



ESSEX

KEEPING TRACK

Essex Running Club Newsletter

June 2011

Vol. 28, No. 6

PRESIDENT'S CORNER

Mark Frankel

I got another chance to run a race on April 23rd. The weather forecast didn't look too good, though: intermittent rain storms all day accompanied by stiff winds. However, the temperature was supposed to be in the fifties all day. So the night before the race I set out my shorts and ERC singlet, sure the weather would make wearing such garb permissible. In fact, I was absolutely determined to wear them regardless. It was spring, time for the shorts and singlet to get out of the closet. As usual, pre-race jitters prevented me from getting a good night's sleep that night. I've been ok with this over the years, as many of my PRs were preceded by uneasy nights. So I wound up getting up at 5:30, and, as forecast, it was pouring outside. By six, though, the rain had completely let up. Then I went out to pick up the newspaper from my driveway. Yes, the rain had stopped and temps were mild – definitely shorts and singlet weather, I mused to myself.

I went back into my house and happily put on the clothes I had left out, and even smeared sunblock all over myself for the glorious appearance of the sun after all of the clouds of the early morning storm had blown away. Yes, my instincts on the race-day wardrobe were correct: this would be the first day I got to wear shorts and a singlet to a race in 2011. However, by the time I left a bit after seven, the rain began again. At first, it was a mist. But as I drove down the road it turned into a full-blown rainstorm. I was conflicted as to whether to turn on the windshield wipers in my car. It was getting hard to see the road, and I instinctively reached out to turn them on. I hesitated, though, held back by the thought: "Rain, what rain? It's clear and sunny outside."

However, as I began to pass by my town's police station, another instinct crept into my head and I turned the wipers on. My expression turned glum as I finally had to admit to myself the obvious. Yet I was still determined to race in the shorts and singlet I put on that morning. After all, it was late April, and the time for cold-weather garb had passed. I smartly put on warmup pants and a raincoat before I left the house, figuring I'd get cold waiting for the race to start. My determination didn't extend to pre-race or post-race attire. At least I had a smidgen of sanity that morning.

At the start of the race, which had about 400 runners split between a 5K and a 10K, I noticed that almost nobody else was wearing shorts and a singlet. Most wore shorts and a long-sleeve shirt, although some had pants and a long-sleeve shirt. It didn't matter that I was freezing cold in the stormy conditions outside. As long as I ran hard, I'd survive.

I did, and now the shorts and singlet have been worn at least once for another year.....

ERC'S ANNUAL WINE & CHEESE PARTY

7:30 pm, Friday, June 17

2011 Hosts John and Lenore Piccoli

Look for your Evite or mailed invitation

General Meetings 2011

October 4, November 8

Socials 2011

Holiday Party - December 4

Board Meetings 2011

June 14, July 12, September 13,

October 11, November 15

MARK YOUR CALENDAR

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

June 30 Sunset Classic - see page 3

HELLO PROOFERS - I WILL BE FILLING THIS IN

Welcome New Members!

Elizabeth Carter, *South Orange*
David Drescher, *Montclair*
Elizabeth Gmelin, *Bloomingtondale*
Kenny Graceffo, *Montville*
Catherine Smith, *Wayne*
John and Madeline Werner,
Livingston



**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
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

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](http://groups.yahoo.com/group/essexrunningclub)
Then you can send e-mail to
essexrunningclub@yahoo.com

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SUMMER HOSTED GROUP RUNS

ERC schedules many special events for the summer. Among them are Thursday-evening hosted group runs featuring a 3- to 6-mile out-and-back from a host's home plus light food afterward. **Unless noted otherwise, members meet at 7:30 pm for these runs. RSVPs are much appreciated. Volunteer hosts are needed for a few dates.** If interested, write to Shannon at Newsletter@essexrunning.com

Thursday, June 9 HOST: Payton McDonald

Trail run at Eagle Rock Reservation
42 Mountain Ave, West Orange, NJ, 07052 (on the corner of Mountain Ave and Nutwold. Parking on Mountain Ave or Nutwold.)

Thursday, June 16 HOST: Helen Scarnegi

Body and Core 1376 Pompton Avenue Cedar Grove, NJ 07009

Friday, June 17 HOSTS: John and Lenore Piccoli

WAITING ON ADDRESS??

