



Eighth Annual Towpath “Train”ing Run- Wrap Up

Ray Petit

The long-range forecast fooled me into thinking that we were going to have perfect weather for this event. The history of this event warned me to be prepared for rain. As we got closer to event day, the weather channel snuck rain into the forecast.

I couldn't do anything about the weather, so I stopped worrying about it. Runners don't seem to mind running in the rain and we had use of the gazebo for the picnic, so we were all set.

Every year this event has a little bit of drama, and this year was no exception. For weeks prior to the event, Mike Ferinden told me that he would like to start at midnight on Friday and run through the night to Trenton and then run back to Johnson Park for a total of 68 miles. On

the Wednesday prior to the event, Mike told me that he wasn't feeling well and that he might sit out the entire event. Although I told him that it was OK, I secretly was counting on the 68 miles to help us reach our annual target of 1,000 miles.

Well, the day before the event, Mike called me and told me that he was feeling much better and that he was back on. On Friday night, around midnight, I was woken by the loudest thunder I have ever heard. It was raining by the buckets. My first thought was of Mike and how frightening it must be to be on the towpath during a thunderstorm, in the middle of the night. I convinced myself that Mike was too smart to be out there, so I went back to sleep.

I left my house at 4 am, with light showers, but

no thunder. I remember hoping that everyone remembered that this event was on— rain or shine.

At 5:15 am, John Grieco and I drove Jorge Rivera, Saul Duarte, Gene Gugliotta, John Evans and Bob Jorissen to Trenton. When we got there at 5:45 am, Mike Ferinden and Chris Lehman were there to greet us. BOTH of them ran through the night, in horrible weather. They told us that Peihan Su and Mary Foley were out there already, doing the 34.1 miles at a 9:30 pace.

Mike and Chris listened to their bodies and they grabbed a ride with John Grieco back to Johnson Park. It turned out that neither of them were done for the day. After they got back to Johnson Park, they freshened up a bit and rejoined the train. Mike ended up

(Continued on page 5)

Inside this issue:

My First Race	2
Race Review— President's Cup Paradise	3
Ken Vercam- men's Recovery Plan	3
On The Run	5
New Members	6
RVRR Birthdays	6
2006 Donations	6
President's Cup Open Men's Championship	7
Masters 5km Cross Country	10

Upcoming Events

- **Wednesdays**—Group Towpath Run, Johnson Park Grove 5, 6:30 PM
- **Saturdays**—Group Towpath Run, Johnson Park Grove 5, 8 AM
- **Tuesday**— August 1: Summer x-country and youth series races
- **Sunday**—September 3: Jimmy D Memorial 5K
- **Sunday**—October 22nd: East Brunswick Road Races
- **Sunday**—October 29: Run With the Vikings 5K

My First Race

My first race ever was a 5k time trial in junior high (1992; I was 12). We ran against the other team in town to give both schools a better experience. Since I had never run a 5k before and had only been running a few weeks, I thought the other runners were stupid when they took off at the gun. One of those guys would win the state title for cross-country, 3200m, 1600m, & 800m the next season. Yeah, he was good.

I thought slow and steady wins the race and ran a 26:49, getting beat by some of our girls. I ended up running 19:26 that season and have never looked back.

—**Scott Pennick**

My first race was back when I was 13 years young the summer before my freshman year. It was an alumni race between high school students and the ones that already graduated. I only trained 1 mile a day and was shocked to find out that the 5K cross country race was 3.1 miles. I ended up placing 3rd overall female running a 23:19 at the Roosevelt Park x-country course in Edison after throwing up at the finish line. Coincidentally, my first road race after school was also a 5K race at Roosevelt Park "Run against Griffiti" placing 3rd overall female with a time of 21:54 back in 1996.

—**Ilona Bella**

Bob Beckert Memorial Scholarship Fund 5K, 38:19, June 6th, 2004, Warren, NJ. I had just started run-

ning, was looking for motivation to keep going and figured an organized run or race would be a start.

It was neither flat nor that scenic, even though the website promised both. It *was* wet and cold...YES, in June! It was also uphill both ways and into the wind in both directions. Hey, a little exaggeration never hurt anybody. It was, however, also motivational. Even though my pace was an exciting 12:21, I finished! My 5K PR was a month or so ago, 25:16 for an 8:08 pace.

