



October 2005

Volume 14, Issue 7

**Upcoming Events:**

- **October 23:** East Brunswick Road Races [www.ebrr.org](http://www.ebrr.org)
- **November 2:** Guess-Your-Time Run on the Wednesday Night Winter Course. PRIZES! (see page 4)
- **December TBA:** General Membership Meeting
- **Wednesdays:** Group Run, Highland Park High School, 6:30 PM.
- **Saturdays:** Towpath Run, Johnson Park (see page 3)

**In this issue:**

Prez Shoes	2
Saturday 8 A.M.'s Obituary	3
Medoc Marathon	4
Guess-Your-Time Run	4
Race Results	5
Vita Stats	9
RVRR Board Responsibilities	10
Freezing Cold Hash	11

**Liquori Grins—And Wins**

**David Lazarus**

It may be difficult for people to believe now, but there was a time that Sports Illustrated would regularly feature track and field on its cover. One of the indelible headliners was a 1971 issue that featured the mile race between two of the greats of all time, Marty Liquori and Jim Ryun. Under the picture of the two on the final straightaway was the simple description “Liquori grins and wins”.

That cover became topical recently in my house when my daughter had the word “grimace” as one of her high school vocabulary words. I explained grimace as what she used to describe as my “monster face” when I would finish races. Of course, “Liquori grimaces and wins” is not as catchy as the rhyming phrase but I wonder how many non-runners actually thought that he was grinning?

It is very possible to grin at the end of a race but it is more out of satisfaction that the race has been finished or a goal was met. I have repeated the well-worn thought countless times that running is not fun but satisfying. There are many aspects of running that are very enjoyable and if we did not have fun doing it we would not be out there very long but it is the satisfaction of creating something new that continues to keep me motivated. The fact that it promotes a healthy lifestyle is also important, too but you

*(Continued on page 6)*

**Applefest**

**Cheryl Scher**

One day while I was sitting at my desk at work back in 2004, I was thinking about the races I was going to be running in the fall and what road trips might prove interesting. I logged on to the computer and started to look in all the usual places... Metro Race Forum, Compuscore, etc. I came across this advertisement on Cool Running.com about a half marathon in early October located in a small New England town called Hollis NH. Something about the web page caught my eye, not sure if it was the name of the race or the course description, or the fresh apple crisps that were advertised to be served at the finish of the race, but something definitely intrigued me so I decided to look into it. A couple of weeks later I was at a race with some friends and had mentioned this little race I had found. Turns out that she had found it one year prior and had run it and had an incredible time. Same as me she had discovered it by accident and had to go.

So needless to say that by the end of that day I had registered on up. The race has a cap of 1200 and also offers a relay half marathon with a cap of 150 and closes out every year. I went up, ran the race and enjoyed the course so much that I am back again with 4 of the people who went with me last year and 2 new faces. In total 7 of us headed north to face the hills

*(Continued on page 7)*





## Fourteenth Mile in the President's Shoes

**Bob Townley**

***“October is the month for the East Brunswick Road Races. The date is the 23rd this year. I hope all of the clubmembers can either volunteer or run the race. Cathy Glamkowski and her committee have been putting this race together all year, so come on out. The race is on a Sunday, and it starts at 1:00 p.m.”***

The calendar reads October, but it sure does not feel like it! It was 73 degrees this morning. That's much warmer than our normal high for the day (Spook's not the only one who keeps track of the weather). I've got a feeling that by the time this newsletter arrives in the mail, we'll have our first taste of fall. But for now, I'll enjoy the warm weather during my runs.

October is the month for the East Brunswick Road Races. The date is the 23rd this year. I hope all of the clubmembers can either volunteer or run the race. Cathy Glamkowski and her committee have been putting this race together all year, so come on out. The race is on a Sunday, and it starts at 1:00 p.m.

