



RARITAN VALLEY ROAD RUNNERS

July/August 2003

Volume 12, Issue 5

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The Fourth of July

by Dave Lazarus

July 4, 2003 was the type of day that shore concessionaires were dreaming about during those endless rainy spring weekends.

It was hot and sultry, the type of day that most runners don't look forward to but since we're such an adaptable bunch, we wore less, drank more water and adjusted our times accordingly, while relieved that it wasn't over 100 like 2002.

As for me, the running day would have been notable except for the little detail of a race in between. In running 17 of the previous 18 Firecracker 4 miles, I had never come close to missing an 8 minute a mile pace until last year when I finished in 32:07. My first go around in 1985 was my third race in three days and with dead legs I had run 26:03. What a difference 18 years make!

This year I had the excuse of a race 36 hours ago, the

5 mile Sunset Classic in Bloomfield which as many of you know is a race with two big uphill and downhill that saps the quadriceps. I was still feeling the race as I woke up on July 4. The first order of business was to try and help my fast improving 10 year old Sarah do her best in the one mile fun run. After giving her my best pre race stretching and bounding exercises the gun finally went off and a majority of the runners sprinted as fast

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My Seventh Mile in the President's Shoes

By Dana Gross

Welcome to the dog days of summer. It seems as if only yesterday we were dealing with day upon day of 65-70 degree weather with constant rain. In the blink of an eye it is almost unbearably hot and humid. I hope everyone is starting to adjust. Yesterday was the second adventure run. It was yet another balmy day but at Jockey Hollow the temperature was at least 5

degrees cooler and there was plenty of shade. We had a nice turnout of about 15 people. The next adventure run is on August 3, Mahlon Dickerson at 9am. I hope to see everyone there. I would like to once again thank Ken for organizing these events. (Remember your shoes next time)

The summer and youth series are off and running. The turnouts for both events have been

strong. The next runnings are July 15th and August 5th. Good luck to all who are competing. June 25th brought the 2nd general membership meeting of the year. Several club presidents were nice enough to stop by and give us a flavor of what the club was like during their tenure. Thanks to Allen, Doug, Ray, and Pete for being there. I would also like to thank John for sending along his notes on his club presidency.

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The Fourth of July

(Continued from page 1)

as they could. I had warned Sarah that this would happen and she was ready, realizing that she would pass many of these. Since the course had no real measurements I had to guess by the time where the halfway mark was. I was running an 8 minute pace very easily but Sarah started to struggle a little so I was backpedaling while helping her finish. I gave her the "it's only the length of a soccer field" exhortation several times before she gave it one good finishing burst and broke 9 minutes for the first time.

I was ecstatic as I walked to the starting line. Several of my friends told me I looked worn out. I was dripping with sweat as I walked up to the starting line and before I knew it the gun went off. It actually seemed better for me as I didn't

want to go out too fast. When I hit the fast first mile in 7:20 I just hoped to hold on and break 30 minutes but the heat and my previous runs got the best of me and by mile three I needed a very quick walk to get my mind and legs back. I looked very strong to spectators at the last 100 yards as I out-sprinted a few people but the damage had been done and I hit another personal worst 33:17. The disappointment was somewhat muted by winning a nice raffle prize in the post race ceremony but my third subpar performance in four races had me baffled.

But alas I had a way to save the running day. After flooding my insides with water, bananas and bagels I decided to stick to my original plan of running the 6 or so miles home to Fanwood. Despite

the 90 plus degrees and my tired legs I knew a way home that was mostly shady and the reward would be a swim. It was a struggle at times but there were a lot of great little experiences including several people very generous with spraying me. When I got to the last mile and half I was joined by a nice guy named Oscar from Chile and immediately I started talking about my favorite subject, soccer. When I told him that I coached he seemed very interested and it just so happened that in one of the driveways was a two day old copy of the local newspaper "The Suburban" which had a picture and an article about our team. He said that he had a copy of it at home that he usually threw out but would read it when he got home. I don't know if he ever did but perhaps I'll see him on the roads again and find out. △

My Seventh Mile in the Presidents Shoes

(Continued from page 1)

Also at this meeting, I had the distinct honor of presenting a check for \$1,000 to the Highland Park First Aid Squad. They were the designated charity for the first running of the Equinox 20k. Hopefully the club will be able to make similar donations to the community in the future.

