



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

February 2011

Vol. 28, No. 2

PRESIDENT'S CORNER

Mark Frankel

The last race of the year always holds a lot of memories. Perhaps that's because we have so long to remember it before we have the opportunity to wipe the slate clean with another race.

For most of my tenure at the ERC, my finale was at Ashenfelter. What great memories I have of that race! (I even used to win soup mugs). For the past two years, though, I've decided to finish my year with a December race.

In 2009, I ran the Reindeer Run, a 5K in Franklin Lakes. I remember it as being a really nice race, with a beautiful course around rolling, mansion-laden streets. The best thing I remember about that race was waiting several months to wear to the race T-shirt, a short-sleeve shirt with red writing and a big green reindeer on it.

The Christmasy theme didn't exactly go well during the warm weather months, which led several people to ask why the race didn't give away long-sleeve T-shirts. Unfortunately, though, I didn't find out if they corrected this situation in 2010, as I had to skip that race due to a conflict. Instead, I found a new race in my hometown. The Jingle Bell Run in Wayne turned out to be a really wonderful race too, complete with a long-sleeve T-shirt I could wear at home after the race.

(Continued on page 4)

MARK YOUR CALENDAR

- **NOW** Registration has begun for the NY 2011 Warrior Dash (www.warriordash.com) deadline is July 22, certain waves are already sold out.
- **NOW** - Renew your 2011 ERC Memberships (see page 3)
- **Feb 13** - Fleet Feet Half Marathon Prediction Run (see page 2)
- **Feb 26** - Bowling Night (see page 4)
- **March 13** - Newark Distance Classic 20K, 5k Club & USATF Race

Welcome New Members!

Dorothy Auth - *Upper Montclair*
Claire Sommer - *West Orange*
David Rapsas - *Montclair*

ERC'S NEXT GENERAL MEETING

7:30 pm, Tuesday, March 1

Church Street Catering
Upstairs at the Market restaurant
12 Church Street, Montclair

*Park on street or in Crescent Parking Deck behind
Church Street between So. Fullerton & So. Park*

Socials 2011

February 26 (Bowling - see page 4), June 17 (Wine & Cheese Party), Dec 4 (Holiday Party)

General Meetings 2011

April 5 (Awards), May 3, Oct 4, Nov 8

Board Meetings 2011

Jan 11, Feb 8, Mar 8, Apr 12, May 10, Jun 14,
Jul 12, Sep 13, Oct 11, Nov 15

SAVE THE DATE

Annual Awards Banquet

April 5th at the Valley Regency in Clifton.

Come join your fellow members and celebrate last year's accomplishments as well as enjoy a fun evening out.

More details to come.



**2011
ESSEX RUNNING CLUB**

OFFICERS

Mark Frankel - President
Tom Kelly - Vice President
H. Carl Sturcke - Treasurer
Desmond Duncker - Secretary

BOARD MEMBERS

Catherine Alessi - At Large
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 - Clothing and Entertainment
Beverly Salerno - Membership
Helene Scarnegi - Entertainment

NEWSLETTER STAFF

Shannon Calamito - Newsletter Editor
Desmond Decker - Insert Designer
Debbie McNally - Mailing Maven

HALL OF FAME

Vincent Carnevale - 1995
Larry Hollander - 2002
George Studzinski - 2002
Lenore Piccoli - 2004
Andrew Kotulski - 2008

POSTAL ADDRESS

Essex Running Club
P.O. Box 183, Verona, NJ 07044

ONLINE

Web site: www.essexrunning.com

Yahoo email group:

First join group at
groups.yahoo.com/group/essexrunningclub
Then you can send e-mail to
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WINTER WEEKEND RUNS

ERC plans a mix of hosted runs, holiday events,
road trips and trail runs each winter (Dec-Feb).

Groups meet at 9:00am, unless noted otherwise. Please RSVP.

