

Van Cortlandt Track Club newsletter

Running with.... Elephants?

Kyle Hall returns to Africa to run with nature

Seeing double, I made my way shakily down strange streets, my first run since arriving in Cape Town with my family. It was July 11th and the temperature was cool. It was the dead of winter here—in South Africa. My route along Victoria & Alfred Waterfront was quite scenic, but I was fatigued from being awake for twenty-eight hours. After all, flying to southern Africa is a real traveling endeavor. I just couldn't get my darned vision straight this day and hoped I wouldn't catch my foot on a stray rock or pothole.

Thankfully, I survived that initial run without snapping my ankle in two. I wasn't sure how much I'd be able to run during my family's whirlwind twelve day tour through parts of southern Africa, but was very pleasantly surprised to have put in ten hours of running by the time we left on July 23rd. I decided ahead of time to focus on time running over mileage—much as the Kenyans do. This alleviated a lot of unnecessary pressure as I divorced myself from the “mileage-at-all-costs” American runner mindset.

My longest run was an hour, 28 minute waterfront-ocean-Bantry Bay-Clifton excursion. This brought me out at sunrise, facing a brilliant view of the Atlantic as it extended out to the former prison on Robben Island in the distance. Many folks were already running, walking, and biking. Table Mountain and the endless series of large hills surrounding Cape Town rose in every direction. I felt strong and incorporated a fartlek



Kyle with a herd of breeding female elephants on the Chobe River, Botswana

workout into this run: 8 x 3 minutes hard, with 2 minutes easy recovery between each repetition. About three miles of the run brought me up and down the long and fairly steep Victoria Road. Once up there, I ran alongside a wall that dropped precipitously down to the ocean below. Waves crashed into rocks. Houses were built in terraced levels all over the hillside. The brilliantly blue Indian Ocean approached in the near distance. It was one of those “I wish all my friends and family could see me right now” moments.

On July 15th, my family and I arrived in Kasane, Botswana—gateway to Chobe National Park. I had just enough time after

(continued)

arriving to get a run in before dark. Running after dark is a no-go proposition around those parts due to the very real threat of death posed by completely free and roaming water buffalo, hippopotamus, elephants & lions (in order according to threat level & aggression). I ran for 41 minutes along a dusty sidewalk, spouting “dumela” everywhere I went. This is the primary Setswana greeting and I was hyper-enthusiastic about being able to utilize it again after having been away from Botswana since '99 (when I studied abroad there for a semester). Typical of Botswana folks, they greeted back as they meandered along, relaxed and at ease. Along the way, three kids, about eight years old, ran with me. I also had to turn back a few minutes sooner than expected when two

warthogs stopped eating grass —almost unheard of—and stared me down, looking like they would charge. One had partially charged at me on the grounds of our lodge an hour earlier so I was not in the mood to tempt these two.

Flying from the tiny Kasane airport into the Okavango Delta, however, is one of life’s true treats. Everyone take note: The Okavango Delta is the most pristine, tranquil, peaceful place I have ever visited in my entire thirty-four years of existence. In three days and nights there this summer, my family never once encountered a single



Okavango Delta

other boat, person, cell phone tower, television, or computer in any of our numerous excursions on or off the small island where we stayed. At night, we gazed up at a truly shocking number of stars. We learned to identify the Southern Cross, Scorpio, and saw three other plants with our naked eyes—including Mars (five total can be seen from there without telescopes). Most

fascinating to me was seeing the giant cloud of the Milky Way galaxy itself. Throwing millions of stars across a vast distance, one can literally see the swirl of our own galaxy in the sky.

The barren Kalahari Desert expanded for hundreds of (continued)

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

miles in all directions beneath our tiny six seater prop plane (pilot & co-pilot seats included). Abruptly, this became a very unusual, enigmatic moonscape as the Okavango River begins bleeding into the desert. In a unique geographic phenomenon, the river spreads out into an alluvial fan—eventually forming a giant oasis in the midst of an otherwise completely parched landscape. It is fascinating to witness from above.

