



# ESSEX

## KEEPING TRACK

Essex Running Club Newsletter

May 2011

Vol. 28, No. 5

### PRESIDENT'S CORNER

**Mark Frankel**

The Apple Chase 10K on March 27 was my first race of the year.....

...Well, technically it wasn't my first race of the year. That would be the First Day 5K, a 3.1 mile loop around the Fair Lawn Friendly's (my daughter was heartbroken that I didn't drop her off at Friendly's before the race and pick her up afterwards). However, that race seemed to be more like it was part of last year's racing season.

After the Fair Lawn race I went into winter hibernation, so to speak. I kept on running, and even did some nice speed workouts on the treadmill. However, the nearly three-month break took the usual psychological toll: I forgot what racing feels like.

Of course, the speed workout is supposed to remind one of what running hard feels like, but speed work lacks that one crucial element: it's not a race.

There were none of the usual faces I see at races, people whom I try to keep up with and those who try to keep up with me. There's only the usual lot at the gym who whisper behind my back how silly I look doing hard intervals on the treadmill.

Racing, I always think to myself, is a totally different animal than speed work. In speed work, I only run as fast as my appointed interval – no faster, no slower. Truthfully, the only speed work I do is limited to pressing buttons and then making a desperate attempt to stay on the belt. I've actually fallen off one before, and generally would not recommend that anyone try it. Essentially, that was like reverse training: instead of improving my running, it ended it altogether. But I digress.

*(Continued on page 2)*

### MARK YOUR CALENDAR

- 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 15** Our Lady of the Lake School 5K, Verona
- May 22** Run for Rachel 5K, Livingston - see page 3
- May 30** Ridgewood Run 10K & 5K - see page 3
- June 5** The Montclair Run 2-mile fun run & 10K - see page 3
- June 20** The President's Cup Night 5K - see page 3
- June 26** The Fitzgerald's 1928 Lager 5K - see page 3

### ERC'S NEXT GENERAL MEETING

**7:30 pm, Tuesday, May 3**

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*

### OUR SPEAKER - Wayne Baker

*Wayne Baker is a runner and history buff. As Vice-President of Shore Athletic Club, he's been involved in telling the story of 1908 Olympic gold medalist Johnny Hayes. He'll be bringing with him some artifacts from Shore AC's Johnny Hayes collection. Mr. Baker has assisted with several books and articles on America's first marathon boom.*

\$5.00 cover charge includes buffet + non alc drinks.

Doors open 7:30pm & Meeting starts 8:00pm.

### Socials 2011

Wine & Cheese Party - June 17

**2011 Hosts John and Lenore Piccoli**

Holiday Party - December 4

### General Meetings 2011

October 4, November 8

### Board Meetings 2011

May 10, June 14, July 12, September 13,  
October 11, November 15

**Many thanks to everyone who came out and helped clean up the West Essex trail April 9th - a beautiful spring morning. It always amazes me how much garbage we manage to pick up and this year was no exception. Your efforts will be much appreciated by all the runners, bikers and walkers who use the trail. Great job!**

*Catherine Alessi, Jeff Burrowes, Wayne Carlson, Mick Close, Joe Cozzi. Tom & Martta Kelly, Fernando Padilla and Eileen Percevault*

**2011**  
**ESSEX RUNNING CLUB**

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Beverly Salerno - Membership  
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Shannon Calamito - Newsletter Editor  
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  
Bill & Karen Mishler - 2010

**POSTAL ADDRESS**

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P.O. Box 183, Verona, NJ 07044

**ONLINE**

**Web site:** [www.essexrunning.com](http://www.essexrunning.com)

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

## SUMMER HOSTED GROUP RUNS

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

**If you'd like to host a run** from your home (or another location), please send an email to [newsletter@essexrunning.com](mailto:newsletter@essexrunning.com). Hosted runs will be listed in upcoming issues of *Keeping Track*.

