



April 2005

Volume 14, Issue 4

**Upcoming Events:**

- **May 15:** Midland Run and Picnic
- **June 4:** Towpath "Train"ing Run
- **June 14, 28 & July 12 & 26:** Summer Series X-C Races, Donaldson Park, 7 PM.
- **October 23:** East Brunswick Road Races [www.ebrr.org](http://www.ebrr.org)
- **Wednesdays:** Group Run, Highland Park High School, 6:30 PM.
- **Saturdays:** Towpath Run, Johnson Park, 8 AM.

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**Midland Run and Picnic, May 15th**

**Dagfinn Fang**

The Midland Run has been traditionally a big social event for The Raritan Valley Road Runners. So many factors come together for us on this mid-May weekend to make this event special.

First there is the venue—perhaps the nicest place to have a race in the state of NJ. If the weather is dry, Moreland Farms is a great place to spend the day with friends and family. Even if there wasn't a running race for a great cause, this would be a wonderful place for an almost-summer day!

Second, there are the events. The 15K race covers a wonderfully beautiful and challenging course. Add to that a 5K, mountain bike races for adults and kids, and tons of free event tents. OK, the races may add a little pain, but that is part of the process. And of course it is all for the kids of the Midland School.

Thirdly, the entire shebang is directed by

RVRR's own Mark Zamek, 40's team co-captain, and one-time winner of the 15K. With the addition of a Midland Marathon for the 2006 event, RVRR is poised to be at the forefront of the event that will be heavily marketed internationally.

Fourthly, and perhaps most importantly, after the 15K we will have an RVRR picnic. Bring your folding chair and sunscreen! RVRR is supplying the beverages and 6-foot subs. Look for the RVRR banner in the reserved-for-clubs premium parking area.

We should use this opportunity to enjoy our club connections and to be out there attracting new members. If you plan to take part in the picnic, we ask that you please bring something to contribute and share, like a salad, finger-food, or dessert.

Please note that you don't even have to run the race to come to this event! Just being there will make this day great!

**Help East Brunswick Road Races Get Sponsorships**

**Ken Mangin**

Like many club members, I have run many races over the years and I have the drawers and boxes full of t-shirts to prove it. Most of these t-shirts have the same basic design – the name and date of the race along with some kind of graphic design and a list of sponsors on the back. Some of the shirts from races that have many sponsors even have some of the sponsor information on the sleeves. Wearing the shirts, I feel like a walking billboard.

they don't like having the sponsor ads on their race shirts. While I can understand this from a philosophical point of view, the fact is that races need all the sponsors that they can get. Sponsors cover many of the costs associated with putting on a race and without them, most races wouldn't survive. The fees that participants pay do not cover all of the expenses of a race and the sponsorship money makes up the difference and, sometimes, allows a race to

*(Continued on page 3)*

I have heard some runners complain that



Dialogue With A Fractured  
Proximal Phalange  
By Sherrie Felton

My friend you have carried  
me well over the years.  
Not the smallest cog of all,  
yet you keep a low profile,  
The modest recipient of  
force flowing through the  
metatarsal,

You make your distal  
cousin's foppish pointing  
possible.  
Breakable and mutable as  
everything else in the field.

One day I will no longer  
make these pedestrian  
distinctions.

You will go on to enrich a  
soil, germinate, perhaps bear  
fruit.

Another day you might gaze  
through a thousand eyes.  
But for this short time we  
are smartly mixed and  
conjoined,

An interstice with a view,  
assembled for a too brief  
tour.

Do I have your attention my  
phalange? You know you  
have mine.

My first trumpet, you are  
just a bit player with  
melancholy.

Look, all the others are  
poised to play the next  
arrangement.

*Even your cerebral fireflies  
believe in checks and balances.  
I am a part that you cannot do  
without, called up to instruct  
the whole.*

## My 11th Mile in the President's Shoes

**Bob Townley**

I had an interesting run this past Sunday, so I'll do a little write up about it for this month's newsletter (this means I'm inviting everyone to do their own run report or race report for the newsletter also!)

As we had planned for a few weeks in advance, April 17<sup>th</sup> was going to be the day for another 20 mile run from River Road in Bedminster. Sherrie Felton and I were going to do the same course as we did in February, but run in the opposite direction. To prepare for this and other long training runs, I try to remember in the days leading up to the run not to skip any meals, and not to trash my legs with any hard miles. I eat a little breakfast a few hours before the run, and make sure I'm well hydrated with water and Gatorade. After that, I just hope I can make it to the finish. I only do a few runs of this length each year, so I really don't know what's going to happen in the three or so hours that I'll be running.