Carving out a running route within the confines of Camp Okavango, on the small island, was a little challenging. Again, I was limited by life and death issues. But from day one I discovered this 3/4 mile, convoluted loop was one of the best running experiences of all time. As I started in the woods by the tents, I ran on a soft grey soil path hearing a male baboon's very intimidating "Whoooooop!" over and over again in the distance. I curved off this path into a grassy field, circled halfway round, between a couple of trees, and onto a boardwalk past the camp's small boats (the only other mode of transit in the Delta). Running next to clear, pristine water, I ran up a few steps and then a few more—more steeply this time—and onto the camp's viewing platform. Countless canals full of papyrus reeds spread across the water. Vividly bright, multi-colored kingfisher birds fluttered around.

On day two, I inadvertently scared two waterbuck antelope grazing in the marshy area right there. Back down the steps and across the boardwalk, onto the hippopotamus beach—reason why I cannot run there after dark-- with blinding white sand, and through some woods again, past the trees with vervet monkeys at play. Not a speck of litter anywhere. No asphalt. Air so clean and clear it was almost unfathomable. Near zero humidity. Highs of about 75 in the dead of winter and lows of about 40. Plus, approximately 2,500 feet of elevation. What could be better?

In Camp Okavango, I put in a 20 minute pre-darkness run (my shortest of the entire trip), a 60 minute venture with approx. 15 x 200 meters inserted within my trips down the soft gray sand, and a 66 minute jaunt. I would have no problem training within that 3/4 mile closed loop for the rest of my days, if need be.

But, alas, we had to leave the Okavango on July 20th. It felt tragic. We arrived in the town of Victoria Falls, Zimbabwe. Staying at A'Zambezi River Lodge, I first started running within the fairly tight confines of the grounds—with the same wildlife concerns as before. But the amiable female security guard Bekezulu Debu mentored me and I soon realized I could leave the driveway out front, turn right and run another half mile or

so to the end of the road. This terminated at the entrance to a national park. The mighty Zambezi River lay close in the distance. Incredible magenta sunsets were daily occurrences.

My first ever run in Zimbabwe was 60 minutes in which I had to alter my route due to a giant warthog. I later ran past two impala antelope by the road. The following day, I had a 50 minute run past a two foot long green monitor lizard—sunning itself by a drainage ditch alongside the road. I also saw a baboon. On this day I also ran briefly along the mist soaked rim of Mosi-oa-Tunya: "the smoke that thunders." Most folks know it as Victoria Falls. Without walls or barriers of any kind, I was able to run treacherously close to a sheer drop of over 350 feet into the Batoka Gorge. "Clouds" of the waterfall overhead rain down on poncho-clad folks below; evidence of the power of these falls.

My third run there was 45 minutes and brought me past a herd of female impala at sunset. Beautiful. Approximately 3,000 feet of elevation, Zambia just across the River. Only a few miles from a waterfall that is over a mile wide, twice as high as Niagara, and infinitely more powerful than nearly any other waterfall on planet Earth. Welcome to Africa: land of extreme beauty. #

Coaches' Corner

by Ken Rolston

*F*inally ! Was it me or did it feel as if the heat, humidity and overall torpor would never end ? One can only hope that the mild days and cool nights of autumn will last as long as summer. Now the long runs will become manageable, faster pacing will become the norm and the fall racing schedule will yield positive results from the mile to the marathon (and beyond).

The summer Tuesday night runs brought greater prominence to the hill sessions, which proved to be extremely popular. While the track brings many benefits to us, the competition for space vs other runners, walkers, soccer players and those hooligan Irish footballers (I'm Irish, I can say that) made workouts extremely challenging beyond the workout itself. The hills served us well as they became our private workout sanctuary. Doses of dashes up to Cemetery Hill plus loops of the cherished back hills help make the hills on other courses feel less daunting. Glen and I were amazed at the turnout and your willingness to endure some ridiculously hard workouts.

So we've returned to the track for the next couple of months to help you prepare for the remaining club points races,

the 5th Avenue Mile, Grete's Gallop ½ marathon, the NY Marathon and the Run for the Voices 5 mile race. More on the NYRR races later. Track emphasis will shift from 200's and 400's back up to 800's, 1K's, 1200's and up as we change gears for the different events. We aim to be somewhat unpredictable. Races differ in distances, terrain, congestion and weather conditions. We believe workouts should have an edge to them, which can push you a little past your comfort zone.