**Thursdays reserved:** June 23 (Smoke Rise Challenge 4M, George Studzinski), June 30 (Sunset Classic 5M)

**Thursdays available for hosted runs:** June 2, 9, 16; July 7, 14, 21, 28; August 4, 11, 18, 25

*(Continued from page 1)*

As I was lining up for the start of the Apple Chase, I noticed a fellow runner whom I had recognized. Over the years we'd finished in close proximity to each other at races. Our racing abilities were the same: beating each other depended on who was having a better day.

He was looking to pace himself off a runner he knew would run his pace, and I turned out to be the candidate. After the usual greeting, he asked me if I was aiming to break 43 minutes.

I paused briefly, not knowing how to answer the question. I felt a bit like Mr. Spock when a computer asked him at the beginning of Star Trek 2, "How do you feel?"

Even though I basically had no idea how my body would respond, I didn't want to let him down. Maybe I'd start off by joining him and then seeing if my body was up to the task. His question made me think about the standard mutual-fund line 'past performance does not guarantee future results.'

Like they say in Nike ads, 'Just do it' and that's what I did. The gun went off, and I tried to keep up with my friend. Shortly before the first mile marker, I even passed him. It was an audacious move for a first race of the season, but I got away with it. He finished twenty-seven seconds behind me.

So now, hopefully, knowing how racing feels again, I'll be able to replicate the performance again and again, or perhaps even better it. Hopefully.

## ESSEX RUNNING CLUB AWARDS BANQUET

The Valley Regency in Clifton was the setting for the Essex Running Club's annual Awards Banquet on April 5. Lynne Mortimer and Aileen O'Rourke put together a wonderful evening in which the attendees honored notable achievements by fellow members at races and elsewhere during 2010.

There was lot of good food, laughter and plenty to celebrate. From Cheerleaders of the Year, Anne Chesny, Sue Palermo, and Genie Temmler to Runners of the Year Amanda King and Mike Sneden and everything in between, it was a wonderful night for all to attend. The Banquet once again proved to be a fantastic tradition.

