

Newsletter



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Raritan Valley Spirit Shines at the USATF Club Nationals

Dozens of fingers, stiff from the cold, struggled to put safety pins through bibs and singlets as the team captains provided runners with a last-minute race briefing on the overcast December morning. The icy wind made even seasoned runners hesitant to begin shedding layers prior to warming up.



This may be a familiar scene for many RVRP veterans, but as the first national event for several of the Raritan Valley Road Runners – and the first cross-country event for some – the 2014 USATF National Club Cross Country Championship was an exciting adventure for the club. That excitement was palpable as preparations were finalized, and the pre-race focus intensified. With the largest field in the 17-year history of these races, every runner knew the competition would be stiff.



intensity, even if it was partly to keep the blood flowing in the perpetual morning chill. Their enthusiasm did not die down, however, and it set the tone for the rest of the day. All RVRP members at the event provided critical support for their teammates and cheered for them as spectators as often as they could.

Even though it didn't warm up much as the masters men raced following the women, it didn't take long for the frost to be stamped down into the soggy grass, turning sections of the track into huge, slick mud pits. It seems that track integrity, though, is inversely proportionate to team morale and camaraderie. As the conditions worsened and the biting wind picked up, runners' enthusiasm only grew. A few stray beams from the sun occasionally broke the grey cloud cover, but the Pennsylvania wind kept rolling, as steady

Lehigh University campus in Bethlehem Pennsylvania was covered in a layer of frost, which provided a deceptive façade for the rain-saturated course looping wide around the football stadium. With a record-breaking field, this fragile course was about to host nearly 2000 runners from across the country.

As the first runners of the day, the masters women lined up with no shortage of

(continued on page 3)

The RVRP Newsletter is the only permanent archive of events, activities, and accomplishments for RVRP members. Send your article or submission to: Newsletter@rvrr.org

A Message from the President

The Running Life

7am on a Saturday morning, 30 degrees, gray skies... great opportunity to run, right?

There is very little that is attractive or enticing about that opening sentence yet many of you reading this have no doubt experienced this "opportunity" and ran with it. Why do we do this? What is our motivation? How did my life come to this!? Well of course we all have different stories about how we got into running, and the motivation we have, individually, that keeps us going. The bottom line is that we all share the common love of running for the numerous benefits, both direct and indirect, that the sport offers to us.

I'm extremely thankful that RVRR offers so many different opportunities for local runners, which has allowed our club to grow in terms of size of the membership and to expand in regard to the diversity of motivation. I believe that we have a somewhat unique organization that allows for the competitive speedsters to harmoniously coexist with the recreational weekend runner. When I say "harmoniously coexist" I'm not

referring to a gang war that can touch off with the wrong word, but rather that the club has a broad reach that can welcome virtually any runner's ability, involvement, and availability.

Some of you folks out there are at EVERY event; even if you're not running, you're there. Some of you are only able to make the Grand Prix races, and still others may only be able to participate in one event a week and can be counted on to be at every Saturday morning run in Johnson Park, regardless of conditions. We all have different lives going on outside of this running thing that dictates our level of interest, and amount of

available time but while we are on the road, towpath, or trail we all have the same goal of getting "something" out of the run. The "something" may be different for us... training, stress relief, fitness, fun, or chatting, but there will be some level of accomplishment.



For these reasons, and of course more, we must look at ourselves only and judge ourselves only. While our group is extremely supportive of each other there should be no judgment passed, or acceptance based on performance; I'm interested in everyone's personal experience and the journey that has brought them to this point in time, but with all due respect I have no vested interest in your race times. Times and splits are surely important to many people, and there's nothing wrong that. Please don't misunderstand. My interest is about what you learn from your run/race, what your emotions were that pushed you through to the finish, and how your progress and accomplishments are pushing you to new experiences.

It's a new year around the corner. Think about your motivation, about your involvement, and about the opportunities that you have and those that you can create.

Run Happy!

Tom

riles9999@yahoo.com

2015 RVRR Board Election Results

President: Tom O'Reilly

Vice Presidents: Shannon Sweeney, Bob Tona

Treasurer: Eric Saurer

Secretary: Angela Hynek

Member-at-Large: Mike Carr, Neil Hume, Marvin Pilande

One additional member-at-large will be appointed by the president

USATF Club Nationals *(continued from page 1)*

as the clock ticking toward the beginning of RVRR's final contribution to the event, the women's open race.

The six participants of the third race of the day didn't break any records, but you wouldn't be able to tell by looking at them. The energy and spirit exhibited by these, and all the rest of the RVRR runners, reflects the true spirit of running: These inspirational athletes banded together in daunting conditions, motivated each other, ran their own race – not intimidated by the

competition – and walked away proud of their accomplishments.

Joann Coffee finished second in her age group, while the masters women team was led by Wendy Reed, Jennifer Miller and Christine Prorock-Rogers. In a field of 595 masters men, the top three RVRR finishers were Bob Jorissen, Frank Russo and Richard Henderson, and the first three to cross the finish for the women's open team were Christine Appel, Ali Horton and Lauren Clark.

Complete official results are here:

<http://www.usatf.org/Events---Calendar/2014/USATF-National-Club-Cross-Country-Championships/Final-Results.aspx>.

Next year's club nationals will be held at San Francisco's Golden Gate Park on December 13. If the contagious enthusiasm shown in Bethlehem is any indication, RVRR will be sure to have a presence at the 2015 Club Nationals in California.

~ Jeff Jacobsen

2014 RVRR AWARDS BANQUET

January 31, 2015, 6:00 pm - 11:00 pm

Elks Lodge of New Brunswick, 40 Livingston Ave, New Brunswick, NJ 08901

Included:

Cocktail Hour - Beer/Wine, Soft Drinks, Snacks

Buffet Dinner Dessert/Coffee

Team Recognition Presentation of Awards

Awesome Dancing

Social Media Surprise!

This amazing evening of events is only missing one ingredient, and that's you!

\$30 in Advance for Members, \$35 in Advance for Non-Members, \$40 at the Door for Everyone

Register today!

Name: _____ Guest Name: _____

RVRR Member? Yes No

RVRR Member? Yes No

Contact Info: Phone: _____ - _____ - _____ Amount Enclosed: \$ _____

Email: _____

Make checks payable and Mail to:

Raritan Valley Road Runners, P.O. Box 4784, Highland Park, NJ 08904

Unharvested Team Grand Prix Points

As a new runner a few years ago, I was puzzled by the oft-repeated call to help the RVRR teams by registering and racing in USATF-NJ championship races. I thought this was a big mistake and that RVRR needed more fast runners not just more runners. I was wrong because I was focused only on the 'A' team scoring, the points garnered by our best runners in each age-gender division. Over the Grand Prix of nine team championships, achieving first (and 12 pts) on a regular basis scores a lot of points. The total 'A' team scores are what determines the age group team championships at the end of the year. However, each club can have 'B' and 'C' teams and, in the case of the open men's division, the Garden State Track Club fields as many as 8 teams, so there are even 'H' teams

in some races.

My mistake was ignoring the overall club championship, which includes all the points from the 'B', 'C' and other teams. Here is where participation stands out and where slower-paced runners can impact the final club standings. Can't run a 7-minute pace? You might think that you are too slow and therefore just plain useless to your team. However in most races there are usually un-harvested Grand Prix points that are yours for the taking! For most age groups the top 10 teams in a race finish in the money and score points. For older age groups the number of scoring teams dwindles to 5. The rules are complex and you need to go to the USATF-NJ website and click on LDR and dig around to find them. The point is that in all but one age

and gender group there were at least two championship races this year that did not have a full slate of competing teams so there are low hanging fruit out there, where just showing up and finishing scores points.

