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**Dates to Know**

June 10... Summer Series begins!

June 25... General Membership Meeting

Fridays... Friday Night Out Run

Saturdays... Towpath run

Check rvrr.org for latest club

## Getting Bored with Running

*by Bob Townley*

I did a run one night this past March. At the time, the run did not seem very special. I ran alone about an hour at a medium pace, the weather was cool but not cold, and the sun went down during the run, making the last fifteen or twenty minutes or so in the dark. But as I sit here a couple of months later, I remember this run

much more than so many others I have done, and the reason for this was easy to determine in retrospect, I simply ran somewhere I had never run before.

That day I had an appointment late in the afternoon in Matawan. I had a decision when it was over around 6:00: do I drive home and then run, or do I just go now? I almost went home, but I decided to put my run-

ning stuff on, take a quick look at a map, and go. Although I didn't know it until I checked the map later, I ran from Matawan to Keyport and back. I enjoyed the run at the time, and I know if I'm ever driving through Matawan again, maybe years from now, I'll remember that night I ran through the town.

Then I started thinking some more. I

*(Continued on page 2)*

## My Sixth Mile in the President's Shoes

*By Dana Gross*

My 6th Mile in the President's Shoes

I can't believe it is June already. I hope everyone's racing season is off to a good start and no one has suffered too bad of an injury.

Midland was a big success this year with most of our teams placing. Although I believe we were out lasted at the Midland post race by the Morris County Striders. Well

they did have the better beer and a big tent.

By the time this gets out, the Towpath "Train"ing run will have occurred and I am sure it will be a great success. Ray puts his heart into all of the things he does for the club so I expect the best. Thank you Ray for all of your dedication and hard work.

June finds RVRR with a very busy schedule. June 10th starts off the

Summer and Youth Series races. Good luck to everyone who is participating. If you don't want to compete please feel free to come over to Donaldson park and be a volunteer.

June 25th is our quarterly general membership meeting. This one is particularly exciting because it is the 20th anniversary of the club. Allen may say that it is more like 25 but I am sure he will set us straight at the

*(Continued on page 2)*

## Getting Bored with Running

*(Continued from page 1)*

thought of the run I did through Elizabeth when I was on jury duty, and they gave us a long lunch. Or that run through Wayne around the lake when I was up there for work, or when I had a meeting in Lambertville, and I had a chance to run along the Delaware River. These runs really did stand out from the thousand other runs I've done the last few years. I realized I should make more of an effort to try different runs in different places, and I'll keep looking forward to running even more.

That brings me to the point of this article: how to keep making running enjoyable and something to look forward to, as opposed to tedious and dull. Here are some hints, just based on my own experiences, and related to the story above, as to how to keep having fun running.

1) As mentioned, run in a town you have never run in before. New Jersey has a lot of neat towns that to most of us are

nothing but Parkway and Turnpike exits. Try running through them occasionally. You may find the change adds a breath of fresh air to an otherwise routine schedule. Plus there is always just a little excitement in not knowing exactly where you are going (of course, always use common sense when running in unfamiliar places).

2) Be prepared to run always. You never know when you'll have a chance to run (see the jury duty example above, what else was I going to do for two and a half hours?). Also, having a map to reference before you run doesn't hurt.

3) Forget about the mileage and the minutes/mile and just run. Many of my runs (especially the longer ones) I set out to a predetermined time, and I literally make the course up as I go along. I quite often run through neighborhoods just a couple of miles from my home that I never been through before. I once had the pleasant surprise of finding a trail near my house

(even though it was only about a 1/2 mile long).

4) Racing also quite often brings you to towns that you otherwise would not see. The only times I've ever been to towns like Boonton, Sparta, and Bayonne were during races.

5) A list of adventure runs for Summer 2003 has just been posted. Try to make the time to go to some of these runs. You will be glad you did.

Now I know most of us have a pretty good running schedule to begin with. We like to run familiar courses, and enjoy the company of running partners. That doesn't have to change. But occasionally try something different. I guarantee one year or two years from now you will remember these runs, and look forward to doing them again. Δ

*Bob has some great ideas, such as always be prepared to run. You may never know where you may find yourself one day with some time to spend on yourself! - ed.*

## My Sixth Mile in the Presidents Shoes

*(Continued from page 1)*

meeting for he as well as several other past presidents will be attending the meeting to give us a sense of where this club has come from.