2/5	West Essex Trail
2/6	Gina Imperato (105 Stonehouse Rd, Glen Ridge, 973-746-1627) & Tracy Keller <i>From Bloomfield Ave:</i> N on Ridgewood Ave, pass 2 lights (Belleville Ave, Bay Ave), then 2nd R (Avon Pl), 2nd L (Stonehouse Rd), #105 is on R halfway up block.
2/12	Fernando Padilla (12 Balston Dr, Verona, 973-239-2813) <i>From Bloomfield:</i> Bloomfield Ave W to Verona Park traffic light, L on Lakeside Ave, 0.4 mile, R on Balston, #12 on R near end.
2/13 (7am)	Fleet Feet (603 Bloomfield Avenue, Montclair 973-509-9707) John Fabbro is hosting a group run at his store - the distance will be approximately a half marathon and everyone will need to predict their finishing time. The person who comes closest to their predicted time will win a Garmin GPS.!
2/19	West Essex Trail
2/20	Val Kenny & Ginny Kientz (77 Fairway Ave, Verona, 973-857-3432) <i>From Montclair:</i> Bloomfield Ave west to Verona Park light, L onto Lakeside Ave, go 1 mile, pass <i>Entering West Orange</i> sign, next R onto Fairway, continue on Fairway through stop sign (Forest Ave) and up hill, #77 (cedar contemporary) on L.
2/26	Shannon Calamito (23 Brooks Ave, Rochelle Park, 201-214-0519) Garden State Parkway N to exit 160, R on W Passaic St, 0.9 mile (4 lights), R on Rochelle Ave (light), 0.4 mile, R on Terrace Ave (light), first L (Brooks Ave), #23 on R at end of street
2/27	West Essex Trail

YEAR-ROUND GROUP RUNS

West Essex Trail Run, Verona SATURDAY & SUNDAY @ 9:00am
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.

Fleet Feet Sports, Montclair (FF Long Run) SUNDAY @ 7:00am
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) SUNDAY @ 7:00am
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. Visit the **Internet (Yahoo)**

Bulletin Board: Join at groups.yahoo.com/group/essexrunningclub and then post messages there or by e-mail to essexrunningclub@yahoo.com.

Renew Your Membership for 2011

Keep Keeping Track Coming!

Please mail this renewal form with your check today.

Membership runs January through December, so don't delay!

ESSEX RUNNING CLUB 2011 JOIN THE CLUB OR RENEW YOUR MEMBERSHIP!	
Date	
<i>INDIVIDUAL</i>	
Name	DOB
Street	
City, State, Zip	
Primary Phone	2nd Phone
Contact E-Mail	
<i>FAMILY</i>	
Spouse Name	DOB
Primary Phone	
Contact E-Mail	
<i>KEEPING TRACK (NEWSLETTER) DELIVERY</i>	
<i>(Check ALL that apply; for e-mail options, you must provide an e-mail address below)</i>	
<input type="checkbox"/> E-Mail PDF to This Address:	
<input type="checkbox"/> E-Mail Alerts* to This Address:	
<i>*You will be notified that PDF has been posted to ERC Web site</i>	
If you do not have an email address or still need a Mailed Paper Copy of the Newsletter please contact the President (Mark Frankel) at: President@EssexRunning.com or (973) 389-0329.	
<i>MEMBERSHIP STATUS</i>	
<i>ANNUAL DUES</i>	
<input type="checkbox"/> Join the Club	<input type="checkbox"/> Renew Membership
<input type="checkbox"/> \$25 Individual <input type="checkbox"/> \$40 Family	
Mail form & check (payable to <i>Essex Running Club</i>) to ERC, PO Box 183, Verona, NJ 07044-0183	
Renew Your Membership. Renew by Feb 1 to avoid interruption in delivery of <i>Keeping Track</i> . Join the Club. If you join between Sep 1 and Dec 31, your membership includes the next year. Membership Directory. Your name, address, phone number(s), and e-mail address(es) will be printed in a directory distributed to ERC members. This directory is for your personal use -and is not to be used for commercial or political purposes.	

The Essex Running Club and The Clifton Road Runners 2nd Annual Family Bowling Night
Saturday, February 26, 2011
6:00pm - 8:00pm

Come join us for a different type of Interclub Challenge or just come and hang out with good friends, family and fellow runners.
 This is a family event - spouses and kids are welcome!

Place: Brunswick Zone-Belleville, 679 Washington Avenue, Belleville Phone: 973-751-2111
 Cost: \$10 per person Includes 6 people per lane for unlimited bowling for 2hrs with shoe rentals, 1 pizza and 1 pitcher of soda.

There is a minimum of 6 people per lane, so singles will be added to teams to make up the difference if there are less than 6.

Please R.S.V.P. Aileen O'Rourke (aileen1963@optonline.net) by February 12, 2011 so we can get an idea of how many lanes to reserve. Also please provide how many you may have in your party.

