



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

April 2011

Vol. 28, No. 4

### PRESIDENT'S CORNER

Mark Frankel

At work I'm allowed to have a balance of 150 percent of my total vacation accrual. For those of you who live in a more normal world, that means that my normal vacation amount is 15 days, although I can build up a cumulative total of 22.5. After that, I can no longer add days, so I'm getting put in the position of randomly taking time off so I can start to accumulate to maximum total again.

On my last day off, a Friday, I finally decided to run outside again. Previously, I had been doing all of my runs either on a treadmill or in the pool. I'd generally get strange looks in the pool, and often get thrown out at 9:30 or so when enough people would actually come to swim.

I decided to skip my normal runs outside after the First Day 5K on New Year's Day because there was too much snow piled up on shoulders off the side of the roads. Too much snow on the roads conjures up nightmares of the winter of 2003-04. Back then I was more particular about running on roads than I am now. Chronic calf injuries have changed my mind since. I recall my normal six-mile route, which I always began around 6 am. The amount of vehicles on the roads, as you can imagine, was very light. However, there was always this one very tired driver who never failed to spot me on the run.

*(Continued on page 2)*

### MARK YOUR CALENDAR

- Apr 2** Building Tomorrows 5K, Brookdale Park - see page 3
- Apr 3** Indian Trails 15K, Monmouth County - see page 3
- Apr 10** Cherry Blossom 10K, Branch Brook Park - see page 3
- Apr 30** Clinton Country Run 5K, 15K, Clinton - see page 3
- May 1** New Jersey Marathon & Long Branch Half - see page 3
- May 1** Leatherman's Loop 10K Trail Race, Cross River
- May 7** Newport 10,000 Jersey City - see page 3
- May 15** Susan G. Komen Race for the Cure, West Orange
- May 22** Run for Rachel 5K, Livingston - see page 3
- May 30** Ridgewood Run 10K & 5K - see page 3

### ERC 27th Annual Awards Banquet

Tuesday, April 5 @ 7:30PM

Valley Regency, 1129 Valley Road, Clifton, NJ

RSVP deadline March 29

Contact Lynne Mortimer at 973-207-7005

or [lynnecitrano@aol.com](mailto:lynnecitrano@aol.com)

### Socials 2011

June 17 - Wine & Cheese Party

Dec 4 - Holiday Party

### General Meetings 2011

May 3, Oct 4, Nov 8

### Board Meetings 2011

Apr 12, May 10, Jun 14,

Jul 12, Sep 13, Oct 11, Nov 15

### The ERC Annual Wine & Cheese Party will be Friday, June 17.

If you have enough space for 50-60 people and don't mind opening your home to a bunch of crazy runners - you could host this year's party!

If you are interested, please contact Lynne Mortimer at 973-207-7005 or [lynnecitrano@aol.com](mailto:lynnecitrano@aol.com) by May 15th.



### Welcome New Members!

*Mary Ann Messina – Belleville*

*Joseph Messina – Belleville*

**2011  
ESSEX RUNNING CLUB**

**OFFICERS**

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

**BOARD MEMBERS**

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Mick Close - At Large  
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John Harvey - At Large  
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Desmond Decker - Insert Designer  
Lynne Mortimer - Insert Coordinator

**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](http://www.essexrunning.com)

**Yahoo email group:**

First join group at  
[groups.yahoo.com/group/  
essexrunningclub](http://groups.yahoo.com/group/essexrunningclub)  
Then you can send e-mail to  
[essexrunningclub@yahoogroups.com](mailto:essexrunningclub@yahoogroups.com)

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## 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](http://groups.yahoo.com/group/essexrunningclub) and then post messages there or by e-mail to [essexrunningclub@yahoogroups.com](mailto:essexrunningclub@yahoogroups.com).

## West Essex Trail Cleanup

**Volunteers are needed for our annual spring cleanup of the West Essex Trail on Saturday, April 9.**

**See Page 7 for complete details**

*President's Corner continued from page 1*

This driver was probably coming home after working the graveyard shift. It was easy to tell that something was not right with him/her/it, they'd hug the right side of the road rather than the median like most alert drivers do.