—**Rose Hoskins**

Editors Note: That PR will surely be broken this summer.



1999 President's Cup 5K, 22:00. I went because it is also an official Hash run, owing to the free beer. I had been "running" for a while, mostly just on weekends, first with the Ithaca Hash, then the Summit Hash. I loved the race, wanted to run faster, and the stories in the Summit Hash had started to recycle. So decided to hook up with a running club. It was a toss up between Sneaker Factory and RVRR, since they were about the same distance. RVRR lost the coin toss.

My first club run was the day of the first Towpath Training Run, later that summer. I did not know about the special event, so I wound up at Grove 5 on Saturday with another newcomer, Dave French.

—**Ken Ellis**

Mine was the Midland 5K, 2001. I remember stretching near the start and my wife giving me a Reiki session. Also the smell of the grass and that feeling you get right before the gun, as everyone bunches up. Then seeing my time on the overhead as I crossed the finish line, and feeling like an athlete for the first time in my life. When I got home the cats spent 10 minutes smelling my shoes, and we figured they probably caught the scent of field mice from the grass or something.

—**John Grieco**

Cannot remember my first race ever out of school, but I think it may have been a Turkey Trot Four Miler back in 1978 or so. Got a crappy white t-shirt for doing it. I think my first school race was in 1966 in 6th grade—did the 100 yard dash against 7th & 8th graders - came in dead last by a few feet.

—**curlyjaxa**

Millburn Moonburn—The (2006) President's Cup in Millburn was a great event. I, of course, finished first in the "Bill Moffat" class. The "Sam Adams" cup presented to me at the end of the race was, well, very satisfying.

Of course no one knows me, but this was my first race, ever. 27:48. It looked like Ray (Petit) was so far ahead of me.

(Continued on page 4)

Race Review—President’s Cup Paradise

In the classic folk song *Big Yellow Taxi*, Joni Mitchell wrote the often quoted “Don’t it always seem to go, that you don’t know what you’ve got till it’s gone.” While she may have been referring to the environment, she could have been referring to any number of subjects, and certainly could have described the first half of my 2006 running year.

After going through the past three years, which included two marathons, injury free, the final race of

2005, the USATF 10 mile run, seemed to be going great for me. As I passed numerous runners through miles seven, eight and nine, visions of a breakthrough time danced through my head.

Just past the nine-mile mark, disaster struck as my calf buckled. Although I wanted to stop, I was too close to the finish the line, and it was the last race of the season, so I hopped through the final three-quarters of a mile, still winding up

with a season best time.

Although I felt frustrated about the injury, I figured that the performance would sustain me through the long winter and I could slowly regain my traction. The scary part was that the injury was in a calf tendon that made it difficult to push off on the front of my foot.

I did not run that often through the base building months of January

(Continued on page 8)

Excerpt From Ken Vercammen’s Collarbone Recovery Plan

—Ken Vercammen

May 21-Bicycle crash. Broke collarbone. No running, swimming or working out until July 11.

July 13-Hamilton RWJ 5k Finish Time: 21:18. Placed 2nd age group.

July 16-Nike Bunker- formerly All Hills, No Frills 5K. Finish Time: 22:37 Placed 4th overall.

July 18-RVRR Summer Series 5K Finish Time: 21:12 Placed 2nd age group.

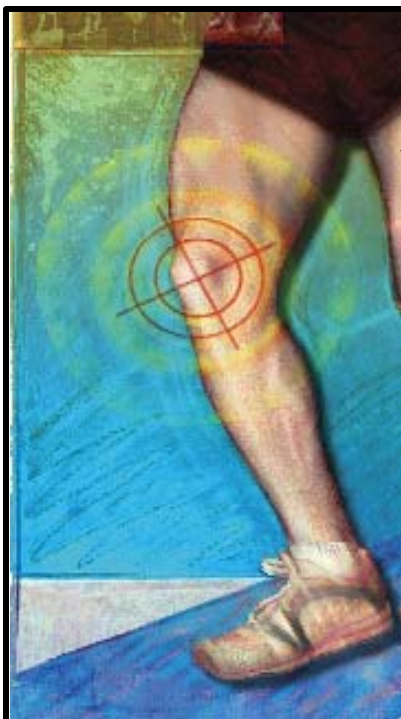
July 19-Pine Barrens Tri Splash & Dash 1/2 mile swim and 5k race Finish Time: 48:35

July 20 -JSRC Summer 3 mile Finish Time: 18:59

Five races in one week!