Look for your Evite or mailed invitation.

Thursday June 23 HOSTS: Dr. George & Christa Studzinski

SMOKE RISE CHALLENGE 4M (973-283-8664)

Meet at beach parking lot at 7:15 pm for 7:30 start. Postrace refreshments and lake swim (weather permitting), then back to house (14 Undercliff Rd, Kinnelon) for deck party. Route 23 N to Kinnelon Rd (8 miles N from Routes 46 & 80 or 3 miles N from Route 287), take jug handle immediately after Coldwell Banker sign on R, cross over highway, follow Kinnelon Rd for 2 miles, pass Kinnelon High School on L, make R at Piccolo's restaurant onto Stone House Rd (access road for Smoke Rise community), 0.5 mile to visitors entrance, ask for directions to beach parking lot. George will be at parking lot to meet you. *If when on Rt 23 N you pass Burger King, you've gone too far. Take next jug handle on R (0.25 mile), get on Rt 23 S, and exit on Kinnelon Rd.*

Thursday June 30 SUNSET CLASSIC 5-MILE RACE

Bloomfield (Foley Field)

Monday July 4 PREDICTION RACE and WALK

Smoke Rise in Kinnelon (beach parking lot)

Thursday, July 7 HOSTS: Laura Barry & Liz Carter

240 S. Ridgewood Rd. South Orange, NJ 07079

The house is on a curve, and street parking is available all around. We recommend parking on Thornden or West End.

Thursday, July 14 Volunteer host needed

Thursday, July 21 HOSTS: Val Kenny & Ginny Kientz

77 Fairway Avenue, Verona, NJ 07044 (973) 857-3432

Thursday, July 28 Volunteer host needed

Thursday, August 4 PROJECT CHILDREN 5K

South Mountain Reservation

Thursday, August 11 Volunteer host needed

Thursday, August 18 Volunteer host needed

Thursday, August 25 Volunteer host needed

Saturday August 27 SMOKE RISE ANNUAL BIATHLON 4pm

Smoke Rise beach

USATF-NJ

The first half of the year closes out in June with two 5K championship races for our men's team, one open and one masters. 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 championship schedule:

- 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, 973-334-8900)

AT THE RACES

Sun, Jun 5 - Montclair Run (8:30am – 2 mile, 9:30am – 10K)

The 10K draws a large contingent of ERC members and the 2-miler is a great race for kids who are aspiring runners. The mostly flat courses are on tree-lined streets, with the 10K going through Edge-mont and Anderson parks. Montclair YMCA organizes the day's events with something for the entire family and Fleet Feet Sports is one of the main sponsors.

(Info: 973-744-3400, www.raceforum.com/montclair)

Mon, Jun 20 – President's Cup (8:00pm)

This premier New Jersey 5K -usually produces some very fast times on its double-loop course through downtown Millburn and we should have several teams in this USATFBNJ Open Men's 5K Championship. The late evening start adds to the excitement as the race unfolds with nighttime approaching and many spectators cheering on the runners. Most people stay for the post race party behind Charlie Brown's Restaurant fueled by a Sam Adams beer truck.

(Info: 973-376-6094, www.sneakerfactory.com)

Thu, Jun 23 - Smoke Rise Challenge (7:30pm)

This Thursday-night event, one of our summer group runs, is a friendly 4-mile race against the Smoke Rise Road Runners in Kinnelon. Smoke Rise is a beautiful place to run (or walk) and the course winds around a lake on quiet, tree-lined streets with some challenging hills in miles 2 and 3. It's well worth the drive and the folks at Smoke Rise always give us a warm welcome. Post race festivities will be at the home of George and Christa Studzinski. Please R.S.V.P. and plan to arrive by 7:15 pm for the 7:30 start. See page 2 for more information.

