

**Upcoming Events**

- Towpath Kickoff Run*
- Saturday, April 23, 2011 @ 8 am
- 2011 Towpath 'Train'-ing Run*
- Saturday, June 4, 2011
- Info and Application Inside!**
- Summer Series XC Races*
- Tuesday, June 14, 2011 @ 6 pm
  - Tuesday, June 28, 2011 @ 6 pm
  - Tuesday, July 12, 2011 @ 6 pm
  - Tuesday, July 26, 2011 @ 6 pm
- <http://rvrr.org/summerseries>
- Wednesday Night Club Runs*
- Every week at the Reformed Church of Highland Park @ 6:30 pm
- Saturday Morning Club Towpath Runs*
- Every week typically at either Grove 2 or 5 in Johnson Park
  - 9 am until April 23, 2011
  - 8 am on/after April 23, 2011
- Lots more stuff too ... see inside!*
- Always check website or email list for latest information*

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**President's Greeting**

*Laura Swift*

Banquet Speech, 2011  
 Tonight we're here to celebrate,  
 The year of two thousand and ten  
 Accomplishments were many  
 Time and time again.

The year began with breakfast,  
 An incentive to be so bold  
 To take on winter and all it brings  
 By running in the cold.

Our winter banquet was a huge success  
 Thanks to Wassef and McGale  
 Lets pause a moment, raise our glasses  
 And with me now ALL HAIL

A mid February skating trip  
 Was planned with little fear  
 But Mother Nature melted the ice  
 So we ran and instead drank beer

The rock run came at the end of March  
 D'Agostino's inventive race.  
 A 5-mile challenge up a hill  
 With a rock for those who place.

The spring kicked off in Johnson,  
 An outdoor breakfast feast  
 Nick and Lesley brought the food  
 So thanks to say the least!

Planting Day in Highland Park  
 Was giving back to our home  
 We see the flowers on the streets  
 That our Wednesday course does roam

May kicked off like summer  
 Bringing record breaking heat  
 This is one Canadian that hopes  
 For a year of NO repeat

The train run, as always, in June  
 Brought records broken too  
 15 completed the distance  
 Trophies had to be ordered new

Another tremendous Summer Series  
 Nova was our winning vixen

On the male side was none other  
 Than the super-fast Mike Dixon

Summer time is for relays  
 RVRR teams totaled three  
 A race against each other  
 From the river to the sea

The summer series picnic  
 An August Sunday thrill  
 Allowed Ms. Shannon Weldy  
 To show off some hula-hoop skill!

Another year of East Brunswick  
 More successful than the last  
 The invisible banana  
 Is now a memory of the past

A canoe trip on the canal  
 Was truly a perfect way  
 To finish up a Saturday run  
 And enjoy an Autumn Day

Then came a fall of marathons  
 First timers and PR's  
 Birosik and Price I'll name  
 Though ALL are shining stars

Full moon runs were many  
 Thanks to Kelly's well thought plan  
 Along the canal at Amwell  
 By moonlight RVRR ran

December came on quickly  
 And brought with it a snowball  
 Thanks to Bill it came in the form  
 Of a super-fun pubcrawl!

The Jorissen's hosted the holidays  
 With too much food to taste  
 But as a club we worked real hard  
 To minimize excess waste!

The overall results came in  
 For the USATF grand prix  
 Kathy Rocker taking second  
 Dixon's wins now total three

As a club we finished first  
 On top of all the rest

*Continued on Page 2*

## Newsletter Resurrection

Rolf Arands

So, with the newsletter coming back, I wanted to throw some thoughts out to everyone.

I am an old dog relearning old tricks, and then I'll try to tackle the new tricks. The newsletters will start out with an ancient, 1990s format I used (although prepared with a different software application) and then evolve.

Everyone can help my cause by writing: write about barefoot and minimalist approaches, marathons, unusual events, training, life struggles, nutrition, whatever. It's a friendly crowd, so I've been told.

### Club Vitals

Raritan Valley Road Runners  
PO Box 1197  
Edison NJ 08818-1197

Web: <http://rvrr.org>  
Email: [rvrr@rvrr.org](mailto:rvrr@rvrr.org)  
Newsletter: [newsletter@rvrr.org](mailto:newsletter@rvrr.org)

USATF-NJ Club #0202 (<http://usatfnj.org>)  
RCCA Club #664 (<http://rrca.org>)

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#### 2011 RVRR Board Members

President: Laura Swift  
1<sup>st</sup> VP: Ray Petit  
2<sup>nd</sup> VP: Dave Allara  
Treasurer: Kyle Spencer  
Secretary: Lianne Price  
Director: Kristin Althausen  
Director: Tom O'Reilly  
Director: Mike Anis  
Director: Ed Levy

#### Newsletter Editor

Rolf Arands ([newsletter@rvrr.org](mailto:newsletter@rvrr.org))

#### Past Presidents

Allen Paul	1983-1986
Doug Brown	1987-1989
John Macgillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996
Ray Petit	1997-1998
Trink Poynter	1999-2000
Pete Priolo	2001-2002
Dana Gross	2003
Bob Townley	2004-2005
Gene Gugliotta	2006-2008
Mark Strawn	2009-2010

## President's...

*Continued from Page 1*

When it comes to fun and running  
We simply are the best!

New members are among us  
And older members too  
We all share in common  
A love for running true

Pace, distance, and heart rate  
Are all numbers we can track  
But here in this room we are friends  
Who belong to the very same pack

The fastest ones will tell us  
That running is all the same  
Individual accomplishments heroic  
With or without the fame

So let us come together  
And honour every one  
For a new PR, a weight loss goal  
Or a longest ever run.

