



Club Member Inspires Coworkers to Celebrate National Running Day

-Greg Deatz

June 3, 2009 marks the inaugural National Running Day. It is an initiative across the entire running industry, and its purpose is to show people that running is an accessible and healthy activity. More importantly, the day is meant to encourage people to get out and move, and to consider their health in terms of movement and activity.

I work at a law firm. Being in an office setting, much of our day is spent at our desks, and the biggest step we take can be from our desk to the printer, or to the kitchen to refill our coffee. Often, our biggest stretch is bending over to pick up a dropped pen or paper clip. Because of this, health has been at the forefront in the minds of the firm's leadership for some time. For the past few years we have been focusing on nutrition and fitness as a key to a happier and healthier office by bringing in people from registered dieticians to our health care company representatives to speak to employees. Some of our people have shown remarkable improvements to their overall health.

So, when we heard about National Running Day at my office, it was only natural that people got excited. It seemed like a great opportunity to preach our health mission

and have some fun.

We've planned our day like this: everyone at our office has been instructed to keep their regular business attire on, but switch from their regular work shoes to their favorite pair of running shoes, walking shoes, tennis shoes, or, well... whatever. At noon sharp, we are going to take a walk to the Rutgers University campus, and enjoy each other's company on what we hope will be a beautiful day. We'll brown bag our lunches, and find a convenient spot to eat. If you are in New Brunswick, perhaps you can join us for lunch. We will end our walk at Voorhees Mall between George Street and College Avenue, off of Hamilton Street. Wait a second. I just said that we're going for walk, didn't I? That's right, we're going for a walk. Running is about moving, and the most important message people can receive is a message of general movement. In other words, moving is the mashed potatoes. Running is the gravy. We'll serve the mashed potatoes at our office and hope that some of our people will put on the gravy later that day.

We've also chosen to keep the day simple. Running is one of the simplest activities you can perform. Just put on a pair of sneakers and go. By keeping our day simple –

wear your sneakers, bring your lunch, and take a walk with us – we hope to remind people that being active does not have to be part of an elaborate plan. Being active is a simple intent.

So, if you happen to be in New Brunswick on June 3, look for a bunch of business-attired, sneaker-clad people strolling up George Street towards Rutgers University. Bring your lunch and join us!

About the Author

Gregory Deatz is the Director of Operations at Hoagland, Longo, Moran, Dunst & Doukas, LLP, a full-service law firm in New Brunswick with specialties in family law, wills, trusts and estates, real estate, corporate law and more. Greg joined RVRR in December 2008, and just finished his first race ever, the Long Branch Half-Marathon. He now has grand visions of finishing a full marathon. Aside from his newfound passion for running and his busy work-life, Greg works hard to spend as much time as he can with his family: wife Ginny and three kids, ages 5, 9, and 11. He and his family live and play in Highland Park. Greg also serves on Highland Park's Board of Education and is the Board's Finance Committee Chair.

New Member Spotlight: Shannon Weldy

-Kelly DiGian

Tell me a little bit about yourself. December 2008

I was born and raised in New Jersey and didn't even venture far for college as I attended Rutgers and studied way too much. I moved away from New Brunswick, only to find myself back there again and loving it. Since I can't run all day and have to work, Monday through Friday during the day (and often night) finds me employed at Unilever in North Jersey.

When did you start running?

In High School. (Four years ago *wink*).

Why did you start running?

I wanted cool Asics, the high school varsity jacket (which I never bothered to get), and had a crush on the pole vaulter. Actually I joined the track team in the interest of doing the long jump and hurdles, but I learned they didn't want me involved when they would send me out on long runs through the town for an extended period of time. I think I ended up stopping at friends' houses along the way for ice cream or afternoon Lifetime movies and would go back to the track over an hour later. I always found a good excuse as to why I couldn't be found when the coach started driving around town looking for me. (Tons of great "unknown" trails!)

How did you find out about RVR?

My good friend John D'Agastino finally convinced me how cool it was and that I needed to get involved in the drama. (I mean the running).

When did you join the club?

How many miles do you like to run/actually run per week?

Liking and actually are the operative words here. Now that I'm back into running after having a not so motivating winter and recovering from some injury of the week (read as: too tired to get up in the morning), I am running twice a day. Actually, as I am still nursing some injuries, I'm taking it slow but I try to run for at least an hour in the morning in addition to a 30-45 minute run at night. However, finding time is always difficult with my job.

