

# THE RATT

## ROAD AND TRAIL TALK MAGAZINE



### Mudders and Grunters 5m Trail Race

The RATT is back! Be sure to check out all the great articles and Chris Chromczak's entertaining "Phony Photo Fun" section.

Catch up on some great running books, try a new recipe, and see where ARE members have ventured recently.

Don't forget that Dodge the Deer is quickly approaching and the ARE is also starting its own Grand Prix Trail Series!

Feel free to contribute to YOUR magazine by submitting articles to [RATT@albanyrunningexchange.org](mailto:RATT@albanyrunningexchange.org)

**are**  
AN  
PUBLICATION

The Official Magazine of the Albany Running Exchange

April 2008



# ROAD AND TRAIL TALK

The Official Magazine of the Albany Running Exchange  
<http://www.ALBANYRUNNINGEXCHANGE.org>

## The RATT?

The RATT was created in the spring of 2005 as a magazine devoted to bringing a light and humorous approach to our beloved sport of running. It only survived for about a year before disappearing into the abyss known as its contributors graduating college and getting real jobs.

After a two-year hiatus, it's back! Since the last issue, over three hundred individuals have joined the club, and the ARE has exploded in activity and offerings.

Our website offers more perks for members than choices at a cruise-ship buffet. Members have the ability to post runs and a member profile, search for others, and even track their own race results.

If you are a member, then hopefully you are already aware of all the club benefits. If you're not, maybe it's time you join and find out what all the buzz is about. The club is open to absolutely anyone and is the most energetic group around. We often carpool to races throughout the Northeast. The club sports two tents to keep your belongings dry and protected, and we have a full line of apparel and other merchandise.

With that said, we hope you enjoy reading our "re-" inaugural issue and we look forward to seeing you at an event soon. Don't be afraid to stop by the tent and say hi - we all started as strangers. Above all else, our goal is simple, to have fun!



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## UPCOMING ARE EVENTS

(Either ARE events or assisted by ARE Event Productions)

### Sunday, April 20, 2008

#### 10am: ARE's Sixth Dodge the Deer 5k

No event combines running and a wedding ceremony performed by a deer like Dodge the Deer does! Join us for this fun and safe trail race that is open to all!

There are also two kids races, including a short sprint for the very young ones and a mile fun run open to anyone. Application can be found in this issue.

### Saturday, April 26, 2008

#### 8:30am: St. John's-St. Ann's 5k/10k

Held at the Corning Preserve.

#### 9am: Timothy J. Moshier Memorial 5k

Held at Bethlehem M.S. Also has kids races.

### Sunday, April 27, 2008

#### 10am: Run for Darfur 5k

Held at Vale Park, Schenectady

### Wednesday, May 7, 2008

#### 6pm: Craig Ryder Memorial 5k

Held at the Crossings of Colonie

### Thursday, May 22, 2008

#### 6:30pm: The 5<sup>th</sup> Summer Trail Run Series starts!

Join us at Rennselaer Lake Park for year #5!



## The ARE Top 10

### Trail Running is Better Than Road Running

10. Pavement is hard on your bones, joints, butt, and head; trails are soft.
9. It's easier to get lost and run for twice as long as you planned.
8. No gravel kicked up by passing trucks.
7. No exhaust fumes (except after eating chili).
6. Tons of interesting wildlife (not just the weirdoes at the bus stop).
5. Mud makes it obvious which clothes to put in the washer.
4. Dangerous ticks give you an excuse to closely "examine" your sexy running partners.
3. No distracted drivers on cell phones.
2. Running up mountains is hard, but your reward is free air conditioning and a great view.
1. Indoor plumbing is overrated!

## I am a Runner

By Paul Mueller

I am a runner. But I don't always run. I do have some "spare time" (defined as: time not spent running [AKA: time not in my running shoes on a road/trail moving in a fluid/floppy motion that wouldn't be considered walking]) every now and then. Okay, that's a lie; I have lots of spare time if you define it like that. I usually only run 3 times a week, and that's every other week. But when I'm not running, I do have other hobbies.

Mostly I like to sit around. Who doesn't? It's relaxing, comfortable, and, well, easy to do! There's nothing like just sitting there staring at the wall, "watching the paint dry" as they say. Everyone likes to do it every now and then. Sometimes you just need to.

I also like to read. Books are fun. Some are interesting. Others are boring. A few are funny. Sometimes, there's a few that make me want to go run, but I still don't. The best part about reading is that it ties in so closely to the first thing, sitting around. Oh the good times I've had sitting around reading a good book while not running.

Then there are the things I do in my "spare time" that I don't like so much: work. Oh man, the agony of having to show up somewhere at a specified time to slave away under someone else's rules/policies just to earn a buck. Then to spend that buck on the weekend to run in some silly 5k across town. It's just unbearable. Okay so my job isn't that bad. It's actually kind of fun, but I suppose not everyone is as lucky as me, but the hours are all over the place.

There are still other times when I'm not running that I find myself still doing running related things. Every so often I volunteer at races. I sometimes stand around on the course, waving a flag at the runners, cheering them on with kind words of encouragement repeated over and over and over... But there are other times where I get to drive around bringing coffee or hot chocolate to the other volunteers. For some reason, I seem to get more sneers on those days than smiles. I would've thought it would be the other way around.

There are lots of things to do in one's spare time, but the best is probably hanging out with other runners, talking about running. Scheming about costumes for upcoming races where the winner is whoever has the best story to tell about what happened to them in the race, not who won it. Or just plain ole' fashioned sitting around not doing much of anything but shooting the breeze. Funny how I seem not to be the only runner who enjoys sitting around doing nothing.



Dodge the Deer and Chase the Chipmunk at their winter home in the Adirondacks.