We had our general membership meeting on September 28th. We had a good talk by two members of Hillsborough Massage, Gary Verhoorn, and Kathy Borsuk. Thanks to Gary and Kathy for an interesting and informative discussion on the different types of massage. We had a vote for team money, which was approved, and we had nominations for the 2006 RVRB board. Please remember that nominations are still open right up to the elections in December, so if you know someone who would make a good board member, please nominate them. (See page 9 for more information. -ed.)

Since it is starting to get dark earlier and earlier, please remember a few things for our Wednesday night runs. Everyone should wear a reflective vest or a blinking light. Run facing traffic and never assume that cars will see you, even when wearing reflective apparatus or light. Always think safety first.

There are still 5 more championship races this year, and we are in a close battle with the Morris County Striders for the overall championship. There are 3 USATF races for all divisions, the 5K and 8K cross country, as well as the 10 miler. There is also Giralda Farms 10K for masters men and women, and the Ashenfelter 8K for open men and women. All you need is a USATF number to run for a team, so check the schedule at [USATFNJ.org](http://USATFNJ.org) and see your team captain at the race.

The fall is a great time to come out to our group runs. Just a reminder we are meeting Saturday mornings in grove 5 in Johnson Park for our towpath run. The time is 8:00, until Daylight Savings Time weekend, when it switches to 9:00. (See page 11 for more information. -ed.)

Our Wednesday night runs are leaving from Highland Park High School at 6:30. We always need members to work the door at the high school on Wednesdays, so let me know if you can help out.





## Saturday 8 A.M.'s Obituary

### Ray Petit

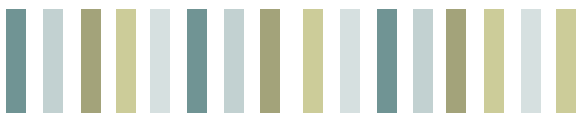
It is with great sadness, that I must announce the end of the 8 am start on Saturday. It is leaving us, much too soon. Why would anyone think that 8 am is too early for a run? I marveled at all the Rutgers students that joined us this summer. Conventional wisdom said that they should be hung over, or just finished studying or something. Reality showed us that many runners prefer the early run. The early start allows you finish a long run before 10 AM. That is sweet. Although when you arrived last April, I feared that you wouldn't be too popular, but you quickly entered the hearts of early morning runners. Not only did we keep our old friends, we made new ones, along the way. We flourished this summer. Runners rushed to towpath, from as far away as Long Valley and Port Murray, and as close as Somerset and Piscataway. Never before have I seen such a wonderful summer for running. Sure, it was hot, but the early start allowed us to be done before the day heated up. Cold bottled water was our reward. I don't think it rained on us even one Saturday. OK, it rained on us last Saturday. It was such a warm rain that many of us still did 8 or so miles in it. It felt great. You allowed us to meet so many new runners this summer. Some were just passing through, never to be seen again. Some might be with us for years to come. Everyone was welcomed. It was a good summer. You blessed us with near perfect weather for the Towpath "Train"ing Run. You teased us with an early morning rain, but it went away. The first runner took off at 3:30 am and didn't stop until he logged 48 miles. We saw 2 women join the elite group of runners who can claim that they ran the entire distance from Trenton to Piscataway. In total, we logged 1075 miles, without one mishap.

Thanks be to God. Along the way, we raised over \$700 to help battle cancer. This summer, we lost a fine diner in Highland Park, and we floundered in Somerset and Edison, until we found a perfect replacement in downtown New Brunswick. You taketh, and You giventh. You challenged us all summer with porto johns in Grove 5, rather than the bathrooms we are accustomed to. Without complaining, we used what was available.

Now that the days are getting shorter and the mornings are cooler, we must say welcome to the 9 am start. When the mornings are freezing, and the heat kicks in around 6 am, we don't have to rush out of bed to make the run. That extra hour of sleep should feel nice and cozy. When the outside temperature is in the single digits, the extra hour makes a big difference. When the roads and the towpath are covered with ice and snow, the extra hour of sunshine makes it a safer run. I have fewer outside chores in the wintertime, so I don't really mind the 9 am start. The change to 9 am allows me to reflect that another year has gone by, seemingly quicker than the last. The 9 am start gives me something to look forward to. I look forward to the Winter Solstice when the days start to get longer. That extra minute a day is noted and appreciated. I look forward to Groundhog Day with eager anticipation to see if the ground hog will see his shadow. I look forward to the bathrooms in Grove 5 opening for the season, because that means that the threat of the last frost has past, and we begin the cycle, all over again.

