
Van Cortlandt Track Club newsletter

BQ

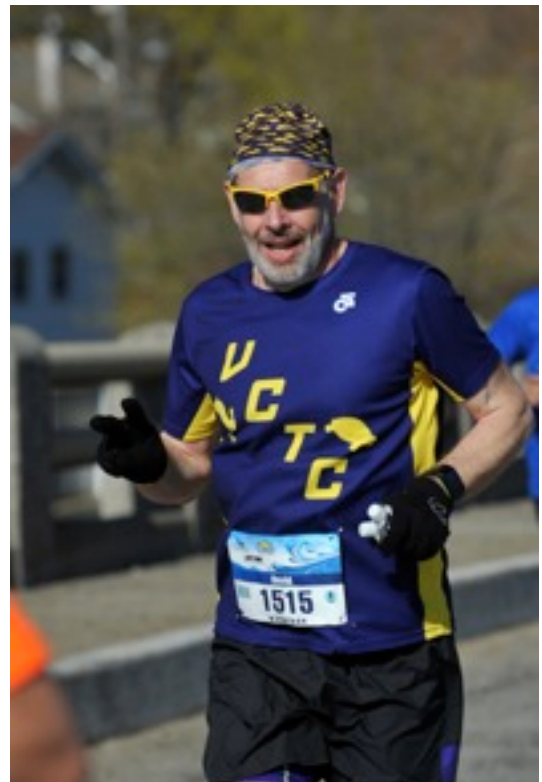
David Isaac qualifies for Boston at the NJ Marathon. An emotional marathon in Beantown the week before could not overshadow what was a great accomplishment.

The New Jersey Marathon

by David Isaac

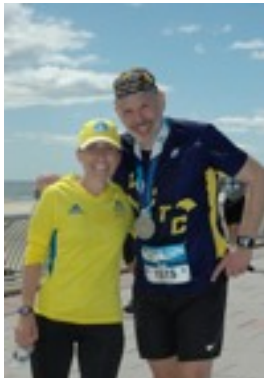
The New Jersey Marathon was my 14th marathon overall, and my 5th since finally breaking the 4:00 barrier at Wineglass in 2012. Since then I'd run four straight marathon PRs, and was gradually moving within striking distance of the ultimate dream- a Boston Qualifier. I knew it was a stretch goal for me; I would need an improvement of 8:51 to get me to the required 3:30. I have always trained hard for my marathons, but this time I had trained differently. I focused on increasing my mileage and endurance, doing weekly long (at least for me they were long!) runs with accomplished Ultra marathoners Tony Portera and Elena Makovskaya. My goal was to become so comfortable pushing past 20 miles, that on race day there would be no fear of the distance. Tony and Elena also helped me to be smarter about proper fueling; just because I was capable of running a marathon without food didn't mean it was helping my performance. Although I didn't follow a written plan, I made certain to do the weekly speed, tempo, and hill workouts. I knew I was prepared, but also knew that to succeed, everything was going to have to break right for me.

Race day was better than I could have hoped for. It was a bit windy, but the temperature was a near perfect 48 degrees at race time, rising no higher than 55. My race plan was to stay ahead of the 3:30 pace group, while trying to keep the 3:25 group in my sights. I knew this would be challenging, requiring me to stay sub 8:00 the whole race. My previous PR pace had been 8:20. The half marathon had gone off an hour earlier, and the 2200 marathoners were being released in waves. This entirely eliminated early race congestion, and after a 7:32 first mile I quickly settled into my pace. I stayed very even through my first half splits, hitting 10K in 48:57 (7:53), and 13.1 in 1:42:58 (7:52). The course was flat and easy, there was intermittent crowd support, and there (continued page 2)



David Isaac on his way to BQ

were some beautiful ocean views to enjoy. I was careful to stay hydrated and to take on food. I drank water and/or Gatorade at almost every opportunity. I was feeling good, almost great, and I had something huge to look forward to: the promise of Laura Rodriguez somewhere ahead to pace me to the finish.



David and Laura after the race

Laura picked me up around mile 17, giving me a huge lift. This also had the unintended consequence of my pace

increasing; mile 17 clocked in at 7:32. This matched mile 1, and was the fastest of the day. I quickly pulled back, and hit 30K in 2:26:28 (7:52). I was still on target, but felt myself starting to fade a bit. I now noticed that eating or drinking was causing me to have some difficulty with my breathing. I also noticed that my hamstrings were tightening a bit. Laura and I were talking; she was encouraging me (and pretty much every other runner on the course), and making sure I was staying hydrated. At mile 21 my hamstrings became more of an issue. I had some twinges, which told me cramping is coming. I slowed slightly, and cut my stride down to short, choppy steps. I've found that varying my stride can sometimes help fight off cramps. This tactic worked for a while; mile 21 and 22 were an 8:00 and an 8:07.

Then, disaster struck. My right hamstring locked up and I came to a complete stop. I stretched and shook out my leg, while Laura was pretty much punching my hamstring. The cramp left me and I started running again, but not before I was caught and passed by the 3:30 pacer. It was mentally devastating. Mile 23 was a 9:39, and I felt with just over a 5K to go I had just let Boston slip through my fingers. Laura was yelling at me to move faster, telling me we'd be riding the bus to Boston together, that I was strong, that I had it. I was thinking several random things for the duration of the race. I was thinking about the long training runs with my friends at Rockies, and that I knew I must have several miles left in me. I was thinking about Laura's bright yellow (continued page 3)