# Phony Photo Fun

Find the 8 differences between these two pictures





**are**  
EVENT PRODUCTIONS

**Diaper Dash – 9:15am | Mile Fun Run – 9:30am | 5k Race – 10:00am**

*Dodge the Deer body towels guaranteed to pre-registered runners!*

From Albany or I-787: Take Rte 20 east; after crossing the Hudson continue to Rte 9J. Follow Rte. 9J south approx. 8 miles, past Castleton-on-Hudson, NY. The park is on the right. Additional directions on the website.

ARE Members - \$10  
Non-Members - \$12

**Late Registration: \$15**  
Diaper Dash \$1, Mile Fun Run \$2 (no shirt)  
Entry fees are non-refundable.  
Please make checks payable to: **ARE-EP**

**Check-in:** Saturday, 4/19: 12pm to 4pm at park (Course jog at 2pm)  
Day of Race: 8am to 9:45am

**Course:** This is A BEAUTIFUL COURSE! The trails are at least 5 people wide the whole race! It is flat with not even the slightest incline. The views are spectacular as you run along the Hudson River. The race will finish near the boat launch. You have to come! 😊

**For kids:** The diaper dash will be approximately 200 meters for runners five and under with a mile fun run for all ages.

There will also a drawing contest, frisbee making, and other games.

**5k:** Delicious treats will be given to the top three male and female overall, as well as to the top three in: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
New for 2008: Team competition! (Visit website)

**Diaper Dash:** Ribbons to ALL finishers, and we'll also have some  
**Fun Run:** tasty items for some of them too!

## 5k “Special” Awards

Youngest and Oldest Finishers  
Middle of the Pack, 'Enjoys the Scenery'  
Mr. and Mrs. Dodge (fastest couple)



## Amenities

Bagels and an all-out BBQ await you, but wait, there's even more! We'll have a plenty of activities to keep you entertained. Be on the look out for Dodge and his lady-friend Chase the Chipmunk. There will be plenty to do both before and after the race.

## More Information

Visit [www.albanyrunningexchange.org/dtd](http://www.albanyrunningexchange.org/dtd) for maps, directions, etc.  
Questions? Email [dtd@albanyrunningexchange.org](mailto:dtd@albanyrunningexchange.org) or call (518) 320-8648

Mail the **ENTRY BELOW** to Dodge the Deer, PO Box 38195, Albany, NY 12203

✂-----✂-----✂-----✂-----✂----- Please Print Clearly -----

<b>Name</b> _____		<b>Birthday</b> ____ / ____ / ____		<b>Age</b> (on 4/20/08) ____		<input type="checkbox"/> <b>M</b> <input type="checkbox"/> <b>F</b>	
<b>Address</b> _____				<b>Email</b> _____			
<b>City</b> _____				<b>State</b> _____		<b>Zip</b> _____	
<b>Phone</b> _____			<b>Race</b> <input type="checkbox"/> Diaper Dash Sprint <input type="checkbox"/> Mile Fun Run <input type="checkbox"/> Dodge the Deer 5k				
Is your spouse/boyfriend/girlfriend also running? If yes, write their name here: (please mail applications together to be eligible for Mr. and Mrs. Dodge) _____							
In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against the Albany Running Exchange (ARE), the University at Albany, the NYS Park System, Schodack Island State Park, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, and other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for the ARE to use any photos, videos, or any other record of this event for any purpose whatsoever.							
<b>Signature</b> _____			<b>Date</b> _____		<b>Parent's Signature</b> _____ (if under 18)		



# DODGE THE DEER 5K – TEAM APPLICATION

Mail to: ARE (DTD), PO Box 38195, Albany, NY 12203

TEAM NAME: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

## PLEASE INDICATE YOUR TEAM'S CATEGORY

☐ All Female

☐ All Male

☐ 3 women / 2 men

☐ 2 women / 3 men

## TEAM INSTRUCTIONS

Below, please write **legibly** the names, sex, and age of the runners who will participate on your team. You may list up to seven runners, with five counting towards scoring. The lowest combined time wins in each category listed above.

**Note:** Each participant must be individually registered prior to or with this team application. If we receive this form with a name not in our entry listing, they will not be placed on the team. There is no additional fee for a team.

OFFICIAL USE ONLY	FIRST NAME	LAST NAME	AGE (on 4/20)	SEX

By signing below, the team contact person accepts the inherent risks of competing in a trail race, which include severe injury or death. In addition to signing the individual application waiver, the team contact person waives and releases any claims for damages against the Albany Running Exchange, Schodack Island S.P., as well as all other entities and individuals associated with this event as a result of his/her team's participation.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(The team contact person must be least 18 years old.)



## Run with the Trojans

(and Brad Lewis too!)



Brad Lewis winning the 2m at the 3<sup>rd</sup> Run with the Trojans

By Andrew Rickert

As coach of the The College of Saint Rose cross country team, I have had the privilege of helping young runners from across the state develop in a sport we love and enjoy. I revel in seeing my runners achieve personal bests, and earn All-Conference honors. I fantasize that we will some day send a runner to NCAA D-II Nationals. But the most rewarding part of my job is to watch my student-athletes blossom into extraordinary individuals who become leaders in their communities.

One such individual is Brad Lewis, now a senior Golden Knight. When I first met the boisterous young runner, he was a senior in high school and a solid cross country runner; averaging 17:30 for 5k. I must admit, I was a bit skeptical about his attitude and dedication. Anyone who knows Brad can vouch for the fact that he has the gift of gab, (especially on long runs), and is always questioning the status quo with good-spirited arguments. Lewis arrived at Saint Rose on his own free will. He earned a partial grant due to his high school academics, but funded the rest of his education entirely on his own, often by working long hours delivering pizzas for Inferno in his hometown of Troy. He began to progress nicely as a runner, taking a full minute off his 5k PR in the first two years. Better still, he became a true ambassador to the program, helping to recruit athletes and motivate his teammates. He

also began a road race in his neighborhood, called the “Run with the Trojans.”