As a moving figure in a reflective vest, I must have seemed like a natural target. The driver would always cut into my path of movement. So, in response, I'd hop onto the curb or the strip of grass or sidewalk next to it.

On days where the snow was piled high on the side of the road, I had to, of course, jump into it, and then have to continue the rest of my run in wet clothes – not a fun thing to do when the temperature was below freezing.

It never occurred to me to switch back to the treadmill or find an alternate route. I was too focused on training for a marathon. The driver, fortunately, never hit me. Maybe, though, I should have let him or her do their dirty work: it would have forced me to stop training for the marathon. However, nothing happened, so I kept training and got an overuse injury. I even went and ran the marathon, walking nine of the last eleven miles, and having to spend two months in physical therapy.

## USATF-NJ

The 2011 USATF–NJ Grand Prix championship races will now begin in April following the postponement of the Newark Distance Classic in March. Both championship races in April are 15K, the open championship at the Indian Trails 15K and the masters championship at the Clinton Country Run. All ERC members are invited and encouraged to participate on the Fleet Feet Essex teams. There is no limit to the number of teams we can field so everyone is guaranteed a spot on the team. Please contact Ed Kelly for more information about USATF-NJ and the Fleet Feet Essex team (ejk823@msn.com). This is the full championship schedule for the first half of the year.

Sun, Apr 3 Indian Trails 15K (Middletown)  
USATF–NJ 15K Championship (Open Men/Women)

Sat, Apr 30 Clinton Country Run 15K, 5K  
USATF–NJ 15K Championship (Masters Men/Women)

Sat, May 7 Newport 10,000 (Jersey City)  
USATF–NJ 10K Championship (Open Men/Women)

Sun, May 22 Run for Rachel 5K (Livingston)  
USATF–NJ 5K Championship (Open Women)

Mon, Jun 20 President's Cup 5K (Millburn)  
USATF–NJ 5K Championship (Open Men)

Sun, Jun 26 Lager Run (Glen Ridge)  
USATF–NJ 5K Championship (Masters Men)

To run on the Fleet Feet Essex team you just need to sign up with USATF and obtain your USATF number. This also allows you to participate in the individual grand prix competition. USATF membership supports the sport of running and has many perks, such as preregistration discounts at participating races (recoup your membership fee!).

You can join online, by mail, or at a championship race.  
(USATF-NJ Info: [www.usatfnj.org](http://www.usatfnj.org), 973–334–8900)



## AT THE RACES

### Saturday, April 2 - Building Tomorrows 5K (10:00 am)

Support the Association for Retarded Citizens (ARC) of Essex County by running this local race on a double loop course around the paved trails in Brookdale Park. It's a community oriented event with something for the whole family.  
(Race Info: 973–535–1181 ext.1230, [www.oymp.net](http://www.oymp.net))

### Sunday, April 3 – Indian Trails 15K (9:00 am)

This challenging race through the scenic hills of Navesink in Monmouth County is the USATF-NJ 15K Open Championship and the first race of the year for our Fleet Feet Essex teams. It's run on paved and dirt roads (no trails) on a course that is considered one of the most beautiful in New Jersey. We plan to have a car pool for this race and hope to have a good turnout for our teams.  
(Race Info: 732-842-4317, [www.indiantrailsroadrace.com](http://www.indiantrailsroadrace.com))

### Sunday, April 10 - Cherry Blossom Run 10K (10:00 am)

Celebrate the return of spring by running this race in Newark's Branch Brook Park as part of the annual Cherry Blossom Festival. It's one of the best races held in Essex County and one of our most popular club races.  
(Race Info: 973–376–6094, [www.compuscore.com](http://www.compuscore.com))

### Saturday, April 30 - Clinton Country Run (9:30 am)

Enjoy a scenic 5K or 15K run in the country reminiscent of the old Midland Run. The 15K is the USATF-NJ Masters Championship and a team race for our masters runners (40 and over). We also plan to have a car pool to this race.  
(Race Info: 908-812-4806, [www.countryrun.us](http://www.countryrun.us))

### Club Races in May

Many people will be heading down the shore on Sunday, May 1 to run the New Jersey Marathon (8:00am) or Long Beach Half Marathon (8:30am). There is a new single loop course for the marathon this year.