The weather forecast was sunny, with highs in the mid seventies. It was 47 degrees when I pulled into the park. But I waited a few minutes while Sherrie was putting water out, and the temperature rose quickly. By the time we left, the temperature was perfect for running. We started by going down River Road, and taking that to Cowperthwaite, which runs through Donald Trump's new golf course. Before I knew it, we had already done about 5 miles, and made it to the first water stop. Next, the course took us along the Lamington River, and into Pottersville. This is a very scenic area in early spring. However, we knew exactly what was in store for us as we left Pottersville.

We knew because we had run the course before, in the opposite direction, and we remembered coming down a large hill for what seemed like a long portion of the run. This time we were going to have to climb. The climb started innocently enough, and even leveled out for a little while, but we eventually made our way to the steep part. As we were getting near the summit (it really seemed like we were climbing a mountain), Sherrie mentioned that her heart rate was about 90% of max, and I think mine was also, so we eased up a little, but we eventually made it to the top, and our next water stop was right there. We made sure we had our fill of water, Accelerade, Gu, and Power Bars, knowing the hard part of the run was behind us.

After that, we did a couple screaming downhill, and a couple more lesser hills, which Sherrie referred to as "bumps", as there was only one real uphill on the course. We knew our last hill of any consequence was Pottersville Rd., and once we reached the top of that, it was downhill for the next five miles. There was, however, one surprise left.

We made a left onto Larger Cross Road, and I wondered if we accidentally turned into a quarry instead. As part of a maintenance program, the roads are periodically "rocked", and this must have happened within the past week. The rocks hadn't been worked into the dirt yet, and the footing wasn't great. Sure enough, a few hundred yards down the road, I found a loose rock, and twisted my ankle. I was a little shaken at first, but after 10 or 15 seconds

(Continued on page 5)



## Running Movies

### Alberto Artasanchez

#### Marathon Man

From William Goldman's best-selling novel comes one of the most daring and affecting thrillers ever brought to the screen. Oscar winner Dustin Hoffman plays the likeable graduate student and marathon runner of the title, unwittingly trapped in a killing game of intrigue involving a Nazi fugitive, Christian Szell. Laurence Olivier received an Academy Award nomination for his chilling portrayal of the sadistic Szell, who turns dental instruments into tools of torture with dispassionate ease. (1976, 125 minutes, rated R)

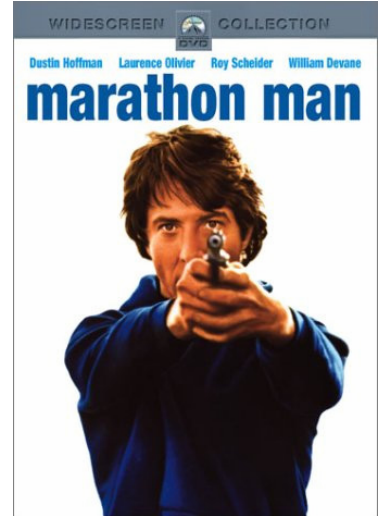
#### Endurance - In the Heart of an Olympic Champion is the Courage to Endure

It is not often that a major motion picture

company sets out with two directors to make a documentary about a 10,000 meter runner. With this selection that is exactly what happened. Disney contracted with the top eight 10k runners during the 1996 Atlanta Olympic Games with director Bud Greenspan capturing the Olympic footage knowing that documentary filmmaker Leslie Woodhead would return to their home country to film the story of the winner. Haile Gebrselassie was the winner and the crews packed their bags for Ethiopia.

This movie has two outstanding running scenes: The first is a three-minute cut at the beginning of the film of Gebrselassie

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## Help East Brunswick Road Races Get Sponsors

### Ken Mangin

*(Continued from page 1)*

turn a profit, which is donated to charity.

The East Brunswick Road Races Committee is currently looking for sponsors. Race Director Cathy Glamkowski and I have been contacting potential sponsors and asking for their support. To date, we have come up with a grand total of zero sponsors. Cathy and I have talked about this to try to figure out where we are going wrong and we have decided that we don't know what we are doing.

You see, I am an IT guy. If you have a computer question, let me know. Cathy works in the pharmaceutical industry so we have drugs and computers pretty well covered. However, neither one of has any

experience in Marketing or Sales and as a result, we have kind of been fumbling around.

We figure that there must be members of the club who do have backgrounds in Sales and Marketing who would be able to help us out. Ideally, we would like to find some people who could take over the whole function of looking for Sponsors but we would also be happy to just get some pointers and advice. If anyone would like to help, please talk to either Cathy or me or send an e-mail to ebrinc@gmail.com.

Also, if any club members are interested in sponsoring the race, please let us know. Just think – your company's name could be prominently displayed on hundreds of walking billboards.