Please join us at 9 am on Saturday, October 29th, as we switch to 9A.M in Grove 5. We will switch the winter start to Grove 2, when the bathrooms in Grove 5 close for the season.

***“This summer, we lost a fine diner in Highland Park, and we floundered in Somerset and Edison, until we found a perfect replacement in downtown New Brunswick. You taketh, and You giventh. You challenged us all summer with porto johns in Grove 5, rather than the bathrooms we are accustomed to.”***



---

## Medoc Marathon

### Cindy Peterson

On September 10, 2005, I ran the Medoc Marathon, and it was a blast. I have done 31 Marathons in 11 years and I must admit that this was by far the most fun and most bizzare. Everyone ran in costume and I was lucky to have won best costume in our Marathon Tours Group of about 150 runners. My costume was "Ms. Folies Bergere" and it was an intro to meet a lot of people along the way who were looking to have fun. I was chased by a Frenchman in a thong, a Transvestite in a Bikini, and ten men dressed alike in a top hat, tights and a cane, they must have been a team. The team was the best. They would stop at every wine stop, take about 5 minutes to drink their wine, sing songs, and catch up to me chanting my name Cindy. They would then pick me up under my arms, carry me a bit while singing "*Voulez vous couchez avec moi ce soir?*" This went on until the finish line. When they all sang their *voulez vous couchez* song at the finish line, I responded, "*Pa ce soir cherie, je suis tres fatigue*" which means "Not tonight darling I am too tired." This

was the longest Marathon I have ever run even though the miles were 26.2.

The official T-shirt says that it is the longest marathon in the world. There are 21 water stops and 22 wine stops. Runners and their friends and family would drink wine at the wine stops and a runner could not get through. You just had to walk until you found a way back on the course. The cut off time was six and a half hours, which was extended to almost seven hours. Some people took short cuts to the finish line if they thought they wouldn't make it. Everyone received a bottle of red wine from their vineyards and a gear bag.

This marathon was so much fun that I will do it again, and the next time I will stop at some of the wine stops and I won't feel the pain of doing such a long long Marathon.

This Marathon is highly recommended for a great experience !

---

## Come to Another Great Guess Your Time Run on November 2nd!

### Dagfinn Fang

A guess-your-time run is a free fun competition for everyone because you can run as fast or as slow as you want, and you can even cheat on the distance, and still win a prize. There is only one rule—No watches or any other kind of time or distance measuring device is to be worn or carried.

So what do you do? Come to the Wednesday Night Run on November 2nd. Write your name on the sheet of paper and write down a time prediction. Ditch your watch. Everybody starts at once, and we start the big digital race clock. You run the course and come back to find, unlike at races where you look up and see your time as you cross the finish line, that the race clock is

facing away from you! What time did you run? Only Ed knows for sure. Your actual time is written down next to your predicted time.

Now comes the hard part: converting those minutes to seconds to figure out who came closest to their prediction. Anyone can win this! There will be prizes similar to those given for the previous prediction run we had on August 3rd. You have to be quite a predictor—during the summer the winner was only off by a few seconds! ...Or is it just lucky coincidence?...

After the run we will have snacks for everyone who comes that night!



