wayne Carlson
14:21 + 30:38. 44:59
Anne Chesny & Martta Kelly
9:23 + 37:16. 46:39
Anne Chesny (individual)
9:23 + 38:47. 48:10
Justine Krell (2nd open W)
15:07 + 40:05. 55:12
Mick Close
15:06 + 40:39. 55:45
Lisa Gruenbaum (3rd open W)
15:06 + 40:39. 55:45
George Studzinski
14:32 + 41:36. 56:08
Tom Kelly (run only). 34:42

Not Quite Fall Classic 4 Mile, Cranford Aug 29
George Swiatek. 31:28
Jim Malone. 41:57
Mike Wojcio. 43:18

Jimmy D Memorial 5K, New Brunswick Sep 5
Paul Kartanowicz (15th OA, 1st AG). 18:04
Jennifer Found (19th OA, 1st W). 18:12

Charlie Slaughter. 19:44
Mike Sneden. 20:31
Ed Kelly. 20:48
John Kriens. 21:06
Helene Scarnegi. 24:38
Martta Kelly. 25:38
Justine Krell (1st W firefighter!). 27:19
Tom Kelly. 27:36
Beverly Salerno. 34:28
Susan Palermo. 34:29

More than 800 people competed in this 700-point USATF race, and it was a picture-perfect day for running—just a slight headwind. The out-and-back course had a track finish. This was a well-organized event. Barbecued food, beer, and ice cream were available after the race.

In this masters women championship, our 40s team placed 7/13 and our 50s team 9/12. Good results, despite our difficulty fielding teams. However, the 40s team suffered; going into this race, it had been in 2nd place, just 4 points out of 1st. The good news is that, at year end, we can drop the race with the fewest points. —Ed Kelly

Tim Kerr 7-Mile Island Run, Avalon Sep 5
Sharon Morrissey. 56:22

Ross Marathon, Tasmania, Australia Sep 5
Andy Kotulski (only runner 70+ yo. 4:31:26
625th marathon)

Verona Labor Day Classic Sep 6
1M (166 finishers)
Danielle Mariano (S. Mello's niece, 2nd F). 8:10
Alec Nossa. 9:19
Zoe Gelman. 9:46
Nicole Kelly. 9:59
Carter Robik. 10:22
Kathryn Nossa. 11:06
Jessica Kelly. 11:44
Lisa Kelly. 11:44
Scott Robik. 12:38
Sabrina Robik. 12:41

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 a recap!

5K (613 finishers)	
Paul Giuliano (7th OA, 1st AG)	17:35
Fernando Padilla	19:47
John Kriens	20:48
Mike Sneden (3rd AG)	20:51
Mona Jha (1st 5K, 4th W, 1st AG)	21:03
Wayne Carlson (2nd AG)	21:10
Frank Pane	21:21
Peter Connell	21:25
Gary Peters	22:29
Rich Unis	23:04
George McIntyre (2nd AG)	23:22
Cathy Wright (1st AG)	23:22
Karen Wargo (2nd AG)	23:46
George Swiatek	24:17
Joel Pasternack (1st AG)	24:20
Andi Robik	24:44
Chris Unis	25:02
Kimberly O'Neil	25:06
Victoria Sneden	25:22
Barbara Zirl (PR)	26:19
Robert Caruso	26:48
George Studzinski (1st AG)	27:04
Nancy Grabow	27:12
Ed Trieste	28:28
Katie Maher	28:41
Eileen Percevault	29:01
Robbin Jordan	29:05
Laura Gelman	29:07
Yael Gelman	29:07
Patricia Meyers	30:24
Norman Scrivener	30:53
Lisa Kelly	31:10
Deane Nigro	31:43
Terry O'Reilly (1st AG)	32:25
Susan Palermo	38:35
Joanne Barone	39:18

Rock 'n' Run 5K, Clark	Sep 11
Mike Sneden (2nd AG)	20:28
George Studzinski (2nd AG)	26:31

Fitness Magazine Mind, Body, Spirit Games (4M), Central Park	Sep 11
Andi Robik	32:39
Laura Halstead	34:47
Kimberly O'Neil	34:58