Van Cortlandt Track Club

2014 Board of Directors

President: Bette Clark

Secretary: Bobby Asher

Vice President: Rick Bloomer

Treasurer: Hiroshi Kitada, Ass't: Jill Staats

2014 Executive Committee

Social Cmte: Maryann Khinda

Finance: Hiroshi Kitada

UEC Co-Directors: Hiroshi Kitada, Maureen Burke

Membership: Rick Bloomer, Dave King

B'Ramble Co-Directors: Bette Clark, Dave King

Publicity and Marketing: Liam Moroney

Communications Cmte: Hiroshi Kitada

Newsletter: Dave King

Clothing: Rachel Isaac, David Isaac

Volunteer Coordinator: Hiroshi Kitada

Summer Series Co-Directors: James Moloney, Bobby Asher

Social Media: Mandi Susman

Website: Maryann Khinda, Kevin Shelton-Smith, Rachel Kimber, Beni Veraz, Leo Vando, Andrea Rafael

Athletic Director: Ken Rolston Ass't: Glen Shane

Boston shirt, and how badly I wanted one of my own. I was thinking about how much I hated that 3:30 pacer, and that there was no way I'd let him beat me to the finish line. I was thinking about how great a runner Laura is, and that if she was telling me to run hard I couldn't let her down. I was thinking about how badly I wanted to call home and tell my family I had BQ'd. Most importantly, I was thinking I was never going to have a better chance than today. Mile 24 was a 7:55. Mile 25 was a 7:54. I caught, and passed the 3:30 pacer. We reached the Boardwalk, Laura yelling at me to keep going, telling me the finish is in sight. I tell her, "I'm dizzy. I can't see it." She responds with "Run now. You can pass out when we get there." Somehow my legs keep turning over, and I cross in **3:28:45**. My race is sub 3:30, a 10:06 PR, a 7:59 pace, with only one bad- but not catastrophic mile. Boston!

epilogue: It's a day later, and I'm still feeling intensely emotional about this race. Nine years ago I was unable to finish a 5K in 30 minutes; yesterday I achieved the Holy Grail. I am eternally grateful to Laura for being there for me, and making sure I didn't let the dream slip away. I hope that some day I will have the opportunity to do the same for someone else.#

How To Tie Your Shoes Before A Race

(and a few more important lessons learned by a veteran racer)

by *Mandi Susman*

Here I am accepting my 2nd Place Age Group (3rd overall...) trophy at the Annual RMHA 5K in Van Cortlandt Park. Of course, getting an award



is always great, but this particular race really taught me something about racing and perseverance.

This is a small local race and I knew my main competition would be from my fellow teammates from the Van Cortlandt Track Club. I also knew the course was very, very flat so it would be a good opportunity for me to get a PR.

I came to the race ready to place, at least, if not win my age group. I was ready to roll...

I wore my racing shoes (GoMebbs) which I don't normally wear unless I'm racing shorter races on trails, so they were perfect for this particular race.

I'm not a fan of tying shoes. So I tie them once, a little loose, so I can just slip my feet in and out. The constant pulling on the knot when putting them on and taking them off makes the knot really secure and I never worry about them coming undone. Ever.

Well, I was wearing a pair of shoes that needs to be tied but because I never have a problem with my other shoes coming undone, I only tied this pair once, thinking that would be fine.

I lined up at the start with my teammates, ready run. The gun went off and I took off with the front runners since most of the field were walkers and fun runners. About a half mile in, I looked ahead to see how many other women were ahead of me. I could only see two... Somehow I was the third woman. I've never been in the top 5 of any race in my adult racing career. I was feeling strong and confident, prepared and ready for a big race. Coming up on the first mile, there was a course marshal with a watch reading out times, my first mile was a 7:24, on pace for a nice PR.....

Then it happened. I looked down and (continued page 4)

my right shoe was untied. I couldn't continue two more miles with my shoe untied. As a mom, I'm constantly telling my boys to tie their shoes for fear of tripping and that's all I could think about, I'm going to trip. So, I moved to the side, stopped, leaned over and tied my shoe. If I hadn't been in the middle of a race, I might have thought to double knot both laces, but as I mentioned, I've never had a problem with shoes coming untied so I didn't have it on my radar.

As I finished tying the shoe, I looked up and noticed a woman in a pink top pass me, as did one of my teammates. I jumped up and took off after them both. Monica Harrington yelled at me, go get

her! So I went after the woman in pink and passed her, setting my sights on the #2 woman. She wasn't that far ahead; if I could pick it up just a little maybe I could catch her.

The next half mile was spent getting my head back in the game and focusing. I was back to feeling confident and strong, ready to finish strong. The PR was in jeopardy, but I could still get a 3rd place finish...

But then, lightning struck twice! Now the left shoe was untied! What an idiot, I thought to myself! For someone with over 30 years of experience running races, how could I possibly let this happen once, much less twice. So, just like before I pulled over, bent

down (not the best thing to do when you're running fast, by the way), and tied my shoe. Again, had I been thinking, I might have double knotted both shoes but I was so focused on getting up and back to the race the thought never crossed my mind. Once again, the lady in the pink top had passed me and even though I was losing my focus and drive, I was determined to pass her again. If I did it once, I could do it again.

She wasn't that far ahead of me so I pull up and passed her, probably somewhere around the 2 mile mark. The course was one that I had run hundreds of times, so I knew where the finish was and I could feel it. Despite the 2 pit stops, I was (continued page 5)

HUNTE LAW GROUP, P.C.

ADRIAN C. HUNTE, ESQ.

P. O. Box 9
Mohegan Lake, New York 10547

Telephone: (914) 526-1000; Fax: (914) 526-3106

E-mail: info@huntelaw.com

Website: <http://www.huntelaw.com>

Hunte Law Group, P.C., represents individuals, and also provides corporate, administrative and regulatory legal services to the beverage alcohol and hospitality industries. The firm represents wineries, breweries, distilleries, restaurants, wine and spirits stores, delis, gas stations, golf courses, hotels, manufacturers, wholesalers and retailers. Adrian C. Hunte, founder of the firm, with over twenty years of experience, is a former General Counsel to the New York State Liquor Authority.

