



Summer 2005

Volume 14, Issue 5

Upcoming Events:

- **August 21:** Beach Day at Seven Presidents Oceanfront Park
- **September 18:** Summer Series Picnic
- **October 23:** East Brunswick Road Races www.ebrr.org
- **August Wednesdays:** Group Run, Johnson Park Grove 5, 6:30 PM.
- **September – June Wednesdays:** Group Run, Highland Park High School, 6:30 PM.
- **Saturdays:** Towpath Run, Johnson Park, 8 AM.

In this issue:

Towpath Wrap-up	2
Trail Running	4
Ironman Lake Placid	5
Summer Series Awards Picnic Info	6
Guess-Your-Time Run	6
Casino Niagara International Marathon	8
Vita Stats	9
Chips!	10
Prediction Run XC	10
Swim Around Key West	11

Twelfth Mile in the President's Shoes

Bob Townley

Just a quick article this month about goings on in the club. We are currently running out of Johnson Park, grove 5 for our Wednesday night run. We will be there through August. Check the website or yahoo groups to find out the exact day we go back to the high school.

I want to thank Ray and everyone who volunteered for the towpath training run this year. We had over 70 runners, and over 1000 cumulative miles. See the write-up about it in this newsletter.

I'd also like to thank Dr. Bill Charschan, a chiropractor who gave an interesting and informative talk at the June general membership meeting.

We just concluded a very successful summer youth/5K series. Thanks to Doug, Janice, Mark, and Rosemarie, and everyone

who came out to run and volunteer.

If you're reading this on the internet, and did not get a mailed copy, it is probably because you didn't send you membership renewal in. Please do so ASAP!

Wanted: Race Director

For March 2006 Equinox 20K – experience working on a road race committee preferred.

E-mail Bob at RMTow27@aol.com if interested

After 3 years, Dana Gross will be stepping down as Equinox race director. She, along with the current race committee, have indicated their willingness to help the new race director. If you would like to learn more about the position, send me an e-mail and we can talk about it.

Family Beach Day on August 21st!

Bring the whole family to this fun social event! We will be meeting at Seven Presidents Oceanfront Park in Long Branch on August 21st at 10 AM. The club will provide soft drinks. You may bring food or buy food at the beach. You should also bring all the beach-oriented chairs, umbrellas, towels, and toys you need for a day in the sun, sand and surf. The park is easy to get to and parking is on-site. Parking is \$4 and each adult entrance fee is \$5 (children are free). There are bathrooms, showers, food service, and

beach volleyball. Find the group by entering through the food service area, following the board walkway through the dune vegetation towards the sand, where it becomes a plastic walkway on the sand. Go to the end of this walkway. We will meet to the right of the nearest lifeguard stand you see in front of you.

Directions: Take Parkway exit 105 or Route 18 south to Route 36 East towards Long Branch. Go 6.5 miles until it ends at the entrance to Seven Presidents Oceanside Park.





Towpath Train-ing Run Wrap-Up

Ray Petit

The five-day forecast indicated that we would have near perfect weather for the 7th. Annual Towpath "Train"ing Run, on National Trails Day, June 4th. As we got closer to the day, rain somehow got into the forecast. The day before the run was a good old-fashioned rainy day. I hoped that the runners knew that this event is on, rain or shine.

At 4:25 am on Saturday, as I drove to Grove 5, I convinced myself that the rain wasn't too bad and that the runners might find it refreshing. I thought of Mike Ferinden and Doug Brown, who were almost completing their first hour on the towpath. Mike F. committed (no pun intended) to run 48 miles from Rocky Hill to Trenton and then turn around and complete the run back to Johnson Park. When I arrived in Johnson Park, I soon had the company of several other runners. I was excited because for the first time in the history of this event, three women were going to run the 34.1 miles from Trenton to Johnson Park. Peihan Su was already on her way, since she was going to start at 5:15 am and run with Paul Grassie. I met Firdaus Dotiwala, from the Bronx, who was going to bring one of the women runners. He informed me that his running mate wasn't up for the run and wouldn't be joining us. My disappointment diminished when I saw Charlie Gadol with Jennifer Davis. Everyone in the club, who knows Jennifer, assured me that she could easily run 34 miles. Since Peihan is an ultra-marathoner, I liked the odds that at least one of the women would finish the event. By 5am, Peter Palaitis, Saul Duarte, Tim Shay Jr and Sr. and John Evans had all arrived and were ready to go. Ken Ellis and John Grieco had graciously offered to help me get the runners down to Trenton. At 5:05 am, with no sign of John Grieco, the convoy to Trenton pulled out of the parking lot. At 5:25 am, Ken Mangin called me with the good news that Paul and Peihan had an uneventful start and were on their way, and he also told me the great news that it wasn't raining in Trenton. It might be a good day after all. At 5:45 am, the three cars arrived in Trenton, with undoubtedly our largest start in Trenton. We immediately looked up the towpath, looking for Mike and Doug, but there was no sign of them. Tim Shay Sr. was one of the



