

# RIARITAN VALLEY ROAD RUNNERS

April/May 2003

Volume 12, Issue 3

## Table of Contents

1... Feature Article by Ken Ellis

1... Third Mile

3... Article by John Papp

4... Birthdays, New Members

5... Club Runs, Club Info..., Article by Chris Wieland

6... Article by Ray Petit

7... Race Results

Dates to Know

May 31... Tow Path Training Run

June 10... Summer Series begins!

Fridays... Friday Night Out Run

Saturdays... Tow path run

Check rvrr.org for latest club info.

## Real Runners

by Ken Ellis

I'm writing this article under duress. Seriously, Dana Gross held a starting gun to my head and told me that, because I'm on the board, I have to write an article. I pointed out that we've got Phil McGoff cranking out book reviews every month. His articles are great. Not to mention Charlie Gadol's amusing anecdotes about the sundry barnyard animals that have recognized

and followed him on his runs. Next to these literary giants, I look like a hack. Then Dana pointed out that such arguments never kept me from racing. I couldn't think of a response, so here I am. So if I just happen to insult anyone with this article, talk to Dana. Taking blame is her job at least until her term as president is up.

Speaking of Phil, now there's a real runner. Like many in the club, he used

to be extremely fast. But the great thing about him is that, unlike some of us (sorry, I don't have any names Handy), he doesn't constantly bring up unverifiable PR's from twenty years ago. In fact, he'll probably tell you he was extremely slow. It took me several months to realize this is actually a backhanded insult.

Don't get me wrong, not every over-40 guy drones

*(Continued on page 2)*

## My Third Mile in the President's Shoes

By Dana Gross

My Three and one-half Miles In The President's Shoes

Boy, this past month and a half have been exhausting and I don't just mean my training.

March brought the Equinox 20k and a lot of activity for a lot of us. The race was a huge success. Bigger than I ever could have imagined when I first thought about putting on a 15k in Johnson Park. I want to thank the race committee, with-

out them there would not have been a race. Next, I want to thank all the race day volunteers. Without you race day would have been a nightmare and again there would not have been a race. We have several things we will be improving next year and are always open to suggestions. If you noticed anything that needs to be corrected please let me know or talk to your favorite race committee member.

March also had the gen-

eral membership meeting. Physical therapist Matt Gerdes gave a great talk about injuries and preventing them. I think we all learned a little something.

Last weekend was the towpath warm up run. The weather was awful but the turnout was great. A very big thank you to Chris and Rita for opening their lovely home to us.

On to April and May. Things will start to get a little busier now. We

*(Continued on page 2)*

## Real Runners

*(Continued from page 1)*

on about former glories. There are a few runners in the club who have set PR's in their 50's. This is fabulous. Take Doug Brown for example, now there's another real runner. His race times have been inexorably improving for the past 20 years. What's up with that? Is his biological clock spinning backwards? Does he suffer from an advancing hair line and priapism as well? Or has he just been sandbagging for the last two decades? But back to Phil. I mean, what kind of person reads one running book a month? A real runner, that's who.

I should be careful with that term, "real runner". Some of you are no doubt wondering whether you fit into this category. So I've written a simple test. Answer the questions below, and tally up your points:

1) Do you run at least 5 days a week? (yes = 5 points)

2) Do you run 7 days a week, 52 weeks a year? (yes = -10 points. You're not a runner. You're not even an automaton, since even they have to stop by the shop now and then to get their android batteries replaced. And everyone hates you because you don't get injured.)

3) Do you ever experience "runner's high"? (yes = -5 points. Real runners don't get "runner's high". If they start feeling euphoric during a run, they pick up the pace until the burning comes back. And if they feel euphoric after a run, it's because of the beer.)

4) Are over half of your friends runners? (yes = 5 points, more for sympathy than anything else. Miserable bastard.)

5) Are you a tri-athlete? (yes = -50 points. You're not a runner, you're just an endurance junkie, and you

don't care how you get your fix. You're like a man who has three wives, and isn't committed to any of them -- insane, with very little free time.)

6) Do you enjoy running marathons? (yes = -10 points, no = 10 points, don't run marathons = 0 points. Look here, there's nothing enjoyable about running a marathon, it's difficult and painful. So if you said yes, you're deluding yourself and you don't remember the actual running part. If you said no, you get points for honesty.)