Our next general membership meeting will be in September. This is a very important meeting and I encourage as many of you as possible to attend. The September meeting is where club officers are nominated for elections which are held in December. I implore everyone to run for a position on the board. This

is a great way to get more involved in RVR's day to day activities. If you would like to make changes or share your ideas I couldn't think of a better way to do it.

Also, at this meeting we will be holding the first ever RVRR flea market and swap meet. Do you have stuff you want to get rid of?? Running shoes you bought but for some reason never wore?? Things you no longer use but would be a treasure to someone else?? Here is your opportunity to drag them out and try to find them a new home. For example I am always looking for vinyl records. So start setting aside those

things you want to sell. The date for this meeting will be posted soon.

Equinox race planning will be starting up again shortly. This is another way you can get involved in club activities. Being on the committee is flexible and you can give as much or as little time as you have. Everyone is welcome. If you are interested, please contact me at dana_g99@yahoo.com.

I hope everyone enjoys their summer and doesn't overheat. Drink lots of water and eat lots of ice cream.

Dana △

Trianing Run Wrap up!

By Ray Petit

On Saturday, May 31, 2003, our day started long before the sun came up. When I pulled into the Grove # 5 parking lot at 4:45 AM, Chris Lehman was already there listening to some strange meditation music and burning incense. Saul Duarte had called me the night before and asked me if we had room to take him to Trenton, and asked me for a 4am wake-up call. I expected the call, because he did the same thing the year before. Next to arrive was Dave Faherty, who also planned on running from Trenton to Grove # 5 in Johnson Park. We were soon joined by Dana Gross, who could barely keep her eyes open. I guess she isn't a morning person. Doug Brown, Iron Pete, and Jorge Rivera drove up, as the morning was beginning to dawn. Dave Hoch and Cheryl Scher arrived at 5:15am., and we were on our way by 5:16am. In the half hour drive to Trenton, all we could discuss was , not if it was going to rain, but rather when. As we had done the previous four years, we were in Trenton and ready to run by 5:55am. At 6am sharp, Dave Hoch gave us the signal to start the run. After months of cajoling, begging, and bribing a woman to attempt to run the entire 34.1 miles to Johnson Park, there were no women starting with us. I made one last attempt to convince Cheryl and Dana to do it, but, I was turned down. There is a calmness on the towpath at 6am in Trenton, that needs to be experienced. Doug Brown came to Trenton to experience a different part of the towpath, being the only one in our group who never started in Trenton before. I tried

staying with the other runners, but, my level of fitness didn't allow it. Dave, Cheryl and Dana met us at several points along the path to offer us water and encouragement. After about 6 miles, I knew that I had enough running for one day. Although he is a veteran of doing the entire distance, I sensed that Dave Faherty was having trouble keeping the pace.

The run from Trenton to Grove # 5 is really a story of two runs. The run from Trenton to Rocky Hill and Rocky Hill to Landing Lane. In the first fourteen miles, you get to experience every kind of terrain, overgrown vegetation, as well as a quick dash across Route 1. The only other human contact is the occasional fisherman, and Sue Juronics offering support to the runners. The run comes alive at Rocky Hill. This is the spot where we have come to expect Peter Onufryk with his very realistic train whistle. It is kind of like running the New York City Marathon, coming across the bridge from Brooklyn, and experiencing the crowds on 1 st. Ave. This year, we attempted to have three trains join in at Rocky Hill. The freight train traveled at a 9:30 pace , the express train traveled at a 7:30 pace, while the regular commuter train would keep the runners from Trenton company. In reality, the freight train was very popular, while only a couple of runners felt like running a 7:30 pace. By now, the run was getting exciting, with three different groups on the towpath. The weather was even getting better and it looked like we wouldn't get rained on. All the volunteers were in place and ready to offer refreshments to the runners. By Rocky Hill,