- State and Federal Alcohol Licensing/Industry Compliance
- Trademarks/Intellectual Property
- Zoning/Land Use/Environmental Law
- Real Estate Leasing, Purchase, or Sale
- Commercial Litigation
- Violation of the ABC Law Criminal/Administrative Charges
- Business Transactions/Starting, Buying or Selling a Business
- Estate Planning/Wills, Trusts/Succession Agreements/Special Needs
- Personal Injury

We Accept Credit Cards and Payments On-line

still the 3rd overall female and I was hopeful that I could hold that place. But then, yes, lightning struck a THIRD time! The right shoe was untied yet again! Now I'm beyond flustered. How can this happen? The fates are against me. This is my one chance for a third place overall win and it's fading into the sunset... But now I was into a routine. I pulled over, tied my shoe (pulled the knot a little too tight, but can you blame me?) and once again, the pink tank top had passed me.

Clearly the PR was long gone, but only one woman passed me and I had already passed her twice, surely I had one more in me... I

took off in pursuit and sure enough pulled up on her. As I passed her for the third time she shouted out, "Man, you're fast!"

I couldn't respond because I didn't have the breath, but I thought to myself, yeah, just think how fast I would have been if I hadn't had to tie my shoes three times!!!

There was now about a half mile to the finish. It was a totally flat course, so I all I had to do was maintain and I'd get third. I kept waiting for the pink tank lady to come up behind me and push past because she wasn't worn out from bending over and stopping three times. I pushed and pushed to

maintain my lead knowing that the second place woman was out of reach. Somehow I held on and finished third!

It was a sloppy race on my part and I was a full minute off my PR, but I was proud of myself for not giving up. I could have just slowed way down and saved the racing for another day, but I kept going, kept pushing and still had something to show for it.

The lesson here, never give up (and always double knot your shoes!!!).#

Please renew your membership

Inspiring Reads for Runners

Kick Off Your Trainers and Enjoy!

Kathrine Switzer



Inspiring story of the woman who broke through gender barriers to get the women's marathon into the Olympic games.



Easy to follow running and walking programs from beginner to advanced.

Updated Edition!
EBook available on January 15, 2014.

<http://kathrineswitzer.com/>

Chris Cooper



In this inspirational collection, 50 runners, from Olympians and World Champions, to courageous disabled athletes and middle-of-the-packers, share their personal accounts of what they consider the best race they ever ran...and why.



Learn about must-run places, can't miss races, and get tips, tricks, and words of encouragement and advice from some of the top runners today.

<http://www.ccooper.typepad.com/>

Pam Reed



The story of the woman who shocked the running world when she won the sport's most grueling race—the Badwater Ultramarathon.

<http://www.pamreed2013.com>

Ed Ayres



One of America's most experienced runners meditates on how the skills and mindset needed to complete an ultramarathon are also essential to endure as humans.

www.ed-ayres.com

My Recovery Part 2

by Bobby Asber

Members may remember my article from the last issue of the VCTC Newsletter when I recounted my ordeal at the Boston Marathon, ending in the emergency room at Tufts Medical Center. I found out an MRI later, it was a stress fracture.

My sacral stress fracture (a fracture in my pelvis close to the tail bone), which put me in the ER after the Boston Marathon was thought to be an issue with muscle for months.

My orthopedist told me that 4-6 weeks was the approximate healing time for this particular injury. That meant that from the time I was in the ER after the Boston Marathon, 6 weeks of recovery was in order. According to the doctor, I could push hard in non-impact exercises, but then start running very, VERY slowly at his direction. The recovery kept me in the pool for a month, with pool running and swimming as my main exercises to, at the very least, maintain fitness.

I spent hours alone when I would have otherwise been working out on the track with VCTC, so that I wouldn't be swarmed by the more

competitive swimmers who on occasion would practically push me out of the way as I attempted to hold my own in the "[not so] slow/medium" lane at NYU's facilities. I was limited to odd hours after work, and it absolutely was lonely at times.

In making lemonade out of a lemon, however, I feel strong from the swimming, and have found other ways in which to support my fellow runners in ways that didn't involve running (i.e. the banana suit) and was able to fully enjoy the other aspects of our sport that I never get to partake in as a racer, but that I love. After those cheering sessions, it was always straight to the pool, a very different routine, but one that was needed.

Now I am excited to be able to run again.

My first week back was an average of 10-minute runs at 12-13:00 per mile, every other day. That meant barely anything at all distance-wise, but nonetheless to my muscles it was a long way.

The next week was similar, except with an average of 20 minutes per run, including stretch breaks at 11:00-12:00 per mile. Four (4) weeks into this routine, I was able to run the LGBT Pride Run at my normal training pace of 7:15 per mile (starting at 8:45 pace

and finishing in 6:15 feeling good.)

The main issue that I had to remember during the first few weeks of jogging is that my legs were still getting used to gravity. I mean that literally, as the muscles simply are not adjusted to taking a pounding, as they normally would be on runs.

While I've started running in races to test the limits, I am careful to stretch, foam-roll and ice or bath in Epsom salts after the hard efforts when I still feel tight in the previously injured areas.

Starting slower isn't easy for a competition junkie like me, but you have to start somewhere. As I have started back "racing" the Putnam Classic 8-miler and the Stowe 8-miler, two of my favorite races to date, the simple experience of going faster is one I can relish in. It just feels good!

I haven't pushed past 80% yet in races, and probably won't until at least Club Championships. But to get back to my best form healthily will take time.

Meanwhile I am so, so glad to be back as an active runner in VCTC. I love cheering in a banana suit as much as the next spectator, setting an example for my teammates who need a recovery period that recovery doesn't have (continued pg 7)

to be boring. The coach and race director sides of me relish being on the sidelines as well as out on the course competing. But I love racing. I'm glad to be backing training. I could now write an entire book on my experience, but I'll stop here.

I'm grateful to all who have supported me through the healing process and look forward to being out there both as a healthy athlete and spectator many more times this year. I am returning a [hopefully] wiser runner and Team Captain.

GO VCTC!#



Bronxville Wellness Sanctuary
Holistic in every sense.