Complete form below, make check payable to Aileen O'Rourke, and mail to 10 Beverly Road, Cedar Grove, NJ 07009 by Feb. 12
 • • • • •

Your name _____ E-mail address _____
 Phone number _____ Team name (optional) _____
 Number of people in your party _____ × \$10 each = \$ _____

Name 1 _____	Name 2 _____
Name 3 _____	Name 4 _____
Name 5 _____	Name 6 _____

President's Corner continued from page 1
 The one thing I'll remember, though, is that when I checked in, I was given two jingle bells, each one with a twist tie threaded through it. The volunteer who gave them to me asked that I tie one to each shoe. Now I have no issue with Christmasy stuff, but donning jingle bells seemed a bit too much. It's not that I have a problem with Christmas paraphernalia. I happen not to celebrate the holiday, but like most Americans grew up on a steady diet of Frosty the Snowman cartoons and such, and have become quite used to the holiday, even if it never entered my front door.

No, the real issue was with bells. Frankly, they scare me. Now, what can be so terrifying about a little jingle bell, you ask? Well, if you think about it rationally, nothing. All of my bad experiences have come with cowbells (but that's another story). So I decided to put the bells on. I figured the only bad thing that could happen was that it would give me away to my competitors, but then again, the majority of the field also wore jingle bells. I'm happy to say that I survived the race with jingle bells attached to my shoes. I almost didn't survive the day, though. After I ran the race I had to do some errands, and decided that I'd keep the bells on my shoes so when I got home, I could show my daughter I ran the race with them.

One of the big-box stores I had to stop at is near a bakery outlet. I needed to buy a loaf of bread for my daughter, so I parked at the big-box store and walked four blocks to the bakery outlet. There's a path to a local street behind the big-box store. It shaves about a minute off the walk, so I decided to take it. The only problem is that instead of walking through a retail/professional area, you go through a residential area.

One couple had a huge German Shepherd in their driveway. So I go walking by with jingle bells on my shoes, and it drives the dog crazy. Naturally, it wanted to pounce on me, and I would've been fodder had not it been leashed up. So now I know that if I do this race again, take the jingle bells off before going on my errands. What a memory!

FINISH LINES

Philadelphia Marathon **Nov 21** *Barbara Zirl 4:06.21*

In search of the Boston qualifying time that eluded me at Hartford in October, I returned to the Philadelphia Marathon for another shot. Philly has always been a good run for me and this was my fourth time on the same course. In 2005, I qualified there for Boston for the first time. The last time I ran it was 2006 so I'd forgotten what a positive effect the cool, crisp late November air provides when you're racing 26.2 miles. Maybe the especially cold, windless, dry, perfect day would have been enough, but this time I made sure I was super-hydrated, carbed and salted up before race day.

My plan was to run with the with four-hour pacer, but I never found him at the start area. So I set off with no pace team in front of me, but with my friend Melissa at my side and my watch to guide me. With no pacer, I paid closer attention to each split and was pleased to find myself right on target each mile. I kept well-hydrated during the race with water, Gatorade and Sharkies for fuel. Fatigue started to set in and my pace was off slightly after mile 18. Melissa kept going strong a little ahead of me. But I held fast to a golden rule I'd broken in some past races: no walking through water stops - just slower jogging through them. This seemed to work for me and after mile 24, I saw that I had about 21 or 22 minutes to reach the finish line to make my qualifying time (of course, if the BAA adjusts its standards in the new year this all is moot). I turned up the pace as much as I could and headed strong and determined for the finish line, coming in at 4:06.21... 22 seconds too slow for a BQ! Damn! But I felt quite redeemed in this successful run and finish. I'm not giving up and I'm even looking forward to another attempt in a couple of races later in the winter and spring. Many thanks to everyone I ran with this fall. Your encouragement has kept me going strong!

- Barbara Zirl

Delaware Water Gap 50K **Dec 11** **Appalachian Trail, PA & NJ** *Chris Jaworski 8:40*

Freedom Park New Year's Ultra Run **December 31 - January 1**

Mike Skara 107.43 Miles, 30A, 2nd Male

The third annual Freedom Park New Year's Ultra Run, held in Morganton, NC was a terrific event. Anyone thinking about competing in a 24-hour run should consider doing this one. Race directors David and

Rhonda Lee had everything working like clockwork, making the huge task of hosting the run on New Year's Eve look easy even though it is not. They and the other volunteers couldn't do enough for the participants.

The course is a tarmac loop of just less than 1 mile so one's mileage is not quite in sync with loops, but David posted complete results on a pole right at the start/end line about every 45 minutes. He also kept a leader board, just like a NASCAR or PGA event, so it is a neat thrill to see one's name posted and whether it is moving up or down. The course does have three small rises during the first half of the loop that seem to grow as the day goes along, but the corresponding downhill are nice rewards.