Dave Faherty had succumbed to exhaustion, so we were down to only Saul and Chris still running. Pete, Jorge, and Doug had dropped out, as planned, and were offering support to the runners. Wayne Baker had missed the bus to Rocky Hill and had driven his car to Rocky Hill. Pete drove Waynes' car back to Johnson Park, and offered a lift to a very grateful Dave Faherty. At Janice Reids' urging , we added a new bus stop this year- Blackwells Mills Rd. It was a overwhelming success, with quite a few runners joining in at that location. Maybe they were nostalgic , as Blackwells Mills Rd. was the Saturday morning meeting spot, five years ago. The further north the train moved, the more runners joined in, to keep Chris and Saul company.

Doug, Jorge and I drove ahead to set up the water stop in the South Bound Brook Lock. With only 5.5 miles from Johnson Park, it wasn't raining, every one was properly hydrated, and Chris and Saul were still looking strong.

The freight train was actually ahead of schedule, so we told them that they could slow down, if they wanted to. The express train arrived in the South Bound Brook Station too early, so we had to slow them down. Remember , the goal was for all three trains to arrive at DeMott Lane together and run the last 2.3 miles together. We then left South Bound Brook to assist Bob Hopkins in setting up the post run picnic. Doug and Jorge decided to set

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Training Run Wrap up

(Continued from page 3)

up the finish line clock at Landing Lane, to remind the runners that this event lasted five hours. Rosemarie Kiser handed out chocolate lollipops to congratulate the runners. Rosemarie reminded all of us that is a group run, and that we are doing it for fun.

By 11 am, both the runners and the volunteers were exhausted. Many of the runners had loved ones there to offer them support. Everyone had dry clothes to change into. The clothes were wet, not from rain, but from sweat. The rain did come, however, but it was too late to ruin our day. At approximately 2 pm, our luck ran out, and the skies opened up. It poured. As all of us know, it was a wet June. In fact, it was the wettest June in over a 100 years, and we had rain in 10 of the 13 weekends from April to June. Let the record book also show that we had five hours of good weather on May 31st.

I am grateful that everyone had a good time, with the only reported injuries being a skinned knee by Pam Huggins and a case of poison ivy by Ginny Werner. Dave Faherty was tired, but , he was fine. Chris Lehman and Saul Duarte finished strong and looked good. Saul Duarte is now a two time veteran of this event, while Chris Lehman is the only runner to run the entire 34.1 miles during the five years of this event. Happy 5th. Anniversary.

Rosemarie Strawn	4	Larry Kling	0
Charlie Gadol	0	Larry Kling (guest)	0
Peter Priolo	8.4	Bob Jorissen	9.2
Mike Czech	11.3	Susan Tanner	5.5
Janice Reid	11.3	Kathy Rocker	13.4
Doug Brown	22.7	Jorge Rivera	22.7
Paul Krentar	11.3	Dave Faherty	20.7
Ed Levy	11.3	Gene Gugliotta	20
Jonathan Cruel	20	John Papp	20
Christopher Lehman	34.1	John Nowatkowski	13.4
Roseanne Lemongello	10	Charles Gromer	13.4
Dana Gross	11	Cathy Glamkowski	13.4
Robert Townley	20	Alice Tempel	4.4
Kenneth Ellis	9.2	Leigh Walker	13.4
Ron Petit	9.2	Lori Stein	20
Melvyn Kosmin	5	Ray Schick	11.3
Pamela Huggins	9.2	Roger Price	9.2
Luke Huggins	2.3	Martin Ficke	11.3
Ray Petit	6.2	Laura Russo	11.3
Wayne Baker	20	Rob Hopkins	9.2
Philip McGoff	20	Ed DiJoseph	20
Bill Panayote	9.2	Aravind Vijayakirthi	20
Annette Johnson	9.2	Saul Duarte	34.1
Peter Onufryk	13.4	Ginny Werner	11.3
Moshe Tai	7	Cindy Mobus	13.4
Sherrie Felton	6	Alyson Cook	13.4
Rita Musanti	13.4	Liza Griffis	9.2
Dave Hoch	4	Ruby Keywright	9.2
Cheryl Scher	16.7	Kim Nnanna	6.9
Jessica Fox	0	Mike Feriden	10
		Carolyn Munger	5.5

Total Miles 757
Number of Runners 59
Average Run 12.83
Most Popular Distance 13.4
 △



Congratulations to everyone who ran, regardless of the distance. A special congrats goes to Saul Duarte and of course to Chris Lehman (the King of the training run). The next question is...who will be the Queen?? Any Takers??