14 Studio Arcade
Bronxville, NY 10708
phone: (914) 337-9356

web: www.bronxvillewellness.com
email: info@bronxvillewellness.com

VCTC Club Happenings

At the New Ro North Ave Mile, **Tony Gonzalez** set a new 65-69 age group club record of **6.49**. At today's inaugural VCTC Pentathlon he also set new **800m** and **2M** age group Club Records of **3.34** and **17.16** respectively.

Also at the Pentathlon, **Julienne Bell-Smith** set a Ladies' 30-39 Club Record of **13.34**.

The men's **2M** records also fell today in the Men's 50-54 age group to yours truly in **11.30** while **Beni Veraz** set a new 55-59 Club Record of **13.07**.

At the recent NYRR Tuesday Night at Icahn Stadium, **Anna Carlson** set an astonishing new **Overall Club Record** for the **1500m** of **4.49**.

Bette Clark improved her own CR in the **5k** to **23.05** in the Central Park Challenge on 8 June.

In the **Oakley Mini 10k** on 14 June: **Anne Tiger-Days** broke her own **45-49 CR** set in the **Scotland Run** by 2 minutes with a **44.48**. **Anna Carlson** took 7 secs off **Laura's 30-39 CR** set in Dec 2012 with a **30.43**, and **Bette Clark** beat her own **55-59 Club Record** set in Dec 2011 by 3 seconds to finish in **38.19**.

Well done and congratulations to all. See the 'Club Stuff' tab at www.vctc.org for the full lists.



MASSAGE & BODYWORK

Our massages include Swedish, Deep Tissue, Hot Stones, and more. Our rates are based on the time, not the techniques applied. We don't believe in charging you extra for the details of the treatment you need.

30 minutes \$30, 45 minutes \$75
60 minutes \$100, 90 minutes \$145

Series of 2, 60-minute massage \$450 (\$75 savings)
Series of 2, 90-minute massage \$650 (\$75 savings)

Signature Wellness Massage
Relax and unwind with a customized massage you will experience only here at Bronxville Wellness Sanctuary. Therapist incorporates Swedish and Deep Tissue techniques using Hot Stones for ultimate relaxation. You'll leave with your mind refreshed and your energy renewed.

Swedish Massage
The classic therapeutic body massage. A wonderful way to relax your mind and body.

Deep Tissue Massage
Addresses the deeper layers of muscles and tendons.

Hot Stone Massage
The therapist melts your tension and stress away using warm, smooth stone massage blended with traditional Swedish techniques for a deeper relaxation experience.

Shiatsu
Therapist uses a combination of finger and palm pressure, stretches, and other massage techniques to alleviate muscle pain and foster relaxation. Shiatsu can also be used to help cope with stress, anxiety, depression.

Myofascial
Designed to help trigger points of pain and discomfort in the body due to repetitive motion or trauma by entering the fascial system. Range of motion and stability are easily restored to the tissue without being invasive.

Neuromuscular
Utilizes static pressure on specific trigger points to relieve pain. Manipulates soft tissue of the body to balance the nervous system and promote overall health.

Medical Massage
Designed to work on specific problem areas and assist in relieving discomfort by stretching and applying Swedish and Deep Tissue techniques as needed.

Sports Massage
For the deeper layers of muscles, and tendons essential for pre- or post-workout flexibility, recovery and restoration.

Prenatal Massage
Mothers are comfortably positioned on their sides and back with the support of pillows. Swedish massage techniques and reflexology bring relaxation and restore the mind/body connection. Eases lower back pain and water retention.

Couples Massage, 90 minutes \$190
Side by side massage, with 2 therapists.

MEDITATION

The challenge for many is that the busyness of life leads to a busy mind which gets in the way of cultivating self-awareness. A busy mind can also create additional stress which negatively impacts our health and well-being. Meditation is a way to quiet the mind and become more self-aware. As our self-awareness increases, we make choices that support positive health and well-being so we can live life to the fullest.

The of benefits of meditation are many and include physical, emotional, mental and spiritual aspects: improved health, better sleep, less irritability, better emotional self-control, increased concentration, more peace of mind, Greater self-awareness, deeper sense of connection.

Learn To Meditate
45-minute session, \$50
Series of 6, 30-minute sessions, \$280

VCTC.Org
All members who are in good standing (dues paid) should sign up for "Members Only" status to access important club information.

Coaches' Corner

Welcome, overheated friends ! The humidity is back, the sweat flows freely, the hills beckon and the track remains crowded. We will continue to alternate training cycles on Tuesday night until the final hill workout on August 5. After that we will resume workouts on the track until the end of autumn.

Speaking of the track, there was one more Tuesday night session at Icahn Stadium on July 22. Races included a 2 miler, 1500, 800 and a 4 x 400 relay. A good group of VCTC runners participated, ending with a 4x400 relay just over 4 minutes.

One more Central Park 5 mile race looms, the team champs on August 2. Points double in this race so please do your utmost to participate. This year the women run first at 8:30 followed by the men's race at 9:30. Men, please get there early so we can cheer our comrades on !

The summer series races end on August 14th with our post-series party. It's been a great series thus far. I'm not sure that any of the upcoming races can top the sheer madness of the 2 x 2 relay night with sheets of rain and hail dousing the participants. Hats (and shirts) off to James Moloney for improvising post-race awards at Gleeson's.