Mike Ferinden (center) after finishing his 48 mile trek! - with Doug Brown and Kathy Rocker.

drivers to Trenton, and I tried to convince him to run and told him that we would come back for his vehicle later. Tim Sr. passed on the opportunity to run with his son, since he was recovering from injury. At 5:50 am, we saw Carl Rocker about 200 yards away, followed by Doug and Mike. These guys timed it so perfectly, that they had a few minutes to refresh themselves, pose for pictures and prepare for the return trip. At exactly 6am, I blew the train whistle and the runners took off on the long trail to Trenton.

John Greico found us in Princeton and helped out at the first water stop. With John and Tim Sr. available for water support, I was able to jump on the train and run 5.7 miles with the train. Allen Paul was unable to find the Kingston Station, but he met us at Rocky Hill for refueling. Iron Pete joined us on the bike. Before Rocky Hill, the 8:30 pace train had already caught Peihan and Paul. They looked fine, but were unable to hold the 9:30 pace. I dropped out at Rocky Hill, as did Doug Brown and Firdaus. Firdaus had hoped to run all the way to Johnson Park, but today just wasn't his day. We did convince him to go back to Johnson Park with John Grieco and catch the last bus to South Bound Brook. This would give him a very respectable 19.5 miles for the day. Doug had parked his car at Rocky Hill, so he was off to find the clock, so it could be set up by the

(Continued on page 3)





Towpath Training Run Wrap-Up

Ray Petit

(Continued from page 2)

Landing Lane Bridge. Doug wanted everyone to know exactly how close they came to finishing at 11am.

After visiting a few more locations on the towpath, I drove to Johnson Park to assist Bob Hopkins in setting up for the picnic. Bob has become the official “griller” of RVRP, and had the food ready to be served when the runners arrived. Mike F. family and Elizabeth Edelman’s husband helped me in setting up a finish line for the runners. The runners gave Jennifer the honor of breaking the tape, since she was the first woman EVER to complete the run from Trenton to Johnson Park, during the train run. Although Mike couldn’t hold the pace on the return trip, he finished strong. I reminded the other runners that Mike had been running since 3:30 am and he was given a roaring welcome, as were the other finishers. Paul Grassie and Peihan soon arrived, to the cheering approval of the crowd. Peihan’s mom was there and was only slightly worried. Most of the runners who ran the entire 34.1 miles stayed to receive a trophy, to acknowledge their accomplishment. Jennifer and Peihan received a trophy, as well as a train whistle, acknowledging that they had done, what no other women have done in the history of this event. They are the new women co-record holders for this event. Every runner who completed 20 miles or more was also acknowledged. Later in the afternoon, we found out that Doug Brown not only went to Hillsborough to borrow the clock, so that he could set it up on Landing Lane, but he also decided to run the Hillsborough Hop 5K. Doug won his age category in the 5K, even after running 28.2 miles on the towpath.

My satisfaction comes from the runners telling me that they enjoyed the event. As a towpath “regular” on Saturday mornings, I feel that I am showing off the towpath to runners who may not realize what a great place it is to run. Add the camaraderie of your fellow runners in a non-competitive setting, followed by hot food and

cold drinks, and we have a recipe for fun. In summary, we ran a total of 1,075 miles collectively. A total of \$763.50 was donated to the Cancer Institute of New Jersey. This money will be earmarked for a table ergometer (arm cycling machine). Rita Musanti, who works at the Cancer Institute, told us that it can be used by many of the patients, especially the bone marrow transplant patients. It is also in keeping with the mission of RVRP to promote physical activity.

