



January/February 2003

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Check rvrr.org for latest club info.

## Reviewing the Running Stuff Out There

by Philip McGoff

This month: Tokyo Olympiad directed by Kon Ichikawa featuring numerous athletes from all over the world.

I originally thought that last month's entry of this column would be my last, but then I caught word about this DVD being released as part of The Criterion Collection, and I just had to get it. I'm such a track junkie. This is an outstanding

DVD, which comes in full color, complete with subtitles, a commentary by some guy who is a movie and Olympic expert, and a small booklet with additional commentary and the full results of the 1964 Olympics.

I was actually expecting something a little different from the movie itself. Being raised on Bud Greenspan documentaries about the Olympics, I was expecting something similar--

here is the event, here are the favorites, this is the start, this is the middle, this is the end, and here are the results. Greenspan's documentaries are wonderful for giving all of the information about the event being covered. Ichikawa's documentary is quite different. Results are seldom given, athletes are often not identified, only a handful of events are covered from start to finish, and there are long stretches with no com-

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## My First Mile in the President's Shoes

By Dana Gross

First of all, I would like to thank the few of you who showed up to vote for me at the December general membership meeting. A vote of no confidence might have been better but, only time will tell.

I have a few ideas of things I would like to accomplish this year. One would be increasing membership. This, I think would have to be by attracting the fitness runner. Teams are always trying to recruit fast people to run on the teams.

There is only a limited pool of "fast" people. There are thousands of people who go out and run 3-5 miles a couple of times a week and run an occasional road race with their friends and family. I think this kind of person would be a great addition to our club. Remember we are the Raritan Valley Road Runners, not Road Racers. One way to accomplish this would be to hold running clinics of some sort. The board and I are looking for your ideas on this. Please feel free to

talk to me, or your favorite board member if you have any ideas.

Another thing I would like to do is bring back the adventure run. A few years ago we had a multitude of trail runs, rail trail runs and runs in the frozen tundra. If you have a favorite park, trail or running route don't hold out on us. Share it with the world.

We have a busy year ahead of us.

Coming up on February 8<sup>th</sup> we have our annual

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## Reviewing the Running Stuff Out There

*(Continued from page 1)*

mentary. He takes more of a movie maker's approach to the athletic events rather than a sport journalist's approach. This documentary is similar in tone to Leni Riefenstahl's 'Olympia' documentary of the 1936 games, in that both are more concerned with celebrating sport rather than covering sport.

The movie starts with some background information and moves to the torch relay from Greece to Japan. As the torch nears Tokyo, the athletes begin to arrive. Ichikawa seems to be very interested in blonde women, as he focuses on many of them arriving at the airport and throughout the film. The opening ceremony does not look like the spectacle that we have become used to. It seems to be a parade of nations, some oaths of good sportsmanship, releasing of doves, and the lighting of the torch. It was probably over in well under two hours. I'm not even sure if the parade of nations began by the two hour mark of the opening ceremony of the 2000 Sydney games. Then it is on to the sporting events. The majority of the film covers the track and field portion of the games. (I had

to giggle when they spent less than five seconds on men's basketball. I so hate the concept of the US Dream Team. Ooh, we beat the Sudan by 85. Big deal.)

The track and field events that get the most coverage are the men's 100m, high jump, shot put, pole vault, hammer throw, 10,000m, 4x100m relay, long jump, and marathon, and the women's shot put, 800m, and 80m hurdles. An explanation of the coverage of the men's 100m should give a taste of the structure of the film. The race is shown in its entirety from an in-field camera, using a wide lens to show the entire field. But the dialog does not tell you that this is the 100m final, it could very well be a semi-final or heat. Then the movie goes to before the start of the race, introduces the athletes, and dwells on their pre-race preparation. The blocks are pounded into the clay and cinder track, they pace back and forth, some stretching, looking down the track in deep concentration. A camera then focuses on Bob Hayes, the eventual winner in lane one, and the gun goes off. The camera stays in very tight focus on his face to the exclusion of everyone else in the race. The final time is shown (10.0), which is

rarity in this film, but the crowd reaction is astonishment and head shaking. And on to the shot put.

