



## Calling All Club Members! New and Improved Wednesday Night Runs are Here!

Dagfin Fang

On June 23rd, we have our Annual Anniversary Run and General Membership Meeting. This is the start of another year of Wednesday Night Runs from Highland Park. Our unbroken streak continues since the summer of 1983!

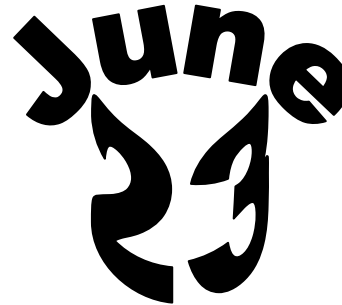
On this evening we take the official Annual Club Photo. We want every club member to attend for this momentous event!

After the run, at the General Membership meeting, there is food and drink.

Club member Rita Musanti, RN, MS, will speak on "Running and Cancer Prevention". Rita is a nurse practitioner in oncology care.

Our new location is Highland Park High School, on North 5th Avenue. Enter the driveway and park in the back. We begin and end the run on the track. If you feel the up-to-eight mile course might be too lengthy, you can run or walk on the track instead.

If you haven't come out yet, join us on this special night!



**"You are cordially invited to attend the Annual Anniversary Run, be part of the official club photo, and enjoy the General Membership Meeting!"**

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### Upcoming Events

- June 23: Annual Anniversary Run, Club Photo, General Membership meeting with food & drink.
- June 29, July 13, August 3: Summer Cross-Country Series.
- June 30: Celebrate *El Treinta de Junio!* Dinner at Marita's Cantina after the Wednesday Night Run!
- June 29, July 13, August 3: Summer Youth Series
- July 10-11: Road Trip to Boilermaker 15K!
- July 18: Adventure Run at Watchung Reservation!
- July 31: Swim and Fun day at Lake-Vu Day Camp in East Brunswick!
- October 24: East Brunswick 10K & 5K.

**Keep up with club events at RVRR.ORG. Join our Yahoo! Group for email messages!**

## My Second Mile in the President's Shoes

Bob Townley

As I write this, spring is here, and the racing season is in full gear. Every weekend it seems that there are at least half dozen or so races to choose from. I look at the results and I see some club members do two (or even three) races every weekend. Other club members like to take advantage of the warmer weather to just run, and not worry about when and where their next race will be. Either way, I think everyone likes the spring.

I am hoping that soon everyone will have a chance to check out our new Wednesday night run location, the Highland Park High School, located on North Fifth Avenue. My many thanks go to Lois Brown-Klein and Ken Ellis for putting this together for us. We should also thank Gary at the gym, who let us use his place for over a year, and wish him the best of luck with his gym opening.

In April, we had our annual table at the Highland Park

Street Fair. We handed out a lot of info about our club while the weather held up, but unfortunately we were rained out early in the afternoon.

In May we had a couple of nice events surrounding the Midland Run. We had the pre-Midland warm-up run and brunch at Dana Gross's home on the May 8th. My thanks go to Dana for hosting what is annually a favorite club event. At the Midland Run itself on May 16<sup>th</sup> we had our an-

*(Continued on page 6)*

## Sixth Annual Towpath “Train”ing Run

Ray Petit



**“By the time they reached Johnson Park, five hours after starting, Doug and Peter had the company of over 80 other runners.”**

Several weeks ago, Peter Piplani contacted me with concern that he was the only runner scheduled to start in Trenton and run the entire 34.1 miles. The best I could tell him was that several other runners would start in Trenton, but would probably only run 20 miles.

Four days before the event, Paul Piplani emailed me and told me that he planned to fly into Philadelphia Airport on Friday night, and drive to Johnson Park. He told me that he had completed 493 marathons since 1993, and his goal was to run 500 by mid June 2004. The day before the event, I saw Doug Brown and he told me that he was also thinking about doing 34.1 miles.