***“You see, I am an IT guy. If you have a computer question, let me know. Cathy works in the pharmaceutical industry so we have drugs and computers pretty well covered. However, neither one of has any experience in Marketing or Sales and as a result, we have kind of been fumbling around.”***





## Support Your Local Running Store

### John Papp

This is for all of you bargain hunters who do not patronize your local running stores. The "DISCOUNT PRICES" on these sites are NOT a bargain if you consider club discounts you will get and other benefits of being a steady customer of a local specialty running store. These stores are run by local runners who sponsor our running races and events around the state: Dean Shonts, owner of Sneaker Factory in Milburn; Rob Defilippis, Runners High, Metuchen; John Fabro, Fleet Feet Montclair; Ryan Grote, Runners Pace, Bedminster. They are owned by runners and staffed by experienced runners that know their business better than any online shoe company or Sports Authority or Models part time high school student. They are students of our sport.

1) Shoes are not a bargain if the models are out of date and the shoes have been on the shelves of outlets for the past few seasons or years. You won't find many of these models listed in the NEW RUNNERS WORLD OR RUNNING TIMES MAGAZINE REVIEWS this year, for a reason. Shoes are like milk: they should have an expiration date because they lose their freshness, the materials break down. Shoes are typically supposed to last 300 to 500 running miles, may get break down after 100 to 250 miles, forcing you to buy more shoes throughout the year. The inserts of the shoe break down even faster. They are the cheapest part of the shoe. You could easily spend \$10 to \$30 on shoe inserts, because the inserts blow out like buying used tires for your new car.

2) Shoes can feel great in the store, but after a few runs you may feel a pain in your foot, legs or knees that's not normal. Saving \$5 to \$10 is no bargain if you now miss the spring season and have to visit your doctor or other professionals to fix your body from saving money on bargain shoes. Last time I checked, the doctor visit and sports massage therapy cost more that \$5 to \$20 saved on shoes.

3) When you are a steady customer at your local specialty running stores you CAN bring shoes back and exchange them. The owners will send them back to the shoe

companies with a small note telling the shoe companies what was wrong with the shoes. You walk out with a replacement NEW SHOE at no charge to you. (Note: This is not in their return policies, but it is done quite often. Owners and managers of the local stores want your repeat business as serious year round runner.)

4) There are no shipping charges at your local stores.

5) You can try on as many shoes as you want and even run outside, out the door and down the block for a test run. This is REAL WORLD TEST RUNNING. All shoes feel great on carpeting in a department store, but no one runs a 10K or 10 mile run on wall to wall carpeting, unless you are running from casino security in Atlantic City, but then you have other problems.

6) Shoes are not a bargain, if your shoe breaks down in the first few weeks and you haven't done 100 miles in them.

7) Shoes are not a bargain if you get injured from being in the wrong shoe. Shoes are very technical these days, with many variations depending on your pronation factors, body size, weight, training patterns, need for support, stability, motion control, extra cushioning, light weight trainers, trail shoes, racing flats etc. I always get the expert advice now when buying shoes. I have been injured by wearing the wrong shoe for my foot. When I was running fast I get a FREE pair of running shoes now and then to be on a racing team. Believe me, FREE shoes were not a bargain when I got a knee problem, after two or three runs in the wrong pair of shoes. Lost training days and time off are not what most runners want to hear. I know of a friend of mine on a racing team that dropped out of a race and walked back to the finish line with bloody feet from being in the wrong shoes that he got for free from the shoe company.

8) A running store is like a candy store to a little kid. There is something wonderful for a runner about stopping by a local running store and seeing all the new items come in each new season. Items you see reviewed in Runners



(Continued on page 6)



## At Last, At Last—The RunningGoddess Has Arrived!

### RunningGoddess

The Running Goddess has arrived into the realm of RVRR! Yes, no longer do club members have to feel perplexed by simple to complex problems whether it has to do with running, working out, personal and/or professional issues. Yes, you running club members are fortunate enough to be able to tap into The Running Goddess's wisdom to be presented in each newsletter from now on.

Go to that deep place within yourself and think about a problem or concern about any

little to major thing and contact The Running Goddess at [runninggoddess@gmail.com](mailto:runninggoddess@gmail.com) Answers will be placed in a timely fashion in your club's newsletter. All emails will be kept confidential! Please let The Running Goddess guide you today!

*Ed. Note: This is apparently for real, since she has answered at least one "test" question I sent her and the emails are not bouncing. So everybody ASK!*



## My 11th Mile in the President's Shoes

### Bob Townley

*(Continued from page 2)*

walking, I realized I was OK, I just needed to be a little more careful the rest of the way.