AT THE RACES - continued

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Sun, Jun 26 – Fitzgerald's 1928 Lager Run (6:15pm)

This late-afternoon event is staged at Fitzgerald's 1928 Tavern in Glen Ridge and also features a 400 meter run for children on the track at 5:45pm. Race director, Dan Murphy, promises another great 5K race on Glen Ridge's beautiful tree-lined, gas lit streets with the finish on the new Glen Ridge track. This year it's also the USATFBNJ Men's Masters 5K Championship so we hope to have several age group teams competing. Plan to arrive early since there will be Zorrel micro fiber tech tops to the first 800 people to pick up their race packets. Afterwards the post-race party will feature Cricket Hill East Coast Lager! You can preregister at Fleet Feet through Jun 20.

(Info: 973-809-9311, www.compuscore.com)

Thu, Jun 30 - Sunset Classic (7:30pm)

Paul Giuliano directs this popular 5-mile race through Bloomfield and Glen Ridge that replaces our usual Thursday night group run for this week. Foley Field is still under construction so the finish will be outside the stadium this year with the post race party in Memorial Park featuring hot dogs, ice cream, drinks, DJ and random prize drawings. All pre-registrants will receive Sunset's traditional collared shirt, post registrants while supply lasts. Prerace signup is available at Fleet Feet with packet pickup there on Jun 28 and 29.

(Info: 973-509-9707, www.sunsetclassic.org)

Club Races in July

Mark your calendars for this year's Inter Club Challenge in Brookdale Park on Sun, Jul 17 at 9:00am. This is a fun race, against Clifton Road Runners and several other local running clubs. The course is three loops on the road in Brookdale Park and there is a handicapped start based on age and gender. We need as many members as possible to participate so we can try to compete with the very strong Clifton team.

Later in the month is the 16th annual River To Sea relay on Sat, Jul 30 and ERC should be well represented with at least five teams. This is a 92 mile relay run across New Jersey from Milford on the Delaware River to Manasquan on the Atlantic Ocean. Teams consists of 7 people each running two legs with a handicapped start based on the team's average 5K time so every team has an equal chance of winning.

FINISH LINES

Tobacco Road Marathon **Mar 20**
Cary North Carolina
Bill Stewart 3:57:20

Paris Marathon **Apr 10**
Paris, France
Bill Stewart 3:52:11

Unite Half Marathon **April 17**
Linden, NJ
Jerry Velli 1:19:59

Clinton 15K **Apr 30**
Clinton, NJ
 Male finishers:
Harold Porcher 56:44:27 (3rd AG)
Mike Sneden 1:05:28
Dave Gurniak 1:10:29
Bill Wilde 1:16:04
Jerry Velli 1:19:29
Tom Kelly 1:21:03

Female finishers:
Martta Kelly 1:26:06
Eileen Percevault 1:31:50
Justine Krell 1:35:01
Val Kenny 1:38:03

There were 339 runners who finished the Clinton 15K. A bit chilly and windy at the start but it soon turned out to be a gorgeous day, with temps climbing into the 60s and the winds dying down. Since this was a championship race, we had a very competitive field out there. The top man finished in 51:02, while the top woman crossed the finish line in 58:59. – Martta Kelly

It was a great day for a race and I had fun. I ran a negative split which is real nice considering the second half is more uphill. But WHY? I lost the lottery for the NYC marathon on Wednesday. I was on track to qualify for NYC in the Philadelphia half last November, until that 0.4 mile hill just after the Philadelphia zoo destroyed me mentally. I was in Philadelphia on Friday to visit my son; made my wife drive that hill 2-3 times. So I attacked the final hills in Clinton yesterday with a passion. Which proves that successfully running often depends on that muscle between our ears. So on my first race

since the Philadelphia half, I took revenge on the NYRR on the hills in Clinton. - Dave Gurniak

Summit Our House 5 Miler **May 1**
Summit, NJ
Gary Peters 35:18 (2nd AG)

New Jersey Marathon 2011 **May 1**
Long Branch, NJ
Bill Stewart 3:47:01 (2nd AG)
John Harvey 4:39:35
Barbara Zirl 4:22.10
Melissa DiMarco 4:02:46

I'm sure all would agree with me when I say May 1st 2011 was a perfect day for marathoning! I ran the New Jersey Marathon in Long Branch on Sunday. My 4th marathon since my come back (I had an eight year break from regular running). I've decided to run at least one marathon per year for the next 25 years!!! After NY in '08, I did Philly in PA '09, then Richmond, VA 2010. So NJ this year continues my goal for finishing a marathon in at least 25 States!

