



ERC Annual Wine and Cheese Party – Members Only
Saturday June 21st at 7:00 p.m.

Join us for one of ERC's most popular events of the year—the Annual Wine & Cheese Party.

Hosted by John & Faye Harvey at their home

RSVP by Saturday, June 14 by responding to the evite or calling John/Faye at 973-946-3531.

Please bring your favorite appetizer or entree to share with the group. Desserts provided by the ERC Board.

768 Lake Street Newark (the Forest Hill section), NJ 07104

Parking on Lake Street & Heller Parkway.

Please, no children or pets.

Club Races in June

June is one of the best months for club races with some very popular local races in Montclair, Millburn, Glen Ridge and Bloomfield. There's a special three race series lottery this year worth \$150 (M & F) if you finish the Montclair Run, Lager Run and Sunset Classic. It's also a very busy month for our teams with five USATF-NJ championship races. Show your team spirit by wearing our club colors! Contact Laura Barry for all your clothing needs (clothing@essexrunning.com).

Sunday, June 1 – Montclair Run (2 Mile - 8:30am, 10K – 9:30am)

Club president, Paul Maloney, will be the honorary starter of this local race through the tree lined streets of Montclair. The 10K always draws a lot of club members and the 2-miler is a great race for kids who are aspiring runners. The courses are mostly flat with the 10K going through Edgemont and Anderson parks. The Montclair YMCA organizes the day's events with something for the entire family. Pre-race sign-up is available at Fleet Feet with packet pickup on May 30 and 31. www.raceforum.com/montclair

Sunday June 1 - Stomp the Monster 5K (10:30 am)

This race is held at Marlboro in Central New Jersey as part of a festival that includes a post race party and beer garden. It's the USATF-NJ Women's Open 5K Championship and a team race for our women. www.stompthemonster.org

Saturday June 7 - College Ave Mile (5:00pm - 7:30pm)

The College Ave Mile is a unique evening of running, game playing, and post-race festivities on the most storied part of the Rutgers University campus: College Avenue! There are a series of one mile races based on age, gender and pace. It's also the USATF-NJ 1 Mile Championship for all divisions and a team race for our men's and women's teams. You can sign up either as an individual or with a partner as a team. Team registration includes a 1 mile relay with your partner in addition to the 1 mile race, goodie bag, and access to the festival games, food court, and the Olive Branch. Team registration also includes a 1 mile relay with each person running a half mile. The relay allows you to select a team division in one of many categories including open, sibling, parent-child, youth, costume, dating, married, high school, college and Rutgers alumni. www.collegeavemile.org

Monday June 16 - President's Cup (8:00pm)

This premier New Jersey 5K organized by Sneaker Factory usually produces some very fast times on its double-loop course through downtown Millburn. It's the USATF-NJ Open Men's 5K Championship again this year and a team race for our men. The late evening start adds to the excitement as the race unfolds with night-time approaching and many spectators cheering on the runners. Most

people stay for the post race party behind Charlie Brown's Restaurant with complementary beverages served from a Sam Adams beer truck. www.sneakerfactory.com

Sunday June 22 - Fitzgerald's 1928 Lager Run (6:15pm)

This late afternoon event is staged at Hurrell Field in Glen Ridge and features a fast course on the beautiful tree-lined, gas lit streets of Glen Ridge with the finish on the track. It's also the USATFBNJ Masters Men's 5K Championship again this year so we expect to have several age group teams competing. There are tech tops to the first 900 pre-registered runners and a post race party hosted by Fitzgerald's 1928 featuring Brooklyn Brewery Brooklyn Lager! www.compuscore.com

Thursday June 26 - Sunset Classic (7:30pm)

This will be the 26th running of this popular 5-mile race through the streets of Bloomfield and Glen Ridge with a stadium finish on the new track at Foley Field. This year it's the USATF-NJ 5 Mile Championship for open/masters women so we hope to have several women's teams competing. Post race party features hot dogs, ice cream, drinks, DJ and random prize drawings. Pre-race sign-up is available at Fleet Feet with packet pickup on June 24 and 25. www.thesunsetclassic.org

Who wants to celebrate National Running Day with.....(wait for it).....a RUN?

Wednesday, **June 4th**, is the big day. Get ready!

A few of us early morning ERC runners are meeting at the bleachers on Hurrell Field in Glen Ridge promptly at 5:30AM next Wednesday to get our run on. We'll circle back at 6:30AM with bagels and juice. Nothing fancy—just friends, fun, food, and a little sweat.

PLEASE join us for an informal run or just swing by for a quick minute on your way to work. There's no one I'd rather celebrate my sport with than you guys.

What is National Running Day? According to its website (Yes, it has its own website!) NRD is a coast-to-coast celebration of running. On this day, longtime runners reaffirm their love of running and beginners can kick off a lifetime and life-changing commitment. Sounds cool, right?

