

# Van Cortlandt Track Club newsletter

## 2012 Awards

VCTC's Annual Awards Dinner at Dunwoodie Golf House celebrated a great year of running

### **BOBBY ASHER: MALE RUNNER OF THE YEAR**

*by Gene Westling*

Bobby, congratulations on winning the 2012 VCTC Runner of the Year award at our recent Awards Dinner. Considering all of the great runners at VCTC, that must be quite an honor.

**Q:** What does winning that award mean to you?

**A:** I don't want to sound too cliché, but winning this award was unexpected. I am extremely happy and honored because I wasn't sure if the awards committee was going to go with the "fast and good sport" criteria or simply "good sport who runs a lot" criteria. Mike Arnstein and Kevin Shelton-Smith have pulled off so many amazing feats this past year that I will readily admit I may never even be in a position to attempt. Having them in the running for it sincerely validates the honor.

**Q:** Out of all the many races that you ran in 2012, were there any particular races that stand out as special in some way? And if so, which ones and what made them special?

**A:** The Vermont City Marathon followed a really tough training cycle. I started grad school at NYU in January of 2012 and got kicked around pretty hard as academics have always been my biggest challenge. (continued on page 3)



### **JILL STAATS: FEMALE RUNNER OF THE YEAR**

*by Gene Westling*

Jill, congratulations on winning the 2012 VCTC Runner of the Year award at our recent Awards Dinner. We've been friends dating back to 1989 when we first moved to Riverdale, and I remember camping with you and Norris in about 1998 or so where you had just run your first 10 mile run.

**A:** I am amazed that you remembered that run. I felt so sick afterwards.

**Q:** Tell us about how you got into running and what it's done for you in your life...

**A:** When I came to New York to live in 1979 I lived with my sister until I got my start in the city. She ran and got me into it. I only did about 3 miles at a time several days a week. My longest race was the L'eggs Mini 10k (now that is dating myself) which is now known as the NYRR mini 10k.

**Q:** What does winning the Runner of the Year award mean to you?

**A:** That hard work pays off. It was tough turning 60 and to be able to get better at something has been wonderful. It is something I never thought I would be able to do. I feel very honored to get this award.

**Q:** What is your training schedule like, and any secrets that want to share with your teammates?

(continued on page 2)

See list of award winners on page 6

(Jill continued) **A:** Take rest days, listen to your body, learn to swim (it is great for the breathing), taper properly before a race, don't look at your watch in a race.

**Q:** Out of all the many races you've run over the years Jill, which ones stand out as your favorites, and why?

**A:** Last year at Join the Voices 5 miler. I knew it was my day. I went out fast and hung on, it was one of those races that just went perfect. I broke 40 minutes which I never thought I could do and did 79.62% AG. When I crossed the finish line Ken was right behind me and congratulated me and I started to cry. It is so much fun to still be able to be surprised.

**Q:** You've been a strong contributor to VCTC: re-elected to the Board of Directors this year and having served previously on the board, social committee director, Urban Environmental Challenge Race Director. What motivates you to volunteer for VCTC?

**A:** A few years before joining the club, I was faced with very challenging changes in my life. It was a turning point for me. I met Kate Donovan we became friends and ran together a few times and then she suggested I come run with the club on Saturday mornings. So I did and before I knew it, I was hooked. The club has given me a lot. The support has been great. I would never have run a marathon if I hadn't had people to train with. Through the club I have made

life long friends. It is my second family and I love helping to keep the club moving forward.

**Q:** What can you say about becoming actively involved as a VCTC volunteer that might inspire some of our newer members to become active?

**A:** It is hard to get involved when you are focusing on career and family, but any time that you can give to the club is appreciated.

**Q:** Volunteering at our races is a good way to get involved. Showing up at club point races is a way to be involved. Coming to our monthly meetings is a show of support. We can always find small jobs for people to do that don't require a big commitment.

**Q:** Where can new members start, those who want to participate in the club and volunteer some of their time?

**A:** They can come to our monthly meetings and see what is available to participate in.

**Q:** As a re-elected member of VCTC's Board of Directors, what is your vision for the club for the future?

**A:** I want to see the by laws revised. I would like to see our relationship with the parks repaired and strengthened. I would love to get more people out and running as a way to get and stay healthy. I would love to see more VCTC road trips to races other than NYRR.

Thanks so much Jill!#

## **Van Cortlandt Track Club**

### **2012 Board of Directors**

President: Bette Clark

Secretary: Dick Conley

Vice President: Dave King

Treasurers: Hiroshi Kitada, Jill Staats

### **2012 Executive Committee**

Social Directors: Jill Staats, Vera King

Controllers: Mike and Pat Hudick

Public Relations: Steve Lewis, Liam Moroney

Clothing Directors: David and Rachel Isaac

X-Country Series Race Director: James Moloney

Website Committee: Jeff Powell, Kevin Shelton-Smith, Maryann Khinda, Mandi Susman

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Gene Westling, Rick Bloomer

Athletic Director: Ken Rolston

UEC Race Director: Hiroshi Kitada

Ramble Race Director: Kate Donovan

**Club workouts are held Tuesdays(track) at 7 p.m. and Saturdays at 8 a.m. (roads/trails)**

(Bobby continued) I became ill with shingles and my training was shot. There was one day I went out for a run and couldn't feel my feet and could barely manage 2 miles in 24 minutes... 12:00 pace. I ran VCM in 2:55.

