



# What's Afoot

The newsletter of the Amazing Feet Running Club

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[www.blog-amazingfeetrc.com](http://www.blog-amazingfeetrc.com)

## President's Message

Time: 8.00am, one cold, dark Sunday, last winter. Place: the parking lot opposite Coco Luxe, Peapack. Context: Discussion amongst three runners as to how cold it was when their car thermometers showed different temperatures: -2, 0, +2. And what was the result? Who cares, it didn't matter. Because the commitment was made, the group was there, and the run was made. The weather would have deterred any sane person (and note the implication there) but we ran, as we always do. Why?

The Loneliness of the Long Distance Runner, a short story, is known well enough as a title to be regarded as a cliché. But it's not true. Unless we choose to make it true. And we have each decided that is not our destiny. We run together, not on our own. It is a paradox. Running is surely one of the most isolated and individual of sports. Even if we run as part of a team, our times are simply added up to make up the whole. There are no goal assists, no creative passes, no tackles blocked.

And yet, the collective makes a difference. We know that. The common commitment gets us out of bed, or off the couch, whatever the weather, when otherwise we might falter. We train together – the run shared, is the distance halved. Misery loves a crowd after all. Races? We travel together, we dine and drink together, we commiserate and celebrate together. Loneliness? I don't think so.

So we look to our running friends, our team, our club. We know it makes a difference. We run together because it makes our sport easier to pursue. And we run together because it's more fun. Check out our race schedule on the club's web page - see if any events catch your eye. Sign up and run with your mates. Make it easy on yourself. Go on.

*Simon Lamb*

## Join AFRC for the Ocean Drive Marathon!

Many of our club members are planning to run the Ocean Drive Marathon or 10 Miler in Cape May, NJ on Sunday, March 25, 2012. If you plan to run that weekend and have not already done so, I strongly urge you book a room ahead of time as Cape May has many more Bed & Breakfasts than hotels, and they are filling up fast! Come along for a nice run and to cheer on your fellow friends!! It's looking to be a fun weekend!!

### **Below are a couple of quick highlights in case you are undecided!**

- Sunday, March 25, 2012 -- after the snow and before the heat!
- Point to point race that begins in Cape May, runs through Wildwood, Stone Harbor, Avalon, and ends in Sea Isle City.
- Registration costs increase after February 29. Currently the marathon is only \$80 and the 10 Miler only \$50.
- Small race -- less than 1,000 participants
- Flat course along the Ocean - BQ Certified!
- Dinner will be organized the night before the race and brunch will likely be organized after the race - what more can you ask for?!
- Website: [www.odmarathon.org](http://www.odmarathon.org)

*Renée Gallizzo*

## Race Director Applauds River to Sea Teams

The annual pilgrimage from Milford to Manasquan was shaping up quickly as a battle of the sexes as the Ladies of Amazing Feet (Fancy Free) girded themselves to show the "gentlemen" of Footloose who would reach the ocean first! And as dawn broke over the Delaware Fancy Free started with a mere 50 minute lead over the much faster "gentlemen", whose last minute substitution made them heavy favorites to run the ladies down well before the sea.

For those of you not familiar with this madness, the river to sea relay is a 92 mile odyssey from the Delaware River in Milford, NJ. to Manasquan, NJ. There are fourteen legs, each runner is required to run two legs, one of the first 7 and one of the last 7. Originally the race required each team to support and guide their runner across the state using the maps provided. Lately because there are so many teams it has gotten a little easier, although we did see another team's runner get lost in the first leg because his team was not there for him. Unlike normal races there are no water tables, first aid stations, or crowds to cheer you on, only your teammates. And when the temperatures rise into the 100's (and they always do) the runners need a lot of support. Some suggest that what you do for your teammates when you are not running is the most important thing you will do all day. Elite teams will complete the course in 8 or 9 hours, most teams will take 12 to 14 hours, and that is a long day in the sun.