Tonight we're here to celebrate  
The year of two thousand and ten  
This year new accomplishments  
Will happen over and over again.

## Freezing Cold Hash Over the Snow

*Dan Fabrizio*

The 2011 edition of the *Freezing Cold Hash Run* traveled over some of the most dangerous conditions ever. This adventure run featured over 200 crazed athletes running through snow in Arctic weather. A record breaking number of runners participated. Runners also made canned food donations to the St James Food Pantry of Edison. This is a non-competitive group run on the woods of Edison, NJ and trails along the Raritan River. The run starts and finished at Kenneth Vercammen's Law Office.

Hashing ... it's a mixture of athleticism and sociability, hedonism and hard work; a refreshing break from the nine-to-five routine. Hashing is an exhilaratingly fun combination of running, orienteering, and partying, where bands of Harriers and Harriettes chase Hares on either 3 or 5 mile trails through \_\_ all in search of exercise, camaraderie, and good times. The Post Race Social called the "On-On" was held at the Green Derby – sort of an early St. Patrick's Day Party.

We would also like to extend our gratitude

to all the volunteers, participants and those who made this a fun day.

Mike Washakowski: Asst Event Coord.

Brian Borden, Ken Palmer, and Wakefern Running Club

Bob Tona: set up, award coordinator, and skull cake and skull chocolate

Dan Fabrizio: Registration and mobile refreshment truck

Chris Knigge: Bartender and registration  
Jim Pate: Margarita machine and bartender

Mark Griggs- Skull Awards and set up

Dave DeMonico: Trumpet for Star Spangled Banner

Charlotte Griggs: Set up

Sally of Pine Beach & Sueann Caruso: Registration and Deer with antlers



Larry Bergmayer of Jersey Shore: Setting up play Hash DVD and chopping the ice  
Robin Drogin of Jersey Shore: set up and event day organization

Edith Szetoo: Refreshment bartender

Claire Walsh: registration

Christie Patla: Registration and awards

Bill Scholl: Helped shake down people at bar for the \$5.00 for beers

Runner Girl the hasher: Organizing the hash circle for down-downs

We appreciate JSRC, RVRR, FARC CJRR, Clifton, Rumson, Princeton Hash & other clubs for listing the hash on their websites and newsletters.

Mark your calendars as we plan for January 7, 2012- Freezing Cold Hash X.

Photos by Bob Tona, Tom Allen & others at <http://www.facebook.com/event.php?eid=122255307805513>

More photos at <http://www.flickr.com/photos/kennethvercammen/>

## Rutgers Half Marathon with Daughter

Dave Lazarus

It started in December with one of those phone calls you get when you have kids in college. This is not meant as an indictment to my older daughter but just a fact of life with college kids but they usually don't call you just to say hello. There is usually a reason. So after the "Hi Dad" greeting I tensed up as I usually do to await the true reason for the communication.



"Dad, have you ever heard of the Rutgers half marathon?"

I semi fibbed and said "Yes". It had some truth because I had seen the race mentioned in the RVRD discussion group but mainly it mentioned about the high entry fees and whether it would be a success.

"Me and a friend are going to run it."

"Okay, but you know you can't just show up and run it. It's not like a 5K."

"Dad, I know. We are going to train."

"Well, maybe I will do it, too. It sounds like an interesting course."

I had just done a crash course on the race and seen the particulars.

For the next few months, the conversations would involve how her training was going. The mild, snowless January had enabled them to have a good training month but February was brutal for all but the heartiest runners and their training slipped. I only ran 13 times in February but I averaged 9.3 miles per run.

The weather turned better in early March and I ran my first half marathon in four years on March 7, the E Murray Todd race in Lincroft. After running reasonably well for nine miles, I badly ran out of gas in the final four miles and faded to 2:07. I was

hoping to run near two hours so it was disappointing but I hoped it would make me better for the Rutgers race, which was now six weeks away.

My next scheduled race was the Newark 20K on March 21. The date coincided with the final day of spring break, which had begun with that horrific storm of March 13. The weather had improved during the week and my daughter had done a 6.5 mile run with me, her longest training run.

"Dad, I know I have to run more but there is so little time with my schedule."

As the weekend approached, I told her about the Newark race but it wasn't until the day before that she actually thought about doing Newark. I told her it would be a good test, but if she was going to do it, she would have to be ready and give us enough time to prepare and sign her up.

She said she would be ready and did an excellent job of pre race preparation the following morning. As we drove to Newark, I told her I would be circle back as much as needed to help her finish and she should not feel embarrassed about stopping.

The race started and we ran very conservatively for the first few miles. Pretty soon the 5K runners peeled off and ran towards their finish and we were suddenly alone as we headed towards Branch Brook Park. As we passed four miles our time was just under 40 minutes. My daughter is good at math and understood how long this race was going to take.

There was nobody near us in the park. We could not see anyone in front of but as we passed five miles, the leaders were on their way back. Still my daughter kept a positive attitude and I embellished with comments about her setting a personal best for five miles. She said that she didn't want to stop and so we hit 10K, which I considered important because now we were in the second half of the race. Occasionally we would see familiar faces on their way back as we hit seven and then the welcomed turn around point as we passed eight miles. We are 2/3ds done I intoned as we triumphantly headed towards the finish line, which was still a long way away.