**Hall of Fame:** *Bill & Karen Mishler*

**Runners of the Year:** *Mike Sneden & Amanda King*

**Supporting Business:** *Fleet Feet Sports, Grove Pharmacy*

**10K:** *Peter Kashulines, Aileen O'Rourke*

**Outstanding Service & Newsletter:** *Chris Jaworski*

**15K/10M:** *Larry Czaplewski, Aileen O'Rourke*

**Photographer:** *Desmond Duncker*

**20K/Half:** *Paul Giuliano, Mona Jha*

**Rachel Ray:** *Gina Imperato, Tracey Keller, Fernando Padilla*

**18M:** *Glen Freyer, Helene Scarnegi, Martta Kelly*

**Goodwill Ambassador:** *Randy Miller*

**Marathon:** *Paul Giuliano, Harold Porcher, Karen Merz*

**Cheerleader:** *Anne Chesny, Sue Palermo, Genie Temmler*

**Ultra:** *Mike Skara, Jennifer Odell*

**Marco Polo:** *Tom Daniels*

**Youth:** *Michael Bianchino, Fred King, Emily Gurniak, Stacey Slaughter*

**Spirit of ERC:** *Phil Coffin, Ed Kelly, Aileen O'Rourke, Sue Palermo, Bev Salerno, Helene Scarnegi*

**Couples in Competition:** *Tom & Martta Kelly*

**Purple Heart:** *Chip Bearden, Andy Kotulski*

**Multisport:** *Rob Nossa, Meredith Cozzarelli*

**Sally Sammon:** *Helene Scarnegi, Stacey Slaughter*

**Off-road:** *Wayne Carlson, Ellen Kim*

**USATF Overall:** *Charlie Slaughter, George Studzinski, Aileen O'Rourke*

**Adventure Racing:** *Jeff Burrowes*

**USATF Mini 1:** *Paul Kartanowicz, Ed Kelly, Mike Sneden, Helene Scarnegi, Martta Kelly*

**Track & Field:** *Desmond Duncker, John Harvey, Bev Salerno*

**USATF Mini 2:** *Mark Frankel, Ed Kelly, Mike Sneden, Helene Scarnegi*

**Comeback:** *Phil Coffin & Laura Messina*

**USATF Cross-Country:** *Randy Miller, Charlie Slaughter*

**Most Consistent:** *Ed Kelly, Aileen O'Rourke*

**USATF Team Grand Prix:** *Fleet Feet/Essex Women*

**Most Improved:** *Stephen Sundown and Glenn Trimboli, Val Kenny and Andi Robik*

**USATF Masters Track & Field:** *Randy Miller, Bev Salerno*

**Rookie of the Year:** *Bob Goodsell and Don Manfria, Gina Imperato and Justine Krell*

**5K:** *Paul Giuliano, Cathy Wright*

**Outstanding Combined Team and Individual Performance:** *Paul Kartanowicz*

**8K/5M:** *Paul Giuliano, Karen Merz*

**Many thanks** to all who helped make our annual awards dinner such a success: Aileen O'Rourke and Helene Scarnegi from the entertainment committee, Desmond Duncker, Mark Frankel, Tom Kelly, as well as all who attended and the Valley Regency for a lovely evening. - Lynne Mortimer

## USATF-NJ

The 2011 USATF–NJ Grand Prix championship series started in April with the two 15K championships at the Indian Trails and Clinton Country Runs. The series will continue in May with the Open 10K Championship at the Newport 10,000 in Jersey City on May 7 and the Open 5K Women’s Championship at the Run for Rachel in Livingston on May 22.



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](mailto:ejk823@msn.com)).

This is the championship schedule for the next two months.

- 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. 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

### Sun, May 1 - New Jersey Marathon (8:00am) & Long Branch Half-Marathon (8:30am)

This is the 15th year for the NJ Marathon Festival and over 12,000 runners are expected for the marathon, half marathon and new half marathon relay. Other changes this year are separate starts for the marathon/half marathon, a new single loop course for the marathon and a new location for the expo at Monmouth Park Racetrack. All races start and finish on the oceanfront in Long Branch and feature fast, flat courses. (Info: 732-578-1771, [www.njmarathon.org](http://www.njmarathon.org))

## AT THE RACES - continued

### Sat, May 7 - Newport 10,000 (8:30am)

This premier event attracts many elite runners competing for over \$14,000 in prize money. It is also the USATF-NJ open 10K championship race and a team race for our men and women. The course is said to be the fastest in the tristate area, with the first 4 miles on local streets and the last 2 on the waterfront, with spectacular views of the Manhattan skyline. Runner amenities include special Newport 10,000 tech tee, post race refreshments, DJ and random prizes.

(Info:908-902-8587, [www.oymp.net](http://www.oymp.net), [www.newport10k.com](http://www.newport10k.com))

### Sun, May 22 - Run for Rachel 5K (9:30am)

This race usually produces some of the years fastest 5K times on the mostly flat, out-and-back course from Livingston’s Memorial Oval. This is a USATF team race for our women and always features a strong women’s field for the USATF-NJ women’s open 5K championship. Preregister to receive a race bag in addition to a tee shirt. Stay after the race for the random prize drawings, which usually feature some valuable prizes.

(Info:973-765-9050 ext. 1744, [www.oymp.net](http://www.oymp.net), [www.rachelcoalition.org](http://www.rachelcoalition.org))

### Mon, May 30 - Ridgewood Run (10K- 8:45am, 5K-10:15am)

The 36<sup>th</sup> annual Ridgewood Run will be held as usual on Memorial Day. Be sure to pre-register as there is no race day registration. North Jersey Masters does a great job with this event, and there are many amenities.

(Info: 973-333-4837, [www.ridgewoodrun.com](http://www.ridgewoodrun.com))

## Club Races in June

The Montclair Run (Sun, Jun 5) is one of the club’s most popular races and features a 2-mile run (8:30am) in addition to the 10K (9:30 am).

The President’s Cup Night Race (Mon, Jun 20, 8:00pm) is a fast, exciting two lap 5K around downtown Millburn. The post race party features a Samuel Adams beer truck. This event is again the USATF-NJ open men’s 5K championship.

