

# AMILCAR DUARTE JOINS RVRR !!

Mark Zamek

Amilcar Duarte, one of New Jersey's top open runners will be wearing the Raritan Valley colors at the next open race- the 8km cross country on September 20th. Amilcar, winner of the 1998 Volvo Midland Run 15 km in 47:38, was also the overall 1997 USATF Grand Prix winner and ranked the #1 open runner in the state in 1997. Duarte's 1997 personal bests include 14:45 for 5km and 30:48 for 10km.

Dave Hoch - captain of RVRR's open team was very excited about the news. "The addition of Amilcar to our open team, as well as the recent additions of Rafael Vara and Bob Price should help us improve from our average 5th place finish earlier in the year to first or second in the fall races. As long as nobody gets injured - we will definitely be tough to beat." Greg Mullins, Roger Price, Mark Zamek and Larry Graham will round out the RVRR open team for the Fall. Doug Brown - captain of RVRR's Masters team was also enthusiastic about the recent announcement: "Amilcar will have

a dramatic impact on not only our open team, but also our masters team because Amilcar turn 40 in December. When Amilcar turns 40, we will be competitive with the top masters teams in the country."

In the July and August of this year, Amilcar has run at least eight races. They were the Firecracker 4m July 4th, Service Masters 5K July 9th, Sprintin Clinton 5m July 12th, Merrill Park 5K July 18th, 3rd Annual Friends 5K Aug 15th, Dog Day 5m Aug 16th, Contact We Care 5K Aug 22nd, and the Morris County Striders 5K on Aug 25th. In these eight races, He recorded 3 first place finishes, 4 second place finishes, and 1 eighth place finish. Even better than this is the fact that he was the top NJ USATF finisher an amazing 6 times and 2nd the other two times.

Please join us all in welcoming Amilcar to the RVRR racing team in 1998!

## Concentration

by Bill Pape

I really enjoyed the swim race story by **Iron Pete** and the duathlon race story by **Killer Weiland** in recent issues, even though they weren't necessarily about running. I love race stories, because I used to love racing or at least look forward to it with excitement.

When I went this past weekend to The Triathlon race, I did not have that attitude. I told my wife I was glad it was going to cool and dry, so at least the misery would not be that miserable. When I thought more aggressively I used to hope for heat and humidity, because I figured the competition would get upset by it more than I would allow myself to. Lately, I just look forward it being over. This was going to be a four-and-a-half hours at the horrible office, so to speak, of triathlon racing at the half-ironman distance.

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RARITAN VALLEY ROAD RUNNERS

## Saturday Run

In recent months the desire for running on the towpath at Blackwells-Mills Road has died down. From several accounts there has been only one runner. To alleviate this problem, the General membership has voted to move our Saturday Morning run to 9:00 at the towpath juncture in Piscataway. Starting July 11th.

**Directions to Johnson Park**  
Route 18 North through New Brunswick. Get in the left lane when crossing Lynch Bridge (still Route 18, this is a fairly large bridge crossing the Raritan River). At the light at the bottom of the bridge, turn left onto River Road. At the first light, less than 1/4 mile, turn left toward Landing Lane Bridge. Take an immediate right into Johnson Park. Meet in the first parking area on the left.

If you are not familiar with the D&R Canal State Park here is a brief summary of what it is and was.

**The Delaware and Raritan Canal State Park** is one of central New Jersey's most popular recreational corridors for canoeing, jogging, hiking, bicycling, fishing and horseback riding. The canal and towpath are part of the National Recreational Trail System. The 67-mile linear park is a valuable wildlife corridor connecting fields and forests.

Nearly 36 miles of the main canal and 22 miles of the feeder canal remains intact today, with many historic structures along the canal.

## Welcome New Members

Dayle Lehr	Somerset
Matthew Doherty	Edison
Chris Urban	Somerset
Patricia Coustantinian	Edison
Mark Strawn	Piscataway
Rosemarie Strawn	Piscataway
Kavita Panke	Somerset
Radhika Panke	Somerset
Michael McGrath	So Plainfield
Lucy Enslin	Flemington
Cathy Bishop	Hightstown
Michael Noto	Hightstown

## Where should you be on Wednesday?

**The Raritan Valley Road Runners** have met weekly for 15 years of consecutive Wednesday night runs! Come join us at 6:30 p.m. at the new Highland Park Senior Citizens' and Youth Center at the intersection of Benner Street and S. 6th Ave. Parking is available in well-lit lots adjacent to the building. Come dressed in your usual running garb. The intersection of S. 6th Avenue and Route 27 is 0.7 mi. north on Route 27 from its intersection with S. Adelaide (where we used to meet at the Highland Park 'Y'). The new Center is in 2 blocks from Route 27 and is on the right just after the intersection of S. 6th Avenue and Benner Street. The building is behind a well-lit parking lot and has its name in large red letters on the building structure. The summer distances are from 4 to 8 miles. The course is out and back so that the individual can decide how far he or she wants to run.

## Happy Birthday

David Lazarus	9/1
Greg Mullins	9/3
Michael Capizola	9/9
Leslie Britton	9/11
Jamie Furneisen	9/11
Carl Rocker	9/11
Jim Hutzelmann	9/12
Paul Grassie	9/13
Sherri Irvin	9/13
Curtiss Brown	9/15
Len Vaccaro	9/16
Chris Kelly	9/19
Arland Macasieb	9/22
Paul Fiorilla	9/23
Sonja Richardson	9/26
William Krempa	9/26/
John Dale	9/27
Richard Myers	9/27
Butch Pivano	9/27
Rudy Behul	9/28



## What's for Dinner on Wednesday?

Can't decide what to make for dinner on Wednesday? Why not join us at our Wednesday Night Run and dinner afterwards. Here is the schedule of places to go.