Special thanks to the Local Yellow Pages, positiveactions.com and others for their generous donations. Without the efforts of the people below, the event wouldn’t have happened:

Ken Ellis - driving runners to Trenton

Cathy Glamkowski - making the chicken

John Grieco - driving runners to Trenton

Bob Hopkins - water stop, grilling

Pam and Luke - water stop

Tim Shay Sr - driving runners to Trenton and water stops

Paul Krentar - coordinating the drinks

Ken Mangin - driving runners to Trenton

Allen Paul - water stop

Bernadette Petit - making the sausage/fish

Janice Reid - coordinating the bus

JL Seymour - water stop

Bob Townley - coordinating the drinks





Trail Running- My Journey Toward The Dark Side

“Iron” Pete Priolo

Just a couple of days ago I was wondering how I became a trail runner from my hard-core days as an Ironman triathlete in the mid 1990s. It's a transformation that is improbable as the Boston Red Sox winning the World Series, but, as the Bosox can attest, it can be done.

In the mid 1990s, I absolutely HATED trail running. Trails interfered with my times, and since a PR was the only thing on my mind those days, I hated trails for slowing me down. I never set foot on the Delaware Canal Towpath (site of RVR's Saturday runs) even though I knew it was there. Just the hard pavement to get the best time as possible, then either pat myself on the back for a job well done or curse myself for missing my mark.

Looking back at my training logs from my old days, there was not one entry describing the courses I ran. Just a course name, a time for the workout, and my average heart rate and a short comment about how I felt. That was it. The course name was mentioned just for the sake of statistics; did I beat my time the last time I ran the course?

So what happened? Why the change? Well, one thing was lacking from my training and it ate away at my fitness, the sheer ENJOYMENT of running. I was running the same courses over and over, and the same races year after year, that time and heart rate became the only factors for me to run. That was all. In hindsight, it turned out to be too shallow a reason to keep myself running.

So how did I get the enjoyment back? Definitely not from the roads in New Jersey! Except for the early mornings, you literally take your life in your hands every time you wonder out into those potential killing fields. In early June of this year, I was literally on a driver's hood of a car when he proceeded into an intersection after he stopped. I had to bang on the hood of his car to get him to stop. And of course there is my spectacular bike crash in 1993 when I collided with a car that had turned left in front of me, knocking me unconscious. I had more than 100 stitches in my face and had to be in the Intensive Care Unit for 3 days due to some serious injuries.

I started to find some solace in off-road running when I started to participate in this club's weekly runs on Saturdays. It is such a relief not to keep an eye on drivers all the time and actually concentrate on my run.

In the late 1990's, the club also had started to put on "adventure runs" in several parks around the state. Not knowing how to run across rocks and roots at the time, I fell a good many times and had my share of turned ankles. I barely tolerated the first "adventure runs", but over time I started to increasingly like the challenges that this type of running presented.

But I was still philosophically a road runner. Times and overall paces still dictated my training schedules, and that type of running with all of the obstacles will still "slow me down", according to my beliefs back then. I believe a runner has to change his/her overall philosophy on running to become a true trail runner. Instead of hating the obstacles for slowing him/her down, he/she actually had to start looking FORWARD to the additional challenges that each course brings.

So when did I turn to the "dark side" and become a trail runner? For my definition above I can attribute it to one race, the Half-Wit Half Marathon in Reading Pennsylvania, one of the toughest half-marathons in the country. There is a good reason for the name; you have to be a half-wit for even trying this race! The race is full of rocks, deadfall, steep hills, mud, etc. designed even to make the toughest runner wince. I made my initial attempt at this race in 2000, when 5 other people from this club decided to take up this challenge. With my "road runner" philosophy, I started out on a vigorous "pace" that should get me under the 2 hour mark by the time I'm done. On this course I started out with a very rapid pace that would have me running fast up the steepest hills. I was wondering why people were walking the hills at the 2 mile mark, did that make sense? My "pacing" worked...for the first 3 miles. Then, the unrelenting course started to chew me up. I knew I was toast when I hit upon the 6 mile mark in 61 minutes. Those same people that I encountered walking early in the race passed me with ease. My old philosophy was stripped bare when I was forced to walk the hills, almost totally unheard of in the road running world. During the later miles I managed to twist both ankles and was cursing under my breath that I would never do this race again. I managed to limp to a finish. I did 13+ miles in 2.5 hours; totally unheard of.

But I had my mind on that race for an entire week afterward. I just couldn't BELIEVE that someone would make a course that difficult. I mean, was the race director crazy? During the course of that week I went from utter disbelief to determination on how I can best tackle that course and survive better. In another week I vowed to try the race the next year. My journey toward the dark side was complete.