Well we soon approached the last water stop, at about 15 miles into the run. It could not have come at a better time. I was thirsty, and 5 more miles seemed a long way to run at that point. I have often heard the old adage to never try anything new during a race. I added my own bit to that – never try anything new at the beginning of a long training run. But we were no longer near the beginning, and I decided to try something new – caffeine. I don't drink coffee, and if I have a coke or two, it is usually after working out, so I rarely race or train with any caffeine in my system. Well, I had this double caffeine "espresso love" Gu in my pocket, so I gave it a try. I may try it again sometime.

My legs were a little tired, but I was feeling pretty good near the end. I was really impressed with Sherrie, who kept up with me

the entire run. Actually, come to think of it, it was me trying to keep up with her. We made the last turn back onto River Road, and now I could really start to feel the heat coming off the pavement. The temperature had risen just like the weatherman predicted. But there was no crawling to the finish line, and we finished strong.

Well, that's the end of the race report, and here is the good part of the article, the upcoming RVRR events. We have:

May 7<sup>th</sup> – Midland warm-up run, 9:00 run start, with brunch at Sherrie and Moshe's to follow

May 15<sup>th</sup> – Midland 5K and 15K races, with picnic to follow

June 4<sup>th</sup> – Towpath training run, with picnic to follow

For more info and directions to these events, check out [rvrr.org](http://rvrr.org). Hope to see everyone there.

***"I eat a little breakfast a few hours before the run, and make sure I'm well hydrated with water and Gatorade. After that, I just hope I can make it to the finish. I only do a few runs of this length each year, so I really don't know what's going to happen in the three or so hours that I'll be running."***





## Hitting The Trails—Mt. Penn Mudfest

**Cheryl Scher**

On occasion I like to travel around and about to try different races outside of the New Jersey area. Some of the most enjoyable races I have found are in Reading, Pennsylvania, and only about an hour and a half from the central Jersey area. These races are on trails and are put on by the Pagoda Pacers, directed by Ron Horn. If you are on Ron's e-mail list or have gone to any of his events then you know that he is one crazy @#%@\*&^, but I say that respectfully because his races and events are top notch, extremely well organized and just an overall all pleasure to participate in. To date I have run two of his races, The Half Wit Half Marathon, which takes place in August, and the Mt. Penn Mudfest which is always on the Saturday before Easter. Since the Mudfest is freshest in my mind, I just ran it last month, I'd like to share it with you so maybe you'll give it a try next year, and as it closes out very early, its time to think about it now if you plan on doing it in 2006. The race takes place in Mt. Penn and has been featured in Runners World magazine as one of the five U.S. trail races you must do, and one of

the top 21 trail races in the U.S.

The Mudfest is a 15K that is anything but flat and fast. The hills go up and down at angles that in some areas are almost impossible to navigate unless you are super young, super strong or just an extremely agile and skilled trail runner. Yes there are sections that I had to walk through, but that is part of the challenge that drew me to it. There were tree trunks that had to be climbed over, about 4 stream crossings (yes the water was cold!!!!), and lots of mud to slide on. This is probably one of the hardest courses I have run.

Now for some of the fun facts of the race: At approximately 2.5 miles there is a Peep stop.....Hey its Easter time and what would Easter be without Peeps. There is a beer and margarita stop at mile 7 that comes after a beast of a climb up a hill (I chose the margarita and it was wonderful ☺). There is an Easter egg hunt that takes

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## Support Your Local Running Store

**John Papp**

*(Continued from page 4)*

World or Running Times magazines. Each store has its own personality and has something different. I almost always walk out with something, a new running book, a magazine, free race applications, energy gels, running shorts, socks, a hat, gloves, tights for cold runs, jackets, sport watches, cool sun glasses, sport drinks for hot days, heart rate monitor, massage sticks for sore muscles, shoes, reflective vests, safety lights, etc, etc, etc.

9) These items have lasted me many years, the cost factor is only a few dollars a year, when you consider GOOD quality and some colors never go out of fashion. I

know of a few runners that are still wearing all weather jackets from 20 plus years ago, and they are still functional if they were treated and reconditioned right.

10) I am not promoting any given store. I have been in most of the local running stores and I find something different at each store I visit. MOST OF THE RUNNING things that you see me wearing I purchased from specialty stores. I get free samples sport drinks, gels, tees shirts, freebies from the shoe reps and other items to valued repeat customers. The owners WILL give you greater than 10 percent off, if they know you stop by often. You will be surprised at how much you will save and get from this relationship. Be true to your local running stores and they will stay in business for you.





## Coach John's Running Review - And Now for Something Completely Different John Papp

Modern researchers and neuroscientists have estimated that humans use less than .01 percent the minds vast potential power. This month I review a book most of us have probably not read. The concepts have the potential to take your exercise program and health to another level. The author had the gall to design a systematic program to help the average person experience the elusive RUNNERS HIGH and experience THE ZONE in everyday workouts and competition. The book is *BODY, MIND AND SPORT- The mind-body guide to lifelong health, fitness and your personal best*, by JOHN DOUILLARD. I first read an arti-

cle by this author back in 1994, on my journey from being an over-weight couch potato in 1994 leading up to running my first marathon in 1996.