IronMatt 5K, Oakland	Sep 12
Helene Scamegi	24:18

USATF-NJ XC 5K, Readington	Sep 12
Charlie Slaughter	19:46
Wayne Carlson	20:58
Frank Russo	21:14
Aileen O'Rourke	22:40
New this year at Deer Path Park: a double-loop course that made for a faster 5K. No ERC teams at this cross-country race. Thanks to Randy Miller and Anne Chesny for volunteering. —Ed Kelly	

5K Spirit Run, Sparta	Sep 18
Mike Sneden (6th OA, 1st AG)	20:44

Lake George Triathlon, NY	Sep 18
Dan Murphy (38th OA, 1st AG)	2:23:44
0.9-mile swim (31:41), 24.8-mile bike (1:04:35), 6.2-mile run (43:39)	

Lake George was my first Olympic-distance triathlon. Although the town is a mix of honky-tonk and historic, the pristine lake setting in the Adirondack Mountains is sublime, and the day dawned sunny, cool, and tranquil.

I was apprehensive about the swim, as I had never competed at more than half a mile. While waiting for my wave to start, I was feeling I was about to be executed. But I didn't die, and I didn't have my usual midswim anxiety attack. I simply swam for 31+ minutes, slow but good for 228th overall. The lake water was very clean and cool but not too cold and quite refreshing.

I transitioned to the bike faster than ever before. Forgoing socks sped things up a lot. Ah, the bike leg. I averaged 23.2 miles per hour and finished 8th overall . . . not bad for 55 years old. I'm fast on the bike because I don't get the pain I typically have when I run now. I didn't hold back here; I attacked as if possessed. I just love passing younger athletes in their aerodynamic helmets. I also love the sensation of speed, something I may never experience in the water. I really pushed my bike pace, as I knew my running leg was going to be compromised by the hip and hamstring problems I've been having.

Off the bike and on to the run—an even faster transition—I felt that my racing flats had rocks in them. My feet were frozen and didn't thaw out until mile 3. Mile 1 was relentlessly uphill, or so it seemed. No turnover. Hamstring and hip pain and a weird sensation in the feet as the blood flow slowly returned. By mile 3, I began to feel like a runner again and started passing folks in earnest. My 7-minute pace was remarkable, as I'd felt I'd been well over 8 minutes per mile over the first 3 miles. The uphill didn't bother me as much as the downhill, which caused a lot of pain in my bad hip. Finished 55th overall in the bike.

I'm happy I won 1st in age and placed 38th overall. Hip surgery is scheduled for October 19. Rehab will make me a stronger swimmer and (dare I say) a stronger cyclist and (hopefully) a pain-free runner.

Warrior Dash (5K race on obstacle course), Windham, NY

Sep 18	Susan Smyth	51:24
	Katie Maher	51:24
Sep 19	Justine Krell	38:50
	Laura Halstead	50:28

Up at Windham Mountain, the day was clear, cool, and beautiful—perfect! I ran in the 9:30 am wave, and I'm glad I did. (I can only imagine how muddy the course got throughout the day!) It seemed the best way to take the uphill start was to walk using strong power strides and pumping the arms. That worked well for me. I passed a lot of people who had taken off running and were then reduced to huffing and walking, or stopping.

For the first obstacle, we hopscotched through tires (easy!) and then scaled two or three wooden walls. This part of the hill was flattened out a bit. Then we crawled through plastic corrugated tubes—not so good on the knees. In the forest, we ran on the narrow glade trails where I usually ski. After that, we “waded” through a cool, muddy pond about four feet deep.

I was pretty good at passing people, except when running downhill. I considered some long, leaping bounds but opted for short, quick steps, hoping they'd be kinder on my knees. The flatter parts across the mountain were much easier.

The next obstacle was a sloping bridge we had to run up. It was covered with chicken wire, which provided extra traction (probably more useful during the later waves).

Next was a cargo-rope climb up to a platform and then down the other side. This too was not much of a challenge.