**Q:** Can you fill us in on your training schedule and any secrets that help give you an edge?

**A:** I train slowly very often and go by effort. If I'm on a hilly course, I'll be fine with 9:00 pace sometimes on a training run. I try very hard not to "attack" training runs... I save that for race day. If I feel I need to go faster and can't get motivated, I look at my log and check if I may be overtired from something else during the week. If there aren't any red flags for rest needed, I go on the treadmill and crank it up fast to get the legs moving. On the treadmill note, *hillrunner.com* has an awesome chart to show effort equations for treadmill paces.

**Q:** You're still twenty-something and just barely entering your prime running years. What are your running goals for the future?

**A:** Sub2:30 marathon and keep running until I'm 100.

**Q:** Bobby, you've been very active volunteer for VCTC: clothing director which everyone will admit is a tough job, and now a new role working with team captains. What motivates you to volunteer your time to VCTC?

**A:** A few reasons: First, for the good of the team. And I felt that clothing coordinator would be a good way to get into board meetings and see how the club is run (no pun intended).

**Q:** And can you describe your new role for us, what that involves?

**A:** I am looking to change the role of Team Coordinator/Captain. I want to make sure that I represent the team as a leader whom everyone can come to for advice, as a calming influence. I've run 9 marathons already and I have had good ones and bad ones in all weather. I would guess that I have done in the neighborhood of 500 races so far from 400 meters to Marathons. Hopefully I can have some of that rub off.

**Q:** In addition to managing your own running career, you're also involved in coaching a high school team, right? Tell us about that...

**A:** Actually I coach 7th/8th grade at Edgemont High School. I have done that for 4 years. I have had the honor of working with some amazing kids and co-coaching with an Olympic bronze 4x400 medalist from 1996 in Dennis Blake. Coaching is a true passion of mine.

**Q:** Out of all the famous and legendary runners out there, who do you admire the most and why?

**A:** Meb Keflezigi. He's a patient student of the sport. And Lynn Jennings. Same reasons.

**Q:** Any words of advice for your VCTC teammates.

**A:** Be your own runner. Don't just follow what others say on blogs or FB posts. Just enjoy running.

Thanks so much Bobby, you're a great role model and an inspiration!

## Coaches' Corner

by Ken Rolston.

Welcome to spring as another year unfolds. We are back on the track for the next 10 weeks or so as we prepare for spring marathons, ½ marathons, club points races and the 5K summer series. This year's prediction- Rain on Tuesdays ! For reasons unknown we seem to enjoy a greater than normal amount of precipitation on those nights when we conspire to run together. Besides the usual diet of repeats, we plan to add some relays as part of the workout regimen. They may take the form of relays at the end of a workout or become the entire workout itself. Stay tuned.

One idea proposed and implemented by Dave King and Glen Shane is to share responsibility for leading the pace groups in the workouts. Rather than rely on the same folks to pace each group, we will be looking to mix it up and create some opportunities for the followers to lead. (continued next page)

This scheme worked out very nicely last week- it's a variation of the file running we used to do in college, which helps control the pacing of the more enthusiastic runners while jump starting those who are more accustomed to following.

Recently I had the chance to visit with Andy Kimmerling at his store in White Plains and he recalled an event that used to be held regularly at the VC track. There were 5 events beginning with a 5 mile track/ cross-country race ( similar to Dick Conley-Glen Shane races ) which would begin and end at the stadium followed by 4 more events on the track: 800, 2 mile, 400, mile. Runners would be divided into

groups based on their 5 mile finish, so each group would have reasonably similar resting periods. Sounds like fun to me !

***Top 10 training tips from Lagat, Abdi and Ritzenheim, courtesy of LetsRun:***

- 1) Stay healthy- easier said than done. Lagat takes extended breaks through the year with lower mileage, higher intensity + extended breaks between seasons.
- 2) Build a solid base- build up before getting to the intense stuff.
- 3) Focus on the bigger goal- Treat some of your races as training runs.
- 4) Check your pride at the door ! Ritzenheim trains with Galen Rupp and Mo Farah so there will be times when he "knows when you're getting your butt kicked, but it's OK". Winning the workout is not the objective according to Abdi it's finding "the good pace, the good rhythm".
- 5) Worry about what you can control- you can't control the course or the conditions but you can be prepared.
- 6) Running Fast is Hard- Ultimately the goal is to run fast not hard, stay relaxed.
- 7) Less can be more- Especially as you approach a half or a (continued next page)

## HUNTE LAW GROUP, P.C.

ADRIAN C. HUNTE, ESQ.

P. O. Box 97  
Mohegan Lake, New York 10547

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

E-mail: [info@huntelaw.com](mailto: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***

marathon, if in doubt, dial it back a little.

- 8) Change can be good- try some new routines in practice, reverse your route, add hills, throw in some tempo, take the lead on some of our track workouts.
- 9) As you age speed gets harder, endurance gets easier- So continue to build your base, from there speedwork is more manageable.
- 10) Take pride and enjoy what you do- This is our hobby, our de-stresser, our time to bond and feel good about just soaking in the atmosphere of a good run.