As we passed 15K, I noted how she had done three 5k's! I looped back for the third time at ten miles as she was visibly

slowing and tiring. There was still nobody ahead of us and nobody passing us. There were very few marshals and as we approached 11 miles it was not clear where to go, but we saw a runner just behind us who luckily knew.

As we approached the exit from the park and a water stop, she decided to stop which was a relief to me. But she didn't stop for long and as we left the park she started to demand to know where the finish line was. As we got to 12 miles, adrenaline took over and the downhill finish energized us. She had too much speed for my old body and defeated me by less than second in just over 2:07.

Two of my Saturday running partners stood by the finish to watch us and when they congratulated her for beating the old man, I nearly had tears in my eyes. It was so exhilarating to see her succeed beyond our wildest dreams. There were other great moments to follow on that day. As she was on the massage table her name was read out as the winner of the 19 and



under female division. It did not matter that she was the only runner in her age group.

She had tripled her furthest race distance and proven she could handle the distance at Rutgers.

*Epilogue:* She hardly trained at all in the next four weeks but buoyed by running with her training partner and all the enthusiasm, she had no trouble finishing. I decided at race time that it made no sense for me to run with them and I should run my own race. Her 2:15 time was about what she had run at Newark. On my third long distance of the race, I finally got it right and ran just under two hours.

*Editor's Note:* Images were used with permission of CGI Racing and remain their property. I ran the United/Rutgers Half Marathon and it was an excellent event. It is coming up fast on April 17, 2011. See <http://unite.cgiracing.com> for more info.

## Westfield Hangover 5K: February 27, 2011

Dave Schatz

It was rescheduled twice, but this year's Westfield Hangover 5K, in Tamaques Park, finally took place. It was held on a new course, with the bicycle path section dropped, and it included plenty of turns.

"Good morning; happy new year; belated. Some of you went out and got drunk so you'd have your hangover this morning", was heard out loud, as the field of over 430 participants lined up, in the park, to start the 29th running of the Westfield Hangover run.

"Thanks for coming out... we have a gorgeous day... there is no lead vehicle. The gentlemen that was going to lead you - the shed that his bike was in collapsed from the snow, and he can't get to his bike. Again, the first loop in the park on the outside; second loop inside lane. When you come back in, you'll be on the outside".

The course has been changed over the years. It originally consisted of 4 simple laps in the park. The previous course (which I've never run) made use of a narrow bike path (that the township doesn't remove snow from). CJRRC has been thinking about changing the course for several years, according to club President, Tom Brand.

Why the course change today? Was it due to lingering ice on the bike path section of the course and certification trouble, come race day? "The simple answer is yes, we've been thinking about changing the course for several years and this was the catalyst", brand said, "we have 10 years now [USATF certification] on the new course. The old one only had one more year anyway - so we're just going to stick with the new one".

Many of the 620 pre-registered runners took advantage of CJRR's option to defer, thus allowing them to get in another CJRR race: the June Moon 5K, or Not Quite Fall Classic, on August 28th. Another reason to defer included a race in Long Branch today. Post registrations totaled 120, and according to race officials many runners simply didn't show up. There were 430 finishers according to Compuscore.

RVRR's Michael Dixon, 28, won the race today, 15:20.63, making it look easy, once again. He spoke of the race as an upper body workout, commenting that he has not

done a 5k in a while. While it was merely a speed workout for Dixon, it only represented his first workout of the day. He had a longer tempo run scheduled for this evening.

Dixon liked the new course better than the old one considering that you didn't have to do the two laps in the park at the end and liked getting them out of the way immediately. However, Dixon's two minute lead did present a near collision today, on his second lap, just before exiting the park onto Dickson Drive. "There is a big fault in the course; you get done with the second lap and then you have to cut over from the inside and go up Dickson [Drive]."

"Everybody else is on the outside. I had to skim across a full chunk of people", he said. He was surprised that he didn't run into anybody considering the congestion: "At the intersection when you go out of the park - I'm on my second loop - so, I'm on the inside now - everyone else is on the outside doing their first loop, so there are lots of people on my left, and I have to cut across to go onto Dickson - I had to cut across all of those people. I was so lucky. That's a big fault on their part - they'll have to do something with that intersection."

Rudi Trivigno, 42, (North Jersey Masters), placed second overall (17.17.38). This was the first time he ran today's race, as he usually runs in Fair Lawn on New Years Day. He liked the course: "I'm glad the walkers were separated. That's the one bad thing I heard about in previous years - sometimes runners on their second loop would run into the walkers from left and right - but I didn't."

Full results are at <http://compuscore.com>.

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## RVRR Movie Night

The award-winning and critically acclaimed documentary *My Run* is coming to movie theaters nationwide for an exclusive one night premiere event on Thursday, March 31st at 7:00 pm. Narrated by Academy Award winner Billy Bob Thornton, *My Run* is the inspirational story of real life superhero Terry Hitchcock, the 57 year old man who ran 75 consecutive marathons in 75 consecutive days.

The movie starts at 7:00 pm, we'll meet for dinner beforehand (location TBD) for those that can get out of work early enough. Please contact Ken Mangin for more information. Thanks, Ken!

## Mark Your Calendars

### **Chimney Rock 5 Miler**

Bridgewater, NJ

Saturday, March 26, 2011

For info and registration:

<http://www.rvrr.org/chimneyrock5>

<http://raceforum.com>

### **RVRR Movie Night**

North Brunswick, NJ

Thursday, March 31, 2011 at 7 pm

More info TBD ... stay tuned!