## Race Results

Compiled by Paul Krentar

### Ridgewood 5K 5/30/2005

Rodrigo Caceres	17.44
Sergio Cano AG1	17.50
John Kane AG3	18.02
Hugo Vadillo	18.11
Gene Gugliotta	18.53
Chris Lehman AG1	19.11
Cathy Glamkowski AG3	19.20
Dave Hoch	20.04
Kathy Rocker	20.05
Frank Russo	20.13
Roger Price	20.17
John Nowatkowski AG1	20.26
Patrick Cosgrove AG2	20.29
Sue Juronics AG1	21.15
Jill Knorr AG 3	21.48
Jane Reilly	21.48
Sherrie Felton	22.05
Lorraine McPhillips AG2	22.43
Cheryl Scher	23.29
Mary Foley	23.39
Dorothy Little AG1	24.34
Imme Dyson AG2	24.53
Moshe Tal	25.58
Eva Fisher	25.05
Patricia O'Hanlon AG2	26.25
Cindy Peterson	32.32
Annette Johnson	33.16

### June Fete 10k Princeton 6/11

Adam Blejwas AG3	38.35
Henry Feder AG1	42.18
Dan Feder	42.18
Kathy Rocker 3rd	42.43
John Liptak	43.51
Lester Helfman	44.44
Sue Juronics AG1	44.57
Jill Knorr AG1	45.24
Michael Kane	49.04
Mary Foley AG2	50.03
Ken Mangin	50.49
Imme Dyson AG1	51.25
Paul Krentar	56.08
Rich Conley	61.18
Leslie Klein	62.08
Lois Brown-Klein	62.10

### President's Cup 5k Millburn 6/20

Jeremy Stratton AG2	16.06
Greg Mullins	16.21
Hugo Vadillo	17.43
Adam Blejwas	17.47
Ken Ellis	17.55
Sergio Cano	17.57
Jim Schubert	18.04
Gene Gugliotta	18.25
Gerard Colonel	18.32
Ken Vercammen	18.36
Chris Lehman AG1	18.46
Cathy Glamkowski AG2	18.54
Paul Fiorilla	18.57
John Evans	18.58
Roger Price AG2	19.07
Conor Gaynor	19.09
Doug Brown AG2	19.23
Joe Balint	19.29
Dave Hoch	19.35
Lindsay Tomlinson	19.41
Kathy Rocker	19.49
John Liptak	20.03
Wayne Baker	20.09
John Nowatkowski AG3	20.37
Bob Townley	21.22
Jill Knorr	21.36
Sherrie Felton	21.51
Dolly Madison	22.31
Dave Lazarus	23.07
Ray Petit	23.09
Ray Schick	23.09
Cheryl Scher	23.24
Jo Ann Coffee AG2	23.57
Dan Shapiro	24.46
Moshe Tal	25.11
Paul Krentar	25.14
Imme Dyson AG1	25.22
Ron Petit	25.46
Patricia O'Hanlon AG2	26.02
Rosanne Lemongello	27.29
Janice Reid	28.41

### National Night Out 5k Branchburg 8/02

Gerard Colonel AG1	20.10
Dennis McGale AG2	20.41
Julie Hirsch	24.26
Paul Krentar AG2	26.07

### Firecracker 4m Cranford 7/04

Greg Mullins 2nd	21.31
Paul Fiorilla AG2	24.31
Gerard Colonel AG2	24.41
Doug Brown AG2	25.27
Paul Varga	25.35
Wayne Baker	27.49
John Ahimovic	28.28
Jo Ann Coffee AG2	31.02
Conor Gaynor	33.02
Patricia O'Hanlon AG1	34.23
Alex Dobrowolski	36.09

### NYC Triathlon Olympic Distance 7/10

Amy Rappaport	2:31:15
Ken Vercammen	2:47:56

### Ironman Triathlon Lake Placid 7/24

Bob Townley	13:15:06
-------------	----------

### Downtown Westfield Pizza Run 5k 7/27

Tom Yakowenko AG2	16.15
Greg Mullins AG3	17.02
Rodrigo Caceres	17.51
Gene Gugliotta AG3	18.17
Roger Price AG1	18.57
Dave Hoch	19.27
Chris Lehman AG2	19.36
Chas Schneekloth AG2	20.08
Patrick McCaffery	20.38
Kathy Rocker AG3	20.40
Wayne Baker	21.13
Patrick Cosgrove AG1	21.26
Lorraine McPhillips AG1	23.19
Cheryl Scher	24.01
Anne Chovie	24.22
Jo Ann Coffee AG1	24.42
Paul Krentar	26.26
Jane Van Eeuwen	37.24