(Continued on page 6)





IRONMAN LAKE PLACID RACE REPORT

Bob Townley

I made it to the start line. One of the toughest things about ironman is just getting there. There are so many things such as illness, injury, bike accident, etc. that can derail your training, and make you a spectator instead of a competitor. I was a little surprised at weigh-in a few days before the race, as I was five pounds heavier than two years ago, when I ran my first ironman, but I was prepared for the day.

A little background on the ironman: The event started in Hawaii over 25 years ago. It is a triathlon consisting of a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run. It has expanded to 6 official ironman events on the North American continent (and a dozen or two smaller ones without the "Ironman" brand name, but the same distances). Fortunately we have one close by, in Lake Placid, New York. There are an average of about 2000 athletes from all around the country, and all around the world competing in each one.

The weather was forecast to be nice that day, with no rain. I woke up at 4:00 that Sunday morning, and ate a couple of power bars for breakfast. The lake was calm as 2000 of us entered the water for the 7:00 a.m. start. I started a little to the right, hoping not to get kicked, elbowed, scratched, etc., but 5 minutes into the race I caught a large group of swimmers and spent most of the first half mile just trying to find space to swim. The swim spread out a little, and I settled into a nice rhythm, and turned a very uneventful 1:12 swim.

One of the things I told myself was to enjoy the run from the water to the transition area. The path is fairly narrow, and there are screaming spectators on both sides. Actually anywhere the race goes through town, there are thousands of people cheering for you, whether you're running in first place or last. I missed a lot of that two years ago, as the heavy rains kept a lot of people inside.

I put on my shoes and helmet and headed out on the bicycle. Yes, there is a large downhill early in the race, but there are a couple noticeable uphill before that. The number one piece of advice in this race is not to go out too fast

on the first loop (two loop course) of the bike. I heeded this advice, and hit those hills pretty slowly, but soon we reached the big downhill, and it was time to cruise. I hit a max speed of about 38 mph, not as fast as I thought I would go, but it is fun hitting those speeds on the bicycle.

The course takes a left turn in the town of Keene onto some flat roads where you can really move. I thought I was keeping a pretty good pace, but I was getting passed by a lot of people. No problem, I thought, I'll pass them back later on the bicycle, or on the run. Then one of them was kind enough to point out something that I didn't notice - my front tire was almost completely flat. Well I guess that explained why I never went too fast going downhill, and why so many people were passing me.

It must have been a slow leak, but I decided then I better change the tube. As I said, I was prepared for the race, and as part of my preparedness, I practiced changing tires. Unfortunately, there is just no way to prepare for sitting on the side of the road at mile 17, as a myriad of bicyclists whizzed by me. What should have taken a few minutes took longer. How much longer, I don't know. But I fixed it up, got back on the bike, and immediately felt a bump for every tire revolution. In my haste, I didn't get the valve all the way into the wheel. I would have to change it again, basically starting from scratch, and I would make sure to use a long stem valve. This time I fixed it correctly, but I was unsure if I transferred all of the CO2 from my cartridge into the tire (it turns out I was correct, I measured it the next day and I had about 55 psi in the tire, as opposed to my 120 psi normal pressure). In my haste I also unscrewed the wheel too far, knocking the axle out of the wheel. I put it back in facing the other way. This didn't affect the performance of the bicycle, but it put the magnet of my speedometer on the wrong side of the wheel, meaning I rode the rest of the leg not knowing my speed.

Well I finally got going again. I knew at this point any hope for a great race was dashed. I was mentally not into the race anymore. I was just going through the motions. I was also worried about getting another flat on the bicycle. I still had 95 miles of bicycle and a marathon run to go.

(Continued on page 7)





Trail Running- My Journey Toward The Dark Side

“Iron” Pete Priolo

(Continued from page 4)

The next year I managed to chop 11 minutes off my previous time in the course, and at the end of the race I absolutely loved it.

Trail running fills the hole in my training log that makes it enjoyable. And I look forward to traveling to the different challenges in parks like Watchung Reservation or Allaire State Park. And the fact that there are no cars on the trails is also a big plus.

The benefits of trail running are enormous. For one, very few trail runners have injuries as a result of overuse. Virtually no trail runners encounter stress fractures, shin splints, or even plantar fasciitis. Unlike the road, where you use the same muscles repeatedly, the uneven ground of trail running forces you to use your leg muscles differently for each step, keeping them from being fatigued. Also, the road has very little “give”, subjecting your leg (and your entire body, for that matter) to full impact. On the other hand, trails have a lot of give, lessening the destructive impact to your body.

