

Hill Runners Of **Hunterdon**

Newsletter – Apr 07

New Members:

Mary Ellen McGill

Member Profile – Dennis Schmatz

Everyone's friend, this native New Yorker is constantly on the go – whether it's his full-time job at Exxon-Mobil, his limo business on the side, or competing in dozens of races every year in NJ, NY, and PA. And luckily for many others in HRH, he combines the latter two activities and can be counted on to drive a gang of club runners into New York on a regular basis. In addition to the top-notch limo service to NY city races, a bonus feature is a history and geography lesson for each of the 5 boroughs provided free-of-charge by Dennis.

In his spare time (!), he volunteers throughout the community and is the Vice-President for the Hill Runners of Hunterdon. He'll be running his 5th straight New York City Marathon this November.

Guest Speaker Program

The inaugural HRH Guest Speaker Program held March 2nd was an unqualified success, with over 20 club members in attendance. Two-time Olympian and renowned international elite runner Anne-Marie Letko – a long-time Hunterdon County resident - addressed the group and answered questions on "Optimizing Your Marathon Training". She touched on training topics such as mileage, speedwork, planned rest and recovery days, cross-training, nutrition, tune-up races, and shared some of her past training logs. Future Guest Speaker events may include a Yoga session, injury prevention, and massage therapy.

Club Meeting

Taking advantage of the large turnout at the Guest Speaker Program, those in attendance were brought up to date on the latest activities by the club officers, including website enhancements, work on making available new club clothing, ideas for social events, tax/liability issues and the need for Bylaws. It was stated that the current slate of officers was willing to continue to volunteer their services through 2007. A call for nominations was made, and the current slate of 4 officers was re-elected unanimously.

Club Clothing

We have been working with Sneakers Plus to be our supplier of new club singlets and other clothing such as shorts and t-shirts. Club colors will be the dark Forest Green seen on the website. After much deliberation and experimentation, we will stick with the traditional HRH logo (white on green background). Once details are finalized, we will pre-order some HRH clothing such as

singlets for re-sale at cost to members. Additional HRH clothing can then be obtained directly from Sneakers Plus through their on-line store concept. This has proved popular with local and national schools, clubs, and organizations.

Also, as you have seen, Sneakers Plus is interested in becoming a partner with HRH for supply of running shoes. All of the survey responses have been summarized and the data (anonymous) forwarded to SP. Stay tuned for further developments.

HRH Going to the Olympics!

Our own Kim Keenan-Kirkpatrick has been nominated by U.S. Track and Field to serve as an Assistant Women's Coach for the 2008 Beijing Olympics. Long-involved in USATF, she is Vice-Chair of Women's Long-Distance Running at the national level. She was responsible for selecting the site for the women's Olympic Trials in the marathon, and will be in Boston in April 2008 when they are held. Here's an excerpt from the USATF announcement on her:

Kim Keenan-Kirkpatrick - Endurance: A former competitor at Kent State University, where she set three school records in middle distance events, Kim Keenan-Kirkpatrick was named the Associate Director of Athletics at Seton Hall University in August of 2006. She also serves as USATF's Women's Long Distance Running Committee Vice-Chair and is on the organization's Athletes Advisory Committee, High Performance Executive Committee and Women's Long Distance Running Championships Committee.

She was an assistant women's team coach the 2005 IAAF World Outdoor Championships in Helsinki, Finland, and was women's head manager for Team USA at the 2006 NACAC Under-23 Championships in Santo Domingo. She was the head coach for Team USA at the 1999 Yokohama Women's Ekiden and served as Team USA's athlete liaison at the 2004 World Indoor Championships in Budapest.

Marathon Musings

- 10 club members battled less-than-ideal conditions and finished the Boston Marathon on Monday Apr 16th. Results are posted on the race Results page of the website.
- A few members are planning on running the NJ Marathon on Apr 29th and quite a number are scheduled to run the Pocono Mountain Marathon on May 6th.
- don't forget that if you have earned automatic entry to the 2007 New York City Marathon due to a qualifying time in another race, or ran 9 NYRR qualifying races, or have run more than 15 NYC Marathons, you must submit your application no later than May 1st.

Relays – 2007

It looks at this point as if the club will field four teams in this year's 92-mile River to Sea Relay across the state of NJ on August 4th. For years the club's signature event, this is a record participation rate at R2C for us, indicative of the growth of the club and interest in such an exhilarating event. Last year there was exciting competition between the HRH Open Women's and men's Masters' teams, with both ending up second in their respective divisions. We expect nothing less in 2007, except maybe twice the fun for all 28 HRH competitors in 2007.

Plans are underway for an HRH team to represent the Hill Runners of Hunterdon in the 210+ mile September 15 & 16 Reach the Beach Relay that traverses the state of New Hampshire. A few members have done this exhausting event before, but we've never had a team comprised of so many HRH members.

Website Updates

The latest addition is the HRH Forum Discussion Group on the website. For those who haven't discovered it yet, it's an excellent way to schedule runs with others, make arrangements for car-pooling to races, post photos from a recent race, circulate information, or just share information that might be interesting to others. Costs nothing to register.

Club Calendar – club events and races commonly run by members of HRH. If you have an event you'd like to add, just send an e-mail with race name, start time, and website link to President@HRH NJ.org.

Member photo album has been up, but we're still waiting for contributions from all the shy members of the club. Find a favorite running photo and forward it to President@HRH NJ.org along with a caption.

Club E-Mails

Please be reminded that the club e-mail list is to be restricted to running-related issues only. Please do not abuse this by using members' e-mail addresses for other reasons – political, community-related, or some other personal issue – without first obtaining the owner's permission. There's nothing worse than being part of a large e-mail distribution list for a cause that you do not necessarily believe in, and then be inundated with an endless stream of people doing a "Reply All". Please respect the privacy of others.

Social Events

Save the date! John & Diane Fischer have offered to host a club summer pool party starting mid to late afternoon on Saturday, August 11th. This will be one week after the River to Sea Relay to ensure lots of good story-telling. More details will follow.

- Bruce Marshall