I have to say, I don't agree with everything the author puts forth, but three quarters of the book's ideas are PRICELESS. The concepts are very Eastern Oriented from the AY-URVEDIC healing traditions of Indian, much popularized in the past few years by the best selling author, Deepak Chopra. The VEDIC

*(Continued on page 10)*

## Trail Run Road Trip!

Reprinted with permission from Ron Horn, [pretzelcitysports.com](http://pretzelcitysports.com)

PRETZEL CITY SPORTS' SALUTE TO THE TERMINALLY UNDECIDED, THE 8TH ANNUAL DOUBLE TROUBLE!  
15K & 30K TRAIL RUNS

Sunday, June 26, 2005 10:00 AM Swimming Pool@French Creek State Park, Morgantown, PA

"Lightening Never Strikes the Same Place Twice!" infers that the same cataclysmic, life altering event rarely happens more than once in one's life. Yet, the DT 15 & 30k Run does allow you to experience an event for the 2nd time while experiencing a monumental event for the 1st time! Confused yet, public school graduate? The DT is a beautiful 85%-shaded 15k trail loop thru French Creek's forests and shores; rustic trails of medium difficulty, tons of scenic beauty; a lakeside start/finish, one or two rocks at best and more "humps" than intermission at a drive in movie. Some will do the loop once, which is life-altering in itself, & decide that running long races in 90 degree heat makes as much sense as getting a prostate exam from Edward Scissorhands. However, others will repeat this experience for

the 2nd time to capture the nirvana that comes with finishing their first-ever 30k run; if not for all time, at least for the week. And in doing so, they will have done something of gargantuan proportion for a both the 1st AND 2nd time! YOU DECIDE WHICH RACE YOU'RE DOING DURING THE RACE ITSELF. Started the 30k but end up "flatter" than roadkill on I-95; finish in the 15k! Complete the 1st loop feeling as giddy as a 16-year-old that got to 3rd base for the first time; do 30! You'll state a preference & everyone will start together but, distance-wise, feel free to remain as undecided as PeeWee Herman's sexual preference. Only exceptions? People doing the 1st loop in more than 2 hrs MUST finish in the 15k so we can get home in time to watch the tape of the Eagles Super Bowl Parade for the 16th weekend in a row. We start taking down the markings at 2 hours into the race so, if you go on, you have an equal chance of ending up at the finish line or the King of Prussia Mall. WARNING: YOU RACE AT YOUR OWN RISK & ARE SOLEY RESPONSIBLE FOR YOUR WELFARE AT ALL TIMES! We're all adults here and if you can get yourself onto the trail, you can get yourself off of it as well.

**If you want to be part of this soon to be historic RVRR Road Trip, please contact Gene Gugliotta via email to [thinmann@gmail.com](mailto:thinmann@gmail.com)**

**We may be staying overnight from Saturday—Watch the RVRR web site and Yahoo! groups for further information.**





## Boston Marathon

John Evans

The 12 noon start is insane, it's not exactly a pretty course, the steady downhill is deceptively difficult, and April in Boston is a total crapshoot in terms of temperature. Ok so it wasn't as hot as last year's 85 degree cooker, but 70 is still a lot warmer than what we are used to running in at this time of year. This was my seventh Boston, and in five out of the previous six, the course ate me alive. It's kind of like a bad relationship that continually hurts you, but you keep coming back for more. But in that other I had my PR, the only time I've ever broken three hours, so I always have high hopes in the months leading up to it that the stars and planets will align just right one more time.

I pretty much knew that a sub three wasn't going to happen this year, but I still had a case of beer riding on beating 3:08. That goal went out the window pretty quickly once the race started (why do my race plans always go out the window once the race starts?), and I decided to try to maintain a 7:30 pace, hopefully break 3:20 (new age group next year) and just enjoy the race as best I could. Many people try to do that by writing their name across their singlet and drawing strength from the crowds calling out to you. But as it's been said on the RVRN email list, there are just a few too many Johns out there, so that just doesn't work. So in a moment of desperation, I wrote "Stella!" as in "Streetcar Named Desire". Sounds a little stupid, but it worked pretty well! Give a crowd the chance to ham it up, and they will. 26.2 miles of spectators (yeah a lot of them were pretty drunk) screaming their best Marlon Brando impersonations on my behalf. And at least two people acted as if they weren't sure if they were looking at a man or a really butch

woman...