**Upcoming Races:**

Sun 3/24- 9:00- Wurtsboro Mountain Run 30K  
 Sun 3/24- 9:00- Sleepy Hollow ½ marathon  
 Sun 3/24- 10:00- Mudders and Grunters 5m- FDR Park  
  
 Sat 4/6- 8:00- Scotland Run 10K- Central Park\*  
 Sun 4/7- 10:00- Urban Environmental Challenge 10k- VC Park \*\*  
 Sun 4/7- 9:00- Colon Cancer Challenge 15K/4m- Central Park  
 Sun 4/7- 9:15- Scarsdale races 15K/4m  
 Sun 4/7- 7:50- Cherry Blossom Classic 10m- Washington DC  
 Sun 4/14- 8:00- More ½ marathon- Central Park  
 Sun 4/14- 9:00- Brooklyn 15K- Prospect Park

Mon 4/15- 10:30- Boston Marathon  
 Sat 4/20- 8:00- Sybil Ludington 50K- Carmel NY  
 Sun 4/21- 8:30- George Wodicka Hook Mt. ½ marathon- Rockland Lake Park  
 Sun 4/21- 9:00- Run for the Parks 4m- Central Park  
 Sun 4/21- 9:00- Leatherman’s Loop 10K- Ward Pound Ridge  
 Sat 4/27- 8:30- Run for the Wild 5K- Bronx Zoo  
 Sun 4/28- 9:00- Lincoln Tunnel Challenge 5K- Weehawken  
 Sun 4/28- 1:45- Rye Derby 5m- Rye, NY  
 Sat 5/4- 10:00- Bronx Community Hall of Fame 10K/5K  
 Sat-Sun 5/4- 5/5- 5:00- North Face Challenge 50m/50K/ 26.2- Bear Mountain  
 Sun 5/5- 7:15- New Jersey Marathon/half- Long Branch  
 Sun 5/5-8:00- Long Island Marathon/half- East Meadow  
 Sun 5/5- 8:30- Riverdale Runs 10K/5K  
 Sun 5/5- 9:45- MHA 5K- FDR Park  
 Sun 5/5- 11:00- Cinco de Mayo 5K- Prospect Park  
 Sat 5/11- 8:00- Loucks Games 5K- White Plains  
 Sat 5/11- 9:00- Healthy Kidney 10K- Central Park  
 Sun 5/12- 8:00- Japan Day 4m- Central Park  
 Sat 5/18- 8:00- Brooklyn ½ marathon\*

**How to Join the VCTC Team Mobile Phone Notification List**

*By: Mandi Susman and Maryann-Khinda, Communications Team.*

*Want* to know how & where we are meeting for the Tuesday night workouts? Or if there is a cancellation for that workout? Or when and where the next club meeting is taking place? Yes?!?!? Then please join our **VCTC Team Mobile Phone Notification List** where you will be on the batline direct from Ken and Bette to the latest and greatest VCTC news.

**Steps:**

- On your mobile phone, please open a new text message
- Text the word “VCTC” to “90210”
- You should receive a response message stating “*You are now subscribed to the VCTC team mobile notification list for updates on workouts, races and social events.*”
- It’s that simple! You are now “in!”

If you are still having problems or have any questions, please email Mandi at [mandisusman@gmail.com](mailto:mandisusman@gmail.com).

(continued next page)

These details are also on the website at: <http://www.vctc.org/page/how-to-join-the-90210-text-group>

By the way, there is also more information, news and happenings on our Facebook page. Don't miss out! Join today – details on "How to Join Our Facebook Group" on the website at: <http://www.vctc.org/page/how-to-join-our-facebook-group>

## 2012 Awards Recipients

### Female Runner of The Year-

- Jill Staats
- F-20-29-Colleen McMahon-Healy
- F30-39-Jamie Kyei-Frimpong
- F-40-49-Anne Tiger Days
- F50-59-Bette Clark
- F60-69-Susan Epstein
- F-70+-Edith Jones

### Male Runner of The Year-

- Bobby Asher
- M20-29-Matt Soja
- M30-39-Kyle Hall
- M40-49-Garland Days
- M50-59-Beni Veraz
- M60-69-Tony Gonzalez
- M70+-Arnie Gore

### Ultra-Marathon Runner of the Year-Kevin Shelton-Smith

Most-Improved-David Isaac and Maryann Khinda

Jim Hudick Award-Sal Carretta

Otis Matthews Award-Gary Spalter

Service Awards-Liam Maroney, Mandi Susman

Team Spirit Award-Laura Rodriguez

Best Team Showing-5th Avenue Mile-Laura Rodriguez, Jamie Kyei-Frimpong, Melissa Weiner, Anna Carlson, Rachel Kimber(and child)

## Member Profile: Maryann Khinda

Maryann Khinda ran track in high school, but then completely stopped running for 12 years. In 2010, she started running again when her mother was diagnosed with COPD. 2012 was a year for many changes, the greatest being hospitalized for a ruptured appendix. Subsequently, she made several changes to her nutrition and training – becoming a vegetarian, adding speed work and yoga and also adding an additional day of rest, running 3 days a week instead of 4. The club has provided her with much

needed support and companionship in her running goals, in which she will be eternally grateful. #

## Member Profile: Sophie Staskiewicz

by David King

At the Bronx 10 Mile road race in July of 2012, Sophie Staskiewicz was impressed by the show of team spirit by the Van Cortlandt Track Club (VCTC) runners. She was looking to join a running club to find training partners as well as a friendly atmosphere among members. She had been a swimmer most of her life, and missed the camaraderie of being part of a team. So the decision to join VCTC was an easy one.



Sophie finishing the Fitness Games 4-miler in 2012

Sophie grew up in Riverdale, where her athletic career began at age 7 as a competitive age-group swimmer. She started swimming for the Riverdale Y, then two years later switched to Asphalt (continued next page)

Green in Manhattan, where she would compete until age 18.

She attended Riverdale Country School for 14 years, through elementary and high school. She also swam for Riverdale in her high school years. After graduating from Riverdale, she attended the University of Connecticut on a swimming scholarship. She was team-captain her senior year there, with best times of 56 seconds and 2:05 for the 100 and 200-yard butterfly respectively. During her college career, she picked up running as cross training for cardio/strength work.