Organizers of Jersey City's Newport 10,000 (Sat, May 7, 8:30 am) claim the flat course with views of the Manhattan skyline is the fastest in the tri-state area. It attracts many elite runners competing for over \$14,000 in prize money and is the USATF–NJ open 10K championship.

The Run for Rachel in Livingston (Sun, May 22, 9:30 am) returns as the USATF–NJ open 5K championship for women. It features a fast course, excellent goodie bag and lots of random prizes.

The annual Ridgewood Run organized by North Jersey Masters will be held for the 36th consecutive year on Memorial Day (Mon. May 30) with the 10K at 8:45 am and the 5K at 10:15. You must pre-register, no race-day registration.

## FINISH LINES

**AMBS Reindeer 5K Run**                      **Dec 4**  
**Franklin Lakes, NJ**

*Paul Kartanowicz*      18:29 1st AG

**Marathon Bahamas**                      **Jan 16**  
**Nassau, Bahamas**

*Andrew Kotulski*      4:20:31 1st AG

**NYRR Gridiron 4M**                      **Feb 6**  
**Central Park, NYC**

*Robert Caruso*      35:32

**Cupid's Chase 5K**                      **Feb 12**  
**GlenRock**

*Paul Kartanowicz* 17:58 4th OA, 1st AG

**Jacksonville Half Marathon**      **Feb 13**  
**Jacksonville, FL**

*Bill Stewart*      1:45:34 chip, 4th AG

Just behind Bill Rogers (46 seconds back by chip; maybe a fun run for him).

**Chilly Willy Duathlon**                      **Feb 13**  
**5k run, 10 mile bike, 5k run**  
**St. Petersburg, FL**

*Jen Lanterman*      21:20 / 32:47 / 23:31

**Gasparilla 15K**                      **Feb 26**  
**Tampa, FL**

*Jen Lanterman*      1:04:51

### *Running Update from Florida*

I competed in the Chilly Willy Duathlon (5K run, 10 mile bike, 5K run) on February 13, 2011. It was pretty cold on 2.13.11. I don't mean cold for Florida, I mean real cold--it was 35 degrees and windy at the start! My first 5K was 21:20, my bike was 32:47 (HORRIBLE!), and my second 5K was 23:31. It was so windy during the race. The bike course was an out-an-back along the water in Ft. Desoto Park. It was super windy with nothing to block the wind! So, I had a poor bike leg. My overall time was 1:19, which placed me 5th in the 30-34 age group. I would like to day that while my bike was poor, both of my 5Ks were ranked second in my age group!

On February 26, 2011, I ran the Gasparilla 15K. This race had 5,000 runners. It is a pretty course along the

water. The race started at 7 AM, and it was already hot and humid. When I finished, the temperature was nearing 80 degrees. My final time was 1:04:51, which placed me 6th in my age group (That's a PLP of 71.3%), and 24th woman overall.

Upcoming I have an Olympic distance triathlon. The race includes a 1.5K lake swim in "Gator Country." I am really hoping that I don't become an alligator snack!

- Jen Lanterman

**NYRR Al Gordon Classic (4M)**      **Feb 26**  
**Prospect Park, Brooklyn**

*Robert Caruso*      35:19

**Malta Marathon**                      **Feb 27**  
**Malta**

*Andrew Kotulski*      4:45:31 3rd AG

**Umstead Trail Marathon**                      **Mar 5**  
**Raleigh, NC**

*Aubrey Blanda*      5:15:35

I needed to reinvigorate my stale training routes, so I decided to combine a visit to friends in North Carolina with a long training run at the Umstead Trail Marathon on March 5. In spite of its name, the marathon is not all trail. The course consists of six or so miles of single track trail spread among about 20 miles of bridle paths and dirt roads. I was surprised to find mile markers at every mile; the course was better marked than most road marathons I've run. The elevation gain is approximately 3100 feet (but don't quote me on that). There were definitely some major hills. I was using this as a training run for Boston, and my friend Jim was using it as a training run for the 100 mile race there in a month. Since I ran with him, I did exactly what he did, which was run like an ultra-runner. We power walked up every hill whether it was steep or just an incline. We ran the rest very, very, veeeeeeeeerrrrrry slowly. And I am happy to report that I never fell at all, and tripped on a root only once but caught myself. The amazing part is that as slowly as we