I would like to thank Ken Ellis who has picked up the ball and is off and running with it. He has

scheduled several adventure runs for the club between now and September. The first one is on June 22 at Hartshorne Woods. There will be an 8:30am bike and a 10am run. The following one at Jockey Hollow on July 6th will have me leading a slower group. If you

would like to help Ken out with these runs please get in touch with him. It is always easier to do these things with a little help from everyone.

Until next time, enjoy your summer running  
Dana Δ

## Adventure Runs are Back!

By Ken Ellis

bv

Ken Ellis  
kellis@softhome.net  
609-430-3040

June 22, Hartshorne Woods,  
10am run / 8:30am bike  
July 6, Jockey Hollow, 9am  
August 3, Mahalon Dickerson,  
9am  
Aug. 10, Watchung Reserva-  
tion, 9am  
Aug. 31, Delaware Water Gap,  
9am  
Sep. 21, Columbia Trail (High  
Bridge), 9am

### June 22, Hartshorne Woods, 10am

Very hilly, beautiful trail, over-  
looking the coast. It is also ex-  
cellent for mountain biking.  
Meet at 8:30am if your inter-  
ested in doing some mountain  
biking ahead of the main group.  
The main loop is about 8 miles,  
with a shorter 4 mile loop. To-  
tal distance for the run 8-12  
miles.

Take the GSP to Rt. 36 South.  
After approximately 8 miles,  
take a right on Navesink Ave.  
Bear left at the fork. Parking lot  
will be on your right. For a map  
and other information, go to  
<http://www.monmouth.com/%7Egdi/ba/ba/hartshornepage.htm>.

### July 6, Jockey Hollow, 9am

Just south of Morristown, this  
one is a classic. It is somewhat  
hilly, and lots of shade from the  
summer sun. The main loop is  
about 8 miles, but feel free to do  
two loops.

Take I-287 north  
from I-78, and follow signs for  
Jockey Hollow. Once on Rt.  
202, go west on Tempe Wick  
Road. Follow the signs to the  
parking for the visitor center.

### August 3, Mahalon Dickerson, 9am

This one is a bit far north, but  
worth the drive. A few of the  
trails are outrageously hilly,  
some of the steepest I've seen,  
and make Jockey Hollow look  
like Nebraska, so its not for the  
faint-hearted. I'm not sure how  
long the trails are, last time I got  
lost, but we will go 8-12 miles  
depending on who shows up.

Take I-80 in New Jersey to  
Rt.15 North to Weldon Road.  
The parking area is about 3  
miles off Rt.15 and is located at  
Saffin Pond on the right hand  
side of the road.

### Aug 10, Watchung Reser- vation, 9am

This is another classic. Beauti-  
ful trails, with only moderate  
grades, so fairly easy running.  
It is easy to get lost however.  
Total distance for the run, 8-12  
miles.

From I-78 Eastbound, take Exit



44 (New Providence / Berke-  
ley Heights). At end of ramp,  
take a right on Glenside Ave.  
Proceed to stop sign (Valley  
Rd.), and go right. First left  
into the parking lot.

From I-78 Westbound, take  
Exit 43 (New Providence /  
Berkeley Heights). At end of  
ramp, take a right on Dia-  
mond Hill Rd, then next right  
on McMane Ave. At the end  
of McMane, right on Glenside  
Ave. At the stop sign (Valley  
Rd.), take a right. First left  
into the parking lot.

### Aug 31, Delaware Water Gap, 9am

This is a bit of a drive, so con-  
tact me (kellis@softhome.net,  
or 609-430-3040) if you're  
interested in car-pooling. We  
will be heading north on the  
trail system, going out to that  
pond, whatever it's called.  
Total distance, 8-12 miles.

Rt. 80 West to the border with  
Pennsylvania. Follow signs  
to the Delaware Water Gap  
National Recreational Area.

*(Continued on page 4)*

## Adventure Runs are Back

*(Continued from page 3)*

Park near the visitor's center, south of the freeway along the river.

### Sep 21, Columbia Trail (High Bridge), 9am

This is an old railroad bed, so its long and flat. It will also be out-and-back, so do whatever distance suits you. The trail ends after about 8 miles, so the

run tops out at 16 (round-trip).