He was only a sophomore when I first heard about his race plans on a bus ride to a cross country meet and I thought it might be overly ambitious for a college student. I’ll give him two years, I thought. Now in its fourth year, Brad has once again proven that my first impressions were dead wrong. His chief motive was not to create added income, but to introduce his immediate neighborhood to running,

“It was really just a dream my high school buddy, Ryan Brown, and I had always thought about while using the two-mile loop to train on.”

After utilizing the connections he had at Inferno, the Franklin Terrace Ballroom, and his apartment complex Country Gardens, Brad approached event guru, Josh Merlis for advice.

“Josh was a ton of help. He told me not to ‘re-invent the wheel’ and to keep it simple. The two-mile loop we had was very hilly, but rather than change it to a 5k, we decided to keep it the same, adding two loops over the same terrain—making it a rigorous course.”

The city of Troy was very cooperative, as well, and Brad found that it benefited his community in more ways than one.

“A few days before the race, the city comes in and fixes all the potholes on the street. My neighborhood gets fresh asphalt every year!”

The one problem he did run into was where to donate the profits. Brad chose the Troy Trailblazers, the running club he was a part of in his prep days, one that took him as far as New Mexico!



“Ryan and I qualified for Junior Olympic Nationals in New Mexico in 2003 and we took a handful of runners out there with Coach Wood. It was a great experience [running in NM] and really motivated me to work harder in the sport to see how far I could go. I wanted to give other runners a similar chance.”



In the time since Brad's Trailblazer days, he has become an USTFCCA All-Academic award winner, three years in a row, upholding an astounding 3.93 overall GPA. Brad now holds two school records (3k and 5k indoors) and will graduate next spring with the third fastest XC time in school history over 8k (26:20.2). Brad not only volunteers to help his community, but his classmates as well, serving as a campus tutor in business classes. Brad continues to work part-time for Inferno and has started his own lawn care and masonry business. A Business major, Brad plans to get his MBA from Saint Rose and use his remaining track eligibility in 2009.

Brad has no plans of slowing down anytime soon. This years' installment of the "Run with the Trojans" will feature a greener concept; thanks to a new donor, Earth Advisors, the race packets will use "Run with the Trojans" re-useable grocery bags!

"This company all the way in Florida called us up and said they wanted to donate bags. It was surprising that a company in Florida cares about what we're doing in Troy? That just solidifies the fact that what we're doing is being seen by a lot of people and that's good for Troy! They attended the race last year and said it was truly one that cares about the community."



Start of the 2005 Run for the Trojans Kids Race

As in past years, Inferno Pizza will sponsor the post-race party with free food. There will be prizes and an 800m Kids Fun Run.

"I hope this event becomes a huge community event in early summer here in Troy, because let's face it—most people here think runners are crazy—maybe this can help dispel the rumors and inspire families to come together in the name of fun and health!"

Brad and his teammates will be hosting the fourth annual edition on June 14<sup>th</sup>, 2008, starting at 9am. Parking is free on Colleen Road. Runners have the option of one or two laps (approximately 2 or 4 miles) depending on your courage over the infamous hills.

## The ARE in Action



ARE Long Run on March 9, 2008



Joe Hayter at the Wurtsboro 30k  
He finished 2<sup>nd</sup> overall.



Andrew Sattinger at the Rabbit Ramble



## An ARE Guys guide to...

### The first two years

By Neil Snedeker

I wrote this RATT article back in September 2006 for an issue that never came out. I'm submitting this article in its original form for your enjoyment, so don't mind the fact that it may contain outdated information.

In honor of the ARE's four year anniversary, I figured I would talk about some of the interesting and major events in our brief history.

**10/1/2002** - 1<sup>st</sup> ARE General interest meeting: This was the night the ARE was created.



**4/13/2003** - 1<sup>st</sup> Annual Dodge the Deer 5k: Racing would never be the same again. Other race directors feel pressured to act flamboyant and hire strange people in costumes to dance around.

**5/11/2003** - Running in the Capital Region: Ryan Clark, Chris Chromczak and Josh Merlis go out for a long run and get lost in downtown Schenectady. They are lucky to make it out of there alive. The club wouldn't be the same without them.

**10/17/2003** - Baltimore Marathon: While at breakfast the day before the race, Dave Fenichel was not worried for the 5k he would be running the next day. Then honorary ARE member Mike Winger tried to convince Dave into running the half marathon off of no training. It took only 2 minutes to be convinced and he went on to run the half marathon the next morning. He paved the way for slackers everywhere, including our own Paul Mueller.

**11/15/2003** - Men of the ARE photo shoot: The men of the ARE took to the trails of Pine Bush and the streets of downtown Albany to act as models for the first ARE



calendar. The calendar never came out, but that might be a good thing...

**12/5/2003** - Dippikill: Our first trip to the wonderful Dippikill was one of the greatest weekends in recent memory. This trip was Amanda Thornton and Maelynn Clarke's first event with the club and we haven't gotten rid of them since. The first night we were there we received two feet of snow and it made for some interesting sledding and snow football. We haven't seen snow since.



**5/27/2004** - STRS #1: The first trail run ever. There were more ticks than runners at the New Karner section of Pine Bush this evening. It was a start though, and it becomes much bigger by the year. Club dues will have to be raised to pay for Josh's bail when he gets arrested by the DEC sometime soon.

**11/24/2004** - JFK 50 Miler: Chris Chromczak runs in his first 50 miler. It was much more addicting than the marathons he had previously run and it rubbed off on other club members. Each year the number of ARE'ers that attempt ultra marathons is increasing.



