

Hill Runners of Hunterdon

Newsletter – Aug 07

New Members

Kimberly Borin	Kerrie Pawlikoski
Audrey Kerchner	Tim Shea
Mike McNamara	Alison Shelofsky
Marco Mastrapasqua	Sue Wharton
Jeannine Mongeon	

Member Profile – Kim Haris

A lawyer by profession and busy mother of three, Kim is one of those runners that continues to improve – even as she has entered the Masters ranks. Evidence of this is shown in her progression of marathon times over the last 4 years:

Philadelphia 04	4:01:57
Richmond 05	3:47:58
Boston 06	3:50:45
New York 06	3:32:17
Boston 07	3:30:20

She is running the Chicago Marathon this Fall and Boston again next April.

Kim has been a proud and valuable member of the HRH Babes to Waves team in the River to Sea Relay, and represented them by running the infamous “Beast” leg the last two years.

She coordinated the highly-successful Shoe4Africa program, where 77 pairs of running shoes were collected from club members and shipped to needy and appreciative recipients in Africa. She also assisted in the coaching of the Lady Lions running program – providing enthusiasm and advice for girls aged 9-14. In her spare time, she is active at both the community and school levels.

What’s New on the Website

In addition to this latest newsletter, make sure you regularly check out:

- Race Results, which are updated virtually every week
- Race Reports – recent ones include ultras by Joe Galioto & Dan Sullivan, and some River to Sea reports by Dennis Schmatz & Tim Shea
- Photo Page is updated constantly. Make sure that you click on “Visit the HRH Photo Gallery” to see the latest group pictures taken at races and social events

- Calendar – if there's an event that interests you and it's not on the calendar, send an e-mail to President@HRHNJ.org.
- Forum – lots of interesting info and discussions on HRH and its members. If you haven't registered, do it now. If you've registered, don't be shy to post!

Fall 2007 Marathons

Fall is the prime season for marathoning, and below represents confirmed and possible plans for HRH members:

Aug. 24 – Self-Transcendence Marathon

- Andrew Paton
- Colin Saville

Oct. 7 – Chicago Marathon

- Beverly Atkinson
- Kim Haris
- Gordon Kennedy
- Wes Knowles
- Colin Saville
- Dennis Schmatz

Oct. 7 – Steamtown Marathon

- Dave Brown
- Mark Corgan
- Joe Galioto
- Mike Humphrey
- Melanie Lenahan
- Holly McDonald
- Dan Sullivan

Oct. 7 - Mohawk-Hudson River Marathon

- Steve Brookman
- Bruce Marshall

Oct. 13 – Hartford Marathon

- Andrew Paton

Nov. 4 – New York City Marathon

- Brian Ashforth
- Beverly Atkinson
- Kimberly Borin
- Graeme Bell
- Barry Coopersmith
- Hector Cruz-Rosa
- Dave Faherty

- Janet Howard
- Doug Masi
- Mike McDonough
- Karen Robinson
- Dennis Schmatz
- Mike Vasisko
- John Weidner

Nov. 17 – **JFK 50-Miler**

- Joe Galioto
- Doug Masi
- Colin Saville
- Dan Sullivan

Nov. 18 – **Philadelphia Marathon**

- Mike Stockl

HRH Clothing

By now, you may have noticed the sharp new clothing being worn by some club members. Certainly the dark “Hunter” green is attracting attention at local races. Most of the Coolmax singlets and t-shirts on the initial order were snapped up almost immediately, but a few items are still available. Contact Bruce Marshall if you are interested.

<u>Item</u>	<u>Size</u>	<u>Qty</u>	<u>Cost</u>
Women’s singlet	small	1	\$25
Women’s singlet	medium	1	\$25
Women’s singlet	large	1	\$25
Unisex t-shirt	small	3	\$20
Unisex t-shirt	large	3	\$20

Social Events

By any measure, the summer club picnic/pool party hosted by John and Diane Fischer was a resounding success, as the photos on the webpage can attest. Lots of good food, fun in the pool, chance to reconnect with some old friends, and lively conversation. Hopefully, having a summer get-together somewhere will become an annual event.

Note that Janet Howard will again be having her always-popular Christmas Light Run, with a group run to appreciate the outdoor Christmas lights, followed by refreshments and camaraderie. Date is set for Sunday afternoon December 16th. More details to follow.

We don’t do as much of it as we once did, but if anyone is interested in hosting a club run some weekend, just send along your proposal and details to President@HRHNJ.org.