The Fitzgerald’s 1928 Lager 5K Run (Sun, Jun 26, 6:30pm) is held in Glen Ridge in the early evening with an exciting finish on the track. This year it replaces the Pine Beach 5K as the USATF-NJ masters men’s 5K championship.

The Sunset Classic (Thu, Jun 30, 7:30pm) returns this year to the newly renovated Foley Field. This very popular 5 miler through Bloomfield and Glen Ridge features the traditional collared shirts and a post- race party with hot dogs and ice cream.

## FINISH LINES

### **Hangover 5k** **Feb 27** **Westfield, NJ**

*Gary Peters 21:19*

It was apparently a very intense Hangover, but the event was finally held on February 27. In any event, I ran a very satisfying race.

- Gary Peters

### **Morristown St. Paddy's 5K** **Mar 12**

*Charlie Slaughter 19:44*

*Mike Sneden 20:46*

So when you have the best timing and scoring companies in the U.S. right here in North Jersey, what is a race director to do? Hire someone from Washington DC of course. Your reward is to have the finish clock flash 00:00 as you run by and not have your results published. Then you can e-mail the race contact, who says, hey, we only signed the runners up, we don't have anything to do with timing. If you were lucky enough to get your time and place published, you watched your position drop from 50 to 60 to 70 as my buddy did as they added runners. Other than that, a really nice day for running.

- Mike Sneden

### **Bordentown St. Patrick's Day 5K** **Bordentown, NJ** **Mar 19**

*Shawn Found 17:20 (1st OA)*

*Jen Found 18:24 (4th OA, 1st Female)*

*Mike Sneden 20:20 (2nd AG)*

How does this sound for an ERC headline "Essex Running Club Members Take First Overall, First Male and First Female!" Yes, it happened, but there is more. The couple is married! Shawn Found and Jen Found indeed, wearing the bright red colors of the Fleet Feet/ERC team took these honors at this 5K race in Bordentown on a beautiful 50 degree day that drew over 600 runners, 200 more than last year. The flat 2-loop course is fast through downtown Bordentown. Afterwards, Shawn said he works minutes away and ran the course a few days earlier. When I asked whether they ever both took firsts before, I think they said they nev-

er raced together before? I think I need my ears cleaned.

- Mike Sneden

### **St. Patrick's Day 5K Run** **Mar 17** **Kahului, Maui**

*Michael Wojcio 23:30 (2nd AG)*

### **Run From Winter 10K** **Mar 20** **Duke Island Park, Bridgewater NJ**

*Charlie Slaughter 41:07.99 (1st AG)*

*Mike Sneden 42:52.75*

Always looking for good 10K's for the Grand Prix series, I did not want to miss this race as I did last year. The day was sunny, about 40 degrees and great for running. Charlie Slaughter was there and I also chatted with Peter Engelhardt and Camille Creary about our upcoming River-to-Sea fun run and caught up with Mark Washburne. I love running in Duke Island Park. It is flat, scenic and all the races seem to be well run and this was no exception.

- Mike Sneden

### **loa Valley to the Sea** **Mar 26** **Half Marathon**

*Michael Wojcio 1:58:23 (4th AG)*

I was very happy about my time. It was a long time ago since I broke 2 hours in a 1/2 marathon. I will have to look it up when I visit NJ in July. Happy Spring runs to the Essex Runners!

- Michael Wojcio

### **Bizzie Lizzie 5K** **Mar 26** **Parsippany, NJ**

*Mike Sneden 20:35 (1st AG)*

*Randy Miller 20:56 (2nd AG)*

It was great to "run" into Randy Miller at this inaugural 5K held in honor of Elizabeth "Bizzie" Stein, a 3-year old girl that was diagnosed in May 2010 an inoperable tumor on her brain stem who passed away in January 2011. The race was held in the Mack-Cali office campus in Parsippany and about 325 runners showed up. Office campuses are great for races as there is plenty of parking and little traffic on the internal roads that are part of the course. It was pretty cold (about 30 degrees) and

windy at race start. The course was gradual downhill with the wind for the first 1.5 miles to a turnaround and then, of course uphill on the way back wind in your face, retracing the first part of the course. The last half mile was rough as I was out of gas and Randy asked who put the luggage on his back. There was a big break between the race and awards so I left but Randy was kind enough to stay even though he ended up with only pride as the awards went one deep in each age group.

