



Race Review—Mississippi Marathon

Patricia O'Hanlon

Clinton, MS. January 14, 2006 5:50 a.m.

It's dark. ...except for a glowing, slightly less than full moon. It's cold... ..frost covers the grass. It's Clinton, Mississippi, and at 7 :00 a.m., I'll start another marathon, my 21st marathon, my 21st in pursuit of a marathon in each of the 50 states.

Although the sun wasn't fully risen by race time, the sky had brightened enough so that the volunteers were able to retire their flashlights. The check-in location had looked as though it was the site of a convention for giant fireflies when I first arrived.

As it turned out, the majority of runners were starting at 8 a.m. Having misread the race application, I arrived ready to start at 7 a.m. which was the intended starting time for walkers and

runners who might need more time than most to complete the course. Then there were a few speedsters who just wanted to start early and finish early, so at 7, off I went with them.

I found myself in the lead with another female runner - how weird was that?! She was probably in her 30's or 40's. I'm not the best judge of age. We chatted a bit, and I confessed to her that I found it very strange to be running in the vanguard position...nice, but strange. No sooner than I had said that than another female runner zoomed past us and my partner took off after her. Oh well, it was nice while it lasted.

Much of the way after that, I ran alone. The course was an "out and back" along a parkway; it was open to traffic - but there was almost none. Tall trees grew along and close to both sides of the

road and although they were bare, because they grew closely together, their shadows kept the course shaded most of the way. It was clear overhead and not windy. The grass along the roadsides remained covered with frost well into the nine o'clock hour. At the finish, I guess the temperature may have risen to about 50F; there wasn't a cloud in the sky. It really was a beautiful day.

As I ran along by myself, I noticed three buzzards circling overhead. Did they know something I didn't know about the Clinton marathon in prior years? I hoped they were just looking for road kill from the night before.

Approaching an overpass, I noticed a banana and a can of energy drink that had been placed on top of the stone wall that edged the

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Upcoming Events

- **Wednesdays**—Group Towpath Run, Johnson Park Grove 5, 6:30 PM
- **Saturdays**—Group Towpath Run, Johnson Park Grove 5, 8 AM
- **Saturday June 10**—Family Swim and Fun Day 12 Noon — ?
- **Tuesdays**—June 13, 27, July 18 & August 1: Summer x-country and youth series races
- **Tuesdays**—June 20 & July 11— Running Better Workshop series. More info at: <http://rvrr.org/runbetter.htm>
- **Sunday June 25**—Road Trip to Double Trouble 15K/30K Trail Race. Email rvrr@rvrr.org

RVRR Family Swim and Fun Day!

Gene Gugliotta

On Saturday June 10 we have a fun event planned that does not even include any running. It is for your whole family to enjoy themselves at the Village Swim Club in East Brunswick.

Village is a private swim club located off Rte 18 North, behind the Tower Center/Hilton Hotel. We will have full use of the facility, including the pool and shady picnic

groves, basketball and tennis courts, ping pong, and field for kickball and wiffle ball games! We will have lifeguards on duty, so the kids will be safe.

Please arrive between noon and 1:30 PM. RVRR is supplying the beverages—and you know what that means! You need to bring your own picnic lunch. There are picnic tables and lounge chairs by the pool. Don't forget your bathing suit! The facilities will be open for our use

until 9 P.M.

The best thing about this day of fun is that it is FREE to RVRR members and their families and significant others!

You can see photos of the facility as well as get directions at their web site: <http://home.comcast.net/~villageswim>

See you there!

Ten Rules for New Runners

Gene Gugliotta

The club has recently seen an influx of runners that are not so “veteran” as our typical member. That is GREAT! I hope “new” runners continue to join RVRR for years to come.

The board has made some strides to support “novice” runners. However, as Doug Brown has discussed in his Running Better Workshops, it is difficult for more experienced runners to truly relate to the challenges that a person just starting to run faces. So that got me thinking and doing a little research.