Week #	Place
1	<i>Charlie Browns</i> Rt 27 Highland Park
2	<i>Dolls</i> Rt 27 New Brunswick
3	<i>Pizza Hut</i> Rt 27 New Brunswick
4	<i>Dolls</i> Rt 27 New Brunswick
5	<i>Szechwan Gourmet</i> Livingston Ave NB

## Raritan Valley Road Runners

P.O. Box 1197  
Edison, NJ 08818-11197  
Hotline: (732)463-RVRR  
Web: <http://www.rvrr.org>  
USATF/NJ Club #0202  
RCCA Club #664

### 1998 Executive Board Members

President	Ray Petit (732) 254-4656
1st Vice-President	John Nowatowski (732) 251-7578
2nd Vice-President	Charles Gromer (732) 985-0574
Secretary	Steve Kornstein (732) 382-4295
Treasurer	Allen Paul (732) 985-3300

### 1998 Directors-at-Large

Sam Bianca	(732) 463-1462
Luann Duesterberg	(732) 745-9661
Greg Mullins	(732) 752-8960
Trink Poynter	(732) 424-8093

### Former RVRR Presidents

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996

## Sole Sisters Yevette Hendler

### *Wrapping Up the Summer*

The Sole Sisters really cleaned up at the 4th and final RVRR Summer Series Race for 1998. Not only did the team come away with a victory, but all the women who participated placed either overall or in their age groups. The team statistics goes as follows:

**Jennifer Stachula** was Second Female overall and first in her age group.

**Pippa Michaels** was Third Female overall and second in her age group.

**Pati Rosen** was Fourth Female overall and third in her age group.

**Valerie Bendorovich** was Fifth Female overall and second in her age group.

**Julie Mazza** was Seventh Female overall and third in her age group.

**Vera Stek** was First in her Age Group.

**Alice Tempel** was Third in her Age Group.

Congratulations Ladies! Thanks to the women who participated on the team, RVRR Sole Sisters are Number One for the series!

### *Upcoming Team Races*

Since the Fall racing season is almost upon us, it's time for me to start pestering all women to join us on the team for the USATF Championship events. Even though I've been swamped at work and seem to be MIA, that doesn't mean you won't be receiving phone calls and e-mails from me. So that you can plan your race schedules accordingly, here are a list of the races I'll be recruiting women for until the end of the year:

- **September 20th** 5K Cross Country at Deer Path Park, Readington ALL Women
- **September 27th** Liberty Waterfront Half Marathon in Jersey City ALL Women
- **October 4th** Carlos Negron 5K Memorial in Jersey City ) ALL Women
- **October 11th 10K** Cross Country at Deer Path Park, Readington Masters Women
- **October 11th 8K** Cross Country at Deer Path Park, Readington ALL Women
- **November 1st** 5K Cross Country at Deer Path Park, Readington Masters

### Women

- **December 13th** USATF-NJ 10 Miler at Picatinny Arsenal, Rockaway - ALL Women

Please don't say no when I call; I don't take rejection well. If you would like to let me know about a race that you are interested in, contact me at home:

(732) 291 - 8935; work: (732) 563 - 3537; or e-mail:

JLT9237@USSMLT61.SNADS.PHILIPS.NL  
Don't let transportation be a deterrent from doing a race, we can always arrange something.

Happy Running All :-)

### *Running is How I Define Myself*

When I decided to become the Women's Team Captain and to compose a monthly column, I made a promise to myself that I would never use this forum to write about myself. Well, I'm going to break that promise now. I feel compelled to share with the club the struggle I've had trying to remain a runner while under pressures

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## ***Thank You Volunteers!***

Once again, the RVRR Summer Series was a great success thanks to the outstanding crew of volunteers at each race. Our thanks to:

Allen Paul  
Mark Rogalski  
Mary Chervenak  
JL Seymore  
Sharon Rogers  
Vinnie Sica  
Rick Boyle  
Ed Levy  
Ginny Farrell  
Gene Gugliotta

Trink Poynter  
Jill Knorr  
Rolf Arands  
Spook Handy  
Bruce Nadler  
Yevette Hendler  
Ed Adamsky  
Ed Halper  
Dave Hoch  
John Nowatkowski

Roger Price  
Peter Priolo  
Dave Siconolfi  
& Danny Diaz, who can now add short order cook to his list of many talents!

*Doug Brown &  
Janice Reid*

*(Continued from page 1)*

Today, the day after, I feel exhausted, not physically so much, but mentally, and spiritually. I realize now that racing is concentration. That's 41/2 hours of hard thinking. Even during the times during the race that I tried to divert my mind by thinking of other things, I was still racing, still concentrating the whole time. I was thinking during the race, is this amateur sports thing a joke? Then I asked, well, is this easier or harder than work? At work do I concentrate so intensely for so long, as we do at races, not counting the hours of worry before and after?

The concentration started the day before the race. What to bring, what to remember? I read and reread the race instructions, because they were written by a race director who doesn't like racers. I remember the same director bothered even **John Pretzell** and **Mark Rogalski**, two club members who like everybody. We all went together to a race run by this guy in Philadelphia years ago. I swore off all his races as did many others, but this new race was an Ironman qualifier. I failed to qualify in Maryland in June, and I was forced to move on with the crowd of hopefuls to the next chance to qualify.