The first 7 miles is mostly about trying to stay calm and not lose your head, but still high-fiving the little kids along the course where possible. At 8 there's a sudden twinge in my right calf, what's up with that? Seems to go away, so I forget about it. And then there are the Wellesley girls at around 12.5 miles. What can one say? You start to hear them from about a quarter mile away, and their "scream tunnel" will lift your spirits sky high. As one first-time-at-Boston male runner running close by so elegantly put it, "that was F\*\*\*ING awesome!!" After crossing I-95 into Newton around mile 16, the race suddenly seems to get a little more serious. Everyone knows what lies just ahead, and the results of the day will depend on what happens in the next few miles. Every year that I've had a meltdown at Boston, said meltdown started in the hills. The first two hills seem to go ok, and my old running club, the Somerville Road Runners (MA, not NJ) is camped out at the end of the third. I was cresting the last hill when that little twinge in my calf suddenly returns as the worst cramp I can ever remember, taking me off the course for about five minutes and out of luck for breaking 3:20. It would have been pretty demoralizing, but the steady screams (and fairly decent interpretations) of "Stel-I-I-I-a-a-a! STEL-L-L-L-A-A-A!!!" from the Boston College kids got me going again and brought me home. After the race I made my way to the Lennox Hotel which is just a block from the finish line, where another one of my running clubs from a past life always hangs out afterwards, trading war stories, and of course imbibing heavily.

So a chip time of 3:24:05 made it one of my slower Boston's, but I didn't mind much. The crowds made it the best one of them all.

## Hitting The Trails—Mt. Penn Mudfest

*(Continued from page 6)*

place at two different areas on the trail, but by the time I got near the areas I had forgotten all about them. (Exhaustion will do that to you.) There were 10 lucky people who were selected to participate in a raw egg carry. If they returned with the egg intact they won a 5 pound bag of Godiva chocolate. In the registration area was a vendor with extremely discounted running clothes, running shorts

Cheryl Scher

and tops for \$3 and \$5. There was a post race barbecue to hang out at and celebrate the completion of a good days work.

I have no doubt that I will be back for more of Ron's races, in fact I noticed that Gene is organizing a trip this summer to the Double Trouble which is also a trail race with the option of going either 15K for the more sane at heart or 30K for the totally insane. (See page 7—Ed.)



**2005 Executive Board Members**

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**"MAY NEWSLETTER  
DEADLINE: FRIDAY  
MAY 20th!"**

*Contributions from all  
members are welcome  
and encouraged!*

**Race Results**

Paul Krentar

**Equinox 20k**

Piscataway 03/20/05

Tom Yakowenko	Win	1.05.16
Jeremy Stratton	AG1	1.11.58
Doug Fitzhenry	AG2	1.12.11
Rodrigo Caceres		1.14.53
Sergio Cano	AG1	1.16.57
Hugo Vadillo	AG3	1.17.00
John Kane	ASG2	1.17.20
Ken Vercammen	AG3	1.19.42
Henry John-Adler	AG2	1.22.11
Doug Brown	AG2	1.22.19
Jorge Rivera	AG3	1.22.23
Jennifer Kirsch	3rd	1.23.08
Patrick McCaffery		1.24.07
Roger Price		1.24.23
Bill Hagman	AG1	1.24.53
Wayne Baker		1.27.51
Amy Rappaport	AG2	1.31.51
Patrick Cosgrove		1.33.28
Jill Knorr	AG1	1.33.33
Mary Foley	AG2	1.39.04
Sue Juronics	AG2	1.39.12
Rick Detrolio		1.39.37
Elliot Gordon		1.40.32
Steve Fisher		1.40.49
Eva Fisher		1.40.51
Ken Mangin		1.42.51
Kathy Higgins		1.44.13
Anna D'Anna		1.46.58
Cindy Gadek		1.48.56
Patricia O'Hanlon	AG1	1.53.51
Dorothy Little	AG1	2.02.12
Alex Dobrowolski		2.02.26
Cindy Peterson	AG2	2.35.03
Annette Johnson	AG3	2.36.06

**Winter's End 5k**

Westfield 03/19/05

John Taylor	Win	19.54
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**Shamrock Marathon**

Virginia 03/19/05

Greg Mullins	AG1	2:49:27
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**Millburn Spring Run 10k**

03/13/05

Sergio Cano	AG1	36.49
Hugo Vadillo		37.34
John Taylor		39.29
Cindy Gadek	AG3	53.42
Patricia O'Hanlon	AG1	54.54

**St Paddy's 10m**

Freehold 03/13/05

Jeff Knoll	3rd	55.44
Doug Fitzhenry	AG2	60.09
Roger Price	AG3	71.23
Martin Ficke		75.50
Mary Foley		80.55
Imme Dyson	AG1	87.06
Alex Dobrowolski		99.41

