
Van Cortlandt Track Club newsletter

My Best Races

VCTC members write about their favorite runs

Laura Rodriguez

Race #1

I will never forget the *Women's Half/More Fitness* race I ran in 2011. I planned to be cheering at this race for Sally Meyerhoff, who was favored to win. But a month before the race happened, Sally was killed in a bicycle accident while she was training for a triathlon. So, I decided to run the race in her honor. Sally had become my mentor and she had given me such great advice. I was a newbie with so many running questions and she always helped. Her family started a foundation in her name, so in my wildest dream I had a plan that if I came in at least 4th in the race I knew I would get a \$250 dollar prize. So that became my goal. Not only did I complete the goal of getting the money for the foundation but I got a lot more than what I expected. That day I ran one of the strongest races I have ever run. I came in 2nd place female and won \$750 dollars. The race meant so much to me because I wasn't running for myself, I was running for Sally!!!

Race #2

The New York City Marathon(NYCM). This race was just amazing from the day I saw it as a spectator until the day I ran it. While training for the NYCM, I found out about the sub-elite program. It was a program that would choose 50 female and 50 male runners that qualified with fast times. I got in. The treatment as a sub-elite was so amazing: bus to the start, our own private tent, bathrooms and being on line behind Kim Smith in a porta-potty. This experience just proved to me that dreams do come true, with hard work dedication. I would have never

continued page 3

Eileen Hickey

Race #1

Long Branch Half Marathon - May 3rd 2009

This was my first half marathon. One night while drinking lots of wine my friend and I decided we wanted to do a half marathon. Another friend said her boyfriend was doing a marathon in New Jersey with Team in Training so we signed up with them to do the half. I had never ran at that stage! On February 1st we started our training and ran 1 mile. I remember I was so tired and out of breathe! It was a total shock to the system! "How am I going to do 13 of those" - but we battled on through a very cold winter and trained our hearts out! When race day came we were so excited and nervous. The race went smoothly and we had fun. The last half mile was on the boardwalk with music and we sang and ran to the finish. It was such a great feeling and we were so proud that we pulled it off. I remember saying to my friend Elaine "There is no way I could ever do a full marathon, imagine doing that twice?!" We both agreed it was impossible!!.....

Race #2

ING NYC Marathon 2010 - November 7th

After running another half marathon in Dallas Texas again with Elaine we both decided it was time to up the anti so in April we entered the *NYC Marathon* lotto. It was all very last minute not really expecting to get it. When results were called Elaine got in but I didn't. I knew then that I really wanted to do it so I signed up with Fred's Team and together we raised the money! Training didn't go too well for this, we started in June off to a good start but in late July I

continued page 3

Coaches' Corner

by Ken Rolston.

Acclimate! That's the word for this brutal summer. Run early, run slowly when going long, run shorter races, hydrate, cross-train, bike, swim, do interval work, give yourself time to adjust to what has been a nasty stretch of weather.

On race days, hydrate with water and/or Gatorade. Drink 4 ounces for every 20 minutes of running. Wear a hat, wear sunglasses, apply water-resistant sunscreen. Hydrate well for 2 days before a race.

Despite the weather, hill work continues unabated. We've seen fantastic efforts from the team throughout an intense series of hill sessions. The hill workouts will continue until August 13. Then it will be back to the track to prepare for the 4-

mile points race on Sept 7 and the 5th Avenue Mile on Sept 22.

Next points race: Club Champs on Saturday August 3. Men go off at 8:30 a.m., women at 9:30. Points are double for this race and the open sections score the first 10 runners, 40+ teams score 5 runners, while 50+ and 60+ score with 3.

We are currently in 6th place women's open, 8th men's open, 13th women's 40+. 5th both men's and women's 50+, 5th women's 60+ and 4th men's 60+.

Upcoming races:

7/28-9am Escarpment Run 30K, Windham, NY

7/31-7pm Al Goldstein 5K, Prospect Park

8/1-7pm VCTC Summer Series

8/3-8:30, 9:30 am NYRR Club Champs, Central Park

8/7-7pm Riverside Pk 5K

8/11-10 am Falmouth RR 7.1 mi.

8/14-7pm Al Goldstein 5K **7**

8/15-VCTC Summer Series Finale 5K

8/17-9:30 am Tortoise and Hare VC

8/17-9:30am Damon Runyan Cancer Research Run Yankee Stadium 5K

8/18-7am NYRR Long Training Run 6-20 miles Central Park

8/21-7pm Riverside Pk 5K

8/24-8am Percy Sutton 5K

8/25-8am Queens 10K

8/28-7pm Al Goldstein 5K Prospect

9/1-Bronx Bramble 10K VCP

9/2-Roosevelt Island 5/10K

9/7-8,9am Autrism Speaks 4mi CP

9/8-Walkabout 5K FDR Pk.

9/8-8:30am S Nyack 10 mi

9/8-9am Tuckahoe Challenge 1/5 mi

9/15-8:30 am Yonkers Marathon, 1/2

9/21-10am Woodlawn 5K

9/22-10am 5th Ave Mile

Van Cortlandt Track Club

2013 Board of Directors

President: Bette Clark

Secretary: Dick Conley

Vice President: Dave King

Treasurer: Hiroshi Kitada, Assistant: Jill Staats

2013 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 Jr.

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Gene Westling, Rick Bloomer

Athletic Director: Ken Rolston, Asst: Glen Shane

UEC Race Director: Hiroshi Kitada

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

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

Rodriguez continued

thought I would be able to accomplish running a marathon, but I did.

Race #3

The mother of all races: ***The Boston Marathon***. Thanks to a qualifying time from my first marathon I was able to run Boston. I had promised myself that if I qualified I would run Boston as my 2nd marathon. I will forget the events after the 4:08 mark, because before that it was the perfect marathon and the perfect day.

“After seeing my teammates at heartbreak hill I felt confident and happy...”

The training for Boston was hard: winter mornings up at 5 a.m. were the toughest. But I knew that all that training would pay off on race day. I was scared on race day morning but I trusted my training. As soon as the gun went off, I stuck to my plan of negative splitting. I had learned a lesson from my 1st marathon and that was that I wanted to finish strong. I ran until the 13.1 mile marker right on track and then I picked it up. To me the marathon comes down to those last 6 miles. That's when the race started. After seeing my teammates at heartbreak hill I felt confident and happy that I only had a couple of miles left. So happy thoughts filled the heart and it took over the tired legs. I finished Boston with a time of 3:04, negative splitting the last 6 miles.

When I run, I always tell myself to run with heart. A heart full of happiness and confidence will take you a long way.

Thanks coach Ken for giving me the confidence I needed for Boston!!!! It made it one of the greatest races I would never forget. #

Hickey continued

had to get my appendix removed. I remember in the ER when the nurse said "yeah honey you gotta get your appendix removed" i was like "now...today"? All I could think of was my training and the marathon! It took me a while to recover and I started running again in September. At that time Elaine started to have knee issues on and off until the race. On race day we didn't feel very prepared but we were still ready to give it our all. We ran together for the whole thing meeting friends and family along the way, I remember running through Brooklyn and the atmosphere was electric we both decided time didn't matter and we would just have fun and enjoy it! By Mile 18th we were in trouble. When we walked it hurt too much so we ran the rest of it helping each other along. When we were almost at the finish we met our boyfriends and they gave us a huge Irish flag and we crossed the finish line holding it up. It was another moment of feeling very proud. Our time wasn't great at 5.39 but we didn't care. I knew I would be back again!