**Ken
Vercammen
at
the
2005
Equinox
20K →**





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hills, 100%
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run long!
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Growth...
Race.
Recovery...

First Race

(Continued from page 2)

-Bill Moffat

Washington DC, Run for Arthritis 10K, circa 1995. The race was in November. The weather was horrid, with a headwind that created a wind chill in the 20's, unusual but not unheard of in the upper reaches of the South. The wind turned out to be an insignificant factor when compared with my exemplary first demonstration of the most commonly made racing error. I had no idea what I was doing, went out like a madwoman in the first 1/2 mile and thereby set myself up to suffer greatly throughout the remainder of the race. I finished in the mid 50's.

Setting a three-tiered goal and deciding on at least a rudimentary strategy is something I spend a bit of time on before most races, these days. Oh yeah, and I almost never go out beyond my capability to at least sustain the starting pace throughout the race. The ultimate goal is always negative splits, except if one is running the new Summer Series course, in which case, I remove my watch and try not to lose sight of Julie Hadaszy. As for the weather—that is not in my control, so I don't think about it much except when deciding how to dress for it. Ah, lessons learned...

—*Sherrie Felton*

Quotation Corner

NOWHERE...

Is it clearer than in competitive sport that every crisis is an opportunity for growth. In life and in sport, stress is the stimulus for growth; during recovery is when you grow. No stress, no growth. No recovery, no growth.

Is the mind-body connection more dramatically visible than in competitive sport, Mind, body, spirit, thoughts, feelings, emotions are all part of the same continuum of life. There is and can be no separation.

—from *The New Toughness Training for Sports* by James E. Loehr, Ed.D.

Eighth Annual Towpath “Train”ing Run—Wrap Up

(Continued from page 1)

with 42 miles and Chris finished with 37.1 miles.

At exactly 6 am, I screamed on-on, and the group started the long run to Johnson Park. Minutes later, Herm Richards pulled up in a car and joined the train.

Throughout the morning, it rained off and on. I drove to Kingston Station and met Mary Foley and Peihan Su. Several other runners joined the train at this station. I remember telling Mary and Peihan that the bridge under Route 27 was flooded with knee-deep water. Peihan saw this as another challenge and ran into the tunnel, while the other runners took the dry route, over Route 27.

When the 6 am starters arrived at Kingston, I gave them the same warning. In this group, John Evans decided to take on the deep water in the tunnel. This group methodically kept running at an 8:30 pace. When they arrived at Rocky Hill, they were greeted by runners with fresh legs, who wanted to run a blistering 7:30 pace. I begged and cajoled them into not starting early, because I didn't want them to run the 8:30 pace runners into the ground.

When Gene dropped out after 24 miles, he drove my car and I was able to run a couple of miles. Even with 14 miles into the run, I couldn't keep up with the runners doing the 8:30 pace. The buses worked

flawlessly and got the runners out to their desired starting point.

When it was completed at 11 am, over 80 runners participated in the event. Most of the runners heeded by advice and they changed out of their running clothes, soaked from perspiration and rain.

Many of the runners stuck around until 3 pm to relax, eat, drink and trade stories about the run. Everyone wanted to know if Mike completed his quest for 68 miles and if Mary Foley was able to complete the entire 34.1 miles.

The answers are no and yes. Mike did set the record for most miles completed by an individual and Mary set the record for most miles completed by a Masters Woman.

This event introduces seasoned runners to new parts of the towpath and it introduces some people to RVRR and the benefits and camaraderie of running in a group. We introduced two new elements to the event this year: one was an opportunity for participants to design a memory shirt to honor someone suffering from cancer or to draw attention to National Trails Day. The other new element is a frequent runners club where we will award designer coffee mugs to runners as they total 200 or 100 total miles run in this event, since its inception.

Chris Lehman was the only runner this year who qualified for a 200

mile coffee mug.