**You are Invited to the
22nd Annual Summer
Series Awards Picnic
September 18th
Donaldson Park Grove 1
Noon 'till ???
2 PM Awards Ceremony
Games Games Games!
Frisbee Toss, Egg Toss,
Trophy Toss and more!
\$5 per adult for "all you
can eat"
BYO Beer**

Guess-Your-Time Run on August 3rd!

Ed Levy

First Prize - Ms. Rocker with a predicted time of 64 minutes and 0 seconds and a finishing time of 64 minutes and 0 seconds.

Second Prize - Ms Musanti with a predicted time of 30 minutes and 0 seconds and a finishing time of 29 minutes and .59 seconds.....01 difference.

Third prize went to Mike (no, not 48 mile Mike) with a predicted time of 65 minutes and 0 seconds and a finishing time of 64 minutes and 46 seconds.....14 second difference.

And finally, last but not least, Margot with a

predicted time of 40 minutes and 31 seconds and a finishing time of 25 minutes and 16 seconds... a 15 minute and 15 second difference won the unannounced prize of two movie tickets for being the furthest away from her predicted time without knowing of this dubious but well earned honor.

Thanks to everyone for taking part.

THE PRIZES:

Gift Certificates to Sneaker Factory for top three people who come closest to their predicted time. 1st, 2nd & 3rd = \$50, \$30, \$20 respectively.





IRONMAN LAKE PLACID RACE REPORT

Bob Townley

(Continued from page 5)

I tried to pull myself together the best I could. I knew the importance of maintaining proper nutrition throughout the race. One thing that helped was the fact that there were now a lot of people in front of me, who normally would be well in back of me. Even with my now improperly set-up bicycle, I started passing a lot of them. That gave me the confidence to keep going strong. I made it back into town at the end of the first loop. Once again the crowds were great, and helped me get my head back into the race a little

Then an incident about 2/3 of the way through the bike leg changed my perspective of the race. I was heading into an aid station, with one woman about 50 feet ahead of me. Not sure what happened, but as she went to get a bottle, she didn't slow down much, and her handlebars all of a sudden were turned to the left, and she went down hard. I pulled over, and a few aid station volunteers came to her aid. She was in good hands, so I took off. I didn't catch her number, but I thought her race was over.

I now started looking at the race as I would if I hadn't flatted. I knew the task ahead: Approx 35 miles to go on the bicycle, with some large hills (not steep climbs, but long) between me and the end of the bike leg. I knew I would have to ride strong, but at the same time I needed to keep eating and drinking so I would have enough energy for the marathon. I was still passing dozens of people up the hills, but it was by no means easy. I was no longer worried about flatting again, and I finished the bike leg strong.

Despite all the problems on the bicycle, I ended up starting the run at about the same time as I did two years ago. I had worked hard in practice on my bike and swim, and it did pay off. The run starts off with some nice downhills the first 2-3 miles, and I took advantage of that. One thing I noticed right away is that I did not put my watch on. This was not necessarily a bad thing, as I could concentrate more on the race, and not look down at my watch every couple minutes.

I started putting the miles behind me one by one, and actually was feeling pretty good. The hardest part for

the first half of the run was just trying to keep eating and drinking. The Gatorade and water were warm in some of the aid stations, when cold fluids would have gone down a lot easier, and I just couldn't take any more gu after about mile 10. Although the humidity was low, the late afternoon sun, coupled with the warm temperatures (80+) were starting to take its toll (don't get me wrong, it was much better than the cool damp rain we had two years ago!). I started struggling a little in the second half of the run. The miles still seemed to come quickly, although I could feel they were getting slower. I walked the aid stations, but pretty much kept running between them (well except for the near the top of a couple of the rolling hills). There was one hill with about 4 miles to go in the race. I was physically very drained, and I said to myself as soon as I reached a certain sign in the distance, I'd walk that one for a little bit also. Well I reached the sign, but something kicked in that wouldn't allow me to stop running. I slowed down a little, but kept the feet moving, and soon I was at the top of the hill, with the town getting closer and closer. There is one big hill going into town, which was actually a planned walk for me, and once I reached the top of that hill, I started picking up the pace, knowing the end was in sight.