The rest of the course was downhill. I ran full-speed, dove headfirst on to what was essentially a slip-and-slide (this little piggy cried *wee-wee-wee!*), and nearly took out the guy who'd stopped short in front of me. I yelled for him to step quickly and get out of the way—I was gaining speed!

We ran some more and then leapt over two or three rows of flames. Finally, we reached the really muddy pit. Here we were supposed to go *under* the barbed wire, but it was pretty high, and I was able to stand and take a bounding step from wire to wire. I didn't have to crab-crawl under.

This event was so much fun that I wanted to do it again right then! I was happy I had passed every woman I'd seen in front of me, and found out I placed 4th in my age group in my wave. The first three ladies were way ahead, out of my field of vision. Everyone received a “warrior medal” for finishing, and a fake fur helmet with horns! There were nice cold showers for rinsing off, but I still had plenty of mud to scrub off at home. It was a great day to hang out and party.

I am sure I forgot to mention an obstacle or two, so I am hoping that Laura, Susan, or Katie can provide more details. Maybe next year we can better coordinate a group trip to this event. And maybe I can use a different strategy for the downhill running. Skis definitely would've helped there. Now I'm extra psyched for ski season!

—Justine Krell

I just ran the slowest 5K of my life (50:28), and placed 172nd in my age group, but I absolutely loved this race! This was my second adventure race of the year, and of my career. I stepped into these races not caring about time but really looking forward to the mud.

I'll second Justine's description. The first half of the race was up a hill—and not a tiny hill but a ski slope! We all tried jogging it for a few minutes but then quickly realized we could walk almost as fast while avoiding a heart attack.

I wasn't a fan of the tube crawling. That was a killer on the knees. And the water pit was ice cold. I kept looking for ice cubes floating in it but didn't see any. To warm up was a big incentive to sprint out and head downhill.

The slip-and-slide, the rows of flaming charcoal to be leapt over, and the mud pit with barbed wire were great obstacles that definitely gave you the feeling of being a “warrior.”

After the finish, we took showers and then kicked back and had some beers while enjoying the music. This was a fun race, and the post-race atmosphere was great. I am looking forward to doing it again next year! —Laura Halstead

Berkeley Heights 5K**Sep 19**

John Kriens..... 21:11
Martta Kelly (2nd AG)..... 26:59
 The morning weather was deceiving. With the temps still in the 60s, I was wearing my red ERC jacket when I picked up my packet. The race was supposed to start at 9:30, but, as is typical of this event, there was a 10-minute delay. I was dressed in shorts and a short-sleeved tech shirt and felt fine. However, about halfway through, I began breathing hard—a sign of high humidity, which does not agree with me. So, my race was an effort, especially with the hills added in. When

I got back home, I went online to check on the humidity. At 6:00 am, it had been 81%!

—*Martta Kelly***Cheshire Home 5K Run, Madison****Sep 19**

Randy Miller (2nd AG)..... 20:25

Philadelphia Half-Marathon**Sep 19**

Paul Kartanowicz..... 1:24:30
Harold Porcher..... 1:26:26
Amanda King..... 1:35:58
Aubrey Blanda..... 1:54:12
Laura Barry (1st half-marathon!)..... 2:40:05

It was nasty-hot, but the course was nice and flat.
 —*Amanda King*

This was my first half. I agree about the weather. It was nowhere near nice, and much hotter than expected. My time wasn't fast, even a little slower than I'd been training, but I finished ... which was my goal from the start!
 —*Laura Barry*

NYC Marathon Tune-Up (18M), Central Park**Sep 19**

Glen Freyer..... 2:16:36
Bernadette Lancaster..... 3:11:11
Robbin Jordan..... 3:26:47

RACES: OCTOBER–DECEMBER 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 essexrunning.com/trails.