### **RVRR Pajama Run (Towpath Run)**

Saturday, April 2nd, 2011

### **Indian Trails 15K**

Sunday, April 3rd, 2011

This is a USATF-NJ Championship race for open men and women!

### **Jersey Shore Relay Marathon and Half Marathon**

Asbury Park, NJ

Saturday, April 16th, 2011

Check out their website for more details:  
<http://www.jerseyshorerelay.org/index.php>

### **Unite Half Marathon**

Busch Campus, Rutgers

Piscataway, NJ

Sunday, April 17th, 2011 @ 8:30 am

<http://unite.cgiracing.com>

### **RVRR Scavenger Run (Wednesday Run)**

Wednesday, April 20, 2011

More details to come

### **Spring Kick-Off & Breakfast at Sonya's House!**

Saturday, April 23, 2011

More details to Come

### **13th Annual D&R Canal Towpath 'Train'ing Run & Picnic**

Trenton, NJ to Johnson Park

Saturday, June 4th, 2011

See flyer and application in this issue!

### **Clinton Country Run 15K**

Sunday, April 30, 2011

This is a USATF-NJ Championship race for the master's men and women!

### **Stomp the Monster 5K**

Marlboro, NJ

Sunday, May 15, 2011

### **2011 RVRR Summer Series**

Tuesdays: June 14, 28, July 12, 26

@ 6 pm

<http://rvrr.org/summerseries>

## Confections of an "Addict"

Rolf Arands

Best I can recall, it was a cold, sunlit afternoon in late February, 1976 or so. We had just had heavy snow up in Vienna, NJ, just outside Hackettstown in Warren County. Our backyard was covered with a wonderful blanket of snow and it was Saturday afternoon. The chores were done, the homework was done, so that meant *FREEDOM!*

Mom had just returned home from her Saturday ShopRite run. I, of course, played the role of taste tester each week, making sure quality control was met. Among the bags I found a box of chocolate fudge brownies. Of course, I inhaled a big piece before she could blink and dashed outside to the yard to play.



I was out there for a while, running around with friends, throwing snowballs and just doing what kids do in the snow. Maybe 30-45 minutes, and things were just rolling along.

What happened next, I really could not tell you, then or now. Basically, everything went dark and I landed, face first, in the snow, out cold. I don't know how long I was there, or who pulled me back inside to the safe warmth of the house.

That incident is forever in my mind. But, I hadn't paid it much heed over the years. I always dismissed it as probably just a passing anomaly, just a bad day.

No, it wasn't. It was there to stay, It was a clear statement of my past, present and future. I was born with an addiction and didn't even know it.

I would travel a long journey from that day through my life, not really understanding what this was and what it really meant until very recently.

- To Be Continued -

## 2010 RVRN 'Train'ing Run

Dave Lazarus

Blame it on Facebook.

Now that's a catchy lead sentence that should keep your attention while I fumble with a theme for my first RVRN Train Run. Call this story "the view from the old and slow in the back". The reference to Facebook is actually complimentary since without the ubiquitous online time-consuming application, I may not have experienced this unique event. Now after doing my first one in less than optimal weather conditions, I am left with that malady called non-participant's remorse, which in layman's terms is wondering why you waited so long to do something so fun and rewarding.

The short and simple answer is most of the past decade there were valid reasons. When you coach soccer for your two children, free time on Saturday mornings is scarce. So with no valid excuses I decided there was no way I would risk having to read the pages of testimonials in Facebook about the 2010 event. There was a second, great reason to do this. Until Saturday June 5, 2010, I had only heard about the D & R Towpath. On the application, you are supposed to check off where you wish to start from. Having just completed a half marathon, I figured that 13.4 would not be pushing it, but I did state that I reserved the option to go shorter.

The weather forecasts leading up to the event were ominous and ran the gamut. There was talk of torrential rain and violent thunderstorms that could cool off August-like heat and humidity. But as I went to sleep the day before, it appeared that hot and humid would be the order of the day. As I prepared for the run, I was thinking that 13.4 in that heat was not too intelligent, but I was still undecided as I arrive at Grove 5. As I talked to the large group of runners, I realized that better runners than I are going shorter. As the bus arrived to the first stop of 13.4, I somehow convinced myself that it would be more interesting to see as much of the towpath as possible.

The first part of the run was relatively benign. There was a huge group of runners starting there as well as those coming from previous points. The first stop was only about two miles away and there were plenty of refreshments. I was already

sweating more than those who had run triple my distance as I started the second leg. As the distance started to increase, more and more people moved ahead of me but at the second stopping point there was still a good crowd. I ran the last mile with a really nice woman, who was generous with her water. At the second stop we were told they have temporarily run out of water and I decided not to wait.

I felt terrible about leaving my newfound partner but I figured she will probably catch me as everyone else seemed to do. When she caught up to me, I apologized profusely but she was extremely understanding and we both realized that without each other we probably would have finished the run alone. She was happy because she has run to points of the towpath she had never seen before. Like most of the runners, she also wore a Garmin watch which continually gave us our distance and beeped at each mile.

The towpath was much different from most of my running routes. The surface was gentle on the legs and the mostly shaded area was welcomed as the temperature and humidity continue to climb.

As we neared the last five miles, we are passed by the Trenton runners, who seem like they were barely sweating. They passed us like we were standing still. We finally got to the last water stop and realized we were just about the last people out there. We made sure to thank the volunteers. The miles were passing slowly and I began to realize how foolhardy it was to do more mileage than I was ready for. I now realized for future years the idea is to try and run a distance over which you can maintain your announced pace. I did not see any of the people who left the bus after me and did not see anyone who ran a shorter distance than me. We were relieved when we started to recognize New Brunswick landmarks and realize our ordeal is over.