Actual Runner	Miles
Scott Brenner	13.4
Mark Strawn	13.4

Trip to Boilermaker 15K

By Gene Gugliotta

July 13th's Boilermaker 15K is the largest 15K in the US. Entries this year were capped at 10,000 runners. I waited too long and it was difficult for me to find a motel with any rooms still available – and this was in April. The finishing list for the 15K indicates there were 8833 finishers, which may indicate no-shows or DNF's. Fifteen RVR members made their way to the Boilermaker - Wayne Baker, Ken Ellis, Dave Hoch, Rosanne Lemongello, Greg Mullins, Sara Parsowith, John & Robyn Piccinic, Peter Priolo, Amy Rappaport, Janice Reid, Cheryl Scher, David Williams, Ginny Werner and me. The trip started on Saturday, when carpoolers and room-sharers met at my house and left for the 5 hour drive to Utica, NY. When we arrived there we checked in and enjoyed the race expo. We got to see a movie star at the expo: the yellow MGB that starred in the 1997 movie *Prefontaine*. After checking into the motel and working out the sleeping arrangements, we went to the Distance Running Hall of Fame induction ceremony. This was an unex-

pected inspirational treat. Jim Ryan, George Young and Mary Slaney were inducted. The Master of Ceremonies was Larry Rawson, ESPN Emmy Award Track/Field & Marathon commentator. For more information on this, checkout distanconline.com.

We had dinner at a local restaurant, where we had our own private dining room. For desert we went to "Babe's", a restaurant that has countdown-to-Boilermaker parties year round and supplies free pasta dinners to registered runners the night before the race. Ken had his second dinner here.

At 5:45 AM we were up for the ride to the finish area, where we picked up the busses to the starting area for this point-to-point race. At 8:30 the cannon went off, and if you were lucky enough to be near the starting line, you were over it in less than a minute. Dave Williams decided to start near the back, and it took him about 10 minutes. No matter, since the race is chip timed with a real net times posted right after the race.

The race is a rolling affair, with spectators lining the route. Boilermaker gives spectator awards to

the neighborhood that best supports the runners. In addition to thousands of supportive people cheering us along the route, we were treated to water, ice, pop-sicles, live music, and many signs promising free beer in x number of miles.

And that is what it is all about, isn't it? After the downhill finish, runners are led into the backyard of Matt's Brewery, brewers of Saranac beer. Free beer, food, and music fills the morning hours as all runners, their families, volunteers and local residents have the biggest party I have ever attended. Fireworks and flybys by a pair of F-16's add a patriotic flair to the event. And did I mention that we hung with Bill Rodgers for a little while? He liked my Equinox 20K shirt, but said he wouldn't come to run it next year for the room and board I offered him.

Go to this race next year. You can sign up today at boilermaker.com. Maybe somebody can reserve some rooms before they are all gone this time?△

RVRR Celebrates Our 20th Anniversary

By Janice Reid

On June 25, the club celebrated 20 years of running in Highland Park with our 1027th consecutive Wednesday night run. Yes, in all those years, despite rain, wind, hail, snow, blinding snow, ice, heat, humidity, floods, blackouts, holidays, injuries, you name it, there have been runners gathering under the RVRR banner every Wednesday evening to run.

I'd like to congratulate and thank those members who have been with the club since the beginning, and those who've been there "almost" since the beginning. Their

names and date they joined are listed below.

But I'd especially like to thank Allen Paul, who's idea it was to start this wonderful club. Allen wanted a place where runners could feel welcome to come and share their love of running. And, despite the tugs and pulls of different personalities that happen in any group, RVRR continues to be, first and foremost, a friendly place where runners come together to run. Be it group run or adventure run, track workout or race, there is always somewhere to run and someone to run with. And usually some food and drink involved as well. You can't ask for more than

that.