They had every kind of nourishment an ultra runner might want, easily accessible on park benches as the runners went by including seven kinds of drinks, sandwiches cut in quarters, granola bars, GU, and hot (and then eventually cold) pizza, and on and on. Runners could also order hamburgers and hot potato soup from the grill. At midnight, the staff served sparkling grade juice and distributed beads. I also had my secret nutrition/psychological weapon - Laura's pumpkin bread - that gave me a boost throughout the day.

The another nice touch was the bright orange sweatshirt that was part of the swag. Rhonda said that shade wasn't exactly the color that appeared on the website from which she ordered, but that hue will really stand out in a crowd. It's fuzzy, warm, and has pockets.

That warmth wasn't needed all day though because the event finally got the weather for which all involved were hoping. Instead of frigid like in the inaugural or snowy and damp like last time, this year was comparatively balmy and fit for shorts and tee shirts for at least a little while. Still, comparatively is the operative word. The temps did drop to around freezing at night.

One of the event's most exciting parts was following the progress of Jerry Johncock. This 82-year-old gentleman again set an age group national record for 50K. Most people hope to be vertical at that age, never mind run 31 miles. He is really an inspiration.

Also impressive were the performances of Jonathan Savage and Sarah Llaguno, the top male and female runners. Belying his name, Mr. Savage couldn't have been more friendly and gave words of encouragement to the other runners as he passed by. He was over-

coming some health issues, so he stopped at 116 miles but did it in less than 20 hours. Sarah ran more than 113 miles, always smoothly and seemingly without effort.

I have extra reasons to go to North Carolina each year. My brother Charles and his family live in Greensboro, so I get a chance to see them during the holiday season. This time I also got to see my buddy Elana from high school, who now lives in Cary, because she picked me up at the Raleigh bus station after a 16-hour ride from Livingston.

If you're still with me, dear reader, I won't bore you with my lap-by-lap strategy. In short, unless you hope to win, there is no way to be too conservative with one's speed or endurance. Just try to keep going.

My most sincere thanks to my family, especially my wife Ilene, and friends for their continued support for this ultra-running madness. The phone calls, texts, and Facebook posts really kept me going. If there is a 2011-2012 edition, I hope to be back again. Maybe I'll see you there.

First Day 5K **Jan 1**

With the Hangover Run in Westfield being postponed to a day I can't race, and the weather being wonderful for this time of year, I decided to give the First Day 5K in Fair Lawn a try. I think a lot of people did, as did two out of the other three ERC runners. It was a very well done race, with nice organization and a fast course. My daughter even begged me to take her to this race, not to run it, but because it was a loop around the Fair Lawn Friendly's and she'd just wait for me there.

Although this race was in North Jersey Masters' country, the Clifton Road Runners showed up in force and dominated this race. I heard that 37 of them turned out and nearly half of them, I think, won age-group awards.

Our contingent didn't do too poorly, either. Four runners, two age-group awards. I brought home something too, a gift certificate for a Road ID I won in the post-race raffle.

- Mark Frankel

Mark Frankel 20:20
Mike Sneden 21:09 (3rd AG)
Bill Wilde 24:21 (3rd AG)
Jim Malone 32:57

Goofy Challenge

Jan 8 & 9

Jen Lanterman

Half Marathon 1:44

Marathon 3:32

Last weekend, I participated in the Disney Goofy Race and a Half Challenge. I went into the races with a game plan, based on all of the advice I got from runners in the club. My plan was to run conservatively in the half-marathon and the first half of the marathon, before picking up the pace. I hoped that this plan would prevent my legs from giving up.

The plan started with a kink, since my friend, Krista, was flying down from NJ to run the races, too. Her flights were delayed due to impending weather. She finally got arrived and we ran to the Expo to pick up our bags and shirts; Goofies get three shirts!

Since we needed to get up around 2:15 AM to get on the shuttle around 3, we needed to get to bed early. Krista slept well, but I got less than an hour...because she snores like a buzz saw! It was pretty cold at the race start, but warmed up a bit. I wanted to run 8:30 pace, so my legs would be fresh for Sunday, but that didn't last long. That pace felt painfully slow. The course was pretty flat. I loved running through the lit parts of the course, especially the Magic Kingdom! However, I find that some parts of the course are REALLY dangerous. The course is really narrow in a lot of places, and DARK. In fact, it was so dark in some places that the only thing you might have seen was the reflective material on other runners' sneakers. I finished with a 1:44.