The three track events of most note from the 1964 games are covered in great detail--the men's 100m, 10,000m, and marathon. The Japanese seem to like their distance running, as the marathon course appears to be lined both sides with spectators 10 deep. The men's 10,000m has quite a bit of very good footage, including most of the last two laps of the race. This is the race that was won by the American Billy Mills, whose story was made into a movie called 'Running Brave.' The final sports segment is the men's marathon, and a good 25 minutes is devoted to it. Many shots of the early pack, and the runners making the turn around at the half way mark. As Abebe Bikila, the eventual winner, starts to pull away, the focus turns towards the other runners and the toll that the marathon takes. Runners dropping out, begging for water, walking, and staggering. Then it is back to the end of the race, with the amazingly elegant Bikila destroying the field. He looks to be out for a casual training run, and after he finishes (four minutes up on second place),

*(Continued on page 3)*

## My First Mile in the Presidents Shoes

*(Continued from page 1)*

Awards Banquet. We already have over 40 people registered. The cost is now \$28. I know this sounds steep but, where can you get dinner, drinks, and dancing for that kind price??

The following Sunday Sherri and Moshe are hosting

Women's Team Long Run & Brunch. There will be distances and paces for everyone. Please see the web site for more information or contact Sherrie at ha-toolah@erols.com or 908-719-7949.

A humongous event coming up is the Equinox 20k on March

21<sup>st</sup>. We will need plenty of help. If you want to get involved please talk to me. Everyone is encouraged to participate in anyway they can.

Hope everyone is having an injury free winter and see you all soon. Δ

## Reviewing the Running Stuff Out There

(Continued from page 2)

he goes into the infield of the stadium and does some calisthenics. Bikila is still my pick for the greatest male marathon runner ever. The second runner into the stadium is Japanese, Tsuburaya, but, unfortunately for the home crowd, Heatley from England passes him. A number of other finishers are shown, including 6th place finisher Buddy Edelon, of my previously reviewed book 'A Cold, Clear Day'.

Some of the old timers may want to look at this to bring back memories of what track was like in the distant past. This is before the Fosbury flop, so the high jumpers use the Western roll technique. As previously mentioned, the track is clay and cinder, as are the run ups for the jumps. This does not make for a fun long jump competition in a driving rain. The pole vault pit is a bunch of small pieces of foam piled up under some sort of tarp or netting. The vaulters had to be untangled from the netting before they could get out of the pit. The circles for the throws also appear to be made of clay, not the cement that I am currently used to seeing. There is not a Nike swoosh stripe to be seen. In fact, I think that the only shoes that I saw were Adidas spikes, including the ever popular Adidas 9.9. Except for a few shots of Coca Cola, advertising signs or billboards are rarely seen in the movie, in stark contrast to recent Olympics.

The movie does have an intermission, which isn't really needed on DVD, but this is a 3 hour movie, so the movie going public probably needed it. The athletic material before the intermission is almost exclusively track and field, with some time spent on gymnastics. The intermission is followed by the only up close and personal segment on a runner from Chad, then

the rest of the sports at the games are shown, and it concludes with the marathon and the closing ceremonies. The up close and personal segment is kind of nice, but since coverage of modern Olympics in the states has so many of these (which I tend to hate), I almost had to recoil when it came on. The second half has lots of swimming, and an extended look at women's volleyball. Can you guess who won women's volleyball? Yes, Japan. To Ichikawa's credit, though, there is very little home country bias in this movie.

I have watched this movie three times. The first time surprised me somewhat, as I was expecting the movie to be more sports coverage, so I probably didn't get that much out of it. Multiple beers probably didn't help the situation. The second time through was very enjoyable, though. I knew what to expect, and it delivered in a big way. The third time was with the alternate audio track, which is a commentary by Peter Cowie, a movie and Olympic expert. This is just a joy to watch, as Cowie explains much of what happens, who the athletes are, what their significance is, and many other useful details. This greatly enhances the DVD, as Ichikawa is not all that concerned with details. For instance, in the women's 80m hurdles, the race is shown from behind the finish line with the runners coming at the camera. It is entirely unclear who won the race, until we see the medal ceremony. On the alternate audio track, Cowie fills in much of what transpire. Thus we can have Ichikawa's original vision of sports celebration and the alternate audio with more sports coverage.