Here are the totals of un-harvested points for 2014:

OM	40M	50M	60M	70M	80M
7	9	7	32	53	130

OW	40W	50W	60W	70W	80W
44	1	8	76	122	136

Kudos to the 40's women who have a robust competition, race in and race out! I was very surprised that there were points left behind at Miles for Music and Clinton in the open male division. Many of the points left on the table are in older categories. It is unlikely for RVRR to recruit many older runners to races although we have older runners in the club and walking is allowed.

In addition to points left unclaimed, there are also some points RVRR could earn just by putting more 'B' and 'C' teams on the line and having them beat the 'B' and 'C' teams of other clubs, thus increasing our score and diminishing those of other clubs.

The final word is that you can and will help RVRR score Grand Prix points when you enter a race, regardless of what pace you think you might run. Just make sure your USATF membership is up-to-date and you let the team captain know in advance that you'll be there. More importantly, races are fun. You meet club members, warm up together, challenge yourself during the race and party with friends afterwards. Much better than running alone!

To start your race planning for 2015, the list of 2015 USATF Championship events at left.

~ Mike Carr

2015 Date	Race & Distance	Division*
3/22	Miles for Music 20K	All
4/25	Clinton 15K	All
5/2	Newport 10K	Open Men & Women
5/25	Ridgewood 10K	Masters Men
6/6	College Ave Mile	All
6/15	President's Cup 5K	Open Men
6/21	Lager Run 5K	Masters Women
8/22	Belmar Chase 5K	Masters Men
8/30?	XC 5K	All
9/20	Liberty Half-Marathon	All
10/4	Little Silver 5K	Open Women
10/18 or 25	XC 8K	All
11/8	Giralda 10K	Masters Women
11/26	Ashenfelter 8K	All

* Anyone can participate in any Championship race; although team scoring is only counted for the Division listed. Masters runners can compete and score for open teams in any open race.

RVRR: A Short History, Part IV

The Club Banquet

You'd think a club with the reputation and history of RVRR would have always had a winter banquet to celebrate ourselves, but that's not the case at all.

Starting about 1990, there were several awards presented annually at the Club's Holiday Party, including the President's Citation, Outstanding Club Member, and Volunteers of the Year.

But it wasn't until 1993 that the club held a separate event to commemorate the accomplishments of club members. And there were actually three very different things that happened that led to that first banquet.

In 1992, NJ road racing legend Lew Gibb died. Most club members today have never heard of Lew Gibb, but they probably have heard of CompuScore, and many know Dave Siconolfi, the man behind that outstanding racing service. Well, before Dave, before computers, before race results were even available, before courses were accurately measured, before all that, there was Lew Gibb.

Lew was a founding member of the Central Jersey Running Club, but more importantly, starting in the late 70's he was the one person who consistently and constantly demanded that race directors provide the basic amenities to their participants; an accurately measured and marked course and results posted for all runners to see.

But Lew was not just talk, not at all. For any race director that heeded his pleas, Lew would actually provide the course measurements, organize the finish line, and provide any other service that he could to make the event one that savvy runners flocked to.

As a direct result of Lew's work, road racing in central NJ took off. Several Middlesex and Union County races regularly topped 1000 runners. Many of the oldest races still in existence benefited from Lew's help in those early years.

When Lew died, the entire running community felt it. RVRR members rightly wanted to honor Lew for his long and considerable contribution to NJ racing by creating an award in his honor. It was felt (also rightly) that if RVRR didn't create this award, another club would.

And RVRR members at the time also wanted to make sure that everyone would long remember Lew and his "significant and dedicated contributions to the sport of running in New Jersey" (*excerpted from the Award Criteria*).

The second motivation for RVRR to host its own event came from Doug Brown, who in 1991 was awarded the "Runner of the Year" by the Freehold Area Running Club and attended that club's annual banquet. The experience was so positive that he wanted to be able to repeat it with his own club.

The third thing was the initiation of the USATF Grand Prix in 1992. That year, USATF-NJ began an endeavor to create a year-long series of races that would challenge runners over a variety of distances. And RVRR's domination of the Grand Prix began that very first year, a delightful reason to celebrate.

The first banquet was held in early 1993, about ten years after the club first formed. Records are thin, but it is known that in addition to the previously presented honors, the club added



"Most Improved", "Club Spirit" (now named the "Sunshine" award) and "Outstanding Journalistic Service" awards along with the Lew Gibb award to the night's docket. And once the USATF Grand Prix started (and RVRR members started winning en masse), team recognition was included as well.

The Banquet has traditionally been the one formal night of the year, the one "running" event where you hear "I didn't recognize you in regular clothes!" again and again. Over the years awards have come and gone (the Golden Penguin and Short Shorts awards being two), but the spirit of coming together in recognition of our club's collective accomplishments, including open and masters team honors (both in-state and national); members' extra efforts and amazing volunteerism; individual outstanding performances, and all things running has never changed.

RVRR hosts many social events during the year where the emphasis is on fun and frolic. While the banquet traditionally ends with Ray (and others) dancing up a storm, the annual banquet is first and foremost a ceremonial celebration of ourselves; an official time-out, so to speak, to thank and reward the members who have made the club what it is both yesterday and today.

~ Janice Reid

2014 Philadelphia Marathon Recap

Who wants to wake up at 5 AM, stand around in the cold until 7 AM, and then run 26.2 miles? No takers?

On November 23rd, over 10,000 people – including a number of RVRReers – did just that on the mean streets of Philadelphia. This was my fourth marathon and second time running the Philadelphia marathon. However, this was the first marathon for which I had set a truly aggressive time goal. My training was the best I'd ever done (thanks for the speed work Pete), but I was still a bit nervous heading into marathon weekend. Could I really hold a 7:30 pace for 26 miles?

I packed up my gear and hopped in the car with fellow RVRReer Alex Clark, who was running the half marathon. We found parking near our hotel, and met up with Jeremy Shaw, and wandered to the expo to grab our bibs. Later that evening we met up with Lauren, Gresy, Marcia, Judy, Christine, Matt, Tiffany, Sandy, (others?) for a pre-race dinner. I ate a roasted half chicken with potatoes and gravy – it was delicious. We walked back to our hotel, got ready for race day and went to bed early. I slept great...for the first 2 hours. Tossing and turning the rest of the night, 5 AM seemed to take forever to arrive.

The walk to the start was chilly, but uneventful. We each went through our pre-race routines, checked our bags, and met near the back of the maroon corral. Joining me at the start were Alex, Jeremy, Matt, and Adam. Standing at the start for 20 minutes was a little cold, but soon the horn sounded and we were off. It didn't take long to settle into a rhythm and shake off the morning chill. Alex quickly broke away on his way to a great half-

marathon finish. Jeremy, Matt, Adam, and I stuck together through Center City, hearing the first "GO RVRRe!" cheers less than a mile from the start. We knew there'd be an RVRRe presence around mile 6, and we kept our eyes peeled. All of a sudden, we heard cheering and cowbells – "GO RVRRe!" "GREAT JOB GUYS!" – and it gave us a little extra spring in our step.

Heading through Drexel and past the zoo our pace fluctuated a bit with the hills, but we were still in good spirits. Adam and I poked fun at each other for having gone to rival schools (Wisconsin for me, Minnesota for him), and Adam made friends with a fellow Golden Gopher. After the turnaround at mile 11, we saw Dagfinn (Gene) just ahead of us. Mile 13 brought a few more familiar faces in the crowd (Denis, Lianne, John Hynek, Dave Allara) and encouragement for the long trek out to Manayunk.