Hill Runners of Hunterdon Run from River to Sea

First Saturday in August means it's time to run the 92 miles through the waistline of New Jersey, departing from the little town of Milford on the Delaware River separating the western edge of the state with PA, and finishing at Manasquan at the ocean. It was hot and it was humid on August 4th for the 111 seven-person teams that subjected themselves to mid-summer, oven-like conditions in return for a memorable day and indescribable camaraderie. There are 14 legs of unequal length, and each member must do one of the first 7 legs and one of the last 7 in this handicap race where start times in Milford are determined by historical 5K times for team members. Although race veterans have come to expect the heat, there is not much one can do to prepare for 97F and high humidity on a course that is sometimes hilly, has little or no shade, and with runners often having to share the road with heavy traffic.

The Hill Runners of Hunterdon have participated in this grueling yet exhilarating event for the past 9 years. This year, HRH fielded four teams made up of local county residents and a couple of former residents who have relocated to other parts of the country, but who return each year for R2C. Three of the teams were entered in the Men's Veterans category and the 4th in the Women's Veteran division.

Teams and members are listed below, with captains identified with a "C":

Boys to Boardwalk:

Wes Knowles (C), Joe Altobell, Mark Corgan, Jim Crossin, Tim Eckhardt, Gordon Kennedy, Tom Mccaffrey

Babes to Waves:

Beverly Atkinson (C), Hope Atkinson, Kim Haris, Janet Howard, Holly McDonald, Mary Ellen McGill, Karen Robinson

Over the Hill Runners:

Bruce Marshall (C), Hector Cruz-Rosa, John Fischer, Dale Johnson, Doug Masi, Mike Stockl, John Weidner

Hill Masters of Hunterdon:

Dennis Schmatz (C), Kathy Crossin, Chris Franklin, Mike Humphrey, Pete Jensen, Steve McKenzie, Ron Reitz

The overall winners were a couple of teams in the Men's Open division. Roselle Catholic was the first team to reach the ocean, arriving at 6:03:43 PM. A team calling themselves Hide Your Daughters was second to reach the sea, but had the fastest elapsed time of the 111 teams, covering the 92 miles in a scorching 8:10:21. Seven teams either didn't start or didn't finish for various reasons.

Even though conditions were challenging, The Boys to Boardwalk established a new club record, covering the distance in 11:13:18, and finished 11th in the Veteran Men's division. Even with the handicap start, they finally caught two of the other HRH teams on leg #13, which was exciting. Their pace for the entire race was an impressive 7:13/mile.

The Babes to Waves were the winners in the Veteran Women's division, and they finished 17th overall and first to reach the ocean among the four HRH teams while managing a total elapsed time of 11:46:40, or 7:34/mile pace.

The Over the Hill Runners experienced an unfortunate incident when one of their top runners collapsed from heat exhaustion near the end of one of the toughest legs, affectionately called The Beast due to its difficulty. Medics were quick to arrive, and he was whisked off to the Hunterdon Medical Center with no permanent

repercussions, thank goodness. Another member had to run back to replace him; then finish his leg; and then run his own leg. The roster then got re-shuffled as the remaining 6 members had to finish the relay one man down. Nevertheless, despite the setback, they gallantly finished in 11:55:49 or 7:41/mile pace, and finished 13th in the Veteran Men's division.

The last of the HRH teams was primarily composed of R2C rookies, including a rookie captain, but the Hill Masters of Hunterdon did admirably. They certainly had a lot of fun on the course and performed exceptionally well in the process. They finished 15th in the Veteran Men's division, running the course in 12:52:43, or 8:18/mile pace.

The medical emergency experience may have been a blessing in disguise for the rest of the teams, as after that incident, everyone vividly understood the consequences of pushing much too hard under very difficult racing conditions. Our expatriate now living in the U.S. southwest commented a number of times on how the combination of heat and humidity in NJ was much worse than any running he does in the dry heat of Arizona. At any rate, everybody completed the rest of their legs in one piece.

Will we do R2C again? Wild horses couldn't keep us away. All of the Hill Runners were talking about keeping their teams intact for 2008, and none were deterred by the heat, the aches, and pains, or that some runners in the race had some dicey moments out there. Despite the weather and the unexpected curve ball thrown at us with one runner's medical problems, we all came away even closer as a team and a desire to do it again. Team relays are the most fun you can have running. Do they hurt? You betcha. But you never forget the experience, sense of accomplishment, and the camaraderie that binds a group of people together.

- Bruce Marshall