went, the mile markers kept coming up so fast! Time just flew by! I loved the signs that announced upcoming hills, especially the one that said "Enjoy 'Wheels Fell Off' Hill." At mile 24, the worst of the hills were past us, and because we had run so slowly and walked the hills, we were able to pick it up a lot here. It felt great to feel like I was just starting, at mile 24! With a few hundred yards left to go, Jim and I raced each other to the finish, and the sprint felt great! That is the ending I dream about for my road marathons, except I'd like to run about 3 minutes faster per mile, ha. Finish time was 5:15:35, which is a really long training run for me, but I didn't get hurt on the trails and I felt fantastic afterward, so I'm happy with it!

I also met up with an Essex Club connection, which I didn't expect at all and was a very pleasant surprise. Barbara Hindenach lives in North Carolina, but visits her sister in the Montclair area every now and then. The last time she visited, she joined the ERC Yahoo board to inquire about local running routes for her log runs. I remember responding to her post, but I never met her in person. So as I was running the many out-and-backs of the marathon on Saturday, I heard "Hi Aubrey!" and "Go Essex Running Club!" I looked up to see a petite woman with two thick braids. I was mortified, because I felt sure I must have met her but had no clue who she was. It turns out Barbara is a member of a local club that helps produce the race, and saw my name on the registration list. We finally met up after the race, and in addition to being a great runner she is a wonderful person, and if anyone needs information on the many great races in North Carolina, she is the one to ask! But talk about a small world...

I must say, this race has some of the best volunteers I've seen anywhere. Two or three local running clubs provide most of the volunteers. They were very helpful, cheerful, encouraging, fun, and actually had the right stuff to

offer at the aid stations, all of which were well stocked with gatorade, water, gels, orange quarters, gummy bears, etc. Additionally, a few volunteers rode bikes along the course and offered water and gels to runners. Each runner received a short-sleeved tech shirt, and the finishers received a beer glass with a giant tick on it. A fitting logo, I suppose. Speaking of ticks, I saw many runners wearing little cloth gaiters over the tops of the shoes to keep trail detritus like rocks and bugs out. (<http://www.dirtygirlgaiters.com/job.html>). I hadn't seen these before and they looked quite useful, especially since my shoes were filled with tiny stones when I finished. The finishers also got to draw a card for prizes provided by a local running store. I won a long-sleeved zip base layer shirt. The post-race food was plentiful and tasty (though I could have eaten day-old roadkill by the time I finished, I was so hungry), with a choice of vegetarian or chicken and bean burritos, chips, soda, cookies... lots of stuff.

All in all, a fun day and a great workout. I would run this one again.

- *Aubrey Blanda*

### **E Murray Todd Half Marathon Mar 6 Lincroft, NJ**

*Roy Taylor 1:33:29*  
*Tom Kelly 2:01:07*  
*Martta Kelly 2:07:20*  
*Val Kenny 2:13:26 (PR)*

I ran the race in 2:13:26 which was a half-marathon PR for me by 4 minutes. It was a rainy, windy day but fortunately the temperature was in the 50's. The only things I missed seeing from previous runs were the beautiful horses out grazing at the farms along the course. The horses outsmarted us runners and stayed in their nice dry barns!

- *Val Kenny*

My goal was just to run 9 min pace miler, as a tune up for my first official marathon - the ocean drive marathon. But I was felling good, I just ran as I would any other time. Since my last two races, Central Park and the Fleet half I did a few things different so I could

finish stronger, and stay hydrated as well, and they are working out great for me.