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	9:00a	Shore Athletic Club XC Series (Monmouth Cty parks)	5K	Weekly through 11/6; see page 2 for details	
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	See note	Merrell Down & Dirty Mud Run (Pelham Bay Pk, Bronx)	10K, 5K	5K 8:00a, 10K 9:30a; downanddirty mudrun.com/ny.cfm	
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	Sold out	
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	9:00a	Fall Trail Series: Back to Schooley's (Long Valley)	10M, 5M	973-627-2575	
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	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	Llewellyn Park 5K (West Orange)	5K	917-287-1987	
10/24	Sun	9:00a	Run the Farm (trail race, Muscoot Farm, Katonah, NY)	5M	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
10/24	Sun	1:00p	Summit Y-5	5K	908-273-3330	NBGP: 500 pts
10/30	Sat	9:00a	Dover Renaissance 5K Run	5K	973-895-9607	Canceled for 2010
10/30	Sat	9:00a	Fall Trail Series: Back to Schooley's (Long Valley)	10M, 5M	973-627-2575	
10/30	Sat	9:45a	Robert Giaimo Memorial Run (Fairfield)	5K	973-610-5176	
10/30	Sat	10:00a	HoBOOken Halloween 5K (Hoboken)	5K		
10/30	Sat	11:00a	Halloween 5K for Cervical Cancer (Montclair)	5K	973-865-7648	
10/31	Sun	8:30a	Marathon Kickoff (Central Park)	5M	212-860-4455	
10/31	Sun	9:30a	Shore Athletic Club Open XC Meet (Lakewood)	5K	See page 2 for details	
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
11/13	Sat	9:00a	Fall Trail Series: Back to Schooley's (Long Valley)	13.1M, 10K	973-627-2575	
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	11:00a	After the Leaves Have Fallen (trail, New Paltz, NY)	20K	845-339-5474 (evenings) or ssrun54@aol.com	
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	
11/20	Sat	9:00a	Tough Mudder (obstacle course; Englishtown)	12M	toughmudder.com/events/tri-state	
11/20	Sat	9:30a	Passaic Valley Rotary River Run (Little Falls)	5K	973-256-5001	NBGP: 500 pts
11/21	Sun	7:00a	Philadelphia Marathon	26.2, 13.1M	215-685-0054	
11/21	Sun	8:30a	Race to Deliver (Central Park)	4M	212-860-4455	
11/21	Sun	9:00a	Tough Mudder (obstacle course; Englishtown)	12M	toughmudder.com/events/tri-state	
11/21	Sun	9:30a	Jingle Bell Run/Walk (Livingston Mall)	5K	917-597-4086	NBGP: 500 pts
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	
11/28	Sun	10:00a	Navesink Challenge (Bodman Park, Middletown)	15K, 5K	732-542-6090	
12/4	Sat	9:00a	Jingle Bell Run (Maplewood)	5K		
12/4	Sat	9:30a	AMBS Reindeer Run (Franklin Lakes)	5K	908-902-8587	NBGP: 500 pts
12/5	Sun	8:00a	Joe Kleinerman 10K (Central Park)	10K	212-860-4455	
12/5	Sun	10:00a	American Red Cross 5K Run for Life (Millburn)	5K	973-376-6094	NBGP: 500 pts
12/11	Sat	9:00a	Rutgers Big Chill 5K Run (New Brunswick)	5K	732-445-0462	Bring a toy!
12/11	Sat	9:00a	NYRR Holiday 5K (Prospect Park, Brooklyn)	5K	212-860-4455	
12/11	Sat	9:00a	Winter Trail Series (Lewis Morris Park, Morristown)	10K, 5K	973-627-2575	
12/11	Sat	10:00a	Jingle Bell Run/Walk (Wayne)	5K	917-597-4086	NBGP: 500 pts
12/12	Sun	10:00a	Toys for Tots 5K (Freehold)	5K	732-431-2627	Bring a toy!
12/12	Sun	10:00a	USATF-NJ Grand Finale 10-Miler (West Windsor)	10M	973-334-8900	NBGP: 500 or 700 pts (wild card)
12/12	Sun	11:30a	Pete McArdle XC Classic (Van Cortlandt Park, Bronx)	15K	212-860-4455	
12/19	Sun	8:00a	Ted Corbitt 15K (Central Park)	15K	212-860-4455	
12/26	Sun	1:00p	Polar Bear Race (Asbury Park)	5M	732-222-9080	
12/31	Fri	Midnite	Emerald Nuts Midnight Run (Central Park)	4M	212-860-4455	

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 (oympt.net)