**Millburn Spring Run 10k** 03/13/05

Sergio Cano	AG1	36.49
Hugo Vadillo		37.34
John Taylor		39.29
Cindy Gadek	AG3	53.42
Patricia O'Hanlon	AG1	54.54

**St Paddy 5k**

3/12/05

Ken Vercammen	AG1	17.27
Chris Lehman	AG2	19.14
Kathy Rocker		20.16
Sue Juronics	AG1	22.00
Mary Foley	AG2	22.52
Cheryl Scher		24.57
Imme Dyson	AG1	25.08

**Newark Distance Run 20K**

03/06/2005

Tom Yakowenko		1.05.57
Jeremy Stratton		1.14.12
Greg Mullins		1.16.13
Rodrigo Caceres		1.16.15
Sergio Cano		1.17.40
Hugo Vadillo		1.18.18
Ken Ellis		1.21.32
John Evans		1.22.02
John Taylor		1.23.20
Cathy Glamkowski		1.25.17
Bill Hagman	AG1	1.28.13
Steve Fisher		1.28.54
Kathy Rocker		1.30.20
Sue Juronics	AG1	1.36.27
Jill Knorr		1.37.45
Sherrie Felton		1.38.17
Bob Townley		1.38.27
Mary Foley		1.40.17
Kathy Higgins		1.43.51
Imme Dyson	AG2	1.44.40
Eva Fisher		1.46.21
Cindy Gadek		1.50.38
Cheryl Scher		1.54.51
Patricia O'Hanlon		1.57.59
Rosanne Lemongello		2.08.49
Lois Brown-Klein		2.10.11



## Coach John's Running Review - And Now for Something Completely Different John Papp

*(Continued from page 7)*

Tradition literally meaning "The Science of Life" goes back thousands of years. I had to suspend my disbelief, knowing that many of these unusual Eastern traditions are now being proven true by our SO CALLED modern science. What intrigued me is the concept of unlimited capacity to develop our endurance and strength feats coinciding with a calm mind, body and spirit or as the author describes DO LESS AND ACCOMPLISH MORE.

According to the ancient VEDIC principles, exercise has three main functions:

- 1) To rejuvenate the body and cultivate the mind.
- 2) To remove stress
- 3) To develop mind-body coordination

Wouldn't it be great if every workout and race left us feeling better and refreshed than when we started? The proper question we should ask ourselves is: How much exercise helps to REMOVE stress, and how much exercise actually CREATES more stress? Exercise is boring only when it is done INCORRECTLY and is forced upon us by our wills. When exercise is done properly, it integrates mind and body; at that point, exercise or "training" stops being something you HAVE to do and becomes something you WANT to do. It becomes more than just enjoyable- it becomes exhilarating.

I first used John Douillard's concepts prior to my first marathon in Atlantic City in 1996. I lost over 60 pounds since 1994, when I tipped the scales at over 210 pounds at age 34. My first marathon felt amazingly easy and I ran at a sub three hour pace, using the authors concepts of breathing and monitoring my body/mind throughout the race. The first 23 miles were a breeze, when I unfortunately cramped up in my leg and stopped for a few minutes to rub the pain out. The cramp was due to a lack of water stops after mile 18 (every other mile) and a increase surge in my pace, with the Casinos up ahead I missed the sign that said: Warning: finish line is further than it actually appears. After a few minutes, my cramp went away and I ran easily to finish in a time just over 3 hours and 5 minutes. My first marathon was an

exhilarating experience, based on the concept of running to my level of enjoyment, put forth by Mr. Douillard and the Ancient teachers of the east.

Some lessons in life have to be repeated with me, because for several years after this, I have to admit, I started training like a mad man. I ran every almost every run by myself, not by choice, but due to my intensity of my training runs at sub six minute/mile pace, with my races even faster. I became RESULTS oriented, which made me EXTREMELY FIT, but my body eventually had a BREAK DOWN after my BEST 5K race back in 1998. To make things worse, I foolishly ran 5 races in the following two weeks following my PR best race, when I was in need of REST. Each race became SLOWER THAN the next. My body had enough, but I stopped listening. This nearly put an end to my running career. If your car blows an engine, it can be rebuilt. An athlete who runs has a breakdown after being on top is rarely the same. A classic example is the end of the running career of the Great Alberto Salazar, who was the last American to truly be tops in the world as a marathon runner.

Upon reflection, I realized the distinction between FITNESS and HEALTH. Fitness is the ability to do WORK and produce energy. I was extremely fit, but the process required to reach my extreme fitness had put my health in jeopardy. TOO much stress on my body and EXCEEDING my internal speed limit, led to my decline in performance. My body gave me a TICKET, so to speak. HEALTH is when all SYSTEMS of your body, mind and spirit are working in harmony and at optimum efficiency.