The picnic made it all worthwhile, especially after hearing the total mileage we have finished. Ray echoed my sentiment when he spoke of how Raritan Valley continues to evolve with a new talented bunch of young runners. By next year, Facebook may have been supplanted by another communication method, but I'm pretty certain that the Train Run will continue to grow and I will be a part of it. I only need 86.6 more miles for my 100 mile mug.



Saturday, June 4, 2011  
13th Annual D&R Canal

# Towpath 'Train'ing Run

A Raritan Valley Road Runners Event- Rain or Shine!!

RVRR's "Train"ing Run is a non-competitive **Group Run** held on National Trails Day to benefit the **Cancer Institute of New Jersey**. We donate \$.50 for every mile we run or walk!

Run part, or all, of the 34.1 mile D&R towpath together in a group! The 'trains' (of runners) depart from Trenton, each with an official pacer, and make their way at pre-determined paces toward their destination station, Johnson Park, in New Brunswick. The trains stop at each 'station' along the way to pick up other passengers (runners or walkers). All trains are scheduled to reach our destination station at the same time. Feel the power of the group as you enter Johnson Park as one!

## Boarding Schedule

Station	Distance To End	Time of Departure				Fuel Available	Transportation
		7:30 pace Express	8:30 pace Local	9:30 pace Freight	10:30pace Caboose		
Mulberry Rd. Trenton	34.1 miles		6:00 AM	5:25 AM			car pool
Carnegie Rd.	31.2 miles		6:24 AM	5:53 AM			
Quaker Bridge Rd.	28.3 miles		6:50 AM	6:21 AM			
Alexander Rd. Princeton	25.7 miles		7:13 AM	6:45 AM		drinks	
Rte 27 Kingston	21.9 miles		7:46 AM	7:22 AM		drinks/snacks	
Rte 518 Rocky Hill	20.0 miles	8:25 AM	8:03 AM	7:40 AM	7:18 AM	drinks	Bus # 1 or 2
Griggstown Causeway	16.9 miles	8:50 AM	8:31 AM	8:12 AM	7:53 AM	drinks/snacks	Bus # 1 or 2
Blackwells Mills Rd.	13.4 miles	9:13 AM	9:02 AM	8:46 AM	8:33 AM	drinks	Bus # 3 or 4
Rte 514 Amwell Rd.	11.3 miles	9:31 AM	9:21 AM	9:08 AM	8:57 AM	drinks/snacks	Bus # 3 or 4
Weston Causeway – the Paul Krentar Station	9.2 miles	9:49 AM	9:40 AM	9:30 AM	9:21 AM	drinks	Bus # 5
South Bound Brook Lock	5.5 miles	10:19 AM	10:14 AM	10:06 AM	10:02 AM	drinks/snacks	Bus # 6
Demott Lane	2.3 miles	10:43 AM	10:40 AM	10:38 AM	10:36 AM	drinks	
Landing Lane Bridge	0.2 miles	10:58 AM	10:58 AM	10:58 AM	10:58 AM		
Johnson Park Grove 5 Picnic Area	0.0 !!!!!	11:00 AM	11:00 AM	11:00 AM	11:00 AM	PICNIC!!	

Note: Departure times are calculated to include a 2-minute refueling stop at each station.

## Bus Transportation to selected stations!

Leave your car in Johnson Park and picnic all day after the run! All Buses leave from the Grove 5 Parking Lot at the times shown.

Please indicate on the registration form if you will use the bus transportation.

Buses will fill first-come-first-served. You will be notified by email if the buses are full.

All runners should have everything they need to run with them on the bus, and *only* what they need. **Nothing can be left on the bus once you reach your station!**

Bus #	Departs:	To Stations:	For Trains:
1	6:45 AM	Rocky Hill Griggstown	Freight, Caboose Caboose only
2	7:25 AM	Rocky Hill Griggstown	Express, Local Express, Local, Freight
3	8:00 AM	Blackwells Mills Amwell Road	Freight, Caboose Freight, Caboose
4	8:40 AM	Blackwells Mills Amwell Road	Express, Local Express, Local
5	9:00 AM	Paul Krentar	All Trains
6	9:45 AM	South Bound Brook	All Trains

Questions? Call Ray Petit at 848-391-0200 or email [raypetit@comcast.net](mailto:raypetit@comcast.net)