Our "oldest" club members:

Allen Paul	6/1/1983
Jeffrey German	6/1/1983
John Hoagland	6/1/1983
Art Kestenbaum	6/1/1983
Charles Levitsky	6/1/1983
Roger Shatzkin	6/1/1983
Bruce Nadler	8/1/1983
Douglas Brown	10/1/1983
John Nowatkowski	1/1/1984
Janice Reid	11/1/1984
Jerry Baron	1/1/1986
Peter J. Fama	10/1/1986
Louise (Narciso) Fama	1/1/1989
Bill Pape	1/1/1989
Paul Grassie	5/1/1989
Gerhard Wiesinger	10/1/1989

Happy Birthday!

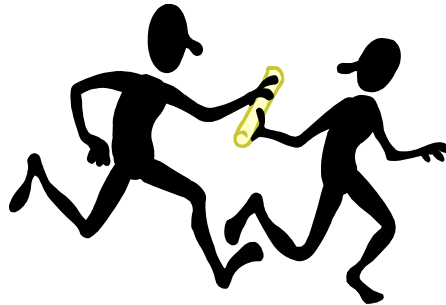
July 2003

**-New Age Group

Rick Leeds	7/1
Joaquim Costa	7/3
Lindsay Tomlinson	7/4
Janice Reid	7/6
Howard Gases	7/8
Judith Samuel	7/10
George Kelly	7/12
Art Sammond Jr	7/12
Julian Zammit **	7/17
Christina Kosh Dyke **	7/17
Diane Romano **	7/21
Sharon Rogers	7/25
Christopher Mech	7/25
Gerhard Wiesinger **	7/26
Rob Defilippis	7/27
Judy Faherty	7/30

Welcome New Members

Lindsay Tomlinson	So Bound Brook
Kimberly Nnanna	Somerset
Mathieu Lentine	Milford
Megin Lentine	Milford
Nancy Benedetti	Fleetwood PA
John Gould	Gladstone



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**. △

It Never Rains on a Runner's Parade

By Dave Lazarus

Perhaps nothing accentuates why running is the best athletic hobby better than the cold, rainy nasty winter and spring we have endured. While almost everyone is totally bummed out about the relentless rain that has ruined almost every outdoor event, running has generally been spared and my running has generally benefited from the cool days. Compare to some other endeavors. My friends who play Sunday softball had seven rainouts in eight weeks and the one week they played, the field was muddy in spots. Mets or Yankees ticket holders have had to endure all kinds of 2 hour rain delays often resulting in a rainout where they now have to Traverse

the Cross Bronx in inches of water. Golf has almost been a forgotten activity and the lack of accessible golf this spring may play a part in Jason Kidd leaving for the Sun Belt. There is also the economic devastation felt by farmers and shore businesses.

But the running spring has been pretty fortunate with nice weather at most of the big races including Equinox, Shore, Midland and President's Cup to name a few. At the recent president's Cup 5k there were numerous runners huddled under heavy jackets but when the race started there were a record number of sub 15 minute times.

Even on Memorial Day, when the rain cancelled everything including my town parade, Ridgewood went off without a hitch and I was able to

enjoy a great run in the pouring rain. When I arrived at my health club after drying off-everyone was incredulous that I had been outside. I would much rather get soaked than run on a treadmill this time of year. Treadmills are for those cold winter nights when there's ice on the road.

So my best advice would be when your non-runner buddy grouses to you about what a rotten spring it was-you feel their pain and not gloat about how you did record mileage. It's a chapter about finding common ground straight out of Dale Carnegie, who was a pretty fair 10K runner himself.

Raritan Valley Road Runners

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RRCA Club #664

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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

2003 Executive Board Members

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2nd Vice President **Bob Townley**
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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, 1st 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

Happenings at RVRR!

