



Hill Runners of Hunterdon Newsletter – Dec 07

New Members

Leslie Hann
Cathy Krohg
Dan Minzner
Donna Whiston
Audrey Zabawa

Member Profile – John Fischer

John Fischer – you're an Ironman!

A family man and a clinical pharmacist by profession, anyone who has known John Fischer for a few years, knows he is an example to all on what goal-setting and determination can achieve. He's run 20 marathons since his first in 1997, but it was only since 2004, after reading Bruce Marshall's first Boston Qualifier story, that he got really serious about improving his performance. He started his quest to qualify for Boston by joining Weight Watchers to drop 40 pounds in weight, having already lost 35 in prior years just by running. He followed the Pfitzinger marathon training program, which highlights the value of anaerobic threshold runs. He's now run two Boston Qualifiers, and participated in marathons large and small – including Disney, Philadelphia, New York, Boston, Steamtown, and Mohawk-Hudson River.

But the most recent transformation is probably what is most amazing to all of us who know him well. He decided to tackle triathlons, bought a triathlon bike in March 2006 and participated in his first triathlon at the Half-Iron distance in June 2006. Since then, he has completed a number of local triathlons and has placed in the top half of all participants each time, in spite of being a self-described "pre-geezer". This all culminated in his recent completion of the Florida Ironman Triathlon (2.4 mile swim; 112 mile bike; 26.2 mile run) finishing with a marathon of 4:16 and an overall place of 664 of 2184 finishers. He attributes his success to the inspiration he draws from other HRH club members, and to the support of his manager, fan club president, and wife, Diane.

He is truly an inspiration to us all.

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. They are also archived. Note – when registering for an NYRRC event, including the NYC Marathon, select HRH under “Team”. Not only does it get you good PR for HRH, but it greatly facilitates the generation of race results.
- Race Reports – recent ones include marathon race reports by Steve Brookman (Mohawk-Hudson River), Bruce Marshall (also MHR), Andrew Paton (Hartford), Joe Galioto (Steamtown), and Gordon Kennedy (Richmond). And of course, there is also John Fischer's account of his Florida Ironman Triathlon.
- There's now a separate link for the Photo Album – in addition to the Members' Photo link. We could still use more contributions for both the Members' Photo page, as well as group photos.
- Calendar – we try to include club runs, social events, and races that members are likely to run. 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 – both general and race-related - on HRH and its members. If you haven't registered, do it now. If you've registered, don't be shy to post!

2007 HRH Marathons

Our club may only have about 80 members or so, but it's clear that the membership is both active and talented. Club members ran 68 marathons in 2007, and 23 of those were Boston Qualifiers! An astonishing 19 different members of the Hill Runners of Hunterdon have run BQ's for 2008. Our most prolific marathoners were Beverly Atkinson and Gordon Kennedy, who both ran an amazing 5 marathons each this year. Following right on their heels with 4 apiece were Colin Saville, Dennis Schmatz, and Bruce Marshall. Pastor Andrew Paton managed to fit in 3 marathons in 2007. Another 13 runners ran multiple marathons this year, with many doubling up with Boston in the Spring and Chicago or New York in the Fall.

And that doesn't include the number of ultra marathons and triathlons that members are doing in increasing numbers. That will be the subject for another time.

HRH Clothing

The following items – tech shirts in HRH Hunter green – still remain in inventory.

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

As there have been 4 requests (Luster, Schmatz, Richards, Leydon) for additional men's singlets, we are considering placing a new order with Sneakers Plus, assuming there is sufficient demand to purchase a minimum of 12 items. Some people have found it useful to have a second singlet either due to running two races in close proximity or having one a little bit larger to go over long-sleeves during cooler weather. We can also bring the total up to 12 or more by ordering long-sleeve versions of the ASICS unisex t-shirts currently available in short-sleeves only. Lastly, there has been a request to order singlets in reverse colors for hot summer use; i.e., green print on white Asics singlets. We would need to have a minimum of 12 orders of these before proceeding. Please contact Bruce Marshall if you have interest in purchasing one of the shirts currently in inventory and/or if you want an additional order placed.

Events and dates to Remember:

Sunday, December 16th 4:00 PM – Janet Howard's Christmas Light Run. See club e-mail for details.

Tuesday, January 1st 9:00 AM – Jim & Kathy Crossin's New Years Day Run/Walk.

Sunday, January 13th 8:00 AM – Club run hosted by Hunterdon Running Shop on Main St in Clinton.

Monday, January 14th 7:00 PM – HRH annual General Meeting at Wes Knowles' office on Red Schoolhouse Road (opposite Bundt Park). Refreshments will be served. Details to follow.

Saturday, Feb 2nd 9:00 AM – HRH Mid-Winter Classic – family day run and party in Califon and Hunterdon Learning Center. Theme will be Groundhog's Day, President's day, Valentine's Day, or maybe all of the above.

If anyone is interested in hosting a club run some weekend, just send along your proposal and details to President@HRH NJ.org.

Hope to see everybody out at one or more of the upcoming events, and of course, at club runs. Wishing everyone all the best for the holidays, and a healthy and prosperous New Year.

- Bruce Marshall