## Running in Literature

By Jessica Hageman

Anyone else have a hard time staying awake when you sit down to read a book? I guess that's the trouble with exercising a lot—once you stop, you're so tired you fall asleep. I've discovered that the best time for reading is while riding the stationary bike at the gym. Yeah, yeah, I know you can't possibly get a good workout while reading a book, but you can't possibly fall asleep either, and that is how I recover from runs AND work through my reading list. Here are some of my favorite books about running:

1. *Running with the Buffaloes*: This nonfiction book details a full season of Colorado men's cross country team workouts. I never ran cross country (it was a fall sport conflicting with volleyball) so this really helped me build an appreciation for the sport and its team component. The book even made me cry. . .after you've read it, I'm sure you'll be able to guess why.

2. *Once a Runner*: Apparently this fiction book is in high demand as it goes for \$100+ on E-bay, libraries won't interlibrary loan it, and Amazon.com will sell it to you and then e-mail you back and say it's unavailable. It's hard to get a hold of it. Your best bet is to ask your running friends because they may let you borrow it (thanks, runner friend!). In depicting the life of a college runner in the 1970s, John L Parker's uses analogies, metaphors and other literary elements my high school English teacher would be ashamed that I've forgotten. The book is inspiring, and there's now a sequel: *Again to Carthage* (I got it for Christmas, and it's next up on my reading list).

3. *Bowerman and the Men of Oregon*: Kenny Moore writes fabulous play-by-plays of races unfolding! I'm not that into running\*, so I didn't know historical details of how the events actually ended. I was on the edge of my seat with adrenaline pumping awaiting the outcome of each race. It was fabulous and really makes me want to attend a race as a spectator. I missed the men's Olympic trials in NYC, but I should be in Boston to watch the women run the day before my next 26.2. I can't wait. This book also chronicles the founding of Nike and the hard work and trial and error involved in designing efficient running shoes. Thanks Bill!

\*as compared to some other folk in the ARE. If you were to ask any of my VB friends, they'd say I'm way too into distance running and that slow twitch muscle

fibers kill the vertical jump. . .my only response is that I'm lucky I'm tall!

4. *Ultramarathon Man*: I'm actually just reading Dean Karnaze's memoirs right now. He has accomplished some tough stuff and it's cool to read about it, but the other books all have a team component that I find fascinating so I have to rank them higher. I never saw running as a team sport until recently (yeah ARE!).

5. *Life at These Speeds*: I don't remember much about this fictional story so I assume it wasn't that great. I know it was a junior high/high school setting and perhaps I get too much of that in daily life so I was just turned away.

6. *Running with Scissors*: oh wait, this isn't about running, but it is on my shelf and it is seriously whacked. If you've read it, you know what I mean!

Someone else write more reviews for the RATT. Give your opinion on these books or examine some new ones. I need more reading material for the bike or for the off games at my next VB tournament.

Jessica running at the February 16  
Camp Saratoga Snowshoe Race



Photo Courtesy of Brian Teague



## Recipe of the Month: Tuna Macaroni Salad

**Provided by:** John Kinnicutt

Since the weather is starting to get nicer, it's time to start thinking about picnics and summer food. This is a really easy recipe that can be thrown together very quickly, but is better if you make it the day before you want to eat it. Play around with the amounts of the ingredients, you might find a combination you like better. Other people will also add additional things: peppers, pimentos, celery, small shrimp, etc. But I prefer it best when I keep it simple.

### **Ingredients:**

- 1 box medium pasta shells
- 4 cans chunk light tuna
- 1 medium white onion
- 1 large tomato
- 1 cucumber
- Sweet gherkins pickles
- Salt
- Mayonnaise

Start a pot of water boiling for the pasta shells. When the water starts boiling, add about 1/2 cup of salt. I know this sounds like a lot, but it really makes a difference.

Cook pasta until "almost done". It's not as good if you cook it all the way.

While the pasta is cooking, place into a very large bowl:

Onion, chopped very small,

Drained tuna,

Tomato, chopped so the pieces are about 3/8 inch,

Cucumber, chopped about the same size as the tomato,

Pickles, chopped small. The amount of pickles should be the same as the amount of cucumbers.

Mix all this together and set it aside until the pasta shells are done.

After pasta is cooked, drained and cooled for a few minutes (it's okay if it sticks together while cooling), blend into the other ingredients in the large bowl.

Add mayonnaise, just enough to hold everything together.

Cover and put in the refrigerator overnight.

When you take this out the next morning, it will have dried out quite a bit. That's fine. Add a small amount of mayonnaise. Be careful not to add too much. If you're planning on bringing this to a party, you should then put a few servings into a small bowl for yourself. This will be necessary since there won't be any leftovers for you to bring home, and you'll want some later on.