Club Events, Selected Races

- August 3** – Mahalon Dickerson Adventure run, 9 a.m.
- August 5** – Fourth Summer Series races
- August 10** – Watchung Reservation Adventure run, 9 a.m.
- August 16** – Contact We Care 5k Run, Fanwood, 6:00 p.m.
- August 17** – Half-Wit Half Marathon, Reading, Pa.
- August 31** – Delaware Water Gap Adventure run, 9 a.m.
- August 31** – Crossroads of Woodbridge 5k & 10k, Woodbridge, 9:00 a.m.
- September 21** – Columbia Trail (High Bridge) Adventure run, 9 a.m.
Δ

Saturday Towpath Runs

Every Saturday morning at 8 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 7:50 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

Don't Forget!

Raritan Valley Road Runners present our Annual Club Picnic

Sunday, September 7, noon 'til??
Grove 1, Donaldson Park, Highland Park, NJ

Featuring....Food, Friends & Fun catered BBQ, frisbee, croquet, etc. and.....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)

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

Maywood 5K 5/17

Sergio Cano	17.40
2nd	
Joy Jaworowski	19.05
F1	
Patricia O'Hanlon	24.58
AG2	
Jane Van Eeuwen	39.27

Bahr's 5M 5/18 Highlands

Dave Hoch	36.18
Cheryl Scher	39.26

South Brunswick 5K 5/18

Ken Vercammen	19.22
3rd	

Spring Lake 5M 5/24

Ken Vercammen	31.34
Chris Mech	31.56
Martin Ficke	35.53
Wayne Baker	40.54

Ridgewood Mile 5/26

Sasha Scott	5:09
2nd	

Ridgewood 10K 5/26

Doug Fitzhenry	34.26
Greg Mullins	34.29
Adam Little	35.16
Roger Price	35.45

AG1

Sergio Cano	36.24
Ken Ellis	36.36
Matt McCoy	37.13
Carl Rocker	38.14
Phil McGoff	38.50
Pete Priolo	40.19
Patrick Cosgrove	41.04
Jill Knorr	43.00
Lorraine McPhillips	44.15
Imme Dyson	50.55

AG1

Patricia O'Hanlon	51.29
AG2	
Cindy Peterson	71.43

Wyeth 5K 5/28 Madison

Patricia O'Hanlon	24.18
AG1	
Jo Ann Coffee	25.22
AG1	

Idaho Great Potato Marathon 5/31

Patricia O'Hanlon	4:21:39
AG1	

Hillsborough Hop 5K 5/31

Chris Mech	19.01
Jo Ann Coffee	23.35
AG1	

Streets of Tenafly 5K 6/01

Sergio Cano	17.12
AG1	
Robert Price	17.26
Steve Fisher	18.17
Joy Jaworowski	18.47
Patrick Cosgrove	19.07
AG1	
Sue Juronics	20.16
AG2	

Lorraine McPhillips	20.58
Sherrie Felton	21.02
Eva Fisher	23.33
Dorothy Little	23.40

AG2

Imme Dyson	24.10
AG3	
Annette Johnson	32.18

Old Bridge Lions 5K 6/01

Doug Fitzhenry	16.52
1st	
Paul Fiorilla	18.43
AG3	

Pleasant Valley 5K Basking Ridge 6/01

Mike Ferinden	20.17
AG1	
Paul Krentar	26.53
AG2	

Mayor's Trophy 5K Rahway 5/26

Joy Jaworowski	19.01
2nd	
Sue Juronics	21.17
AG1	

North Brunswick 5K 5/26

Mike Daigeaun	15.59
2nd	
Paul Fiorilla	18.41
3rd	
Alex Dobrowolski	25.24
AG2	

Merry Heart 5K Roxbury 6/02

Greg Mullins	16.44
2nd	
Ken Ellis	17.18
5th	
Mike Ferinden	18.24
AG2	

Alyson Cook	20.25
Scott Brenner	20.59
Ray Schick	22.38
Cheryl Scher	23.01
Rosanne Lemongello	25.45

Princeton Fete 5K 6/07

Frank Joworisak	25.09
AG2	

Princeton Fete 105K 6/07

Elliot Gordon	47.57
AG3	
Joan Casarella	48.25
Imme Dyson	49.30
AG1	
Lois Brown-Klein	58.41