The greatest benefit to the team comes from blending these workouts with tempo runs and long runs. For those who are unsure, tempo run pace is generally considered to be between 10K and ½ marathon race pace following a mile warmup and ending with a mile cooldown. If you haven't taken the opportunity, check out Kevin's Thursday night tempo runs. The group meets at the Tortoise and Hare at 7. Don't forget the Saturday long runs either. Generally our largest weekly contingent gathers at the handball courts at 8 AM. Be mindful that it's tougher to run on the cross country course during the crazy fall high school and college racing schedule so it's best to be out there early.

Speaking of the cross-country course, it's wonderful to see that the fences have finally come down. Hopefully, the

championship races will be returning. Thank you, Mr. Gorbachev ! Apparently the Nike folks are back, too, although they are not recreating last years' pop-up house on Broadway. They helped us out with some nice gear last year so it may be well worth a visit to their new digs this fall.

Lastly, I'd like to comment on the NYRR racing policies and what your opinions are since we place a lot of emphasis on, and become competitive in, their races. The bag policy fiasco for the NY Marathon tells me that this race has become so unwieldy that it should not be considered a club points race. The Coogan's 5K is in jeopardy due to the cost of policing the event. Most races in Central Park have become really crowded, almost to a breaking point. Do we as a club want to de-emphasize these races, since many other races have sprung up in local communities ? Tell us what you think ! See you at the track. #

ed note: If you think track, tempo and hill training are wastes of time and energy, just check the results pages and examine club members who are setting personal bests. We think it will change your mind.

The Multi-sport Experience

by Jeff Powell

I was disappointed but I realized that the doctor’s diagnosis that I had some cartilage loss in my left knee meant that it might be my opportunity to try something new.

He recommended that I cut back on running, as once the cartilage loss happens the impact will likely make running gradually more painful. Bicycling and swimming were better options since they are low

impact exercises. I got some “orthovisc” injections to replace the lost cartilage and was told that, along with strength and flexibility exercises, they’d hold arthritis off for hopefully many years.

As I swam in a murky, weedy lake in Monroe, NY during the first stage of my second triathlon, I was thinking I’d come a long way since that diagnosis, and I was in better shape than ever.

This August 25 YMCA of Middletown Triathlon was going to redeem me after being eliminated in the official results of the NYRR Sprint Triathlon for only completing one loop of the bike course.

A week prior to that race, I was in a bicycle accident with another rider on the George Washington Bridge and suffered a couple of bruised ribs. My broken bike computer was not replaced as I was relying on my watch to gauge my time and distance. This watch failed during my swim. Thinking I’d completed the whole course when I came through the finish, I was ecstatic as I’d done the entire race with an excruciating pain in my left ribcage. But I found out later my time was not official, although I had been doing quite well. My bike and run speed were well-tuned from my experiences in an earlier duathlon.

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I took up duathlon last year as I enjoyed bicycling as much as running so I wanted to combine the two. I hadn't swum for 12 years and didn't really know where to swim in New York.

In August 2011 I competed in the duathlon event at the NY Tri/Du Series in Harriman State Park. Seeing people swim out in the lake, I thought "I could do this... maybe next year".

After the diagnosis on my knee in February, I took up swimming at Riverbank State Park. Once or twice a week I could fit it in and I gradually increased my distance and endurance. I knew I wasn't going to be fast but I could get through it.

This spring, I did two duathlons to gauge where I was in the bicycling and running end of things. I had only started running again in March after a month layoff due to the knee issue. I had also sat out winter bicycling, and didn't resume until March. But I came back quickly, performed well in the Bronx Duathlon, and then won my age group in the NY Duathlon Series race in May!

I was ready to take on a triathlon – and I did – only the first one didn't go as well as I had hoped.

So there I was, swimming in that murky lake in Monroe, NY in triathlon #2. I passed the second buoy and the shore was in the distance. It was a 1/3 mile

swim, but my arms were getting pretty tired and I was thinking "I'm glad my next race is a duathlon".

I looked at my watch – I did the swim in a pretty decent 11 minutes, and I still had to run to the transition area and get ready for the bike stage. It was a few yards from the lake to the transition area, and my water shoes weren't going on easily, so I picked them up and shuffled barefoot to go get my bike.