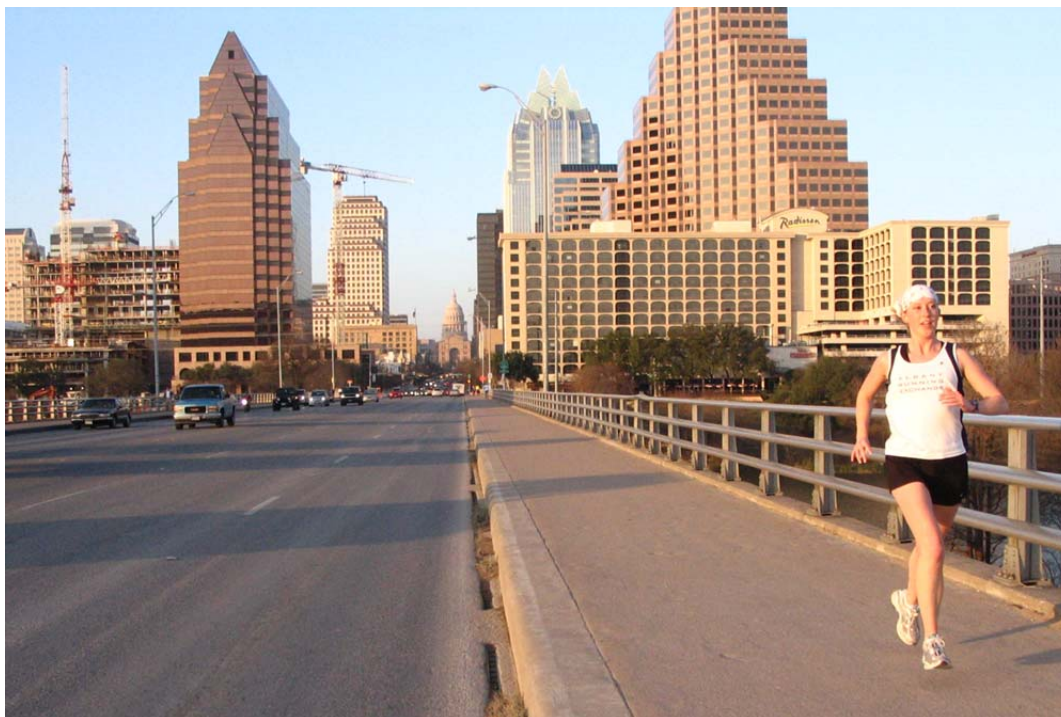


## ARE on the Road

**Date:** February 21, 2008

**Location:** Austin, TX

**ARE member:** Sara Brenner



**Route:** 10 mile out-and-back starting in downtown Austin along the beautiful Town Lake Trail, a crushed gravel running/bike path along the Colorado River

**Highlights:** Seeing Barack Obama from 10 yards out (during the run), visiting Run Tex (specialty running store), the gorgeous February weather

**Commentary:** While presenting at the American College of Preventive Medicine's annual meeting, I couldn't help but break away for a daily run along the river. Runners, walkers, and bikers were out in droves - most of them were pretty bundled up to brave the "chilly" 55 degree weather. I'd almost forgotten what it felt like to breath hot, humid air during a run while sweating through a singlet, but it sure felt great. One morning a friend of mine joined me and took some pictures and video footage along the way, including an up-close encounter with the presidential candidates who were in town for the debates.

**Links:**

[www.runtex.com/web/4-9.asp](http://www.runtex.com/web/4-9.asp)

[www.roguerunning.com](http://www.roguerunning.com)

[www.gilbertsgazelles.com](http://www.gilbertsgazelles.com)



## Mudders and Grunters 5m Trail Race



In 2003, the ARE first ventured to FDR State Park for this fabled event. A trail race in which half the course is run off marked trails, it presents a formidable assortment of challenges, such as rocks, roots, swamps, thorns, and a waist-deep crossing near the finish.

In '03, '04', and '05, the ARE won the team competition, and with it, the coveted skull. In 2006, the Marist Alumni team took it from us, but in 2007, we won it back.

In 2008, disaster struck, as the Marist team once again claimed hold of the beloved skull. It will return to Albany in March of 2009.

Nearly forty ARE members participated on this chilly morning, many wearing costumes to heighten the experience of the race.

Place	First Name	Last Name	Age	Sex	Time						
1	Josh	Merlis	26	M	30:43						
2	Steve	Hicks	24	M	30:45						
3	Kirk	Dornton	26	M	30:49						
4	Geoff	Decker	24	M	30:51						
5	Jim	Sweeney	26	M	30:58						
6	Sean	Hopkins	24	M	31:55						
7	Gerry	Sullivan	33	M	32:22						
8	Michael	Marrone	23	M	32:24						
9	Tony	Giuliani	28	M	32:25						
10	Andrew	McCarthy	24	M	32:45						
11	Jorge	Garcia	15	M	33:05						
12	Eamon	Dempsey	28	M	33:41						
13	Ben	Nelson	19	M	34:38						
14	Chris	Rubow	17	M	35:03						
15	Chris	Chromczak	23	M	35:07						
16	Stephen	Marsalese	42	M	35:10						
17	Jon	Scott	27	M	35:11						
18	James	Schermann	18	M	35:22						
19	Scott	Capieding	23	M	35:25						
20	Scott	Persampieri	39	M	35:48						
21	Brenan	Tarrier	29	M	36:03						
22	Ben	Nilsestuen	25	M	36:13						
23	Eric	Theise	34	M	36:16						
24	Bruce	Cadenhead	44	M	36:22						
25	Paul	Mueller	24	M	36:23						
26	Rich	Burgunder	28	M	36:23						
27	Marco	Sammon	16	M	36:28						
28	Jesse	Naftel	23	M	36:38						
29	Petr	Polivka	45	M	36:40						
30	Dima	Karlin	29	M	36:47						
31	Anthony	Arger	24	M	37:19						
32	Scott	Mosenthal	55	M	37:28						
33	Sean	McCauley	21	M	37:45						
34	Gregg	Mockenhaupt	38	M	37:50						
35	John	Kinnicutt	45	M	38:08						
36	Kerry	Kellogg	25	M	38:14						
37	Gregory	Stanton	44	M	38:30						
38	Basil	Moutsopoulos	37	M	38:31						
39	Joe	Benny	30	M	38:37						
40	Andrew	Vaccaro	23	M	38:44						
41	Chris	Hawkins	25	M	38:47						
42	Sean	Moore	44	M	38:47						
43	Brian	Pike	30	M	38:50						
44	Cassandra	Miller	25	F	38:53						
45	Mike	Anderson	34	M	38:55						
46	Joseph	McGowan	31	M	39:09						
47	Peter	Rodrigues	30	M	39:27						
48	John	Dixon	37	M	39:28						