Though not a professional coach, I applied my 32 years of running experience to the thinking and research and I came up with Ten Rules for New Runners. (Don't stop reading, thinking you are not a new runner. If any runner followed these, they would probably improve.)

Set Goals

It pays motivational dividends to know why you are running. Everyone's reason is personal. Do you want to lose weight, decrease your chances for disease, increase your opportunities for adventure and friendship, run a race, run a certain distance or time?

Time is On Your Side

A runner running 12 minute miles would have to increase his or her run from 24 to 36 minutes to simply increase a 2 mile run to a 3 mile run. That is a huge jump. It makes much more sense to increase that 24 minute run to a 26 minute run, then in a few days to increase it to a 28 minute run, and so on. Also, fatigue is cumulative, and training takes place over longer periods than just day-to-day; therefore the number of minutes you run on a weekly basis is more important than your day-to-day increases.

The 10% Solution

This rule says that each week you should add no more than 10% more time or miles running than you did in the previous week. You should also not add more than 10% to your longest single run.

Listen to Your Body

All runners feel things going on inside their body. Learn to be attuned to what your body is telling you in response to training. If you are feeling discomfort, it is the natural reaction to pushing your body harder than it is used to. Discomfort is manageable, and you will recover quickly. Think of discomfort as a signal that your body is ridding itself of weakness. But you have to differentiate the pain of discomfort from the pain of injury. Generally, if something feels strained, torn or broken, it probably is. You should walk, cut your run short, apply ice, take a day or two

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Race Review—Shamrock Sportsfest

Cheryl Scher

The beginnings for this story were laid out about five years ago when a young, new runner decided to run her first marathon. I had been only running about a year when my friends from the Central Jersey Road Runners Club, Brian Buffalo and Larry Diggs, said they would help me with this task. Not only did they train me for my first marathon but they also told me where I was going to run this fantastic feat, the

Shamrock Sportsfest Marathon in Virginia Beach. I went there, accomplished my task and had a blast. The weekend was amazing and everything about the event was a class act.

I had always planned on returning but a marathon is a lot of work and these days with racing the shorter distances in the spring there just isn't enough time to recover from a marathon. Well the running gods have been gracious. Many of the

marathons nowadays have half marathons that go along with it, so the time had come for Shamrock to jump on board and add one too. It didn't take much arm-twisting to get me to go, nor did it take much for me to recommend it to a few folks who also decided to come on down and play.

Those of us who decided to venture out and partake in the festivities of the weekend were John Grieco, who

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Ten Rules For New Runners

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off. Do not be a slave to some training schedule.

Periodize

Periodized training is much more effective than simply going out and running the same every day.

Macro-periodization means that during certain months of the year you may run slower, cross-train more; and during other months you are increasing distance, time, or working towards a particular race. Micro-periodization means that you concentrate on a certain part of running improvement each week. A

example of macro-periodization for a person who wants to race is to run

“Rest is as important as running.”

less and cross-train more during the winter months, then build up in spring for short races in the summer and longer races in the fall. An example of micro-periodization is to do a 3-week cycle where in week 1 you concentrate on increasing weekly distance, in week 2 you concentrate on increasing your longest run distance, in week 3 you recover by decreasing distance and intensity.

The Way to Go: Hard/Easy

The body gets stronger through the simple cycle of stress/rest. To improve as a runner, you should go longer or more intensely one day, and go shorter and easier the next.

The Three R's: Rest, Recover & Refuel

Rest is as important as running. If your body has not recovered from a run, and you begin your next run in pain, you are courting injury. You would be better off walking, cross-

training, cutting your time and intensity, maybe taking the day off. You will recover more quickly if you sleep 7-8 hours, drink lots of water all day long, and fuel your muscles with a diet rich in whole foods and complex carbohydrates. Exercise and recovery takes proper fuel - do not try to exercise on a carbohydrate restricted diet.