## Post Run Picnic Included in your Train Fare!

# Towpath 'Train'ing Run Totals: 1999 – 2010

Adhiambo, Susan	20.2	Dickson, Thomas	20	Higgins, Kathleen	20
Ahimovic, John	20	DiGian, Kelly	14.7	Hilkert, Robert	5
Allara, David	26.8	DiJoseph, Ed	40	Hirsch, Julie	30.3
Althausen, Kristen	60	Dineen, Sherry	20	Hitchen, Robin	11.3
Alves, Alycia	5.5	Dissinger, Kristin	5.5	Hoch, Dave	81.9
Ania, Czuchta	5.5	Dixon, Mike	88.2	Hogan, Ray	37.3
Anis, Mike	115.4	Dotiwala, Firdaus	19.5	Hogan, Rhonda	9.2
Arands, Rolf	31.8	Duarte, Saul	226.7	Hopkins, Rob	64.5
Aroneanu, Andrei	34.1	Dubrock, Chris	20	Hoskins, Rose	26.1
Artasanchez, Alberto	51.8	Duelfer, Diane	11.3	Hryszkiewia, Steven	5.5
Ayres, Bud	28.3	Dunphy, Heather	5.5	Huggins, Luke	4.6
Ayres, William	20	Dyson, Freeman	3	Huggins, Pam	38.7
Baker, Wayne	60	Dyson, Imme	89.6	Hulbert, Bill	60
Baliany, Joe	22.6	Eakley, Laurie	9.2	Ibongo, Diana	5.5
Balint, Joseph	20	Edelman, Elizabeth	9.2	Ilaria, Peter	13.4
Barnish, Jim	9.2	Edelman, Rick	24.7	Iuzzolino, Joseph	5.5
Baron, Jerry	8.4	Ellis, Ken	122.5	Johnson, Annette	19.7
Barr, Maureen	16.9	Evans, John	77.7	Johnson, Guy	9.2
Barton, Karen	24.9	Evans, Rich	5.5	Johnson, Myrian	9.2
Battershall, Sharon	5.5	Evans, Robert	4.6	Jordan, Dawn	9.2
Belmar, Adrienne	9.2	Faherty, Dave	54.8	Jorissen, Bob	158
Belmar, Andrew	9.2	Feldstein, Lori	5	Juronics, Sue	4.6
Betancourt, Geraldo	20	Felton, Sherrie	69	Kane, John	39.7
Birnbaum, Agnes	5.5	Ferinden, Michael	166.5	Kane, Michael	24.7
Birosik, Nick	51	Fetzko, Curtis	5.5	Kane, Monica	11
Blom, Tom	13.4	Ficke, Martin	33.9	Kanisckak, Danielle	5.5
Bobenchik, Carrie	5.5	Fisher, Eva	13.4	Kaon, Angela	21.9
Boling, Erica	33.3	Fleming, John	14.7	Kaplan, Heather	2.3
Brenner, Scott	54.9	Flores, Tania	5.5	Kaplan, Ron	20.5
Brickley, Michael	29.7	Foley, Mary	79.3	Kaplan, Stacey	47.3
Brodka, Jan	16.9	Freedman, Carol	3.6	Kay, Chad	5.5
Brown, Doug	233.4	French, David	9.3	Keane, Kristin	5.5
Brunish, Bonnie	14.7	Fresnel, Farnia	18.4	Kemp, Brandis	5.5
Burchett, Peter	13.4	Friedman, Lisa	14.5	Keywright, Ruby	9.2
Burke, Michelle	5.5	Furguele, Naomi	16.9	Kideys, Ed	28.4
Carlson, Zsuzsanna	68.2	Gabinelli, John	15	Klein, Leslie	9.2
Carr, Michael	13.4	Gabrielski, Alicia	5.5	Kling, Larry	20.5
Carr, Stephen	8	Gadol, Charles	106.8	Knorr, Jill	25.8
Cascardo, Ryan	11.3	Gage, Jamye	11.3	Kohn, Talia	11.3
Cawley, Joseph	5.5	Galloway, Justine	47.5	Kokinda, Simon	13.4
Cawley, Thomas	5.5	Gambogi, Robert	16.9	Kolarsick, Jennifer	9.2
Chabaes, Noe	5.5	Gaynor, Conor	136.4	Kolb, Jason	16.9
Chan-Oh, Keun	9.2	Glamkowski Ellis, Catherine	70.7	Kolb, Jon	5.5
Chervenak, Mary	60.9	Glynn, Jim	47.2	Kornstein, Stephen	38
Chun, Leo	9.2	Goldstein, Joel	26.8	Kortrey, Bonnie	16.9
Chun, Sydney	9.2	Gopinathan, Janeesh	13.4	Kosmin, Mel	34.4
Chun, Yuen	15.4	Goselin, Rich	9.2	Krause, Kurt	13.4
Chung, Sam	5.5	Grassie, Paul	68.2	Krentar, Paul	101.4
Cohen, Jeannine	5.5	Greene, Doreen	13.4	Kuderka, David	5.8
Cook, Sharon	5.5	Grieco, John	55.3	Lanni, Mike	9.2
Cook, Alyson	13.4	Griffis, Liza	9.2	LaRoche Gould, Michelle	37.7
Costa, Joaquim	33.9	Gromer, Charles	13.4	Lazarus, David	13.4
Crone, Brian	34.1	Gross, Dana	72.3	Lehman, Chris	329.2
Cruel, Jonathan	40	Gross, David	52.1	Lemongello, Rosanne	62.4
Czech, Mike	11.3	Gucunski, Marijana	13.4	Lenz, Paul	16.9
D'Agostino, John	54.1	Gugliotta, Gene	218.8	Lerox, Jennifer	4.6
Daigeaun, Mike	8	Hadazy, Julie	7	Levenstein, Sara	2.3
Dale, Douglas	13.4	Hagin, Gregory	34.1	Levy, Ed	114.4
Dalfonzo, Dan	5.5	Hall Kane, Anita	11	Li, Jian	13.4
D'Ambrosio, Kristine	9.2	Hamersly, El	13.4	Li, Tony	9.2
Davila, Julio	5.5	Handy, Spook	39.2	Lin, Tina	9.2
Davis, Jennifer	161	Hatez, Matt	20.7	Little, Dorothy	9.2
Dawson, Susan	11	Heeney, Chris	13.4	Llull, Barbara	13.4
Day, Joel	11.3	Heimann, Peter	20.2	Loewy, Jack	5.5
DeDewitz, Chris	11.3	Helfman, Lester	55.9	Loewy, Susanna	13.4
DeHart, Jeannine	38.1	Hemlock, Suzan	11	Madziwa, Moleen	9.2