I hope to see you next Wednesday. Send me a shout if you think you might be there for bagels.

YEAR-ROUND GROUP RUNS

Fleet Feet Sports, Montclair THURSDAY @ 6:00 p.m.

Meet at Fleet Feet (603 Bloomfield Ave) This friendly, social group welcomes all paces and smiling faces - run, jog or walk 3 to 6 mi.

West Essex Trail Run, Verona SATURDAY @ 8:00 a.m.

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.

Nutley Park Trails Saturday Morning Run - SATURDAY @ 8:00 a.m.

We meet at Yanticaw Park in Nutley, the upper park (commonly referred to as Boys Park) by the flagpole. If driving, turn onto Park Drive from Centre Street. Contact Don Manfria at bccoach@optonline.net for more information.

Fleet Feet Sports, Montclair (FF Long Run) SUNDAY @ 7:00 a.m.

Meet at Fleet Feet (603 Bloomfield Ave) for runs on 1 or more of 3 loops (each 6–8 miles) at paces from 7:30 to 9:00 p.m.

Grove Pharmacy, Montclair (Grove Street Long Run) SUNDAY @ 7:00 a.m.

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.

WELCOME NEW MEMBERS:

Jacqueline Ogilvie, Glen Ridge

Dalva Santos, Belleville

Sheila Varela, Paterson

ERC Summer Runs, 2014: Looking for Hosts! Meeting on June 25th!

Would you like to host a run this summer? We normally schedule runs during the summer every Wednesday or Thursday evening, 7:30 p.m. Hosts normally plan a 3-6 mile run and provide a short supper afterwards. It's a great way to meet and socialize with members. Currently, we have the following dates open: July 2 or 3, July 16 or 17, July 23 or 24, July 30 or 31, August 13 or 14, August 21, and August 28. We are not scheduling runs the weeks of the popular Fleet Feet Pub Runs (June 3rd, July 7th and August

4th) which take place on the first Mondays of the month. For more details on FF's Pub Runs, see the link at www.fleetfeetmontclair.com/events/monthly-monday-pub-runs.

See our Facebook and Yahoo sites for any updates. Currently, we have hosts for June 25th and August 7th:

Monday June 3rd: Fleet Feet Pub Run.

Thursday June 11th: West Essex Trail Run. Park at Verona High School. Tailgating afterwards.

Thursday June 19th: Verona Park. Meet at the Boathouse. Tailgating afterwards.

Wednesday June 25th: Paul Maloney's house (70 Smull Avenue, Caldwell). This run will also serve as an "informal meeting" for the club as an opportunity for members to discuss their recent marathons and races. After running a 3-6 mile course, be sure stick around to tell us about your race experiences! Prizes for trivia questions. If you are running the Bloomfield Race on June 26th, we hope you can still come. RSVP.

July 2nd or 3rd: Open.

Monday July 7th: Fleet Feet Pub Run.

July 16th or 17th: Open.

July 23rd or 24th: Open.

July 30th or 31st: Open.

Monday August 4th: Fleet Feet Pub Run.

Thursday August 7th: Annual Smoke Rise Challenge, ("Battle at the Beach"). This race is hosted by long time members George and Christa Studzinski at the Smoke Rise Community in Kinnelon. It is a friendly competition with the Smoke Rise Team. More details will be available soon.

ERC Junior Track Meet Series by Tom Eaton

The ERC Junior Track Meet Series is back again this summer. Sunday nights starting at 5:00pm, June 29th, July 13th, and 27th at Hurrell Field in Glen Ridge, NJ. These are track & field meets open to all children ages 4 - 13.

Check out the website for more details. www.essexrunning.org/juniortrackseries/

President's Corner: Spotlight on Spring/Summer Activities and Martta & Tom Kelly

by Paul Maloney, ERC President

– It's been an absolute pleasure reading about the race results of so many members! Keep those accounts coming in!

– Be on the look out for "ERC Speedwork Training" with Paul Giuliano. We'll have details on the ERC member workouts soon.

– Be on the look out for our weekly summer runs beginning next month. Look for details in another article.

– At our recent Awards Dinner, Martta and Tom Kelly won this year's "Couples in Competition" Award. Both Club Veterans, Martta and Tom are very competitive, especially with the USATF team. (They both have often placed in their age groups.) Martta and Tom are also very active in the "behind the scenes" aspects of the club. A former Board Member, Martta handles a lot of the PR for the club. Tom is a long time member of our Board currently serving as Club Secretary.

Martta and Tom answer our usual questions.

1. What is your favorite ERC activity/race?

MK: My favorite ERC activity is the Wine & Cheese Party. I like its casual atmosphere and it's a great way to catch up with old friends and to make new ones. Plus, I love to bake and try everyone's culinary creations!