Sophie graduated from UConn in 2011 with a degree in Economics. She got a job with Morgan Stanley in Stamford, Connecticut, where she now works in the Wealth Management division. She continued running after college to stay fit, finishing the NYC Half Marathon in 2011 in 1:39:00. Not bad for someone who had never run a road race before. She now runs 32-34 miles 4-5 times per week, intermingled with yoga and spin classes. She also coaches VCTC swim classes on Wednesday evenings, providing training tips and working on different strokes. She and Alex Hernandez can often be seen running on the Putnam Railroad path in anticipation of faster times to come.

Sophie recently ran the NYC Half again, this time in 1:33:51. She now has the Montreal Marathon in September in her “sights.” She would like to do 3:20:00 or faster, qualifying for Boston. She is very specific and organized about her training: “I want to gear my training so I know exactly when to take gels and water.” As she increases her long runs, she will experiment with what works and what doesn’t for her. She plans to avoid hitting that proverbial “wall”. Whatever the outcome, Sophie will be fully prepared for Montreal, confident about when to drink and when to “gel”.#

## Urban Environmental Challenge

Sunday April 7, 2013

**WE NEED VOLUNTEERS**

The race starts at 10 a.m.

Volunteers should meet at  
Tortoise-and-Hare Statue in Van  
Cortlandt Park at 7 a.m.



*A now-fashionable pre-race VCTC jump at the Celebrate Life Half-Marathon in Rock Hill, N.Y. on March 10*

## Bronxville Running Company

Winter apparel sale/last year’s shoe models:  
20-50% off

VCTC discount on non-sale items

[www.run.com](http://www.run.com)



Bronxville Running Company

52 Pondfield Road  
Bronxville, NY 10708  
914-337-7177

[www.the-running-company.net](http://www.the-running-company.net)

## 2013 Cancer Challenge

The 3rd annual *Cancer Challenge 5K* will take place on June 30th, 2013 at 10 a.m. in Van Cortlandt Park. There will also be a 2-mile health walk. Course records for both men and women were set last year for this basically flat, fast race.

All age-groups will face stiff competition. This year, the first male/female cancer survivors will receive specialized trophies. Over all male/female winners will receive *Nooks* from *Barnes and Noble*. The first male/female VCTC finishers will be rewarded with gift cards from the *Westchester Road Runners* store. First, second and third places in all age-groups will receive trophies. Each participant will get a medal. There will be cash rewards for any runner coming in first and breaking the course record.

There will also be a \$5/ticket raffle to win gift cards from *Wholefoods*, *Regal* movie tickets, *Red Lobster*, *Bed Bath And Beyond* and *Applebees*.#

**All proceeds will be donated to The American Cancer Society, Eastern Bronx Region.**

## Race Report San Blas Half-Marathon February 3, 2013 Coamo, P.R.

by David King

*My* main reason for going to Puerto Rico in February was to escape temporarily, New York's winter. But I also had to exonerate myself from last year's disastrous San Blas race in which I dropped out because of a badly strained hamstring.

So I went to Ponce six days before the race to get acclimated to the hot weather (by hanging out at the Ponce Hilton pool). However, I knew I had not trained properly for the 13.1 mile race, but I was willing to "give it a try".

I was the first VCTC member to arrive, on the "red eye" early Tuesday morning, followed by Bill Smith and Adrian Hunte-Smith on Wednesday morning, then Jill Staats, Bette Clark and Hiroshi Kitada on Friday. Last but not least, Dick Conley flew in on Saturday, the day before the race. I had volunteered to pick people up at the airport, so I arose at 4 a.m. (3 NY time) those mornings.

New member Leo Vando quietly arrived late that week, staying briefly with family in Ponce before moving to our hotel. On Friday evening, our group was invited to a small restaurant in the center of Ponce, where Leo and his

family were celebrating a Confirmation. We all had a very satisfying, palatable dinner.

On race day, we arrived in Coamo after a rare, smooth drive into town. Normally, getting from the main highway to Coamo is a slow trip during this festival weekend, but this year the going was easy. The weather was hot, breezy and humid: nothing new there.

Our group spent the afternoon (the race started at 4 p.m.) with Leo's family on the main road in Coamo, where the race passes twice, at 5K and 13 miles. It was a perfect way to relax before heading to the start-line, 3 miles outside town.

The race began with the sun behind a huge fair-weather cloud and a bit of a breeze, over rolling hills as we all cruised past thousands of eager spectators. At the 5k mark, the uphill began and didn't end until 14k. At this point, the sun returned from behind clouds, the wind died and the race got HOT. That, combined with the mountainous course, nearly did me in, but VCTC member Bob Velez saved my race at the 10k mark with wonderful cold water and a huge chunk of ice that I put in my hat and kept me cool for the next 6 miles. I stumbled across the finish line, no "worse for wear", waiting for other VCTC members to arrive. We all proved our mettle, with Leo running a solid race for his first "half". And if I go to the race next year, I'll have nothing to prove.#

New Members for 2013

Let's give a big welcome to 20 new VCTC members:

- Emily Ray, Louis Pagan, Christopher Urena, Chris Rehm, Paul Grant, Dorci Gabrielle Levinski, Laura Paz/John Wenk, Chancellor Minus, Marysol Ruiz-Zapata, Anthony Gorglione, Andrea Rafael, Jeremiah Burns, Lilia Britez, Tom Carey, Lisa Bruskin, Tom Long, Jacque & Dany LaBalle, Heather Alumbaugh

Two have placed a profile on both the VCTC.org website and VCTC's Facebook Group, four have a profile on VCTC.org, and 3 are on VCTC's Facebook Group but not VCTC.org. Three have also joined the Members Only Group on VCTC.org.