Take I-78 West, then Rt. 31



North towards Clinton. At the second light, right onto West Main St. (also Rt. 513N). Follow signs for Rt. 513 N. Make a right on Bridge Street (still Rt. 513N), and go under the train bridge. Immediate left on Main St. Lot is on the left hand side just before Church St (Borough Commons Public Parking lot).△

## On Your Mark...

*By Carl Rocker*

I was looking through the new edition of the race forum and I saw an advertisement for something that I had never seen before. Between the endless ads for coaches looking for athletes to train, I spotted a very different kind of coaching being offered...I'll lead into this with a short story.

While I was on the starting line of the Midland 15K, everyone around me was very happy. Talking to anyone who would listen about their plan for the race or what they were feeling at that moment. People were joking about their training, what they had to eat that morning, the things they had to do get the family out of the house that morning. It was a very jovial mood. Everyone was very excited about their journey over the next 9.3 miles. The weather was absolutely perfect. It was overcast and the temperature was cool, a better day could not have been dreamed up.

While on the starting line of the Ridgewood 10K this past Memorial Day, it was the exact opposite of the

mood at Midland. Everyone around me was talking about getting the race over and getting home. Taking a hot bath, getting back into their beds. You could just feel the energy draining out of yourself and the people near you. You just couldn't wait for it to be over. The weather could not have been much worse. It was pouring rain, cold and when a gust of wind came through the crowd, you could not help but shiver.

I had a pretty good race at Midland, I felt great for most of the miles and things were just clicking. Comparing that to Ridgewood, I had an OK race. I didn't feel right, I never got into a groove. Every step was a struggle. My feet simply would not move as fast I wanted them to.

I guess the point of this is that your mind is really what is in control of your body. Your mood can mean the difference between a PR or an average race. Everyone I know trains their bodies, and pushes it as hard as possible, even past the breaking point. (Just ask anyone who is injured). I believe that the difference between great athletes

and champions, is the mind. Anyone who can push through the pain, past that threshold, will win. How many people do you know who train their mind. Probably not many.

This leads to the reason I am writing this. One of our very own club members has started offering mental coaching. This is a great way to get in tune with your body, to learn how much stress your body can take; to recognize when your body is saying "that's it, I have had enough". You can also learn some great visualization techniques.

Visualization can be a very powerful tool in your arsenal. I have read that more and more of the professional endurance athletes who are looking for that little extra something are turning to this type of training.

If you are looking for that little extra something as well, I am sure that our very own 'Iron' Pete Priolo would be more than happy to talk to you about the various options.

Good Luck Pete!△

## Do a Little More

By Mark Strawn

As club Secretary I often here fellow board members talk about how there are only fifty or so active members in our club. I have many thoughts when I hear these comments. Where are the other people? Why are they silent? Are they unhappy with the club or are they content to receive a newsletter every month and have that be the extent of their involvement with RVR. If you are content to receive a newsletter and do nothing more then I hope you find this article entertaining. If you are among this inactive silent majority, who for whatever reason may feel the club is not living up to your expectations and would like that situation to change, I hope this article does a little more.

So how do I get more from my club experience if that is what my goal is. Well first things first stop doing what you are doing now. I once heard someone say that the ultimate definition of futility is doing things the same way and expecting different results. This makes perfect sense to me. I know that if I train at a certain level, completing a certain mileage with the same type of runs week in and week out I will basically be running at a certain level, finishing maybe somewhere in the middle of the pack at races. But if my goal was to run faster and maybe compete for a placing in my age group then my usual training pattern would only lead to futility, in order to get faster I need to train differently. Likewise if I have a certain level of

involvement in the club and am not happy with the club, why would this change if I do nothing differently?

What I need to do is do more. Hey I know there are legitimate and illegitimate reasons for not doing more. But we all know that if we make something a priority then almost without fail, those excuses will fall away. I also know that to expect big changes is unrealistic. So what I am talking about is doing something a little differently than what you did in the past. Make a commitment to do a little more. What do I mean by a little more? Well there are a lot of ways do just that with RVR. In case you haven't noticed this is a very active club. And as a member of a very active club there are many opportunities to get involved.