Race #3***Staten Island Half Marathon 10/7/ 2012***

I didn't like this race!! The course was boring, my friend drove, we couldn't find parking and when we eventually did we had to queue for 40 mins to get a parking ticket. The race started at 8 a.m. and I crossed the starting line at 8.35 a.m. they were just about to take up the timing mats! I was so stressed out but I had a goal to finish in 2 hours or sub 2! My motto of the day was "sub 2 I'm coming for you" yeah cheesy i know!! After that the race went pretty well, at the half way point it looked like my finish time might be 1.55. I knew I had gone out too fast though so in the 2nd half I slowed down a little but still pushed myself to finish in 1.57.31. I was soooo happy to finally break 2 hours with a couple of minutes to spare and I was also happy to have finished and be able to get off Staten Island!!! #

Best Races continues next page

My Best Races continued

Miles Moloney

1. 4/26/2005-Sprint Medley Relay , Curtis H.S. Field, S. I.

I was the anchor leg (800m) and this was both my first time as anchor and first ever 800m run, ever. I was a last minute injury sub-in as a sophomore in high school. We finished 6th (last qualifying team) in the preliminaries to make to finals but only top 4 in the finals got medals. By the time I got the baton, we were again in 6th and I was behind by a large margin, maybe 100m. Curtis High's track goes under a tunnel for about 25 meters just past the 200m turn. I came out of the tunnel on my second lap in 5th place and chased down one more on the last straight-away to finish fourth with a time of 4:15.91. we beat out 5th place by .78 secs. I was so happy and proud of my team then but in hindsight, 4:15 is terrible time for a SMR. Still, very memorable.

2. 5/18/2013 Half Marathon, Brooklyn Half Marathon

This was my first half marathon (and only one so far) and the longest distance I had ever ran up until this point. It was a tough transition from being a sprinter in high school to a distance runner with VCTC. It was also a redemption race as I attempted to run the same event in 2011 but couldn't make it past mile 5 before my knees gave out on me. Everything seemed so perfect on race day...getting to the team bus late and having to go 3 on a 2-seater next to Roly Diluca and Laura Rodriguez. I'm from Brooklyn so this race was really special to me and this was my first time 100% pain free running since...ever. I felt GREAT. Started off slowly from fear of going out too fast and tiring myself but once I entered Prospect Park, I couldn't resist. I felt like I sprinted through the last 8 miles of the race and finished without pain, without shortness of breath. Having so many teammates there to encourage me was amazing.

3. 7/4/2013 (tie between 2 races) 8-Miler Putnam County Classic Mahopac, AND 2x2-Mile Relay Summer Series

My father came up with this challenge to run the Putnam County Classic 8-Miler in the morning and the 2x2-Mile Relay at night. To qualify for a special award, you and your relay partner each had to run the 8-miler as well. I ran with Paulina Nunez who was a GREAT partner. We only met a couple months before this race but bonded quickly as we are 2 of the youngest people in the club and only days apart in age. I always looked up to her as a great runner but she looked up to



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, and 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, 90 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 wellbeing. 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, \$50

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

Bronxville Running Company

Apparel sale/last year's shoe models:
20-50% off

VCTC discount on non-sale items

www.run.com



Bronxville Running Company

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

www.therunningcompany.net

me as a great runner as well; we fed off of each other. Her goal was to run the 8-miler in under an hour so that automatically became my goal as well. The course was VERY hilly but I kept telling myself "keep those legs moving" & "under an hour, under an hour." Finished with a time of 57:28 and waited for Paulina who finished just over an hour (coming off of sickness, I think that's the reason why). Post-race food and awards were great and so many team members who took the trip up to Mahopac made the day really fun. Bobby Asher ended up winning the race to no surprise as he may very well be the best runner in VCTC. He's one to easily look up to as well so as respect for him, I dressed up *as him* for the 2-mile relay at night. Paulina dressed up as Laura and we tried our best to run as fast as them in the relay but on tired legs, we only finished 10th. It was a ton of fun though and Bobby and Laura seemed to be really appreciative of our efforts. Paulina and I still ended up being the fastest team to complete both races and won awards, which made it all worth it. ####

Brian Drennan

I have been running for a long time.....primarily through high school competitively in the 400, 800, and 4x400 relays. I moved up to the 1600 my senior year. When I went to college, I still ran, but nothing

competitively, just for fitness, 3-4 mile runs a few days a week. When I graduated and moved to Manhattan I ran a lot more often and always in Central Park, logging lots of miles, but never racing. I always kept it to more of a fitness regimen.

After a year of running for exercise with no real intention of racing in any way, I had started to achieve my goals, which was to take the weight off and improve my health. I lost about 20lbs and was feeling well mentally and physically. I knew at that point however that I wanted to run the *New York City Marathon (NYCM)*. What ultimately made me embrace running as salvation was when my father tragically and suddenly passed away on November 6th, 2011 during the *NYCM*.

From that day forward, running took on a much deeper meaning to me than just training, competing, or even getting time by myself. It was and is my time with my father. He is with me on every run however short, long, or whoever is with me.

After my father passed, I decided that I wanted to run my first race....the *NYC Half* (2012). At this point, I really had never run longer than 10 miles. So, I started training and was diligent about my training.... wind, rain, snow, sleet, freezing cold, I trained all winter. On the day of my first ever half, and first ever race in 20 years, I was nervous. I

did not know how to hydrate at that point or use nutrition properly, or what to eat that worked best the night before. I had no idea what to expect or even how I would feel.....but I ran as hard as I could achieving a 1:39:40..... completely died in mile 12 and 13. Crossing the finish line was an absolute euphoric feeling. I had run my first race ever. Tired, sore, and hungry as hell, it was one the happiest days of my life. It reminded me that things will be alright and though the pain of losing my father was overwhelming, I knew the future would bright.

I ran *Brooklyn* that year as well (2012) improving to a 1:37 and had gotten into the *NYCM* by lottery. In July last year I started training for the marathon that never happened. Though the marathon never happened, I still felt great about how I was running; I was down to 205 lbs and in the best shape of the last 20 years. In November 2012, I joined VCTC as I felt that the club would be a great motivation to improve and had specific regimens on a weekly basis....not to mention great people that I call friends. I ran the *NYC Half* 2013 and improved to a 1:36, followed by the *Brooklyn Half*; improving to a 1:34:40. I ran my first ever 5M race at 33:58. ####

Best Races continues page 8

Race Report

Ascutney Mountain Run

by Andie Davis

Have you ever run a “mountain race”? Most of us know about the legendary *Mt. Washington Race* and if you’re like me, you may have had thoughts about doing it sometime. We all run hills, but a mountain race sounds like a different type of challenge: all uphill, no flats or downhill.