Back to the battle within Amazing Feet, as always the men chased the ladies until the ladies let them catch up, it took 75 miles, but eventually the men did catch up. That's when the race really became interesting as Dave Allen and Barbara Lozier completed the 12 leg side by side, then Dale DeGraw practically carried Gene Napolitano the next 8 or so miles of leg 13, at the end as both teams watched Michelle Measday edge out the chivalrous Ricardo Miyazaki there was not a dry eyed Feet to be seen.

Congratulations to the men's team of Dave Allen, Carlo Digiogio, Simon Lamb, Ricardo Miyazaki, Gene Napolitano, Mark Nyham, and Bill Zalan

And a huge congratulations to the Veteran Women's champions of 2011: Jodi Lee Alper, Dale DeGraw, Sue DeRoberts, Renée Gallizzo, Elizabeth Jennison, Barbara Lozier, and Michelle Measday



## **Team: Foot Loose**



Pictured from left to right: Simon Lamb, Mark Nyham, Gene Napolitano, Carlo DiGiorgio, Dave Allen, Bill Zalan, and Ricardo Miyazaki

## **Team: Fancy Free**



Pictured from left to right: Renée Gallizzo, Dale DeGraw, Barbara Lozier, Jodi Lee Alper, Sue DeRoberts, Michelle Measday, Elizabeth Jennison

*Tom Miller*

## Gene's Diary

I'm sure you all agree, yesterday was an Amazing day [at the River to Sea relay]. The teamwork, camaraderie, and overall bonding experience is something that will live on for quite a while. I'm sure as some time goes by you will all savor the day as a fond memory.

Fancy-free Team - Congratulations on an incredible and well deserved win. We are in awe of you! You made us all proud and we stand a bit taller today basking in the glow of your Amazing accomplishment. You also sent out the message that the AFRC women are a force to be reckoned with. Better watch out running world!

Jodi Lee - Thank you for your undying enthusiasm and unlimited energy in pulling this together. I suspect your

professional background gives you the tools and tolerance required to endure the "pressures of the job", but we fully appreciate you being there and this adventure never would have happened without you. You are very special and we thank you for the memories we now share.

Carlo, Simon, Barbara, Tom - Thank you for the use of your vehicles. Your generosity is much appreciated and, from a Footloose perspective, I hope Carlo and Simon relent on their position of fuel money compensation. If not, we'll get back to you in some form or another. The Office??? Ah yes.....I'm with Dave on that one.

Tom - Thank you for your support and for sacrificing your Saturday to put up with our abuse. The organization and structure of Fancy-free made Footloose look like the Keystone Cops, but we all made it to Manasquan safely and life is good.

Simon - In hindsight, I apologize for my brain cramp. On the way home I realized you suffered through wretched Stage 9 when all I had to do was summon Carlo to drive back and drop Bill off to relieve you. Bill then could have finished Stage 9 and then done Stage 10 and your life would have been spared. I thank you for "manning up" and finding the ability to push through that horror. While I do know some CPR, the thought of pressing my lips to yours is a bit horrifying to me and I thank you for sparing me that experience.

Mark - Thank you for stepping up and backfilling the open position on the Footloose team. Without your support we couldn't have fielded our team and we fully appreciate your support. We are also in awe of your running talents. You are truly blessed.

On a personal note, a special thank you goes out to Dale. While her initial goal was to see what it would take to either kill me or get me to cough up a lung, she softened, succumbed to my whimpering and backed off the pace a bit, allowing me the honor and privilege of finishing Stage 13 side by side with her. That is a memory that will live on in my heart forever.

Nice job yesterday and congratulations to all. Next year when Jodi hits on you for participation in R2C17, try not to inflict any bodily harm. Remember, she's a lawyer.

Sostenga sus cabezas altas mis amigos, usted es todos muy especial.

Hold your heads high my friends, you are all very special.

*Gene Napolitano*

## Lehigh Valley Half & Full Marathon – A Spectators View

Have you ever experienced a power surge, a calming feeling, an eager anticipation, or just a plain old lift of spirit during a race when you approached a mile marker where family members, running buddies, friends, or anyone else would be a spectator? I have and it inspired me to be a spectator too.