I was really happy when Don Manfria decided to join me in running this year's single loop Long Branch event. I trained hard, with a 20 miler and an 18 mile trail training run, and felt that Don would pull me along when needed. We both agreed to stick with the 4 hour pacing group. Although for the 1st 8 -9 miles, we found the pacers were pushing the pace doing between 8:45 - 8:50 min/mile instead of between 9 - 9:05 min/mile for a 4hr finish. Running with Don was fun and he really did help me along, but I couldn't maintain a sub 9 minute/mile pace beyond 11 miles. I passed the half-way point at a time of exactly 2:00hrs. The pacing group and Don pulled away from me. I continued to run steady albeit slower through to mile 22, when my nemesis returned (from my 2009 marathon) cramps! Taking hold of first, my right leg quads, then followed by my left leg calves and hamstring. The more I tried to run through it, the worse the cramping. I finished out the

distance alternately running a hundred steps then walking a hundred steps.

Official finishing time 4:39:35. I had a very good experience. I was very impressed with 2 of my daughters, Jamila and Candace who volunteered with the charity "Running On Love" to hand out medals. Jamila caught me as I crossed the finish line and placed my well deserved medal around my neck, while Candace caught my cramped and ungainly running posture and contorted face on her video camera! I was most impressed with the number of very well manned and well stocked water/Gatorade stops, on both sides of the road. This reduced 'bunching' of runners trying to get to the tables. I didn't see Don at the finish but he told me later that he DNF at mile 16 due to an injury. I also don't know who else ran this marathon from ERC! I would definitely do this again just for the beautiful medal! - John E. Harvey Jr.

Finally, beautiful running weather in Long Branch for the New Jersey Marathon! I was aiming for a sub-four hour run and ran fast through the first half but unfortunately slowed considerably through the second half, finishing in 4:22.10. Melissa DiMarco finished strong in 4:02.56. I liked the change to one loop rather than the repeat circuit from previous years, and loved the ocean view. But that boardwalk was tough on the legs! Would have been great if the Asbury Park crowd actually paid attention to the marathoners running right down the middle of the boardwalk! - Barbara Zirl

Long Branch Half Marathon **May 1**
Long Branch, NJ
Oriana Tejada 1:57

I completed the Half in 1:57 and was very happy with my time. This was the 2nd half I completed since I started training last year. As a runner, I've improved immensely and have become faster compared to my first half which I completed in San Francisco last year finishing at 2:30.

The weather was spectacular and I was impressed with how well organized the event was. I parked at Monmouth Park and the shuttle bus service was fast and very convenient. I started out at a comfortable pace between 8:30 - 8:40. I enjoyed the waterfront views and the highly supported spectators. At around 9 miles I saw my family which I think gave me a boost to crank up my pace to 7:45. At about the 10 mile and half mark, my legs started to feel heavy, and I decreased my pace to about 9:00 min per mile. The last 3 miles were my toughest and not my strongest. My legs felt weak and I really wanted to walk the rest of the way, but I didn't give up. I finished slightly under my PR of 1:45 but was very excited when I crossed the finish line.

Overall, it was a wonderful experience and I look forward to doing it again next year. Now time to start training for my full marathon. - Oriana Tejada

Leathersman Loop May 1
Ward Pound Ridge Reservation
Cross River, NY

- Glenn Trimboli 59:43*
- Wayne Carlson 1:03:22*
- Jane Whipple 1:04:19*
- Desmond Duncker 1:06:21*
- Chris Jaworski 1:11:02*
- John Young 1:11:59*
- Ellen Kim 1:12:35*
- Sharon Morrissey 1:19:37*
- Debbie McNally 1:19:38*

This trail race in Ward Pound Ridge Reservation in northern Westchester County had a record number of finishers. Some may have come out for the 25th anniversary celebration of the event, but I'm guessing the spectacular weather pulled in every last potential no-show!

And ERC had a record nine members doing the Loop this year -- six first-timers, and three veterans (2nd time for Debbie, 5th time for both Wayne and me).