# Towpath 'Train'ing Run Totals: 1999 – 2010 (continued)

Mafake, Brenda	9.2	Peterson, Deanna	9.2	Spence, Amanda	5.5
Malaga, Michael	2.3	Petit, Ray	70.4	Spencer, Kyle	28.1
Mangin, Ken	98	Petit, Ron	100.4	Stein, Lori	20
Manley, Kavitha	16.8	Piccinic, Robyn	4.6	Stevens, Joanna	58.8
Markulin, Michelle	4.6	Piccinic, Shelby	4.6	Strawn, Mark	86.8
Martin, Tara	16.9	Pietrzykowski, Andre	48.3	Strawn, Rosemarie	46.3
Martuscelli, Lisa	9.2	Piffer, Julia	7.8	Su, Sandy	8.2
Matysczak, Len	16.9	Piffer, Louis	49.4	Su Orestes, Peihan	115.2
Matysczak, Marianne	5.5	Piplani, Paul	34.1	Subar, Zachary	13.4
McCaffrey, Patrick	33.4	Porter, Michael	9.2	Sun, Amanda	9.2
McCarthy, Anne	13.4	Poserow, Andrew	9.2	Suryadi, Hengky	5.5
McDole, Tom	13.4	Poserow, Dale	2.3	Swift, Laura	74.8
McDonough, Dennis	67.6	Poynter, Trink	20.5	Tai, Moshe	61
McFadden, Jamie	13.4	Prescott, Caleb	9.2	Takeichi, Aya	20
McFadden, Toni	13.4	Price, LianneE	22.4	Tanes, Kelli	5.5
McGale, Dennis	95.9	Price, Roger	18.4	Tanner, Susan	20.2
McGinley, Justin	5.5	Priolo, Pete	188.1	Tempel, Alice	41
McGoff, Phil	61.6	Pruzinsky, Vanessa	22.6	Tennariello, Vincent G	68.2
McKeever, Erica	5.5	Pudner, Adele	4.6	Thesher, Frank	5.5
Mech, Chris	20	Ramachar, Suresh	11.3	Theusch, Colleen	2.3
Miller, Jennifer	26.8	Rastogi, Sanjai	20	Tiberi, Rob	5.5
Mitra, Amal	26.8	Rastogi, Sanjai	9.2	Tomlinson, Lindsay	11
Mitra, Rohini	26.8	Redling, Judy	33.7	Tona, Robert	11.3
Mobus, Cindy	13.4	Reid, Janice	69	Tonnessen, John	11.3
Moffat, Bill	45.9	Rein, Jane	5.5	Townley, Bob	196.9
Monge, Lauren	136.4	Reinhart, Jan	5.5	Trotman, Chetwyn	24.7
Morales, Francesco	5.5	Ricciardi, Peter	11.3	Tucci, Rebecca	9.2
Moravek, Paul	5.5	Richards, Herm	34.1	Tucker, Kate	9.2
Mount, Tamara	11.3	Rieger, Wendy	20	Uslan, Rich	36
Moxie, Maryanne	5.5	Rivera, Jorge	213.9	Van Euwen, Jane	9.2
Mullins, Greg	100	Rocker, Carl	34.2	VanHise, Kevin	20
Munday, Peter	64.4	Rocker, Kathy	82.5	Van Langen, Nick	20
Munday, Reese	5.5	Rockhill, Krista	5.5	Varga, Erin	11.3
Munday, Theodore	18.9	Rockwood, Paul	9.2	Vercammen, Ken	17.8
Munger, Carolyn	11	Rodziewicz, Kevin	11.3	Verhoorn, Gary	33.4
Musanti, Rita	35.3	Roesner, Rob	11.3	Vijayakirthi, Aravind	20
Mussi, Richard	16.9	Rosal, Myrna	45	Walker, Harry	5.5
Muzuva, Vimbai	9.2	Rosen, Pati	12.2	Walker, John	5.5
Myers, Jack	5.5	Ruhl, Kendra	36	Walker, Kathy	4.6
Nadler, Bruce	5.5	Ruis, Nat	5.5	Walker, Leigh	112
Nalven, Amy	20	Rukambe, Ron	9.2	Walsh, Joe	8
Neely, Jim	5.5	Runner, Unknown	9.2	Ward, Judith	5.5
Nicastro, Bob	5	Russano, Tyler	4.6	Wassef, Lesley	69.7
Nnanna, Kim	6.9	Russo, Laura	11.3	Weaver, Carl	15.2
Nolan, Bonnie	13.4	Russo, Ron	60.9	Weber, Keith	13.4
Norton, Jim	9.2	Ryan, Jim	20	Wehrle, Steven	136.4
Nowatkoski, John	87.8	Samuel, Judith	1.5	Weidmann, Rich	23.9
Nowicki, Irene	9.2	Sanonastaso, Lauren	13.4	Weinberg, Eva	20
Nussbaum, Carol	9.2	Saunders, Glenn	9.2	Weldy, Shannon	33.9
O'Kane, Maggie	5.5	Schatz, David	82.7	Welterlin, Aurelie	13.4
O'Neil, Tom	26	Scheir, Cheryl	74.8	Werner, Frank	87.5
Onufryk, Peter	101.3	Schick, Ray	109.8	Werner, Ginny	68
O'Reilly, Tom	16.9	Schulke, Kyle	13.4	Williams, David	40
Page, Christina	9.2	Schulte, Lynn	9.2	Williamson, Alicia	8.5
Palaitis, Jeannine	13.4	Scott, Bernadette	5.5	Williamson, Carl	16.9
Palaitis, Peter	106.3	Scott, Lisa	5.5	Williamson, Floyd	13.4
Palmer, Phil	11.3	Sesil, James	20	Winland, Daryl	21.9
PaluchowskiIII, John	11.3	Sesil, Jim	13.4	Witterschein, Kerry	16.9
Paluchowski, John	33.4	Shay, Tim	34.1	Witterschein, Robert	16.9
Panayote, Bill	38.9	Shibata, Kimberly	13.4	Wong, Hun-Heng	13.4
Papas, Noah	9	Shpak, Oleg	20.5	Wong, Kevin	20
Papp, John	107.4	Sica, Vinnie	34.1	Yaanagimachi, Kurt	20
Patel, Darpana	5.5	Simpson, Joel	40.2	Yannotta, Lisa	13.4
Penick, Rachel	8.5	Slyman, Sonya	39.6	Yeye, Marta	5.5
Pennick, Scott	40	Smith, Tim	20	York, Ron	22.6
Perumal, Karthi	8.1	Speicher, George	25.7	Zuber Kerr, Tracy	14.5