Suggested speed workouts for different races:

5m-10K race- Step down ladder workout- 2,000, 1600, 1200, 800, 400 in which the intensity of pace increases from 10K down to mile pace. Rest = half of the time run

5K race- 10 x 500@ 5K pace w 2 min rest (300 jog)

Mile - 8 x 200@ mile race pace with 2 minute jog in between. ###

Upcoming Races

Aug 10- Sun- 5 PM- Peekskill Brewery Mile

Aug 14- Thu- 7 PM- VCTC 5K Summer Series Race # 7

Aug 16- Sat- 8 AM- NYC Runs 5K, Roosevelt Island

Aug 23- Sat- 8 AM- Percy Sutton 5K

Sep 1- Mon- 8 AM- NYC Runs 5K, Roosevelt Island

Sep 7- Sun- 8:30- South Nyack 10 mile

Sep 7- Sun- 9 AM- Autism Speaks 4 m, Central Park**

Sep 13- Sat- 9 AM- 5th Ave Mile**

Sep 14- Sun- 9 AM- Tuckahoe Challenge, 1m-5m

Sep 14- Sun- 7 AM- NY Marathon Tune Up 18m

Sep 14- Sun- 11:30- Henry Isola X- Country Classic 4m, VC

Sep 20-Woodlawn Run For A Cause Woodlawn NY

Summer Series Post-Race BBQ

Who: Van Cortlandt Track Club members

When: After the final Summer Series Thursday night race, August 14, approx 8 p.m.

Where: Van Cortlandt Golf House

Why: To celebrate our Summer Series Races

Cost: \$10 for paid members, \$25 for unpaid members and guests, \$5 kids 10 and under(go to vctc.org and sign up)

Race Results

Brooklyn Half-Marathon
 May 17, 2014
 Brooklyn, N.Y.

1:16:09	Marcos Duarte	M39	6
1:18:44	Sean Dunne	M25	
1:20:12	Kyle Hall	M36	
1:20:13	Garland Days	M43	
1:21:09	Kevin Shelton-Smith	1	
1:22:08	Anna Carlson	F31	8
1:25:53	Carlos Lopez	M33	
1:27:28	Sean Moore	M50	
1:27:28	John Pelliccia	M25	
1:28:19	Adil Filali	M33	
1:32:05	Mark Galway	M37	
1:32:14	Laura Rodriguez	F34	
1:32:17	Julienne Bell-Smith		
1:32:59	Jimmy Atkins	M53	
1:33:34	John Farrelly	M45	
1:33:44	Paulina Nunez	F24	
1:33:45	Daniel Hennessy	M49	
1:34:24	Danielle Rosario-Mullen		
1:34:52	Roberto Rapalo	M28	
1:35:44	Ahmed Harris	M39	
1:36:43	Carolyn Hehir	F36	
1:38:13	David King	M63	9
1:38:18	Alison Whitehead		
1:38:31	Benigno Veraz	M59	
1:38:33	Lauren Lundy	F34	
1:38:59	Anne Tiger-Days	F45	
1:39:36	Chris Urena	M24	
1:40:08	Miles Moloney	M24	
1:40:55	Kevin Mulvey	M26	
1:41:03	Deirdre Keane	F25	
1:41:10	Anthony Thoman		
1:41:42	Deborah Heelan	F54	10
1:42:01	Bette Clark	F58	6
1:42:12	Giovanni Rivera	M30	
1:42:37	Reggie Cedeno	M33	
1:43:08	Brian Drennen	M39	
1:44:32	Ciara Malone	F31	
1:44:41	Paul Paradise	M51	
1:44:42	Matthew Newton	M40	
1:44:59	Paul Swem	M64	
1:45:01	Damian Mackle	M39	
1:45:39	Juan Tony Gonzalez		
1:45:41	Lorraine Clarke	F32	
1:45:44	Hiroshi Kitada	M48	

1:49:57	Manlio Mondo	M67
1:50:11	Ariel Cruz	M37
1:50:33	Salvatore Carretta Jr	
1:50:48	Mercedes Zegarra-Soja	
1:51:11	Rob Vassilarakis	M42
1:51:18	James Martino	M32
1:51:55	Liam Moroney	M29
1:54:04	Stephany Evans	F56
1:54:10	Doug Clayton	M39
1:54:18	Michelle Conley	F26
1:54:20	Richard Conley	M58
1:54:31	John Campbell	M36
1:54:53	Ken Rolston	M62
1:55:15	Roxanne Vargas	F47
1:55:23	John Rau	M68
1:56:44	John McCarthy	M54
1:57:06	Jill Staats	F62
1:57:59	Penelope Sheely	F44
1:58:04	Monica Harrington	F39
1:58:35	Mandi Susman	F45
1:59:26	Enrique Jaen	M48
1:59:52	Sangini Dave	F43
1:59:52	Eileen Hickey	F32
2:01:39	Rachel Shapiro	F24
2:01:50	JoAnn Pate	F39
2:03:59	Dennis Martinez	M32
2:04:30	Edward James	M67
2:08:12	Deborah Mosko	F36
2:10:55	Wendell Tong	F45
2:14:23	Erick Fernandez	M32
2:15:07	Denny Moran	F41
2:21:33	Andrea Rafael	F46
2:24:18	Jeremiah McCarthy	M20
2:30:54	Leonardo Vando	M38
2:30:55	Yazmin Flores	F34
2:36:25	Taliah Sykes	F33
2:40:09	Bill Smith	M69

6 A Mild Sprain 4.25M Trail Run
 May 18, 2014
 Yonkers, N.Y.
 57:42 Dave Simko PR

XC Summer Series 5K #1
 May 22, 2014
 Van Cortlandt Park

17.48	Franklyn Martinez	M27 1st M
18.31	Marcos Duarte	M39 1 30-39
21.54	Anna Carlson	F32 2nd F 30-39
22.01	Kevin Shelton-Smith	M48
22.23	Eduardo Rojas	M49
22.36	Adil Filali	M51 3rd Male 50-59