To get a feel for mountain racing and determine if I’d like to try *Mt. Washington* in the future, this year I decided to try

the *Ascutney Mountain Run* in Vermont, known to some as the “*Mini-Mt. Washington*”. It’s advertised as 3.7 miles (but



Andie points to the difficult course from the observatory at the top

really 3.5) so I trained at Bear Mountain since the road there from the carousel to the summit is 4 miles, all uphill. Along with other longer and hilly runs, I did two training runs at The Bear

with Bette Clark and Hiroshi Kitada, three weeks apart, of up-down-up (12 miles total, 8 uphill) with the goal of completing the second uphill faster than the first.

The runs were hard, but I accomplished my goal of negative splits, averaging 9:20 pace for the ups, so felt that I would be able to run *Ascutney* just fine. About three weeks before the race I finally researched the inclines of Mt. Ascutney and Bear Mountain and discovered that the race would be an average grade of 12%, compared to The Bear’s average of 6%. Twice as steep! I got scared and decided I needed (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

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

one more run at The Bear, going uphill only once with a full push, for which David Isaac agreed to join me since he was preparing for Mt. Washington. It didn't go well: I felt sluggish and strained and had to walk the steepest section (10% grade). My confidence was damaged. Later that day I came down with all the symptoms of a full cold; at least it explained my difficulty in the run! I had a full two weeks to get over the cold.

I stayed overnight in Vermont the night before the race so had only a short drive to make the 9:00 a.m. start. The morning was perfect: upper 50's and mostly clear. Some supportive friends had decided to hike Mt. Ascutney to meet me at the top, so they began their hike much earlier from a trail head separate from the race start at the auto road.

While getting my number (and t-shirt with the wrong date) I heard everyone talking about a race the weekend before: how hard it was, how steep, how long it took to recover. It seemed like everyone knew each other and that they all do the mountain race series that qualifies one for automatic entry to *Mt. Washington*, bypassing the lottery, not unlike NYRR's nine races for marathon entry. And everyone looked powerful! I was intimidated. Some men sympathetic to my outsider, novice status told me that the first two miles were the steepest

and that it would become a little easier after that – but that it was hard. I kept asking myself: “Why did I want to do this?”

The start was probably the slowest I've ever experienced.

We went about 50 meters flat and then turned onto the very steep auto road. Amazingly steep! I found myself losing power within a quarter mile and began walking before a half mile, thereafter doing a walk/run combination all the way to the finish. At the first mile I saw that my pace was 13:10. I only hoped to be able to maintain that! It was difficult just to keep going, but I looked forward to the two mile mark and a little relief, as those guys had indicated, but at 2.5 I was still looking for it. Finally I came to a stretch of less than 100 meters where the incline lessened, but then it picked up again for the remainder of the course. Had they told me that just to help me keep going?

I had to draw on all of my mental and physical resources to finish the race, not unlike my first marathon. It took everything I had. In the last half mile I caught up to a 10 year old boy who was running by himself and we took turns overtaking and being overtaken as we both took walking breaks. At some point his father was by the side of the road, encouraging him by saying that after two more turns he would see his mother. Good to know: I told myself that after one

more turn I had to run without stopping so that I could finish respectably before my friends waiting at the finish. Somehow I managed to do so.

There was plenty of water and food at the top, including rolls, salads, fruit and potato chips. After a brief recovery (and a handful of chips) I hiked a short trail to the very summit of Mt. Ascutney to the small observation tower, where I could see how far and high I had run. On the run back down, I noticed the beautiful blue sky, roadside streams and paths, trees, occasional vistas and all of the beauty that I had missed on the way up. The bottoms of my feet burned from the pounding by the time I reached the bottom, but the return was so much more pleasant than the race.

Here are my lessons learned:

- Not every race has a happy ending.
- Expect to draw on mental will even for short distances.
- Train on grade that is equal to or steeper than race course grade.
- Have friends waiting to make you finish strong.

For full disclosure, here are my stats:

3.5 miles at 49:59 = 14:17 avg. pace (less than half my usual pace for that distance!)

4 of 9 in age group (women 50-59)

21 of 52 females

102 of 179 finishers

This race kicked my Ascutney! #

Peter Coy's Ten Tips For Injured Runners

Follow these 10 tips and you'll never suffer a running injury again. If you do, the injury won't last more than a week. If it does last more than a week, you'll get back in shape in no time. If you don't get back in shape in no time, by following these tips you'll still have the strength and flexibility to put on an old race T-shirt and watch the New York City Marathon from your couch. So follow these tips!

You might think it strange to take advice on injuries from a club member who is almost constantly sidelined. (My apologies here to Kevin Shelton-Smith, the long-suffering Men's 50 captain.) But think about it this way: Would you take sex advice from a virgin? When it comes to injuries I am, shall we say, experienced. At age 55, after a running career of just over 40 years, I've injured toes, arches, heels, Achilles tendons, calves, knees, hamstrings, hips, back—just about every part from south to north. I've even had running injuries to my hands (from falling). ***So listen up:***

Don't run. The surest way to avoid running injuries is to avoid running. Simple, right? It's hard to admit, but running is more of an obsession for most of us than it is a pathway to good health. If you quit now, you might still be able to walk on a pair of healthy, original knees at age 85.

Don't stretch. A little stretching is useless and a lot is lethal. A friend of mine named Randy who did sub-17's for 5K in his late 40s blew out his back once while stretching. That was the end of his racing career. When people asked Grete Waitz if she stretched before running, she would say, "Does a dog stretch before it runs?"

Stretch. I take back what I just wrote. You should stretch. How could so many famous experts (except Grete Waitz) be wrong? Just be careful because it's easy to overdo. My muscle fibers are composed of glass, I think, so they don't get longer when subjected to stretching. They just, all of a sudden, break. So come to think of it maybe you shouldn't stretch.

Warm up. Start so slowly that you'd be embarrassed for anyone to see you. So slowly that John Boehner could pass you while walking to the corner for cigarettes. Lots of injuries occur in the first few hundred yards of a run when you're cold and stiff. If you ease into your run as inconspicuously as possible, your body might not even notice.

Get strong. I read in a running magazine that building up your muscles protects you from injury because bigger muscles hold your joints in proper alignment and absorb the shock of footfalls. Ever since reading that I've been on an intensive muscle-building regimen. By my calculation I may have added as much as one pound of muscle to my skeletal frame. So it's working.

Cross-train. When I'm not running you might find me playing a vigorous game of billiards with my aged father or briskly turning the pages of a book or magazine. Some people prefer to swim or bike, but my bathtub is too small for swimming and my bike's tires are flat. Don't forget that you can get injured while cross-training. I got my latest injury this spring while hiking on the Appalachian Trail. (The real one.)

Avoid deep tissue massage. Early last December after a mysteriously long period of good health and just off a 79.1 percent age-graded race, I was psyched to improve further and get back over 80 percent again. So even though I didn't have an injury I went for a deep tissue massage on my knotty right hamstring. The masseuse dug in deep. Real deep. She cleared me to run the next day. Less than four miles in, my hamstring went into a spasm that knocked me out of running for a full month. Some people swear by deep tissue massage, but it's a risk. I hope never to feel that woman's knuckles again. (con't)

Really avoid the ultra guys. They are nice but immortal, which makes them dangerous training companions. They can't conceive how anyone could suffer an injury without having gone at least 70 miles over mountains. My last injury occurred on a hike one day after I accompanied Kevin on a brisk third loop of the Van Cortlandt flats and hills. It seemed harmless at the time. (See: Cross-train.)