The only thing left to do was to finish. Despite the fact the day did not go like I had hoped, I was still thrilled to be in the position I was in – entering the Olympic oval for the last couple hundred yards of the ironman. I could hear the music blaring and the crowds going wild as I came up the ramp. As I mentioned, they cheer hard for everyone, first through last, and I was almost exactly in the middle. The announcer screamed out my name, I high-fived a couple spectators, and crossed the finish line. I had a familiar face come over to assist me at the finish, as Mike Czech was volunteering as a finish line greeter/catcher (yes, some finishers need catching after they cross the finish line).

Well I finished exactly 10 minutes slower than 2 years ago. It turns out that I lost those 10 minutes in the second half of the run. I was happy I finished, relieved that it was over, and thankful to everyone who helped me along the way, and this meant from the day I signed up for the race in 2004, through all the training, and all the volunteers who were at the race. Special thanks to Lisa, for her support on race weekend, including helping me with my little window accident after the race. I am looking forward to going up there to volunteer next year, and another ironman in 2007.



Casino Niagara International Marathon

Cheryl Scher

When choosing an out of town race one thing to take into consideration is where you might want to go for vacation. Whether it is a full vacation or a mini weekend getaway, there are many great opportunities out there just waiting to be found. You know that you are going to run, right? So why not pick a beautiful and scenic place to do it. One of the races that I have gone to twice now and will go back to again is up in Canada. The Casino Niagara Marathon, Half Marathon and 5K is a first class act all the way and that's probably why I want to encourage everyone to check out this little known marvel. I ran the marathon in 2001 and the half marathon in 2003 and it just keeps getting better and bigger. The race is usually the last weekend in October (this year's date is October 23, 2005), right at the end of tourist season so it isn't crowded at this time with out of town tourists. The weather can fluctuate a little but usually is great for racing, The course was used to host the Olympic men's marathon in 1980 and 1984, it is very fast and virtually flat (1 moderate hill early on at mile 5) and is a great Boston qualifier for those trying to get in.

Race weekend starts with the expo on Friday night and Saturday, this is one of the better expos that I have gone to and with the Canadian exchange rate the bargains get even better. Next is the International Breakfast Run and brunch on Saturday morning, this is included in your registration. The run is about 2 miles at a very easy pace just to loosen up and get ready for Sunday's event. Everyone is encouraged to bring a flag from their country or state and run with it, great chance to see who is coming from where. The brunch takes place at Planet Hollywood immediately after the run. This is a great opportunity to meet new friends and swap war stories. There is a pasta party on Saturday night that you can buy tickets to but with all the many restaurants to choose from locally I chose not to go to the pasta party. We went to a little place called Mama Mia's, I always seem to go there when I am up by the falls and not to my surprise always find a long line waiting to get in. However if you get there by 5pm you usually can beat the carbo load crowd.

All of the races run along the Niagara River, the half starts

at mile 13 of the marathon and the 5K is out and back from the finish line. Both the marathon and the half marathon have buses that take you to the starting lines. The marathon starts in Buffalo, NY and crosses into Canada by the Peace Bridge (mile 5), which happens to be the only hill in it, it runs through Ft. Niagara, then picks up the Niagara river and runs along side of it all the way down to the falls. The view is beautiful and only gets better the closer you get to the falls. The 2nd half of the marathon which is the half marathon is very fast and is net downhill, Can you say PR's!!! Like I said I ran one and came back for more. The crowd support is enthusiastic and the course is very well managed.

After the races are over it was time to get ready for the awards. The awards party takes place in the host hotel and includes a pizza party. It was very relaxing and made for a nice wind down. One of my friends who raced the marathon, Sally Simione took home masters money, I believe she came in as 4th masters female.

What was interesting was that they have a competition for the best water stop and the volunteers go all out. I've never seen such support and effort made by volunteers before. They are competing for a cash prize and it is amazing how much energy they generate. Yes they are trying to win but they are very very sincere in their effort. Their energy is encouraging especially when one is in the later stages of their race and need something to boost their spirits. The volunteers also have their own post race party after we runners have all gone

The whole show was coordinated by Jim Ralston who has been the race director for quite some time and has my personal thanks for two wonderful trips to his races, yes I will be back there in the future.