In order to receive notices about club events, new members need to belong to the Facebook Group and/or Club Members Only Group. Click on this link to join the Facebook Group: http://www.vctc.org/page/how-to-join-our-facebook-group

Click on this link to place a profile of yourself on our web site: http://www.vctc.org/page/how-to-join-the-vctc-website

And once you have your profile on www.vctc.org, click on this link to join the Club Members Only Group: http://www.vctc.org/page/how-to-join-the-club-members-only-group

Becoming a member of VCTC has its privileges, like being invited to club events, participating in club races, voting for board members, and much more. The first step is to get set up on www.vctc.org and Facebook.

Gene Westling
VCTC Membership Director

Massage, etc



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

MASSAGE & BODYWORK

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

30 minutes \$50, 45 minutes \$75
60 minutes \$100, 90 minutes \$145

Series of 5, 60-minute massage \$450 (\$50 savings)
Series of 5, 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 restored.

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, nausea, anxiety, and depression.

Myofascial

Designed to free trapped patterns of pain and discomfort in the body due to repetitive motion or trauma by entering the fascial system. Range of motion and elasticity 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, 50 minutes \$150

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 wellbeing so we can live life to the fullest.

The 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, \$30
Series of 6, 30-minute sessions, \$250



# Race Results

Time	Name	Sex/	Age	Time	Name	Sex/	Age
Joe Kleinerman 10K Jan. 5, 2013				NYRR Gridiron Classic 4M Feb. 3, 2013			
36:22	Garland Days	M42	4	21:40	Bobby Asher	M27	6
41:38	Sean Moore	M48		22:23	Kyle M Hall	M34	4
41:46	Liam Moroney	M28		22:51	Garland Days	M42	2
43:02	Kevin Mulvey	M25		25:38	Carlos Lopez	M32	
45:09	Anthony C Thoman	M50		26:59	Amy Kvilhaug	F38	2
45:10	Benigno Veraz	M57		27:06	Sophie Denise Staskiewicz	F23	3
46:19	Shawn Bobb	M46		27:16	Benigno Veraz	M57	3
47:09	Julienne Bell-Smith	F31		27:47	Anthony C Thoman	M50	
48:13	Salvatore Carretta Jr	M56		32:31	Monica Harrington	F38	
55:28	Mitchell Strong	M64		32:37	Salvatore Carretta Jr	M56	
55:31	Edward James	M66	6	32:58	Marc Wontorek	M44	
55:32	Leoni Parker	F48		33:15	Adam Golovizki	M37	
55:34	Julia Carrell	F29		34:17	Julia Carrell	F29	
57:18	David Pultz	M60		36:40	David Pultz	M60	
57:31	Patricia Novelli	F42		36:51	Tami Luhby	F42	
1:29:16	Ramon Minaya	M72		36:57	Edward James	M66	
NYC Runs Central Park 10M Jan. 13, 2013				38:31	Dorcie Lovinsky	F28	
1:32:40	Arnie Gore	M70+	1	39:36	Monika N Macezinskas	F66	5
1:59:23	Susan Epstein	F65-69	1	47:53	Kathleen O'Donnell	F45	
Manhattan Half-Marathon Jan. 27, 2013				San Blas Half-Marathon Coamo, P.R. Feb 3, 2013			
1:32:33	Amy Kvilhaug	F38	2	1:47:16	David King	M62	
1:35:09	Daniel Hennessy	M48		1:51:44	Dick Conley	M57	
1:36:04	Sean Moore	M48		1:52:09	Hiroshi Kitada	M47	
1:39:01	Benigno Veraz	M57	10	1:58:58	Jill Staats	F61	
1:46:13	Anne Tiger-Days	F44	10	2:02:10	Bette Clark	F57	
1:48:18	Salvatore Carretta Jr	M56		2:11:30	Leonardo Vando	M37	
1:58:26	Zafar Shahbaz	M55		2:19:44	Adrian Hunte-Smith	F58	
1:59:22	Emily Rau	F32		2:36:41	Bill Smith	M66	
2:02:43	Michelle De La Rosa	F29		Empire State Building Run-Up Feb. 6, 2013			
2:04:52	Leoni Parker	F48		23:36	Dave Simko	M45	
2:05:09	Edward James	M66		Cherry Tree 10M Feb. 17, 2013 Prospect Park, Brooklyn			
2:05:41	Dennis Martinez	M31		58:49	Kyle M Hall	M34	2
2:07:30	Rick Bloomer	M49		1:34:48	Arnie Gore	M70+	1
2:10:12	Darren Rosa	M48		2:00:11	Susan Epstein	F65-69	1
2:15:19	Enrique Jaen	M47		Al Gordon Classic 4M Feb. 23, 2013 Prospect Park			
2:57:07	Sangini Dave	F42		23:08	Garland Days	M42	5
				27:01	Lauren Valentino	F34	7