I took my racing bike out of the cardboard airlines box, not having used it since my race the previous week in New Orleans, and

threw it in the car, along with my wife's bike, stuff for the dog, my wet suit, etc. As I was concentrating, I had a vague thought something else was in the airline box. I found my bike's seat and seat post there, something I should definitely not leave at home. Concentration paid off this far.

I continued concentrating that afternoon after attending the mandatory pre-race briefing. This director has moved beyond "you must" to "you won't race if" and "don't even think about" in his directions. Not exactly the customer-friendly Raritan Valley Cross Country Summer Series. Forbidden from camping by the similarly non-user-friendly race site owners, because of our the dog, and not wanting to use the \$109/night "host" motel (the race, for you non-triathletes, already cost a \$96 entry fee, plus Tri-Fed membership), Julie

asked at a bar and found a cheap motel (\$30), right next to the Nazareth Speedway. An hour later, a young triathlete from Long Island got the room next to ours, referred by the same bar. I started concentrating on positioning the five sets of numbers I received in the right place, lest I be disqualified for an infraction of misplacing them the next day, as warned, even if I successfully completed the 4 1/2 hours of racing.

That night I concentrated all night, with one or two short interludes of dosing off, on getting up the next morning at 5am to get to the race on time to meet the mandatory cut-off for setting up my bike in transition area and warming up in the water.

Finally, at about 6:55am Sunday I was in the water concentrating on the actual race. My chief competitor who, like me, had moved

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## ***SPEEDING ALLOWED!!!***

## ***NO LIMITS!!***

## **RU TRACK**

## **TUESDAY 5:30 PM**

*Everyone invited, all abilities*

### **Directions**

#### **From New Jersey via NJ Turnpike:**

Leave Turnpike South at exit 10. take Route 287 North to Route 529 South (Washington Avenue). Follow to Metlars Lane and bear left onto Suttons Lane. Turn right onto Hospital Road.

#### **From North Jersey via Garden State Parkway:**

Leave Parkway South at exit 129 and take NJ Turnpike South to exit 10. Follow directions from above.

Track Workouts also at East Brunswick at 5:30 on Tuesday

### **Newsletter Deadline**

The October newsletter deadline is September 21, 1998. Please send your emailed articles to vsica@injersey.com. If you do not have email then bring your article on disk to a Wednesday night run and give it to me or Jill Knorr .

Please submit them in MS Word Format, text, or rich text. If you are not sure of how to send an email to me, call and ask. My Number is 732-416-0476.

If you are interested in writing an article for the newsletter, but do not have a computer, contact me and I will make one available at a Wednesday night run or deliver it you so that your newsletter article will be submitted.

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of my current duties at work. We are going through a major system conversion trying to get ready for the Year 2000 and things are not going as smoothly as anticipated. This has led to a lot of overtime hours which has taken away from the running that I love so much. Even though I have never been a terribly fast runner, I have had some personal triumphs: My first marathon in January of this year, running Mount Washington in 94 and 97 as well as several mind-numbing trail races where just finishing was a major accomplishment. However, since my marathon, my work schedule has been so hectic that it's an accomplishment just to get out and run.

Well, it finally got to a point where I said enough was enough; I need to do something and I need to do something NOW! Even though I've been very excited about how the Sole Sisters have been doing and have made sure we have had Teams at all the events, I haven't cared at all about my own running. It's time for me to start caring again. But anyone who has been through a similar spell like this (for whatever reason) knows how hard it is to get motivated again. If it wasn't for my husband, Russ, I don't think I would even feel like I could be writing this article now. He has been wonderful through my depression about not running or how slow I am right now. We've been running trails on the

weekends (very slowly), and it has helped me get back on track. I've also started going to the gym and working out with weights three times a week.

Yes, Dave (Hoch) I am still using the program that you so patiently helped me put together. On alternate days, I've been jogging in the pool. My game plan is to do as much as possible without injuring myself so that I can get back to where I know I should be. Even though I've got a long way to go, at least now I'm doing something about it. Hopefully, I'll even be able to say I'm racing again by the end of the year because after all, running is how I define myself.

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## **RVRR is Looking for a few good people.**

**Do you want to run for the board?**

**You could be the next RVRR President, 1st Vice-President, 2nd Vice-President, Treasurer, Secretary, or Director-at-Large.**

**Nominations are at the September 9th General Membership meeting**

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Raritan Valley Road Runners *present our*

# **Annual Club Picnic**

**Sunday, September 13, noon 'til??**

Grove 1, Donaldson Park, Highland Park, NJ

**Featuring....Food, Friends & Fun**  
catered BBQ, softball, etc.

**Summer Series Awards**

Age Group - Youth Series - Team Champions

*All this for Only....*

**\$5 per Adult ; \$3 per Child** (ages 6 - 12)

**Family & Friends Welcome!!** (pay at the door)



## 4th. Annual Highland Park 5k

Registration 8 am

Race 9 am

Sunday September 20, 1998

Donaldson park, highland Park, New Jersey

T-shirt, awards and refreshments

\$10 before 9/15 , \$15 on site

Make check payable to " Highland Park Chamber of Commerce" and mail to Highland Park 5k, Borough of Highland Park, 221 South 5th. Ave. Highland Park, NJ 08904. For info call 732-7776003

## CPR / First Aid Training

Recognizing the importance of CPR and first aid training for runners, Bikers and swimmers, RVRR will offer training this fall, at cost (approx. \$30.00). Your employer may reimburse. You will learn the skills Needed to act as the first link in the emergency medical services System, such as bleeding control and treatment for seizures, bee stings Fractures, etc. CPR training teaches you how to help someone during a Respiratory or cardiac emergency. Early CPR, usually performed by a Bystander, is crucial for victims of cardiac arrest. After completion of training, you will re-

ceive a one year certificate For community CPR and a three year certificate for first aid. Training is for 9 hours. Training will probably be held in october on Three weekday nights or two weekday nights and Saturday / Sunday Morning. If interested, e-mail Ray Petit at rpetit@att.com or call at (work) 732-750-5270. Our own Gene Gugliotta, aka thinman ,is a red cross Certified CPR instructor.