Roselle 5K 6/08

Sergio Cano	17.42
AG2	
Patrick Cosgrove	19.38
AG1	
Jill Knorr	21.51
Patricia O'Hanlon	24.56
AG1	
Jane Van Eeuwen	36.50
AG1	

Portugal Day 5K Newark 6/08

Doug Fitzhenry	16.41
AG1	
Adam Little	16.52
AG2	
Sergio Cano	17.44
Myrna Rosal	21.09
AG1	
Patricia O'Hanlon	24.52
AG1	

(Continued on page 9)

Race Results

(Continued from page 8)

Woodcliff Lake 5K 6/08

Steve Fisher 19.11
AG1

Woodcliff Lake 10K 6/08

Lorraine McPhillips 46.25
AG1

Clifton Cambridge Crossing 5K 6/08

Sue Juronics 20.55
AG1

Dorothy Little 23.48
AG1

Jane Van Eeuwen 35.29
AG3

Fear The Pier 5K Leonardo 6/07

Bill Panayote 22.34

Metuchen YMCA 5K 6/07

Rob Defilippis 16.30
Win

Chas Schneekloth 20.16
AG2

Kathy Rocker 20.26
Win

Jo Ann Coffee 23.53
AG1

Julian Zammit 24.05

Blackwater Eagleman Triathlon 6/08

1.2m swim, 56m bike, 13.1m run

Pete Priolo 4:58:36

Jan Brodka 5:05:17

Mike Czech 5:23:53

New York Mini 10K 6/07

Rosemarie Strawn 57.28

NY Biathlon Series 6/08

3mi. Run - 16mi. Bike - 3mi. Run

Carl Rocker 1:20:24
AG2

Caeser Revano 1:28:02

RVRR Summer Series #1 6/10

Greg Mullins 17.57
AG1

Mike Daigeaun 18.33
Roger Price 18.33

Ken Ellis 19.06
AG1

Carl Rocker 19.09
AG2

Gene Gugliotta 20.16
AG2

Joy Jaworowski 20.31
AG3

Jorge Rivera 20.40
Win

Doug Brown 20.48
AG1

John Nowatkowski 22.14
AG2

Ray Schick 23.35
AG3

Paul Krentar 24.25
AG1

Ron York 25.19
AG2

Jo Ann Coffee 25.38
AG3

Leigh Walker 25.51
AG1

Ray Petit 25.52

Robert Hopkins 25.52

Imme Dyson 26.24
AG2

Dorothy Little 26.25
AG3

Rosemarie Strawn 28.06
AG2

Rosanne Lemongello 28.45
AG3

Jessica Fox 30.40

Summer Series Prediction Run Results June 3, 2003

What else would you expect this "spring" but an overcast, drizzly, cool evening in June for the 5th annual RVRR-Members Only prediction run on the Summer Series course. Runners had to factor in the course and weather conditions in their time predictions for the race, and they did so with varying results, as you can see from the list below. The predictions are held secret so that runners cannot pace off each other. No one knows if a runner has predicted an "up-tempo" time or an easy jog. Congratulations to metronomes Ray Petit, Paul Krentar, Ken Ellis and Matt McCoy, who were all within 10 seconds of their prediction.

Name	Predicted Time	Actual Time	Diff. (sec.)
Ray Petit	28:00	27:58	2
Paul Krentar	26:30	26:33	3
Ken Ellis	24:00	23:54	6
Matt McCoy	19:17	19:09	8
Frank Werner	26:00	26:10	10
Pete Priolo	27:00	26:50	10
Roger Price	19:00	19:11	11
Carl Rocker	19:30	19:42	12
Jorge Rivera	21:10	21:45	35
John Nowatkowski	24:00	24:35	35
Ray Schick	26:30	25:46	44
Doug Brown	21:10	22:02	52
Alyson Cook	27:10	26:11	59
Chris Lehman	27:00	28:37	97
Gene Gugliotta	23:32	21:50	102
Janice Reid	29:49	32:45	176
Cheryl Scher	29:30	32:46	196
Nancy Benedetti	22:30	26:11	221
Rob Hopkins	24:00	27:49	229



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