- Mike Sneden

### **Apple Chase 10K** **Mar 27** **Pompton Plains**

*Charlie Slaughter 41:29 (2nd AG)*

*Mark Frankel 42:23 (2nd AG)*

*Frank Russo 43:36 (3rd AG)*

It was a nice, brisk day; not exactly great for racing, but I was rarin' to go after a 3-month layoff from racing. And when I heard this race was being revived after lying dormant for five or six years I had to go.

Despite the fact that this race is so close to my house, I never ran it before. Instead, I volunteered at it about four times, so I knew how flat it was. Not to mention, it's very close to where I live.

At the start I saw Rob, a familiar face. He asked me if I was looking to break 43 minutes. I jokingly said, "yeah, sure" not sure I was quite in shape for that yet. So we decided to share pacing duties.

A little before the first mile, I felt that Rob's pace was a little too slow, so I pushed ahead of him. After a few minutes, I wondered if I had made a hasty move, but at the end he never caught up and finished 17 seconds behind me.

The highlight of the race was that we finished up on a track. The rubber surface felt really good for my hoped-for finishing kick.

- Mark Frankel

**Ocean Drive 10 miler**                      **Mar 27**  
**Cape May County**  
*Claire Sommer 1:58*

**Building Tomorrows 5K**                      **Apr 2**  
**Bloomfield, NJ**  
*Harold Porcher 18:22 (3rd OA 1st AG)*  
*Paul Kartanowicz 18:29 (5th OA, 1st AG)*  
*Fred King 19:54 (1st AG)*  
*Phil Coffin 24:11*  
*Don Manfria 25:18*  
*George Swiatek 26:58*  
*Joe Cozzi 27:06 (3rd AG)*  
*Robbin Jordan 32:27*

**Running 4 Answers**                      **Apr 2**  
**Roseland, NJ**  
*Mike Sneden 17:24 (6th OA, 1st AG)*

I am still running for answers on this race as a snafu between the police and the race director turned this 4 mile race into a 2.4 mile race. The police were politely telling the race director that their job is to keep runners away from cars, not direct runners on the course and he was right. I was running behind Peter Tummey who did not know where the \*\*I to go as there was no one out on the course. I said to Peter I guess they will just scratch this from the Grand Prix, but he said no problem, so long as everyone runs the same distance. At that instant, the remaining 55 runners were directed to run the full 4 miles....oh well.

- Mike Sneden

**Hoboken Pump and Run**                      **Apr 2**  
**Hoboken, NJ**  
*Jerry Velli 21st out of 150 finishers*

The weather was perfect for the event and the location was beautiful as the pier overlooks the NY skyline. Registration was a breeze as there was only 100 or so entrants. There was 7 benches with judges/spotters set up for the noon bench press part of the event. One of them also did a demonstration on what need to be accepted for a good lift. You got 30 secs off each lift of your 5k time with a max of 30. So that if 15 minutes off your 15K, so I figure between the lift and run, I should be able to get in under 10 minutes combined no problem. After that was done the 5K went off about 1pm as advertised. I

suspect the course may have been off a little off as I would run a flat 5K in 22 - 24 minutes and my GPS gave me a time of 21:21 in 2.95 miles. They had a nice big screen monitor over the tent so you could see your results right away.

The negatives for me was the lack of amenities for a steep entrance fee of \$45. Just a tee shirt with only water at the finish. I also paid \$20 to park so an expensive morning for what I am used to. I was happy with my placement of 20 overall and 4th in over 40 as I never would be that high in just a run. The only trouble was my legs had nothing to handle the Indian Trails hills as I wilted yesterday.