- *Roy Taylor*

### **NYC HALF MARATHON Mar 20 New York City**

*Dorothy Auth 1:35:49*  
*Graham James 1:37:05*  
*Tom Daniels 1:38:15*  
*Jane Whipple 1:42:27*  
*Mona Jha 1:44:06*  
*Andi Robik (PR) 1:53:07*  
*Karen Foley 2:04:22*  
*Laura Barry (PR) 2:13:23*  
*Beverly Salerno 2:28:08*

Congrats to all finishers of the NYC Half Marathon today! It was a great day for a race; cold at the start and a little windy, but once the sun came out and we started running it was fine. The course was filled with encouraging spectators and lots of music, as always. I finished in 1:53:07; a PR for me by just under 2 minutes. I guess those long Brokeback/Highland runs do actually pay off. While I was the slowest in my carpool (Dorothy, Mona, Jane, Kelly); I was thrilled. It was a fun morning with these talented ladies, and I look forward to more runs with you all!

- *Andi Robik*

As Andi and Laura have posted, it was fast at the NYC Half today. In my fifth time doing this race, my 1:38:15 beat my previous best here by over three minutes and was my best half in four years. The temperatures in the high 30's undoubtedly helped, as evidenced by the three top women finishers (including Kara Goucher) shattering the previous course record. On the men's side, the third fastest time ever was recorded by Mo Farah (European 5000 and 10,000 meter champion); America also made the podium (Galen Rupp) and had 7 in the top 25 (including Meb in 15th and Ryan Hall in 21st).

I love this race because it starts with the tranquility of the pre-dawn darkness of Central Park. It winds through the streets of Midtown on only one of two days a year that Times Square is shut down. It builds to a big finish down

the West Side Highway and Battery Park City. The biggest moon in 20 years provided much of the early pre-race light, but also a chuckle after I realized a photographer with his big lens pointed toward the port-a-potties wasn't a troubled soul, but someone snapping pictures of the moon setting in the distance. It was also a first for me to be able to run negative splits, other than an adrenaline-induced mile 9, down Seventh Avenue from 59th to Times Square, which does its best JV imitation of First Avenue during the NYC Marathon with everything from crowds pushing against police barricades, to bands, karaoke singers, runner cheering sections, confused tourists and 20-somethings doing their walks of shame home.

The frustrations are few but include an inability to run the tangents because of the 11,000+ runners and winding loops of the first 8 miles in Central Park, which added another 0.38 miles to the race according to my GPS. There was a total Garmin shut-down on Seventh Avenue because of the tall buildings (probably where Jack Bauer would never venture because of blocked satellite reception). There was noise around the neon orange, hospital-style wristbands affixed by quite purposeful NYRR volunteers during the packet pick-ups with stern caveats that removal meant immediate expulsion. Fortunately for me, my time sporting that fashion accessory was hours, not days, unlike some of my other Essex/Fleet Feet colleagues who did the far more responsible Thursday vs. last minute Saturday packet pick-up. (When liberating my wrist after the race, there was satisfaction not dissimilar to tearing off loose tags from a bed mattress.) The only other anomaly is that this race continues, for the third straight year, to be one where women significantly outnumber men, not only overall, but in every age group through 40 - who knew?

- *Ted Daniels*

### **Tobacco Road Marathon Mar 20 Cary, NC**

*Andrew Kotulski 4:47:23 2nd AG*

**LA Marathon Mar 20**

*Lisa Gruenbaum 4:12:02 (PR)*

*Mick Close 4:12:02*

Lisa and I ran the marathon today from Dodger Stadium to Santa Monica on a very rainy day with lots of downpours. It was a 54 minute PR for Lisa!