### Lighter Than Air Duathlon Lakehurst 8/28

Ken Vercammen	1:36:54
Sonya Slyman AG3	1:50:03



## Liquori Grins—And Wins

**David Lazarus**

*(Continued from page 1)*

could get many of the fitness benefits from other activities.

This is a somewhat far-fetched example of the numerous ways our hobby is so misunderstood by the non-running public.

It shouldn't be too difficult for any of us to think of numerous examples of how misunderstood running is... How many times have you told someone you finished a marathon and they ask "How far was the marathon?" I'm guessing that confusion comes from some shorter races billing themselves as mini marathons.

There are so many others that could fill this newsletter but in keeping this story brief, I refer to one more of my favorites, especially true when I speak to formerly athletic men who have totally let themselves go. Whatever pace I just ran for my most recent races, they will always have some story about how in the past they ran six minute pace for four or five miles in non running sneakers.

To that one I grimace and know they can't be truthful but since they think I'm grinning we have a good laugh and move on.

### **Fall USATF-NJ Championship Races:**

**October 23\*** USATF-NJ XC 5k All Divisions

**October 30** USATF-NJ XC 8k All Divisions

**November 13** Giralda Farms 10k Masters Men/  
Women

**November 24** Ashenfelter 8k Open Men &  
Women

**December 11** USATF 10 Mile All Divisions



Yes, this is a cropped picture from the actual cover David Lazarus writes about in his article.

You can view the whole cover online at Sports Illustrated Online's cover search.

Copyright © 2005 CNN/Sports Illustrated.

Photo URL [http://i.cnn.net/si/si\\_online/covers/images/1971/0524\\_large.jpg](http://i.cnn.net/si/si_online/covers/images/1971/0524_large.jpg)

## The RVRR Men's 60's won the USATF National Title at 5K XC on October 16th! Congratulations!

RARITAN VALLEY ROAD RUNNERS 60A ( 19:44 59:12)

- |   |       |                |    |       |
|---|-------|----------------|----|-------|
| 1 | 2     | Rich Myers     | 60 | 19:07 |
| 2 | 4     | Douglas Brown  | 60 | 19:56 |
| 3 | 5     | William Hagman | 62 | 20:09 |
| 4 | ( 12) | Hugh Sweeny    | 61 | 21:28 |
| 5 | ( 24) | PAUL KRENTAR   | 62 | 24:58 |

See  
<http://www.finishright.com/XC/XC%202004/USANATXC05.htm>





## Applefest

Cheryl Scher

*(Continued from page 1)*

and enjoy the scenery of this hidden treasure.

This time of year is usually the start of the fall foliage, the leaves are at their most vibrant and the temperatures have cooled down to now make racing a joy again. While this year it seems that the foliage was running a little late the hint of colors spread out amongst the trees made for a beautiful scene. The course itself is almost fully encapsulated within the leaves and is gorgeous. This racecourse is not for those who do not like a challenge, it is quite hilly. There is a modest hill at the start of the race around 1.5 miles into the race, doesn't seem too bad now but when you hit it again later it stings. Miles 3 and 4 are pretty fast downhill, which can cost pretty heavy later on if you are not somewhat cautious. From here on out the course rolls pretty good for a while till around the 8th mile. From this point you start to climb as a preparation for things to come. Around 9.5 the hill starts and it don't stop until mile 11, this is a beast with virtually no relief at all, it just keeps going and going and going like the Ever Ready bunny. I remember someone saying to me that the hill seemed to go down at some points but it was actually just a change in degree from a steep climb to a slightly less steep climb. After this the next 1.25 miles pretty much coast in and if there is anything left in the bank now is a good time to use it. Ah yes that 1st hill is back again at 20k and it sucks!!! We pass a cemetery after the last hill and

then the final down hill in, oh yea forgot the uphill finish going into the high school parking lot to the finish line, had to get in one more hill didn't they. During the course of the race we pass some beautiful fields and apple orchards. Crowd support here is excellent, they have been having this race for 23 years and it is a big part in the community's apple festival for the year.