This time I had a working bike computer and it was set to 0. No making that same mistake during this race. Within 2 miles of the ride, I was already climbing a hill and my legs were feeling that swim. However, I was determined. I stood up on the bike and I climbed. The next few miles were a nice steep downhill and I was travelling a good 28-30 miles an hour for quite a ways. Another hill – this one went on awhile... My vintage Trek racing bike started passing a couple of high-end triathlon bikes so I knew I was doing well. I kept climbing and then at the top of the hill, sped it up and realized I was headed home. 13 miles done in just over 40 minutes.

Pulling back into the transition area, I could hear my wife cheering me on so that gave me a boost. I started my run and my legs did not feel like bricks. The training had been paying off. My run was solid and felt easy.

Pounding along and spotting the transition area in the distance, I saw my wife Joanne – but where was the finish line? She was pointing to it – "Finish to the right!" I found out later my wife was corralled in by the staff to point people to the finish line so it was great to see her there.

I finished in 1:16:29. Good enough for 2nd place in my age group. I was shocked but thrilled to be an age group award winner. I rarely got these awards in road races. I love multisport! #

Member Profile: Mike Arnstein

by: the new membership Dudes: Gene Westling and Rick Bloomer

(Gene and Rick plan to do a series of member profiles in upcoming VCTC Newsletter issues to celebrate our many talented runners)

One of the things we want to do in our new role as co-Membership Directors for VCTC is to profile elite runners in the club, new members, and others that contribute something special. The first elite runner that we've chosen is none other than our very own Mike Arnstein, a member of VCTC's Board of Directors and a really awesome runner. (continued next page)



Mike's 2012 Races So Far...

2/5 NY Road Runners 4 Mile, Central Park, NYC 21:10 (5:18 per/mile) 8th Overall, 2nd Age Group
 4/1 NY Road Runners 15K, Central Park, NYC 50:32 (5:26 per/mile) 2nd Overall

4/15 Boston Marathon 2:56 - jogged it... (87F temps! So I ran **the Boston Double** - finished the race, then ran back to Hopkinton!)

4/22 , 4/23, 4/24 Sri Chinmoy 6 Day... DNF Race Report Coming Soon...

5/5 Miwok **100k**, San Francisco, CA 9:49, **7th Overall**

5/12 Ice Age **50 mile**, La Grange, Wisconsin: **3rd Overall 6:31**

5/19 Brooklyn Half Marathon: Brooklyn, NY 1:12.23, 26th Overall, 2nd 35-39 age group

7/16-17 **BADWATER 135 Mile Ultramarathon: Death Valley, CA 31 hours 4 minutes, 16th overall**

7/21 **Vermont 100 Mile Ultramarathon:** Woodstock, VT 18 hours 46 minutes, 13th overall (I ran this 3 days after **BADWATER!**)

8/18 **Leadville 100 Mile Ultramarathon:** Leadville, CO 19 hours 37 minutes, **8th place**

8/26 **Woodstock Fruit Festival Ultramarathon Trail 50k:** Diamond Point, NY 5 hours 3 minutes, **1st Overall**

9/16 **87th Yonkers Marathon** (2nd oldest marathon in the world!), Yonkers, NY 2:35.10, **1st Place Overall**

At the time this piece was written, Mike was headed to Athens:

“Yes, going to Greece on Sunday to run 153 mile race the following Friday (Kevin Shelton-Smith is going for it too).”

We caught up with Mike just long enough to ask a few questions.

Describe your current training schedule:

As I'm trying to achieve my greatest potential in ultra distance running events, I run a lot – a real lot. It's almost a full time job some days. I normally never run less than 2 hours every day, most days it's 3-4 hours, with one day a week 6-10 hours for long runs. I normally run 25-30 hours a week, and hit about 140-180 mile averages for about 10 months out of the year.

What do I get for that amount of dedication? Well I think most people who are up to date on the ultra running scene in the USA would say I'm one of the top guys in the sport. I deserve to be with the amount of work I put into it. It's not going to last forever, but right now I do what I do because I want to experience life with spectacular moments.