The big numbers meant crowded conditions along much of the trail, and the crowding meant slower finishes for many runners. Given how often ERC members said they had so much fun, or that they were in the zone the entire

second half of the race, I don't think anyone minded at all. This year's course also provided much entertainment in the form of deep, slippery-slidey mud sections, and raised water levels at the stream crossings. At the first crossing, the water was knee-high. At the crossing a quarter mile or so from the finish, the water was waist-high, and the current strong. We even got a surprise, unadvertised stream crossing in between those two, and it was a chest/neck-high affair! The water on this warm and sunny day was not freezing, but bracing, and refreshing. Some sights and sounds along the way: a bagpipe player, a mariachi band, a violinist, a large deer bounding across the trail and nearly colliding with a runner.

- Chris Jaworski

Newport 10,000 May 7
Jersey City, NJ

- Harold Porcher 37:21*
- Mark Frankel 42:10*
- Mike Sneden 42:41*
- Dave Gurniak 45:57*
- Aileen O'Rourke 47:19*
- Ed Kelly 47:34*
- Jerry Velli 49:47*
- George Swiatek 51:09*
- Tom Kelly 52:34*
- Martta Kelly 56:15*
- George Studzinski 56:49 (1st AG)*
- Laura Barry 1:00:10*
- Robbin Jordan 1:02:02*
- Elsie Koh 1:02:11*
- Lisa Marx 1:07:30*
- Faye Harvey 1:09:46*
- John Harvey 1:09:46*

The weather was great for running. The elites ate up the fast course, the winner running 28:44. As far as the rest of us, our times were noticeably slower.

This was also the open men's and women's championship. The men's team finished 6th out of 11. The women's team was 10th out of 12.

- Mark Frankel

Linden's 150th Anniversary 5K May 8
Linden, NJ

- Jerry Velli 22:59:32*

Metro Dash May 11
Meadowlands, NJ

Laura Barry 17:52

I participated on an all female team in the morning. The event was nicely organized. I still don't know how I made it through half of the events (specifically the ones that involved climbing very high and getting back down.) My team came in 3rd with a time of 17:52 for the morning female teams. - Laura Barry

Three days at the Fair May 13-15
Sussex County Fairgrounds

Sue Palermo 40.31 miles
Bev Salerno 41.17 miles (I snuck in an extra lap while sue was sleeping <grin>)

Sue Palermo and I participated in the NJ Trail Series event "Three Days at the Fair" at the Sussex County Fairgrounds. This is a 72-48-24-12-6 hour race. Sue and I chose the 24 hour race - it was our first "ultra". We came into the race clueless - didn't know what to expect, or how we would do. The day was a success on both counts! The race is very well organized. There is convenient hot food available all the time for runners, nice restrooms and showers on the course, timers that give you mileage and lap count every lap, and friendly race directors, volunteers, and participants. We had a great time, our only problem was that we were not prepared equipment-wise. Next time we'll know better how it all works. Ultra marathoning is very different than the races we were familiar with, and we learned a lot from talking to other runners. We set our goal to a "modest" 40 miles (modest for ultra runners) which we both met just before midnight.

- Bev Salerno

Jacavanda 10K May 14
Makawao, Maui, HI

Mike Wojcio 1:06 (2nd AG)

I don't know what Jacavanda means but it should mean "hills". This road race is one of the 5 toughest 10K road races in the "world". It might even be the toughest 10K road race in the world and I am not kidding you! You run it on a very smooth grass surface and mostly road.

It starts out on a gentle field for two loops which is probably less than a 1/2 mile. Before 3/4 of a mile you go downhill. After that it is pure torture. You just go up and up and up. Just up! You do get several short breaks when you don't go up but these are "very short". Bikers come flying down the hill the other way but stay in the middle of the road so that is no problem.

I dug very deep in this one and was determined not to walk. I amazed myself and keep moving. I do train on hills but my body was not ready for this. Basically it is all uphill for 5 1/2 miles! Two words will adequately describe it..."Holy Sh_ _"! That is what I said after I crossed the finish line.

One of the best runners in Maui won in 42 minutes flat and I thought it was a sensational time! The winning woman did it in 52 minutes. I ran 1 hour and 6 minutes and came in 2nd in my age group of 60 to 69.