On event day, my phone rang at 3:30 am. Who would be calling me at this unearthly hour? It was Paul Piplani looking for directions to Johnson Park. It was going to be a special day. At exactly 5:15 am,

with Dana Gross as my co-pilot, I left Johnson Park for our annual trip to Trenton, with Saul Duarte, Peter Palaitis and Paul Piplani as my passengers. Ken Ellis was driving behind me, with Doug Brown and Iron Pete Priolo as passengers. After a brief stop at a local diner, Ken and I got the runners to Trenton for a 6 AM start. Ken and I drove to Princeton, the first water stop for the runners. Saul, Peter, Doug and Pete came by right on schedule. Pete ended his run here, and Dana soon arrived, and decided that she had enough. They both complained about the heat and humidity. Paul arrived in Princeton much later, but kept a steady pace. Ken then drove to Johnson Park, so he could board the bus for his run. With Dana and Iron Pete recovering from their run and able to drive my car, I was able to board the train at Rocky Hill. I ran, while Dana and Pete supported the runners. Saul eventually abandoned the run, while Peter and Doug

clicked off mile after mile, exactly on schedule. By the time they reached Johnson Park, five hours after starting, Doug and Peter had the company of over 80 other runners.

This was by far our largest Towpath “Train”ing Run. The runners were treated to various store-bought delicacies, as well as homemade dishes from Bernadette Petit, Ken Ellis and Cathy Glamkoski. When Paul Piplani didn’t arrive by 1 pm, several of us started to worry. Knowing that Paul was a seasoned ultra marathoner, we were only worried because it was hot and humid and we weren’t sure if he had any water. To make matters worse, we saw that Paul’s rental car had a flat tire. We knew that Paul had an early afternoon flight out of Philadelphia to compete in the Green Bay Marathon the very next day. Iron Pete posted a sign at Landing Lane so that Paul would know the run was over.

*(Continued on page 7)*

## Upcoming RVRR Events

❖ **June 29, July 13, August 3:** Summer Cross-Country Series & Summer Youth Series. Both events in Donaldson Park, Highland Park. The Youth Series starts at 6 P.M. and the cross-country event starts at 7 P.M. Entry forms at RVRR.ORG or at the event.

❖ **June 30:** Celebrate *El Treinta* de Junio! Dinner at Marita’s Cantina after the Wednesday Night Run! Marita’s is a Tex-Mex style restaurant in New Brunswick. This will be a welcome break from Dolls, so join us and imbibe!

❖ **July 10-11:** Road Trip to Boilermaker 15K! The biggest 15K in the U.S.A. You can come, but it is probably reached its entry limit by the time you read this. Check RVRR.ORG for more details!

❖ **July 18:** Adventure Run at Watchung Reser-

vation! Hosted by Trink Poynter and Rolf Arands. Rolling and rocky terrain, run 4-10 miles.

❖ **July 31:** Swim & Picnic Event at Lake-Vu Day Camp! Check the RVRR.ORG for details!

❖ **October 24 :** East Brunswick 10K & 5K!

## 2004 "Train"ing Run Runners & Distances

Doug Brown	34.1	Michael Ferinden	12.2	Erica Boling	5.5
Paul Piplani	34.1	Moshe Tal	12	Francesco Morales	5.5
Peter Palaitis	34.1	Bill Panayote	11.3	Frank Thesher	5.5
Saul Duarte	23	Jill Knorr	11.3	Maggie O'Kane	5.5
Alberto Artasanchez	20	Joe Baliany	11.3	Maryanne Moxie	5.5
Bob Jorissen	20	Joel Day	11.3	Michelle Burke	5.5
Bob Townley	20	Richard Uslan	11.3	Noe Chabaes	5.5
Carl Rocker	20	Frank Werner	11	Pam Huggins	5.5
David Williams	20	Jorge Rivera	11	Ray Schick	5.5
Ed DiJoseph	20	Ray Petit	10.3	Rob Tiberi	5.5
Gregory Mullins	20	David Hoch	10.2	Sharon Battershall	5.5
Jonathan Cruel	20	Farnia Fresnel	9.2	Judy Redling	4.6
Wayne Baker	20	Ken Ellis	9.2	Rosemarie Strawn	4.6
Charlie Gadol	17.6	Larry Kling	9.2	Stephen Kornstein	4.6
Phil McGoff	17.6	Leigh Walker	9.2	Sue Juronics	4.6
Sherrie Felton	17	Mark Strawn	9.2	Luke Huggins	2.3
Imme Dyson	16.9	Rita Musanti	9.2	Michael Malaga	2.3
Mary Foley	16.9	Rob Hopkins	9.2	Mel Kosmin	0
Conor Gaynor	15.4	Ron Petit	9.2	Mrs. DiJoseph+ 4 kids	0
John Gabinelli	15	Janice Reid	8.7	David Kulminski	n/a
Ken Mangin	14	Dana Gross	8.4	Diana Kulminski	n/a
Amal Mitra	13.4	Pete Priolo	8.4	Garth Griffiths	n/a
Cheryl Scher	13.4	Joe Walsh	8	Jennifer Balas	n/a
Chris Heeney	13.4	Julie Hadazy	7	Jerzy Kulminski	n/a
Dennis McDonough	13.4	Ken Vercammen	6.5	Michael D'Alessio	n/a
El Hamersly	13.4	Alice Tempel	5.5		
Gary Verhoorn	13.4	Carolyn Munger	5.5		
Ginny Werner	13.4	Carrie Bobenchik	5.5		
Jamie McFadden	13.4	Catherine Glamkowski	5.5		
John Nowatkoski	13.4	Chris Lehman	5.5		
Paul Krentar	13.4	Ed Levy	5.5		
Rohini Mitra	13.4				
Rosanne Lemongello	13.4				
Scott Brenner	13.4				
Simon Kokinda	13.4				
Spook Handy	13.4				
Toni McFadden	13.4				