But most people only look at what they do in terms of 'miles'. Yet for me it's just one piece of the puzzle. My 'training' goes

way beyond how much I run. It's about all things at all times.

That includes my fruitarian diet, my sleep schedule and duration, my rigid structured business/work and home life, it all has to be perfect for peak results. 'Running' is just one part of the challenge.

What is your biggest accomplishment this year? Why?

I'm still milkin' my 5th American finisher place in the 2011 NYC Marathon! ;) If I had to pick out some new experiences in 2012 that are 'big accomplishments' I'd say finishing the Badwater 135 mile, and then the Vermont 100 in the same week, that was kinda cool... well actually it was pretty hot ☺

But if I'm really being honest with myself, I think my biggest accomplishment this year is that I'm performing better and better even going into my mid and soon latter 30's. Most people pack it in and give up by my age. They put in a few good years and then they talk about the glory years forever. I do what I do to always set the bar higher and improve – I compare my performances against my strongest competitor: me. The will to improve is like the will to survive, it's the spark of life; and when you let that spark go out, life isn't what it is supposed to be...

Which runner do you admire the most? Why? (continued)

I really admire guys that break the mold, that beat to their own drum, that do things for purity and self more than anything else. Mike Morton is an ultra runner most people have never heard of. The guy was on the scene in the mid 90's then came back a few years ago at the age of 40. He's broken all course records, just set an incredible American record in the 24 hour world championships in Poland with a 172.5 miles in 24 hours. The guy has no blog, no website, no sponsors, no pacers and doesn't want any of it...he shows up with his shoes, usually no support and just runs his ass off.

The guy is beyond comprehension at the physical, mental and soul-running ability. He's probably one of my biggest sources of inspiration currently. I also really like Dean Karnazes, Scott Jurek, and Firdaus Ditwala, all of whom I respect very much as *pure* runners, and call friends. The Zeus of all running though is Yiannis Kouros. Look him up.

What books have you read recently?

Well I probably have read about 10 books my entire life. I don't have time for reading, I like living life in a way where most people enjoy reading about...

Thanks Mike, and best of luck in Greece! #

ed note: Mike finished the 153 mile run in Greece in 33 hours, 22 minutes 33 secs.

Club Business

VCTC Website: How to Add a photo

by Maryann Khinda

A part of our continuing series on how better to grasp all the capabilities of the VCTC website, in this newsletter article we delve into adding a profile photo to your account. Why add a photo? We want to know who you are! Pictures are what help us identify each other and recognize new faces (or old!). We encourage you to add your photo to make using the website a more interactive and pleasurable experience. So get that stunning photo ready, as we begin....

How Do I Add a Photo?

- ★ Go to url <http://www.vctc.org/>
- ★ If you do not have an account yet, please refer to last month's article on **How to Join the VCTC Website** or on follow the **How to** on the website, click on <http://www.vctc.org/page/how-to-join-the-vctc-website>.
- ★ Once logged in, look at the tab bar on top left, click on **My Page**.
- ★ In the upper left corner, you will see a default picture. Hover or place your cursor over the picture and at the top

you will see a caption stating **Change Photo. Click there.**

- ★ A new page will come up titled **My Settings**. Here you will have the option to Edit or Upload a New Photo. Please select **Upload a New Photo**.
- ★ Find the location of where the photo is stored in your computer and then select OK.
- ★ Now a popup screen will come up with your chosen photo. Here you have the option to crop or change the dimensions of your photo's size by dragging the edges. You are able to Preview your changes to the right. Once satisfied, click **SAVE**.
- ★ This will bring you back to the **My Settings** page of your profile. You will see a thumbprint of your photo now saved there.
- ★ Scroll to the bottom the bottom of the page and click **SAVE**.
- ★ You will now receive a message stating "You have successfully saved your changes." Great job, you have added a photo to your profile. #

Amy Hastings, U.S. Olympic Trials 10,000 meter winner in June, says she wears compression socks in hard workouts and after. She also wears them to sleep so she will be better recovered for her next tough session. #

Race Results

Badwater 135M

July 16, 2012

31:04:55 Michael Arnstein M35 16OV

Vermont 100M

July 20, 2012

18:46:23 Michael Arnstein M35 13OV

**Long Beach Waterfront
Warriors 5K**

July 22, 2012

Long Beach, N.Y.