**St Patty's 10 Miler Mar 27**

**Freehold, NJ**

*Jim Malone 1:54*

**Ocean Drive Marathon Mar 27**

**& 10 miler Cape May County**

**Marathon**

*Chris Jaworski 4:09:40*

*Don Manfria 4:10:35 (PR)*

*Elie Klachkin 5:37*

*Sue Palermo 6:00*

*Bev Salerno 6:00*

**10 miler**

*Nancy Lentini 1:58*

*Claire Sommer 1:58*

*Lisa Marx 2:03*

*Diane Modica 2:10*

*Joanne Barone 2:18*

*Carol-Ann Manfria 2:23*

Twas the night before The Ocean Drive Marathon and visions of a 4-hour finish danced in my head (My apologies to Clement C Moore) but with the forecast for a 30% chance of snow I couldn't resist. The good thing is the snow never arrived. The Ocean Drive Marathon was my 1st one. So I did the corny thing of writing something on my hand to inspire me. I chose 9-2-4 meaning nine min pace 2 run 4 hours, well I can tell to you I won't be playing those numbers in the lottery anytime soon. The description of a fast flat course mostly true except for the 7 bridges (more on that later) and things went well for the first 13 miles I was right on pace I hit the 13 mile mark at 1hr 16 min 38 seconds. Once we crossed the 4th bridge at the 13-mile mark is where the flat description came into play. Problem was it was desolate, it was like running through the cornfields of Iowa, the only difference was there was water or marsh on each side. There were vast stretches of straight away broken up by bridges and on top of this there was no one around;

there weren't even a lot of runners to run with. From this point on the bridges weren't flat they were STEEP inclines then at the top when it flattened out there was a steel deck, followed by a steep decline. At mile 20, we got back to civilization with some really impressive homes, problem was 9 out of every 10 were closed for the season. I passed a McDonalds that even said closed for the season. Then right before mile 23 was the last and steepest bridge. I was still on pace till it hit that bridge. After that bridge I was introduced to Mr. Wall (needless to say he's not a very nice person) both calves and quads on both legs began to cramp. By mile 24 I questioned why do we even run marathons and said to no one in particular this is my 1st and last marathon. At mile 25 I was happy to see the smiling face of Laura Messina and hearing her encouraging words helped a lot. Also a friend of mine began running with me. It was heartbreaking see a women down in agony not 100 yards from the finish. My finish time on my Garmin was 4:10:35. The web site that The ODM uses had me at 4:11:06 . But since there weren't any timing chips and it was all on gun time I started my Garmin as soon as crossed the Start line so I'm sticking with a 4:10:35. Hey at least I can say I had a PR. Another bit of good news by the time I hit the Driscoll Bridge on the way home I was planning my next marathon.

- Don Manfria

**Sneaker Factory 10K Mar 27**

**Millburn, NJ**

*Craig Chapman 43:11*

*Gary Peters 45:16 (3rd AG)*

*Wayne Carlson 49:15*

*Howie Brown 52:46 (2nd AG)*

*Tom Kelly 52:57 (3rd AG)*

*Martta Kelly 56:13*

*Ed Trieste 1:01*

*Robin Jordan 1:06*

I dreaded this race because the weatherman said 20s in the AM and cloudy. And no matter what the temp, this course is always windy. Plus, it's a challenging course with hairpin turns and hills. We arrived around 9:30 (we

mistakenly thought the 10K started at 10, but that was the 2-miler) and there were treacherous patches of ice on the course that Dean Shontz and crew were desperately trying to alleviate with rock salt and chopping implements. But by the 11:30 race time, the temps rose to the high 30s and eureka, the sun actually made an appearance, making it a bit more tolerable on the course. And the ice patches were now just non-threatening puddles.

It was a small turnout with only 154 runners participated in the 10K and about a third of that for the 2-miler. Tom said this was his first real race in about 8 months since we really didn't race E. Murray Todd, that was more for covering the distance. As for myself, I haven't really raced since December so it felt good to get out and run all out again. I am looking forward to running in shorts again, though.

- Martta Kelly

**West Essex Trail Cleanup**

Volunteers are needed for our annual spring cleanup of the West Essex Trail on Saturday, April 9 (rain date April 16). Meet at 9:00 am by the tennis courts in the Verona High School parking lot off Sampson Drive, between Grove and Fairview.

This annual cleanup is dedicated to ERC member Rod Munro, the first person to arrive at the very first trail cleanup, organized by George Studzinski in April 1996. Rod passed away a few months later while running with his wife at the Cedar Grove reservoir. This is a way for us to honor Rod and help keep his spirit alive.

Gloves and other protective clothing are recommended for the cleanup (long sleeves and long pants). Please try to bring one or two large, heavy-duty plastic bags. Pruning shears are also helpful for trimming small branches.

Some people usually run the trail after the cleanup is done around 10:30. If you're not familiar with the trail, it's about 6 miles round trip.