The most memorable experience was running the Philadelphia Marathon in 2010. What a great experience! I remember Jodi Lee Alper drove down to Philadelphia to "cheer on" AFRC members. She joined us for dinner, gathered with us on that chilly morning in a hotel lobby and walked with us to the start line to see us off. After the start Jodi was out on the course, cow bell in hand, cheering us through the race.

That experience, and there is much more that can be written about it, was the inspiration to be a spectator at the Lehigh Valley race.

And now, let's move on to the Lehigh Valley Half and Full Marathon.

The AFRC membership showed in significant numbers at the Lehigh Valley Half & Full Marathon on 9/11. The course was laid out to be a flat and fast race. Unfortunately, due to Hurricane Irene and subsequent rain the course was altered. In addition to the altered course it was a warm and very humid day. This combination of events made this race very challenging.

The eve of the race, in typical AFRC fashion, several AFRC'ers gathered for a good meal, some libations, and many laughs at a local restaurant.

On race morning it was the regular routine. Wake up very early in the morning to eat your carbs, and then off to the start line. Our club members gathered at the race start area. We also connected with a couple of our running friends from Rose City Runners. It was the regular banter



among members. One memorable banter was at Ron Kieliszewski's expense. He happened to be eating this red-ish thing he picked up at the race expo and others were getting on him about what it was. Sue Muhaw offered an assessment and suggested that it looked like a tongue. Yikes!

As with any other race there is the quality time we spend with each other hydrating while waiting in line for the Porto-Potty.



Tish Hamilton, Rob Brigham, Renée Gallizzo, Jodi Lee Alper

As the Lehigh Valley Half & Full Marathon start time approached, more AFRC members arrived. It was a good time for a group picture.



Pete Maulbeck, Gene Napolitano, Carlo DiGiorgio, Sue Muhaw, Jenny Chow, Ron Keiliszewski, Vivian Wilson (friend of Bonnie Triolo), Per Schuh, Sue DeRoberts, Aldo Braccetti, and Bonnie Triolo - Rose City Runner,

It wasn't long after the group picture that everyone walked to the start line to line up in the corrals. At the same time the spectators jockeyed for position along the first curve in the course to root on family, friends, and every other person that ran past them. My goodness, it sure is hard to pick out people in the crowd at the start (especially if you are not too tall).

Now everyone is running and it's time to get to the first relay point mile 5.5. So it's time to get in the car, enter the destination into the navigation system and go. While driving to the first relay point there were some significant hills. Hummm, I thought this was a very flat course? I'm glad I'm not running this race. Once in the area of the first relay point it's time to find somewhere to park and then get to the race course. Fortunately it was a downhill walk to the course. Once there it was fun talking to other spectators and watching the runners go by.

The lead runner appeared in the distance, gradually approached the relay point and then passed. It was interesting to see the lead runner and then no one behind



him (picture on left). He established a very big lead on the rest of the runners. After a couple of minutes a second group of about 6 runners appeared and then passed by. Once they passed a steady stream of runners passing through the relay point. All of the AFRC members passed through looking great! Everyone looked fresh, strong, and in

good form. Everyone smiled and waved as they heard their name called along with an encouraging comment.

There are several pictures of our club members passing this relay point on the pictures page after the last article of the Newsletter.



However, the first AFRC members to pass by the 5.5 mile relay point were Sue Muhaw and Ron Kieliszewski. As they passed I'm thinking to myself, hummm, Sue tends to run at a rather fast pace and gradually picks up the pace as she runs. I'm hoping Ron

didn't start the race at too quick a pace.

One by one the AFRC members passed by. It is time to get to the next relay point. I hope there is enough time to get there before Sue and Ron pass by. I better hurry. Oh darn, when walking from the car to the relay point I didn't remember the hill being this steep nor this long. Sue and Ron will pass the next point before I arrive.

Finally I arrive at the 12 mile relay point and wait for club members to pass by. How will I know if they passed by already? After a couple of calculations in my head the conclusion is that the first few club members probably passed through already. So I wait and watch for the red AFRC singlets.