7) Have you ever been injured due to running? (no = -5 points. I hate you. They hate you. Everyone hates you. And obviously you're doing something wrong.)

8) Have you ever run through an injury and made it worse? (yes = 5 points. No comment.)

*(Continued on page 3)*

## My Third Mile in the Presidents Shoes

*(Continued from page 1)*

have a whole lot of stuff coming up. First off April 27<sup>th</sup> is the Highland Park Street Fair. For those of you who don't know, this is how I found the club. Ray Petit has volunteered to sit at the table. Please feel free to go sit with him and give him a break during the day.

May 10<sup>th</sup> I will once again be hosting the Midland warm-up and Brunch. Like last year I will not be there. But my house will be open to all. We meet at the Far Hills train station at 9 a.m., run the Midland course and then to my house for eggs, bagels

etc. I will get there when I can. Hopefully I will see you all before you continue with the rest of your day.

The following week is the Midland run, we will have the usual post-race festivities. Since they (Midland) are providing a BBQ we will once again be providing subs, salads, beer soda and other stuff. If there is something you would like to bring feel free.

The last weekend in May is the Towpath Training Run. Please talk to Ray Petit or see the website for an application. It is a great event and hopefully the

weather will be good for us this year. Maybe we will finally break the elusive 1000 mile barrier.

Lastly, if you would like anything posted on the website or listed in the newsletter calendar please contact Charlie Gadol. He will be known from this point forward as "Calendar Man". Thank you Charlie for taking on this job.

I think that is all for now. Hope everyone has a great, injury free racing season.

D Δ

# Real Runners

(Continued from page 2)

9) Are you reluctant to pass an empty port-o-john without using it? (yes = 5 points)

10) Have you ever relieved yourself in public? (females, urination = 10 points; males, urination = 0 points, its standard practice; either sex, the whole nine yards = 15 points.)

11) Are you a vegetarian? (yes =

5 points; vegan = 10 points. This has nothing to do with running. Actually, it probably hurts your running. If you don't like this question, write your own test.)

12) Does a short 5K races somehow eat up 8 hours of your day? (yes = 5 points. Yeah baby.)

13) Do you enjoy running, and run as much as your life and legs allow? (yes = 1000 points.)

If you scored over 900, you're a runner. Congratulations, chances are you're happy with your running. If you scored from -50 to 899, I think you're missing something important here. Try going through the test again. If you were under -50, you're a tri-athlete with some very serious issues you need to work through. Δ

## Ever wonder why no one ever tries EASIER?

By John Papp

As I sit down to write this article, our club has recently competed the first ever running of the Equinox 20K Race. This marks the beginning of spring and many wonderful races ahead of us this year.

The weekend before the Equinox Race, I also just completed the USA Track & Field Level One coaching course. I will soon be a certified coach, but I have yet to mail out the test needed to receive a coaching certification.

The science behind sport intrigues me, however, it is developing a running philosophy that I spend most of my time contemplating. I can not tell you what pace to run, based on your last interval workout, or look at your training diary and tell you the time of your next race. This takes a certain class of coach, those who love the numbers and theories of coaching. Numbers rarely move me. But I love to watch the sport of running. The Equinox Race gave me a chance to watch runners of all abilities ran along the roads & bike paths Johnson Park. Being a course marshal gave me a perspective that

I would not have enjoyed had I chose to compete. I am getting to the point of my article the long way. After all, this is the ONLY way a 20K road race can go is the LONG Way. As I waited for the runners to return to my spot as a course marshal, my mind wondered back to something I remembered from Lily Tomlin's, comedy act. One of her characters once observed, DO YOU EVER WONDER WHY PEOPLE DON'T TRY EASIER? This was referring to the AVIS Rental Car Commercials: WE'RE AVIS. WE TRY HARDER.

The front runners came by, then all who play follow the leader (this is most of us on any given race day) and then the middle of the packers and finally the infamous back of the packers.

The thing that that should be obvious, is that the fastest runners always seem to be running the easiest. No amount of extra effort is going to make us run faster on any given race day. Running a race that is our best, requires, some effort & thought, but giving it 110 percent in know way will make up for the lack of training we did or did

not manage to do prior to race day.

What do we do when we get to a race with the knowledge that maybe we were not training enough to run this race as fast as we would have liked or worse, maybe we can not go the distance at all?