My favorite race...this is a tough one because I have more than one. My two favorite races are Sunset Classic 5 Miler in the summer and the Ashenfelter 8K in the fall. I love both courses but I also love the club and spectator turnout for these races, which is usually pretty high.

TK: A favorite ERC activity is running with my wife, Martta, who I met through the club, at USATF-sponsored races. Of all the many races I've done, I'd have to say my favorite was, and still is, the Cherry Blossom 10K in Branch Brook Park. It was my very first race and I've done it 31 of the last 32 years, missing only once to run the NJ Shore Marathon so I could qualify for Boston.

2. What training advice would you give to fellow members?

MK: Don't try and do too much too soon! It is so tempting to do so, as your fitness level and times improve. But it rarely ends well and usually in an injury, which can set you back. Try and work with a running coach in the beginning who will pace you based on your fitness level and goals. And listen to your body. If something hurts, have it checked out. If you are tired, take a day or two off. The roads will still be there. I also recommend cross-training/core conditioning. This will counteract all of the negative effects of running on your body, due to the constant pounding. If your core is strong, you will have less issues with your lower back and quads, and you will be able to run longer without getting fatigued.

TK: This is a tough one for me to answer, being as I am a senior runner and so many of the club members are much younger. I would say that always make your running fun, whether it's in training or competing in a race. I never personally did high mileage, 20-30 miles in a week would have been plenty. Even when I did marathons, I never did more than 18 miles for any given training run. I found I always did better in a marathon when I incorporated the Galloway method, taking walk breaks at specific intervals.

3. What are your personal running goals for the coming year?

MK: I have been blessed with being able to run and race for the past 12 years without serious injury and I would like to continue that trend. I would also like to do more sprint triathlons. Last year, I was diagnosed with Lyme disease and that set me back a bit but fortunately, it was caught early and I was able to be treated with antibiotics. I am not as interested in doing longer distances at this stage of the game and feel that I can get the health and psychological benefits from running by doing half-marathons or less. I still plan to do the LBI 18-miler every October, however.

TK: My goal for the coming year, which is actually a goal that I've every year for the 30+ years I've been running, is to stay free of injuries. Since I've had some serious health issues in the past three years, I would like to be able to do one more marathon to reach my 30th marathon. If I am not able to accomplish it this year, then hopefully, next year..

FINISH LINES

Cherry Blossom 10K – Branch Brook Park, Newark 4/6/2014

Jackson Bangs 39:09 2nd AG!

I ran this race and took 2nd in my age group. It was quite a run for me, as I had done a 16-mile training run the day before!

Raleigh Rock 'n' Roll Half Marathon - 13.1 Miles - Raliegh NC 4/12/2014

Tracy Keller 1:57:06

Run-a-palooza, April 26, 2014–Paige Sato

I was a Manfria for the day—participating in the annual Run-a-palooza with the inestimable and wicked fun Manfria clan. Leg 1 (6.1m): Paige, Leg 2 (6.1m): Don, Leg 3 (4.7m): Jam (a friend of Alex–Don's soon-to-be daughter-in-law, Leg 4 (5.2m): Alex, and Leg 5 (3.7m): Carol. Total finish time: 4:12:47 (9:40 pace)! We placed 144 of 224 teams.

Main Street 5k Sparts NJ 4/26/2014 by Joseph Schroeder

Hello. I'm new to the running club. Haven't made it to any events yet. This was my first race in a few years. I was pleased with my results all things considered. The hills in the last mile definitely took their toll. I finished 56 of 363 overall and 5th in male 30-39. Hope to make it to the next meeting and meet some of you folks.

Joseph Schroeder 26:30:00

Long Branch Half Marathon 13.1 miles - Long Branch, NJ 4/27/2014 Sue Palermo

I completed the Long Branch Half Marathon on April 27. Although I was 12 mins shy of my ""wish"" time, I was happy and proud of how I did. I kept a consistent pace using a 2 min run/ 1 min walk, and was able to push a little at the end. I owe some thanks to Bev Salerno. She helped keep me focused, steady, and distracted with conversation about our training strategies for this year's multi-sport season. We have something big going on in September.

I also have to shout out to all of the Thursday night Fleet Feet runners who were there cheering us -- to Laura Messina for her positive words, guidance, and direction (she has the cutest beach cruiser decorated with flowers on the basket),

and to Sue Fasciano whose hug gave me my second wind. I would be remiss if I did not also thank Paul G, Gail, and Kate from Fleet Feet for their guidance, support, words of encouragement, and time.

Because I can is the reason why I do what I do...