That night, I hoped for more sleep, but was awakened by Krista's snoring off and on all night. I set out to run with the 3:40 pace guy, thinking that if I start feeling weak, then it would be helpful if all I had to do was focus on staying with him rather than regulating my own pace. That too, didn't go as planned. I ran with him for the first 8 miles, but it felt really slow. I wondered if it felt slow, because it was early in the race or if I was capable of running faster. Shortly thereafter, I decided to pick up the pace. I never really had any problems other than the need for a 5-minute porta-potty break at the mile 12 water station. Yes, that's right, no nausea or puking! It must be a record! I felt so good in fact, that I was running with a smile on my face. I stopped to take pictures with the characters and for Brazilian and Canadian runners. I figured that I was running Goofy, so there was no way that I was going to run a fantastic time, so I just had fun. With each mile, I was shaving more and more time off of the pace, and at mile 16 realized that I may have a chance at a Boston Qualifier

(3:40 for my age group). I just ran comfortably. The miles just kept flying by and, when I hit mile 19, I was surprised because I had no idea that I had covered a mile in the last few minutes. The miles kept flying by and I felt great. I didn't even feel stiff until about mile 24, when I was just ready to be done. I wasn't tired, I was just bored! I crossed the finished line with a time of 3:32! That is a Boston Qualifier, my friends!

I was surprisingly mobile on Monday. I woke up really stiff and my right quad was really tight, but that was it. No real pain to speak of. Yesterday and today, I just have a small sore spot in my right hamstring. Otherwise, I am just really tired.

I am thrilled with my performance, and wouldn't have changed anything. However, I can't help but do a little math. My marathon PR is 3:26. I can't help but wonder if I hadn't taken my sweet time in the porta-potty, stopped for photo ops with all of the characters, and taken pictures for tourists if I would have broken my PR!

Krista lived and finished the races, too. She's only been running for about two years, and isn't really fast. Her only goal was to finish. She did it! Her half was 3:03 and her full was 6:52. Go Krista!

Now, I am looking forward to a few shorter races and triathlon training.

Thanks to everyone for their helpful advice on surviving Goofy!

- Jen Lanterman

Walt Disney World Marathon

Jan 9

Elsa Slater 4:27 (1st marathon!)

Last weekend I completed my first marathon - down at Walt Disney World in Orlando. I can't say enough great things about this event! The course begins and ends at Epcot, and winds through the Magic Kingdom, Animal Kingdom and Hollywood Studios Parks. After trying unsuccessfully to get into NYC via the lottery last spring, this was the obvious second choice as my family are huge WDW fans.

The weather proved to be perfect for running. Not too cold waiting in the corral for the start and comfortable even when I finished. As each wave of runners is released, there is a countdown and fireworks, so even when you are not in the first corral, you feel like the race has just started. Along the course we were greeted with parade floats, Disney characters, marching bands and drum corps, dj's spinning really fun stuff - Sweet Caroline, I'm too Sexy, etc., vintage cars, old time bicycles... The crowd was really supportive all through the course, and since your name is on your bib, people greet

you by name as you run by.

I had no expectations about how I'd be feeling later on in the race, but at mile 18 I was feeling so good that I picked up the pace a bit to see what would happen. All my fears of bonking ended up vanishing at mile 20, when I said to myself, "I've definitely got another 6.2 in me!" This was huge, as the three 20 milers I had done in preparation for this race left me pretty worn out and a little psyched out as well. I finished the race in 4:27, grinning like an idiot and already planning my next marathon.

This couldn't have been a better first marathon experience. Disney put together a great event, and the entertainment, frequent water and aid stops, and all the great scenery outweighed the negatives - some dark and narrow sections in the course. WDW is a great first marathon, or for anyone who is a fan of the parks or wants a really "Disney" experience.

Manhattan Half Marathon

Jan 22

Central Park, New York City

ERC was well represented among the 4,358 runners who braved the cold temperatures today in Central Park (14 degrees at race time). With the sun shining and very little wind, it didn't take long to warm up once the race started and most people ran well with several PR's. NYRR did an excellent job staging the race on such a cold day. The roads were in good condition and there were plenty of water/gatorade stops even if you had to break the ice before drinking it. The Starbucks at Columbus and 67th provided many of us with a warm haven before and after the race, and it was especially nice to meet Joshua Carnes there, up for the weekend from DC. Congratulations to all the ERC finishers and sorry if I missed anyone!