**For more information, contact Mick Close 973-477-0016 [mickclose@aol.com](mailto:mickclose@aol.com) or Tom Kelly 973 731-1621 [tbpkelly@gmail.com](mailto:tbpkelly@gmail.com).**



## **NJ Ultra Festival March 19** **Payton MacDonald**

I woke at 3:59 exactly. I remember looking at the clock and thinking that the folks running the 100 miler would be starting in one minute. I can't imagine how they must have felt. I dream of doing one of those someday, but that's a few years off. I was starting with a marathon as part of the NJ Ultra Festival, which included the "fun run" marathon distance, plus the 50K, 50mile, 100K, and 100 mile distances.

I got up, ate some food, did some final preparations, and was out of the house by 6:00. I listened to Nikil Banerjee's amazing rendition of a misraraga on the drive out to the race, accompanied by a huge, orange moon filling the sky. Magical.

My race preparation was not as thorough as I would have liked. For various life and job reasons I only got in one 18-mile run at the peak of training, and two three-hour, 45-minute runs. So the last 8 miles of this marathon would put me in no-man's land, not a place I like to be at a race. That's one thing I learned through this: many race preparation schedules have you peaking at 20 or 22 miles for your longest run before beginning the taper, but I prefer to do at least one run of the full length of the race. That's probably my thinking as a musician. I would never go on stage without having run the entire piece at least once. That's what works for me.

This was a trail marathon, but very flat and non-technical. The first 18 miles went fine, no problems other than the usual fatigue and this annoying feeling that I had a pebble in my left shoe. I stopped three times to try to get it out, but there was nothing there. I haven't a clue why I had that feeling. I expected my right foot to give me a bit of trouble because I was dealing with just a touch of plantar fasciitis there, but it was fine and feels fine now the next day. I think that PF started because of a bad run I had a few weeks ago. I just hated the conditions I was running in but pushed ahead anyway. I've noticed that every time I run in conditions I don't enjoy I get injured. Lesson learned. Call the run if it's clearly not the right one.

I held on to 10-minute miles, exactly as planned. I use the Galloway method, typically nine minutes of running and one minute of walking. At mile 18, though, I started having some stomach problems. I still haven't figured out exactly what to eat on these longer runs, even after four months of training. I know I need much less than what is usually recommended, but I haven't found the line between just enough and too little. So I got a bit nauseous and sloshy, but I did some deep breathing on the walks and by mile 22 I was okay. All I ate during the entire race was one gel pack, some potato chips and blueberries, and some sports drink. I need to experiment more with race nutrition on my longer runs.

The last four miles were tough. My brain was okay, but my legs were just telling me "No!". I wasn't going to let that stop me though and I pushed through. I kept repeating two things to myself: "Horse to the barn, horse to the barn, you're almost there," and "... this is what you came for . . ." That worked and I made it to the end. Throughout the race I enjoyed the calm Western New Jersey countryside. The trail worked its way through farmland and often sidled next to a gurgling brook. It was flat and wide and very runnable.

I was shooting for 4:30 and finished in 4:33. That's slow, but it's what I can do right now without injuring myself and I feel a great sense of accomplishment. It's a good start and I can start working my time down in the following seasons. I was incredibly sore immediately after the race, but now the next day I feel fine, just some muscle tightness that will work itself out over the next few days. I woke up this morning with only one thought on my mind: "I can't wait to do that again!!!" I thought I might try a 50 miler at the end of this year, but I've revised that down to a 50K. We'll make 2012 the year of the 50 miler for me. My body needs more time to adjust to the stress of running long distances.

My buddy Carlos from Team NRGY was there. He was running the 50K and finished with the amazing time of 4:36, earning him first place in his age group. They started an hour earlier than us, and with a time similar to mine he finished almost an hour before me, but he stuck around with his family to bring me in to the finish. That was a very nice display of good sportsmanship and I really enjoyed his cheering me on as I finished up. We swapped war stories after we were done and I got to see him get his award: a six pack of beer and a nice mug. Cheers, Carlos!

Jessica and the girls showed up shortly after I finished and they played on the playground while I hobbled around and stretched out on the grass. Weather was cool, but not too cold.