Sue Palermo 3:12:35

Nike Women's Half Marathon 13.1 miles - Washington, DC 4/27/2014

Tracy Keller 1:55:44

Gettysburg North-South Marathon April 27th 2014 Aubrey Blanda

While some Essex warriors were running the New Jersey Marathon yesterday, I headed south to run the Gettysburg North-South Marathon. Small, with 467 finishers, but extremely well organized. This was six days after Boston as a bid to join Marathon Maniacs, and both races were slow for me, but I finished Gettysburg in 4:31:02, only 5 minutes slower than Boston. I'm pretty happy with that, since the hills of Gettysburg make Boston look like a pancake. Anyway, I can't say enough positive things about Gettysburg: organized start, great volunteers, well-stocked aid stations, great post-race amenities, and shuttles between local hotels at the start and finish. And then there's the whole Gettysburg history, battlefields to visit, and interesting things to do. In spite of the hills (or maybe to spite the hills) I plan to go back next year.

Newport 10K Results - May 3 - Laura Barry

Charlie Slaughter 41:45.53

Michael Sneden 43:31.52

Edward Gold 46:00.99 (PR)

Dave Gurniak 46:46.88 *

Gerald Velli 47:15.42

John Harvey Jr 50:09.41

Michael Barry 51:16.33 (PR)

Samantha Spitaletta 53:09.66 (PR)

George Swiatek 53:18.96

Thomas Kelly 54:03.58

Martta Kelly 58:34.67

Annie Miller 58:40.66

Sarah Ford 58:40.84

George Studzinski 1:09:40

Polonia 5K, Wallington, NJ May 3 2014 John T Maxwell

3rd place in today's Polonia 5K, Wallington, NJ. 24:47.

It was a very challenging 2 loop course, with one hill that was very challenging, as tough as a hill can be. This is their 1st annual, registration was slow, no mile markers, splits or clock at the finish, I didn't know what my time was until the award ceremony. I think I was awarded in the wrong age group, which was a weird configuration, they awarded me in the 1952 & after group instead of the pre 1952 group (born in 1950). There was only one person awarded in the pre 1952 age group. My initial inclination was to run in Newport today, but chose this race. My Essex shirt was well suited for the race, it matched well with the Polish flag (I heard as much Polish today as English).

Our House 5 Miler May 4 2014 Gerald Velli

I had some reservations about running this race as I knew I was running Newport yesterday but the challenging and beautiful course along with the nice spread of sandwiches, fruit and snacks and with no online processing fees through practicehard.com; the hook was there which I took. I was not alone as I saw a decent handful of folks from yesterday race. I did my usually 2 mile warm-up before the start and ran outside the course and saw many breathtaking homes.

I did have a goal in mind as I wanted to beat my time of last year and also break 39 minutes. My thinking was to come in around 30 minutes at 4 miles as that is where the "endless climb" up Hillcrest Ave began. I knew I had to be careful as I need to pull my 200 lbs up that freakin hill. Mission accomplished as I was 29:55 at 4; then smashed my goal with a final time of 37:44

I did a couple other Essex folks to my surprise at the event who both age placed. I'd say Meatloaf was right as "two out of Three ain't bad"...

Gerald Velli 37:44.23

Howie Brown 43:16.29 1st AG

Joseph Cozzi 49:25.76 3rd AG

North Face Endurance Challenge 50k at Bear Mountain May 3, 2014 Laura Sorokoff Gelman

Glenn Trimboli and I completed the North Face Endurance Challenge 50k at Bear Mountain this past Saturday. Trail conditions were wet, muddy and a little warm, but otherwise it was a beautiful day on challenging hills with tons of boulders and rocks most of the way. Both of us have run this event before and both of us came out with course PRs!
Glenn Trimboli 6:17:23 3rd AG
Laura Gelman 6:56:04 5th AG

Building Bridges 5K - South Orange, NJ 5/10/2014

Diana Scheitinger 21:22:24 1st AG F50-59

The Wilds Half Marathon, May 17, 2014–Rob Allen

Along with the Brooklyn Half and Superhero Half, there was the The Wilds Half in Wildwood this weekend... organized by CGI (they also do Rutgers Unite). I quietly ran this during a family weekend getaway.

Twenty-one days out from NJ Marathon, and my first “race” as a “Masters AG” participant, I am not exactly on fresh legs since I haven’t been doing much training yet. According to Paul Giulliano, “one day for each mile raced for your body to be fully recovered”, and I typically stick with that advice... except this time.

I’ve been going down here each year for almost 20 years since my wife and I were dating, and while a lot has changed, Wildwood has the uncanny ability to maintain their sense of hospitality and nostalgia.

CGI worked extremely well with the community to make this a fun event and well organized from bib pickup to bib lookup. (the only thing I would criticize is the lack of bag check). The weather was beautiful, not a cloud in the sky (a cloud or two would have been nice a little later in the miles). Temps got up to about 60 by the halfway point and the course was relatively flat.