Anyone who has run the Philly marathon knows that once you're about a mile out on Kelley Drive, the crowd is spread much thinner. It's a peaceful run, and the weather was absolutely perfect. I was glad to have Adam there to keep me motivated and entertained. I seem to recall him saying something about a "gun show" to one of the lead runners heading back to the finish. Around mile 18, Adam picked it up and pulled ahead, while I stayed steady at my target pace. Arriving in Manayunk, the crowds were energized. The beer didn't smell as good as I remembered from 2 years ago, and I once again



skipped stopping for a sip. Running back toward the Art Museum (and finish line), I kept my eyes out for RVRReers heading the other way. I saw Drew, Barry, Shannon, Mike Given, and heard several others. By mile 22, I had to stay focused on running – the steps were each seeming more difficult than the last. At mile 23, I told myself, "Just a 5k to go. Anyone can finish a 5k," and kept on trucking. I noticed my pace starting to slip just a little bit here. When I came up on the first group of RVRRe fans (Lauren, Christine, Ryan, and Amanda) just past mile 24, their enthusiastic cheering helped give me a boost. As I ran by, I heard Ryan tell the runners behind me to "raise your hand if you want to hear a horn!" Someone must have raised their hand, because the next thing I heard was Ryan's vuvuzela. Mile 25 brought another round of RVRRe fans – Lianne, Jayson, Alli, Jose, Sally, and Tyson – a little further up the course. I tried to recover my goal pace, but to no avail – even though I felt like I was running faster. Finally cresting the hill by the Art Museum, I pushed on to the finish. As I stopped running and looked at my watch (3:16:44), I was simultaneously filled with relief and pain. My legs were finished. I saw Gene, briefly discussed the race, got food (chicken broth has never been so delicious) and warm

clothes, and hobbled back to my hotel.

After a quick shower and dropping bags off at the car, the group of us headed to Con Murphy's to join in the RVRR post-race party. As we walked in, the group erupted in cheers for the runners. We grabbed seats, food, and well-deserved beers. Each time a runner entered the party, we'd all

cheer for them. How could we not? Regardless of whether they ran the full marathon or half marathon, whether they set a personal best time or struggled through a difficult race, each runner got a warm welcome to the party. That, I think, is the true measure of this club. Although we all have different goals, different preferences

for our favorite runs/races, and run different paces, we make a point of supporting each other and celebrating each other's accomplishments. To everyone who ran in Philly: great job. To everyone who cheered: thank you – you helped me accomplish my big running goal for the year.

~ Eric Saurer

Almost Christmas in Bethlehem USATF Club Cross Country Nationals

Saturday, December 13 at the Murray K. Goodman Campus at Lehigh was overcast and cold with some wind and, near the end of the Masters Men's race, some sun; or perhaps I just felt sunny near the end! It felt like Christmas time in Maine, reminding me of my youth, and what could be better than that! The total experience was memorable and worthwhile.

The first thing I liked was the tent Roger Price and Madeline Bost brought. Not the tent itself perhaps but the fact that it acted as a home for several of the NJ teams besides RVRR. It was nice to be friendly with Morris County, Essex, Clifton and others guys. I was also intrigued to see large contingents of South Jersey runners from the Pinelands and South Jersey Athletic clubs. Too bad we don't see these guys much during the Grand Prix series. Perhaps our region should be called USATF-Northern NJ.

I really enjoyed cheering on our Women's teams, a new experience for me. More RVRR women competed than RVRR men, and Joanne Coffee came in 2nd in her age group, our top performer on the day! From the facebook posts there was a lot of enthusiasm and satisfaction resulting from our women's team's first national

competition outside of NJ in several years. I hope they continue.

Our team, M60s, ran their 3rd National competition of the year but we were weakened by injuries: Terry Delph (out) and Roger (running in distress). It was great to have Bob Jorissen (age 60) lead us and get strong efforts from Frank Russo (62), Rich Henderson (62), Chris Lehman (64), Mike Carr (68) and Carl Weaver (65). Roger gamely provided us with an insurance finish. Our 5 scorers were bunched between 45 and 49 minutes. No stars perhaps but good efforts all around, as most of us were in some stage of injury recovery. Let's hope we are healthier next year.

The course is a remarkable hybrid of groomed and raw. Lehigh deserves praise for the amazingly flexible layout and the mix of running conditions. Most of the course zips over well maintained grass, some of which threads through corn fields that appear part of an agricultural experiment station. Surrounded by winter fields and patches of starkly bare deciduous trees but on good footing, we got the visual aspect of old-fashioned cross country but got safe running too. At 68 I really like that mix. There are some enjoyable mud stretches, thoughtfully near the

start when we were fresh and relatively nimble. There are enough bare spots and tight turns and, of course, persistent hills. Overall, a decent challenge that I decided was harder after the race than it appeared in competition. Throughout the race I was mostly passing guys or dueling and never got to the dismal, defeated trudge, so I was competing all the way. Afterwards, however, I felt battered. All my leg muscles were angry, and by Sunday I had the deep tiredness I associate with at least a half marathon. I would do that race again!

Terry was instrumental, working with his 2nd club the Lehigh Valley Road Runners, in bringing the Club Nationals to Bethlehem. LVRR worked side-by-side with USATF to put on a great event. The markings were clear, and I did not have to pay any attention to course marshals at all. Others remarked about the great toilet facilities. With the largest turnout ever in USATF Club Nationals history, it's these little details that made for an outstanding day for all.

~ Mike Carr



“Train”ing Run 2015!!

Happy New Year!! As you start to plan your training and races for 2015, I would like to ask you to “save the date” of **Saturday, June 6th** for the 17th Annual Towpath “Train”ing Run.

We are always trying to improve this event and this year is no exception. We asked you for feedback after last year's event, and we heard you loud and clear (see below). While some expenses have increased, we will do our best to keep the price of this event reasonable, and will continue to use crowd-funding to raise additional money for the donation to the Rutgers Cancer Institute of New Jersey. If you are inclined to give a donation, please continue to do so. CINJ does great work and every day they are working to find a cure for cancer.

Last year, we offered a new bus to Alexander Road for those runners who wanted to run 26.2 miles. This stop was very popular and will continue as a boarding station. We will adjust the bus schedule so that every bus gets you to your starting point with time to stretch before you start running.

Pacers will be clearly identified and will maintain a steady pace. Thanks to Laura Swift for donating the pacer shirts since we started using pacers.

We will also continue to support the 15 minute walk/run pace. We hope to attract even more non-runners who can manage a 15 minute pace.

We will work to improve the food and drinks on the towpath. Logistically, this is the toughest part of the event. Thanks to an incredible group of volunteers who drive from one station to another to keep you fed & quenched as you run all or part of 34.6 miles.

We are working on ways to get all trains to congregate at Landing Lane and to finish as one group, with those who ran 34.6 miles leading us in. Next year we will have a clearly marked finish line.

While this is a running event, we get more feedback regarding the food and selection of beer at the picnic than any other aspect of the event. We will not disappoint you with the variety of hot and cold food at the picnic. In recent

years, we have had a bigger selection of beers than many small taverns.

As always, this event will be held on National Trails Day and we take whatever the trails gives us. The towpath is never without challenges, including construction, flooded sections, overgrown weeds, etc. This year will probably not be any different as a major dredging project is planned that may or may not impact us. Somehow, we always find a way complete our run from Trenton to New Brunswick!