The first person to appear is Ron. It's time to cheer him on as he approaches – “Hey Ron!” He didn't hear me so I yell louder “Hey Ron!” and he still didn't hear me. Now he is passing by within a couple of feet of me so I yell louder “Hey Ron!”, “Ron!”, “RON!!!”. He didn't hear me. Ron was in the zone. He was focused.

So, Ron just passed by. That means I only missed Sue Muhaw. And then... the next AFRC member to run pass was Sue Muhaw. Then one by one the AFRC members passed by this relay point. Now it's time to get to the next relay point. This is when a couple of challenges surfaced. Time was getting tight and I wanted to be at the finish line as each AFRC runner completes the race. First challenge, the next relay point was not recognized by my GPS. So I tried to get close to the location and hoped to be able to follow the crowd. That didn't work out and time was passing. It was on to the next relay point but there wasn't



much time. This relay point was on the towpath (pictured on left). As the towpath came into view – I really wished I was running this marathon. This is a favorite type of place to run. It is quiet and peaceful. There is no traffic or any other distractions. It is just you and nature.

There was little time to stay at this relay location and still get to

the finish line as planned.

At the finish line there were big crowds. It was a bit of a challenge to find a spot to cheer and take pictures. However, a good location became available very close to the finish line. There were several memorable moments here. The first was Ron passing the finish line. He was in good form and ran a good race. I snapped a picture and cheered him on. “Way to go Ron!”. He didn't hear me – again. He was in the zone. After Ron, many of the AFRC members passed the finish line. The second memorable runner was Jenny. Each and every time she passed by during the race she consistently had the same form, same pace, and the same expression. She seemed to be gliding effortlessly through the race. She looked exactly the same as she passed the finish line as she did at the first relay point. Nice. The final memorable runner was Renée. Of the nearly 700 runners she was the most vocal crossing



the finish line. We heard her hooting and hollering well before we could see her. Even the announcer at the finish line commented that

someone (Renée) was really vocal and excited about their finish. Congratulations to Renée for a PR at this marathon.

It was fun to attend the marathon as a spectator. There were several rewarding and memorable moments. It was great fun to cheer on my fellow AFRC running buddies and to receive a smile and/or a wave in return.

*Peter Tonno*

## Swamp Devil

The Swamp Devil Race carries a bit of baggage – not unreasonably for a race in its 21<sup>st</sup> year. A few years ago the race was not run while the bridge on the course was repaired. This year of course, the race was postponed because of the October snowstorm and was given a second chance for life on December 4<sup>th</sup> (ironically the timing of the race had been brought forward over the years because of concern that late-year bad weather might cause a postponement).

However, the 4<sup>th</sup> was a beautiful day – fresh, with a blue sky and sunny. We had a decent fistful of club runners and volunteers. Between the 5k and 15 k races there were many runners – and, you'd have to say, we had a largely incident-free race (though if you were at the finish to see the CompuScore representative admonish – being polite

here - Renée and Michelle for laxness in their management of the race bib tear-off strips you wouldn't have felt it was so incident-free! I did wince, it must be said. You wouldn't think so much could go wrong in sticking bib-strips on large safety-pins).

The après-run was again chez Jodi's – the dress rehearsal had already gone swimmingly (race runners may not be able to get through but nothing's going to stop a determined AFRC posse from getting to the food and drink, once-in-a-century storm or not). Particularly satisfying on the race day proper was the number of members who neither ran nor volunteered who still made it for the celebrations. It makes you proud to be an AFRCer!

We're in discussions with the Lord Stirling School about how we can develop the race further and hopefully build up the participation rates even more. In particular, amongst other initiatives on the table, we'd like to make this an event centered on Halloween and try and get a holiday feel to the race. For the club, it gives us a running-oriented focus to the year and one that builds our profile. This was our first year of involvement. Thanks to everyone who participated, in any capacity – doer, runner or drinker - and especially Tom Miller for his services as Race Director. We will keep you all posted on developments as we build on what has gone before.