- Jerry Velli

**Indian Trails 15K**                      **Apr 3**  
**Middletown, NJ**

*Mike Sneden 1:08:40*  
*Gary Peters 1:11:50*  
*Desmond Duncker 1:12:20*  
*Mick Close 1:16:20*  
*Bill Wilde 1:19:28*  
*Rich Unis 1:19:59*  
*Aileen O'Rourke 1:20:00*  
*Jerry Velli 1:21:01*  
*Tom Kelly 1:24:21*  
*Eileen Percevault 1:36:43*  
*Martta Kelly 1:30:59*  
*Jim Malone 1:43:54*  
*Robbin Jordan 1:46:13*

Everyone seemed to enjoy the Indian Trails 15K this morning through the scenic hills of Navesink in Monmouth County on a cool, sunny, breezy spring day. It was a beautiful course most of it out in the country through woods and farmland with several sections on dirt roads. The first couple of miles were mostly flat but then the hills started coming one after another until reaching the top of the last hill around mile 8 where there was a breathtaking view looking out over Sandy Hook all the way to the Verrazano Bridge and Manhattan. This was the 20th year they held the race and they had a record crowd of almost 500 for the USATF-NJ Grand Prix Open 15K Championship. We had Fleet Feet / Essex teams in both the men's and women's competition with our men placing highest in 9th place. Congratulations to everyone who conquered the

hills and completed this challenging race.

- Mick Close

This course was everything everyone said it was--and more! We were promised hills, and we got 'em. We were promised intense downhills, and we got 'em. And yes, there were some breathtaking views, although if you run this course, your breath will be taken away, period.

This was one of the toughest courses I've ever done and I was a little nervous about doing it since at this point in the season, I am not on top of my game, as they say. Even the coach at my gym (who's a nationally-ranked runner and runs a sub-6-minute mile) said it's tough.

But I did it and I even felt as if I had something "left in the tank" at the end. It's definitely a great course to train on if you have a spring marathon coming up. In fact, even if you don't, it will rev you up for other challenging courses, such as the Cherry Blossom 10K.

The toughest part of the course for me was the first hill, I believe it was at mile 2.5. I wasn't quite warmed up then but once I got through that one, I anticipated the others and just took my time going up the hills (although I never stopped to walk). The most challenging one was near the end at mile 7.5. It's just a steady climb up a winding mountain trail and I can't describe the feeling of finally seeing the summit.

If you are not a big trail runner, not to worry. There are no really tough trail portions, although some of the course is dirt road and you should watch your footfall because of the rocks.

The hardest part of this course, to me anyway, were some of the steep downhills. I strongly suggest you do some downhill running before you do this one. If you are not comfortable with downhill running, you could injure yourself. For me, I just shorten my stride a bit but some people like to tackle the downhills with abandon.

I thought the course was well-organized and there's a gym to hang out in (with bathrooms) before and after the race. My only complaint is that

I wasn't fast enough to partake of the peanut butter sandwiches at the end (they were all gone by the time I got there)!

- Martta Kelly

### **More-Fitness Half Marathon Apr 3 Central Park, NYC**

*Elizabeth Gmelin 1:50*

It was my first distance race after having twins in August. They are Alexis and Kimberly, and are identical 7 month old twin girls. I finished in 1:50 (which was exactly my goal!) I enjoyed running through Central Park and thought the race conditions and weather were perfect! The miles flew by, as I spent time praying for one person for each mile (husband, children, sister, parents, and other family and friends!) I had never run an all-women event before, but certainly enjoyed it, and will do it again in the future. Perfect race; I pushed hard and felt great when I finished!