## FIRST ANNUAL Dunellen Run for Education 5K and 1 Mile Fitness Walk / Run

Fitness Walk / Run starts at 9:30 a.m.

5K STARTS AT 10:00 A.M.

Saturday, September 19, 1998

at Dunellen High School, Dunellen, NJ

### What:

5K Race through Dunellen  
Plus a One Mile Fitness Walk / Run

### Where:

Starting Line at the Dunellen High School,  
on First Street, Dunellen, NJ

### Extras:

- Free Custom Designed T-Shirts to all pre-registered participants and while they last to post entrant participants
- Door Prizes and refreshments

Race results posted on race day, mailed to your home and available on the Internet at: <http://www.compucore.com>

### 5K Course:

*Runners will enjoy a fast, flat course through the beautiful and scenic streets of Dunellen.*

(Water Stations and Split Times)

**Important:** All events will be held rain or shine. Packets can be picked up early on Friday night, from 5 pm until 8 pm at the Dunellen High School located on First Street between Lincoln and Madison Avenue. Late registration and packet pick up is 8:00 am to 9:00 am on race day at the Dunellen High School Cafeteria.

Questions - 732-752-6077

(Reproduce locally as needed)

**Please no Roller Blades or Skateboards**

### Awards:

#### 5K Run

Special Prizes to:

- Top three overall male and female
- Top overall male and female (excluding winners above) in the following groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+
- Top male and female in the following special category: Dunellen Students

#### 1 Mile Fitness Walk / Run

- All participants receive ribbons

Accessible to Handicapped  
Runners and Spectators

on to this race after failing to qualify, in Maryland, and who had outrun me there to finish three minutes ahead, was now in the wave 15 seconds behind me. Waves were going off five people at a time every 15 seconds.

Only this man and I were likely to get the one qualifying spot for our age group. In an exact reverse of what has been my triathlon race history, I was hoping to beat him badly in the swim, keep even on the bike, and not lose as he came on strong in the long run. In Maryland he ran by me fast at mile 9 and I couldn't respond. Up until this year, I always gave up many minutes in the swim, tried to stop the bleeding on the bike, barely, and would hope not to "run out of real estate" on the run. Now the allowance of wetsuits (the director was cheating on the rules by measuring the temperature below the surface where the spring fed the lake) was cutting into my swim advantage, whereas I used to say the race was ruined if no wetsuits were allowed (because of water temperatures above 78 degrees). During the three laps of the swim with our having to get out onto the shore three times and dive back in, to be counted, I had trouble seeing. I can't wear glasses in the water, there was early-morning fog on the lake's surface, and the early-morning sun was shining right in our eyes on one side of the circuit. Every lap, more swimmers were entering the water with us first-starters (old people first). Still, I felt that I was swimming better than my chief antagonist, behind me somewhere. I scraped my right foot on one bank as we entered a finishing "canal." Dedicated to racing, I forgot it and concentrated on racing.

In the first miles of the bike, I couldn't see again. My glasses fogged, the sun glared, and the road was gravel-filled. I have this recurrent dream theme of not being able to clearly see whatever problems my dream is trying to portray. The woman starting on her bike next to me said, "Wow, what kind of road is this." I knew from my wife's having ridden the course for exercise the day before that the gravel ended after awhile. After some disrupting turns and once not knowing whether I correctly followed an arrow (a guy racing near me called out to me, "Are we on the course," and "It's hard to go full-force when you're not sure you're going in the right direction."), I was on

course and into the bike race. I faced the hills my wife told me about and felt, here comes my forte. I concentrated on putting my climbing power to work.

Then he came, and fast. My chief competitor was already passing me, an eighth of the way into the 56-mile course after the biggest hill. It took me awhile to see his number, #56, on his bike around a corner, but it was him. And he looked fit and ready to rumble. I already felt defeated, but I wasn't going to go back to the motel and tell my wife both that I lost and that I gave up early. So I concentrated on keeping him in psychological sight for as long as I could. Maybe I could go half the distance this way and find out later that he was not running well for some reason. Use discipline, I thought, and keep concentrating. He was in an informal pack of riders, and I was sucking some of its after-draft. (Even outside the official distance racers must maintain between bikes, there's still some drafting effect, not to mention the psychological "pull".)

What turned out to be the only referee-carrying motorcycle I saw all day came up to the pack. I heard (really, I wasn't sucking that close, but voices drift in the wind at 20+ mph) the referee yell, "Break it up." He left them and reappeared later behind them. I saw him writing on his pad as he scanned up and down the pack.