We headed South on Ocean Ave to the Port Royal where we went around the park to head north on the bike path and up the boardwalk to the end... LOTS of cheering here for the first 3-4 and last 2-3 miles. The course continued to stay along the ocean but zig zag a bit through the neighborhood out to 147 and over a bridge. On the other side of the bridge was where we headed toward Stone Harbor but just over a little toll bridge for a mile and a half. Now, on a flat course, these bridges were unexpected hills and we had to cover the same inclines on the way back (approximately miles 6-9). Needless to say, this was where I used the energy I planned on for the last 4 miles AND around the time the 60 degree weather was causing a little overheating. Between miles 10-12, I walked for about 30 seconds at a time and the water stops were more than sufficient. The last 2 miles were on the boardwalk... remember the cheering? Yeah, that helped again

Dug in for the last mile and finished strong... met by my wife and son shortly after the finish, I wasn’t pleased with the finish time initially but that all went away when I recalled that:

I did this for the enjoyment without the hangups and pressure I usually go into a race with and more importantly with my family involved

I was able to see the Wildwoods from a different perspective.

I run the Halfs MUCH better in the fall when it’s about 45 degrees.

Since this is my first race in the a new AG, it’s a PR for the start of a whole new decade of running!

1:47:59 - 23/91 AG - 194/1632 Overall

Run Happy, Happy Running! and I’ll see u out on the roads... or at the College Ave Mile, whichever comes first ;D

Brooklyn Half Marathon, May 17, 2014–Mick Close

Some of the club members among the 25,000+ finishers in the Brooklyn half marathon on May 17 from Prospect Park to Coney Island.

1:30:14 Frank Pane
1:35:46 Roosevelt Lucas
1:39:14 Rob Gerin
1:41:33 Aileen O’Rourke
1:43:02 Adam Perry (PR)
1:48:39 Melissa Tihinen
1:53:33 Matthew Rothman (PR)
1:54:12 Roselynn Bedoya

1:54:12 Jon Alaya
1:55:20 Michael Magee
1:55:34 Tracy Keller
1:57:09 Courtney Santiago (PR)
1:57:26 Neela Woodward (PR)
1:59:29 Oriana Tejada
1:59:37 Gina Imperato
2:01:49 Andi Robik

2:06:58 Rich Klager
 2:33:05 Susanna Ludena (PR)
 2:33:34 Robbin Jordan

2:54:01 Raymond Murphy

St.Joes 5K in Florida - May 18, 2014

Troy Powell

Ran the St.Joes 5K in Florida this weekend with my 12 year old niece in honor of her sister who passed at 13 unexpectedly last year this week...it wasn't my best time but I had the best time!!!

Superhero Half Marathon and Relay, May 18, 2014–Mick Close

Enjoyed running the Superhero half marathon in Morris County today, beautiful course and perfect weather. Over 1,600 finishers including almost 1,000 women with many people wearing superhero shirts or costumes! Finished in 1:51:39 and picked up a 3rd place age group award!
 1:51:39 Mick Close (3rd place AG)

Running on Love 5k - May 18th 2014

by Don Manfria

On Sunday I ran this race, they use the Fleet Feet Thursday night course and It is run as fundraiser for the charity of your choice. I ran it again this year for American Heart Association in memory for my Father-In –Law Vin Yallo. Although it wasn't so much a race as it was test for my knee rehab, after 2 weeks back on the roads I was hoping to keep an 8:30 pace . I was pleasantly surprised to be able to run 25:43 or an 8:15. This was big week-end for racing some more competitive races but it was good to see the organizers get about 200 competitors and be able to raise money for many local charities. So next spring If you are looking for a nice small local 5k Running on Love would be a great race to chose.
 Ed Gold 22:02
 Don Manfria 25:43

Pocono Run for the Red Marathon in Stroudsburg, PA - May 18, 2014 Aubrey Blanda

I challenged myself to run the Pocono Run for the Red Marathon in Stroudsburg, PA. It was my third marathon in 3.5 weeks. I was expecting the worst, but it was the fastest of the three marathons at 4:16:38. The screaming downhill course didn't hurt! It was a well-organized race with great volunteers, and the weather was great this year. I give it a two thumbs up!

Run for Rachel 5K - Livingston, NJ 5/18/2014
 Diana Scheitinger 23:43:26 1st AG F50-54

Pfizer Run For Pride 5K - May 21 2014

By Mick Close

Many club members picked up age group awards in this very hilly 5K race at Grialda Farms in Madison last night.! Slow race for me following Sunday's half marathon! Always appreciate the Advil included in the goody bag of Pfizer products at this race!

20:35 Charlie Slaughter (2nd AG)
 25:12 Sue Mello (3rd AG)
 26:43 Mick Close
 29:55 Joe Cozzi (3rd AG)
 33:00 Bev Salerno (2nd AG)

Pfizer 5K Run for Pride - Madison, NJ 5/21/2014

Diana Scheitinger 24:40:00 "2nd AG F50-54 New course at Giralda Farms with an additional loop (with hill) at the beginning, and an uphill end. Ouch!"