The Mudkittens



49	Greg	Doell	34	M	39:32
<b>50</b>	<b>Drew</b>	<b>Anderson</b>	<b>39</b>	<b>M</b>	<b>39:36</b>
<b>51</b>	<b>Andrew</b>	<b>Martini</b>	<b>21</b>	<b>M</b>	<b>39:38</b>
52	Kevin	White	37	M	39:43
53	Eric	Jaworowski	48	M	39:43
54	Frank	Beirne	41	M	39:43
55	Adrian	DiRusso	31	M	40:00
56	William	Foley	48	M	40:02
57	Scott	Harris	29	M	40:04
58	Nicolette	St Lawrence	15	F	40:09
59	Joel	Bender	38	M	40:10
60	Paul	Muessig	58	M	40:11
61	Dennis	Noskin	49	M	40:17
62	Crystal	Cammarano	26	F	40:19
<b>63</b>	<b>Chris</b>	<b>Nowak</b>	<b>33</b>	<b>M</b>	<b>40:27</b>
<b>64</b>	<b>Brian</b>	<b>Stitt</b>	<b>25</b>	<b>M</b>	<b>40:28</b>
65	Caitlyn	Herman	26	F	40:30
66	Frank	Owens	49	M	40:33
67	Lee	Davis	41	M	40:37
68	Dennis	Foster	50	M	40:39
69	Irwin	Hosea	56	M	40:51
70	Hannah	Rose	18	F	40:56
71	Kyle	Khasigian	25	M	41:00
72	David	Gilboa	27	M	41:01
73	Matt	Cotter	29	M	41:17
74	Jay	Graygor	39	M	41:33
75	Craig	Cutler	41	M	41:37
76	Andrew	Miller	17	M	41:39
77	Joyce	Jaworowski	46	F	41:51
78	Craig	Allison	27	M	41:51
<b>79</b>	<b>Emily</b>	<b>Gravelle</b>	<b>21</b>	<b>F</b>	<b>42:22</b>
80	James	Redmond	25	M	42:39
81	Tracy	Olson	33	F	42:53



The Nature Monkeys



Chris Chromczak won the award for Muddiest and Bloodiest Finisher

82	Ted	McCourtney	34	M	43:10
83	Jim Kelly	Smith	42	M	43:21
84	Gerard	Buckley	47	M	43:25
85	Brian	Hersey	35	M	43:31
86	Paul	Mignone	28	M	43:34
<b>87</b>	<b>Chris</b>	<b>Imperial</b>	<b>27</b>	<b>M</b>	<b>43:36</b>
88	Katie	DiBello	17	F	43:43
<b>89</b>	<b>Colleen</b>	<b>Hayden</b>	<b>25</b>	<b>F</b>	<b>44:01</b>
90	Patrick	Bane	30	M	44:28
91	Patrick	Colwell	47	M	44:30
92	Ken	Weingold	35	M	44:32
93	Andrew	Herman	24	M	44:34
94	Louis	Pahnke	38	M	44:35
95	Erin	Keating	26	F	44:40
96	Alex	Alimanestianu	49	M	44:43
<b>97</b>	<b>Brian</b>	<b>Rojas</b>	<b>18</b>	<b>M</b>	<b>44:57</b>
98	Cara	Turndahl	27	F	45:04
99	Maria	Vlasak	42	F	45:08
100	Jessica	Miller	39	F	45:13
101	James	Mayott	15	M	45:18
102	Tiffanee	Hager	29	F	45:24
<b>103</b>	<b>Erin</b>	<b>Rightmyer</b>	<b>23</b>	<b>F</b>	<b>45:36</b>
104	Boris	Rauls	42	M	45:38
<b>105</b>	<b>Rich</b>	<b>Calak</b>	<b>20</b>	<b>M</b>	<b>45:45</b>
106	Michael	Quinn	45	M	45:50
107	Sue	Sanders	43	F	45:51
108	Michael	McEvily	46	M	46:06
109	John	Kiselak	57	M	46:12
110	Vanessa	Rich	34	F	46:13
111	Michael	Haeser	33	M	46:14
112	Maureen	Zeman	35	F	46:16
<b>113</b>	<b>Taryn</b>	<b>Cooper</b>	<b>18</b>	<b>F</b>	<b>46:23</b>
114	Ross	Stephens	32	M	46:44
115	Mark	Saxon	43	M	46:44



116	Andel	Koester	26	F	46:45
<b>117</b>	<b>Sara</b>	<b>Brenner</b>	<b>28</b>	<b>F</b>	<b>46:49</b>
118	Nicholas	Speranza	46	M	46:50
119	Luke	Speranza	13	M	46:54
120	Christopher	Post	35	M	46:55
121	Elizabeth	Averbeck	25	F	46:56
122	Kate	Bubnack	23	F	47:00
123	Luke	Selby	25	M	47:06
124	Jim	Buckley	60	M	47:07
<b>125</b>	<b>Kelly</b>	<b>Virkler</b>	<b>24</b>	<b>F</b>	<b>47:15</b>



Kelly crossing the creek.

126	Jonathan	Gage	60	M	47:17
127	Carrie	Gatlin	31	F	47:20
128	Leo	Ziminsky	15	M	47:23
129	Kathrine	Langston	19	F	47:25
130	Jim	Toelstedt	29	M	47:26
131	Timothy	Caccopola	24	M	47:29
132	Corey	Case	38	M	47:33
133	William	Robbins	42	M	47:34
134	Sara	Costa	15	F	47:36
135	Kathleen	Gagnon	14	F	47:36
136	Caroline	Springs	14	F	47:36
137	Michael	Becak	27	M	47:44
138	Michael	Meyer	27	M	47:50
139	Andrea	Poley	28	F	47:53
140	Francois	Odouard	44	M	47:57
141	Michael	Chen	26	M	47:57
142	Jill	Krebsbarn	24	F	47:58
143	Conor	Fennessy	15	M	47:59
144	Amy	Goodfriend	47	F	48:04
145	Joseph	Krill	53	M	48:05
146	David	Skoglund	50	M	48:08
147	Kate	Gibbons	28	F	48:12
<b>148</b>	<b>Lauren</b>	<b>Nye</b>	<b>27</b>	<b>F</b>	<b>48:12</b>