This years trip consisted of Bruce and Georgianna Gladstone (who found this race before me 2 yrs ago), Mark and Rosemarie Strawn (they loved it so much they were the first in our group to register for it this year), I am back again and 2 newcomers to the fest.... Mary Foley and Imme Dyson.

Mary, Imme and I left on Thurs night, the trip was quite relaxing on the way up as we left after rush hour. We checked into a little motel after driving close to 4 hours and finished up the last hour the next day.

Once we arrived in Hollis, it was time for a pre-race run and we ran the last 1.5 miles of the course. Just seeing and running this short section gave way to thoughts about the rest of the course, which we then drove. The hills were right where we left them last year and still demanded respect. We went to race packet pickup at the high school, met up with the rest of our group and had a wonderful time talking to the folks from the local running club who are putting on this event. Some of the master runners recognized our team colors from RVR and brought

*(Continued on page 8)*

***“This time of year is usually the start of the fall foliage, the leaves are at their most vibrant and the temperatures have cooled down to now make racing a joy again. While this year it seems that the foliage was running a little late the hint of colors spread out amongst the trees made for a beautiful scene. The course itself is almost fully encapsulated within the leaves and is gorgeous.”***

***“The next day we had breakfast at a small local establishment that was some of the best home cooked food I have ever had. We picked apples from the local orchards and slowly made our way back to reality, sorry to see it end—but on a positive note we are all in for it again next year. Registration for the 2006 Applefest will open up in the spring or early summer of 2006 and I am hoping to bring some new faces up with us to discover this wonderful find of ours.”***

## Applefest

Cheryl Scher

*(Continued from page 7)*

about some discussion regarding our mens 50's team who they seem to know of quite well. They will be waiting for us at Saratoga Springs in a couple of weeks. After exchanging stories we headed out to the Macaroni Grill to carbo load and then back to the hotels for a good nights sleep. Race day was very exciting, the temperature was perfect (slightly cool with no humidity), we got ready, warmed up and waited for the start. We had a good start and off we went. Mary Foley took off very strongly and looked determined to do well. I don't know much after that cause I had my own race to run but the results speak for themselves. Mary won her age group, Imme and Georgianna took 2nd in their respective age groups, Imme set a course record for her age, Bruce and I ran better then we had planned, and Mark and Rosemarie ran the relay quite well. The awards were something to be seen—Mary received a medal with her fruit basket that was almost 3ft tall and Imme and Georgianna received these huge homebaked apple pies with their medals that were just amazing. The finisher's medals were really classy also. After suffering for 13.1 miles of this course the post race feast was incredible. Apple Crisps, home baked cookies, muffins, breads, cider.....just amazing.

The rest of the trip was fun, good food, good times, and good people. We had a wonderful evening and didn't want it to end. The next day we had breakfast at a small local establishment that was some of the best home cooked food I have ever had. We picked apples from the local orchards and slowly made our way back to reality, sorry to see it end—but on a positive note we are all in for it again next year. Registration for the 2006 Applefest will open up in the spring or early summer of 2006 and I am hoping to bring some new faces up with us to discover this wonderful find of ours. The website is [www.gatecity.org](http://www.gatecity.org)

Anyone who is interested is encouraged to contact me at [dragonladyrvrr@aol.com](mailto:dragonladyrvrr@aol.com), [dragonladyrvrr@yahoo.com](mailto:dragonladyrvrr@yahoo.com) or call me at 732-822-8212 and I will help to coordinate next years-gala event.