23.15	Rodolfo Diluca	M24		22.01	Louis Csak	M48	
23.48	Ely Greenberg	F31		22.15	Benigno Veraz	M59	2nd Male 50-59
24.3	Juliene Bell-Smith	F32		22.23	Daniel Hennessy	M49	
24.56	Louis Csak	M47		22.55	David Rippon	M45	
25.15	Gabe Gonzalez	M49		23.09	Roberto Rapalo	M28	
26.21	Laura Rodriguez	M48		23.24	Christopher Urena	M24	
26.28	Daniel Hennessy	F37		23.28	Anthony Thoman	M51	
				23.36	John Farrelly	M45	
	NYCRUNS Ice Cream Social 5K			23.53	Rick Bloomer	M50	
	May 28, 2014			23.59	Dahib Kamal	M39	
	Roosevelt Island			24.07	Luis Roa	M49	
26:03	Susan Adiletta	F59	2	24.07	Paul Paradise	M51	
				24.32	Damian Mackle	M39	
	Celebrate Israel 4M			24.56	Chancellor Minus	M47	
	June 1, 2014			25.02	Ariel Cruz	M37	
0:22:15	Marcos Duarte	M39	1	25.15	Hiroshi Kitada	M48	
0:26:38	John Pelliccia	M25		25.22	Sal Carretta, Jr.	M58	
0:26:39	Kevin Mulvey	M26		25.22	Dominic Lombardo	M47	
0:30:05	Lorraine Clarke	F32		25.36	Tony Gonzalez	M68	
0:30:34	joseph tucker	M48		26.21	Joe Tucker	M48	
0:30:58	Manlio Mondo	M67		26.44	Dennis Martinez	M32	
0:31:22	Roxanne Vargas	F47		27.05	Leonardo Vando	M38	
0:34:07	Suzanne Corber	F61	4	27.47	John Rau	M68	
0:35:26	Edward James	M67		28.39	Paul Arroyo	M48	
0:35:26	Shelly-Ann Stewart	F39		28.52	Henry Asher	M58	
0:36:42	Denny Moran	F41		29.55	Edward James	M67	
0:37:01	Shirley Middleton	F60	8	30.24	Arnold Gore	M73	
0:38:31	Ramon Ruiz	M74	9	31.10	Colin Thoman	M11	
0:38:32	Mitchell Strong	M65		32.29	Miles Moloney	M24	
0:40:06	Andrea Rafael	F46		34.22	Dennis Burns	M67	
0:44:13	Edith Jones	F74	4	34.28	Mitch Strong	M65	
0:48:15	Salvatore Carretta Jr	M57		finished	Eddie Crawford	M70	
	JPMorgan Chase Corporate Challenge 3.3M				Central Park Challenge 5K		
	June 4, 2014				June 7, 2014		
30:00	Dave Simko	PR		23:05	Bette Clark	CR	
					Spartan Race		
	XC Summer Series 5K #2				June 8, 2014		
	June 5, 2014				Tuxedo, N.Y.		
	Van Cortlandt Park			2:44:26	Dave Simko	PR	
17.52	Franklyn Martinez	M27	1st Male		NewRo North Avenue Mile		
18.11	Marcos Duarte	M39	1st Male 30-39		June 8, 2014		
18.36	Sean Dunne	M25	1st Male 20-29		New Rochelle, N.Y.		
19.48	Kevin Shelton-Smith	M54		4:53	Sean Dunne	5OA, 1stAG	
20.19	Carlos Lopez	M33		5:05	Kevin Shelton-Smith	1stAG	
20.31	John Pelliccia	M25	3rd Male 20-29	5:22	Anna Carlson	2ndF OA	
20.48	Adil Filali	M33		5:30	Sean Moore	3rdAG	
21.29	Rodolfo Diluca	M40		5:37	Benigno Veraz	4thAG	
21.37	Jimmy Atkins	M53	1st Male 50-59	5:55	Ariel Cruz	5thAG	
21.40	Stuart Kelso	M35		6:04	Ken Rolston	1stAG	
21.43	Ely Greenberg	M34					

6:05	David King	2ndAG	1:09:37	Martina Cepeda	F58
6:14	Carolyn Hehir	2ndAG	1:10:48	Aileen Munoz	F32
6:21	Rachel Gissinger	3rdAG	1:11:56	Susan Epstein	F71
6:26	Trish Keenan-Novelli	2ndAG	1:12:52	Edith Jones	F74
6:28	Mandi Susman	3rdAG	1:13:48	Aoife Walsh	F38
6:44	John Mccarthy		1:16:31	Kathleen O'donnell	F46
6:47	Monica Harrington		1:22:27	Wendell Tong	F45
6:49	Tony Gonzalez	CR			
7:04	Stephany Evans	1stAG		Portugal Day 5M	
7:13	John Rau			June 15, 2014	
7:13	Jill Staats	1stAG	0:28:02	Franklyn Martinez	M27
7:36	Glen Shane	1stAG	0:28:07	Marcos Duarte	M39
7:52	Rozsa Gaston		0:28:19	Kyle Hall	M36
			0:29:00	Grant Titre	M36
			0:29:14	Kevin Shelton-Smith	M54
			0:29:31	Garland Days	M43
			0:29:41	Sean Dunne	M25
			0:29:51	Matt Soja	M31
			0:32:19	Sean Moore	M50
			0:32:25	Adil Filali	M33
			0:32:45	David Kornacker	M49
			0:33:13	Jimmy Atkins	M53
			0:33:30	Antonio Varrenti	M51
			0:33:47	Marco Silveira	M45
			0:33:53	Gail Machado	F27
			0:34:00	Benigno Veraz	M59
			0:34:12	Roberto Rapalo	M28
			0:34:14	John Farrelly	M45
			0:34:22	Patrick Bernal	M37
			0:34:23	Brian Drennen	M39
			0:34:54	Chris Urena	M24
			0:35:03	David Rippon	M44
			0:35:45	Miles Moloney	M24
			0:36:33	David Isaac	M51
			0:36:49	Luis Roa	M49
			0:37:18	Paul Paradise	M51
			0:37:24	Ariel Cruz	M38
			0:37:29	Leonardo Vando	M38
			0:37:45	Reggie Cedeno	M33
			0:38:10	Juan Tony Gonzalez	M68
			0:38:22	Ahmed Harris	M39
			0:38:45	Matthew Newton	M40
			0:39:01	Salvatore Carretta Jr	M57
			0:39:34	Ken Rolston	M62
			0:41:53	John Rau	M68
			0:43:22	John McCarthy	M55
			0:43:25	Roxanne Vargas	F47
			0:43:31	Edward James	M67
			0:43:49	Paul Arroyo	M48
			0:44:18	Dennis Martinez	M32
			0:44:33	Arnold Gore	M73
			0:44:47	Glen Shane	M74
NYRR Tuesday Night Speed Series 1500-meter					
June 10, 2014					
Randalls Island, N.Y.					
4:49	Anna Carlson	CR			
Oakley New York Mini 10K 2014					
June 14, 2014, 8:00 AM					
0:41:26	Laura Rodriguez	F34			
0:42:17	Julienne Bell-Smith	F32			
0:42:22	Gail Machado	F27			
0:44:29	Paulina Nunez	F24			
0:44:48	Anne Tiger-Days	F45			
0:44:53	Carolyn Hehir	F36			
0:45:22	Rachel Gissinger	F38			
0:46:39	Alison Whitehead	F33			
0:49:23	Mandi Susman	F45			
0:49:53	Dominga Jensen	F48			
0:50:07	Erica Hubbard	F34			
0:50:56	Stephany Evans	F56			
0:52:06	Nancy Gordils	F50			
	Mercedes Zegarra-				
0:52:28	Soja	F30			
0:52:42	Patricia Novelli	F43			
0:53:53	Monica Harrington	F39			
0:54:12	Rachel Isaac	F21			
0:54:31	Suzanne Corber	F61			
0:54:46	Roxanne Vargas	F47			
0:55:08	Eileen Hickey	F32			
0:56:19	Adrian Hunte Smith	F60	1		
0:56:33	Jill Staats	F62			
0:58:19	Penelope Sheely	F44			
1:00:24	Denny Moran	F41			
1:00:53	Monika Macezinskas	F68			
1:01:08	Shirley Middleton	F60			
1:01:58	Deborah Mosko	F36			
1:03:56	Lorraine Isaac	F51			
1:04:25	Nina Velazquez	F53			
1:05:05	Andrea Rafael	F46			
1:06:06	Jasmine Sanchez	F37			