There were no t-shirts but everyone got a medal and the snacks and food at the end were delicious! We ran without numbers and got a stick for our place at the end. Not many runners run this race. I can see why! I took a nice afternoon nap when I went back to my ohana. - Mike Wojcio

Sgt Nutter 5K Run **May 15**
Sea Girt, NJ
Paul Kartanowicz 17:49.43 (PR, 2nd OA)

Superhero Half Marathon **May 15**
Morristown, NJ
Laura Barry 1:55:14
Amanda King 1:34:17 (PR, 10th Woman OA, 7th AG)
Charlie Slaughter 1:35:14 (5th AG)
Dorothy Auth 1:37:07 (9th SG)

Sunday morning I got up while it was down pouring out and headed to Morristown...in costume of course! My team for the relay "Superhero Cousins" finished with a time of 1:55:14. We were a Jukebox Hero and a Guitar Hero. A little slower than we would of liked but my legs were feeling it from the day before (*Laura also competed in the Metro Dash*) my cousin defiantly made up for my time though and ran one of

his fastest times. It was a fun race. My only complaint was we couldn't hear the announcements at the beginning and all the sudden saw everyone start running. The weather held out for the entirety of the race for us which made it a nice day for running. - Laura Barry

The Superhero Half Marathon was a nice quiet race through residential streets and a wooded park, with perfect weather (cool, light rain). - Amanda King

We were 6th out of 62 teams which we were happy with. We won an award for our costumes. It was great weather and had a fun time! - Aileen O'Rourke and Helene Scarnegi

Delaware Marathon **May 15**
Wilmington, Delaware

I was happy to finish the Delaware Marathon today in 4:09:24 on a nice two loop course around the city of Wilmington. The first half of each loop was mostly flat along the Riverfront and through Brandywine Park but the second half was quite hilly taking you through several neighborhoods of the city before heading back downtown. The temperature wasn't too bad around 60 degrees but the humidity was very high, close to 100%. My first loop was 1:58:30 but I ran out of steam when we hit the hills in the second loop, still finished a few minutes faster than LA in March. It's a smaller marathon with about 600 runners and was a nice change from running the big city marathons in LA, New York and Boston.
- Mick Close

Essex County College **May 21**
PTA Club 5K Run/Walkathon
Verona, NJ

Don Manfredia 24:02 (1st OA)
Carol-Ann Manfredia 36:30 (1st AG)
Carol-Ann and I decided to run this race today in Verona Park, since our nephew is a student at the CP center. This was my 1st race since getting injured at the NJ Marathon I figured that I would use it as a work out to test my achilles. The Course was about 2 1/2 times around the park, the course was a bit confusing and they weren't a lot of

volunteers so they drew arrows on the road in chalk which way to go after 2 laps .(More on this later) I was bit surprised that after a 1/2 mile I was leading the race. About 3/4 a mile in a young guy passed me and was running well, since I was using this as a training run I was not going to try and stay with him, so I settled in and ran my pace. The course called for two complete laps then on the third lap you veer off for the finish line. So after only the 1st lap the guy in front of me is veering off too soon and he is about 50 yards ahead of me and I am yelling at him to come back but he had on headphones and couldn't hear me. So I just kept my pace and I guess by the time he figured it out I had passed him. After that I was alone in 1st (I never thought I would be saying that) so ended up finishing 1st overall with time of 24:02. Probably my 1st and last time of finishing 1st. Carol-Ann also ran well finishing at 36:30 and winning her age group. I didn't see any other Essex Runners in the race, but Tom and Martta were there cheering us on at the finish. - Don Manfredia

Maywood Run 5K **May 21**
Maywood, NJ
Bill Wilde 23:47 (2nd AG)

Reach the Beach **May 22**
Our Ultra Reach the Beach team (Ultra Jackwagons) are in one piece
The team finished in 20th place out of 150 teams in a time of 26:44 or 7:58 pace for 201.04 miles!!!

