Readington Runs – Spring Forward

The Groundhog has had its day, and runners of all ages and abilities are hitting the roads and local school tracks.

Turnout and interest has been huge at the Readington Middle School for the Spring track and field season. Head Coach Mike Santo, along with assistant coaches Kathleen Polizzio and Janet Howard, has 120 hopefuls working on technique and conditioning in preparation for 4 meets this year. Meets will be held as follows over the coming months:

4/16 at Bridgewater

4/25 at Tewksbury

5/1 at Bernardsville

5/29 – Readington Invitational at Voorhees

The Hunterdon Lions Track Club - www.leaguelineup.com/hltc - started practices the week of March 17th and will run until early June. This is an introduction to track and field for pre high school-aged girls and boys in the 4th through 8th grades. The goal is to give the participants exposure to the sport and an appreciation of what it means to gain and maintain a level of fitness. There are approximately 60 girls and 40 boys registered to date.

Practices are on Monday and Thursday evenings and run from 6:00-7:00 PM for the girls and 7:00-8:00 PM for the boys. Most practices are held at the North Hunterdon High School track. In addition, there will also be opportunities to participate in local and state meets.

For information, contact the coaches as follows:

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The third Monday in April is Patriot's Day in New England, and for long-distance runners, that means the Boston Marathon. There are 54 registered runners from the Hunterdon area, including 16 members of the Hill Runners of Hunterdon. The list of runners from Readington who are registered for the 112th running of this prestigious event includes: Brian Ashforth, James Glen, Bruce Marshall, and Kathy Suchow. For more information on the 2008 Boston Marathon, including a complete list of registered participants and maps of the course, please follow this website link - http://www.baa.org/BostonMarathon/112thMarathon.asp

Registration is now open for the New York City Marathon. Information can be found on the NYRRC website - http://www.ingnycmarathon.org/home/index.php. Most apply via the lottery system. Note that May 1st is the registration deadline for those who have Guaranteed Entry for the November 2008 New York City Marathon. Here's how one can qualify for Guaranteed Entry.

The following groups are eligible for guaranteed entry to the ING New York City Marathon 2008:

• Members of New York Road Runners since January 31, 2007, who completed at least nine NYRR-scored, qualifying races during the calendar year 2007. Handcycles seeking entry under this provision must also be active bona fide members of Achilles Track Club since January 31, 2007. •

Entrants in the ING New York City Marathon 2007 who canceled prior to the race. Athletes with disabilities seeking entry under this provision must have been accepted in the 2007 marathon through a lottery.

- Those who have completed 15 or more New York City Marathons.
- Those who have applied but been denied entry for the last three years in a row (2005, 2006, and 2007), and who haven't secured entry through alternative methods.

If you meet the above requirements, special instructions will be sent in January. (If you don't receive the instructions by February, apply with the regular lottery application. After you apply, send an e-mail to marathonmailer@nyrr.org with a short note mentioning why you qualify for guaranteed entry.

• Runners who meet the following qualifying time standards* on any certified course:

	Open (Age 18-39)**		Masters (Age 40+)**		
	Marathon	Half-Marathon	Marathon	Half-Marathon	
Men	2:55:00	1:23:00	3:10:00	1:30:00	
Women	3:23:00	1:37:00	3:38:00	1:44:00	
	Vete	Veterans (Age 50+)**		Veterans (Age 60+)**	
	Marathon	Half-Marathon	Marathon	Half-Marathon	
Men	3:30:00	1:40:00	3:45:00	1:48:00	
Women	3:52:00	1:50:00	4:13:00	2:00:30	

^{*} All times must be run at, or faster than, the posted time.

You must have met the appropriate qualifying time between January 1, 2007, and May 1, 2008. Include the race name and date with your application or email marathonmailer@nyrr.org with the race information after you apply.

<u>Upcoming races in April:</u>

Apr. 6 – Hearts and Soles 5K

Apr. 13 – Emmaus Classic 4-Mile

Apr. 21 – Boston Marathon

Apr. 26 – Clinton Country Run 15K, 5K

Apr. 27 – Lehigh Valley Half-Marathon

For further information on running in Readington and Hunterdon County, contact Bruce Marshall at BGMarshall@earthlink.net.

^{**} Your age on the day of the qualifying race.