Let women beat you. Thirteen years ago when I was faster and more prideful, I was matched in a relay race against a woman who, I found out later, was a top collegiate runner from Pennsylvania. It was a hot day. She passed me. I tried vainly to keep up. I suffered heat stroke, ran off the course, became delirious, crashed into the side of a parked car, and had to be hospitalized overnight in the cardiac care unit with a catheter stuck into my, ahem, urinary tract.

Remain pessimistic. A gloomy outlook is a runner's best friend. I'm most prone to injury after a good race when I start dreaming of going even faster. ("Coy takes Olympic gold!") If you keep your expectations low you will be happy with whatever you achieve. You will take cautious baby steps toward fitness. You will get faster while staying healthy. And you will remain deeply pessimistic, a Kierkegaard of the roadsides. What could possibly be better than that? #

Brooklyn Half-Marathon

by David King

It was an early morning (meeting at 5 a.m. at VCP) for those of us running the Brooklyn Half on May 19. Kevin Shelton-Smith had arranged for a team bus to get us to the start for a 7 sharp horn. It was a great service, as there were 22,000 entries for this 13.1 mile race, and parking would be scarce if not impossible out there in no-man's land. (15 years earlier, I had parked my car near the then-finish in Prospect Park and waited 50 minutes for a D-train to get me to the start in Coney Island. I got there 8 minutes AFTER the race started). But this year was very different: start outside the Brooklyn Museum, run 3 miles in the streets, then into Prospect Park before heading for the finish on the Boardwalk via Ocean Parkway.

The mood going out was one of excitement, though a bit muted as runners contemplated this long, uncertain journey to the finish line. But the weather had cooperated: mild, overcast with a breeze, though humid. The horn sounded on time and we were off.. well sort of. It took me 3 minutes before I began my run as the multitudes funneled into the right lane. I won't bore you with race details, but the miles did float past rather easily for me and soon I was within 2 miles of the Boardwalk. The legs were just starting to cry "uncle" when the finish line appeared. I had run my fastest 1/2 in 10 years, so I was relatively happy. A Guinness or two was the perfect recovery drink at Molly McGuire's and the bus home was jovial and loud. #

Damon Runyon 5k at Yankee Stadium Run/ Walk for Cancer Research

Sunday August 18

9:30 a.m. (staggered start)

Yankee Stadium, One East 161 St
Bronx, NY

Fee: \$50 plus \$60 minimum
fundraising

Register online at:

www.runyon5k.org

**100% of proceeds will
go directly to cancer
research**

www.damonrunyon5k.org

1-877-7cancer

212-455-0500

My Best Races continued

Vera King

1st Favorite Race: **NYC Marathon 1991**...when I first joined the club in 90, I was at the marathon table and I really got into "the marathon" and wanted to do it in 91. It felt great to be at the starting line and I realized what a great experience it had been to be with VCTC to train for this event and how being in the club had changed my life in every way. It was a wonderful day weather wise and otherwise.... not a fast time but a good, strong finish.

2nd Favorite Race: A 5-miler in 1993 in Mamaroneck that I did with Dave. We both placed in our age group. But I only placed because Audrey Schwabe (former faster runner for VCTC) ran alongside me and pushed me all the way. She would not even let me stop for water which I had never done. I was thrilled to finish in 35:20!

3rd Favorite Race: **Marine Corp 10K** in 2011 very emotional because my nephew was at Walter Reade recovering from his lower leg amputation...it helped put the spirit back into my running and I completed it in under a 10 minute pace with very little training. It was a well organized race with lots of water and good looking soldiers giving it out. Great weather, spectators and beautiful scenery. #

Luis Roa

My third favorite race would have to be this year's *Bronx Community College Hall of Fame 10K*. It taught me how to be resilient in the face of a course that at times seems endless. Absent the cheering crowds that are common in Central Park, this race reminded me of how important it is to shut out negative thoughts and simply focus on the goal at hand. My Tuesday track workouts made all the difference in this race as I was able to finish strong.

Second favorite race on my list is this year's *Front Runners Pride Run*. This race came 2 weeks after I fizzled out at the 4 mile mark during *Portugal Day* where I went out way too fast and needed a couple of walking breaks. I finally learned how to begin a race by not letting myself get swept up in the adrenaline rush of the starting corral. I found out how delightful it is to be able to take it up a notch at mile 3.5 and have a lot left from mile 4 to the finish line, thereby beating my PR by :23. It felt even better to accomplish that in such hot and humid conditions. I learned a lot about myself that day.

Without a doubt, my favorite race of all time is this year's first *Summer Series 5K* race at VCP! This race took place during a torrential downpour. It is significant in that I almost returned home from the parking

lot thinking that I could never perform in that weather. I ran onto the flats and saw, to my amazement, a large crowd of people that were there for the very reason I was. That was the moment when I was convinced that runners are simply a breed apart. I was genuinely happy and anxious to begin. It became a good old fashioned country trail race as I splashed through puddles approaching the back hills. I did not place in my age group that day but it was the most fun I've had during any run. I truly felt like a kid again. #

Rachel Kimber

1. **Celebrate Life** - the only thing that would make this race better is if it was on trails, but then I'd have to watch my footing and the course is far too pretty for that. The race "vibe" makes the race for me and the people who race and organize Celebrate Life are some of the nicest people I've ever met. I dream of one day getting an AG award on this tough course, but the Outback Steakhouse finish line feast and beer is usually reward enough. Race Quote: "Beni, what is your goal [time] for today?" "Rachel, today I run to Celebrate Life."

2. **Bear Mountain Endurance Challenge** (marathon distance) - this race just rocks. Hitting these trails at a running pace will make you feel badass.

continued

You can run alone, with a buddy, or with a group and your partnering may vary throughout the course. The range of emotion for me has gone from lonely and beaten, to weightless solitude, to sharing stories with my new best friend, to laughingly guiding a pack of runners (accidentally) off-trail. This race always makes me feel like a winner when I cross the finish line. Race Quote: "Be the beast to best the beast."

3. The number 3 spot is a tie between the **Boston Marathon** and the **5th Avenue Mile**. These are the two races where I have felt most competitive. (These are the only races I have given such dedicated training). The starting line at both races was jammed with stellar runners. I got to stand next to them. I got to race with them. Boston was 26.2 miles of joy and I was able to finish with a sprint. The *5th Ave Mile* was 5 minutes of torture and I collapsed on a fellow runner just past the finish line. I loved the extreme experience of each race. #

Maryann Khinda

3 Most Memorable Races

**2013 Brooklyn Half –
5/18/13**

I trained for this race for months and it was on the same morning as my, as I was thinking Dom is probably suffering more than I, so I made a deal with God

I would run harder to make it easier for him.