28:21	Alexandra Hernandez	F31		25:21	Monica Harrington	F38	
28:44	Paul Swem	M63	3	25:30	Bette Clark	F57	9
28:59	Reggie Cedeno	M32		25:43	Jo Ann Pate	F38	
30:47	Adam Golovizki	M37		26:00	Dennis Martinez	M31	
30:52	Salvatore Carretta Jr	M56	6	26:03	Penelope Sheely	F43	
34:49	Edward James	M66	7	26:33	David Pultz	M61	
36:05	Mitchell Strong	M64		26:33	Edward James	M66	
36:38	Margaret R Nolan	F52		27:00	Enrique Jaen	M47	
				27:09	Leoni Parker	F48	
	Coogan's Salsa, Blues, and Shamrocks 5K			27:12	Darren Rosa	M48	
	March 3, 2013			27:16	Arnold L Gore	M72	10
16:38	Bobby Asher	M27		27:17	Shirley Middleton	F58	
17:01	Kyle M Hall	M34		27:17	Rachel Isaac	F19	
17:34	Garland Days	M42	7	27:30	Juan Tony Gonzalez	M67	
18:20	Kevin Shelton-Smith	M52	3	28:07	Margaret R Nolan	F52	
18:33	Carlos Lopez	M32		28:45	J. Vera King	F58	
18:45	Melissa Weiner	F35	1	28:49	Mitchell Strong	M64	
18:59	Laura Rodriguez	F33	8	29:07	Michelle Conley	F24	
19:15	Jeff Powell	M41		29:34	Lorraine Isaac	F50	
19:33	Anna Carlson	F30		29:53	Marysol Ruiz-Zapata	F46	
19:34	Sean Moore	M48		30:10	Monika N Macezinskas	F66	7
19:53	David Kornacker	M48		33:36	Nicholas Novelli	M18	
19:57	Lilia Britez	F30		33:58	Maryann Khinda	F33	
20:01	Rodolfo Diluca	M38		34:35	Susan R Epstein	F69	
20:02	Daniel Hennessy	M48		35:22	Andria Whited	F46	
20:11	Antonio Varrenti	M50		41:01	Deirdre Dugan	F40	
21:03	Anthony C Thoman	M50		43:43	Ramon Minaya	M72	
21:15	Angelina Roberts	F30					
21:37	Juliene Bell-Smith	F31			Celebrate Life Half Marathon		
21:54	David Isaac	M50			March 10, 2013		
21:54	Luis Roa	M48			Rock Hill, N.Y.		
22:00	David Rippon	M43		1:25:30	Kevin Shelton-Smith	M52	1
22:02	Rick Bloomer	M49		1:28:40	Melissa Weiner	F35	10V
22:22	David C King	M62		1:33:39	Laura Rodriguez	F33	30V
22:23	Reggie Cedeno	M32		1:37:07	Rodolfo Diluca	M38	
22:33	Salvatore Carretta Jr	M56		1:41:25	David Isaac	M50	
22:46	Adam Golovizki	M37		1:41:48	Alexandra Hernandez	F31	8
23:02	Erica Hubbard	F33		1:49:31	Hiroshi Kitada	M47	
23:17	Henry Nguyen	M25		1:49:58	Erica Hubbard	F33	
23:29	Richard P Conley	M57		1:50:58	David King	M62	4
23:38	Lorraine Clarke	F31		1:53:18	Lorraine Clarke	F31	
23:42	John Farrelly	M43		1:54:32	Jill Staats	F61	1
24:04	Ken Rolston	M61		1:55:24	Monica Harrington	F38	
24:08	Mandi Susman	F44		1:59:48	Bette Clark	F57	
24:29	Patricia Novelli	F42		2:03:31	Adam Golovizki	M37	
24:45	Harrison Isaac	M14		2:04:04	Jo Ann Pate	F38	
24:53	Jill Staats	F61	3	2:06:21	Arnie Gore	M70+	2
24:57	Gene Westling	M58		2:16:02	Adrian Hunte-Smith	F57	
25:18	John McCarthy	M53		2:39:02	Bill Smith	M66	

2:39:54	Susan R Epstein	F69		18:43	Bill Smith	M66	7
					10K		
				42:26	Antonio Varrenti	M48	1
	DC Rock and Roll Half-Marathon March 16			43:41	Lauren Valentino	PB F34	1
1:25:42	Melissa Weiner	PB F33	2OV	55:25	James Moloney Jr.	M50	
				?	Bill Smith	M66	
	NYC Half '13						
	March 17, 2013				St Patrick's Day 10 miler		
	Central Park to South Street Seaport				Freehold, N.J. March 17, 2013		
1:14:32	Bobby Asher	M27		56:59	Kyle M Hall	PB M34	2OV
1:23:55	Laura Rodriguez	F33		1:00:14	Garland Days	PB M42	1
1:27:37	Sean Moore	M49					
1:30:47	Daniel Hennessy	M48			Armory Thursday Night races		
1:33:05	Jamie Kyei-Frimpong	F31			1/3/13		
1:33:51	Sophie Staskiewicz	F23		800 M	2:34.0-Anna Carlson		
1:37:52	Angelina Roberts	F31		Mile	4:40.5 Bobby Asher		
1:41:33	David Rippon	M43			5:46.6 Jimmy Atkins		
1:42:24	Reggie Cedeno	M32			5:49.6 Beni Veraz		
1:51:59	Erick Fernandez	M31			6:30.5 Sal Carretta		
1:55:20	Zafar Shahbaz	M56		3000	11:39.2 Anna Carlson		
1:55:58	Rob Vassilarakis	M41			9:21.9 Bobby Asher		
1:56:24	Leonardo Vando	M37			11:43.3 Jimmy Atkins		
1:58:47	Michelle De La Rosa	F29			12:11.3 Beni Veraz		
1:59:59	Penelope Sheely	F43			14:03.1 Sal Carretta		
2:00:37	Leoni Parker	F48			1/17/13		
2:01:10	Darren Rosa	M48		800	2:32.4 Anna Carlson		
2:07:11	Salvatore Carretta Jr	M56			2:10.8 Bobby Asher		
2:08:51	Robert Jacklosky	M48			2:39.8 Beni Veraz		
2:10:51	Enrique Jaen	M47			2:59.9 Sal Carretta		
2:57:50	Benigno Veraz	M58		3000	11:09.2 Anna Carlson		
3:00:05	Catherine Anne Sapeta	F49			11:12.0 Laura Rodriguez		
				5000	15:48.1 Bobby Asher		
	Kings Park 15K				19:49.5 Beni Veraz		
	March 16				23:33.4 Sal Carretta		
1:39:40	Jose Cooper				2/7/13		
1:44:35	Blas Abadia			Mile	5:43.1 Perry King		
					5:44.1 Jimmy Atkins		
	St. Patrick's Day 2M/10K				6:26.4 Sal Carretta		
	March 17, 2013				6:45.1 Ken Rolston		
	2M				6:53.1 Manlio Mondo		
12:56	Miles Moloney	M23	1	800 M	2:30.5 Lilia Britez		
13:41	David King	M62	1		2:42.3 Laura Rodriguez		
14:13	Monica Harrington	F38	1		2:36.6 Jimmy Atkins		
14:30	Ken Rolston	M61	3		2:41.1 Perry King		
15:18	Bill Gaston	M50-59	6		2:57.6 Ken Rolston		
15:31	Jill Staats	F61	1		3:03.4 Sal Carretta		
16:58	Rozsa Gaston	F50-59	2		3:17.3 Manlio Mondo		
18:15	Dave Simko	M45					