After he left the pack, I saw it breaking into parts with my antagonist staying closer to the front. I was glad to be still this close. I put on a fit of concentration and started leap-frogging the members of the pack in order not to be lulled into following some guys drifting rearward. After awhile I felt like he and they were going to slow. I actually buzzed around them. Now I could tell my wife I gave it my all in defeat. I rode alone for about the rest of that loop and at least half of the second and last loop, feeling I had left the cast offs for good at some point. Younger guys would occasionally pass me with quiet, methodical intensity. As I passed one rider, who tried to fight me off, I caught a dirty look from the referee, who had just then briefly reappeared. I figured I might have picked up a penalty for taking too long to pass and now would have to beat

the my competitor by more than 2 minutes to win permission to go to Hawaii. (In years past, I easily qualified and declined it, not wanting to do that stupid race; now I was in a desperate struggle.)

Perhaps desperation, or the fear of the 12.4 mile run to come, emboldened me to take advantage of three young guys who passed me with about 15 minutes more riding to go. (Realistically, part of racing is cheating slightly and smartly.) I hung on and occasionally passed them to lead. If I went for a drink or a shot of carbohydrate from my shirt pocket, I might lose them, but I had the power to put my head down and bridge back up. We weren't exactly cheating, like an organized pace line, but we were going together to our mutual advantage. I was glad to feel strong enough to be with these young, muscular racers. No one spoke. We were all concentrating on the race and our personal fears and misery. The run awaited.

I used to long for the run portion, when I would throw down the bike and teach everybody the lesson they were waiting to learn from me, making their hearts sink as I crushed them with unbelievable speed. 12.4 miles of running? I didn't even want to run 3.1 now or the rest of the year. (As heart-crusher **Doug Brown** has seen this summer.) Maybe my mind's tired, besides my legs, heart and lungs, and even **Dave Hoch** couldn't do anything with what's left in me.) Running is just hard work, similar to digging ditches. (Julie thinks I'm having fun; I'm just working for attention, and it feels more and more like work.)

I went into transition. Unbelievably I heard the announcer calling my competitor's number out, as I was putting on my running shoes. How did he sneak up on me? I raced out ahead of him, not even having looked the 2 feet in front of where I had parked my bike to where his bike rack position was, to see him in the flesh. A mile out onto the course, off the rocky, rutted field path and onto the road, I heard footsteps right on my back and knew without looking it was he. I re-imagined telling Julie I failed. (She wrongly had tried that positive-think stuff the night before, which only made it worse. How to tell her these aren't the kind of races you can will yourself to win like the old

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# R V R R Members Fast Finishes!

## USATF Standings as of July 31, 1998

Top 200 for Men, Top 100 for Women

Place / Name / # of Races / Points

Place	Name	# of Races	Points
8	David B Hoch	9	4936
12	Roger W Price	8	4762
15	B Q Langenkamp	8	4646
18	Amilcar S Duarte	7	4578
29	Douglas T Brown	8	4328
34	Paul G Varga	9	4126
39	Larry E Graham	6	3997
40	Daniel M Bubb	7	3961
45	Gregory C Mullins	6	3823
55	Thomas G Hall	6	3727
56	Ray R Schick	7	3720
57	Butch Pivano	8	3702
62	Pat J Cosgrove	7	3621
88	Vinnie C Sica	7	3177
97	Peter J Priolo	6	3107
118	Jim B Ryan	6	2848
124	Chris Lehman	5	2716
128	Jorge E Rivera	5	2663
163	John Nowatkowski	5	2354
173	Bill Pape	4	2281
176	Dave Faherty	5	2264
191	Spook Handy	4	2132
3	Debra L Martucci	9	5039
4	Jennifer Stachula	8	4707
7	Jill A Knorr	9	4081
10	Myrna L Rosal	9	3650
12	Trink Poynter	6	3619
21	Susan Juronics	6	3243
36	Cristy J Richards	4	2641
50	Patricia A Rosen	4	2248

### August 4

#### RVRR Summer Series 4

1. Rafael Vera	16:08
2. Mark Zamek	16:20
9. Chris Weiland	17:10
11. Gregory Mullins	17:30
21. Robert Price	18:19
32. Douglas Brown	18:56
33. Peter Priolo	18:58
37. Bill Pape	19:06
44. Gene Gugliotta	19:47
51. Jennifer Stachula	20:14
75. Pati Rosen	21:28
76. Valerie Bendorovich	21:31
79. Ron York	21:49
80. John Mac Gillivray	21:58
81. David Brown	22:07
87. Matthew Rutkowski	22:25
88. Julie Mazza	22:29
106. Ray Petit	24:05
115. John Sanzone	25:26
119. Julian Zammit	27:00

### August 9

#### Wilkes-Barre "Duathlon"

Wilkes Barre, Pennsylvania	
23 mile bike / 7 mile run	
Peter Priolo	1:48:33
Brooklyn Biathlon	
Prospect Park	
3m run - 20m bike -3m run	
Christopher Weiland	1:17:59
2nd Overall	

### August 16

#### Harriman Tri Series #2

1/2 Swim, 16 mile bike, 3 mile run	
Bob Nelson	1:28:35
3rd 40-44	

#### Harriman Bi Series #2

3m run - 16m bike - 3m run	
Christopher Weiland	1:20:12
1st Overall	
Carl Rocker	1:26:39
8th Overall 3rd 30-34	

### July 4

#### Millstone 5K

Bob Nelson	17:27
5th Overall 1st 40-49	

#### Wilkes-Barre YMCA Run

Ken Vercammen	20:50
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### July 11

#### Bradley Beach 1 mile Ocean Swim

Ken Vercammen	38:48
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### July 12