My impression is that The Criterion Collection is designed to showcase excellent movies with enough extras to really enhance the DVD ex-

perience. These buggers are expensive, though, as this DVD cost me about \$35 (once again that lethal mix of internet, credit card, and beer). The collection has over 150 titles, and seems to focus on older European and Japanese films. The film titles include a weird mix from 'RoboCop' and 'Sid and Nancy' through Kurasawa's 'Seven Samurai' and Cocteau's 'Beauty and the Beast' to 'Nanook of the North' and 'The Passion of Joan of Arc.' I can't even begin to explain the inclusion of 'Beastie Boys Anthology.' Curiously, the next movie on the list is 'Cries and Whispers.' White boy rap followed by Ingmar Bergman. Like I said, it's a weird mix.

In conclusion, I love this movie. Do I recommend that you run out and buy it? That depends on what your price point is compared to your love of the Olympic games of yore. If you happen upon it at a video store (as if) or your library, I would highly recommend that you check it out. The picture quality is stunning, the images are amazing, and the alternate audio may help you through many of the details. But don't jump straight to the alternate audio, first watch it as Ichikawa intended.

Final rating: ★★★ (out of four)



**Happy Birthday!**

**February 2003**

**\*\* -New Age Group**

George Scienski **	2/2
Tara A. Gallagher	2/2
Sophie Harshorn	2/2
Mark Rogalski	2/4
Charles Gromer **	2/5
Jeanette Nagy	2/9
Dave Musolf	2/9
Amy Wojslawowicz	2/11
Jim Ryan	2/11
Europa Malynicz	2/15
Allen Paul	2/16
Kenneth Ellis	2/16
Roger Price	2/17
Charles Schneekloth	2/18
Mia Oliver	2/21
David Bautista	2/21
Ron York	2/23
Jorge Rivera **	2/24
John Taylor	2/24
Julie Gromer	2/25
Dana Gross	2/28

**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**. Δ

**Welcome New Members**

Adam Little	Jersey City
Dorothy Little	Hopewell
Carolyn Munger	Somerset
Sara Parsowith	Highland Park
Cindy G. Peterson	Bedminster
Anthony Schorr	Bound Brook
Jacqueline Kozakis	Lebanon



**Thank You Paul Krentar, Race Results Editor!!**

I want to give a special thanks to Paul for offering to compile the Race results for the newsletter. This is an extremely thankless job. If you see Paul at any races or at a club function, please let him know that he is performing a great service for us. Δ

Need something to motivate you to get out and run this cold, cold winter?

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**

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**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

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**Wednesday Night Runs**

The Raritan Valley Road Runners have met weekly for *Sixteen* years of consecutive Wednesday night runs! **Come join us at 6:30 PM at the Highland Park Senior Citizen's and Youth Center at the intersection of Benner St. and S. 6<sup>th</sup> Ave.** Parking is available in well-lit lots adjacent to the building. Come dressed in your usual running garb. We are currently running the winter course that goes through the streets of Highland Park. Runs of 4.5 and 7 miles are offered. 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 **Dolls (again)**
- 3 **Tumulty's Pub**
- 4 **Dolls (again)**
- 5 **Szechwan Gourmet**  
3 Livingston Ave., New Brunswick Δ

**First Snow**

by Elliot Gordon

For those wanting a white Christmas, this early morning snow was timed perfectly. For those wanting an easy commute, it wasn't. For me, caring little for the first two considerations, the fresh snow offered an exhilarating run at the West Windsor High School Track. As the white lines that demarcate the six running lanes were obliterated, I made my own with each successive lap. These were then retraced twice to fulfill the 4 ½ mile standard workout. The morning was dark, cold, and quiet. There was a light wind from the East. Each footfall produced either a muffled thump or a crackle, depending on

whether the underlying macadam had frozen ice on it before the snow had accumulated.

My runs initiate a sequence of change to both my mind and body. I start out slowly; the body isn't much interested in exercise and the mind isn't much interested in changing the body's inclination. Truth to tell, I am contemplating various "legitimate" excuses to truncate the effort. It is a wonder as much as a blessing that with continued effort both inclinations change. Genetics, age and fitness conspire to erect a fifteen to twenty minute barrier before the joys of running emerge. My body gradually warms and my

heart rate gradually increases. Once the threshold is passed, the pleasures increase with effort and time. The algorithm that determines exactly when this threshold will be reached and the levels of pleasure returned for a given effort is complicated. Some days the threshold is low; on others it is high; and, on rare occasions, it is never reached.