2012 Brooklyn Marathon – 11/18/12

This was my first marathon after I ruptured my appendix. I only trained for 2 months. I wanted to prove to myself I could still run. I know I could have ran sub 4 hours, but my doctor gave me strict orders to treat it like a training run. I was also happy I was alive and so thankful to be back running again.

The 22nd Annual Police Officer Christopher Hoban Run/Bay Ridge BK – 9/19/10

This was my first 5 miler. I was so proud of myself to have completed it. I was exhausted and sore after. I clearly remember the whole route and how I felt finishing. #

Ariel Cruz

*M*y most meaningful race was in November of 2009. It was an annual 10k in the Dominican Republic that my grandfather had been participating in for about 25 years without missing one race. He was 99 at the time and I wanted to run with him because he was such an inspiration. I don't remember my time but all I remember is my grandfather telling me that when he was in his 70's he ran a faster time than I did and I didn't doubt it. What I remembered about the race was

the tough hilly course and the heat. I was not prepared to run in those conditions.

My third and second most meaningful race was the **Rock n Roll San Diego Half Marathon** in June of this year. The race was to benefit the Leukemia and Lymphoma Society. I registered for this race shortly after losing a dear friend to Leukemia in her honor. Having already completed two marathons at this point I knew I can run the distance. My goal was to break 2 hrs and so I started doing more weight training and doing hill workouts. About a month before my race I started training real hard without proper rest in between workouts. In a nutshell I had two muscle tears in my right lower leg. One in my Soleus muscle and the other in my gastroc. It was my first real injury running and I ended up having to go to a specialist and doing two weeks of physical therapy. This had its upside because I discovered I had an uncompensated forefoot varus which required a modification to my in-sole. I unfortunately re-injured my leg around mile 4 but kept on and completed the race in 2 hrs 25 min. #

**Races continues next
page**

David Isaac

Wurtsboro Mountain 30K-2013 (2:21:16-2nd place AG-M50-59)

This was my third try at this race (2009, 2009) so I finally got it right. Wurtsboro starts with a 4.5 mile long hill climb, which I ran at a pace that felt quite comfortable. I was running in a small pack up the hill until about mile 5, at which time the other runners accelerated to a pace that was not within my capability. I ran the next 7 miles virtually alone; I passed a couple of runners who had opted for the early start, but no one passed me. This was key, because in addition to a massive PR, this race really drove home the fact that hills are the strength of my running. I realized that starting the race on a long uphill allowed me to run a "bit over my head" and put a huge gap over the runners who would be at my pace. Gaining this insight has made me work even harder on hills as I move forward. This was also the second ever that I won an AG award, which was a great bonus to a race that I was already very proud of.

Wineglass Marathon 2012 (3:53:57)

This was my 9th marathon in 4 years, and the first time I was able to break the 4 hour barrier. I worked hard on my diet for this race, weighing 192 on race day.

This was a 33 pound loss from the Poconos Marathon 5 months earlier. I also incorporated weights and cycling into my training. Also, although I did speed, tempo and long runs, for the first time I decided not to follow a formal training program. My race plan was to stay slightly ahead, but within sight of the 3:55 pace group, and build in a 5-minute cushion. I actually had enough left to increase my pace over the last 2 miles and finish the race in just under 3:54. This race was also made memorable by training and racing with Andy Decker. Andy and I had been doing a lot of runs together over the prior year and a half; it was great to have a common goal race. Several other VCTC runners ran as well, and having dinner together the night before the race was really special. The course was also quite pleasant, and offered lots of support from volunteers and spectators.

Celebrate Life Half Marathon- 2013 (1:41:25)

This is my current half marathon PR, completed on a difficult course. This was the race that made me believe I was capable of a sub 1:40 half and possibly a 3:30 Boston Qualify marathon. I ran the first 10 miles of the race with Alex Hernandez. My goal was to hang with her as long as possible, believing that if I hung in there long enough, she might pull me to a PR. Alex picked up her pace after mile 7,

and I thought I was done. I kept her in sight, ultimately catching and passing her on a steep hill around mile 10. That gave me the confidence to push exceptionally hard to the finish. #

Glen Shane

While competing for St. John's University in the 60's in ran a 47.1 anchor leg in 1 mile relay at Quantico, Va. The team ran 3:12 setting a school record at that time and finishing 3rd place.

The second race was in 1981 at Syracuse University. The race was 600 yards. I ran an American indoor record of 1:15.7. The record lasts to this day because the event is no longer held. My splits were 220/25.6, 440/52.5. I anchored the mile relay as a masters American indoor record was set at 3.33.

The 1981 NYC Marathon was a major accomplishment for me going from a quarter miler to marathoner. My finishing time was 2:58.41 and average of 6:49 mile. A 4th accomplishment was finishing 3rd in the Nationals Masters Champions in NY at Hofstra University and running 2:02 at 45 years of age. I was also the 10-year 800m champ at the Empire State Games. #

More *Best Races* next page



Ken Rolston

1) Boston '75- 2:26.50 marathon

2) Queens College '73- 4:21 mile

3) Schenectady- Albany 30k

Bankathon- 1976- 1:39:40

**4) Empire State Games- 2007-
800- 2:33 1st place**

May 1973- my final mile race for Lehman College, at the CUNY Champs held at Queens College, our sworn enemy. They had superior facilities and a superiority complex. Two years earlier I had witnessed a terrific tactical maneuver by Dave King's teammate Pete L'Official who had veered out to lane 3 to ward off a late charge by Queens miler Herb Holman. Oh did the Queens contingent howl in protest ! I had a great view of it from 3rd place in 4:25. But I had never tasted first place and this was it.

Tactics would again play a key role. Queens had their best 800 guy pace their top miler through the first half in an even paced 2:12. The 3rd quarter is generally the toughest part of the mile. Normally you hang on, then kick for the final quarter. But the half miler worried me because he could out kick me. He was simply faster. I had read an article about the use of a longer sustained kick, so with 600 to go I went past both Queens guys and hit 3/4 in 3:18. I never looked back and ran the best final quarter in my life in 63 and won the race in 4:21. I remember

punching the tape and staring at the Queens coach before being lifted by my teammates and carried off. The time still stands as the school record. But of course they rarely run the mile anymore.

Boston Marathon- 1975

After graduating from college I took to the roads. Clubs like the NYRR were starting to flourish. The distance running boom was set off by the unlikely victory of Frank Shorter in the 1972 Olympics. Several members of our cross country team ran in the 3rd annual NY Marathon in September of '72. The race fee was maybe \$5 and there were about 180 runners including 6 women. They were asked to start early and sat down in protest as the gun went off and the men cheered. I ran 2:52 and placed 29th. In Jan 1974 I ran 2:42 in the Jersey Shore Marathon; 3 months later went to Boston for the first time and ran 2:35. I had the bug !

So April 1975 came upon us with high hopes. Fellow marathoner and mentor Ernie Rivas and I dared to believe we could break 2:30. We got lucky on race day, temps in the 40's with a favorable breeze coming from behind. We started out running easily with no real sense of pace since there were no mile markers and running watches hadn't been invented yet. After about 30 minutes I said goodbye

to Ernie- the pace felt too slow. Inexplicably Led Zeppelin's "Kashmir" was playing in my head. The hypnotic rhythm of the song flowed through my legs. Unmarked mile after mile churned past. I knew it was fast and that I was in the top 100 for sure. People kept calling out my name and through Heartbreak Hills the cacophony was nearly overwhelming.