I am pleased to announce that we donated \$700.00 to the Cancer Institute of New Jersey. This amount represents almost .70 per mile for each mile completed during this event.

Special Thanks to:
Gene Gugliotta and RVRR Board for their support of this event; Moshe Tal, Paul Krentar, Steve Kornstein, Rose and Mark Strawn and Doug Brown's Local Yellow Pages for financial support; Janice Reid for coordinating the bus, taking the great movie and tabulating the mileage; Paul Krentar for coor-

(Continued on page 6)

On The Run

Starting elevation is 8,128' and the finish elevation is 6,728'...

That's the Steamboat Marathon in Steamboat Springs, Colorado and it's not exactly straight downhill. After suffering altitude sickness the day before the race, Doug had a real battle this time. He had to give it his all to notch marathon victory number six by a margin of only twenty-three seconds! The quest is halfway completed. Congrats Doug!

—Chris Lehman

Doug traveled to remote Cordova, Alaska for marathon number 7, The King Salmon Run.

(Continued on page 7)

Towpath “Train”ing Run—Wrap Up

(Continued from page 5)

dinating the drinks; John Grieco for driving the runners to Trenton and doing a water stop; Saul Duarte for making the chicken and setting the pace from Trenton to Landing Lane; Cathy Glamkowski for coordinating the Memory Shirt event; Bernadette Petit for making the sausages and salmon; the volunteers at the water stops: Allen Paul (Club Founder), JL Seymore, Bob Hopkins, Annette Johnson, John Grieco; Bob Hopkins for grilling for us, in the rain; SusanJoy Grieco for that delicious pasta salad and picnic set up and for donating copies of her fabulous CD; and Heather and Erica for participating in the Memory Shirt Event.

Pam, Luke and Re, you were missed. We hope to see you next year.

To view Janice's video: http://home.comcast.net/~saulduarte/100_2802.MOV

To view run pictures: rvrr.fotki.com

Runner Actual Miles

Michael Ferinden	42
Chris Lehman	37.1
Mary Foley	34.1
Jorge Rivera	34.1
Herm Richards	34.1
Saul Duarte	34.1
Peihan Su	27
Gene Gugliotta	24
John Evans	22.9
Bob Jorissen	22.9
Thomas Dickson	20

Scott Penick	20
Mike Annis	20
Kenneth Ellis	20
Carl Williamson	20
Bob Townley	20

(Continued on page 7)

New Members

Steve Percoco	Rahway
Louisa Daratsos	Rahway
Christine	
Prorock-Rogers	Somerville
Patty Todisco	Garwood
Annmarie Pinarski	Hillsborough
Michele Kirsch	Somerset
Alan Kirsch	Somerset
Douglas Dale	Hillsborough
Mike Dixon	Fanwood

RVRR Birthdays

July

Michael McGrath **	7/1
John Grieco	7/4
Lindsay Tomlinson **	7/4
Janice Reid	7/6
George Kelly **	7/12
Robert McLaughlin	7/12
David Schatz	7/12
Audrey Kerchner **	7/13
Alicia Williamson	7/14
Julian Zammit	7/17
Christina Kosh Dyke	7/17
Tim Effler **	7/21
Herman Richards	7/21
Gerhard Wiesinger	7/26

** New Age Group

August

Alix Garzero	8/5
Lorraine McPhillips	8/6
Madeline Bost	8/7
Kenneth Vercammen	8/7
Wayne Baker	8/8
Lois Brown-Klein**	8/9
Kathleen Higgins	8/9
Bernadette Petit	8/14
Daniel Dalfonzo	8/14
John Nowatkowski	8/19
Robyn Corington	8/19
Mel Kosmin	8/20
Lori Onufryk	8/20
John Papp**	8/21
Paul Marder	8/21
Linda Zammit	8/23
Dorothy Little	8/25
Emily Sun	8/25
Jennifer Allen	8/27
Michael Anis**	8/28
Eva Fisher	8/29

** New Age Group

2006 Donations

5K (up to \$20)
Scott Dedecker
Alex Dobrowolski
Henry John-Alder
Pete Maguire
John Nowatkowski
Patricia O’Hanlon
Alice Tempel & Leigh Walker
Ginny & Frank Werner
10K (\$20 - \$49)
Thomas Blom
Lois Brown-Klein
Larry Kling