What then of the pleasures? Why exit the warmth of a bed and the comfort of a spouse to confront a cold dark morning? My cousin Pria Krishna, once explained, "I receive wonderful things through my work here."

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## East Brunswick Road Races- 25<sup>th</sup>. Anniversary

*By Ray Petit*

With our pre-registration numbers low, I started checking the long range forecast for the 25<sup>th</sup>. Anniversary of the East Brunswick Road Races well before the event date. Initially the forecast looked good, but as the week progressed, the forecast started to look cold and rainy. On the Thursday before race day it started to rain and the revised forecast indicated that it may not stop until late Sunday. Despite the rain, packet pickup in the mall was fairly busy. We realized that the rainy weather probably increased the traffic in the mall. To add to the excitement, a club member dressed up as Clifford, the Big Red Dog, to the delight of the kids.

I woke up on Sunday to a light, but steady drizzle. When I got to the race registration site, Janice Reid and Doug Brown were already there setting up. Peter Fama arrived and started setting up the tables for water stops and the signs that the runners see on the course. Peter needed no instructions. He has been performing this task for years. By 11am, we were open for business. Where was everybody? In the next 20 minutes, the drizzle started to slow, and the runners started to show up. Madeline Bost greeted the runners from the PA system, giving them specific instructions as to the scheduled events. Clifford was joined by Minnie Mouse to lead the kids in dashes around the baseball field. The kids showed a great deal of enthusiasm as they circled the bases in the short run and the outfield in the longer run. They were all rewarded with fresh picked pumpkins from Giamarese Farms. The next event was the 11<sup>th</sup>. Annual EB Camp Daisy Walk. After a disappointed turnout in 2001, we were very surprised by the large showing of walkers. Camp Daisy is

a program for developmentally impaired children and young adults. It was great to see the support from the parents and kids from Camp Daisy, as well as from the caring supporters.

Prior to the start of the 5K and 10K, Madeline continued to entertain the crowd with her knowledge of the sport, as well as pointing out that Jim Balsamello was in attendance and will be running his 25<sup>th</sup>. consecutive East Brunswick 10K. Jim lives in California now, but he was in town for his sons' wedding, so, of course, he had to come by to run. I was wearing the 1989 EB shirt, Paul Krentar was wearing the 1980 EB shirt, but Jim beat us both, by wearing the original 1978 shirt. It was still a perfect fit.

By 1pm the rain has stopped entirely, and post registration was brisk. Both the 5K and 10K runners had assembled at the starting line and were ready to get down to business. As the lead runners for the 5K went by me, I thought I was seeing doubles. I wasn't hung over, so that couldn't be it. I later learned that what I saw were twins from Philadelphia, and they took first and second in the race. Kareem Lanier was first with a time of 16:33, followed by his brother, Kyle. The 10K run was also exciting, with Martin Owens from Fleet Feet winning the race, with a time of 33:03. He was never challenged. Jim Balsamello was pleased with his finish. Maybe Jim can find a reason to join us next year. He is the only person who finished all 25 East Brunswick Road Races.

With the equipment barely put away from this year's event, we are already planning the event for 2003. With the strong showing from the walkers this year, the township representatives are planning for an even larger crowd next year. There is early talk about changing the walk course to make it more ap-

pealing to the walkers. There is also talk about adding pumpkin painting for the kids next year.

I would like to thank the members of RVRR who volunteered for this event. We lived up to our reputation of directing a quality event. RVRR has been directing this event since 1990, and we take a management and equipment fee for our time and efforts. I am so pleased to be able to turn over the position of Race Director to a caring club member, who has demonstrated over the last couple of years that he knows how to generate excitement among club members. Bob Townley has been an integral part of this race the last couple of years, and I am pleased that he has agreed to succeed me as Race Director. Bob will bring a level of excitement and new ideas that will allow this event to grow. This event is important, not only to the Raritan Valley Road Runners and the Township of East Brunswick, but to the running community. As we see the kids in the Youth Series grow up and run the Summer Series, we hope to see the kids in the EB Kids Dashes go onto be successful high school and college runners, and then, of course, members of the Raritan Valley Road Runners.