**Total Miles Run : 1010**

**Total Runners: 85**

**Average Run: 11.88 miles**

**Going the Distance (34.1 miles): Doug Brown, Paul Piplani and Peter Palaitis**

**Going twenty or more miles: Saul Duarte, Bob Jorissen, Bob Townley, Carl Rocker, David Williams, Ed DiJoseph, Gregory Mullins, Jonathan Cruel and Wayne Baker**

**Club Participants: 90+**

## Happy Birthday

### July

Lindsay Tomlinson	7/4
Janice Reid	7/6
Sharon Dubow	7/7
Judith Samuel	7/10
George Kelly	7/12
Art Sammond Jr	7/12
Julian Zammit	7/17
Christina Kosh Dyke	7/17
Donna Comas	7/19
Christopher Mech	7/25
Gerhard Wiesinger	7/26
Judy Faherty	7/30

### Welcome New Members

Farnia Fresnel, Somerset  
Sharon Rogers, East Brunswick



## X-C Prediction Run June 1, 2004

Place	Member	Predicted	Actual	Diff.
1	Ken Ellis	24:30:00	24:30:00	0
2 (tie)	Chris Lehman	24:29:00	24:27:00	2
2 (tie)	Bob Townley	24:30:00	24:28:00	2
4	Janice Reid	31:31:00	31:36:00	5
5	Roger Price	19:30	19:19	11
6	Ed Levy	27:45:00	27:29	16
7	Mark Strawn	25:00:00	24:42:00	18
8	Ginny Werner	30:14:00	30:36:00	22
9	Carl Rocker	19:30	19:58	28
10	John Papp	23:50	24:29:00	39
11	Doug Brown	22:30	23:25	55
12	Paul Krentar	26:30:00	27:28:00	58
13	David Brown	23:00	24:05:00	65
14	Frank Werner	24:00:00	25:42:00	102
15	Ray Petit	25:37:00	29:05:00	208*

\*But he didn't get his feet wet.

## Donations 2004

### 5K (\$1 - \$24)

Rich Britton  
Scott Dedecker  
Alex Dobrowolski  
Peter & Louise Fama  
Cindy Gadek  
Charles Krowicki  
John Nowatkowski  
Bill Panayote  
Sonya Slyman  
John Taylor  
Alice Tempel & Leigh Walker  
Richard Weidman

### 10K (\$25 - \$49)

David Brown  
Larry Kling  
Paul Krentar  
David Lazarus

### 1/2 Marathon (\$50 - \$99)

Frank Russo

### Marathon (\$100 +)

Anonymous  
Atlantic Spring

### 2004 Executive Board Members

*President* Bob Townley  
rmtow27@aol.com  
*1st Vice President* Gene Gugliotta  
thinnmann@gmail.com  
*2nd Vice President* Jonathan Cruel  
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Erica Boling  
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Cathy Glamkowski  
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Steve Kornstein  
stephenkornstein@aol.com  
Bill Panayote  
billp500@netzero.net

### 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
Dana Gross	2003

### Raritan Valley Road Runners

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USATF-NJ Club #0202  
*Newsletter/Web Site:*  
Gene Gugliotta  
thinnmann@gmail.com

# Reality Bites.... But when it does, you gotta bite back!

Steve Kornstein

I ran a marathon a year for five years. I figured after a million years I'd have a million marathons under my belt. But this was not to be. Destiny, fate, and karma made a different path for me.

In life, we all tend to revert to our true nature. I first came across this concept in a novel, many years ago (I think it was *Serpico*). The author spoke about one character. This man had been a policeman, but was thrown off the force; he ultimately became a mob enforcer (his true nature).