(Continued on page 11)

Towpath “Train”ing Run— Wrap Up

(Continued from page 6)

Rose Hoskins	16.9
Vanessa Pruzinsky	13.4
Stacey Kaplan	13.4
Sherrie Felton	13.4
Ray Schick	13.4
Peter Palaitis	13.4
Paul Krentar	13.4
Moshe Tal	13.4
Michael Kane	13.4
Lester Helfman	13.4
Keith Weber	13.4
John Nowatkowski	13.4
Jeannine Palaitis	13.4
Frank Werner	13.4
Doreen Greene	13.4
David Schatz	13.4
Peter Burchett	13.4
Ed Levy	13.4
Joel Goldstein	13.4

(Continued on page 10)



President’s Cup Open Men’s 5K Championship

We had another great race for the Men's Open team at the President's Cup 5K.

The weather was hot, and a brief but heavy rain rolled through about a half hour before the race, leaving the course wet, and an oily steam rising from the hot asphalt.

Times were on the slow side, with the notable exception of Mike Anis. He added to his latest string of PR's with a whopping half minute improvement in his 5k time, chopping it down to 16:40.

The A team placed 4th, edging out a surprisingly strong Morris County, and handily beating Sneaker Factory. Also, for quite likely the first time in a long time, the scoring members of the A team were all under 40.

The B team was the strongest B team fielded, placing 7th, thanks to

(Continued on page 11)

On The Run

(Continued from page 5)

It took a long flight, a long train ride and a two and a half hours on a ferry to get there.

Soaring snowcapped mountains and pristine glacial lakes lined the 26.2 mile course of rough gravel road. It was cold and it was raining steadily.

After starting the race in an enormous pack of seven other guys, all but one under 40, Doug gradually worked his way up the field from fourth to third to second.

At mile 22, he could see the leader wobbling and of course he went for it. Doug finished FIRST overall with a five minute margin of victory. Despite less than ideal conditions he ran his fastest marathon of the Quest - a 3:23 (unofficial)!

Now he'll take some R&R touring the Last Frontier before coming back just in time for the Summer Series.

—Chris Lehman

Colin Thomas Slyman...Here he is !! We are still catching up on telling everyone so for those who don't know...

Colin Thomas was born 6/2/06 at 4:15 pm, 9 1/2 lbs, 20 1/2" long

Mommy (Sonya) and Colin are doing great.

Thanks for everyone's well wishes and support...

—Keith (Daddy) Slyman

Editor's Note: Sonya and Colin made an appearance recently at *Neubies* to chat with the Saturday post-run breakfast crowd. Welcome Colin! You are currently in first place as RVR's youngest member!



Dateline June 11, 2006—Imme Dyson and Dorothy Little placed 2nd and 4th respectively age graded at the Portugal Day Masters Women 5K Championship--both with national level performances.

Also at the Portugal Day Masters Women 5K Championship, the Women's Masters 60's, 50's and 40's A teams placed 1st, 2nd, and 2nd respectively. The Women's Masters 40's B Team placed 6th in front of the Essex, CJRRC and Clifton 40's A teams.

Now for the WOW: **Tara Zimlik**

(Continued on page 9)

Race Review—President’s Cup Paradise

(Continued from page 3)

and February, but I did a lot of cross training, figuring I would be ready by March.

There were numerous times when I had what I thought was an encouraging run but it would soon be followed by a recurrence of the pain. As the racing season started, I was far from ready to do anything more than a 5K and those would be done at a snail’s pace.

I took the easy way out and held off racing. As the club newsletters came in the mail, detailing race results and the results web sites filled up, I found myself more and more detached from what was happening.

Running was not completely gone for me, but things I used to take for granted were out of the question. Runs I might have previously considered to be short runs became my long runs. Speed work was not even a consideration. I found myself looking more and more to the elliptical machines that always seemed like a waste of time.

Different milestones of the season went by and still I had not run a race. Less and less did I consider myself a runner. I started to rationalize that, after twenty years of pounding, my body had told me to stop. If I could not race anymore, at least I had gone out with a flourish.

Finally, as the calendar turned into

June, I started to feel encouraged. The President’s Cup Race in Millburn on June 19 seemed like the proper event to try my comeback. I had first run the race in 1985 and could run the course with my eyes closed. Numerous runners from my Saturday morning group would be there and it was also a big USATF race.