What are some examples, let's get to specifics here Mark. Well how about participating in a club run. Did you know that every week, week in and week out, the club meets and runs from three different locations? How about attending a club sponsored event. E.G. Holiday Party, towpath kickoff run, Awards Banquet. How about attending a quarterly membership meeting or board meeting, they are open to **all** club members. Another way to get involved is to volunteer at a race. Why not help out at the Summer/Youth Series in Donaldson Park?

The great thing I have found to be true is that once you do a little more, you meet some nice

people along the way. Which leads to another way to do more. If you attend a club run or event, I mean when you attend.... Find someone and ask questions, pick their brain so to speak. That's right talk a little more, then listen a little more. We are blessed with many people who are willing and eager to help others, so often we take others for granted, don't make that mistake, I have learned a lot from fellow club members and so can you.

So in summation make a commitment to do a little more. But make sure you can measure the little more that you do. Be specific and stick with it. For example, say I will join the club for the Saturday morning towpath run for the next two months. Or I will attend a social gathering, like going to dinner with club after the Wednesday run, once a month. I have only begun to scratch the surface here, but whatever you decide to do I know you will get more by doing and giving more of your time and yourself. Maybe, if we could take this to heart, at our next board meeting we will talk about the silent minority of inactive club members. That would be a happy and welcome change. Δ

*It is certainly not easy to get out and try something new, especially volunteering your time. If you just get out and try it once, you will be hooked. This club is loaded with great people, many of whom are my friends! - ed.*

### Happy Birthday!

**June 2003**

\*\* -New Age Group

Doug Fitzhenry	6/1
Lou Piffer	6/1
Charles Krowicki	6/2
Peter Onufryk	6/2
Larry Kling	6/5
Spook Handy	6/6
Michael Czech	6/10
Charles Levitsky	6/13
Frank Werner	6/15
Patricia O'Hanlon **	6/16
Ed Halper **	6/16
Jill Knorr	6/16
Patrick Kelly	6/19
Mark Zenobia	6/19
Jim Kenyon	6/19
Gene Gugliotta	6/23
Peter Priolo	6/23
Cindy Gadek **	6/25
Benai Dickinson	6/25
Raymond Paul	6/26
Gary Rosenberg	6/28

### Welcome New Members

Laura Russo	Franklin Park
Tim Clark	North Brunswick
Jessica Fox	Piscataway
Emily O'Connell	Summit
Maggie O'Kane	Franklin Park
Deborah Myers Davis	Somerset
Ron Petit	Maplewood

### Welcome Back!

Robert Price	Bradley Beach
Michael Czech	Hamilton
Daniel Shapiro	Millburn

### RVRR Shorts and Singlets for Sale

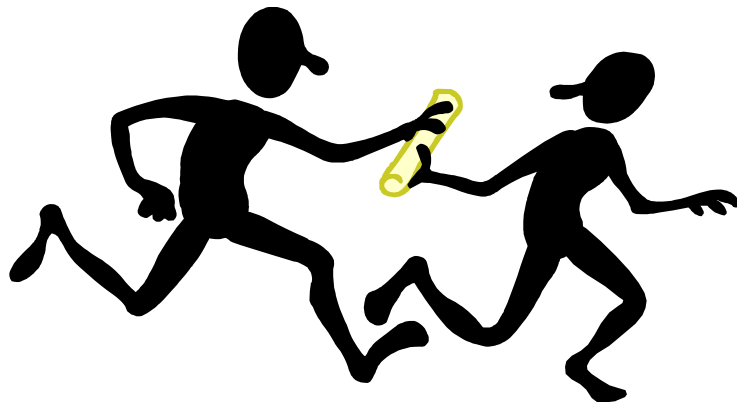
Just in time for the racing season.

*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**. △



Need something to motivate you to get out and run

How about training for the .....