### 2005 Executive Board Members

President: Bob Townley  
rmtow27@aol.com

1st Vice-President: Gene Gugliotta  
thinmann@gmail.com

2nd Vice-President: Cathy Glamkowski  
cathyglam@hotmail.com

Secretary: Ed Levy  
run10runner@yahoo.com

Treasurer: Paul Krentar  
pkrentar@dallasgrp.com

#### Directors at Large:

Alberto Artasanchez  
alberto.artasanchez@verizonwireless.com

Lois Brown  
loisbrownklein262@yahoo.com

Jonathan Cruel  
jonathan.cruel@emcore.com

Cheryl Scher  
dragonladyrvrr@yahoo.com

### Raritan Valley Road Runners

PO Box 1197  
Edison, NJ 08818-1197  
732-839-2129  
www.rvrr.org  
USATF-NJ Club #0202

Newsletter/Web Site:  
Gene Gugliotta  
thinmann@gmail.com

Copyrights for all articles and photos in this newsletter remain owned by individual authors or photographers.

### 2006 Board Nominations

All RVRR members are eligible to run for positions on the RVRR board of directors. Anyone who is interested in running for a position or nominating someone else may send an email to secretary Ed Levy, run10runner@yahoo.com, or leave a message at the club phone number, 732-839-2129; or speak to one of the present board members directly. Nominations remain open through the December General Membership meeting, when the voting takes place.

### September's General Membership Meeting Report

Ed Levy

September 28th at the general membership meeting, the club voted on team monies and by a vote of 21-10 voted in favor of allocating \$2200 to the RVRR teams.

The floor was previously opened up for nominations to the new board of directors which will begin in 2006 and the results are as follows:

President: Gene Gugliotta

First Vice President: Sherrie Felton

Second Vice President: Ken Mangin

Treasurer: Paul Krentar

Secretary: Alberto Artasanchez

Directors:

- Cheryl Scher
- Ray Petit
- Lois Brown Klein
- Ed Levy

Two things to mention here. There are three Director positions open with a fourth usually picked by the new President and secondly anyone can be nominated for one of the above positions right up until we vote at the next meeting in December.

Finally everyone thanked our current President Bob Townley for two great years of leadership and hard work. It was greatly appreciated.





## RVRR Board Responsibilities

**Ray Petit (This article originally appeared in the October 2004 Newsletter)**

***“The RVRR Board is a working board. Typically, if a board member presents an idea to the board that the board likes, that board member probably owns it.”***

According to our bylaws, the club president only has a couple of responsibilities: to preside over the ten or so monthly board meetings, and to preside over the four quarterly general membership meetings. In reality, the club president is the pulse of the club. The president is expected to attend most club functions, especially the Wednesday night runs. Without exception, every club president has recognized the importance of growing the club membership. This is done by retaining the existing members and attracting new members. It is impossible for any one person to do this. In general, the club president looks to the board to take the lead in any one of a number of areas, or find another club member willing to do it. Some of these areas are: maintain the website, edit the newsletter, direct the Summer/Youth Series, sell club clothing, greet new members, organize the Holiday Party and Awards Banquet, organize programs to attract and nurture beginning runners, and organize volunteers at any one of a number of club managed races. This is only a partial list, but the board doesn't have to do it alone. We are fortunate to have many club members who are willing to serve the club, and have been doing so for years.

At the monthly meeting, the board reviews issues that impact the club, and plans for future events. If you ask the club president and any former club president what his or her biggest concern is, they will tell you that it is the safety of the runners. The entire board needs to share in the awesome responsibility of making certain that each runner has a safe run. This includes hazards from cars, dogs, and weather, to name just a few.

The club's 1st and 2nd vice presidents, in that order, assumes the club presidency if the president vacates the office. These positions are usually filled by seasoned club members that the president can usually count on doing even more that

the other board members.

The club secretary has the responsibility of recording the minutes of the board and general membership meetings. The secretary might be called upon to write letters on behalf of the club, as directed by the club president.