Just as a side note for anyone who will take my advice and go north, the hotels are very inexpensive on the Canadian side and that is the only side to stay on...you don't want to stay on the US side. Meals are also quite good and quite inexpensive. I would definitely allow time to take in the Falls and all the area has to offer, there is so much to see and do I could ramble on forever....a 4-5 day weekend is a good amount of time but you can make due with a 3 day weekend. More info for this event can be found at www.niagarafallsmarathon.com





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Happy Birthday

June

Bill Hagman	6/1
Lou Piffer	6/1
Charles Krowicki	6/2
Peter Onufryk **	6/2
Larry Kling **	6/5
Spook Handy	6/6
Dennis McGale **	6/8
Hugo Vadillo	6/8
Ron Kaplan	6/9
Jane Reilly **	6/11
Charles Levitsky **	6/13
Frank Werner	6/15
Patricia O'Hanlon	6/16
Ed Halper	6/16
Jill Knorr **	6/16
Mark Zenobia	6/19
Patrick Kelly	6/19
Patrick McCaffery	6/19
Gene Gugliotta	6/23
Peter Priolo	6/23
Richard Weidmann **	6/25
Cindy Gadek	6/25
Dino Kusulas	6/26
Raymond Paul	6/26
Chetwyn Trotman	6/27
Robert Richardson	6/27
Gary Rosenberg	6/28
Dale E Warmingham	6/30

Happy Birthday

July

John Grieco	7/4
Lindsay Tomlinson	7/4
Janice Reid	7/6
Sharon Dubow	7/7
George Kelly	7/12
Robert McLaughlin	7/12
Julian Zammit	7/17
Christina Kosh Dyke	7/17
Sharon Rogers	7/25
Gerhard Wiesinger	7/26
Judy Faherty **	7/30

August

Lorraine McPhillips	8/6
Madeline Bost	8/7
Kenneth Vercammen	8/7
Wayne Baker	8/8
Lois Brown-Klein	8/9
Bernadette Petit	8/14
John Nowatkowski	8/19
Mel Kosmin **	8/20
Lori Onufryk	8/20
John Papp **	8/21
Paul Marder	8/21
Linda Zammit	8/23
Christina Lopez	8/24
Dorothy Little	8/25
Jonathan Cruel **	8/26
Jennifer Allen	8/27
Eva Fisher	8/29

** New Age Group!



**"SEPTEMBER
NEWSLETTER DEADLINE:
SEPTEMBER 9th!"**
*Contributions from all
members are welcome
and encouraged!*



When The Chips are Down

Lois Brown-Klein

A couple months ago I sent in my application to run both the 10k and 5k at Ridgewood on Memorial Day. I really only wanted to do the 10k as I am just too slow for the 5k but since it was a women's masters' championship I felt like I should do it. I was very excited about it because I have never run two races like that back to back. When my friend, Les, and I arrived at the race and picked up our packets, I started to walk away when I realized that neither packet was marked 10k or 5k. How was I supposed to know which number and which chip were which?

I went back to the race table and no one seemed to know anything. The race director was no where to be found and it was getting close to race time. I went over to the USATF table where the person in charge of USATF was as well as Madeline Bost and one of our team members, Sherry. Sherry was busy trying to put together the teams as our team captain was delayed. When I asked them what they thought I should do, the consensus seemed to be to wear both numbers and both chips for both races. So that is what I did.

Here is what happened as a result of this ~ I was recorded twice for the 10k (one foot, then the other) and for the 5k, I wasn't recorded at all.

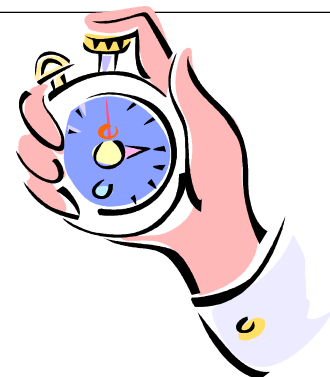
Needless to say, if this ever happens again, do not wear both chips.

What happened after that? Well, as it was, I did not see my name anywhere obviously on the 5k results so the next day I emailed the race director. She was very nice but basically there wasn't much she could do. She did locate to runners who came in in the 5k, one of which could have been me but it was not a definite.

In the future, it was suggested, and I guess this is the way I should have done it, to wear one chip for one race and the other for the other, no matter what. And what number was for what race? I still do not know. I guess I never will.