**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

**2003 Executive Board Members**

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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

**Happenings at RVRR!**

**20<sup>th</sup> Annual Summer Series**

Hard to believe we've been at this for 20 years.....but

Come Tuesday, June 10<sup>th</sup>, the 20<sup>th</sup> version of the RVRR Summer Series kicks off with our 83<sup>rd</sup> Donaldson Park race. Of course the weather will be beautiful, so plan on attending to run (can the 40's team beat the 50's??), volunteer (we especially need traffic commandos to help Ed Levy), or just witness the magic that is the RVRR Summer Series. See you there!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](mailto:pkrentar@dallasgrp.com)

**Boston Marathon**

Boston, MA	Apr. 21
Mike Ferinden	3.01.05
Cathy Glamkowski	3.05.54
NJ F1	
Alyson Cook	3.30.55
Elliot Gordon	3.49.12
Imme Dyson	4.20.18
Mary Foley	4.30.35

**Capt, Ronald Zinn 5K**

Wall Twp.	Apr. 13
Dean Shonts	22.48
Capt. Zinn 10K Walk	
Wayne Baker	1:03:12
AG1	

**New Jersey Shore Marathon**

Long Branch	Apr. 27
Greg Mullins	2:47:12
NJ1	
Joan Casarella	3:50:42

**Main Street 5K**

Sparta	Apr. 26
Sergio Cano	18.18
AG2	
Chas Schneekloth	20:20
AG2	
Patricia O'Hanlon	26.04
AG2	

**Promise 5K**

New Brunswick	Apr. 26
Mike Daigeaun	17.50
3RD	
Matt McCoy	18.26
AG2	
Paul Fiorilla	19.18
AG2	
Scott Brenner	22.25
Scott Dedecker	26.29

**Westfield 5M**

Ann Coffee	Apr. 26
AG1	
Wayne Baker (RW)	50.27

**Cherry Blossom 10K**

Newark	Apr. 27
Doug Fitzhenry	35.31
AG1	
Roger Price	37.15
AG2	
Ken Ellis	37.45
AG2	
Carl Rocker	39.11
AG3	
Mike Ferinden	39.23
Doug Brown	40.03
AG3	
Jorge Rivera	41.00
Phil McGoff	41.38
Ilona Bella	41.42
Patrick Cosgrove	42.34
AG2	
Kathy Rocker	42.54
Jill Knorr	43.56
Lorraine McPhillips	45.41
Sherrie Felton	46.54
Dana Gross	48.50
Paul Krentar	50.15
Sonya Swahla	52.19
Patricia O'Hanlon	52.23
Rosanne Lemongello	55.56
Madeline Bost	66.19
AG1	
Jane Van Eeuwen	83.12

**Miles for Matheny 5k**

Peapack	Apr. 27
Gary Rosenberg	20:21
AG1	

**Spring Break 5k**

Belmar	Apr. 26
Dave Hoch	22:33
Cheryl Scher	24.32

**Cardinal 5k**

Plainfield	May 3
Sherrie Felton	21:51
AG3	
Jo Ann Coffee	24.47
AG1	

**Earth Day 5k**

Jersey City	May 3
Sergio Cano	18:30
AG3	
Patricia O'Hanlon	25:30
AG2	

**Sunrise Run-Bike-Run**

3mi run-16mi bike-3 mi run	
Long Branch	May 4
Carl Rocker	1:20:33
4th	
Lindsay Tomlinson	1:26:56
F1	
Cesar Revano	1:29:40
Chris Mech	1:34:30
Dean Shonts	1:35:37
AG1	
Kathy Rocker	1:44:33
AG1	

**Run for Stars 5k**

Montvale	May 4
Joy Jaworowski	20:07
1st	

**Rumson 5m**

Alex Dobrowski	May 4
	41:00

**Broad Street 10m**

Philadelphia	May 4
Robert Price	1:05:33
Ilona Bella	1:05:33
Sue Juronics	1:14:22
AG3	
Imme Dyson	1:21:13
AG1	

**St Croix Half Ironman**

US Virgin Islands	May 4
Amy Rappaport	5:58:48
AG2	

**Runners' World Half Marathon**

Allentown	May 4
Wayne Baker	1.38.47
Martin Ficke	1.39.28

**Our House 5M**

Summit	May 4
Roger Price	28.59
AG1	
Ken Ellis	29.34
AG3	
Rich Gebauer	29.45
AG2	
Sergio Cano	29.55
AG3	
Paul Fiorilla	30.45
Mike Ferinden	31.10
Steve Fisher	31.50

*(Continued on page 9)*



**RVRR**

PO Box 1197  
Edison, NJ 08818-1197



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

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