It took almost two years of easy running to recover from the extreme training that I imposed on myself during the GO FOR THE PERSONAL BEST years. To my surprise, I started to running as fast after turning 40 as I had a few years before. My training runs were very easy, my legs were fresh and races were fast, similar to what the athletes in this book experienced. Currently I try to listen to my body to tell me when it wants to race and when it needs a rest. Following the authors VEDIC Traditions of listening to the needs of my body I no longer pursue my fitness at the expense of my health. To my surprise I now have more people to run with, without making every run a competition. I save it for the races.



## Running Movies

(Continued from page 3)

running effortlessly along the countryside. With only the sounds of foot strikes and breathing mixed with the original soundtrack you will be captivated to learn more about this man's life that will soon be told. The second memorable scene is at the finale of the film where we are in the Olympic Stadium in Atlanta in 1996 watching the conclusion of the men's 10,000 meters. The runners kept in a pack with a slow first 5,000 meters. The pace quickened for the second 5,000, which was covered in 13:11.6 (a time good enough to win 18 of the previous 19 Olympic 5,000 meter races). Gebrselassie's last lap took 58.49 seconds and his winning time of 27:07.34 took nearly 14 seconds off Brahim Boutayeb's 1988 Olympic record. About nine minutes of footage with is woven into the story in reaching this final climax. (1999, 83 minutes, rated G)

### Fire on The Track - The Steve Prefontaine Story

This 58 minute documentary film preceded two other motion pictures depicting the story of Steve Prefontaine, *Prefontaine* and *Without Limits*, and was originally broadcast on CBS on June 4, 1995. Here there are no actors. The script is provided by the research and rare images and footage of this great American runner as the story unfolds as recalled by those who knew him best. You will see Prefontaine run indoors, outdoors on the track, in cross country, in the 1972 Olympic games, as well as his last race at Hayward Field. There is also interview footage where Pre reviews his performance and forecasts into the future. Told in chronological order, this film begins in Coos Bay, Oregon and Marshfield High School where Pre's National 2 mile mark of 8:41.5, set in 1969, still stands. He joined the University of Oregon under the guidance of Bill Bowerman and for four years never missed a workout or race. During his collegiate years he set nine collegiate track records and never lost a race more than a mile in length. (1995, 58 minutes)

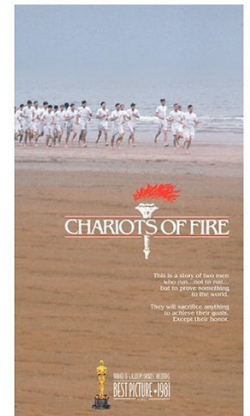
### Without Limits

Steve Prefontaine didn't run races, he attacked them. He was a champion's champion, holder of every American distance-running record from 2,000 to 10,000 meters. Fans cheered his daring front-running and elevated him to

rock star status. Athletes were inspired by him. Off the track, officials clinging to outdated politics got the point that activist Pre was taking the sport into a new era, so perhaps they'd better follow. (1998, 113 minutes, PG-13)

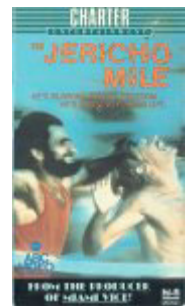
### Chariots of Fire

The story, told in flashback, of two young British sprinters competing for fame in the 1924 Olympics. Eric, a devout Scottish missionary runs because he knows it must please God. Harold, the son of a newly rich Jew runs to prove his place in Cambridge society. In a warm-up 100 meter race, Eric defeats Harold, who hires a pro trainer to prepare him. Eric, whose qualifying heat is scheduled for a Sunday, refuses to run despite pressure from the Olympic committee. A compromise is reached when a nobleman allows Eric to compete in his 400 meter slot. Eric and Harold win their respective races and go on to achieve fame as missionary and businessman respectively. (1981, 123 minutes, Rated PG)



### The Jericho Mile

Peter Strauss is Larry "Rain" Murphy, a man serving a life sentence in Folsom Prison for killing his father. He finds his passion in running to escape his hopeless life he must lead and to free himself from the inmate tensions and power struggles. Murphy is then given a chance to train for the Olympics, a chance at glory, a chance at freedom. This dream comes to be known as the "Jericho Mile" as Rain Murphy trains and races to bring the walls of Folsom Prison tumbling down. With daily running, time trials, training with the college coach, the qualifying race, and the solo race finale you get a variety of running action packed into a realistic prison environment. This film goes beyond running with a wide variety of themes including personal sacrifice, friendship, racism, corruption, and violence. (1998, 95 minutes).





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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 celebrated 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.