0:47:14	Ramon Ruiz	M74	1:05:29	Andrea Rafael	F46
0:47:27	Nikki Covington	F38	1:07:24	Martina Cepeda	F58
0:47:55	Monika Macezinskas	F68	1:08:17	Aileen Munoz	F32
0:49:53	Jeremiah Mccarthy	M20	1:14:54	Kathleen O'donnell	F46
0:50:42	Mark Hugel	M62			
0:52:48	Wendell Tong	F45		Rugged Maniac	
0:56:36	Deborah Mosko	F36		June 28, 2014	
1:07:01	Marsha Milan Bethel	F37		Brooklyn, N.Y.	
			50:00	Dave Simko	PR
	Colworth 26.2 Challenge				
	June 20-22, 2014			Front Runners New York LGBT Pride 5M	
	Bedford, England			June 28, 2014	
	5M Farm Roads		0:27:56	Franklyn Martinez	M27
31:05	Kevin Shelton-Smith		0:28:28	Kyle Hall	M36
	8.1M Trail		0:29:38	Kevin Shelton-Smith	M54
55:01	Kevin Shelton-Smith		0:30:01	Timothy Stockert	M47
			0:30:13	Matt Soja	M31
	Queens 10K		0:30:43	Anna Carlson	F31
	June 22, 2014		0:31:35	Carlos Lopez	M33
0:35:40	Marcos Duarte	M39	0:32:20	Laura Rodriguez	F34
0:37:58	Sean Dunne	M25	0:32:46	John Pelliccia	M25
0:39:57	Laura Rodriguez	F34	0:32:59	Sean Moore	M50
0:41:23	Sean Moore	M50	0:33:09	Julienne Bell-Smith	F32
0:42:32	Marco Silveira	M45	0:33:12	Jimmy Atkins	M53
0:43:00	John Farrelly	M45	0:33:16	Kevin Mulvey	M26
0:43:02	Daniel Hennessy	M49	0:33:29	Louis Csak	M48
0:43:56	Paulina Nunez	F24	0:34:28	Benigno Veraz	M59
0:44:03	Carolyn Hehir	F36	0:35:22	Paulina Nunez	F24
0:45:55	Matthew Newton	M40	0:35:26	David King	M63
0:45:57	Tom Long	M42	0:35:36	Patrick Bernal	M37
0:46:50	Ahmed Harris	M39	0:36:27	Bobby Asher	M29
0:47:08	Paul Paradise	M51	0:36:32	Carolyn Hehir	F36
0:47:36	Reggie Cedeno	M33	0:36:53	Alison Whitehead	F33
0:48:12	Roberto Rapalo	M28	0:37:09	Dominic Lombardo	M47
0:48:40	Ariel Cruz	M38	0:37:15	David Isaac	M51
0:49:50	Salvatore Carretta Jr	M57	0:38:19	Bette Clark	F58
0:50:01	Ciara Malone	F32	0:38:52	Juan Tony Gonzalez	M68
0:50:10	Dominga Jensen	F48	0:39:09	Ariel Cruz	M38
0:50:13	leonardo vando	M38	0:39:49	Ken Rolston	M62
0:50:53	Nancy Gordils	F50	0:40:02	Rob Vassilarakis	M42
0:52:17	Doug Clayton	M39	0:40:50	Stephany Evans	F56
0:52:29	John McCarthy	M55	0:41:09	John Campbell	M36
0:52:38	Alix Cotumaccio	F39	0:41:21	Dominga Jensen	F48
0:53:10	Stephen McMullan	M37	0:41:46	John McCarthy	M55
0:53:40	Dennis Martinez	M32	0:41:48	James Martino	M32
0:53:51	Eileen Hickey	F32	0:41:50	Monica Harrington	F39
0:58:12	Denny Moran	F41	0:42:37	Alix Cotumaccio	F39
0:59:24	Wendell Tong	F45	0:42:48	Kathryn Donovan	F56
0:59:32	Jose Pacheco	M43	0:43:29	Suzanne Corber	F61
1:03:22	Deborah Mosko	F36	0:44:06	Doxene Roberts	F45
1:03:26	Marysol Ruiz-Zapata	F48	0:44:19	Glen Shane	M75
1:03:58	Mitchell Strong	M66	0:45:14	Arnold Gore	M73