The number one reason that runners seem to like this event is that it is noncompetitive and that everyone is so friendly. In 16 years, we have had a total of 665 different runners complete a total of almost 22,000 miles. I give all the credit to these runners for making it a fun day for everyone. June 6th may be anywhere from 60 degrees to 90 degrees and it may be dry or rainy, but we can promise you support and company as you accomplish your goal.

~ Ray Pettit

Training Run Feedback

How did you hear about this event?

Announcements, website, e-blast - 50
Friend, relative told me about it - 20

How clear was bus schedule?

Very clear - 61
Clear enough - 20

Please tell us about your experience?

Great event- favorite RVRR event
Loved non competitiveness of event
Well organized
Send final email before event earlier
Everyone is friendly
Pacers did a great job
Confusion at Landing Lane; everyone didn't finish together

Does the donation to Cancer Institute of NJ influence your decision to run?

Doesn't influence either way - 70
Yes, it is why I do it- 10
Didn't know we donated - 2

Do you prefer Grove 4 over Grove 5?

I don't care - 20
Grove 4 rocks - 30
Can we go back to Grove 5 - 7
Where's Grove 5 - 20

Did your group reasonable maintain pace?

Yes - 80
No - 3

What pace group did you run with?

7:30 – 5	10:30 – 23
8:30 – 9	12:00 – 10
9:30 – 21	15:00 – 9

How satisfied were you with food and drink at aid station?

Satisfied - 33
Somewhat satisfied - 9
Very satisfied - 40

What is the maximum price you would pay for this event?

\$15 - 5
\$20 - 18
\$25 - 55

“Train”ing Run Statistics

2015 Contributors: Donation

Stephen Kornstein	\$250.00
Janice Reid	\$250.00
Kelly DiGian	\$150.00
Lianne Price	\$100.00
William Foster	\$100.00
Tom O'Reilly	\$50.00
Laura Swift	\$50.00
Michael Carr	\$50.00
Ray Petit	\$50.00
Lori McGill	\$50.00
Jayson Kolb	\$45.00
Rich Riopel	\$39.30
Rose Hoskins	\$30.00
Yoi Ohsako	\$30.00
Louise Firner	\$25.00
Joel Simpson	\$25.00
Robert Tona	\$25.00
John Evans	\$20.00
Megan McGrath	\$20.00
Nova Roman	\$20.00
Shannon Sweeney	\$20.00
Rosanne Lemongello	\$15.00
Joseph Fischer	\$10.00
Neil Hume	\$10.00
Dennis McGale	\$10.00
Adrian Savovici	\$10.00
Erin Varga	\$10.00
Máiréad Goetz	\$10.00
John Gunderson	\$10.00
Alice Tempel	\$10.00
Leigh Walker	\$10.00
Amy Anderson	\$5.00
Sara Duncan	\$5.00
Lindsey Fitzpatrick	\$5.00
Louise Forman	\$5.00
Gresy Johnson	\$5.00
Bryann Ricci	\$5.00
Andi Sawin	\$5.00
Peter Heimann	\$5.00
Total	\$1,544.30

Total Mileage – 16 years:

Name	Total
Elaine Acosta	88.7
Susan Adhiambo	47.0
John Ahimovic	20.0
David Allara	87.0
Kristen Althausen	94.2
Alycia Alves	5.5
Amy Anderson	9.7
Czuchta Ania	5.5
Mike Anis	220.0
Christine Appel	25.4
Rolf Arands	41.0
Alison Armstrong	17.4
Andrei Aroneanu	34.1
Alberto Artasanchez	83.6
William Ayres	20.0
Bud Ayres	28.3
Beth Baker	2.3
Wayne Baker	66.0
Joe Baliany	22.6
Joeseeph Balint	109.8
Stephen Bandfield	20.5
Jim Barnish	9.2
Jerry Baron	8.4
Maureen Barr	28.2
Karen Barton	24.9
Asif Bashir	24.7
Sharon Battershall	5.5
Adrienne Belmar	9.2
Andrew Belmar	9.2
Kathryn Berchtold	20.5
Kimmy Berres	5.5
Peter Beskal	5.5
Geraldo Betancourt	20.0
Agnes Birnbaum	5.5
Nick Birosik	111.5
Loretta Black	5.5
Emily Blackman	6.0
Barry Block	20.5
Tom Blom	13.4
Adrian Blott	16.9
Carrie Bobenchik	5.5
Erica Boling	33.3
Brian Borden	27.3
Madeline Bost	5.5
Fernando Branco	20.0
Scott Brenner	54.9
Michael Brickley	41.0
Jan Brodka	16.9
Kristi Brons	5.5
Hannah Brown	6.0
Brandon Brown	6.0
David Brown	6.0
Virginia Brown	6.0
Doug Brown	270.5

Name	Total
Wendee Brunish	6.0
Bonnie Brunish	78.9
Christopher Buja	106.5
Peter Burchett	13.4
Michelle Burke	5.5
John Burrows	22.0
Delvin Burton	6.0
Giovanni Burwell	43.1
Jody Byram	26.2
Thomas Calabrese	13.9
Ryan Camales	16.2
Andrew Cangiano	9.2
Cesar Cardona	9.2
Zsuzsanna Carlson	68.2
Stephen Carr	36.3
Michael Carr	58.6
Ryan Cascardo	11.3
Nancy Casper	26.8
Richard Casto	17.0
Joseph Cawley	5.5
Thomas Cawley	5.5
Noe Chabaes	5.5
David Chan	6.0
Keun Chan-Oh	9.2
Ann Charles	11.8
Mahesha Chayapathi	29.7
Mary Chervenak	60.9
Philomena Chu	9.7
Leo Chun	9.2
Sydney Chun	9.2
Yuen Chun	15.4
Sam Chung	5.5
Ellen Cignetti	9.2
Ryan Cirillo	5.5
Amanda Cirillo	13.4
David Citron	5.5
Lauren Clark	2.8
Alex Clark	62.9
JoAnn Coffee	11.3
Jeannine Cohen	5.5
Cliff Collins	16.9
Bill Condon	11.3
Jayne Condon	18.4
Erin Connors	9.2
Heather Conway	13.4
Sharon Cook	5.5
Alyson Cook	13.4
Devon Cosenza	34.6
Joaquim Costa	33.9
Meghan Cox	9.2
Brian Crone	34.1
Jonathan Cruel	40.0
Mike Czech	11.3
John D'Agostino	77.4
Mike Daigeaun	8.0
Ed Dale	6.0