# On The Run

*by Bette Clark*

This is the first time I'm writing since our January Awards dinner, the election results, Coogan's, our first Club Points race of the year, and NYRR Club Night, where our champions of 2012 were honored. I want to write briefly about each of these topics. But before I do, I want to share some thoughts about VCTC's participation in the Celebrate Life Half marathon yesterday (Sunday, March 10), as a way of bringing together all the themes I want to highlight now, as we go forward in 2013.

About 23 VCTC'ers headed north over the weekend to run (or support) the Celebrate Life Half Marathon in Rock Hill, Sullivan County, New York. We had winning performances and PR's set on a challenging, hilly course, but what we also had was a group of runners who travelled to take part in a race that raises money for cancer patients in a community without many other resources. This was the 10th Anniversary of this race, and race director, herself a cancer survivor and avid runner, has thanked me year after year for turning up with a larger and larger number of VCTCers. This year, in an email, she wrote: "so thankful to you and your group." People at the race commented on how many of us there were there (all

of course recognizable in our purple singlets (even when accessorized by pink!) and were surprised that we would drive "all the way from the Bronx" to take part in a local race. I felt so proud and honored to be part of VCTC on this day-- not only in awe of the running prowess of our team, but also of the spirit and camaraderie I felt at the start of the race as some of us gathered for a group photo at the start, along the course (an injured VCTC'er there to volunteer, others there to support in other ways) and after, at the post-race meal and awards.

When finding a way to come together to run a race, despite challenges we might face personally or collectively, we can put these aside to show unity as a team. When this happens in the context of a race which draws our attention to the overwhelming challenges faced by those who can benefit from money raised in this race, and those who participate as walkers and runners undergoing treatment or its aftermath, we often reassess our own challenges and adversities, and can focus on what is really important. But just because we can sometimes put aside our more trivial difficulties, doesn't mean that we can do this consistently, and we have to work to remind ourselves of what it means to work together for the common good.

2012 was a year I might summarize as: "it was the best of times, it was the worst of times" for our club. With regard to overall running accomplishments for our teams and individual runners, it was an extraordinary year, with PRs set all over the place at all distances and ages, and 4 of our members nominated as age-group runners of the year by NYRR. Most remarkably, our men's and women's open team both took the stage at NYRR Club Night for first place in the B division. This accomplishment highlights a theme of the year: "the times (pun intended) , they are a'changing." Our club is getting younger, faster, and more competitive. How wonderful this is!! And just as wonderful: new ideas for making our club even better--swimming instruction, orchestrated and led by our members, the shaping of a Runner's Assistance Program, plans to develop track races and community races--just a few of the projects in the works for 2013. Just as important is that we continue to recognize the values that are at the heart of our club--inclusivity and diversity, making all runners, no matter how fast or slow, whether they race for the team, or just join group runs, feel welcome and valued as a member of our team. We may have to work to do this, to be able to embrace the many aspects of our club--from competition to friendship and everything in

between. This is particularly true when goals for our club appear to conflict: should we focus on the social aspects versus competitive goals? Do we create a large "virtual" club or preserve the intimacy of a club where people run together? We have to work hard to integrate different goals for our club, and in doing so, embrace change while preserving the traditions and values that make us who we are. While sometimes this may seem like a daunting task, I am convinced that we can do this--if we truly work together as a team, not only when we race.

Looking back to our Awards Dinner, where the running accomplishments and service to the club were being recognized, I was struck by the great spirit of the evening-- there was a *joie de vivre* that seemed to infuse the evening. What was most striking was seeing old time members together with newer members-- a bringing together of the old and the new. Here is where we could focus on the both the growth and continuity, the tradition as well as the innovation. I want to thank our Social Director, Jill Staats, for putting together a great event. As good a job as she has done in 2012, we are looking for a new Social Director for 2013, to give one of you a chance to do something fun for and with the club. Please let us know if you are interested in helping to

organize and make happen social events this year.