My brother, sister and fiancé kept popping up all over the course. Over the last 3-4 quad busting miles I could feel myself slowing down and getting passed. Finally the last turn from Hereford to Boylston and I heard my brother scream out my name one last time. As I acknowledged him with a raised fist both quads cramped up. I hobbled the last 100 only to be passed by...Ernie. He got me by 2 seconds. I ran 2:26:50, 82nd place on a historic day on Boston. To this day he regularly busts me about his "superior" kick.

Bill Rodgers became famous for his record shattering win. Over 100 runners broke 2:30. Almost 900 in a field of 2200 broke 3 hours. The marathon had arrived.

Schenectady- Albany 30k

Bankathon

After Boston success in '75 we had our sights set on a new goal, Olympic Trials Marathon 2:23 qualifying time, in Oregon May '76. A month prior to Boston

'76 I found a 30K race from Schenectady-Albany, AAU Nationals. Light snow falling went out easily at 17 minutes for the first 5K. Then everything began to click. Never felt so fast for so long with memories of passing NYC marathon champ Norb Sander just past 15 miles. Bill Rodgers set a world road record time of 1:29. I was 22nd in 1:39.40.

But the dream of the Olympic Trials never materialized. Boston was run in 98 degree temps and I stumbled home in 2:46. Ernie won the Avenue of the Giants in 2:23.17, missing the qualifying standard by 17 seconds.#

Dave King

1. ***Roosevelt Island 10k, Sunday, April 5, 1981.***

Coach Ken and I were doing some "monster" 440 workouts on Fieldston Road that winter, so I had very good leg speed. In this race, I ran neck and neck with George Wisniewski for the entire race. He barely edged me out at the end. I ran a PB 31:33, though the last mile I remember thinking I couldn't wait for the race to be over because I was really hurting and "sucking wind". Results are in the next day's NY Times.

2. ***Lynch's Lap April, 1981.***

I ran in a local bar race, organized by the brother of a kid

who had been on my Little League baseball team. *Lynch's Lap*. Bobby Lynch asked me to measure a 5k on the Van Cortlandt X-Country course. So I mapped out a course that included the college freshman 3 mile, plus .105 mile. Desi Sugrue (who was also on my Little League team) was in the race; he was the best high school freshman in NYC in 1966, and that made me a little nervous. I went out very fast, wearing my new Nike Racers, which felt as if I were running barefoot. I never looked back. I was absolutely flying up and down the backhills. I ran 15:06, my 5k PB, winning the race by 4-1/2 minutes. Desi had gained a lot of weight since high school and I never saw him during the race.

3. ***College time trial March 1971.***

My college coach loved time trials in early spring. Only catch: you couldn't run in your event. One corollary to the rule; the sprinters(who whined and moaned) were allowed to run the 100 (yards), since anything longer than that was, oh, such a burden on them. I chose to run the 100 yd dash, as I had been training with the sprinters indoors, and realized I was just as fast as they were. So I lined up beside seven 100 guys. The gun went off and I beat them all. 9.8 seconds I was told. Thankfully, I

never ran another mile or 2-mile in college (never were my races).

4. ***YAI 5k May 1991.***

I was almost 41 and finally getting back into decent shape(after 5 years of fiddling around) when I ran the *YAI 5k* at Scarsdale High School. The first mile I was in 3rd, behind 2 high schoolers who had gone out too fast. I passed both in the second mile, and led the rest of the way. I finished in 15:39. Rumors were the course was short, so I measured it that next week: it measured 3.07, just shy of 5k. At that pace, I would have run the full 5k in 15:48, not bad for 40. #

Glen Shane's Fastest Races

1. 440 yd National High School Champs-50.1 1st place. 1958
2. St. John's 4x440 relay, Quantico Relays-47.1 3:12 team. 1963
3. 600 yd MIC 1:15.7 American Record 1981 (40-49)
4. 4x400 relay MIC 52.0 American Record 1981 (40-49)
5. Empire State Games 800m 2:07.7 (40-49) 1981
6. 5th Ave Mile 4:45 (40-49) 1981
7. NYC Marathon 2:58:41 1981
8. Hispanic Half 1:20:30 1982
9. Meadowlands 10k 35:47 1982
10. Go Pre 5k 18:11 1985
11. Masters Outdoor Champs 800m 2:02.9 1986 ####

Race Results

Brooklyn Half Marathon				1:55:49	Suzanne Corber	F60	5
May 18, 2013				1:55:52	Michelle Conley	F25	
1:13:50	Bobby Asher	M28		1:56:27	Zafar Shahbaz	M56	
1:16:28	Matt Soja	M30		1:56:47	Leoni Parker	F48	
1:17:58	Kyle Hall	M35		1:57:03	Maureen Burke	F25	
1:19:20	Garland Days	M42	6	1:57:07	Juan Tony Gonzalez	M67	
1:19:57	Kevin Shelton-Smith	M53	1	1:57:53	Monica Harrington	F38	
1:23:06	Harry Drennan	M28		1:59:51	Edward James	M66	
1:24:29	Lilia Britz	F31	9	2:02:14	Julia Carrell	F29	
1:25:35	Anna Carlson	F30		2:02:29	Vivian Lee Oquendo	F45	
1:26:14	Sean moore	M49		2:03:05	Dennis Martinez	M31	
1:26:23	Laura Rodriguez	F33		2:03:09	Penelope Sheely	F43	
1:26:28	Melissa Weiner	F35	1	2:04:05	Arnold Gore	M72	8
1:30:41	Daniel Hennessy	M48		2:05:34	Enrique Jaen	M47	
1:31:43	Rodolfo Diluca	M39		2:05:48	Margaret Nolan	F53	
1:34:47	Brian Drennen	M38		2:08:12	Kathryn Donovan	F54	
1:35:02	Rafael Maclara	M40		2:11:14	Marysol Ruiz-Zapata	F46	
1:35:48	Juliene Bell-Smith	F31		2:14:20	Eileen Hickey	F31	
1:35:58	Angelina Roberts	F31		2:17:09	Katie Sullivan	F30	
1:36:53	David King	M62		2:20:22	Jasmine Sanchez	F36	
1:37:13	Christopher Urena	M23		2:22:45	Zoragina Castillo	F27	
1:37:55	Hiroshi Kitada	M47		2:26:26	Andrea Rafael	F45	
1:38:37	Gail Machado	F26		2:38:29	Damion Pelotte	M22	
1:39:34	John Pelliccia	M24		2:40:34	Susan Epstein	F70	4
1:39:46	Benigno Veraz	M58		2:42:20	Sangini Dave	F42	
1:39:55	Henry Nguyen	M25		A Mild Sprain Trail Run 4.25M			
1:41:07	Anthony Thoman	M50		May 19, 2013			
1:41:12	Reggie Cedeno	M32		Yonkers, N.Y.			
1:41:21	Christopher Hill	M39		58:42	Dave Simko	M45	
1:41:21	Paul Swem	M63		Buckley's-Kennedy 5K			
1:41:32	Anne Tiger-Days	F44		May 19, 2013			
1:41:38	Rick Bloomer	M49		Queens, N.Y.			
1:41:38	Alison Whitehead	F32		27:00	Hector Santiago	M70+	2
1:41:57	John Farrelly	M44		XC Summer Series Race #1			
1:42:18	Shelley Buchbinder	F28		May 23, 2013			
1:43:20	Richard Conley	M57		Van Cortlandt Park			
1:43:36	Giovanni Rivera	M29		18.38	Matt Soja	M30	2
1:43:44	Miles Moloney	M23		20.38	Lou Csak	M47	1
1:45:31	Salvatore Carretta Jr	M56		20.46	Laura Rodriguez	F33	1st F OV
1:47:08	Maryann Khinda	F33		20.53	Rodolfo Diluca	M39	
1:47:56	Bette Clark	F57	10	21.09	Jimmy Atkins	M52	1
1:48:19	Erica Hubbard	F33		21.10	David Rios	M36	
1:48:37	Anne Carson Blair	F32		22.02	Melissa Weiner	F35	2
1:49:44	Manlio Mondo	M66		22.05	Miles Moloney	M23	
1:50:19	Adam Golovizki	M37		22.33	Anthony Thoman	M50	3
1:51:09	Emily Rau	F32		22.34	Paulina Nunez	F23	2
1:53:55	Jill Staats	F61	4	23.18	Hiroshi Kitada	M47	
				23.36	Luis Roa	M48	
				25.10	Rick Bloomer	M49	
				25.13	Maryann Khinda	F33	3
				26.02	Reggie Cedeno	M32	