23:59 Fran Kraus F50-59 1

**NYRR Team Championships
5M-Men**

Aug. 4, 2012

28:18 Michael Oliva M33 17
 28:33 David Talbird M31 18
 29:33 Garland Days M42 8
 29:37 Matt Soja M29 52
 30:55 David Feinstein M38 28
 30:56 Chris Ekstrom M46 12
 31:07 Carlos Lopez M31 48
 32:18 Perry King M55
 32:53 Jimmy Atkins M52
 34:08 David Kornacker M48 28
 34:25 Jeff Powell M40 57
 34:46 Jonathan Stenger M39 59
 34:48 Louis Csak M46 35
 36:10 Erick Fernandez M31 98
 36:15 Paul Swem M63 8
 36:16 David Monahan M61 9
 36:16 Benigno Veraz M57 17
 37:26 Liam Moroney M27 107
 37:28 David Rippon M43 81
 37:52 David Drucker M62
 37:54 Steven Joseph M51
 38:18 Hiroshi Kitada M46 54
 38:51 Juan Tony Gonzalez M66 3
 39:05 Salvatore Carretta Jr M56 26
 39:14 Adam Golovizki M36 111
 39:44 John Farrelly M43 109
 40:37 Paul Arroyo M46 68
 41:04 Reggie Cedeno M32 140
 42:05 John McCarthy M53 55
 42:15 David Isaac M49 77
 43:01 Ken Rolston M60 37

43:53 Edward James M66 9
 44:19 Arnold L Gore M71 3
 45:34 Harrison Isaac M14 1
 47:07 David Pultz M60 43
 49:23 Bill Smith M67 15
 50:02 James Moloney Jr M49 105
 1:17:49 Ramon Minaya M72 13

**NYRR Team Championships
5M-Women**

Aug. 4, 2012

32:23 Laura Rodriguez F32 9
 33:53 Jamie Kyei-Frimpong F30 18
 34:53 Rachel Kimber F31 24
 36:18 Juliene Bell-Smith F30 32
 37:06 Lauren Valentino F34 41
 37:41 Alexandra Hernandez F31 46
 38:43 Andie Davis F52 11
 39:11 Bette Clark F56 3
 40:01 Lyndsey Dore F35 23
 41:13 Colleen McMahan-Healey F28 70
 42:33 Lorraine Clarke F31 89
 42:35 Patricia Novelli F41 37
 42:38 Suzanne Corber F59 8
 43:07 Margaret R Nolan F52 25
 44:39 Jo Ann Pate F37 46
 44:52 Heidi Velasquez F33 122
 45:43 Adrian Hunte Smith F58 15
 46:58 Mandi Susman F43 55
 47:16 Shirley Middleton F58 17
 47:35 Jill Staats F60 9
 50:05 Eileen Hickey F30 160
 50:16 Rachel Isaac F19 5
 53:42 Monika N Macezinskas F66 9
 56:07 Susan R Epstein F69 11
 57:00 Gilda L Serrano F63 19
 1:16:56 Christie Damo F25 134

Bedford 50M

Aug. 11, 2012

6:58:48 Kevin Shelton-Smith 10V

**La Sportiva Berry Picker
Trail Run 5K**

Aug. 12, 2012

Vail, Colo.