Spring Lake 5, May 24, 2014–Don Manfria

This just might be my favorite short distance race, from the number of participants (this year there were close to 12,000) to the after race goodies. The Spring Lake 5 was race #2 in my 4 race test to see how my knee responds. I saw a number of Essex runners this past Saturday running: Samantha Spitaletta, Amanda Ryan, Mike Gorman, Tracy Keller, Gina Imperatto, Lynne Mortimer, Jerry Utr, Carol-Ann Manfria, and Paula Fields. I know there were more ERC members

running but these are members that I saw. The atmosphere for this race is great; it seems like the townspeople that are not running are there to cheer you on. I entered this race with low expectations, I set a 9:00 min pace (45 mins overall) as a very achievable goal. In the back of my mind I would be happy if I could go 43 minutes . So after meeting up some of the “Bacon Bits” Samantha Spitaletta, Amanda Ryan , Lou Imhoff, and Mike Gorman at the front of the pack, other than Mike and Amanda (who were looking for mugs) we decided we would try to drag each other through an 8:30 pace. I couldn't believe it when we crossed line at 41:41 for an 8:15 pace. Then it was time for the after party there was plenty of food from all types of fruit to snacks to Jersey Mike's Subs is what really makes this race really enjoyable.
41:41 Don Manfria & company!

Memorial Weekend races *by Laura Sorokoff Gelman*

I'm reporting from under the ice packs after back-to-back races in the Trail-Road Challenge at the Memorial Day Races in the Berkshire mountains.

15K Trail Race - Saturday 5/24

Laura Gelman 1:33:56 (10th OA Female, 3rd AG, 8min course PR)
Andrew Gelman 1:58:05

Half Marathon - Sunday 5/25

Laura Gelman 1:48:00

Vermont City Marathon, May 25, 2014–Pia LoPresti

Greetings from the Vermont City Marathon!!! It was a beautiful, warm race in the rolling hills of VT! Amazing crowds and an even more amazing group of friends! Big shout out to Brett Biller for cheering us on!! We truly showed VT how NJ rolls:

Jackson Bangs 3:09:50 (1st marathon and PR)
Pia LoPresti 3:28:31 (PR and BQ)
Ryen Lopresti 3:29:16
Stacy Marcus 4:09:31
MaryRose DiBiano 4:12:31 (PR)
Tim Panebianco 5:06:22

Ridgewood Run, May 26, 2014–Mark Frankel

This year's Ridgewood Run was hot and steamy as usual, although slightly less hot and steamy than normal. It was my first race since my disasterous marathon. I haven't done anything fast since then, so it was interesting to see what I could do.

I had two objectives going into this race: 1 – Not to set a PR, and 2 – not to set a PW. I was fairly confident I could pull off #1 without a problem. #2, weel, that wouldn't be so easy.

I started out a bit further back than I normally do, still grousing over the fact that they locked the restrooms at both Graydon pool and Park, forcing me to use the porta-potties. But once I got started I quickly forgot. It all came back to me: the oxygen-deprived, heart-racing, air-gasping feeling that we runners crave.

I was pleased with myself: I not only managed to accomplish goal #2, but managed to finish strong, albeit very far off last year's time.

Anyway, here are a few result I found. Apologies if I missed anyone. Hats off too to Glen Freyer: I thought it was pretty cool to see him in the mile.

10K
37:18 Paul Giuliano
42:02 Charlie Slaughter
42:07 Paul Pierotti
46:11 Mark Frankel

50:05 Diana Scheitinger (First time running this race. A bit hot with the sun on the pavement, but residents were terrific running the water hoses. A PR for me in this event, but would love to a 10K in the fall some time to catch a break!)

- 50:41 Bill Wilde
- 56:04 Tom Kelly
- 1:00:41 Ed Trieste
- 1:00:49 Martta Kelly
- 1:06:49 George Studzinski

5K
21:40 Charlie Slaughter

1M
5:20 Glen Freyer

ESSEX RUNNING CLUB

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- Paul Maloney – President
- Tracy Keller – Vice President, Social
- H. Carl Sturcke – Treasurer
- Tom Kelly – Secretary

BOARD MEMBERS

- Laura Barry – Clothing
- Anne Chesny – Speakers
- Mick Close – At Large
- Desmond Duncker – Website Admin.
- Mark Frankel – At Large
- Michael Gorman – U SATF Teams
- John Harvey – Speakers
- Ed Kelly – USATF Teams

- Don Manfria – At Large
- Troy Powell – Membership
- Paige Sato – Website Editor

HALL OF FAME

- Vincent Carnevale – 1995
- Larry Hollander – 2002
- George Studzinski – 2003
- Lenore Piccoli – 2004
- Andrew Kotulski – 2008
- Bill & Karen Mishler – 2010
- Randy Miller – 2012