This leads back to the question of "Do any runners ever try easier?" Why should a race be a struggle of our minds over our bodies. Why can't we see how easy a race can feel? Isn't feeling great a worthy goal? If it was AVIS who tried harder, then why was it that Hertz was number one. The winners make it look easier. So why not model the winners?

How EASY can make our next race. Who knows. If you try running easier it may lead the way to a new spring PR or even the winners circle. Try try giving 90 percent effort. At the end of the race you still have an extra 10 Percent stashed away for a rainy day or better yet, your next race or training run.

Try it, you may like it.  
Happy Racing,  
John\_Be\_Fast Δ

**Happy Birthday!**

**April 2003**

\*\* - New Age Group

Dave Faherty	4/1
Moshe Tal	4/10
Annette Johnson	4/12
Jane Ackland	4/12
Caesar Revano	4/14
Nicolas Vanier	4/14
Jan Brodka	4/17
Catherine Glamkowski	4/17
Adam Little	4/19
Fred Ely	4/20
Alice Tempel	4/20
Ken Mangin	4/20
Saul Duarte	4/25
Hsiwei Yu	4/25
David French	4/26
Paul Varga	4/30

**May 2003**

Charlie Gadol	5/1
Rosemarie Strawn	5/3
Ilona Bella	5/4
James Zinsmeister	5/6
John Celiberti	5/7
Jane Van Eeuwen	5/7
Katherine Poynter	5/11
Elizabeth Edwards	5/11
Frank Russo	5/11
Anne Volz	5/12
Richard Evans	5/17
Carolyn Munger	5/18
Robyn Piccinic	5/19
Elizabeth Connolly	5/22
Douglas Brown	5/24
Glenn Regenye	5/25
Kathy Rocker	5/26
Myrna Rosal	5/28
Sonya Swahla	5/31

**RVRR Shorts and Singlets for Sale**

Just in time for the racing season.

*RVRR singlets-Coolmax White Mesh*

Male: M, L, XL

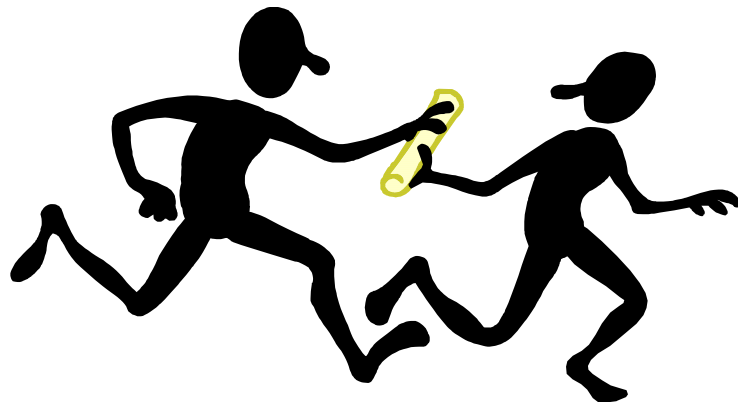
Female: M, L, XL

Cost per item is \$17. Mail check and 'Ship to' address to RVRR, PO Box 1197, Edison, NJ 08818-1197. Singlet will be mailed to you via first-class mail. High-split running shorts are also available at a clearance price of \$5 per item. Clothing is also available at Wednesday night runs. See **Ray Petit** or **Dana Gross**. △



**Welcome New Members**

Cloey Wilcox	Edison
Joe Talotta	Edison
Gary Verhoorn	Hillsborough
Jim Kenyon	New Brunswick
Elliot Gordon	Princeton Junction



Need something to motivate you to get out and run

How about training for the .....

**May 31 ~ 5th Annual RVRR Tow Path "Train"ing Run**

(34 miles of fun and camaraderie)

**June 10 ~ 20th Annual RVRR Summer Series Race #1**

(Followed by the June 24, July 15 and August 5 races)

**September 7 ~ Annual RVRR Club Picnic**

(Well, you have to put in the miles in order to eat all that food without guilt .....

Stay tuned to the Newsletter this spring for upcoming details on all these events!