149	Douglas	Smith	35	M	48:30
150	Cameron	Stephens	15	M	48:36
151	Ronald	Verde Rose	49	M	48:37
152	Doug	Pacella	38	M	48:41
153	Maurice	Fitzgerald	42	M	48:45
154	Dylan	Faitell	14	M	48:58
<b>155</b>	<b>Amanda</b>	<b>Thornton</b>	<b>23</b>	<b>F</b>	<b>49:04</b>
156	Craig	Parsons	49	M	49:21
157	Anne	Ingram	28	F	49:25
158	Timothy	Smith	50	M	49:25
159	Adam	Barta	33	M	49:35
160	Melissa	Cullen	25	F	49:38
161	Chris	Manning	14	M	49:54
162	Frank	Ritchie	41	M	49:56
163	Heidi	Lappi	26	F	49:57
164	David	Manning	38	M	49:57
165	Jimmy	Manning	47	M	50:01
166	Freddy	Ochoa	24	M	50:07
167	Eileen	Schulman	26	F	50:08
168	Leo	Saposnick	61	M	50:11
<b>169</b>	<b>Joseph</b>	<b>Bouck</b>	<b>45</b>	<b>M</b>	<b>50:13</b>
170	Elyssa	Greenberg	27	F	50:21
171	David	Moody	45	M	50:33
172	Dawn	Tomassi	37	F	50:36
173	Natalia	St Lawrence	13	F	50:39
174	Erin	Metcalfe	22	F	50:39
175	Brendan	Smith	32	M	50:50
176	Lauren	Vigna	37	F	51:07
<b>177</b>	<b>Maelynn</b>	<b>Clarke</b>	<b>23</b>	<b>F</b>	<b>51:16</b>
178	Jim	Lundy	51	M	51:19
179	Richard	Schoonhoven	44	M	51:23
180	Rich	Bagwell	54	M	51:24
181	Bhupesh	Bansal	25	M	51:31
182	Ian	Normandin	27	M	51:33
183	Lisa	Urnaitis	22	F	51:36
184	Stephen	Fenton	60	M	51:37
185	Melissa	Maxey	23	F	51:44
<b>186</b>	<b>Neil</b>	<b>Snedeker</b>	<b>25</b>	<b>M</b>	<b>52:00</b>
187	John	Mcavoy	47	M	52:06
188	Dan	Ciarcia	51	M	52:18
189	Paul	Zeman	35	M	52:21
190	Rob	Andren	32	M	52:22
191	Lynn	Gribble	22	F	52:23
192	Sarah	Huber	24	F	52:26
193	Patsey	Perroto	54	M	52:27
<b>194</b>	<b>Daniel</b>	<b>Pollay</b>	<b>38</b>	<b>M</b>	<b>52:27</b>
195	Oscar	Montes	33	M	52:31



196	Joe	Thomann	47	M	52:41
<b>197</b>	<b>Jennifer</b>	<b>Senez</b>	<b>24</b>	<b>F</b>	<b>52:47</b>
198	Howard	Olmstead	57	M	52:48
199	Kyle	Brazeil	19	M	53:05
200	Warren	Bush	41	M	53:16
201	Lee	L Archevesque	39	M	53:20
202	Chris	Ryan	34	M	53:34
203	Daniel	Ryan	32	M	53:35
204	David	Maddalena	37	M	53:36
205	Mark	Hanley	48	M	53:37
<b>206</b>	<b>Amanda</b>	<b>Long</b>	<b>27</b>	<b>F</b>	<b>53:48</b>
<b>207</b>	<b>Michael</b>	<b>Burby</b>	<b>41</b>	<b>M</b>	<b>53:49</b>
208	Jessica	Pruzinsky	24	F	54:05
209	Roger	Billings	52	M	54:19
210	Rafaela	Doherty	32	F	54:22
211	Nicole	Bertrami	37	F	54:22
212	Elizabeth	Gaston	28	F	54:23



The ARE Van took many runners to the race.

213	Kellie	Faircloth	25	F	54:23
214	Robert	Nelson	39	M	54:38
215	Kevin	Day	31	M	54:39
216	David	Boles	61	M	54:40
217	Pete	Boland	42	M	55:17
218	Pat	Costa	50	F	55:25
219	Rich	Allison	27	M	55:27
220	Nikki	Nielson	32	F	55:33
221	Stephen	Buerle	43	M	55:38
222	Ray	Mullins	45	M	55:39
223	John	McElroy	43	M	55:41
224	Dan	Kane	35	M	55:56
225	Rosie	DeRosa	26	F	56:00
226	Edward	Palange	26	M	56:02
227	Frank	Phillips	42	M	56:33