- Mick Close

Paul Kartanowicz 1:22:43 (PR)

Tom Eaton 1:26:27

Glen Freyer 1:33:29

Doug Williams 1:38:56

Amadou Diop 1:40:36

Joshua Carnes 1:41:45

James Graham 1:42:55

Don Manfria 1:52:35 (PR)

Shannon Ryan 1:54:43 (PR)

Andi Robik 1:56:34

Stacy Marcus 1:56:58

Mick Close 1:57:35

John Harvey 2:02:39

Karen Foley 2:04:29

Gina Imperato 2:10:00

Tracy Keller 2:10:03

Elie Klachkin 2:31:39

Snowshoe Race 3K Mountain Creek Helene Scarnegi 24:01	1/23/10	Newton Firehouse 5K Helene Scarnegi 25:16	6/12/10	Norwood Fast and Flat 5K Norwood Helene Scarnegi 24:44	10/23/10
Lincoln Tunnel 5K Challenge Helene Scarnegi 24:07	4/25/10	Verizon Wireless Corporate Classic 7/15/10 5K, Morristown Helene Scarnegi 25:01		Trick or Trot 5K Long Branch, NJ Helene Scarnegi 32:30 (4 mile)	10/24/10
Maywood 5K Helene Scarnegi 23:19 (2nd place)	5/15/10	Fallen Heroes 5K Lake Como, NJ Helene Scarnegi 23:28	9/18/10		

USATF-NJ

The 2011 USATF–NJ Grand Prix championship races will start in March at the Newark Distance Classic (Mar 13) followed by two races in April, May and June. We would like to expand our Fleet Feet Essex team this year so hope more club members will come out and run for the team. The only requirement is that you become a member of USATF (Info: usatfnj.org, 973–334–8900). Please contact Ed Kelly for more information about the Fleet Feet Essex team (ejk823@msn.com).

For additional USATF-NJ Team news please visit <http://www.essexrunning.com/usatf/>. Here you will find information about how to join USATF so that you can run on one our team.

A list of all 2011 Championship Team Races are posted on the website

AT THE RACES

There are no club races in February but club races will resume in March with the Newark Distance Classic (Mar 13) and the Millburn Spring Run (Mar 27). A schedule of all the club races planned for the first half of 2011 appears below. Some of these are USATF championship/team races while others are popular local races. At these events, you'll find many of your fellow ERC members to offer you support and encouragement. Show your club spirit by wearing a Fleet Feet Essex or ERC shirt!

Club Races: First Half of 2011

3/13	Sun	9:30a	Newark Distance Classic	20K, 5K	USATF-NJ 20K Championship (All Divisions)
3/27	Sun	11:00a	Millburn Spring Run	10K, 2M	
4/2	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	
4/3	Sun	9:00a	Indian Trails 15K Road Race (Middletown)	15K	USATF-NJ 15K Championship (Open Men/Women)
4/10	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	
4/30	Sat	9:30a	Clinton Country Run	15K, 5K	USATF-NJ 15K Championship (Masters Men/Women)
5/1	Sun	7:30a	New Jersey Marathon & Long Branch Half Marathon	26.2, 13.1M	
5/7	Sat	8:30a	Newport 10,000 (Jersey City)	10K	USATF-NJ 10K Championship (Open Men/Women)
5/22	Sun	9:30a	Run for Rachel (Livingston)	5K	USATF-NJ 5K Championship (Open Women)
5/30	Mon	8:45a	Ridgewood Run	10K, 5K	
6/5	Sun	8:30a	Montclair Run	10K, 2M	
6/20	Mon	8:00p	President's Cup (Millburn)	5K	USATF-NJ 5K Championship (Open Men)
6/26	Sun	6:15p	Fitzgeralds 1928 Lager Run (Glen Ridge)	5K	USATF-NJ 5K Championship (Masters Men)
6/30	Thu	7:30p	Sunset Classic (Bloomfield)	5M	

RUNNER OF THE YEAR CRITERIA

- All race results must be published in a newsletter in the year of which the races are run, or January or February of the following year
- PLP is calculated by some scoring services, such as Compuscore, Elite Racing, NYRR.
- If PLP is not available, use: <http://www.howardgrubb.co.uk/athletics/wmalookup06.html> to calculate.
- For Runner of the Year, the highest PLPs will be used, in a minimum of 10 races and a maximum of 15.
- Runner of the Year is no longer eligible to win the same award for three years.
- Distance awards go to top PLP performances. There are no disqualifiers.
- River to Sea, other relays, Interclub Challenge, Trail Races, and USATF points do not count towards Runner of the Year calculations.
- Runner of the Year must be both a member in the year for which the award applies, and the current year in which it's awarded
- If the runner ran a USATF race for another team, then the result doesn't count.
- Runner of the Year must have run in five of the seven following distances: 5K, 8 K/5M, 10K, 15K, 20K/Half, 18M, Marathon.
- The Board of Directors may vote on qualitative measures in the event of a tie.
- Formula: 1 pt per quarter 1 pt per race multiplied by PLP

New Year's Day Resolution Run Chip Bearden

As Sharon Morrissey (fund raiser for St. Peter's College) says, if you don't ask, don't expect to receive. On the other hand, sometimes it's better to act first and request permission later. Use your own judgment as to which of these applies best to male/female relationships.