Name	Total	Name	Total	Name	Total	Name	Total
George.....Dale	22.8	Eva.....Fisher	48.4	Spook.....Handy	39.2	Ron.....Kaplan	26.0
Douglas.....Dale	13.4	Julia.....Flagg	20.0	Mia.....Hanos	6.0	Heather.....Kaplan	2.3
Dan.....Dalfonzo	5.5	John.....Fleming	14.7	Abby.....Hare	9.2	Stacey.....Kaplan	72.5
Kristine.....D'Ambrosio	9.2	Tania.....Flores	5.5	Tina.....Harrison	5.5	David.....Kaschak	9.2
Mark.....David	9.7	Jaime.....Flores	11.8	Nedda.....Hartman	6.0	Manley.....Kavitha	16.9
Joseph.....David	17.4	Tom.....Fole	33.8	Betsy.....Harvey	5.5	Chad.....Kay	5.5
Julio.....Davila	5.5	Mary.....Foley	79.3	Teresa.....Harvey	34.4	Kristin.....Keane	5.5
Jennifer.....Davis	229.3	Oswald.....Fombrun	9.2	Matt.....Hatez	20.7	Roz.....Kelley	13.4
Susan.....Dawson	11.0	Louise.....Forman	6.0	Chris.....Heeney	13.4	Brandis.....Kemp	5.5
Joel.....Day	11.3	Carol.....Freeman	3.6	Estelle.....Heimann	6.0	Wendy.....Kestenbaum	4.0
Gregory.....Deatz	13.4	David.....French	9.3	Peter.....Heimann	65.9	Art.....Kestenbaum	5.5
Heather.....Debby	16.9	Farnia.....Fresnel	18.4	Lester.....Helfman	103.1	Ruby.....Keywright	9.2
Chris.....DeDewitz	11.3	Lisa.....Friedman	14.5	Suzan.....Hemstock	6.0	Ed.....Kideys	28.4
Jeannine.....DeHart	38.1	Kevin.....Frost	5.5	Suzan.....Hemstock	37.0	Leslie.....Klein	9.2
Russell.....Deihl	18.4	Naomi.....Furguele	16.9	Carey.....Herholz	16.9	Larry.....Kling	20.5
Pierre.....Delore	34.2	John.....Gabinelli	15.0	Kathleen.....Higgins	20.0	Jill.....Knorr	41.0
Christine.....Dewelde	6.0	Alicia.....Gabrielski	11.0	Robert.....Hilkert	5.0	Evan.....Koblentz	10.0
Jarrett.....Dewelde	21.2	Charles.....Gadol	106.8	Julie.....Hirsch	43.7	Talia.....Kohn	11.3
Thomas.....Dickson	20.0	Jamye.....Gage	11.3	Robin.....Hitchen	11.3	Simon.....Kokinda	13.4
Kelly.....DiGian	48.8	Justine.....Galloway	47.5	Dave.....Hoch	81.9	Jennifer.....Kolarsick	9.2
Ed.....DiJoseph	126.2	Robert.....Gambogi	16.9	Marcia.....Hodulik	6.0	Gina.....Kolata	11.3
Sherry.....Dineen	20.0	Bari.....Garcia	6.0	Rhonda.....Hogan	9.2	Janet.....Kolb	6.0
Kristin.....Dissinger	5.5	Joe.....Gardell	5.5	Ray.....Hogan	37.3	Jonathan.....Kolb	43.3
Mike.....Dixon	283.8	Alanna.....Garrison-Kast	20.0	Robert.....Hopkins	101.8	Jayson.....Kolb	202.2
Maria.....Docena	5.5	Conor.....Gaynor	185.5	Rose.....Hoskins	51.3	Gail.....Komm	5.5
Dawud.....Dockery	15.0	Bertrand.....Gervais	9.2	Tim.....Houger	16.9	Eli.....Komm	5.5
Justine.....Donato	9.2	Caitlin.....Gilbert	5.5	Natalie.....Howe	18.9	Stephen.....Kornstein	60.5
Firdaus.....Dotiwala	19.5	Dave.....Gilbert	34.6	Steven.....Hryszkiewia	5.5	Bonnie.....Kortrey	16.9
Stephen.....Dovidas	28.1	Michael.....Given	85.6	Luke.....Huggins	4.6	Ashley.....Kosciolek	6.0
Saul.....Duarte	226.7	Catherine.....Ellis	70.7	Pam.....Huggins	38.7	Mel.....Kosmin	39.9
Chris.....Dubrock	20.0	Keith.....Glasgow	20.0	Bill.....Hulbert	101.7	Nicholas.....Kraus	20.0
Samantha.....Dudics	9.2	Jim.....Glynn	52.7	Neil.....Hume	24.8	Kurt.....Krause	13.4
Diane.....Duelfer	11.3	Máiréad.....Goetz	9.7	Sally.....Hur	9.2	Paul.....Krentar	101.4
Susan.....Duncan	5.5	Joel.....Goldstein	26.8	Lisa.....Hurd	33.9	Ariel.....Kruger	2.8
Sara.....Duncan	6.0	Janeesh.....Gopinathan	13.4	Deseria.....Hylton	13.4	David.....Kuderka	5.8
Aaron.....Dunn	9.7	Rich.....Goselin	9.2	Angela.....Hynek	60.4	Melanie.....Landis	9.2
Heather.....Dunphy	5.5	Stacey.....Graham	20.0	Diana.....Ibongo	5.5	Mike.....Lanni	9.2
Imme.....Dyson	130.3	Paul.....Grassie	68.2	Peter.....Ilaria	13.4	Michelle.....LaRoche Gould	37.7
Freeman.....Dyson	3.0	Doreen.....Greene	13.4	Lisa.....Iorillo	24.7	Cristella.....LaRosa	20.5
Laurie.....Eakley	9.2	John.....Grieco	63.1	Joseph.....Iuzzolino	5.5	David.....Lazarus	51.5
Elizabeth.....Edelman	9.2	Liza.....Griffis	9.2	Matt.....Ivan	45.9	Mark.....Leary	27.3
Rick.....Edelman	24.7	Charles.....Gromer	13.4	Anki.....Jansen	9.2	Chris.....Lehman	431.0
Ken.....Ellis	173.1	David.....Gross	70.5	David.....Jasko	24.0	Rosanne.....Lemongello	100.0
Robert.....Evans	4.6	Dana.....Gross	72.3	Vishal.....Jhaveri	9.2	Paul.....Lenz	16.9
Rich.....Evans	5.5	Aritanan.....Gruber	13.4	Anthony.....Johnson	6.0	Jennifer.....Lerox	4.6
John.....Evans	138.2	Rita.....Grunberg	2.8	Gresy.....Johnson	26.6	Sara.....Levenstein	2.3
Dave.....Faherty	54.8	Marijana.....Gucunski	13.4	Guy.....Johnson	9.2	Ed.....Levy	139.1
Lori.....Feldstein	5.0	Gene.....Gugliotta	335.1	Myrian.....Johnson	9.2	Jian.....Li	26.8
Sherrie.....Felton	69.0	John.....Gunderson	56.9	Annette.....Johnson	19.7	Tony.....Li	9.2
Michael.....Ferinden	166.5	John.....Gunderson	20.5	Dawn.....Jordan	9.2	Tina.....Lin	9.2
Paul.....Ferlazzo	9.2	Julie.....Hadaszy	7.0	Bob.....Jorissen	239.6	Dorothy.....Little	9.2
Curtis.....Fetzko	5.5	Gregory.....Hagin	34.1	Tammy.....Joska	9.7	Anita.....Livesey	2.8
Martin.....Ficke	33.9	Anita.....Hall Kane	11.0	Sue.....Juronics	4.6	Erin.....Livesey	6.0
Tim.....Field	9.2	Kay.....Hallenbeck	5.5	Monica.....Kane	16.5	Jack.....Livesey	23.1
Louise.....Firner	6.0	Jeffrey.....Hallenbeck	15.2	John.....Kane	83.7	Jerry.....Livesey	24.4
Bernhard.....Firner	51.5	Matthew.....Haller	5.5	Michael.....Kane	24.7	Barbara.....Llull	13.4
Joseph.....Fischer	27.3	El.....Hamersly	13.4	Danielle.....Kanischak	5.5	Anthony.....Lochan	6.0
Jonathan.....Fishbein	5.5	Lindsay.....Hamoudi	119.9	Angela.....Kaon	21.9	Michael.....Loenser	67.7