- Elizabeth Gmelin

### **Cherry Blossom Run Apr 9 Newark, NJ**

*Larry Czaplewski 39:11*

*Charlie Slaughter 41:11*

*John Kriens 44:40*

*Tom Daniels 45:22*

*Jerry Velli 49:05*

*Don Manfria 49:30*

*Tom Kelly 52:15*

*Oriana Tejada 53:21*

*Elsa Slater 53:52*

*Joe Cozzi 54:08*

*Martta Kelly 55:37*

*George Swiatek 56:14*

*Laura Barry 58:11*

*Jennifer Kuhn 1:00*

*George Studzinski 1:02*

*Robbin Jordan 1:04*

*Lisa Marx 1:09*

One of the nicest weather days for Cherry Blossom...overcast and cool but virtually no wind! We had more than 700 finishers in the 10K, maybe a 100 or so in the fun run and the race director made a big deal about what a huge turnout it was although Tom remembers the days when you had more than 1,500 or so runners. But we did have some blossoms, not at peak, but we didn't think we'd see any.

Tom loaned me a 1983 Cherry Blossom T-shirt and he wore one from 1984 but we actually met a guy who had one from 1978. It was badly faded but hey, I give him credit for having it around for so long.

Another nice surprise: We saw Sergio Cano running, shirtless of course! As many of you know, Sergio had an accident at work and was in the hospital for 3 weeks, followed by physical therapy. He did great, though, 40 minutes and some change but naturally, he was complaining about his time. Welcome back, Serge!

- Martta Kelly

### **MK 5K Apr 9**

#### **Denville, NJ**

*Gary Peters 21:25 (2<sup>nd</sup> AG)*

### **Jersey Shore Relay Marathon Apr 16**

#### **Asbury Park, NJ**

*Runnin' Cousins 3:51:44*

This past Saturday I participated in the Jersey Shore Relay Marathon this was my second year running this race with my team "Runnin' Cousins". We finished in 3:51:44.4 and 212 out of 412 teams and 20th in the family division. We lucked out and only had gusts of winds not wind and rain, the rain came shortly after we finished. Running with ocean views is always a nice change of pace.

The downside of this race is that it is not a closed course and mile markers are few and far between. My leg was supposed to be 6.1 miles but my Garmin said 5.6 miles. My leg wasn't the only one that Garmin deemed short, 4 of the 5 runners on my team had some sort of GPS tracking and 3 of the legs the mileage was off.

However, I will continue to do this race as it's a lot of fun cheering on your team and for me spending the day with family.

- Laura Barry

### **City Parks Foundation Apr 17**

#### **Run for the Parks (4M), Central Park**

*Robert Caruso 33:08*

### **Boston Marathon**

**Apr 18**

#### **Boston, MA**

*Paul Kartanowicz 3:01:27*

*Amanda King 3:22:07 (PR)*

*Jennifer Odell 3:31:47*

*Jeff Burrowes 3:44:15*

*Bob Goodsell 3:56:38*

*Aileen O'Rourke 3:59:20*

*Mona Jha 4:11:29*

*Aubrey Blanda 4:22:28*

*Andy Kotulski 4:49:42*

*Chip Bearden 5:54:30*

Some incredible times in the men's race at Boston today with the winner (Geoffrey Mutai) finishing in 2:03:02, not an official world record but the fastest time ever run for the marathon.

Ryan Hall ran 2:04:58 to finish 4th, again not an official American record but the fastest time ever run by an American.

American, Desiree Davila, finished 2nd in the women's race in 2:22:38 only two seconds behind the winner (Caroline Kilel) while Kara Goucher was 5th in 2:24:52.

The weather conditions may have helped the runners today with temperatures in the 50's and a bit of a tail wind.

Congratulations to all the ERC finishers!

- Mick Close

### **Main St 10K Apr 23**

#### **Sparta, NJ**

*Mark Frankel 44:05*

*Mike Sneden 44:45*

This race has been around for a number of years as a 5K. This year they decided to add a 10K. We were the "other race," with only about half the participants. The results show 137 of us.

The two races started at the same time, both in a driving rainstorm. We ran together for about a mile and a half, and then split up. Luckily, the signs were big, purple lettering on a white background, so I was able to see it through my rain-drop covered glasses.

The rain stopped around mile two, although the breeze didn't.