I had optimistically joined the New Jersey USATF for the two years following the 2004 season. This would be the first chance to use the second year of my membership. There was also an extra overriding reason that may have clinched the decision. I wanted badly to write about the loss of running races, but I didn’t think anyone in this newsletter would want to read about something so negative, so I decided to changed the ending of the original story.

I knew it would not be pretty, but I wanted to get back out there and at least see my name with a time beside it.

Unfortunately the weather looked ominous, with a steamy day followed by thunderstorms. Less than an hour before race time the sky opened up, but it had the effect of cooling things off.

I decided not to wear racing flats for the race and to just try and get a workout in and not risk injury. As I started off, I knew I was slow. As one runner who had never beaten

me passed me he said “Dave, I know you’ll pass me just a s quickly.” I decided not to say a thing in response.

The first mile was about 8:40. As I headed toward the turnaround, numerous runners that I had either run with or defeated in the past were on their way back. But I did not care. I actually felt good that nobody I normally competed with was anywhere near me.

As I passed the two mile mark, I had almost exceeded my time from my 1985 race. I found myself competing with different runners. As I neared the finish line, I was passed by the young daughter of the runner who I had conversed with earlier in the race.

My time of 28:07 looked even worse when I saw it on the Internet, but I was still happy that I had finally run a race.

We often complain about the difficulties of racing and the pain of it all. Being sidelined by injury can remind us of the challenges, opportunities and fun that we are missing when the choice to run or race is not ours to make.

With all apologies to the immortal Ms. Mitchell, the parking lot of Charlie Brown’s in Millburn turned out to be my “paved paradise.”



On The Run

(Continued from page 7)

placed 2nd age group (or 1st depending on how you look at it, since the first place overall woman was removed from the 25-29 age group for the purpose of age group awards) at the Portugal Day 5K, with a time of 20:50.

Shortly thereafter, Tara Z made an appearance at the Woodcliff Lakes 5K, where she won the women's race with a time of 21:26. That makes four wins for Tara (that I know of) to date this year.

—*Sherrie Felton*

Vermont 100 Mile Endurance Run

(July 15-16)—Saul Duarte, finished in 27:42:19, placing 109th out of 152 finishers, and 260 starters.