While I know that Peter Fama, Doug Brown and Janice Reid and I, will not walk away from this event, we are hoping to spend less time on this event, and begin to migrate responsibilities to other club members. This is a great time to approach Bob Townley and tell him that you are interested in getting in on the ground floor and starting a new era for this event. This commitment won't take an inordinate amount of time, and it will not only be fun, but it will also be rewarding. △

# 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)

## Hashathon

Old Bridge	Nov. 10
Ken Vercammen	42.34
2 <sup>nd</sup> Age Group	
Joy Jaworowski	46.46
1 <sup>st</sup> Overall!	
Dave Hoch	48.23
Paul Krentar	57.29
2 <sup>nd</sup> Age Group	
Cheryl Scher	1.04.10

## Philadelphia Marathon Nov. 10

Robert Townley	3.26.20
Dave Bautista	3.36.12
John Ahimovic	3.37.19
Tara Gallagher	3.47.36
Mary Foley	3.52.22
Europa Malynicz	3.57.05

## Ashenfelter 8K

Glen Ridge	Nov. 15
Roger Price	28.21
1 <sup>st</sup> Age Group	
Charlie Gadol	30.10
1 <sup>st</sup> Age Group	
Kathy Rucker	31.57
2 <sup>nd</sup> Age Group	
Philip McGoff	32.34
Sherrie Felton	35.08
3 <sup>rd</sup> Age Group	

Dana Gross	36.05
3 <sup>rd</sup> Age Group	
Dave Hoch	36.05
Paul Krentar	37.44
Moshe Tal	40.48
Cheryl Scher	40.58

## Turkey Trot 5Mile

Westfield	Nov. 30
Sergio Cano	29.09
1 <sup>st</sup> Age Group	
Kenneth Ellis	29.44
1 <sup>st</sup> Age Group	
Gregory Mullins	29.48
Paul Fiofilla	30.35
Gene Gugliotta	30.41
Mike Ferinden	30.54
Patrick Cosgrove	32.16
1 <sup>st</sup> Age Group	
Charles Schneekloth	32.55
Paul Krentar	38.41
Patricia O'Hanlon	39.55
1 <sup>st</sup> Age Group	

## USATF-NJ 10 Mile

South Orange	Dec. 15
Rob Defilippis	53.38
2 <sup>nd</sup> Overall!	
Gregory Mullins	57.24
Roger Price	1.00.47
1 <sup>st</sup> Age Group	
Matthew McCoy	1.01.38
Mike Ferinden	1.04.04
3 <sup>rd</sup> Age Group	
Carl Rucker	1.04.58
Christopher Lehman	1.05.06
Gene Gugliotta	1.06.34
Christopher Mech	1.07.17
Caesar Revano	1.07.18

Patrick Cosgrove	1.08.17
1 <sup>st</sup> Age Group	
Kathy Rucker	1.08.58
Jill Knorr	1.13.57
Lorraine McPhillips	1.14.02
2 <sup>nd</sup> Age Group	
Frank Russo	1.15.49
Sherrie Felton	1.15.58
2 <sup>nd</sup> Age Group	
Elliot Gordon	1.16.50
Dana Gross	1.17.08
Paul Krentar	1.18.02
Tara Gallagher	1.19.47
Robert Townley	1.19.51
Mary Foley	1.21.20
Imme Dyson	1.21.33
1 <sup>st</sup> Age Group	
Dorothy Little	1.25.14
1 <sup>st</sup> Age Group	
Patricia O'Hanlon	1.26.36
1 <sup>st</sup> Age Group	
Rosanne Lemongello	1.29.43
Lois Brown-Klein	1.32.23
Annette Johnson	1.54.02
2 <sup>nd</sup> Age Group	

## Jacksonville Half Marathon

	Dec. 15
Dave Hoch	1.28.21
3 <sup>rd</sup> Age Group	
Cheryl Scher	1.46.25
2 <sup>nd</sup> Age Group	
Janice Reid	2.05.17

## Jacksonville Marathon Dec. 15

Charlie Gadol	2.58.44
2 <sup>nd</sup> Age Group	
Douglas Brown	3.00.14
1 <sup>st</sup> Age Group	

RVRR competes as a team in all USATF-NJ championship races, and is the reigning USATF-NJ Team Champion for 2001 and 2002. No matter what your ability, join the team!