Given that the race was in Sussex County, I didn't find the course too hilly. But I suppose it was. I was kind of surprised at my finishing time, over a

minute and a half slower than my last 10K a month ago. However, it occurred to me that the race was primarily a tactical one as I finished ahead of most of the people I started with, and I was quite pleased with the result.

Mike and I were the only ERC finishers I'm aware of. We both got the lead medal, fourth place.

- Mark Frankel



**Welcome New Members!**

*Elizabeth Coyle - Montclair*  
*Jennifer Edmond - Bloomfield*

### **A few notes on the Boston Marathon** by Amanda King

**Favorite signage:** 1. *"My wife is hardcore"* (not held by my husband, who chose a Red Sox game over watching his hardcore wife. Don't blame him, I would've done the same) 2. Outside the Newton Wellesley Hospital *"Midwives encourage women to do what they think is impossible"* After 4 rounds of natural childbirth, I get the connection. Still haven't decided which is harder, but non-medicated labor is definitely more painful and a newborn baby is a slightly better reward than a shiny medal. As for permanent physical damage, childbirth wins hands down.

**Biggest disappointment:** not beating Glenn Trimboli's PR (although he did very graciously tell me I beat his Boston PR).

**Favorite celebrity moment:** Meeting Joan Benoit Samuelson at the finish line (I don't think she was waiting for me).

**Food I'm sick of eating:** Carbohydrates (don't want another banana or bowl of pasta for at least a month).

**Favorite part of the race:** Being able to pass other runners on the hills.

**Stupidest mistake:** Forgetting to cut my toenails (consequently cut and bleeding toes by the end of the race).

**Best crowd support:** My little old parents-in-law cheering me on in Newton, all spectators except the screaming Wellesley women (wished I had ear plugs).

**Best post-race food:** Huge plate of shrimp and cocktail sauce, large glass of wine (provided by little old parents-in-law)

**People I couldn't have run it without:** 1. Karen Merz and all the other Grovers - thanks for all your support and long hard runs on Sundays 2. Joel Pasternack (obviously)

**Resolution:** Do it again next year.

### **A World Record Is a World Record** by Martta Kelly

Although Kenya's Geoffrey Mutai ran the fastest marathon in 2 hours, 3 minutes, 2 seconds in Boston, his stellar performance will not be recognized as a world record. According to USA Track and Field, even though it's considered one of the most challenging marathon courses in the world, the Boston Marathon is run on a net downhill, making it ineligible for world records. USATF only recognizes courses that meet specific criteria about elevation changes as record-eligible. For the sticklers out there, those courses must drop less than one meter per kilometer to fit the standard. For a 26.2-mile race, that's about 137 feet. The Boston Marathon begins at 475 feet above sea level and drops all the way to 16 feet by the end. The total drop of 459 feet is well past the record-eligible specifications.

So Haile Gebrselassie's time of 2:03:59, set in Berlin in 2008, will remain the world record.

Although I don't profess to be an expert on these matters, at first glance, this seems grossly unfair. A world record is a world record. This is not a mountain-climbing competition. It's a race to see who can run 26.2 miles the fastest, period. And, right now, Geoffrey Mutai holds this distinction.

Sure, there's a bit of an advantage to running any course that is relatively flat with the wind at your back. But at the end of the year, when the USATF officials award local runners in various categories, they don't take into consideration whether the course was extremely challenging (hilly Indian Trails 15K, for example) versus a walk in the park (the flat Swamp Devil 15K). They also don't figure in weather conditions. Your time is your time.

And speaking of downhills, as any marathoner will tell you, from the late marathon goddess Grete Waitz to a weekend warrior, running the downhill portions of a marathon can be just as tough, if not more so, than the uphill. Sure the uphill take more out of you in terms of lung capacity and endurance, but the downhills require a different set of muscle groups and many a marathoner's quads have been felled by them.

As marathons go, Mutai's record could be broken next year or in 10 years from now. We simply don't know. All we know is that it's a possibility. At one time, no one could imagine a marathoner breaking 2:04 hours.

At any rate, to me, April 18, 2011, will always be the day that the world record was broken for the men's marathon.