

# **Hill Runners** Of **Hunterdon**

**Newsletter – Jan 07**

## **New Members:**

Barry Coopersmith	Eric Hawk
Denise Coopersmith	Laura Hawk
Ellen Dugan	John Weidner
Thomas Haase	Rita Haase
Scott Spencer	

## **Member Profile – Melanie Lenahan**

Dr Melanie Lenahan lives in Clinton with her husband Michael and three lovely daughters - Catherine, Alison, and Eveline. She is also an Assistant Professor Biotechnology at Raritan Valley Community College. Somehow between taking care of her family and her exciting career, she manages to find time to run, and to run well!

She's known as being a fierce competitor and a very tough/strong runner. Evidence of this is that she represented her HRH team on the infamous long and hot leg #9 in last year's River to Sea Relay, and ran superb times in the 2005 Adirondack and 2006 Boston Marathons. She has run 6 marathons in total in her career, and her most rewarding race result was the challenging Adirondack Marathon, where she enjoyed the hospitality of good friends, the beautiful scenery of the area, and ran a PR besides.

Melanie's running goals are to run Boston this April (for Dawn), do an ultramarathon some time in the coming year or two, someday compete in a triathlon, and become a member of the 50 States Marathon club. Whew!

## **PLP and Age-Grading – What is it?**

The following is printed with thanks to Compuscore.

Runners have been getting their age-graded times from organizations like CompuScore for years, but what exactly does it mean and how is it calculated? Before getting into age grading, here's some history on road running age groups. About twenty years ago when road racing popularity was just getting under way, awards for the older runners was instituted in the form of age group awards to recognize the performance of the older athletes. The age groups started with ten-year age divisions and recently five-year age divisions have become popular to make things much fairer for the older runners.

Over the last couple of years, the number of masters runners in the field has been increasing and now make up 50% of all runners. With this increase and the fact that men and women lose strength and slow down with age, a way was needed so all masters runners could be compared to each other in one category. By making all masters equal regardless of whether they are 40, 50, or 60 years old, awards can then be given to the athlete with the best performance. With an age grading system the 60 year old would have as even a chance at winning as the 40 year old. In 1989 the World Association of Veteran Athletes (WAVA) developed the first age-graded tables in one-year age increments and they have since been updated in 1994.

The tables are composed of world class standards as a function of both age and distance. That means that for every age starting at age 8 and going to age 100 there are standards for every long distance running event, for every common track & field event, and for racewalking. Using the data in the tables it is possible to determine your age graded time (as seen on the CompuScore post card) as well as the athlete's performance-level percentage (PLP). Performance level percentages are used more in track and field because it allows comparisons between the track and the field events, it is also gaining popularity with the road racers. The classifications for PLP are:

- 100%= Approximate World Record Level
- Over 90%= World Class
- Over 80%= National Class
- Over 70%= Regional Class
- Over 60%= Local Class

Here's an example of how the calculations are done for 3 masters men in a 10K Race.

Age	10K Time	10K Factor (from Table)	Age Graded Time* (10K Time x 10K Factor)	10K Standard	PLP* (10K Standard/10K Time)
43	39:48	0.9471	37:42	28:29	71.6%
52	41:37	0.8834	36:46	30:32	73.4%
64	46:21	0.7914	36:41	34:05	73.5%

\*Before multiplying or dividing, change the time to seconds. (for example 39:48 = 2388 seconds)

In the above example, the 64 year old man had the best performance, even though he had the slowest finishing time. Some road races have begun using age-graded scoring for awarding masters purse money. The National USATF Masters LDR Committee is in full support of age grading and is working hard to encourage its adoption throughout the country.

## 2006 Marathon Recap

Members of the Hill Runners of Hunterdon ran 56 marathons in 2006, starting with four doing the Disney World Goofy Challenge in January; seven doing the Boston Marathon in April; four doing the Vermont City Marathon in May; three at Hartford in October; nine touring the 5 boroughs of New York; and ten finishing up the year at Philadelphia in November. In between were marathons from Georgia to Quebec, Texas to London; Minneapolis to Columbus; and others too numerous to mention. Some fantastic times run and had by all, with lots of BQ's, great stories, and priceless memories.

But it's a new year, and people are already formulating some of their 2007 marathon plans. January marathons include PF Chang's Rock 'n' Roll in Arizona and Miami in Florida. At least 4 members are planning on the Ocean Drive Marathon in south NJ in late March, and some may be doing National in DC the same weekend. Boston is on April 16<sup>th</sup>, and NJ Marathon April 29<sup>th</sup>. A large contingent of Hill Runners is heading out to Chicago in October. And there will undoubtedly be the usual strong representation of HRH at New York and Philadelphia in November.

## **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 4<sup>th</sup>. 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**

Race reports – send them in. Always a favorite to read.

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@HRHNJ.org](mailto:President@HRHNJ.org).

Member photo album – coming soon. Want to put a face to the name? Send in a favorite running photo, with a caption.

**Guest Speaker Program** – as an added service to members, we are investigating a proposal to have an elite runner come and address the club some evening on a running topic to be determined. Stay tuned for more details on this.

## **Social Events**

The Candy Cane Classic held before Christmas seemed to be a big hit, with a huge turnout of club members, significant others, and especially all the kids. The weather cooperated this year and we had a nice little race, with Kim Keenan-Kirkpatrick coming in first for the women and Doug Masi leading the way for the men. The refreshments back at the school were appreciated by all, and the photo slide show was a big hit. Many thanks have to go to the volunteers who gave so much of their time and effort to make this such a big success.

The annual New Year's Day run and brunch hosted by the Crossins' wouldn't be deterred by the rainy weather, and a good turnout enjoyed the run, the food & drink, and most importantly, the camaraderie.

As mentioned, we would like to explore the possibility of adding a club-sponsored summer social event, and tentative plans are in the works.

- Bruce Marshall