Listen to Your Heart

Get a heart-rate monitor. Determine your maximum heart rate. Do most of your running within your training zone of 60%-80% maximum. The greatest value of your heart rate monitor is to slow you down. Do your easy days and entire recovery weeks at 60%.

Write, Read & Talk the Talk

Keeping a running diary is the best way to understand your running progress. It can be anything from a

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Race Review—Mississippi Marathon

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road. It struck me that it looked like an altar with an offering to the goddess of victory: NIKE! If it was, I hoped that she heard my standard marathon plea...*Let me finish, and let me be standing up when I do!*

I noticed more buzzards, five of them this time, and no one else along the course. Did I look to them as though I wasn't going to make it?

Focus, Patricia, focus!

The balance of the marathon was unremarkable. It was well supported with water stops at every mile, some of them with candy, cookies, and fruit, and frequently patrolled by local law enforcement who kept the traffic in check as far as speed went. You couldn't get lost even when running alone, because it was a simple out and back course on a road that was really quite straight and flat. The slight ups and downs along the way would never qualify as hills.

The miles passed and I reached the turn-around...alone. You may think I'm kidding, but at this point I sighted *seven* buzzards.

Left, right. Left, right. Left, right. Keep on keeping on - focus, focus, focus.

When I don't see anyone around

me, my mind tends to wander. I look up at the trees hoping to spot a cardinal, woodpecker, finch or other bird, or even a squirrel or a chipmunk on the ground. Aside from a few Black Angus cows and calves in a field, I didn't see any animal life, except for the buzzards!

Although Clinton, Mississippi, didn't suffer

the full impact of Katrina, many huge trees were down. Branches

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“Although a course has mile markers, the things I notice on the way out somehow encourage me as I notice them again on the way back. They are my silent supporters.”

Ten Rules for New Runners

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simple clipboard or notebook to a complicated computer or PDA application. But do record the details of your run and your response to the runs. Write as much as you want. More is usually better if you really feel you want to eventually look back and figure out why you got better, or got injured. On the other side of the coin, seek out web sites, magazines, and books about running. Learn as much as you can from the available literature and from talking to fellow runners.

Have Fun

Having fun with running cannot be underestimated. This aspect of run-

ning is often lost by veteran runners. The people who stay with running, or any form of exercise, are those that have fun as part of it. Running can be fun if you keep it adventurous, stay off treadmills and tracks. Run with other people sometimes. Run on trails and on the beach. Get new running shoes and clothes and enjoy being seen in them. Run barefoot and as naked as possible. Observe nature and architecture. Chase the squirrels and sprint through the yellow traffic lights. Wave to people you don't know. Laugh at people who make fun of you. Laugh at the weather, and the people that think you are crazy for going out in it. Be a Raritan Valley Road Runner.

On The Run

Miscellaneous

Not a blister baby! I ended up running over 207.1, about 212-215 miles, due to detours. Finishing in 56:55 at the Cape May Lighthouse.

I slept only 49 minutes in six naps.

Had five massages from my crew, cramped from dehydration (wind was the brutal part, and the first 60 miles). Thanks so much. We'll be talking. Stay in touch. Love In Action, Jody-Lynn Reicher.

—**Jody-Lynn Reicher** (Email to Gene Gugliotta after finishing her ultra run that traversed the length

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Mississippi Marathon

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that had blocked the road had been cut from the trunks of the trees and piled along the roadside awaiting their final disposition. It was sad to see so many forest giants downed and motionless as surviving trees swayed gently in the occasional breeze that flitted through their branches...but I digress.

By now, later starting, faster runners were passing me and I was catching up to some of the slower half marathoners. Whether runners were passing me or I was passing a runner or two, it was good to have company.

I approached the scene of the "offering to Nike." As you might have guessed, it was a fueling station set by or for runner. She had eaten the banana and was washing it down with the energy drink. She looked fit and refreshed, but I didn't get to see an actual "goddess!"