26.09	Ken Rolston	M61	2	20.44	Rodolfo Diluca	M39	
26.20	Emily Rau	F32		21.25	Fernando Mendoza	M32	
26.51	Dominic Lombardo	M46		21.28	Miles Moloney	M23	
26.53	Tony Gonzalez	M67	3	21.40	John Pelliccia	M24	
27.02	Stephany Evans	F55	1	22.37	Hiroshi Kitada	M47	
27.23	Bette Clark	F57	2	22.58	Paulina Nunez	F23	1
27.23	Monica Harrington	F38		23.14	Chancellor Minus	M46	
27.47	jill staats	F61	1	24.06	Mike Brunsdn	M62	1
27.58	Benigno Veraz	M58		24.30	Emily Rau	F32	2
28.17	Julia Carrell	F29	3	25.29	Ken Rolston	M61	2
28.36	Tami Luhby	F42	3	25.40	Dominic Lombardo	M46	
29.55	Edward James	M66		25.46	Carolyn Hehir	F35	
30.01	Shirley Middleton	F59	3	25.52	Caroline Shaw	F28	3
30.08	Salvatore Carretta Jr.	M56		25.57	Tony Gonzalez	M67	3
30.12	Eileen Hickey	F31		26.08	Stephany Evans	F55	1
30.13	Dennis Martinez	M31		26.32	Maryann Khinda	F33	
32.00	Margaret Nolan	F53		26.41	Rachel Isaac	F20	
	Dennis Burns	M66		26.43	Monica Harrington	F38	
34.01	Yazmin Flores	F33		26.54	Julia Carrell	F29	
				27.14	John Rao	M67	
	Run to Remember Half Marathon			27.53	Dennis Martinez	M31	
	May 26, 2013			28.12	Tami Luhby	F42	3
	Boston, Mass.			28.25	Edward James	M66	
2:14:30	Mike Yorio			28.29	Salvatore Carretta Jr.	M56	
	American Heart Assn. Wall Street Run			29.31	Shirley Middleton	F59	
	May 30, 2013			29.52	Zoragina Castillo	F27	
	Downtown Manhattan			29.59	Beni Veraz	M58	
20:46	Elena Makovskaya	F33	7	30.15	Karina Rieke	F41	
22:13	Adam Golovizki	M37		30.42	Margaret Nolan	F53	
22:52	Salvatore Carretta Jr	M56		30.47	Sarah Baglio	F40	
24:39	Maryann Khinda	F33		31.57	Dennis Burns	M66	
				32.05	Linda Evangelou	F30	
				36.17	Jorge Piña	M53	
	Celebrate Israel 4M				Michael Wong	M43	
	June 2, 2013						
27:10	Danielle Rosario-Mullen	F32	4		Oakley New York Mini-Marathon 10K		
29:13	Rick Bloomer	M49			June 8, 2013		
29:44	Matthew Newton	M39		39:52	Anna Carlson	F30	
30:13	Orlando Gonzalez	M33		40:30	Laura Rodriguez	F33	
31:33	Stephen Orban	M33		41:02	Melissa Weiner	F35	7
35:05	Edward James	M66	9	43:59	Juliene Bell-Smith	F31	
41:44	Salvatore Carretta Jr	M56		44:20	Paulina Nunez	F23	
44:24	Andrea Rafael	F45		44:51	Gail Machado	F26	
45:33	Jose Pacheco	M42		45:56	Alison Whitehead	F32	
				46:46	Angelina Roberts	F31	
	XC Summer Series			47:38	Carolyn Hehir	F35	
	Race #2			47:39	Patricia Novelli	F42	
	June 6, 2013			48:03	Emily Rau	F32	
	Van Cortlandt Park			48:43	Lorraine Clarke	F31	
16.39	Bobby Asher	M28	1st OV	49:18	Gail Kislevitz	F61	3
18.17	Matt Soja	M30	3	49:27	Mercedes Zegarra-Soja	F29	
18.56	Kevin Shelton-Smith	M53	1	49:53	Monica Harrington	F38	
20.21	David Rios	M36		50:09	Erica Hubbard	F33	
20.39	Jimmy Atkins	M52	2	50:43	Bette Clark	F57	