The club treasurer has the official responsibility of chairing the membership committee, although we have been fortunate to have Janice do that job for years. The treasurer does administer all finances, by collecting all checks and paying all bills and preparing financial statements of club activities. The entire board has fiduciary responsibilities to make certain that the club remains solvent. Within the context of a social organization, RVRR is in the business of promoting running. Decisions are made every month, as to the best way to use the club's resources to accomplish this goal.

Rounding out the board are the four members at large, with three elected by the general membership and one appointed by the club president. The members at large have the responsibilities of assuming any of the challenges I outlined earlier. They have the flexibility of taking on an area in which they are comfortable. For example, if a board member likes running on different trails in the area, they might lead the club Adventure Runs.

In summary, the RVRR Board is a working board. Typically, if a board member presents an idea to the board that the board likes, that board member probably owns it. In exchange, board members get the satisfaction of growing the sport that we love. RVRR has an over twenty-year reputation of attracting the very serious runners, as well as the very casual joggers. To maintain this tradition, we need board members with more than just ideas, but also the willingness to put in a couple of hours of time each month working on RVRR activities.





## 8th ANNUAL FREEZING COLD HASH RUN

**SATURDAY Jan. 7, 2006 10:17**

### 4 -6 MILE GROUP RUN - GET OUT OF THE HOUSE

START: K. Vercammen Law Center, 2053 Woodbridge Ave., Edison, NJ

**Be cautious-** this is woods running- not a nice road with course marshals. **Warning:** You may encounter the following hazards to slow you down: Wild Dogs, Rabid Raccoons, rats, marshes, Swamp gas, Sticker bushes, potential exercise, parts of trail underwater, destruction of running shoes and clothes from dirt, loud men over 50, secret trails and more. Brought to you by the Rumson Hash House Harriers- The group that brings you the famous Cheesequake Park Hashathon every November.

#### THE ON-ON SOCIALIZING (POST RUN)

As soon as we are finished, we participate in the "On-On" for beverages and socializing. We will visit the nearby Green Derby Bar on Woodbridge Ave, Edison- Free beer for women 21-69, pretzels, more beer, restrooms, beer & heat. EXOTIC FOODS AVAILABLE, INCLUDING traditional Tentacles, Pigeon, AND MYSTERY ANIMAL.

Directions—see [http://www.njlaws.com/directions\\_to\\_office.html](http://www.njlaws.com/directions_to_office.html)



Photo from 2005 Freezing Cold Hash. Photo by Flash9124 and used without permission from the Rumson Hash House Harriers MSN group. More photos at <http://groups.msn.com/RumsonHash/freezingcoldhash2005.msnw>

Please note that RVR is NOT affiliated with these guys, but some of our members might be....

Directions to other weekly hashes held every Saturday at 10:17 at various locations in Monmouth and Middlesex Counties, call the Rumson Hash House Harriers Hot Line 732-219-0301

Look for the Hasher banner and guys in old running clothes.

For information call Run "hare" Kenneth Vercammen, Esq. at 732-572-0500 [dayswww.njlaws.com](http://www.njlaws.com).

**Waiver of injury form for participants:** *I hash for Fun and admit if I get hurt its my own fault. I recognize no one has insurance and agree not to file any type of claim or suit ever.*





P.O. Box 1197  
Edison, NJ 08818  
Phone: 732-839-2129

Newsletter & Web Site:  
Gene Gugliotta  
thinmann@gmail.com



Member Club  
WWW.RRCA.ORG

USATF Club #0202

We're on the web  
WWW.RVRR.ORG

"We're more than just a racing club!"

# **CLUB MEMBERS!**

**Beat Mail Order Prices  
& get expert personal attention  
at the  
Sneaker Factory Store**

**15% off for cash or check  
10% off for credit card**

**308 Millburn Ave. Millburn NJ 973-376-6094**

SAVE

#### 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 2005 we celebrated a 22 year "streak" of organized club runs! Every Saturday we have a **Towpath Run** from Grove 5 in Johnson Park, Piscataway.