## New Balance Grand Prix Championship Race!!

**March 23—20 km—All Divisions!**

### Equinox 20K Run

Johnson Park, New Brunswick, 10 AM

Contact: [www.active.com](http://www.active.com) for race info, or see the race flyer in this issue

RVRR Open/Masters Women—Chris Lehman ~ [c\\_b\\_l@juno.com](mailto:c_b_l@juno.com)  
RVRR 50s Men—Doug Brown ~ [rvrrdoug@aol.com](mailto:rvrrdoug@aol.com) or Roger Price ~ [rogerprice5k@aol.com](mailto:rogerprice5k@aol.com)

## Race Results

### Holiday 4 Mile NYC Dec. 22

Patrick Cosgrove	25.49
2 <sup>nd</sup> AG	
Ilona Bella	26.15
10 <sup>th</sup> Overall	
Michelle Laroche-Gould	33.20

### Ramona's Run 4 M

Perth Amboy	Dec. 28
Dave Hoch	24.24
1 <sup>st</sup> AG	
Mike Ferinden	24.30
2 <sup>nd</sup> AG	
Chris Lehman	25.05
2 <sup>nd</sup> AG	
Ilona Bella	26.21
3 <sup>rd</sup> Overall	
Patrick Cosgrove	26.27
1 <sup>st</sup> AG	
Myrna Rosal	26.35
1 <sup>st</sup> AG	
John Ahimovic	27.44
Paul Krentar	30.12
Dana Gross	30.52
Cheryl Scher	33.31
Rosanne Lemongello	34.08
Cindy Peterson	40.57
Sara Parsowith	41.21

### Chilly Hilly 5 K Randolph Dec. 29

#### Polar Bear 10 M Walk

Asbury Park Dec. 29	
Wayne Baker	1:48:38
1 <sup>st</sup> AG	

### Hangover 5 M Hamilton Jan. 1

Mike Ferinden	31.25
3 <sup>rd</sup> AG	
Ilona Bella	33.44
3 <sup>rd</sup> Overall	
Jill Knorr	35.27
2 <sup>nd</sup> AG	
Sue Juronics	37.43
2 <sup>nd</sup> AG	
Elliot Gordon	38.40
1 <sup>st</sup> AG	
Mary Foley	39.09
Imme Dyson	40.44
1 <sup>st</sup> AG	
Lois Brown-Klein	46.41

### CJRR Hangover 5 K

Westfield Jan. 1	
John Papp	17.51
Chris Lehman	19.15
1 <sup>st</sup> AG	

Wayne Baker	22.17
Steve Kornstein	30.01
Annette Johnson	34.42
1 <sup>st</sup> AG	

### Resolution 5 K

Hillsborough Jan. 1	
Chris Mech	19.22
1 <sup>st</sup> AG	
Doug Brown	19.45
1 <sup>st</sup> AG	
Dave Hoch	19.52
1 <sup>st</sup> AG	
John Nowatkowski	20.36
2 <sup>nd</sup> AG	
Richard Uslan	20.58
1 <sup>st</sup> AG	
Sherrie Felton	21.19
3 <sup>rd</sup> Overall	
Pete Priolo	21.55
Paul Krentar	22.41
2 <sup>nd</sup> AG	
Cheryl Scher	23.17
2 <sup>nd</sup> AG	
Frank Joworisak	25.01
Jo Ann Coffee	25.22
3 <sup>rd</sup> AG	
Alex Dobrowolski	25.36

## First Snow

(Continued from page 5)

Clearly, her lifestyle serves an important purpose. She is intelligent, aware of her options and yet chooses to live as a Hari Khrisna, a course that to many on the outside, seems suspect. So is it with each of our choices. I run because I want to; I run because it returns benefits to me.

Physical fitness is nice. Mental calmness is nice. Mental fantasy is nice. The three combine to provide a valuable return on investment. Fitness is apparent to casual observers; mental benefits are invisible and nearly

impossible to explain. It is as if one who has perfect pitch tries to explain the condition to those who are tone deaf; without experiencing the ability to "see tones" first hand, there is little hope of appreciation.

Having preached the benefits of running, I am forced to admit that my morning runs are far too infrequent. When I wake up next, I must envisage a fresh snow. Δ

## 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 Village. Δ

**RVRR**

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