228	Michele	Celli	41	F	56:34
<b>229</b>	<b>Magda</b>	<b>Kura</b>	<b>19</b>	<b>F</b>	<b>56:44</b>
230	Brian	Saroken	32	M	57:01
231	Samantha	Knowlton	42	F	57:02
232	Jana	Wilson	30	F	57:03
233	Meghan	Martin	23	F	57:05
234	Ryan	Blair	24	M	57:06
235	Diane	Sesselberg	31	F	57:10
236	Matthew	Abisch	32	M	57:21
237	Jillian	Abisch	28	F	57:28
238	George	Dimotsis	26	M	57:38
239	Jim	Pappas	40	M	57:51
240	Stephanie	Bush	27	F	57:53
241	Michael	Lazzari	30	M	57:53
242	Marco	Garced	40	M	57:55
243	Thomas	Zavrel	25	M	58:08
244	Travis	Bush	25	M	58:12
245	Kerri	Murphy	27	F	58:15
246	Kenneth	Baum	42	M	58:29
247	Carmelo	Roldan	66	M	58:35
248	Cammie	Burford	26	F	58:38
249	Annie	Kushner	23	F	58:45
250	Cheryl	Tournoux	26	F	58:45
251	Rich	Thomann	42	M	59:15
252	John	Phillips	35	M	59:45
253	Betty	Schlicht	42	F	59:54
254	Rob	Domanski	30	M	59:57
255	Diane	Krygowski	44	F	1:00:14
256	Sunjit	Chena	42	M	1:00:16
257	Jennifer	Roach	34	F	1:00:21
258	Hillary	Darling	28	F	1:00:25
259	Mario	Camacho	14	M	1:00:31
260	Kevin	Sears	15	M	1:00:31
261	Charlie	Everett	14	M	1:00:33
262	Liz	Flisser	34	F	1:00:33
263	Maggie	St. Leger	18	F	1:00:35
264	Suzanne	Holt	41	F	1:00:37
<b>265</b>	<b>Andrew</b>	<b>Giannetti</b>	<b>19</b>	<b>M</b>	<b>1:00:43</b>
266	Brian	Natell	48	M	1:01:01
267	Anna	Drabek	16	F	1:01:06
268	Ruth	Bluestone	17	F	1:01:19
269	Benjamin	Oksman	30	M	1:01:35
270	Gudrun	Mirick	28	F	1:01:40
271	Marrissa	Fox	25	F	1:01:40
272	Robert	Stenz	51	M	1:01:57
273	Tom	Moloney	50	M	1:01:58
274	Allie	Fitz	20	F	1:02:06



275	Anna	Tramann	17	F	1:02:15
276	Steven	Mullen	38	M	1:02:16
277	Brian	McPherson	36	M	1:02:20
278	Jack	Serra-Lima	48	M	1:03:01
279	Daniel	Dumser	22	M	1:03:08
280	Catherine	Vail	21	F	1:03:08
281	Thomas	Brennan	21	M	1:03:20
282	Matthew	Creamer	21	M	1:03:20
283	Vic	Mullin	51	M	1:04:03
284	Charles	Carman	34	M	1:04:12
285	Amy	Carman	29	F	1:04:13
286	Justina	Pereiras	33	F	1:06:25
287	Christie	Rogers	41	F	1:06:26
288	Jessie	Spellmann	29	F	1:06:47
289	Michael	Abbruzzese	30	M	1:07:39
290	Louis	Fraioli	36	M	1:10:50
<b>291</b>	<b>Melanie</b>	<b>Snay</b>	<b>37</b>	<b>F</b>	<b>1:11:33</b>
292	Charles	Sprauer	71	M	1:11:36
<b>293</b>	<b>Uzma</b>	<b>Qureshi</b>	<b>46</b>	<b>F</b>	<b>1:11:50</b>
294	Kevin	McGeary	15	M	1:12:28
295	Mike	Vincitore	27	M	1:12:29
296	James	Riordan	29	M	1:12:31
297	Kristin	Riordan	13	F	1:12:35
298	Heidi	Fountain	43	F	1:13:34
299	Colleen	Napora	43	F	1:13:40
300	Jennifer	Badurski	27	F	1:14:06
301	Susan	Walsaw	53	F	1:16:14
302	Michael	Berardino	56	M	1:16:15
<b>303</b>	<b>Corinna</b>	<b>Smolinski</b>	<b>19</b>	<b>F</b>	<b>1:16:31</b>
304	Christie	Michener	25	F	1:17:01
305	Laura	Maltz	24	F	1:17:07
306	Peggy	Fallon	31	F	1:17:54
307	Sean	Fallon	37	M	1:17:55
308	David	Celli	40	M	1:19:25
309	Diana	Quadrini	26	F	1:20:26
310	Debra	Ebner	38	F	1:20:49



Uzma and Melanie enjoying the cool water.



The ARE Tent Village



Now play nice boys!



Mike Burby gets his groove on in the van.





ALBANY RUNNING EXCHANGE  
PO Box 38195  
ALBANY, NY 12203-8195  
WWW.ALBANYRUNNINGEXCHANGE.ORG



## 2008 ARE GRAND PRIX TRAIL SERIES

### WHY THE ARE IS DOING THIS

The ARE wants to encourage trail running. With this being the fifth year of our Summer Trail Run Series and essentially all of our major events being trail races, we figured it was time to add an optional competitive component for club members to enjoy. The awards will be presented at our end of year banquet.

### WHO CAN PARTICIPATE

All ARE club members who participate in Grand Prix events are considered eligible for points in that race. You must be a current member at the time of the event to earn points. If a person later joins the ARE, he/she is eligible for points only from that time forward.

### DIVISIONS

Top three finishers in: 19-under, 20-39, 40-49, 50-59, 60-69, 70+ (Separate male and female categories)

### SCORING

PLACE	1	2	3	4	5	6+
POINTS	6	5	4	3	2	1

At each race, points will be awarded by order of finish within each division in comparison with other club members. Note: ALL club members will receive points. If you are the 6<sup>th</sup> or later finisher in your category, you receive one point.

***A participant's final score is the combination of his/her best five Grand Prix races.***

To be eligible for an award, you must also volunteer at least twice at any of the following ARE events  
Dodge the Deer · Tawasentha XC Series · Hairy Gorilla · Adventure Race

## 2008 ARE TRAIL GRAND PRIX SCHEDULE

\*For more information about these events and the Grand Prix series, please visit the ARE website\*

1	April 20	Dodge the Deer 5k	2	May 18	Soapstone Mtn. 4m and 14.5m
3	June 25	Summer Solstice ~14k	4	July 20	ARE's Five Mile Trail Race
5	August 3	Indian Ladder 3.5m and 15k	6	August 11	Tawasentha Pk – Distance ~4m
7	October 5	Breakneck 20k	8	October 26	Hairy Gorilla Half & Squirrelly 6m
9	November 1	After the Leaves Have Fallen 20k	10	December 6	ARE Adventure Race (5-7m)