On and on to the finish. It's strange how in almost every out-and-back course, I seem to notice some odd things on the way out and again on the way back, e.g., some small piece of trash, an odd crack in the pavement, an unusual bush or other plant along the roadside, a puddle, a discarded glove, hat or shirt. Although a course has mile markers, the things I notice on the way out somehow encourage me as I notice them again on the way back. They are my silent supporters.

I found myself closing in on a runner/walker. Every time he walked, I thought I'd pass him. Just as I al-

most caught up to him, off he'd go again. After several "almosts," I finally passed him about a half a mile from the finish. The finish...at last.

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New Members

Kathleen Thompson-Stout	Hightstown
Cristina Mendora	Plainsboro
Lesley Wassef	Highland Park
Bonnie Nolan	Colonia
Erin Jobson	New Brunswick
Cindy Tone	Bedminster
Tom Ferrari	Dunmore PA
Austin Lyons	Clarks Summit PA
Dan Shapiro	Millburn
Arthur Davis	Somerset
William Moffat	Dunellen

RVRR Birthdays

June	
Bill Hagman	6/1
Peter Onufryk	6/2
Rhonda Hogan	6/2
Larry Kling	6/5
Spook Handy	6/6
Thomas Hall	6/8
Dennis McGale	6/8
Hugo Vadillo	6/8
Ron Kaplan	6/9
Michael Czech	6/10
Jane Reilly	6/11
Charles Levitsky	6/13
Frank Werner **	6/15
Patricia O'Hanlon	6/16
Jill Knorr	6/16
Colleen Brennan	6/18

Mark Zenobia	6/19
Patrick McCaffery **	6/19
Gene Gugliotta	6/23
Peter Priolo	6/23
Richard Weidmann	6/25
Cindy Gadek	6/25
Raymond Paul	6/26
Chetwyn Trotman	6/27
Robert Richardson	6/27
Gary Rosenberg	6/28

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!

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
 Dorothy Little

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Mississippi Marathon 2006 Donations

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My finishing time was 4:24:10, about average for me and good enough for 1st in my age group (60+).

I spotted my starting partner, and we chatted a bit. It turns out her original plan was to run the Houston marathon the following day. When making her travel plans, she found herself having to change planes in Jackson, the airport closest to Clinton. She then found out about the marathon in Clinton and adjusted her plans to run Mississippi on Saturday and Houston on Sunday. God Bless!

At the finish, we were rewarded with the usual juices, cookies, fruit, chips, and hot pizza. There was plenty for all. Everyone received a finishers medal and a long-sleeved T-shirt. Age group winners received nicely designed plaques.

The sun was out, there still was no wind to speak of, the buzzards were no where to be seen, and I finally saw a bright red cardinal high up in a nearby tree.

If you're looking for a marathon in Mississippi, try this one in Clinton.

P.S. Checking on the computer, I found out my starting partner's name was Cathy West. She's 43 and finished in 4:23:24. The next day she finished the Houston Marathon in 5:22:31. She may have taken an additional hour on Sunday, but my hat's off to her on her back-to-back marathon achievement.

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Maryanne Moxie

Susan Wilson

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

Conor Gaynor & Judy Redling

Joe Lanzalotto

Marathon (\$100 +)

Anonymous

Jennifer Davis

On The Run

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of New Jersey. Gene, John Grieco, John Evans and Sherrie Felton accompanied her for a total of about 20 miles during her run.)



May 14: Fredericton Marathon, Fredericton, NB, CANADA 3:27:23
Doug Brown, AG1

Okay - make that 5-0. That's five age group wins in five marathons in five tries in five months and he's starting to pick up the pace; this was the fastest one yet.

Yeah, Doug!