POSTAL ADDRESS:

P.O. Box 183, Verona, NJ 07044

ONLINE: www.essexrunning.com

YAHOO GROUP

Join the ERC yahoo group at:
groups.yahoo.com/group/essexrunningclub

- General Info:** info@essexrunning.com
- Results:** Results@EssexRunning.com
- President:** president@essexrunning.com
- Membership:** membership@essexrunning.com
- Newsletter:** newsletter@essexrunning.com
- Website:** website@essexrunning.com
- Clothing:** clothing@essexrunning.com

2014 Newport 10K

2014 Vermont City Marathon



Race Calendar for June – August 2014

(ERC club/team races are in bold print. Some dates/times are tentative, always confirm. NBGP = USATF-NJ New Balance Grand Prix.)

June

6/1	Sun	8:00am	Celebrate Israel Run (Central Park, NYC)	4M	
6/1	Sun	8:30am	Montclair Run	2M, 10K	
6/1	Sun	8:30am	NJ Spring Trail Series (Watchung Reservation)	10K, 13.1M, 26.2M	
6/1	Sun	9:00am	Tenafly 5K	5K	NBGP: 500pts (5K)
6/1	Sun	9:00am	Matt Fenton Memorial 5K Run (Little Ferry)	5K	NBGP: 500pts (5K)
6/1	Sun	10:30am	Stomp the Monster 5K (Marlboro)	5K	NBGP: 700pts (5K)
6/1	Sun	12:15pm	Miles for Matheny (Liberty Park, Peapack)	5K	NBGP: 500pts (5K)
6/1	Sun	5:00pm	Pleasant Valley Twilight Challenge (Basking Ridge)	5K	
6/2	Mon	7:00pm	Roxbury Community 5K	5K	NBGP: 500pts (5K)
6/7	Sat	9:00am	Florham Park Jaycees 5K	5K	NBGP: 500pts (5K)
6/7	Sat	9:00am	North Jersey Pride Run 5K (South Orange)	5K	
6/7	Sat	9:00am	Run for the Roses (Roseland)	5K	
6/7	Sat	9:30am	Wayne AM Rotary 5K Run (Packanack Lake)	5K	
6/7	Sat	9:30am	Lakeview 5K (Edison)	5K	NBGP: 500pts (5K)
6/7	Sat	5:00pm	College Avenue Mile (Rutgers, New Brunswick)	1M	NBGP: 700pts (1M)
6/8	Sun	8:00am	Run for Marge (Pequannock)	5K	NBGP: 500pts (5K)
6/8	Sun	8:30am	Woodcliff Lake Run for Education	5K, 10K	NBGP: 500pts (5K, 10K)
6/8	Sun	9:00am	Portugal Day Run (Ironbound, Newark)	1M, 5K	NBGP: 500pts (1M, 5K)
6/8	Sun	10:00am	Share NJ 5K Run (New Providence)	5K	
6/12	Thu	7:00pm	Flag Day 5K (Lyons VA, Bernards Township)	5K	NBGP: 500pts (5K)
6/14	Sat	8:00am	New York Women's Mini 10K (Central Park, NYC)	10K	
6/14	Sat	8:30am	Valerie Fund 5K (Verona Park)	5K	
6/14	Sat	9:00am	Chatham Fishawack Run	4M	
6/15	Sun	8:00am	Father's Day 5K (Saddle River Park, Paramus)	5K	NBGP: 500pts (5K)
6/15	Sun	8:00am	Portugal Day (Central Park, NYC)	5M	
6/15	Sun	8:45am	Westwood Dad's Dash	5K	NBGP: 500pts (5K)
6/15	Sun	9:00am	Run for Dad (West Windsor)	5K	NBGP: 500pts (5K)
6/16	Mon	8:00pm	President's Cup Night Race (Millburn)	5K	NBGP: 700pts (5K)
6/20	Fri	6:30pm	Summer Solstice Trail Run (Kittatinny Valley State Park)	5K, 5M	
6/21	Sat	9:00am	Patriot's Race (Mendham)	5K, 8K	NBGP: 500pts (5K, 8K)
6/21	Sat	9:30am	Sole-Stice Run for a Cure (Verona Park)	5K	
6/22	Sun	8:00am	Queens 10K (Flushing Meadows)	10K	
6/22	Sun	6:15pm	Fitzgeralds 1928 Lager Run (Glen Ridge)	5K	NBGP: 700pts (5K)
6/24	Tue	6:45pm	Frantic Fun Run (Morris Township)	5K	
6/26	Thu	7:30pm	Sunset Classic (Bloomfield)	5M	NBGP: 700pts (5M)
6/28	Sat	9:00am	Lesbian & Gay Pride Run (Central Park)	5M	
6/28	Sat	9:00am	Rockaway Rotary 5K	5K	NBGP: 500pts (5K)
6/29	Sun	9:00am	Hope & Possibility Run (Central Park)	5M	
6/30	Mon	7:30pm	Battle of the Business Run (Florham Park)	5K	NBGP: 500pts (5K)