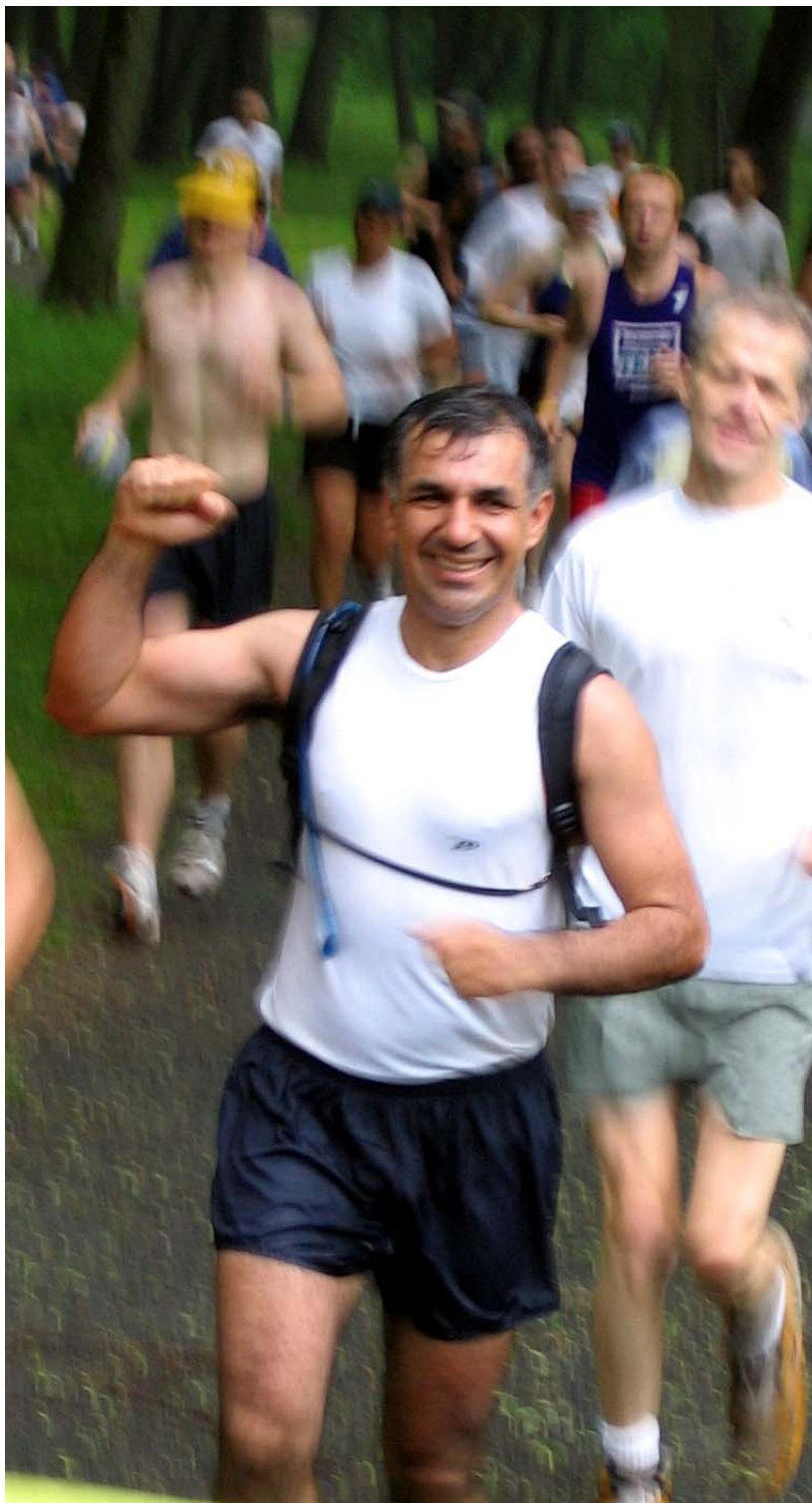
The race was outrageously hot and hilly, but he finished with a couple of fast miles at the end, and even put in a final sprint in the last few meters to edge out another competitor. He was last seen on Sunday, attempting to negotiate with our hotel manager for a ground floor room with as short a walk as possible to the neighboring pizzeria.

—*Ken Ellis*

Congratulations to Cheryl Scher on her Paul Bunyan Marathon 4:38 Finish.

We are SO good in the USATF-NJ GP! RVRR members are 1st and 3rd OVERALL both male and female: Roger Price, Sherrie Felton, Hugo Vadillo, Cheryl Scher! And there are more standouts in the age groups!

—*Gene Gugliotta*



Saul Duarte finishing the Towpath "Train"ing Run
—*Photo by Ray Petit*

Towpath “Train”ing Run—Wrap Up

(Continued from page 7)

Peter Munday	11.3	John Grieco	9.2	John Papp	5.5
John Tonnessen	11.3	Imme Dyson	9.2	Nat Ruis	5.5
Joanna Stevens	11.3	Guy Johnson	9.2	Jack Myers	5.5
Erin Varga	11.3	Andrew Belmar	9.2	Alberto Artesanchez	5.5
Catherine Glamkowski	11.3	Amanda Sun	9.2	Erica Boling	5.5
Judy Redling	11.3	Adrienne Belmar	9.2	Stephen Kornstein	5
Myrna Rosal	10	Melvyn Kosmin	9	Ray Petit	5
Ron Petit	9.2	Mike Daigeaun	8	Bob NiCastro	5
Ron Kaplan	9.2	Ginny Werner	10.5	Bob Hilkert	5
Rob Hopkins	9.2	William Moffat	5.5	Lori Feldstein	5
Myrian Johnson	9.2	Theodore Munday	5.5	Rosemarie Strawn	4.6
Louis Piffer	9.2	Ray Hogan	5.5	Mark Strawn	4.6
Leigh Walker	9.2	Peter Onufryk	5.5	Janice Reid	4
Laurie Eakley	9.2	Peter Heimann	5.5	Conor Gaynor	4
		Ken Mangin	5.5	Rachel Penick	3
		Joseph Iuzzolino	5.5		



Peihan Su wading through a tunnel during the “Train”ing Run
—Photo by Ray Petit



2006 USA Masters 5km Cross Country Race Saratoga Springs, NY

Sherrie Felton

Attention Masters (40+) Women!