Inside this edition of the newsletter you will find more details about our Awards Dinner and the election results that were announced soon after. I want to thank the people who helped out with the election--Dominic Lombardo, Jeff Powell and Mandi Sussman. This also the time to the time to thank those members of our executive committee who worked so hard during 2012 and have passed the torch to others for 2013. Thank you , Kevin Shelton-Smith, for your painstaking work throughout most of last year (and of course the years before) as Membership Director (a job now shared by Rick Bloomer and Gene Westling), and also for his contributions to the web committee. Dom Lombardo was also instrumental in keeping things current on our website last year. This year, Maryann Khinda (who also served on the website committee last year) is continuing to work on the website in a newly defined Communications Committee, which includes Mandi Sussman and Rachel Kimber (Social Media) and Liam Moroney (Publicity/Promotions). Both Mandi and Liam devoted time last year as well to developing and implementing new modes of communication. Thanks, also, to Jonathan Stenger, for his work on the website, social media, and By

Law revision last year. Also part of our newly defined Communications Committee is our Newsletter, still being edited and produced by Dave King. Our Race Directors last year: James Moloney (summer series), Hiroshi Kitada (with Jill Staats, Urban Environmental Challenge), Glen Shane (Cancer Challenge) will continue in their roles this year. I want to thank Kate Donovan (assisted by Dave King) for her Race Directorship of the Riverdale Ramble. Since this writing, there has been a decision to try something different this year: to put on a 10k in the Park on the Sunday of Labor Day weekend (September 1) and call it the Riverdale B"ramble" to link it to the Ramble but to identify it as a new race. We will not put on a traditional Riverdake Ramble this year--instead put our club efforts into the other spring and summer races, and then be able to dedicate more resources (time, volunteers, etc.) to a fall race. In addition, we plan to be integrally involved in putting on the 15K Pete McArdle, with plans now in the works to partner with NYRR with this XC race, this year scheduled for the Sunday before Thanksgiving (Sunday November 24).

I also want to thank Bobby Asher and Jamie Kyei-Frimpong, for their work on developing new Club Clothing this year. Bobby is now men's

Open Team Captain (taking over from Jonathan Stenger) along with Laura Rodriguez (for the women). Stepping back into his role as Clothing Director, Dave Isaac will be taking over clothing, with Rachel Isaac. As always, coach Ken and assistant Glen, with help from Dave K, are out there every Tuesday night on the track or on the hills, leading us to better times.

This was the first time that an election proceeding took place where club members were asked to vote for particular people to fill particular positions. This was a system that did not foster cooperation and team building, as it resulted in members being ask to chose between specific candidates rather than select their top 3 choices for the Board. We often learn from our mistakes (at least hopefully) and plan to do things differently next time. I want to thank our outgoing Board members, Kevin Shelton-Smith, and Mike Arnstein for their contributions to the club over the past two (and more) years. As Treasurer, Kevin created a new system to manage our finances, got us in line with the IRS, and kept us on track financially. I also want to thank Dave King (Vice President) and Dick Conley for their hard work over this past year, as they continue on the Board for their second of a two-year term. Welcome back to the Board, Jill Staats, for her return to the

Board, as Vice Treasurer. And welcome to Hiroshi Kitada, our new Treasurer (also UEC Race Director and Volunteer Coordinator).

I used the word "champions" at the beginning of this report, not only to recognize the remarkable running of our team this year, but to recognize all of you who have helped to build our team spirit, in the myriad of ways this can be done ( by the way, we were nominated for the Team Spirit Award by NYRR this year). Andie Davis and Jill Staats sewed 50 kilts last year so we could all run in the Scotland Race in full splendor; Kevin organized a fun Holiday pub run, Roly organized a swimming clinic with Rachel G, Sophie S, and Dave K instructing--these are just a few of the things that members face done last year and now this, that go over and above any formal "jobs" they may do for the club. Adrian organized a golf outing last year (and again this year) and is working on a spring retreat. These are all ways to build team spirit and solidarity for our team.

But I hope you all notice that the same names keep popping up--many of the same people work for the club year after year, and many play multiple roles. All of you newer members and those who have not yet stepped up to volunteer, one way or another. Share your ideas, come to our monthly meetings (usually the

2nd Saturday of the month, at 10:30), post a discussion/suggestion on Face Book or our website about something you'd like to see happen, or ways you'd like to help. And don't forget, this is VCTC and WE RUN THE BRONX.#

## Save the Dates

### *Van Cortlandt Track Club's Retreat/ Conference*

Saturday, May 11, 2013

8 am until 3 pm

Mariandale-on-Hudson  
Conference & Retreat Center,  
299 N. Highland Ave.  
Ossining, NY 10562  
Croton Dam Group Run; Walk  
at Mariandale; Team building;  
VCTC Meeting; Relax,  
Meditate, Yoga. Coffee/Pastry;  
Lunch served.

\$35/ person. Please RSVP:  
[achunte@verizon.net](mailto:achunte@verizon.net)

### *VCTC's Golf Outing/ BBQ*

Saturday, June 22, 2013

10:30am until 3:30pm

Fun Day!! Relaxed, Non-  
intimidating Environment to  
experience Golf. Guests  
welcome. Scramble Format.  
Golf Skill Not Necessary,  
great BBQ afterwards. Cost  
per person TBD/Approx.  
\$55-60.

Mosholu Golf Course and  
Driving Range  
Bronx, New York 10467

## CLUB NEWS

**Membership** *Please renew your membership which was due 1/1/13* (If you haven't already). Membership rates are: single-\$20; family-\$30. 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](http://www.vctc.org) Please e-mail Gene Westling or Rick Bloomer with any changes of address, phone, email and whether you would like to be added to the group email.

**Meetings/Workouts** For 2013: 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 at 242nd St and Broadway, 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 May/June issue is April 25, 2013. Maximum length is 600 words. Please e-mail [kingkvd@optonline.net](mailto:kingkvd@optonline.net) and/or [ogard777@yahoo.com](mailto:ogard777@yahoo.com) via the Yahoo group page and try to include a photo.

**Race times** Remember to send race times to Peter Coy [petercoy@verizon.net](mailto: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](http://www.vctc.org)

**UEC**-Our UEC race is on April 7 at Van Cortlandt Park 10 a.m. Come run and volunteer.

*Van Cortlandt Track Club*

*P. O. Box 341*

*Bronx, N.Y. 10471*