I learned to swim as an adult, at the Y. In order to minimize wear and tear on my body, I cross trained: I swam three days a week,

on two of those days I swam only, on the third, I ran, Wednesday evening with RVRR. In the summer of 1997, the pool was closed for refurbishing. I only ran. I began to feel a twinge in my hip, which was still a twinge when the 1997 New York Marathon happened.

In those days I was a runner, with all the mental and emotional baggage that goes with the territory. It was fun, and I enjoyed the ride. So I kept going and the twinge became more than a twinge. In February of 1998 I planned to go away on a five week business trip. Some might say February has only four weeks, but none the less, my trip was going to be five. I figured I would not run, and my hip would

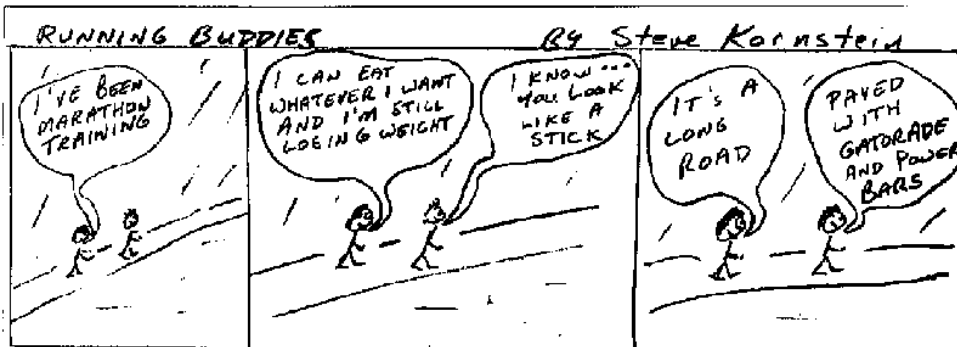
heal. Well, it did not. When the hip seemed alright after many months, my leg was not, and it still is not alright. It only bothers me when I run or try to run.

So what do you do when you have centered your free time around something for years, and you cannot do that thing anymore? I abandoned my running buddies. I was no longer one of you.

A thin thread of events brought me to yoga. When we think of yoga, the postures (asana), and breathing (pranayama), come to mind. These things are not what yoga is. They are only a small part of the system. Yoga is really about a state of mind, a focus and concentration

that we deliberately cultivate. To develop this state of mind, we need vital energy in the body. The physical part of yoga is the part of the system designed to focus on development of this vital energy. What is the ultimate goal of running? Development and cultivation of vital energy. For many of us, this goal is worth attaining, as a thing unto itself. There can be more. Yoga is one pathway to a higher self.

**“I abandoned my running buddies. I was no longer one of you.”**



These are Running Buddies Classics!

Top: The first Running Buddies from October/November 1991 RVRR Newsletter.

Bottom: January/February 1998 RVRR Newsletter.

## The Midland Run Report

Jonathan Cruel

The Sunday after Mother's Day marks one of big events for this club: the Midland Run. When I had first heard of it many years ago, I asked a few members and they replied, "It's a 15K, but there's a big picnic afterwards." As the years went by, and the month of May approached, people would ask, "Are you running Midland?" Last year was the first time I had run that race, and the picnic afterward was as enjoyable as everyone had said it would be. This year would be no different.

Held on Moorland Farms, in Far Hills, the Midland

Run is a scenic 9.3 mile race to benefit the Midland School in North Branch. This year marked the 27<sup>th</sup> running of the run, which also included a 5K, bike race, and other family orientated activities. Thousands show up to either run or enjoy the festivities.

Despite heavy thunder-showers the evening before, the morning of the run was slightly overcast with high humidity, yet cool temperatures. As the runners began registering for the race, the sun broke through the cloud cover and the temperature began warming up. By the time

of the start, the sun was out in full glory. The ground was not softened by the previous night's rain, so when the horn went off, the start was fairly quick.

With the sun out, the humidity started to dissipate, but it made the run that much hotter for the runners. Most of the course is shaded, but there were sections of Peapack Road that were brutal in the sun. The hills at mile 4 and at mile 7 didn't make the run any easier.

*(Continued on page 7)*

***"...there were sections of Peapack Road that were brutal in the sun. The hills at mile 4 and at mile 7 didn't make the run any easier."***

## President's Shoes: Mile 2

*(Continued from page 1)*

nual Midland picnic. The weather was great, and we had club members there well past 4:00 when the tent came down.