July

7/1	Tue	7:00pm	Morris County Striders Summer XC Series #1 (Boonton)	5K	NBGP: 500pts (5K)
7/4	Fri	9:00am	Maplewood 4th of July 5K	5K	
7/4	Fri	9:00am	Firecracker 4 Miler (Cranford)	4M	

7/9	Wed	7:00pm	Woodridge Run for Pizza	4M	NBGP: 500pts (4M)
7/10	Thu	7:15pm	Lawyers for Kids 5K (Morris Township)	5K	NBGP: 500pts (5K)
7/12	Sat	8:00am	Boomer's Cystic Fibrosis Run to Breathe (Central Park)	4M	
7/12	Sat	8:30am	Belmar 5 Miler	5M	
7/13	Sun	9:30am	Amber Pizzo Memorial Run (Berkeley Heights)	5K	NBGP: 500pts (5K)
7/13	Sun	6:45pm	Sprintin Clinton	5K	NBGP: 500pts (5K)
7/15	Tue	7:00pm	Morris County Striders Summer XC Series #2 (Boonton)	5K	NBGP: 500pts (5K)
7/15	Tue	7:00pm	Party with Purpose 5K (Hoboken)	5K	
7/17	Thu	7:30pm	Verizon Wireless Corporate Classic 5K (Morristown)	5K	
7/19	Sat	8:30am	Teterboro Airport 5K	5K	NBGP: 500pts (5K)
7/19	Sat	8:30am	Packanack Day 5K (Wayne)	5K	
7/20	Sun	9:00am	New York Giants Run of Champions 5K (Met Life Stadium)	5K	
7/23	Wed	7:00pm	Downtown Westfield 5K	5K	NBGP: 500pts (5K)
7/26	Sat	7:00am	NYC Marathon Long Training Run #1 (Central Park)	20M	
7/27	Sun	9:00am	JFK Miles for Minds 5K (Edison)	5K	NBGP: 500pts (5K)
7/29	Tue	7:00pm	Morris County Striders Summer XC Series #3 (Boonton)	5K	NBGP: 500pts (5K)
7/31	Thu	7:00pm	Toys for Tots 5K (Colonia)	5K	

August

8/2	Sat	~7:00am	River To Sea Relay (Milford to Manasquan)	91M	
8/2	Sat	8:30am	NYRR Club Team Championship (Central Park)	5M	
8/5	Tue	7:00pm	Morris County Striders Summer XC Series #4 (Boonton)	5K	NBGP: 500pts (5K)
8/7	Thu	7:00pm	Smoke Rise Challenge (Kinnelon)	4M	
8/10	Sun	8:30am	Join the Voices 5 Mile Run (Central Park)	5M	
8/17	Sun	7:00am	NYC Marathon Long Training Run #2 (Central Park)	20M	
8/17	Sun	7:15am	Chasing the Unicorn Marathon (Washington Crossing, PA)	26.2M	
8/17	Sun	8:30am	Turkey Swamp Race Day (Freehold)	10M - 50K	
8/23	Sat	8:30am	Percy Sutton Harlem 5K Run (Harlem)	5K	
8/23	Sat	4:00pm	Smoke Rise Biathlon (Kinnelon)	Swim + 4M	
8/23	Sat	8:30am	Not Quite Fall Classic (Cranford)	4M	NBGP: 500pts (5K)
8/25	Mon	7:00am	Self Transcendence Marathon (Rockland Lake)	26.2M	
8/31	Sun	9:00am	Jimmy D Memorial 5K (New Brunswick)	5K	NBGP: 700pts (5K)
8/31	Sun	9:00am	Crossroads of NJ 5K & 10K (Woodbridge)	5K, 10K	NBGP: 500pts (5K, 10K)

Check the following web sites for more information, race applications and online registration:

Active.com (www.active.com/running), Best Racing Systems (www.bestrace.com), CompuScore (www.compucore.com),

Elite Racing Systems (www.eliteracingsystems.com), Jersey Adrenaline (www.jerseyadrenaline.com).

New Jersey Trail Series (www.njtrailseries.com), New York Road Runners (www.nyrr.org), On Your Mark Productions (www.oym.net),

PracticeHard.com (www.practicehard.com), Race Forum (www.raceforum.com), USATF-NJ (www.usatfnj.org)

Chris Jaworski has compiled a comprehensive list of trail races and ultra marathons in and around New Jersey.

[Please check out www.essexrunning.com/trails.](http://www.essexrunning.com/trails)

Race Results

To ensure proper credit for your race results please email your results to:

results@essexrunning.com



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