—Chris Lehman



Whole Grain

The Whole Truth: If the label doesn't say "100% whole grain," check the ingredient list to see if the food contains any refined grains or flour. Dead giveaways: enriched or unbleached wheat flour, semolina flour, durum flour and rice flour. (It's okay to ignore

On The Run

refined flours if they appear far down the list near the salt.)

Multigrain

The Whole Truth: It doesn't matter if you're getting 5, 10 or 15 grains if those grains are mostly refined.

—Center for Science in the Public Interest, May 2006, Vol. 33, No. 4.



My first 5K was. . . Serg brought me into this sport.

Some of you may not know, Jr. is my nephew and godson.

Anyway, I remember clearly, in the Fall of '97 before the Hackensack 5K race, I joined Serg for a long 16 mile run. I was able to run only eight and walk the other eight. He mentioned about this race. "You will do well, it's only a 5K. Blah blah blah."

He was bothering me for long time to go to the races. I said OK. I'll run. I put so much *BenGay*, I was so sore and I even ran with basketball sneakers. I was 185 lbs., no exaggeration. I ended up doing about 24 mins.

We have so many stories together. He said the day I beat him he'll hang up his sneakers.

Every time we run, it's personal...

—Hugo Vadillo

(writing about friend Sergio Cano)

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Shamrock Sportsfest

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was to run the marathon, Rose Hoskins and myself, who were to run the half and Dave Hoch who was racing the 8K. A few other friends from Jersey also ventured out to partake in the weekend racing festivities. As I said above, there is more than just a marathon there. The 8K brings in the elites, there is a one mile fun run, kid's 26.2 yard marathon and the inaugural half-marathon that brought in all the rest of us. The courses are lightning fast and are very well supported.

Dave, Rose and I arrived on Friday and settled in. The 8K was scheduled for Saturday morning. so getting there Friday night for registration was imperative. Rose and I had also decided to jog the 8K as they were giving out an extra token for anyone who ran either both the 8K and half marathon (The Dolphin Challenge) or ran the 8K and the marathon (The Whale Challenge). So since we had to run on Saturday anyway, why not get the extra award.

We did the expo Friday afternoon and it was just as I remembered it... huge. We got to exercise our credit cards as well as our legs this weekend. The rest of the day was spent getting in a run along the beach, hanging out in the sun and having a fabulous dinner at Mahi Mahi. We

will absolutely return there the next time we do this race.

Saturday Morning was cold and windy and was that way at race time. "Hey it's on the beach, in March...what do you expect?" The race began around 8:00 AM and

"When all was said and done I found myself with a three minute PR and Rose found herself with a seven minute PR."

had over 3,200 people in it. There was a beast of a head wind once we got onto the boardwalk. Dave went out hard and fast and ran quite well, despite the wind. Rose and I started in the back and had to keep the reins on since our goal race was the following day and 13.1 is a long way to go on tired legs. We had a blast. With

that many people we just cruised, enjoyed the scenery and met some interesting folk along the way. After the post-race party and the struggle not to indulge in the Killian's Red.....there will be time for that tomorrow, we met up with the rest of the folks from NJ and hooked up with John Grieco who was staying wisely off his feet in anticipation of a long run ahead of him tomorrow.

Dinner was next on the agenda but was an adventure in itself. Every place was booked up and not taking reservations until after 8:30 PM, and it was only 5:30 PM now. I don't think that McDonald's was an option either. None of us ever thought it could be so hard to find a place to eat but we must have spent two hours trying to locate one. We ended back right where we had

started, at John's hotel with their pasta party. (John's hotel was one of the sponsor hotels.) Turned out that as far as pasta parties go, this one was pretty decent. Our rag tag group of hungry runners now had a chance to feast and we did.

Time for rest was quickly approaching so we finished up dinner and headed out to our respective hotels. The next morning's events were to begin at 7:00 AM for the half-marathon and 7:30 AM for the marathon, so a good night's sleep was in order.

We woke up and briefly considered the option of sleeping in and going to breakfast instead of the race...ah it was a nice thought. But then reality finally set in and we got up, got ready and got to work.