*Tom Miller and Simon Lamb*

## Mary Ellen Hennessy-Jones Completes 50<sup>th</sup> State



Mary Ellen Hennessy-Jones

Mary Ellen Hennessy-Jones ran a 4:10:12 at the Omaha Marathon on Sunday, September 25<sup>th</sup>, to complete her 50 States marathon quest. She joins Jodi Lee Alper as our club's first two inductees into that rather elite group.

Congratulations to Mary Ellen!

## Welcome New Members!

We are very pleased to see our ranks continue to grow with some great runners and really nice people. Please join us in welcoming the following new members to the Amazing Feet Running Club community.

Maura Smith, Morristown  
Dawn Jordan, Branchburg  
Christine Boffa, Chatham  
Lisa Lee, Clinton  
Evan Lee, Clinton  
Sue Brown, Basking Ridge  
Andy Brown, Basking Ridge  
Nancy Marsillo, Warren  
Renée Oliver, Basking Ridge  
Donna Stark, Martinsville  
Andrew Jiang, Whippany  
John Clowes, Basking Ridge  
Kathy Lawler, Basking Ridge  
Ruthanne Ungerleider, Bridgewater

## Heard on the Run (or anywhere else)

The Heard on the Run section of the Newsletter captures snippets of events, interactions, information, and other short notes from members.

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- It seems that Carlo gets razzed at the Green Village Deli when he orders pancakes with his favorite toppings. He likes pancakes topped with maple syrup, cinnamon, butter, and sour cream. Then mashes them into little pieces and enjoys his breakfast. It looks as though he is thinking "Leave my pancakes alone!"



Carlo DiGiorgio and Dave Allen

- I don't know what you've heard, but I've heard that Simon and Dave are moving in together!
- Eye witnesses reported seeing Carlo lying on the Loantaka pathway getting a massage from Sharon. Why do all the women love Carlo?
- Rumor has it our very own VP once dated a Grape Nuts hoarder... not sure that the 'rumor' part is true.

- Renée claims that if she runs into a bear, she plans to open a GU packet, toss it at him, and run like the wind... That's her plan and she's sticking to it.
- I heard a certain someone trained her dog to trip her when a cute guy runs by. Apparently this is the new dating scene.
- Carlo was entered in the Shades of Death half marathon. He had concerns about a leg injury and decided, sensibly enough, not to run the race and instead run an easy 3-4 miles along the starting section of the race and then call it a day. Unfortunately Mr Sensible managed to miss a turning and get lost - rumor has it that he ended up running in excess of 13.1 before he could find his way back to the start where the race runners, having finished, were waiting for him! You can't make this stuff up.

*Anonymous Contributors*

**If you would like to contribute to future issues of this Newsletter, just send your column/photos to Peter Tonno, Editor at [ptonno@gmail.com](mailto:ptonno@gmail.com)**

## **Laurie's Research on Runners**

I would like to thank all those who took part in the survey I emailed a couple of months ago. The results were used in a paper I wrote for a class in Human Development and Personality. I was interested in seeing if and how the reasons why we run change as we age, and the results do reveal some interesting differences among age groups. If you are interested in reading the full research piece, please visit the AFRC website in the newsletter section. Again, thank you for your participation! You helped me get an "A"!

## **AFRC Blog Debut!**

The much anticipated AFRC Blog has arrived!! Here you will find information about upcoming races, weekend or weekday runs, people looking for running company at off-peak times, articles, news, tips and the like!

To post to the blog, simply register on the blog website at [www.blog-amazingfeetrc.com](http://www.blog-amazingfeetrc.com) and a password will be e-mailed to you. Once registered, feel free to post questions, ideas, running tips, articles or anything the club may be interested in! Join in on the AFRC conversation!

For technical difficulties, please contact Renée Gallizzo at [nutmeg\\_249@yahoo.com](mailto:nutmeg_249@yahoo.com).

Happy Blogging!

*Renée Gallizzo*