1:00:00 Dominic Lombardo

Leadville 100M

Aug. 18, 2012

19:37:14 Michael Arnstein M35 9OV

Battle of Brooklyn 10M				Main Street Mile			
Aug. 19, 2012				Farmingdale, NY			
59:39	Kyle Hall	M34	3	6:24	Andie Davis	F50-54	2
Percy Sutton Harlem 5K				6:43	Fran Kraus	F55-59	1
Aug. 25, 2012				South Nyack 10M			
0:16:09	Bobby Asher	M27	14	Nyack, N.Y.			
0:16:54	David Talbird	M31	8				
0:17:09	Kyle M Hall	M34	12	1:18:05	Andie Davis	F50-54	1
0:17:19	Matt Soja	M29	29	1:29:00	Fran Kraus	F55-59	1
0:17:36	Garland Days	M42	6	Bronx 10-Mile			
0:18:19	Chris Ekstrom	M46	6	Sept. 9, 2012			
0:18:55	Kevin Shelton-Smith	M52	4	58:15	Kyle M Hall	M34	3
0:18:57	Laura Rodriguez	F32	4	59:23	David Talbird	M31	5
0:19:24	Perry King	M55	4	1:04:09	Carlos Lopez	M31	19
0:19:35	David Kornacker	M48	13	1:08:07	Daniel Hennessy	M47	16
0:20:02	Carlos Lopez	M31	58	1:12:56	David Rippon	M43	62
0:20:33	Sean Moore	M48	17	1:13:41	Lauren Valentino	F34	24
0:21:00	Benigno Veraz	M57	10	1:14:29	Shawn Bobb	M46	45
0:21:01	Liam Moroney	M27	81	1:15:18	David Monahan	M61	5
0:21:59	Luis Roa	M47	36	1:15:57	Juan Tony Gonzalez	M66	3
0:22:04	Shawn Bobb	M46	37	1:17:08	Salvatore Carretta Jr	M56	24
0:22:27	Dominic Lombardo	M45	44	1:18:15	Benigno Veraz	M57	26
0:22:43	Juan Tony Gonzalez	M66	3	1:21:57	John McCarthy	M53	62
0:23:01	Nick McNickle	M58	19	1:22:05	Colleen McMahan	F28	75
0:23:13	Salvatore Carretta Jr	M56	21	1:26:34	Stephen McMullan	M35	348
0:23:17	Bette Clark	F56	3	1:28:22	Edward James	M66	13
0:24:14	Richard P Conley	M57	23	1:29:15	Enrique Jaen	M47	183
0:24:19	John McCarthy	M53	45	1:29:57	Zafar Shahbaz	M55	70
0:24:40	Suzanne Corber	F59	4	1:30:57	Penelope Sheely	F43	90
0:24:56	Jonathan Stenger	M39	150	1:34:31	Adam J. Orna	M39	474
0:25:06	Arnold L Gore	M71	3	1:34:42	Shirley Middleton	F58	12
0:25:18	Jill Staats	F60	1	1:36:05	Glen H Shane	M73	4
0:25:42	Margaret R Nolan	F52	15	1:38:52	Mitchell Strong	M64	38
0:26:19	Edward James	M66	6	1:41:05	Eileen Hickey	F30	441
0:26:36	Adrian Hunte Smith	F58	8	1:45:34	Chiseche Mibenge	F37	306
0:26:59	Eileen Hickey	F30	135	1:50:55	Selma Sequeira Raven	F46	136
0:27:35	Bill Smith	M67	9	2:01:00	Catherine Anne Sapeta	F49	166
0:29:26	Jose D Cooper	M63	41	2:03:17	Gilda L Serrano	F63	12
0:30:35	David Simko	M45	137	Fitness Games 4M-Men			
0:32:46	Selma Sequeira Raven	F46	57	Sept. 15, 2012			
0:33:46	Susan R Epstein	F69	9	24:56	David Kornacker	M48	6
0:35:17	Anthony C Thoman	M49	156	27:51	Benigno Veraz	M57	8
0:35:17	Colin Thoman	M9	8	28:15	Shawn Bobb	M46	38
0:36:09	Catherine Anne Sapeta	F49	74	28:54	Dominic Lombardo	M45	44
0:39:05	Marsha Milan-Bethel	F36	256	29:26	Salvatore Carretta Jr	M56	12
0:42:06	Kenn Sapeta	M58	74	38:05	Edward James	M66	19
0:43:34	Elizabeth Castro	F46	102	54:14	Kenn Sapeta	M58	75
NFL Back to Football 4M				Fitness Games 4M-Women			
Aug. 30, 2012				Sept. 15, 2012			
29:43	Salvatore Carretta Jr	M56	4				
40:51	Enrique Jaen	M47	103				
55:05	Kenn Sapeta	M58	48				