Do you enter races and if so what is your favorite race distance?

As it gets warm out, I am excited for racing season to kick into high gear. I've got races on the calendar for each weekend for the next few months, but funds and hopefully social commitments will help keep a social life/running balance! 10Ks are my favorite and definitely a bit harder to come by than a 5K.

What is your most memorable race experience and why?

The first race you ever do is equally as memorable as the first half or full marathon you complete. I completed my first 5K in my hometown (yeah Fanwood!) in high school in the heat of summer. I thought it was the worst idea I had ever had and the only thing I thought was cool was getting a free t-shirt. I still have it and refuse to get rid of it. More recently, the Philly marathon in 2008 was the most memorable race to date. I acquired a

lot of friends through training and became a much stronger person all around. The stories you share with "strangers" for 20 miles is enough to write a great book about. The things you learn about yourself, the ability to push yourself and the discipline to keep on going day after day despite pain or sluggishness is something to be admired for anyone running a marathon or beyond (all you crazies out there..you know who you are!)

What other hobbies or interests do you have when you are not running?

This question makes me laugh, of course. This leads me to announce that making people laugh is a big hobby of mine. Additionally, besides stamp and coin collecting, I would like to claim that I am still an avid Irish dancer, but I gravitated more towards running (and um...marching band) in high school than dancing. I started when I was eight and believe it's always going to be in my blood. I still maintain a relationship with my friends who dance, so I still get my "fix," and have been known to drink a few too many sodas and dance like Michael Flatley has entered the building.

Do you have anything else you would like to share with the group?

Running is my therapy (along with laughter). At every race while the National Anthem is being sung or played (either correctly or incorrectly), I always think about how grateful I am for my health and my ability to be disciplined and strong enough to be standing at that starting line, no matter what place I come in.

New Member Spotlight: John D'Agostino

-Kelly DiGian

Tell me a little bit about yourself.

I'm 29 years old, presently working as a research scientist with the New Jersey Department of Environmental Protection. I have spent most of my life in New Jersey, including 5 years spent as an undergrad at Rutgers. I lived in Vermont for 3 years during graduate school and miss it dearly. I love snow and cold weather. Although my last name is Italian, I pride myself on my Norwegian heritage.

When did you start running?

My grandfather and father were both runners so it was only a matter of time. I began "jogging" when I was 15 and started "running" in the motivated sense when I was 24.

Why did you start running?

I picked up jogging at 15 because I was cut from my high school tennis team and felt it was due to my being out of shape. For the ensuing 9 years, I ran casually, mostly just a few miles a night or during the week, but nothing inspired or with any particular goal. In 2003, my older cousin (with whom I have been enjoyably competitive since the day I was born) ran the Philadelphia Marathon and so I decided that if she was going to run marathons, I would also do so. So the summer in between my 2nd and 3rd years in graduate school, I trained diligently for the Baltimore Marathon and have been hooked ever since.

How did you find out about RVRRR?

Specifically, I don't remember. I moved back to the New Brunswick

area about 2 years ago after having resided down the shore where I grew up. Prior to my moving back I joined the Jersey Shore Running Club but could never make their evening runs. So when I moved to Highland Park, I did some internet searching, came across RVRRR, realized the Wednesday night runs started 3 blocks from my house and saw no reason not to get involved.

When did you join the club?

Ironically, considering the above question, I tried to join in September of 2007, attending one Wednesday night run. At the time, however, I was involved in a number of other activities and, for some reason, it just didn't take. This past fall, as I was training (more or less) for the Philadelphia Marathon and daylight savings passed, I knew I wouldn't find the consistent motivation to run after coming home from work unless I had others who were also out doing so, so I knew there was only benefit to be gained.

How many miles do you like to run/actually run per week?

If I didn't fill up my schedule with everything else in the world, I would love to put in 40+ miles a week, usually some combination of 2 five-milers, 2 eight-milers and a long run of 13+ on the weekends. But I've been busy enough that I'm lucky if I get out 3-4 times a week in the past year, so I'd say I rarely manage more than 25. Come May I fully plan on putting in those 40 mile+ weeks.

Do you enter races and if so what is your favorite race distance?

I positively LOVE races and I've come to organize much of my life around

them. I've found that it's not always the distance but just the quality and location of races I have done that make me enjoy certain distances over others. Generally I'm a big fan of 10k's and 1/2 marathons, although I did two 15k's this past November and really enjoyed them both as well so I'd say anything between 6.2 and 13.1 are ideal.