On May 22<sup>nd</sup> we had our annual towpath training run. This year we had over 80 runners and over 1000 cumulative miles. We had 3 people run the entire 34 miles, including club member Doug Brown, and a runner who was finishing up 500 ultra events in 10 years, Paul Piplani. The weather might have been a little warm for the run, but it was great for the picnic.

We had our first Tuesday night Summer/Youth series in Donaldson Park on June 8<sup>th</sup>. The remaining dates this year are June 29, July 13, and August 3. Janice Reid and Doug Brown are once again directing the Summer series, while Mark and Rosemarie Strawn are directing the youth series. They are counting on club members to run the races and volunteer, so please come out.

I want to mention again that the club is always looking to schedule adventure runs, or any kind of fun run. In the past, many of the ideas for these runs have come from club members. If you have a

favorite run, talk to me or Carl Rocker about it, and maybe we can schedule a group run there sometime this summer.

You may notice we have a new editor for the newsletter. Many thanks go to Carl Rocker who has been editor for the past few years, and has done a terrific job. I always wondered how he managed to find time to be editor with his four children, a full time job, and triathlon training. I always enjoyed his comments from the editor in the newsletter, and I wish Gene Gugliotta good luck in taking it over.

***"Many thanks go to Carl Rocker who has been editor for the past few years, and has done a terrific job. I always wondered how he managed to find time to be editor with his four children, a full time job, and triathlon training."***

## The Midland Run

(Continued from page 6)

By the finish of the 15K, the sun had driven all the humidity away and the temperature was a balmy 80 degrees: perfect picnic weather. The club provided subs, beer and soda, and club members were encouraged to bring other foods such as chips, fruit, and homemade goods. The picnic lasted up to 5 PM when we started to break down the tent and pack the leftovers into our vehicles. There was plenty of beer and soda left for our next big get-together: the Towpath Train Run.

The Midland Run/Picnic couldn't have been held on a better day, and hopefully next year will be just as fun.



Pick the person who ran 9.3 miles!



Run long, then sit long!  
More photos at rvrr.org!



Charlie, Doug & John of the Men's 40's Team!  
More photos at rvrr.org!

## “Train”ing Run 2004: 1010 Miles!

(Continued from page 2)

Imme Dyson and Joe Walsh jogged out on the towpath and gave Paul the greeting that he deserved. Although his run took several hours longer than Peter and Doug Brown, Paul's accomplishment was no less spectacular.

Paul allowed himself a few minutes to rest before his trip to the airport. After Janice Reid totaled the mileage, I was anxious to acknowledge the accomplishment of not only Doug, Peter and Paul, but

all the runners. We never had that many people on the towpath at the same time. This event truly had a pace and distance that would appeal to most runners. The 1,010 collective miles that we ran is a first for us. Ironically, this was the first year that we didn't have a woman run 20 or more miles.

Thanks to the generosity of the Raritan Valley Road Runners and a \$100 donation from Doug Brown's company, The Local Yellow Pages, and a similar donation from club mem-

ber Steve Kornstein, we were able to make a \$300 donation to the New Jersey Cancer Institute. Club member Rita Musanti accepted the check on behalf of the N.J Cancer Institute.

This event wouldn't have been possible without the financial backing from RVRR and the many volunteers supporting the runners from Trenton to New Brunswick. The feedback from this event has been extremely positive, with many runners stating that we will see them next year.

**“We never had that many people on the towpath at the same time.... The 1,010 collective miles that we ran is a first for us.”**



Raritan Valley Road Runners  
WWW.RVRR.ORG

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Newsletter & Web Site: Gene Gugliotta  
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"We're more than just a racing club!"



Member Club

WWW.RUNNINGCLUBS.ORG

USATF Club #0202

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**About RVRR**

The Raritan Valley Road Runners is New Jersey's best running club! Though we are involved in many races and events, we are not only a group of racers. We strive to promote the sport of running and its healthy lifestyle. We also have fun at parties and other social events! We have won the overall USATF-NJ Club Grand Prix since the award's inception in 2001. Our "**Wednesday Night Run**" in Highland Park is one of the nation's longest running regularly scheduled group runs. We have not missed a Wednesday Night Run since 1983! In June 2004 we will celebrate a 21 year "streak" of organized club runs!

Every Saturday at 8 A.M. we have a **Towpath Run** from Grove 5 in Johnson Park, Piscataway.

**Track workouts** are Thursday at Highland Park High School. The hard stuff starts at 6 P.M. come earlier to warm up.