# "Train" Highlights

- ✓ The scenic towpath trail follows the Raritan River, Delaware-Raritan Canal and Millstone River.
- ✓ This is a group effort, where every participant wins. It is intended to challenge runners to run long, **run together**, and enjoy their training run.
- ✓ In 2010, our runners completed 1823 miles and donated \$1000.00 to the Cancer Institute of NJ!
- ✓ Four trains will move at 7:30, 8:30, 9:30 and 10:30 per mile pace... no faster, no slower. Pick your train and your distance carefully!
- ✓ A two minute refueling stop at each station is programmed into the pace and departure times.
- ✓ Runners are encouraged to **'take the bus to the train'**.
- ✓ You may board any train at any of the boarding locations listed. You must be ready when the "train" passes, it will not wait!
- ✓ Pacers will keep each train on time and on schedule.
- ✓ Stay with your train to ensure you don't miss the fueling stations. Stations will only be open for five minutes following the scheduled arrival time.
- ✓ This event is limited to 200 participants – so register early!
- ✓ Remember to thank the RVRR support staff. Without them, it would be a long, thirsty day!
- ✓ All runners, regardless of distance or pace, finish together in Johnson Park, at exactly 11:00 AM.
- ✓ Johnson Park Grove #5 is reserved for the entire day for RVRR's use — plan to stay and enjoy the park, and have your family join us! For directions, see [www.rvrr.org](http://www.rvrr.org).
- ✓ Your "train fare" includes fueling stations along the track, and assorted beverages, hot & cold meat, fish, vegetarian dishes & salads at the picnic.
- ✓ The total mileage run by all runners will be totaled at the end of the run. **A donation of \$.50 per mile will be made to the Cancer Institute of NJ.**
- ✓ June 4th is National Trails Day!! Please leave the trail/park cleaner than you found it.
- ✓ Remember to report your mileage at the end!
- ✓ We have a Frequent Towpath 'Train'ing Program! Runners who have completed 100, 200 or 300 total miles since event started will receive a commemorative mug.
- ✓ **Remember to Have Fun!**

## Registration Form

Please make check payable to RVRR and mail to:  
 RVRR, c/o 71 Central Ave., East Brunswick NJ 08816;  
 Or register on-line at [www.active.com](http://www.active.com).

Name: \_\_\_\_\_  
 Last  
 \_\_\_\_\_ Age: \_\_\_\_\_  
 First

Email (REQUIRED, PRINT CLEARLY): \_\_\_\_\_

Cell Phone # (REQUIRED): \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

- Check here to request car transport to Trenton
- Check here to request Bus transport to your station

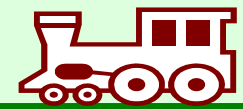
If you signed up to join RVRR, please include your address! (PRINT CLEARLY):

Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I, the undersigned, know that running is a potentially hazardous activity. I understand that the tow path has a natural crushed stone surface and some areas may have exposed tree trunks, standing water, active spillways and other natural elements. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic crossings and the conditions of the tow path, all such risks being known and appreciated by me. I agree to abide by any decision of an RVRR official relative to my ability to safely complete the event. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the event directors, all organizing committees, the County of Middlesex, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: \_\_\_\_\_  
 (by self or by guardian if under 18) DATE \_\_\_\_\_

#:	Fare:
_____	\$ 12 RVRR members (by 5/31)
_____	\$ 15 non members (by 5/31)
_____	\$ 20 (after 5/31)
_____	\$ 12 students
_____	\$ 30 to join RVRR and run
_____	\$10/\$3 Adults/Kids (picnic only)
Boarding Station: _____	
# Miles Projected:	_____
Departure Bus #:	_____
Total Fare:	\$ _____
Extra Donation:	\$ _____ (Cancer Institute of NJ)
Total Enclosed:	\$ _____



***Towpath 'Train'ing Run and Picnic***

Saturday, June 4, 2011

***Unite Half Marathon***

Sunday, April 17, 2011

Lots more inside!  
Info inside and online!

RVRR  
P.O. Box 1197  
Edison, NJ 08818-1197