#### Catskill's 1/2 Ironman

1.2m swim - 60m bike -13.1m run	
Bob Nelson	5:29:33
6th 40-44	

### July 18

#### Sunset Sprint Trathlon

1/2m swim - 16m bike - 5k run	
Bob Gambogi	1:31:01

#### Merrill Park 5k

Ken Vercammen	19:28
1st Attorney Division	

### July 25

#### Vincetown Tri

1/4m swim - 15m bike - 5k run	
Bob Nelson	1:07:23
10th Overall 1st 40-44	

### July 26

#### Riverwatch Biathlon

3m run - 16m bike - 3m run	
Bob Gambogi	1:31:06

### August 1

#### Beach to Beacon 10K

Portland Maine	
Largest Road race in Maine History	
Bob Gambogi	39:58
198th out of 2600 entrants	

#### Brigantine Triathlon

1/4 swim-11mile bike-4mile run	
Bob Nelson	1:06:56
22nd overall 3rd 40-44	

### Race Results

If you want to see your results in the newsletter, please submit them to Kathy and Carl Rocker. Club Members can call the Rocker at (732) 767-1508 before 9:00 P.M. Alternatively, results can be sent to the Rockers' home address:

Carl and Kathy Rocker  
17 Sylvan Ave.  
Metuchen, NJ 08840

Results can also be submitted to Carl  
via e-mail. At [Trigeek@erols.com](mailto:Trigeek@erols.com)

## Another Mile in the Presidents Shoes

Ray Petit

This month makes one year since we left the Y in Highland Park. With the exception of not having access to the showers, most of us are very pleased with our facilities at the Senior Center. Our new home has adequate parking, clean restrooms and a room for our use. On September 9th, we will conduct a general membership meeting. We will be treated to a presentation by Bart Yasso from Runners' World Magazine. Thanks to Vinnie Sica for arranging the presentation.

On that night, we will also accept nominations for the 1999 RVRP Board. I am hopeful that several enthusiastic candidates will step forward with a desire to serve the club. What we don't need are candidates who feel pressured to run and have no desire to contribute to the success of the club. Board members should take on projects and see it to completion. January 1, 2000 is less than 500 days away. It would be great if the Board plans an event to celebrate the arrival of the new millennium. We would then ask the membership to commit to the event. Even selling club uniforms is a project that should be done with enthusiasm. This person should make it a goal that new members should have a way of purchasing shorts and singlets. Uniforms should be available via the newsletter, our website, and at group runs. The Treasurer has fiduciary responsibilities of making certain that all bills are paid and funds are received. I was very frustrated by thoughts that we can stay solvent as a club with a negative cash flow. How can you survive when you spend more money annually than you take in? Logic dictates that you will eventually run out of money. The Club Secretary should have some knowledge of computers, or at least have an e-mail account. This can be obtained free from several sources. The Secretary should take accurate minutes of all meetings. If there is ever a question on what was voted on, the Secretary should have a record of it. Ideally, this person should also e-mail the minutes of the monthly meeting to the President. The President could use the minutes as a reminder when announcements are made before a group run. The roles of our Club Vice Presidents are nebulous and needs to be expanded and clarified. The Board might consider asking the Vice Presidents to liaison with the newsletter editor, the

web master or the person in charge of updating the hotline.

We need a candidate for RVRP President who can commit to making almost all the group runs and is very reachable, either in person, by phone or by e-mail. This person will be faced with the challenge of making certain that we have enthusiastic volunteers in charge of membership, teams and races. There is absolutely no reason why we can't have a Summer Series with 160 to 180 runners per race. The additional runners can supply competition to the 7 to 9 minute milers in the race. We are currently conducting an experiment with the Central Jersey RoadRunners Club. We are loaning our two clocks to them for the Fall Classic and they will distribute the East Brunswick Road Races application in their newsletter. If this is successful, we can do it again next year with The Summer Series application. This candidate will also be faced with finding a replacement for Yvette Hendler as Women's Team Captain. After two years as captain, Yvette has decided that she can no longer make the commitment. She is an enthusiastic hard working individual and she will be missed. The next women's captain must also serve the role of greeting new people at our group runs. This is something that we should ALL be doing. In summary, the next President must provide leadership. This person should listen to fellow Board members and club members and be willing to change anything, if it is in the best interest of the club. It is no secret that I am frustrated by our inability to grow in both membership and events. I frequently compare us to other clubs in the area and wonder why we don't have volunteers who not only volunteer for an event willingly, but also passionately. We could be a great club, if only a few more individuals were willing to volunteer a couple of hours a month to our club. It is my desire to stay active in the club, but I feel that it is time for new ideas and new leadership. We need ideas as to how to attract the 60+ crowd to run with us. I see them at races, but not training with us. Ironically, we run from a Senior Citizens and Youth Center and we have neither group well presented in the club. This is why the next RVRP President should have a goal and a vision of where they want to take this club. The status quo is no longer good enough.

We are still trying to sponsor a CPR training session, but we need people who are interested. This is invaluable training that can only be helpful, even if it just gives you the confidence to perform the Heimlich Maneuver. You can even save your own life by learning about the signs and symptoms of a heart attack. I am pleased with the turnout for our Saturday morning run. If you haven't joined us and you run on Saturday, please give it a try. If you are a slower run and feel that you will have no one to run with, give it a try, because you might encourage other slower runners to attend. If you have teenage children, this is a great event to do with them. I am always reading about teenagers claiming that they have nothing to do. Would they be interested in a nice long run? If you are running the New York City Marathon and need transportation to the race, contact Mark Zenobia from the Central Jersey Road Runners at 732-381-0318. We will miss Jim Siedliski who left his position as executive director of the USATF-NJ to assume what I hope is a higher paying position with the Big East. Jim addressed our club last year and he is a strong supporter of long distance running. Good luck!