June 7, 2005 5K Prediction Run Results

Place	RVRR Member	Predicted Time	Actual Time	Difference
1	Ray Petit	28:30	28:27	3
2	Paul Krentar	30:45	30:56	11
3	Doug Brown	21:40	21:22	18
4	Joann Coffee	28:00	28:19	19
5	Carl Rocker Jr. *	13:30	13:52	22
6	Ray Schick	26:00	26:23	23
7	Saul Duarte	25:00	25:25	25
8	Alice Tempel	31:00	30:34	26
9	Roger Price	22:20	21:40	40
10	Cathy Glamkowski	27:58	28:46	42
11	John Nowatowski	23:30	24:13	43
12	Mike Kane	26:30	25:43	47
13	Cheryl Scher	32:05	32:53	48
14	Rosemarie Strawn	32:00	32:53	53
15	Leigh Walker	26:52	27:59	67
16	Mary Foley	28:28	27:19	69
17	Mark Strawn	25:00	26:14	74
18	Imme Dyson	30:00	31:46	106
19	Jim Hake	26:00	27:50	110
20	Steve Kornstein	31:05	32:58	113
21	Carl Rocker Sr.	26:00	23:46	134
22	Robert Hopkins	26:10	28:32	142
23	Bob Townley	28:00	30:38	158
24	Chris Lehman	26:01	28:46	165
25	Jorge Rivera	26:40	29:40	180
26	Tom O'Neil	36:00	32:58	182





Swimming Around Key West

Paul Grassie

I completed the 29th annual Key West Swim on June 25th: 12.5 miles in 6 hours, 42 minutes. Weather was around 90 degrees, water temps in the mid-high 80's. The swim started on a beach just across the street from my hotel, on the southern, Atlantic side of the island. There were only 34 swimmers, and of that about 14 solo swimmers, the others being on either 2-person or 3-person relays, plus a couple in the snorkel & fins category.

I finished in 8th or 9th place (out of the 14 solo swimmers).

The first place solo swimmer finished in about 5 hours, 15 minutes.

Most of us spread liberal amounts of zinc-oxide cream over our faces, necks, and backs to protect us from the brutal rays of the sun. A strange looking group, to be sure, but the coating worked better than traditional sunscreens that would have worn off.

The 9:15 race start time was carefully chosen so that the tides would assist us most of the way. Shortly before the start, we all entered the water and tread or stood until the race was off. The kayaker and boat support crews then paired up their appointed swimmers. I was fortunate to have a local guy volunteer as my kayaker, and he was familiar with the course having supported a 3-person relay team last year. In addition, he had the 14-year-old sister of his girlfriend along in their 2-person ocean kayak. It helped tremendously to be able to sight off my kayak; it would have been very difficult otherwise to make the right turns and keep a straight line.

Having never done that kind of distance before, and having very little ocean swimming experience, my plan was to take it slow and easy. My two kayakers handed me water or sports drink, bananas, and electrolyte tablets whenever I requested, approximately every half hour. You're not allowed to hold onto the boat, nor stand on the bottom. For most of the course, the water was shallow enough to see the bottom, and it was tempting to stop and watch the fish swim by. There were some places where it was ridiculously shallow: as little as 12 inches of water, but you just had to adjust your stroke and try to swim through it.

Standing up or crawling on your hands and knees would disqualify you.

One swimmer reported sighting a couple of small sharks. A kayaker spotted a ray. I saw a couple of large tarpon fish and many smaller, colorful fish like you typically see in salt-water aquariums. On occasion, a brush with some floating vegetation yielded a mild sting, no more annoying than a mosquito bite, but enough to make you wary of the seaweed. The sting would wear off usually within a few minutes.

I swam comfortably until my arms started to ache at around 8 miles.

A couple of Motrin later and I was good-to-go to the finish. Although I'm well-accustomed to the rubbery legs the day after a marathon or ultramarathon run, it's my arms that feel that way today.

The people who put on this swim are some of the nicest people you could ever meet. The current race director, and four-time winner of the Swim Around Key West, is Bill Welzien, a preacher in a small ministry in Key West.

He and his wife and most of their nine children were involved in putting on the race and making sure everything went smoothly and safely.

Past Key West swims have had as many as 300 entrants. I'm not sure why the numbers are down, but it made for a unique event with a lot of camaraderie and personal attention. Lots of new friends that I look forward to seeing again next year when I return to attempt the 30th Annual Swim Around Key West.

Ed. Note: Paul Grassie is a long-time RVR member, ex-newsletter editor, and veteran of many marathons and ultras. A few of his unique achievements are a dozen runnings of the Baffin Island Midnight Sun Marathon/ultra, north of the Arctic Circle in Canada, and running a 10K "around the world" at the North Pole. Obviously a endurance junkie, he has turned his attention to more horizontal pursuits.





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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.