51:52	Mandi Susman	F44		22.00	Paulina Nunez	F23	2
52:29	Jill Staats	F61	8	22.16	Beni Veraz	M58	
58:48	Eileen Hickey	F31		22.23	Juliene Bell-Smith	F31	3
59:59	Margaret Nolan	F53		22.47	David Rippon	M43	
1:01:30	Melissa Gonzalez	F33		23.49	Mike Brunsdn	M63	1
1:01:45	Karina Rieke	F41		23.56	Dominic Lombardo	M46	
1:03:53	JoAnn Cruz-Rydar	F50		24.00	Hiroshi Kitada	M47	
1:07:14	Andrea Rafael	F45		24.04	Emily Rau	F32	
1:07:29	Zoragina Castillo	F27		24.11	Chancellor Minus	M46	
1:09:46	Susan Epstein	F70	8	24.20	Tom Long	M41	
1:28:57	Deirdre Dugan	F40		24.25	Reggie Cedeno	M32	
				24.27	Carolyn Hehir	F35	
	North Avenue Mile			24.53	Lorraine Clarke	F31	
	June 9, 2013			24.56	Erica Hubbard	F33	
	New Rochelle, N.Y.			25.08	Rick Bloomer	M49	
6:02	Mike Brunsdn	M60+	1	25.17	Salvatore Carretta Jr.	M56	
				25.20	Jordan Laks	M37	
	JPMorgan Chase			25.57	Arnoldo Guerrero	M34	
	Corporate Challenge			26.18	Stephany Evans	F55	1
	3.5M			26.19	Maryann Khinda	F33	
	June 12, 2013			26.30	Tony Gonzalez	M67	3
29:58	Tami Luhby			26.57	Jill Staats	F61	1
				27.00	Julia Carrell	F29	
	Portugal Day 5M			27.09	Monica Harrington	F38	
	June 16, 2013			27.52	Andreas Stresemann	M54	
25:39	Bobby Asher	M28	8	28.17	Edward James	M66	
27:37	Kyle Hall	M35	8	28.35	Tami Luhby	F42	
28:14	Garland Days	M42	4	31.19	Kathryn Donovan	F55	3
29:22	Kevin Shelton-Smith	M53	2	31.40	Zoragina Castillo	F27	
31:29	Jeff Powell	M41		31.55	Talisa Hayes	F32	
31:49	Sean Moore	M49		32.05	Margaret Nolan	F53	
31:52	David Kornacker	M48		32.45	Mitchell Strong	M65	
32:47	Antonio Varrenti	M50		34.26	Sarah Baglio	F41	
33:04	Danielle Rosario-Mullen	F32	1	34.27	Dawn Eliazarian	F42	
33:19	Perry King	M56	8	34.31	Colin Thoman	M10	1
33:57	John Pelliccia	M24		34.31	Anthony Thoman	M50	
33:58	Brian Drennen	M38		36.08	Jorge Pina	M53	
34:25	Benigno Veraz	M58		40.38	Alex Baglio	M10	2
34:35	Miles Moloney	M23		40.39	Jessica Romano	F38	
34:52	Marco Silveira	M44					
35:33	Christopher Hill	M39					
???	Gail Machado						
					New York Giants Run of Champions 5K		
					June 23, 2013		
					MetLife Stadium, East		
					Rutherford, N.J.		
	XC Summer Series Race #3			20:10	Marco Silveira	M44	8
	June 20, 2013			21:51	David King	M62	3
	Van Cortlandt Park			22:14	Rick Bloomer	M49	
16.46	Bobby Asher	M28	1st Male	23:56	Tony Gonzalez	M67	2
17.55	Kyle Hall	M35	2	24:21	John McCarthy	M54	
19.55	Edward Brunsdn	M17		24:50	Monica Harrington	F38	
20.20	Jimmy Atkins	M52	1	26:24	Jill Staats	F61	1
20.31	David Kornacker	M48		26:35	Salvatore Carretta Jr	M56	
20.57	Miles Moloney	M23	3	27:37	Glen Shane	M73	6
21.42	Brian Drennen	M38		32:18	Jeremiah McCarthy	M19	
21.58	Gail Machado	F26	1				

33:57	Richard Fernandez	M29		28:58	Eileen Hickey	F31	30-39, 1st
54:21	Mary Beth McCarthy	F53		33:10	Monika Macezinskas	F67	60-69, 2nd
	Front Runners New York LGBT Pride Run 5M June 29, 2013			33:28	Erin Djurkinjak	F34	
				34:56	Diane Carter	F36	
				44:29	Rowan Kodsi-Hall	M8	2nd
				44:30	Victoria Hall	F40	
26:05	Bobby Asher	M28	4		Achilles Hope & Possibility 5M June 30, 2013		
28:09	Kyle Hall	M35	2				
29:08	Garland Days	M42	4				
29:52	Kevin Shelton-Smith	M53	2	34:41	Marco Silveira	M44	8
30:17	Matt Soja	M30		35:59	Giovanni Rivera	M29	
32:22	Jeff Powell	M41		38:33	Christopher Urena	M23	
32:36	Melissa Weiner	F35	2	40:14	Orlando Gonzalez	M33	
32:41	Sean Moore	M49	10	40:19	Michael Kearney	M34	
33:58	Perry King	M56	8	44:14	Salvatore Carretta Jr	M57	
34:00	David Kornacker	M48		46:09	Lyndsey Dore	F36	
34:47	Marco Silveira	M44		47:36	Edward James	M66	9
35:03	Benigno Veraz	M58		54:02	Andrea Rafael	F45	
35:16	Paulina Nunez	F23	4	57:24	Yazmin Flores	F33	
35:22	Julienne Bell-Smith	F31		1:06:08	Fernando Ruiz	M81	4
36:00	Luis Roa	M48		1:18:18	Deirdre Dugan	F40	
37:12	Dominic Lombardo	M46		1:44:44	Ramon Minaya	M73	
37:53	Alison Whitehead	F32			Mahopac 8M July 4, 2013 Mahopac, N.Y.		
38:11	Reggie Cedeno	M32					
38:58	Juan Gonzalez	M67	5				
41:15	Monica Harrington	F38					
42:07	John McCarthy	M54		1:15:36	Arnie Gore	M70+	3
42:58	John Campbell	M35		1:39:00	Susan Epstein	F70+	1
43:12	Maryann Khinda	F33			DELAYED RESULTS		
43:13	Rob Vassilarakis	M41			Urban Environmental Challenge April 7, 2013 Van Cortlandt Park		
43:20	Arnold Gore	M72	5				
	David Isaac	M50					
	Cancer Challenge June 30, 2013						
17:15	Kyle Hall	M35	OV - 2	42:47	Jeremiah Burns	M37	3
19:36	David Rios	M36	1st	44:26	Sean Moore	M49	2
19:45	Sean Moore	M49	2nd	45:29	Jeff Powell	M41	3
19:51	Jimmy Atkins	M52	1st	48:24	Daniel Hennessy	M48	
20:45	Miles Moloney	M23	2nd	50:46	Miles Moloney	M23	
22:04	Benigno Veraz	M58	2nd	50:47	Zachary Ikkanda	M34	
22:34	David Monahan	M62	1st		Mary-Anne		
22:50	Rick Bloomer	M49		57:04	Connaughton	F43	3
22:56	Mike Brunnsden	M63	2nd	57:44	Andie Davis	F53	1
23:23	Hiroshi Kitada	M47		1:00:16	Darren Rosa	M48	
23:35	Erick Fernandez	M31	2nd	1:05:42	Rob Jacklosky	M47	
23:58	Dominic Lombardo	M46		1:07:04	Dave Simko	M45	
24:05	Tony Gonzalez	M67	3rd	1:08:45	Cindy Matamoros	F26	
24:20	Jack Dailey	M15	1st	1:12:47	Denis Burns	M66	
24:34	Manlio Mondo	M66		1:14:58	Wanda Bills	F51	3
25:24	Mike Dailey	M49		1:19:44	Zoragina Castillo	F27	
26:44	Jill Staats	F61	60-69, 1st	1:21:23	Damion Pelotte	M21	
26:51	Dawn Eliazarian	F42	40-49, 1st				
28:27	Bette Clark	F57	50-59, 1st				

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 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, 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 Sept/Oct issue is August 25, 2013. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or 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 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

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471