What is your most memorable race experience and why?

I have two: The first would be my first race – the 2004 June Moon. I was late getting to Colonial Park and tried to come in on the side of the park they had blocked off. I was told I had to go all the way around the park to get to the start with only about 5 minutes before gun time. I went around the park, arriving to the opposite side, only to be told I had to park in a lot across the street behind me, about 2 minutes before gun time. I went, I parked, I came sprinting into the park with my \$20 registration fee and my car keys in hand and asked some of the volunteers where the start was. They told me to go straight up the road, but that I should run to the back of the last person before turning around as part of the race. Mind you, it was ~95 degrees and humid this day and I'm already out of energy from sprinting to the start of the race. Long story short, I came running across the finish line in a little over 24 minutes holding up my \$20, panting out of breath that I still needed to register, only to find that the race t-shirt that year was a white tank top with neon pink lettering, not quite my couture, but an interesting way to start a running career.

The memory that stands out most in my mind would be the 2007 New Jer-

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New Member Spotlight: John D'Agostino con't

(Continued from page 3)

sey Marathon. Although I didn't train as comprehensively as I would have liked, I ran 21.5 miles with the 3:20 pace crowd and felt great the entire time (even stopping to talk with family and friends when I had gotten ahead of the pace group) until about mile 22. Usually when I run marathons, I know to consume some sort of potassium at or about the halfway mark, bananas, oranges, something, so I don't cramp up. Unfortunately, I didn't realize at the time that the oranges that were being handed out at mile 13 were that source of potassium. As the miles had flown by and our pace group lost a few members, I kept trying to motivate others by telling them that they "didn't come here to walk," encouragement that I had been offered during the Philadelphia Marathon the

November prior. At ~22.5, my stomach went into some serious cramping to the degree that I was in agonizing pain if I tried to move any faster than a medium walk. It was around mile 23.5 that one of the guys from the 3:20 group who had fallen off a few miles back caught up to me, and offered some encouragement but noticed that I was in some serious pain. So rather than saying "[I] didn't come here to walk," he told me, "you can run," and made me run with him. We ran the last portion of the race together on the boardwalk, me near tears from the shooting pains throughout my abs and finished in about 3:27. An appreciated experience if ever there was one.

What other hobbies or interests do you have when you are not running?

I have been active in most sports for my entire life, most prominently basketball and tennis, sailing, skiing, ice skating. I started home-brewing a few years ago although I haven't done much in the past year. I'm a voracious reader, anything from newspapers to periodicals to novels. I am always intending to teach myself to play the harmonica but my brother got the genes of motivation with regards to music. I've recently started learning how to tango, my new favorite passion.

Do you have anything else you would like to share with the group?

In the few short months during which I have been a member of RVR, it's been a pleasure and I am looking forward to getting more involved as the year comes on.

Fun Upcoming Races

-Ken Vercammen

5/30/09 Avon Day 5K, 8:30 Avon

5/30/09 Ocean Medical Center 5k 8:30 Brick

5/30/09 Hillsborough Hop 5k, 9am, fun walk, 9am Hillsborough NJ 908-369-0490

5/31/09 Berkeley Twp Triathlon Jersey Shore Tri Club

5/31/09 Run for Rachael 5k 9:30 Open Women Livingston

6/6/09 Elk's Flag Day Parade, Wildwood

6/7/09 Kilometers for Karyn, 9am

West Orange

6/7/09 Navesink 1.2 mile swim 8:30

6/15/09 PRESIDENT'S CUP NIGHT RACE, 5K, 8pm, Charlie Browns, Millburn, 973-376-6094, (USATF-700pts) Free beer, big post race party

6/13/09 George Sheehan Classic 5 mile 5M, 8:30 Red Bank

6/19/09 Friday June Moon 5k 7:15pm Somerset NJ Quality CJRR event. Post race food

6/20/09 Long Branch Sprint Triathlon Series-1 .5k swim, 9.5 mile bike, 3 mile run 6:45am Long Branch NJ 732-614-6028

6/21/09 ACS Run For Dad West Windsor 9am

6/25/09 SUNSET CLASSIC, 5 Miles, 7:30pm, Foley Field, Bloomfield, 732-381-0318

6/27/09 The Staten Island Flat as a PANCAKE Sprint TRI & LUMPY PANCAKE Olympic Distance Tri 8am 1/4 mile swim or 2 mile run, 12 mile bike, 5k run or .93 swim, 24 mile bike, 10k run, 10am Staten Island 732-841-2558