**Raritan Valley Road Runners**

PO Box 1197  
Edison, NJ 08818-1197

Web: <http://www.rvrr.org>

USATF-NJ Club #0202  
RRCA Club #664

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(908) 561-2539  
[thinmann@yahoo.com](mailto:thinmann@yahoo.com)

**Former Presidents of RVRR**

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996
Ray Petit	1997-1998
Trink Poynter	1999-2000
Pete Priolo	2001-2002

**2003 Executive Board Members**

President **Dana Gross**  
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**John Papp**  
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**Wednesday Night Runs**

The Raritan Valley Road Runners have met weekly for *twenty* years of consecutive Wednesday night runs! **Come join us at 6:30 PM at 808 Raritan Ave. (Rt. 27) right next to the Fleet bank.** Parking in the bank lot is not allowed, there is plenty of available spots on North 8th Ave. directly across from the building. Come dressed in your usual running garb. We are currently running the summer course that takes you to the end of Johnson Park and back. Runs of 2,4,6, or 8 miles are offered on an out and back course. After the run join us for dinner!

**Week Place**

1 **Dolls** Rt. 27 South, 1<sup>st</sup> bldg. on right past railroad bridge, New Brunswick

2 **Tumulty's Pub**

3 **Dolls**

4 **Tumulty's Pub**

5 **Wild Card**-See Bob Townley to make a suggestion Δ

**Thank You RVRR!**

By Chris Wieland

I would like to thank Pete Priolo and the RVRR awards Committee for awarding me the Multi-Sport Athlete of the year award at the Winter Banquet. I am deeply touched that you have chosen me; it means a lot to me. There are many people in RVRR who have helped me to achieve success in the sport of Duathlon and I would like to take this opportunity to thank them.

- **Gene Gugliotta** for inviting me to come join his club and teaching me the value of running hills.

- **Adam Erye-Walker** for teaching me proper running form.
- **Roger Price** for breaking mileage paradigms.
- **Rolf Arands** for giving me nutritional advice and **Rita Musanti** for cooking many healthy meals.
- **Rita Musanti** for helping me stretch and healing my injury.
- **Doug Brown** for teaching me the value of walking.

But, most of all, I would like to thank **Bill Pape** for sharing so many training miles together and showing me how to race in agony when others are racing in discomfort.

Best of health to all,

Chris Δ



## Ed's New Watch

*By Ray Petit*

Last fall, while running on the towpath with my friend Ed Levy, he told me that his wife was going to buy him a new watch for his birthday. Initially, I wasn't impressed by Barbaras' creativity. Buying a watch for a runner is like buying a glove for a baseball player. Ed told me that this wasn't going to be an ordinary watch. Using GPS technology, this watch will be able to give speed and distance with amazing accuracy. Imagine going for an hour long run and knowing how far you ran, with 97% accuracy. What this means is that on a 5 mile run, the watch will be accurate within 3 football fields. Ed claims that it is more accurate than 97%. On the towpath, the path from DeMott Lane to Rt. 287 is 1.6 miles. Ed said his watch measured it as 1.595 miles. How did this generation of technology pass me by, without me knowing about it? I had to learn more about it, and discover its' potential.

Most of us know about Global Positioning System (GPS), available in cars that can keep you from getting lost in bad neighborhoods. Another commercial application of this technology allows a company to locate your exact location, even if you don't know where you are. A GPS chip on your dogs' collar will allow you to know where he is, even if he runs away, or is abducted. Using this technology for evil, I recently saw a report where a predator used this technology to track his preys' movement on his

computer.

In 1978, the US military launched the worlds' first GPS, originally intended for military applications. Today, in the war with Iraq, our military leaders are using this technology to track troop movements from another country. These satellites can take legible pictures of a newspaper from up to 400 miles up. Today, the United States has 24 satellites in orbit. Our government allows commercial operators to use these satellites for free. These operators develop the applications and sell them to us. The 24 satellites that make up the GPS space segment are orbiting the earth about 12,000 miles above us. They are constantly moving, making two complete orbits in less than 24 hours. The satellites are traveling at speeds of roughly 7,000 miles an hour. The GPS satellites are powered by solar energy.

On January 8, 2002, Timex introduced the first watch to use GPS technology to measure speed and distance. The Timex watch consists of two pieces: a receiver and a watch /monitor that are wirelessly connected by a radio signal. The receiver scans the skies for satellite signals looking for the best geometric solution and transmits precise distance and pace readings to the watch. The GPS receiver must be locked on to the signal of at least three satellites to calculate a 2-dimension (latitude and longitude) position and movement. With four or more satellites in view, the receiver can determine the users' 3D position (latitude, longitude

and altitude). Once the users' position has been determined, the GPS unit can calculate anything a runner, biker or skier needs to know. Since the satellites are equipped with atomic clocks, it is possible to get extremely accurate speed and distance data.