I am putting together 40's, 50's and 60's Masters Women's teams for this event.

National cross country races are a lot of fun. Earlier this year, we fielded Women's 40's and 50's teams for the National Masters Cross-Country 8K Championship at Van Cortlandt Park placing third and second respectively at that event.

Sure there were no teams placing below us, but the fact is we showed up, others did not, and there is nothing wrong with being second

(Continued on page 11)

President's Cup Open Men's 5K Championship

(Continued from page 7)

some depth from the 40's and 50's team, and new member Billy Raska.

The B Team also earned us some points in the club Grand Prix. Billy is a high school runner who did a few workouts with us at the Bridge-water track last year, and has been improving fast. Welcome Billy!

The C team had a great performance by Doug Brown, Mr. Marathon-a-Month, who showed that he still has some speed despite the crazy schedule. Although they didn't place high in the running portion of the event, they dominated the post-race beer festival, and the eating at Charlie Brown's, doing our club proud. A few other club members were also there, including Bill, Leslie, Kathy, Dave, John, and Ed. Sorry if I missed anyone there.

A Team:

Adam Littke, 16:16
 Scott Penick, 16:19
 Mike Anis, 16:40
 Mike Dixon, 16:50
 Rufino Mendex, 17:11
 Ken Ellis, 17:21
 Rodrigo Caceras, 17:25
 Hugo Vadillo, 17:43

B Team:

Roger Price, 17:30
 Carl Williamson, 18:25
 Sergio Cano Sr, 18:36
 Billy Raska, 18:40
 Gene Gugliotta, 18:46
 David Huse, 18:56

Sergio Cano Jr., 21:20

C Team:

Chris Lehman, 19:16
 Doug Brown, 20:36
 Pat Cosgrove, 21:18
 Ray Schick, 22:54
 Moshe Tal, 24:45
 Paul Krentar, 25:32
 Ray Petit, 26:02
 David Lazarus, 28:08



2006 USA Masters 5km Cross Country Race Saratoga Springs, NY

(Continued from page 10)

and third for a national event, right?

Last year, Dorothy Little and I drove up to Rochester, NY to participate in the National Clubs Masters Cross-Country 6K Championship, where Dorothy came away with a nice medal and I came away with the gratifying memory of a perfectly run race.

The Saratoga race will be an overnight (1-2 nights) trip. I will make arrangements for those who wish to stay at the official Meet Hotel, though anyone can certainly make their own hotel arrangements if they prefer to stay elsewhere.

If you are interested in going, be sure to save the dates October 14-15

on your calendars and let me know of your interest. I will put together a preliminary roster, and perhaps schedule some training runs for us at local parks.

Place: Saratoga Spa State Park - Saratoga Springs, N.Y.

Date: October 15, 2006

Website with more info: <http://tinyurl.com/pqp4p>

The website does not offer much information right now, but it will fill out as we get closer to the event.

Any questions please feel free to email hatoolah@msn.com or call me 908-432-3480.



2006 Donations

(Continued from page 6)

Dorothy Little
 Maryanne Moxie
 Susan Wilson

1/2 Marathon (\$50-\$99)
 Conor Gaynor & Judy Redling
 Joe Lanzalotto

Marathon (\$100 +)
 Anonymous
 Jennifer Davis

**Happy
 Birthday
 John Papp!**



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

Newsletter: Sherrie Felton
ranhita@gmail.com
Web Site: Ken Ellis
kaellis@gmail.com



Member Club
WWW.RRCA.ORG

We're on the web
WWW.RVRR.ORG

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 won the overall USATF-NJ Club Grand Prix from the

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award's inception in 2001 through 2004 and we are planning to get that title back in 2006!

Our "**Wednesday Night Run**" is one of the nation's longest running regularly scheduled group runs. We have not missed a Wednesday Night Run since 1983! In June 2006 we celebrated a 23 year "streak" of organized club runs! Every Saturday we have a **Towpath Run** from the Grove 5 parking lot in Johnson Park, Piscataway.