6/28/09 Pine Beach 5K 9am Vista Park, [near Toms River] Sunday Very well run shore area event. USTAF masters championship when you register, write down under the team category- "RVR Ken V." 732-349-6425

Upcoming Events

- **Saturday June 6, 2009** - Towpath "Train"ing Run. Join the club for a fun non-competitive Group Run held on National Trails Day to Benefit the Cancer Institute of New Jersey. There will also be a fun picnic in Johnson Park (Grove 5) after the run. Contact Ray Petit at raypetit@comcast.net for more details.
- **Tuesdays - June 9, June 23, July 7 and July 21** - 26th Annual Summer Series -- RVRP SUMMER SERIES/YOUTH SERIES .Buccleuch Park, New Brunswick, NJ.
- **Wednesday June 10, 2009** - "Flip-Flop Cool Down" (AKA Pub Crawl). After a shortened Wed. night run join your fellow runners for some fun around the streets and pubs of New Brunswick.
- **Sunday June 14, 2009** - Adventure Run. Jockey Hollow. More details to follow.
- **Monday June 15, 2009** - Presidents Cup, USATF NJ Open Men's 5K Championship, Millburn, NJ, 8:00PM.
- **Saturday June 27, 2009** - General Membership Meeting. Join us in Grove 5, Johnson Park after the club run. Breakfast supplied by RVRP.
- **Sunday, July 12, 2009**—The Boilermaker 15K - in Utica, NY . Come to a party and a race breaks out! It's an 8am race on Sunday with a 9:30 - 12:00 post race party with bands, beers and huge crowds of runners. The more the merrier, so if you're interested in joining an RVRP group to Utica - send an email to: simpsonjoeld@gmail.com and we'll start coordinating hotels rooms, etc.
- **Wednesdays**—Group Run, 6:30 PM, The Reformed Church of Highland Park followed by group dinner.
- **Saturdays**—Group Towpath Run, Johnson Park Grove 5 off of Landing Lane, 8:00AM followed by breakfast. *Check out our web site—www.rvrp.org, join our Yahoo! Group and watch your e-mail inbox for the latest information on these and other upcoming club events*

Welcome New Members

Kimberly Jo Berres	South Plainfield
Nick Birosik	Easton PA
Michelle Brown	Milltown
Bonnie Brunish	Piscataway
Joaquim Costa	Edison
Gregory Deatz	Highland Park
Jose Fuentes	Maplewood
Sudhanshu Kairab	East Brunswick
Brandis Kemp	New Brunswick
Sara Levenstein	East Brunswick
Mario Quiroz	Belle Mead
Cheryl Sanford	Kendall Park
Sandy L Su	Edison
June Williamson	Woodbridge
Kevin Wong	Edison

Youth Series Races

-Mark and Rosemarie Strawn

The Raritan Valley Road Runners Summer Youth Series is coming soon. The purpose of the Youth Running Series is to help children develop the love of running as part of a balanced and healthy lifestyle. The dates for the series of races are June 9th, June 23rd, July 7th and July 21st. Children 13 years and under are eligible to participate.

Parents are also encouraged to participate as volunteers. The first race, the 1/4 mile begins sharply at 6:00pm, followed by the 1/2 mile, 1 mile and concluding with the lollipop dash. The races are being held at Buccleuch Park in New Brunswick, across the street from St. Peter's Hospital. Plenty of pizza and water will be provided. Come and be part of the fun and excitement!

Regular readers of the RVRP Newsletter may have noticed that this issue is unusually short. This was done so that the applications for the Summer and Youth Series as well as the Train Run could be mailed to club members along with the Newsletter. We will return to the usual format with the next issue which is scheduled to be released during the Summer. The deadline for submitting material for the next Newsletter is **June 21**. Send articles, pictures and anything else that you think would be of interest to RVRP members to ken_mangin@yahoo.com.



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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!

Our "Wednesday Night Run" is one

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	308 Millburn Ave. Millburn NJ 973-376-6094

of the nation's longest running regularly scheduled group runs. We have not missed a Wednesday Night Run since 1983! In June 2008 we celebrated a 25 year Silver Anniversary "streak" of organized club runs! Every Saturday we have a Towpath Run from the Grove 2 parking lot in Johnson Park, Piscataway.