I have no desire to be a lame duck President. I will continue to be at all group runs and I will work with the current Board to plan activities for the rest of the year. I am working with East Brunswick Road Races committee to plan that event and encourage all club members to either run or volunteer. The Highland Park 5K is on September 20th, and it is our opportunity to thank Highland Park for hosting our club. We are planning the Club Holiday Party and tentatively scheduled it for Saturday, December 12th. If you would like to host the party at your home please contact me and any other Board member. The club will pay all expenses. In closing, I would like to thank the current RVRP Board for their hard work and if they decide to serve on the Board next year, I am certain that they gained experience that will them even more effective in the future.

# Upcoming Races!

9/19/98 Saturday	triathlon	MTB12/ Canoe2/ R5K	Mount Olive	1998 International Trade Center Triathlon			973-448-9098
9/19/98 Saturday	road run	10K and 5K	Convent Station	Kiwanis Country Squire Run	10:00 A.M.		973-292-2598
9/19/98 Saturday	road run	5K and 1 mile	Holmdel	Bayshore Classic 5K	9:30 A.M.	500	732-739-5918
9/19/98 Saturday	road run	10K	Wycoff	The Wycoff Run 10K	9:00 A.M.	500	201-445-6522
9/19/98 Saturday	road run	5K	Rutherford	Rutherford Rotary Run 5K	9:30 A.M.	500	201-933-5252
9/19/98 Saturday	road run	5K	Dunellen	Dunellen Run for Education <a href="http://www.dunellen.com">http://www.dunellen.com</a>	10:00 A.M.		732-752-6077
9/20/98 Sunday	road run	5K & kids run	Berkely Heights	1988 Berkeley Heights 5K	9:30 A.M.	500	973-376-0231
9/20/98 Sunday	X C	8K & 5K	Deer Path Park, Readington	USATF-NJ Cross Country Open Men's 8K & Open Women's 5K Cross Country Championship	10:30 A.M.	700	908-782-6316 732-296-0006
9/20/98 Sunday	road run	5K	Bayonne	Broadway Run	9:00 A.M.		732-381-0318
9/20/98 Sunday	road run	5K	Ewing Township	Community Day 5K	9:00 A.M.		609-588-9800
9/23/98 Wed	road run	5K	Denville	Harvest Festival 5K	6:00 P.M.	500	973-625-6509 973-625-3198
9/26/98 Saturday	beach run	5 Miles	Cape May	Cape May Beachfront Run	9:00 A.M.		609-884-9565
9/26/98 Saturday	road run	5K	Little Falls	Little Falls 5K Run	9:00 A.M.	500	973-256-3884
9/26/98 Saturday	road run	5 Mile	Liberty State Park	Race Against Hunger 5 Mile	9:30 A.M.	500	201-433-5438
9/26/98 Saturday	road run	5K	Crosswicks	Village Festival 5K	9:00 A.M.		609-298-9139
9/27/98 Sunday	road run	15K	Seaside Park	Seaside 15K	8:30 A.M.		732-506-5921
9/27/98 Sunday	road run	5 miles	Howell	Manasquan Reservoir 5 Mile Run	9:00 A.M.		732-542-1642
9/27/98 Sunday	road run	5K	West Orange	Race Judicata	10:00 A.M.		973-622-4330
9/27/98 Sunday	road run	13.1 miles and 5K	Harbourside Financial Center, Jersey City	Liberty Waterfront Half-Marathon and 5K <i>(USATF-NJ Open Men &amp; Women Half Marathon Championship)</i>	9:00 A.M.	13.1=700 5K=500	201-915-2040
10/3/98 Saturday	duathlon	R2.2/B15/ R2.2 Miles	Estell Manor	Great Pumpkin Duathon	8:00 A.M.		609-441-0252
10/4/98 Sunday	road run	5K	Liberty State Park	Carlos Negron Memorial Run	9:00 A.M.		201-991-9103
10/4/98 Sunday	road run	5K	Princeton	Race for the Cure			609-252-2008
10/10/98 Saturday	road run	5K	Hoboken	Technology Challenge 5K	10:00 A.M.		201-216-8086
10/10/98 Saturday	duathlon	varies	Sandy Hook	Mini War at The Shore Biathlon	3:30 P.M.		732-842-4317
10/11/98 Sunday	duathlon	R2/B11.6/R2 miles	Sandy Hook	War at The Shore Biathlon for Kids	8:30 A.M.		732-842-4317
10/11/98 Sunday	road run	10K and 5K	Paramus Shopping Center, Paramus	Paramus 5K & 10K	9:00 A.M.		201-265-9321
10/11/98 Sunday	road run	5K	Tom's River	Tom's River Downtown Dash	9:30 A.M.		732-505-5004
10/11/98 Sunday	X C	10K	Deer Path Park, Readington	USATF-NJ Cross Country Open Men's & Open Women's 10K Cross Country Championship	10:30 A.M.	700	908-782-6316 732-296-0006
10/14/98 Wed	road run	5K	Newark	Integrity House 5K Corporate and Individual Race	12:00 P.M.		973-376-0231 973-623-7246
10/18/98 Sunday	road run	10K, 3K, and kids races	East Brunswick	East Brunswick 10K <i>(USATF-NJ Open Men's 10K Championship)</i> <a href="http://rvrr.org">http://rvrr.org</a>	12:30 P.M.	10K=700 3K=500	732-463-RVRR 732-254-3120

# Concentration

by Bill Pape

(Continued from page 7)

days of movies, before 11-hour plus training weeks, when the hero gives a triumphant finishing kick to defy destiny. No races are anymore, you have to do your homework and then work methodically on race day.)