Simply amazing considering each ran an average of over 30 miles.
Congrats to our fearless 6 runners - Tom, Glenn, Stephen, Brian, Jane and Ellen...you made us proud!!!! - Ed Kelly

Hair of the Dog 5K **May 22**
Highstown, NJ
Jerry Velli 22:28:42 (2nd AG)

I want to share my experience in the race I did down in Highstown at the Silver Decoy Winery. I am not a huge wine drinker but not only did it offer wine and beer tasting, but the proceeds go to animal rescue which I am a huge proponent of. This has the making of a nice family event for my peeps as it has

a little of everything. For a USATF member, a \$23 entrance fee includes a goody bag (actually had a few things of use; shampoo, skin genesis, wet towelettes, makeup, etc), wine glass, long sleeve tee, and a nice amount of bananas, bagels, Rita's Ice at the end of the race. After the race you had the option to visit some of the pet or food vendors, bond with some of the animals, or purchase a bottle of wine and sit and listen to the 4-piece band that was playing a combination of rock/blues. This race is only 3 years young and already had a 1000 entrants.

Since I don't know many ERC folks yet, I decided to break in the Essex/Fleet Feet shirt that Ed and Aileen

hooked me up with at Jersey City just in case if there was any other club members there. I don't believe there was although a lot of familiar runners did make the trip from up north. I think the shirt may have bought me some luck as I age placed for the first time in 22 years of racing. I guess persistence does pay off!

**Run For Rachel
Livingston, NJ** **May 22**

Congratulations to our Fleet Feet Essex women's open team on their 1st place finish at today's USATF-NJ championship race.

Paul Kartanowicz (1st AG) 18:04

Catherine Smith (2nd overall) 18:04

Jen Found (3rd overall) 18:15
Charlie Slaughter (2nd AG) 19:53
Mark Frankel (3rd AG) 20:28
Amanda King (3rd AG) 20:28
Payton MacDonald (3rd G) 21:20
Ed Kelly 21:30
Gary Peters 21:37
Aileen O'Rourke 21:53
Amy Ulto 22:32
George Swiatek 25:52
Laura Barry 26:40
Martta Kelly 26:40
George Studzinski (1st AG) 28:10
Elsie Koh 28:20
Val Kenny 30:26
Robbin Jordan 30:43
Bev Salerno 35:27
Sue Palermo 35:41

The Marathon de Paris
April 10, 2011
by Bill Stewart

This year my slowness at logging into the Boston Marathon website last September gave me the opportunity to run either the London Marathon (day before Boston) or the Paris Marathon (week before Boston) – I chose Paris! This was my first international marathon out of thirty six that I've run.

Paris in the spring is certainly the place to be, and I was very fortunate to have superb weather the five days I was in Paris – every day the high was in the 60's with no rain. The course route was also superb – by far the most interesting I've ever run. It started at the Arc de Triomphe at 8:30 AM went down the Champs des Elyses, past the Jardin des Touleries, past the Louvre Museum and the Bastille into the Vincennes Woods just east of Paris, then wound back to the road along the Seine River, past Notre Dame, the Dorsay Museum and the Eiffel Tower, leading into the Boulogne Woods on western periphery of Paris, finally winding back to the finish at the Arc de Triomphe. An absolutely fabulous historic and scenic route. For the most part it was flat – just some ups and downs on the road next to the Seine. The route was definitely an A+.

The downside was the organization. Water stops were only every three miles (5K) so all 35,000 runners were getting water at every water stop, and it was much more chaotic than usual - I almost went down several times with runners cutting in front of me or clipping my backside. In addition, there was only one stop with electrolytes – at mile 21!!! I was depleted by mile 20 and had almost decided to walk the last six miles when I saw a sign that there was sports drink at mile 21.

Unfortunately the streets & paths in the woods were narrow so that for most of the race there was crowding & my heels were clipped several times. I also couldn't run in my usual fashion the second half of the race where I always stop for a short walk break every half mile or so, then catch up to a runner I key on – it was too crowded to do a lot of passing so I ran longer intervals & slower than usual.

At the finish, the exit from the runners area to the family reunion area was extremely chaotic & agonizingly slow – there was no organized family reunion area and it took about an hour to get by the crowds just outside the exit gate. I'd rate the organization as a C- or D. In a follow-up survey I strongly suggested that they confer with the Boston and/or NYC organizers!

This is definitely a great marathon to run once. But beware of the organization!

P.S. I did enjoy watching two of my friends run the Boston Marathon this year (1st time marathon spectator!), but my Paris finish will allow me to run again in Boston next year.....