OK, that's out of the way. It's been so long since I last wrote a weekend recap that if I hadn't included an off-color remark up front, some of you wouldn't have been able to focus on the remaining 3,500 words, the rising tension being too profound to permit relaxed reading. To the point, I didn't request the honor of recapping John Fabbro's annual New Year's Day Resolution Run out of his Fleet Feet store. I just seized it.

It was a great first morning of the year! I heard someone say there were over 40 runners leaving Fleet Feet just after 8:00 AM in bright sunshine with little wind. In a break with tradition, we eschewed the 9/11 Memorial at the top of Eagle Rock Reservation when our leader (aka: Fabbio) declared it was too dangerous to attempt Snake Hill *sans* ice axes and crampons. No one muttered any dissent so Fabbio let loose the horde in various pace groups...some of them comprising as few as one person. Earlier I had warned Lynne Mortimer and several other well-meaning souls interested in forming a "comeback" group that my post-Lyme-disease recovery pace was far too leisurely for them to attempt to keep pace with me, especially since I planned to employ the Galloway run/walk method. Alas, they took me at my word. Too much PC training, folks—sometimes "no" doesn't really mean "no"! So for most of the run, I had others in sight but was talking to myself.

The park paths proved snow covered and icy but the streets were clear. By the time I got to the appointed resolution site (the upper track parking lot in Brookdale Park), the faster runners were already on their way back to the store, having huddled, announced their intentions for the year to each other, and resumed their speedy progress. For all I know, the fleeter ones may have been partaking of bagels and Fabbio's delectable fruit salad and knocking back champagne by then based on how many runners I encountered streaming out of the store for home (or a race) when I finally rolled in after 7 miles. But even with my late return, there was plenty of fruit salad for me. In fact, the bowl seemed to have replenished itself magically each time I came back for more.

Lots of old--er, familiar--Sunday morning friends were there plus many familiar faces from ERC club runs. And a whole lot of people I've never seen before. It just goes to show how quickly this crowd forgets you if you're not around, especially if you don't write a recap once in a while.

Thanks to Fabbio for organizing what has evolved over the years from an informal way for a few of us to celebrate and share personal aspirations into a highly popular kickoff for the new running year, and to those who assisted (including Paul, Laura & Gail from FF). And thanks to all the participants. I wasn't able to run with most of you very much last year and the part I missed most was the interactions along the way. I'm looking forward to being able to rejoin you in 2011.

For the record, my own New Year's resolution is to be thankful to God for everything I have. I've been running for more than 33 years and the sport has given me some of the best experiences--and friends--of my life. Even with 2010's frustrations (persistent heel injury, missing Boston when I was trapped in the UK by the volcanic ash cloud, Lyme disease, and a subsequent personal worst at Philly), it was a great year in some respects, many of them centered around running and the people with whom I enjoy this sport.

RACES: FEBRUARY–APRIL 2011

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

FEBRUARY

2/1	Tue	10:30a	Empire State Building Run-up		212-860-4455	
2/5	Sat	9:00a	NJ Winter Trail Series #3 (Lewis Morris Park)	10M, 5M	973-627-2575	
2/6	Sun	9:00a	Gridiron Classic (NYC)	4M	212-860-4455	
2/12	Sat	10:00a	Cupid's Chase 5K (Glen Rock)	5K	973-390-1027	NBGP: 500 pts
2/13	Sun	11:00a	PCRC Winter Series #4 (Wayne)	5K	973-706-8969	NBGP: 500 pts
2/19	Sat	7:00a	Febapple Frozen Fifty Trail Run (S Mtn Res)	Various	973-627-2575	
2/19	Sat	11:00a	Mid-Winter Beach Run/Walk (Manasquan)	2M	800-435-0066	
2/26	Sat	8:00a	Al Gordon Classic (Prospect Park, Brooklyn)	4M	212-860-4455	
2/26	Sat	9:00a	NJ Winter Trail Series #4 (Lewis Morris Park)	13.1M, 10K	973-627-2575	
2/27	Sun	2:00p	Four Mile Beach Run (Long Branch)	4M		