The watch is about the same size of any other watch a runner would wear. The receiver, unfortunately, is about the size of a cigarette box, although much thinner. Timex sells a unit for about \$225, where the receiver straps on your arm. Nike sells a similarly priced unit, where the receiver is a pod that attaches to your shoelace. With each model, information is transmitted from the receiver to the watch via digital FM signal.

I hope that I am not the only runner excited by this technology. Obviously, this technology is not mature enough to use to certify a course, but it has great potential. Competition should drive down the price of the unit. We also need to see accuracy increase to 99%, and most runners would probably want to see the receiver incorporated in the watch, so that it is one unit. Nonetheless, it is amazing that the same technology that our military uses in combat is available for us on a run. Our military will insist on the increased precision, and we will reap the benefits. Is it that far fetched that in your lifetime, you might be able to be "transported" from one lo-

## Race Results

If you want to see your results in the newsletter, please submit then to Paul Krentar. Results can be submitted via E-mail: [pkrentar@dallasgrp.com](mailto:pkrentar@dallasgrp.com)

### Colonial Half Marathon

Virginia Feb. 23  
 Greg Mullins 1.15.00  
 OA8  
 Cathy Glamkowski 1.31.34  
 AG4  
 Gene Gugliotta 1.31.57  
 Pete Priolo 1.34.45

### Stop the Jade 5K

Vincentown Mar. 1  
 Sue Juronics 20.26  
 AG1

### Newark Distance 5K

Mar. 2  
 Rich Uslan 21.36  
 AG3  
 Jane Van Eeuwen 44.47  
 AG1

### Newark Distance 20K

Mar. 2  
 Sergio Cano 1.20.56  
 Roger Price 1.21.49  
 AG1  
 Steve Fisher 1.22.55  
 Mike Ferinden 1.23.07  
 Doug Brown 1.23.23  
 AG3  
 Ilona Bella 1.26.46  
 AG2  
 Chris Mech 1.28.34  
 Jorge Rivera 1.29.05  
 Jill Knorr 1.31.53  
 John Nowatkowski 1.33.21  
 Patricia O'Hanlon 2.00.37  
 AG2

### E. Murray Todd Half Marathon

Lincroft Mar. 2  
 Doug Fitzhenry 1.19.52  
 AG2  
 Saul Duarte 1.37.09  
 Kathy Rocker 1.40.01  
 AG3  
 Chris Coghlan 1.40.02

Sue Juronics 1.41.51  
 AG1  
 Jonathan Cruel 1.50.51  
 Wayne Baker 1.54.01  
 Mary Foley 1.56.58  
 Bill Pape 1.57.54

### St. Pat's Running of the Green 5K

Gloucester City Mar. 8  
 Ken Vercamm 18.20  
 M3  
 Sue Juronics 21.20  
 F2  
 Brendan Vercammen 29.37

### Brooklyn Half Marathon

Mar. 8  
 Larry Graham 1.25.47  
 AG3  
 Joan Casarella 1.46.37  
 Jerry Casarella 1.46.37

### SDA Spring Thaw 5K

Jersey City Mar. 15  
 Sergio Cano 18.27  
 AG2  
 Patricia O'Hanlon 26.54  
 AG1

### Millburn Spring Run 10K

Mar. 16  
 Ken Ellis 37.45  
 AG3  
 Mike Ferinden 38.30  
 AG3  
 Paul Fiorilla 39.04  
 AG3  
 Dana Gross 48.33  
 Jane Van Eeuwen 1.27.43  
 AG2

### Law Enforcement 5K

Wakefield MA Mar. 09  
 Lorraine McPhillips 22.11

### Leprechhaun Leap 5K

Freehold Mar. 16  
 Ken Vercammen 18.08  
 M1  
 Brendan Vercammen 29.15

### St. Paddy 10 Mile

Freehold Mar. 16  
 Doug Fitzhenry 58.53  
 AG2

Roger Price 1.00.27  
 AG1  
 Doug Brown 1.03.16  
 AG1  
 Charlie Gadol 1.03.18  
 Ilona Bella 1.07.44  
 OA2  
 Patrick Cosgrove 1.08.52  
 AG1  
 Chris Lehman 1.09.21  
 Kathy Rocker 1.09.22  
 AG2  
 Jorge Rivera 1.11.53  
 Sue Juronics 1.12.52  
 AG1  
 Martin Ficke 1.14.38  
 Jonathan Cruel 1.20.22  
 Howard Gases 1.20.58  
 Joan Casarella 1.21.15  
 Paul Krentar 1.21.18  
 Patricia O'Hanlon 1.26.20  
 AG2  
 John Piccinic 1.32.31  
 Janice Reid 1.34.29  
 Imme Dyson 1.37.57  
 AG1  
 Alex Dobrowski 1.41.54