Name	Total	Name	Total	Name	Total	Name	Total
Jack.....Loewy	5.5	Theodore.....Munday	18.9	Julie.....Pierre	9.2	Ron.....Russo	135.5
Susanna.....Loewy	30.3	Peter.....Munday	64.4	Andre.....Pietrzykowski	85.6	Laura.....Russo	11.3
Anthony.....Longano	34.6	Carolyn.....Munger	11.0	Julia.....Piffer	30.3	Jim.....Ryan	20.0
Nicole.....Longoria	5.5	Rita.....Musanti	35.3	Louis.....Piffer	116.4	Judith.....Samuel	1.5
Tiffany.....Louie	2.8	Richard.....Mussi	16.9	Marvin.....Pilande	34.6	Lauren.....Santonastaso	46.9
Jack.....Lowry	5.5	Vimbai.....Muzuva	9.2	Kyle.....Pillitter	13.4	Glenn.....Saunders	18.4
Sabrina.....Lui	5.5	Jack.....Myers	5.5	Paul.....Piplani	34.1	Eric.....Saurer	52.0
Molly.....MacLeod	45.9	Bruce.....Nadler	5.5	Michael.....Porter	9.2	Andi.....Sawin	40.6
Moleen.....Madziwa	9.2	Satyen.....Naik	27.3	Donald.....Portillo	7.5	Letitia.....Saylor	5.5
Brenda.....Mafake	9.2	Sreeni.....Nair	14.5	Dale.....Poserow	2.3	Peter.....Schaeffing	68.3
Eileen.....Maguire	27.3	Amy.....Nalven	20.0	Andrew.....Poserow	9.2	David.....Schatz	143.5
Shilpi.....Mahajan	17.2	Lauren.....Nardone	16.9	Trink.....Poynter	26.5	Cheryl.....Scher	74.8
Brendan.....Maher	29.9	Jim.....Neely	5.5	Caleb.....Prescott	9.2	Ray.....Schick	133.7
Michael.....Malaga	2.3	Mary.....Nguyen	30.3	Lianne.....Price	86.3	Juliana.....Schilling	9.2
Jose.....Manchola	24.4	Bob.....Nicastro	5.0	Jim.....Price	30.2	Karen.....Schindler	18.4
Ken.....Mangin	120.4	Rosemary.....Njanika	11.0	Roger.....Price	31.8	Nick.....Schnabel	34.1
Kaviitha.....Manley	26.8	Kim.....Nnanna	6.9	Peter.....Priolo	311.0	Kyle.....Schulke	13.4
Michelle.....Markulin	4.6	Kevin.....Nolan	9.7	Vanessa.....Pruzinsky	22.6	Lynn.....Schulte	9.2
Joseph.....Martelli	54.6	Bonnie.....Nolan	13.4	Adele.....Pudner	4.6	Bernadette.....Scott	5.5
Tara.....Martin	16.9	Jim.....Norton	9.2	Marie.....Quinn	20.0	Lisa.....Scott	5.5
Lisa.....Martuscelli	9.2	John.....Nowatkowski	118.2	Venkatesh.....Rajasekaran	5.5	Tyson.....Seely	6.0
Frank.....Matera	20.5	Irene.....Nowicki	9.2	Suresh.....Ramachar	11.3	James.....Sellar	15.2
Marianne.....Matysczak	5.5	Carol.....Nussbaum	9.2	Christine.....Rapach	9.2	Tim.....Semenoff	20.0
Len.....Matysczak	16.9	Yoi.....Ohasko	22.0	Sanjai.....Rastogi	85.7	James.....Sesil	33.4
Patrick.....McCaffrey	33.4	Andrew.....O'Hearn	11.0	Boris.....Ratushny	13.4	Ankit.....Shah	20.0
Anne.....McCarthy	42.1	Yoi.....Ohsako	51.5	Judy.....Redling	33.7	Theodore.....Shalack	102.9
Tom.....McDole	13.4	Maggie.....O'Kane	5.5	Wendy.....Reed	122.5	Jennifer.....Shane	2.8
Dennis.....McDonough	67.6	Tom.....O'Neil	26.0	Janice.....Reid	70.4	Vikram.....Sharma	9.2
Jamie.....McFadden	13.4	Peter.....Onufryk	110.5	Jane.....Rein	5.5	Jeremy.....Shaw	26.8
Toni.....McFadden	13.4	Tom.....O'Reilly	114.6	Jan.....Reinhart	5.5	Tim.....Shay	34.1
Dennis.....McGale	184.7	Kristie.....Ota	6.0	T.....Rhymmer	5.5	Kimberly.....Shibata	13.4
Robert.....McGill	6.0	Christina.....Page	9.2	Bryann.....Ricci	13.9	Oleg.....Shpak	41.0
Lori.....McGill	11.5	Jeannine.....Palaitis	13.4	Peter.....Ricciardi	11.3	Vinnie.....Sica	34.1
Curtis.....McGinity	6.0	Peter.....Palaitis	106.3	Lindsa.....Rich	9.2	Heather.....Simon	34.1
Justin.....McGinley	5.5	Phil.....Palmer	11.3	Patrice.....Richards	6.0	Dante.....Simone	119.3
Phil.....McGoff	61.6	John.....Paluchowski III	11.3	Herm.....Richards	34.1	Miley.....Simpson	17.4
Debbie.....McGrane	5.5	John.....Paluchowski	33.4	Donna.....Riopel	20.0	Joel.....Simpson	63.0
Megan.....McGrath	34.6	Bill.....Panayote	50.2	Rich.....Riopel	130.4	Sonya.....Slyman	44.9
Erica.....McKeever	5.5	Noah.....Papas	24.7	Jorge.....Rivera	225.7	Tim.....Smith	20.0
Chris.....Mech	20.0	John.....Papp	107.4	Stan.....Rizzolo	34.4	Tiffany.....So	6.0
Bob.....Meyer	34.2	Gabriella.....Pardee	5.5	Lorna.....Roberts-Piper	6.0	Thomas.....Somers	102.5
Jennifer.....Miller	26.8	Jane.....Parks	10.0	Carl.....Rocker	34.2	George.....Speicher	25.7
Christopher.....Mills	24.0	Rachel.....Paseka	18.9	Kathy.....Rocker	82.5	Amanda.....Spence	11.0
Andy.....Missey	20.5	Darpana.....Patel	5.5	Krista.....Rockhill	5.5	Kyle.....Spencer	39.4
Rohini.....Mitra	95.2	Harshil.....Patel	13.4	Paul.....Rockwood	9.2	Erin.....Springer	9.2
Amal.....Mitra	26.8	Sue.....Patla	13.4	Kevin.....Rodziewicz	11.3	Marius.....Stanca	5.5
Cindy.....Mobus	13.4	Ralf.....Peetz	20.5	Rob.....Roesner	11.3	Jim.....Stark	11.0
Bill.....Moffat	64.3	Scott.....Penick	90.6	Nova.....Roman	6.0	Rhona.....Stein	13.4
Madzira.....Moleen	13.4	Rachel.....Penick	8.5	Jonathan.....Roman	26.2	Lori.....Stein	20.0
Matthew.....Molski	6.0	Drew.....Pennyfeather	11.2	Myrna.....Rosal	45.0	Victor.....Stevens	13.4
Lauren.....Monge	136.4	Karthi.....Perumal	8.1	Pati.....Rosen	12.2	Joanna.....Stevens	98.8
Francesco.....Morales	5.5	Julia.....Perzley	6.0	Thorsten.....Rosner	10.0	Rosemarie.....Strawn	55.9
Alec.....Moran	30.8	Deanna.....Peterson	9.2	Joseph.....Rotondo	80.5	Mark.....Strawn	96.4
Paul.....Moravek	5.5	Michele.....Petit	5.5	Kendra.....Ruhl Russano	50.7	Denis.....Streltsov	34.1
Tamara.....Mount	31.3	Ray.....Petit	86.5	Nat.....Ruis	5.5	Sandy.....Su	54.4
Maryanne.....Moxie	5.5	Ron.....Petit	134.0	Ron.....Rukambe	9.2	Peihan.....Su Orestes	115.2
Greg.....Mullins	100.0	Shelby.....Piccinic	19.8	Tyler.....Russano	10.1	Zachary.....Subar	13.4
Reese.....Munday	5.5	Robyn.....Piccinic	39.8	Teresa M.....Russell	26.5	Kate.....Sullivan	9.7