MARCH

3/6	Sun	9:00a	E. Murray Todd Half-Marathon (Lincroft)	13.1M	732-542-1642	
3/6	Sun	9:00a	Salsa, Blues, & Shamrocks 5K (Washington Hgts, NYC)	5K	212-860-4455	
3/12	Sat	10:00a	St. Patty's Day 5K (Morristown)	5K	973-401-1300	NBGP: 500 pts
3/13	Sun	9:30a	Newark Distance Classic	20K, 5K	973-733-3749	NBGP: 20K (700 pts), 5K (500 pts)
3/20	Sun	Var.	NJ Ultra Festival (Long Valley)	Various	973-627-2575	
3/20	Sun	TBD	New York City Half Marathon	13.1M	212-860-4455	
3/20	Sun	9:30a	St. Paddy's 10-Miler & Leprechaun 5K (Freehold)	10M, 5K	732-431-2627	
3/20	Sun	10:00a	Run from Winter 10K (Duke Island Park, Bridgewater)	10K	908-872-6727	NBGP: 500 pts
3/26	Sat	10:00a	Bizzie Lizzie 5K (Parsippany)	5K		NBGP: 500 pts
3/27	Sun	9:00a	Ocean Drive Marathon (Cape May/Sea Isle City)	26.2, 10M, 5K	609-523-0880	NBGP: 26.2M & 10M (both 500 pts)
3/27	Sun	TBD	New York Colon Cancer Challenge (Central Park)	15K, 4M	212-860-4455	
3/27	Sun	11:00a	Millburn Spring Run	10K, 2M	973-376-6094	NBGP: 10K (500 pts)

APRIL

4/2	Sat	9:00a	Lost Brook Trail Race (Tenafly)	5M, 10M	201-568-6093	
4/2	Sat	9:13a	13.1 Marathon New York (Flushing Meadows)	13.1, 5K	305-278-8668	
4/2	Sat	9:30a	Running 4 Answers (Roseland/Essex Fells)	4M	973-896-9263	NBGP: 500 pts
4/2	Sat	10:00a	Building Tomorrows 5K (Brookdale Park)	5K	973-535-1181	NBGP: 500 pts
4/3	Sun	8:00a	More/Fitness Women's Half Marathon (Central Park)	13.1M	212-860-4455	
4/3	Sun	9:00a	Indian Trails 15K Road Race (Middletown)	15K	732-842-4317	NBGP: 700 pts
4/3	Sun	9:15a	Tackle the Trail 5K (Parsippany)	5K	973-326-7616	
4/9	Sat	9:00a	MK5K (Denville)	5K	973-664-2236	NBGP: 500 pts
4/9	Sat	9:30a	Essential 2 Life 5K (Liberty State Park)	5K	908-902-8587	NBGP: 500 pts
4/9	Sat	10:00a	River Edge Run	5K	201-599-6295	NBGP: 500 pts
4/10	Sun	10:00a	Cherry Blossom Run (Branch Brook Park)	10K	973-376-6094	NBGP: 500 pts
4/10	Sun	10:00a	Scotland Run 10K (Central Park)	10K	212-860-4455	
4/16	Sat	8:00a	Jersey Shore Relay	26.2M	732-793-3000	
4/16	Sat	8:30a	Asbury Park Half-Marathon	13.1M	732-542-6090	
4/16	Sat	8:30a	Caldwell College 5K Run for Autism	5K	973-618-3297	NBGP: 500 pts
4/16	Sat	9:30a	Main Street 5K (Sparta)	5K	973-729-9141	NBGP: 500 pts
4/16	Sat	10:00a	Earth Day 5K (Liberty State Park)	5K	201-795-4555	NBGP: 500 pts
4/17	Sun	8:00a	Lincoln Tunnel Challenge	5K	609-896-8000	NBGP: 500 pts
4/17	Sun	8:00a	Run for the Parks (Central Park)	4M	212-860-4455	
4/17	Sun	8:30a	UNITE Half Marathon at Rutgers (Piscataway)	13.1M	856-468-0925	NBGP: 500 pts
4/17	Sun	9:00a	Miles for Matheny (Liberty Park, Peapack)	5K	910-686-0026	NBGP: 500 pts
4/18	Mon	10:00a	Boston Marathon	26.2M	508-435-6905	
4/30	Sat	7:00a	Muddy Marathon (Craigmear)	26.2, 13.1M	973-627-2575	