I felt loose. No injury symptoms, like the last five years of racing, since I got old and beaten up. So I concentrated and said, he's going to have to race me. I kept my steps short and my pace fast, I thought, and he didn't come around me, but just hung right off my back. As we saw the first of three turn-arounds at the 3.1 mark, he passed me assertively. I picked up my pace against hope, and concentrated on the small of his back. I had to let him go after about 50 yards. Now I felt miserable. My hamstrings hurt, my legs felt a little rubbery. For the first time in a race, I heard the birds sing. I played with my mind, listening to the crickets and birds, actually feeling a little away from the race. But the reality of wanting to sit down was right there. I longed for the ride back to the motel in the car, just sitting there, how easy it would be to push the buttons of the radio, listening to music.

I concentrated. I tried to play with my stride, I ate out of the tube of pure sugar (stuff that makes ice cream seem bland in comparison) in my back pocket before every water station, I grabbed at first for water, and then for the watered-down sports drink, I picked up the pace for ten yards when a youth would run by. I saw a woman squatting to pee, and I pushed to get near, not because it was sexy but because it was beautiful in a simple way, and I needed mental relief. (I also needed to pee, but couldn't afford seconds to stop.) I must have been running slow because she finished and got onto the road before I got close, and then I couldn't run her down, like I used to claim I could all women even if nationally ranked.

I had tried to keep my competitor with his distinctive combination of white hat, bare back, and blue swim suit in sight, so that my possible 2-minute penalty buffer (if he got one, not me) could come into play. I lost him in the crowd and up the road. I was just "hanging on," not exactly miserable but in misery's territory.

At the last turn around, I saw him again and I was surprised how close he was. The gap looked less than a half-mile, maybe less than 400. I couldn't catch him, but I could hold the deficit. I took advantage of everyone who passed me and tried to let it flow on the last downhill. I finished speedily in the last 100 yds. (I do this a lot now, and it is not right; I feel like I'm played out on the course, so what's this fake rush about at the end, for which I used to denigrate other fakers.)

He was standing around at the finish line, and I pretended to be nice, shaking his hand, just as I had exchanged pleasantries before the race (knowing I should have hit him and stabbed him out on the course when no one was looking). In my misery, I fell into the lake, hoping some weightlessness would remove my pain. I recovered and drove back to the motel to get Julie and the club mascot, who may have ended up costing me the race, as it turned out.

I got back to the race site and heard penalties were posted. I saw the number 56, his number, posted on the list, and not 51, my number. Unbelievably, my competitor had two four-minute penalties. I told Julie to get out her checkbook for the mandatory \$250 deposit for Hawaii. There was no way my competitor could surmount an 8 minute bite out of his time, less the 15-second head start I had. I doubt could have made up that time in the last 3.1 miles of the run, even if he was a half-mile ahead at 9.3 miles. I started concentrating on the Hawaii race. I saw my motel neigh-

bor, and he said, you must have gotten the slot, I saw you killing out there.

Disturbing these thoughts twice were the site owners, telling me to get the dog off their property. The mascot was quietly lying down, when I was last approached, his pooh-pooh in the trash and kids having been treated to petting him. I returned the owner's son's scowl in bad form. Because the site is run by bad personalities, the race director must love them. He was starting the awards at this time and soon announced my name for second place, not first, instead my competitor for first. Trying to figure it out after shaking his hand, I imagined the race director got word from the management that his no-dog rule, written in capitals in his directions, had been rudely broken and had given me some more minutes. Bad vibes given lead to bad vibes received, to exorcise which I wrote this article.

On the way back, my wife tried to tease me out of my silence. I was glad when the television show she was looking forward to was on a station we don't get, so she could feel my pain.

Today, I looked up a late qualifier in Massachusetts. I am mentally exhausted. Maybe we all don't realize how tiring racing is. For 4 1/2 hours I did nothing but race hard yesterday, at least mentally.

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PO Box 1197  
Edison NJ 08818-1197  
**Hotline: 732-463-RVRR**



### **Upcoming Event Reminders:**

**Tuesdays** - Weekly workouts at the Rutgers Athletic Center track on Livingston Campus will move from the former Thursday time to Tuesdays at 5:30 p.m.

**Wednesdays** – Group Run and Dinner. All abilities, out and back course 4-8 miles

**Saturdays**– Morning run, Starting in Johnson Park running on the Tow Path

**September 9** – RVRR General Membership Meeting

**September 13** - RVRR Summer Series Picnic, Donaldson Park

**September 13** – Dunellen Run for Education 5K

**September 20** – Highland Park 5K

## **Sponsors Wanted: for the East Brunswick Road Races, October 18, 1998.**

**Proceeds of this race are donated to the  
Camp Daisy Program for brain injured  
children.**

### **Available sponsorships include:**

- ✂ **\$50 1/2 page ad/race packet**
- ✂ **\$100 full page ad/race packet**
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**Donations also needed for  
random drawing prizes; post race food,  
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**Call Janice @ 732-254-3120 for more information.**