0:46:01	Jill Staats	F62	0:30:14	Jose Reyes	M33
0:46:22	Anthony Mendez	M48	0:31:30	Salvatore Carretta Jr	M58
0:46:29	Adrian Hunte Smith	F60	0:32:44	Stephen McMullan	M37
0:48:42	Wendell Tong	F45	0:32:52	Joseph Tucker	M48
0:49:50	Rachel Isaac	F21	0:32:55	Michael Kearney	M35
0:51:30	Jeremiah McCarthy	M20	0:33:22	Doxene Roberts	F45
0:54:43	Martina Cepeda	F58	0:33:30	Nancy Gordils	F50
0:56:16	Monika Macezinskas	F68	0:34:09	Suzanne Corber	F61
0:56:26	Eileen Hickey	F32	0:34:52	Enrique Jaen	M49
0:57:28	Edith Jones	F74	0:35:13	Edward James	M67
0:59:30	Susan Epstein	F71	0:35:33	Glen Shane	M75
1:11:49	Aoife Walsh	F38	0:39:03	David Pultz	M62
1:17:56	Bill Smith	M69	0:44:34	Aoife Walsh	F39
			0:45:39	Ramon Ruiz	M74
			0:52:12	Hiroshi Kitada	M48
	Achilles Hope & Possibility 5M June 29, 2014			New York Giants Run of Champions 5K July 20, 2014 MetLife Stadium, East Rutherford, N.J.	
0:33:19	Marco Silveira	M45	0:16:42	Franklyn Martinez	M27
0:39:12	Salvatore Carretta Jr	M58	0:17:00	Marcos Duarte	M39
0:42:40	Manlio Mondo	M67	0:18:54	Joseph Benson	M22
0:42:51	Lauren Lundy	F34	0:19:54	Marco Silveira	M45
0:42:53	Stephen McMullan	M37	0:22:57	Juan Tony Gonzalez	M68
0:43:02	Doxene Roberts	F45	0:23:27	Stephen McMullan	M37
0:43:19	Joseph Tucker	M48	0:24:01	Stephany Evans	F56
0:46:11	Edward James	M67	0:24:01	Mercedes Zegarra-Soja	F30
0:47:59	Anthony Mendez	M48	0:25:08	Juan Pablo Lopez Serrato	M32
0:49:42	Denny Moran	F41	0:25:09	John Rau	M68
0:49:52	Ramon Ruiz	M74	0:25:36	John McCarthy	M55
0:53:50	Michelle Conley	F26	0:25:40	Enrique Jaen	M49
0:56:16	Deborah Mosko	F36	0:25:56	Salvatore Carretta Jr	M58
1:25:59	Ramon Minaya	M74	0:26:52	Glen Shane	M75
	VCTC Pentathlon (Partial results) June 29, 2014		0:27:05	Jeremiah McCarthy	M20
	800-meter		0:29:16	Deborah Mosko	F36
3:34	Tony Gonzalez	M68 CR	0:31:04	Matthew Flanzer	M43
	2M			Vermont 100M July 19-20, 2014 West Windsor, Vt.	
11:30	Kevin Shelton-Smith	M54 CR	19:53:34	Kevin Shelton-Smith	M54
13:07	Benigno Veraz	M59 CR		DELAYED RESULTS St. Pat's 10K March 16, 2014 Yorktown Heights,	
13:34	Julienne Bell-Smith	F32 CR	57:14	Dave Simko	PF
17:16	Tony Gonzalez	M68 CR		Redding Road Race Half-Marathon May 4, 2014 Redding, Conn.	
	50 Miler July 5, 2014 Hector, N.Y.		2:20:18	Dave Simko	
9:35:52	Kevin Shelton-Smith	1, 70A		2014 Boomer's Cystic Fibrosis Run to Breathe 4M July 12, 2014	
11:19:02	Hiroshi Kitada			0:25:43 Kevin Mulvey M26	
13:11:33	Benigno Veraz				

CLUB NEWS

Membership: *Please renew your membership which was due 1/1/14* (If you haven't already). Membership rates are: single-\$25; family-\$35. New members add \$15 to pay for team singlet; additional singlets cost \$15. Please send checks payable to VCTC to: **VCTC P.O. Box 341, Bronx, N.Y. 10471**. Applications are online at www.vctc.org Please e-mail Rick Bloomer or David King with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings/Workouts: For 2014: Team meetings are held on the 2nd Saturday of the month at 10 a.m.

Club workouts are: Tuesdays at 7 p.m. at the Van Cortlandt Stadium track or at the x-country bridge, Thursday evening tempo runs meeting at 7 p.m. at the Tortoise and Hare Statue/X-country finish line, Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway)

Newsletter stories: The newsletter is published bi-monthly. We welcome all contributions. Deadline for the September/October issue is August 25, 2014. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or ogard777@yahoo.com and try to include a photo.

Race times: Remember to send race times to Peter Coy petercoy@verizon.net or 52 Stelfox St., Demarest, N.J. 07627. Please include name of race, date, location, finishing time, your name, age. Optional: place, age-group, personal best.

Website: Visit us on our website: www.vctc.org

Facebook: Members in good standing may join the VCTC Members' Facebook page.

*Van Cortlandt Track Club
P.O. Box 341
Bronx, N.Y. 10471*