0:27:13	Danielle Rosario-Mullen	F31	8	6:50	Darren Rosa	M47	189
0:28:54	Julienne Bell-Smith	F30	28	6:55	Jo Ann Pate	F38	90
0:29:29	Anne Tiger-Days	F44	7	6:56	Maryann Khinda	F33	184
0:31:42	Erica Hubbard	F32	85	6:58	Bette Clark	F56	10
0:33:02	Maryann Khinda	F33	121	6:58	Robert A Jacklosky	M47	197
0:41:33	Edith Jones	F72	3	7:04	Jill Staats	F61	3
0:41:48	Elizabeth Castro	F46	132	7:12	Eileen Hickey	F30	240
0:44:34	Catherine Anne Sapeta	F49	162	7:16	Suzanne Corber	F59	13
0:46:45	Christie Damo	F25	614	7:21	Arnold L Gore	M71	8
				7:23	Adrian Hunte Smith	F58	17
				7:32	Kathryn A Donovan	F54	34
				7:53	Bill Smith	M67	23
				8:27	Christie Damo	F26	463
				9:31	Catherine Anne Sapeta	F49	112
4:34	Bobby Asher	M27	10	10:17	Susan R Epstein	F69	13
4:40	David Talbird	M31	7	10:26	Kenn Sapeta	M58	101
4:52	Garland Days	M42	8	12:12	Monika N Macezinskas	F66	20
4:58	Kevin Shelton-Smith	M52	4				
5:02	Kyle M Hall	M34	40				
5:05	Louis Csak	M46	12				
5:12	David Feinstein	M38	37				
5:21	Carlos Lopez	M31	93				
5:21	Rodolfo Diluca	M38	51	2:08:00	Amy Kvilhaug	F37	1
5:22	Perry King	M55	3	2:13:58	Sean Moore	M48	13
5:24	David Kornacker	M48	25	2:17:58	Daniel Hennessy	M47	21
5:25	Daniel Hennessy	M47	26	2:24:24	Shawn Bobb	M46	37
5:25	Sean Moore	M48	27	2:30:50	Salvatore Carretta Jr	M56	11
5:26	Jamie Kyei-Frimpong	F30	8	2:35:26	Julienne Bell-Smith	F30	69
5:26	Barry Janay	M34	115	2:48:17	Miguel Ortiz	M51	105
5:33	Melissa Weiner	F35	4	2:48:18	Michelle Conley	F24	41
5:33	Anna Carlson	F29	12	2:55:11	Zafar Shahbaz	M55	40
5:36	David Rippon	M43	67	2:58:59	Suzanne Corber	F59	11
5:37	Kevin Mulvey	M25	132	3:06:31	Glen H Shane	M73	2
5:39	Rachel Kimber	F31	16	3:09:39	John McCarthy	M53	162
5:40	Benigno Veraz	M57	10	3:11:04	Edward James	M66	14
5:45	Luis Roa	M47	51	3:16:11	Eileen Hickey	F30	364
5:46	Peter H Coy	M54	45				
5:56	Raymond Novelli	M15	23				
5:57	John Farrelly	M43	120				
5:58	Hiroshi Kitada	M46	73				
6:01	Dominic Lombardo	M45	87				
6:11	Anne Tiger-Days	F44	12				
6:13	Colleen McMahon-Healey	F28	62				
6:16	Lauren Valentino	F34	63				
6:18	Lorraine Clarke	F31	68				
6:19	Nelson Urena	M27	284				
6:20	Salvatore Carretta Jr	M56	28				
6:20	John McCarthy	M53	89				
6:21	Andie Davis	F52	13				
6:21	Mandi Susman	F43	19				
6:22	Juan Tony Gonzalez	M66	6				
6:25	Patricia Novelli	F41	23				
6:30	Erica Hubbard	F32	101				
6:36	John Martin	M46	167				
6:44	Fran Kraus-Schmidt	F57	6				

**NYRR Fifth Avenue Mile
Presented by Nissan**

Sept. 22, 2012

Marathon Tune Up 18M

Sept. 23, 2012

CLUB NEWS

Membership *Please renew your membership which was due 1/1/12* (If you haven't already). Membership rates are: single, \$20; family, \$25. New membership 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 Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings/Workouts For 2012: 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) and Thursday evening group runs meeting at the Tortoise and Hare Statue on the VC Park flats at 7:30 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the November/December issue is October 25, 2012. 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