### Winter's End 5K

Rahway Mar, 22  
 Chris Mech 19.48  
 Joy Jaworowski 20.09  
 F1  
 Pete Priolo 20.17  
 Lorraine McPhillips 21.57  
 AG1  
 Dana Gross 23.48

### La Salle Bank Shamrock Shuffle 8K

Chicago Mar. 23  
 Doug Brown 30.46  
 Janice Reid 45.10

### NYRR 20Mile Run

Central Park Mar. 23  
 Nick Vanier 2.18.18  
 Larry Graham 2.22.45  
 Joan Casarella 2.56.51

### EQUINOX 20K

Piscataway Mar. 23  
 Greg Mullins 1.11.31  
 Chris Weiland 1.17.31  
 Sergio Cano 1.17.32

(Continued on page 8)

**New Balance Grand Prix  
Championship Race!!**

**April 27—10 km—Open Women!**

**Cherry Blossom Run**

Branch Brook Park, Newark, 10 AM

Registration: [www.compuscore.com](http://www.compuscore.com)

RVRR Open Women Chair—Chris Lehman  
[c\\_b\\_l@juno.com](mailto:c_b_l@juno.com)

**New Balance Grand Prix  
Championship Race!!**

**May 4—5 mile—Masters Men &  
Women!**

**Our House Run**

Summit, 1 PM

Registration: [www.compuscore.com](http://www.compuscore.com)

Masters Women—Chris Lehman, [c\\_b\\_l@juno.com](mailto:c_b_l@juno.com)  
40s Men—Spook Handy, [spook@SpookHandy.com](mailto:spook@SpookHandy.com)  
50s Men—Doug Brown, [rvrrdoug@aol.com](mailto:rvrrdoug@aol.com)



**Race Results**

*(Continued from page 7)*

Ken Vercammen	1.18.21	John Nowatkowski	1.29.58
Mike Ferinden	1.20.19	Phil McGoff	1.30.04
Ken Ellis	1.20.53	John Ahimovic	1.30.32
Carl Rocker	1.21.02	Alyson Cook	1.31.28
Henry John-Alder	1.21.09	Sue Juronics	1.31.59
AG3		AG1	
Steve Fisher	1.21.13	Chris Coghlan	1.33.08
Jorge Rivera	1.21.59	Sherrie Felton	1.36.57
AG1		Elliot Gordon	1.37.59
Chris Lehman	1.23.50	Robyn Piccinic	1.41.27
Ilona Bella	1.24.03	Dean Shonts	1.41.44
AG2		Rich Uslan	1.42.48
Cathy Glamkowski	1.25.25	Paul Krentar	1.45.49
Chris Mech	1.25.38	Wayne Baker	1.46.26
Roger Price	1.26.17	Patricia O'Hanlon	1.49.18
Kathy Rocker	1.27.30	AG2	
Jill Knorr	1.28.53	Alex Dobrowolski	1.51.30
Patrick Cosgrove	1.29.06	Rosanne Lemongello	1.58.46
AG2		Lois Brown-Klein	2.07.41
		Sara Parsowith	2.21.05

**Saturday Towpath  
Runs**

Every Saturday morning at 9 AM, we meet in Johnson Park, Piscataway at the Grove 5 parking lot for a group run. Take the oneway park road west from Landing Lane (between Landing Lane Bridge and River Rd). Turn left into the first parking lot. .

The run is out-and -back on the D&R Canal towpath. Typical distances vary from 4.8 to 20+ miles and runners of all levels are welcome! Runners should arrive by 8:50 AM to run with the group. In the event of the lot being closed, you can park in the lot near the end of the road at the Old Towne

**RVRR**

PO Box 1197  
Edison, NJ 08818-1197



**C** **CLUB MEMBERS!**

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