Name	Total	Name	Total	Name	Total	Name	Total
Amanda.....Sun.....	9.2	Lindsay.....Tomlinson.....	11.0	Leigh.....Walker.....	149.4	Alicia.....Williamson.....	8.5
Hengky.....Suryadi.....	5.5	Robert.....Tona.....	76.3	Kathy.....Walker.....	4.6	Floyd.....Williamson.....	13.4
Tim.....Sweeney.....	13.9	John.....Tonnessen.....	11.3	Harry.....Walker.....	5.5	Carl.....Williamson.....	16.9
Shannon.....Sweeney.....	60.7	Mike.....Torre.....	9.2	John.....Walker.....	5.5	Daryl.....Winland.....	21.9
Kelly.....Swift.....	13.4	Bob.....Townley.....	302.6	Joe.....Walsh.....	8.0	David.....Wise.....	34.2
Laura.....Swift.....	211.4	Chetwyn.....Trotman.....	24.7	Judy.....Wang.....	9.7	Kerry.....Witterschein.....	16.9
Matt.....Szela.....	33.4	Rebecca.....Tucci.....	9.2	Judit.....Ward.....	89.0	Robert.....Witterschein.....	16.9
Moshe.....Tai.....	61.0	Kate.....Tucker.....	43.1	Lesley.....Wassef-Birosik.....	113.7	Paul.....Witwick.....	30.0
Aya.....Takeichi.....	20.0	Rebecca.....Tuuri.....	16.2	Carl.....Weaver.....	66.6	Hun-Heng.....Wong.....	13.4
Kelli.....Tanes.....	5.5	Rich.....Uslan.....	36.0	Keith.....Weber.....	13.4	David.....Wong.....	33.9
Susan.....Tanner.....	20.2	Anthony.....Uzwiak.....	34.6	Steven.....Wehrle.....	136.4	Kevin.....Wong.....	46.0
Abraham.....Tejada.....	20.5	Louis.....Vacca.....	11.8	Richard.....Weidmann.....	44.6	Kurt.....Yaanagimachi.....	20.0
Alice.....Tempel.....	53.0	Jane.....Van Euwen.....	9.2	Shannon.....Weldy.....	106.0	Kelly.....Yanek.....	5.5
Vince.....Tennariello.....	122.4	Kevin.....Van Hise.....	20.0	Jonathan.....Welsh.....	34.2	Lisa.....Yannotta.....	13.4
Jennifer.....Therkorn.....	22.4	Nick.....VanLangen.....	20.0	Aurelie.....Welterlin.....	13.4	Rossana.....Ybasco.....	11.5
Frank.....Thesher.....	5.5	Erin.....Varga.....	16.8	Naidong.....Weng.....	11.3	Marta.....Yeye.....	5.5
Colleen.....Theusch.....	2.3	Erin.....Vasudevan.....	9.2	Helen.....Weng.....	12.3	Ron.....York.....	22.6
Steven.....Thomas.....	5.5	Ken.....Vercammen.....	19.8	Ginny.....Werner.....	74.0	Jason.....Youzwak.....	5.5
Keisha.....Thorbourne.....	6.0	Gary.....Verhoorn.....	33.4	Frank.....Werner.....	100.9	Min.....Zhang.....	80.5
Rob.....Tiberi.....	5.5	Aravind.....Vijayakirithi.....	20.0	David.....Williams.....	40.0	Tracy.....Zuber Kerr.....	14.5

RVRR

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Join Us!

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General email: rvrr@rvrr.org

Saturday Morning Group Runs Current Schedule (Oct to April)

When: 9 AM sharp!
 Where: Grove 2, Johnson Park, Piscataway. If closed, meet at the Old Town parking lot.
 Any pace, any distance, out and back on D&R Canal Towpath (dirt). Typical is 4 to 10 miles.

Wednesday Group Runs Winter Schedule (9/10/14-5/6/15)

When: 6:30 PM
 Where: Reformed Church of Highland Park, Highland Park, NJ
 Any pace, any distance around Highland Park. Standard loop is 7 miles, but you can cut back sooner
 Post-Run: Grab some food and drinks with us [some place](#) in New Brunswick.

RVRR Teams

For Team information, upcoming events and general team information, contact our **Race Team Captains:**

- Women's Teams - [Lauren Clark](#)
- Women's Assistant - [Chris Lehman](#)
- Men's Open - [Drew Pennyfeather](#)
- Men's 40 - [Neil Hume](#)
- Men's 50 - [Bob Jorissen](#)
- Men's 60 - [Roger Price](#)

A Raritan Valley Road Runners Event

Saturday June 6, 2015

National Trails Day

17th Annual D&R Canal



Rain or Shine!

Towpath 'Train'ing Run

RVRR's 'Train'ing Run is a non-competitive Group Run held to celebrate National Trails Day and benefit the Rutgers Cancer Institute of New Jersey. We donate \$.50 for every mile we run or walk!

Run part, or all, of the 34.6 mile D&R towpath together in a group!

Groups of runners (called 'trains') will run (travel) at pre-determined paces to Johnson Park in New Brunswick (the destination station). Starting in Trenton with small groups of runners who are challenging themselves to go the entire distance, the 'trains' will add additional runners (passengers) who

join (board their 'train') at the speed they want to travel. By the end, one massive group of runners and walkers will be moving in a continual train along the Towpath. Commuter, Local and Freight trains will have an official pacer (conductor) to keep these trains on schedule. Trains stop at each

'station' along the way, and from Alexander Road to the end there is fuel (water and/or snacks) available. All trains are scheduled to reach the destination at 11 a.m. to rest, feast and celebrate a day of running camaraderie. **Join us for the best running day of your life!**

Boarding Schedule

Passenger Departure Time from Station

Miles	Station	Pace:	Express 7:30	Commuter 8:30	Local 9:30	Freight 10:30	Steam 12:00	Caboose 15:00
34.6	Mulberry Rd.		6:18 AM	5:44 AM	5:10 AM	4:37 AM	3:46 AM	2:04 AM
31.7	Carnegie Rd.		6:40 AM	6:09 AM	5:38 AM	5:07 AM	4:21 AM	2:48 AM
28.8	Quaker Bridge Rd.		7:02 AM	6:34 AM	6:06 AM	5:37 AM	4:55 AM	3:31 AM
26.2	Alexander Rd.	Bus #:	7:23 AM	6:58 AM	6:32 AM	6:07 AM	5:29 AM	4:12 AM
22.4	Kingston		7:54 AM	7:32 AM	7:10 AM	6:49 AM	6:16 AM	5:11 AM
20.5	Rte 518 Rocky Hill	Bus #:	4 8:10 AM	3 7:50 AM	3 7:30 AM	2 7:11 AM	2 6:41 AM	5:42 AM
17.4	Griggstown Causeway	Bus #:	4 8:35 AM	4 8:19 AM	3 8:02 AM	3 7:45 AM	2 7:20 AM	6:30 AM
13.9	Blackwells Mills	Bus #:	6 9:04 AM	6 8:50 AM	5 8:37 AM	5 8:24 AM	3 8:04 AM	7:25 AM
11.8	Rte 514 Amwell Rd.	Bus #:	6 9:21 AM	6 9:10 AM	6 8:59 AM	5 8:48 AM	5 8:31 AM	7:58 AM
9.7	Paul Krentar Station	Bus #:	7 9:39 AM	7 9:30 AM	7 9:21 AM	7 9:12 AM	5 8:59 AM	5 8:32 AM
6.0	South Bound Brook	Bus #:	9 10:09 AM	9 10:03 AM	9 9:58 AM	9 9:53 AM	8 9:45 AM	8 9:29 AM
2.8	Demott Lane	Bus #:	10 10:35 AM	10 10:33 AM	10 10:31 AM	10 10:28 AM	10 10:25 AM	10 10:19 AM
0.7	Landing Lane		10:53 AM	10:53 AM	10:53 AM	10:53 AM	10:53 AM	10:53 AM
0.0	Johnson Park		11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM

Bus Departure

Times from Grove 4:

Bus 1	5:55 AM
Bus 2	6:10 AM
Bus 3	6:55 AM
Bus 4	7:30 AM
Bus 5	7:55 AM
Bus 6	8:25 AM
Bus 7	8:45 AM
Bus 8	9:05 AM
Bus 9	9:35 AM
Bus 10	10:00 AM

Runners planning to travel by bus to their starting station must be ready at Grove 4 in Johnson Park **at least 5 minutes** prior to their bus departure time.

Times listed above are the Runners' departure time at the tow path station. Departure times include a 2-minute refueling stop at each station. Water/snack support begins at Alexander Road.



Bus Transportation to selected stations!

Leave your car in Johnson Park... Buses leave from Grove 4 *promptly* at the times shown. Your bus may leave an hour or more before your running start time so don't be late!

Please indicate on the registration form if you need bus transportation by indicating your bus number. Buses will fill first-come-first-served. You will be notified if the bus is full.

All runners should have everything they need to run with them on the bus, and *only* what they need. **Nothing can be left on the bus once you reach your station!**

- This is a group effort, intended to challenge you to run **long**, run **together**, and enjoy your run.
- Your "train fare" includes fueling stations (water/snacks) along the way, and beverages, meat, fish, vegetarian dishes & salads at the picnic.
- There will be six trains – one each at 7:30, 8:30, 9:30, 10:30, 12:00 and 15:00 per mile. Pick your train and your distance carefully!
- You may board any train at any of the boarding stations listed.
- Fueling stations will only be open for five minutes following the scheduled arrival time for each train.
- Remember to thank the RVRR support staff. Without them, it would be a long, thirsty day!
- Plan to stay and enjoy the post-run celebration, and have your family join us!
- We have a Frequent 'Train'ing Program! Runners who complete 100, 200, 300 or 400 total miles of 'train' running will receive a commemorative mug.

Remember to Have Fun!

Questions? Call Ray Petit at 848-391-0200 or email raypetit@comcast.net

Registration Form ...or register on-line at www.active.com

TRAIN FARE:

Please make Train Fare check payable to RVRR and mail to: RVRR, c/o 71 Central Ave., East Brunswick NJ 08816

ALL ITEMS REQUIRED TO BE COMPLETED!

First Name _____ Last Name _____

Email: _____

Age: _____ Cell Phone #: _____ - _____ - _____

Bus #: _____ Boarding Station: _____

Enter bus # or N/A
if not using a bus I need transportation to Trenton

RVRR member:	Non-member:
_____ \$ 15 by 5/16	_____ \$ 20
_____ \$ 20 by 5/30	_____ \$ 25
_____ \$ 25 after 5/30	_____ \$ 30
_____ \$ 35 by 5/16, to join RVRR* and run	
_____ \$10/\$3 Adults/Kids (picnic only)	
Total Enclosed: \$ _____	
\$ _____ Donation for the Cancer Institute (separate check payable to CINJ please)	

I, the undersigned, know that running is a potentially hazardous activity. I understand that the tow path has a natural crushed stone and dirt surface and some areas may have exposed tree trunks, standing water, active spillways and other natural elements. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic crossings and the conditions of the tow path, all such risks being known and appreciated by me. I agree to abide by any decision of an RVRR or NJ Park Service official relative to my ability to safely complete the event. Having read this waiver and knowing these facts, and in consideration of my entry, I for myself and anyone entitled to act on my behalf, waive and release the Raritan Valley Road Runners, the event directors, all organizing committees, the County of Middlesex, the Road Runners Club of America and all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed: _____
(by self or by guardian if under 18)

DATE _____



*Note: To join RVRR, you **MUST** complete and submit a membership application in addition to this form. See www.rvrr.org for membership information. *This option can not be used by current members to renew.*



MEMBERSHIP RENEWAL 2015

Renewals are Due January 31, 2015!!

Please use the form below to join the Raritan Valley Road Runners running club or renew your membership for 2015. The membership year runs from January 1 to December 31. Information provided on this form will be used only for official club business. Emergency contact information will be available to club board members for use in case of emergency only.

Please return this form with your payment to: Raritan Valley Road Runners
P.O. Box 4784
Highland Park, NJ 08904

Make check payable to **Raritan Valley Road Runners**. Please do not send cash. **OR, SAVE A STAMP!**

Register or renew online for the same price (no processing fees)! <https://www.raceit.com/Register/?event=19719>

First Member: First Name: _____ Last Name: _____

Gender: Male Female Birthdate (M/D/Y): _____ Email: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

How would you like the RVRR Newsletter sent to you (circle one)? Emailed (PDF) Mailed (Paper copy)

Is this a membership renewal (circle one)? No, I'm a new member Yes, I was a member last year or in a previous year

Emergency Contact: _____ Relationship: _____

Emergency Contact Phone Number: _____

Additional Member(s) at same address (attach additional form if necessary):

First Name: _____ Last Name: _____

Gender: Male Female Birthdate (M/D/Y): _____ Email: _____

Waiver/Release: I know that running and/or volunteering in club races and events are potentially hazardous activities and I assume all risks associated including, but not limited to, falls, contact with other participants, the effects of weather, the conditions of the road and traffic on the course. I understand that bicycles, baby joggers, skateboards, roller blades, animals and any music devices are not allowed in club events, and I will abide by this guideline. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the RRCA and the Raritan Valley Road Runners, Inc., board members, event coordinators and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the club activities even though that liability may arise out of negligence or carelessness on the part of RVRR or the RRCA. I also grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in club events or related activities for any legitimate purpose without remuneration.

Printed Name: _____

Signed: _____ Date: _____

Printed Name: _____

Signed: _____ Date: _____

PARENT/GUARDIAN SIGNATURE REQUIRED FOR RUNNERS UNDER 18 YEARS OLD

2015 Club Dues:

1st Adult Member (\$23) \$ _____

1st Member 62 yrs & over (\$20) \$ _____

1st Member 18 yrs & under (\$14) \$ _____

Additional Members at Same
Address (\$8 each, any age) \$ _____

Total Amount Enclosed \$ _____

Note: Please use the member owing the highest dues as the "first member". For example, parent (age 19-61) and child (18 or under) registering together would pay \$23 + \$8 = \$31.

Visit our website: **RVRR.org** or find us on Facebook, Twitter, or Meetup.com for more information about upcoming events.

RVRN Newsletter January 2015
75 Hardenburg Lane, East Brunswick NJ 08816



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