The race went off right on time and was 4,000 strong. The temperature was perfect for both the marathon and the half. The head wind wasn't nearly as bad as it had been the day prior, but there was a head wind. The first 3 miles of the half had the wind but like I said, it wasn't bad. Mile 4 had a beer stop, which was to be for John Grieco about mile 16 in his race, but I'm sure He didn't indulge either. The wind calmed down to nothing in the tree lined section of highway we were on and we all just cruised on and clicked off more of the miles. After we turned into Fort Story, which is an active military base and a cool place to pass through with a very cool light house in it, we found ourselves the

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Shamrock Sportsfest

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recipients of an awesome tailwind. The miles just flew on by at this point in time. The last few miles were back on the same section of the highway as the first 2 to 3 miles and they also went quickly, then we turned onto the boardwalk and finished the race at a huge statue of one of the ancient gods...Neptune... a very fitting finish.

When all was said and done I found myself with a three minute PR and Rose found herself with a seven minute PR. John finished his marathon very well with a 4:03. The rest

of the Jersey contingent did well also. We all eventually hooked up at the post race party, which took place on the beach. The Killian's was flowing quite freely and the Irish stew they served was wonderful. It was a great party and a great weekend, though I probably could have had one less beer than I had. Three pints after a half-marathon may have been a bit much for a tired, dehydrated body. It seemed like a good idea at the time.

It has been a couple of months now since that weekend and the weekends here are all filled with races

but probably the highlight of this year will be the Shamrock Sportsfest. It is not hard to figure out that I have already registered for next year's half and am looking forward to returning to run it again. I am hoping to encourage as many people as I can to come down and join us next year for it. The course is truly the fastest half that I have ever run, the people are great and it is a first class act the whole way through. For anyone who might consider it, go to www.shamrockmarathon.com and check it out. Hope to see you there!



Washing of the Feet in the Puddle after the Training Run on 06/03/2006. Photo by Bill Moffat

On The Run

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Ridgewood Runs 05/28/2006

10K

Sergio Cano, 36:49

Hugo Vadillo, 36:52

5K

Hugo Vadillo 18:36

Sergio Cano 18:38

The Brunswick Cup

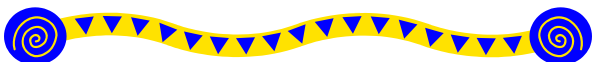
Cathy Glamkowski

For most people, Memorial Day signals summer is almost here, but this year it also kicked off the Brunswick Cup.

What is the Brunswick Cup you ask? It's a series of 5K races being held throughout the Brunswick area, including RVRR's very own East Brunswick Road Races! The event is open to runners of all levels/abilities and everyone who completes 3 out of the 4 races receives a coffee mug with each race's logo on it.

The first race in the series, the North Brunswick Memorial 5K, had a record turnout, including a large contingency of RVRR members, so we are hoping this is the start of something big.

The next race in the series is the Jimmy D Memorial 5K taking place in New Brunswick on September 3rd, followed by RVRR's John Ragone 5K in East Brunswick on Sunday October 22nd and topped off with the South Brunswick Run with the Vikings 5K on October 29th.



The East Brunswick Road Race Committee is working hard to make the 2006 race the best



Sergio Cano and Hugo Vadillo Approach the Finish Line at Ridgewood (photo from ImageExtreme.com)

ever.

If you want to experience what happens behind the scenes to put on a race and are interested in helping out, please contact Cathy Glamkowski at cathyglam@hotmail.com.

If you are planning to run either the 5K or 10K, we encourage you to sign up early, because this year the first 70 people to register prior to August 1st will receive a ticket to a Patriots game. It's a win-win situation.... not only will you be supporting RVRR, but you will also be able to enjoy a baseball game for free! For more information please visit www.ebrr.org.



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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**" 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 the Grove 5 parking lot in Johnson Park, Piscataway.