

Van Cortlandt Track Club newsletter

Headwinds from Lynn Jennings

An Olympic medalist and World X-Country Champion speaks to VCTC members about her life of running

by Kathy Nolan

Lynn Jennings regaled the VCTC with tales from her past, interspersed with videos of her running accomplishments. There were only two sports options available at her high school: girls' field hockey and boys' cross country. She didn't enjoy getting roughed-up while running around in a skirt, so she joined the boys' cross country team. With her pigtails flapping and sneakers from Marshall's, she was a slow runner---at first. The only girl in her league during her first year, she sat at the front of the bus with her book, and was

free to develop "under the radar". When she ran a 5:10 mile in a state meet, and advanced to first place on her "boys'" running team, she was noticed by John Babington, who became her coach and mentor. She said, "When I



Lynn Jennings (light blue vest, third row) with large VCTC contingent in early March.

was sixteen, I decided that I wanted to be the best runner in the world by the time I was thirty."

She did struggle with her running while at Princeton, and came in dead-last in the Olympic qualifier run in 1984. She was chagrined at the announcement as she came toward the finish line, "That was FORMER Junior National Cross-country Champion Lynn Jennings." That was the year of the first Olympic woman's marathon, which was won by Joan Benoit. "I lost myself for about five years,"

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but she came out of it in 1988. She re-united with her former coach Babington, whom she hung with for many years, until they had a falling out over prize money. They eventually resolved their differences. She has won many races, including three World Cross Country championships (1990, 1991, and 1992) and took the bronze medal in the 1992 Olympics in Barcelona for the 10K (she is one of only two American women to win Olympic medals in distance running). One of Lynn's assets is her kick. For training, she mixes it up with some upper body circuit training, and uses medicine and physio balls, a sliding board and a kicking bag. Now that she's retired from racing, she's picked up rowing and recommends an ergometer for cross-training. When quizzed about "What makes a runner great?" she rebounded with, "You have to let go of your baggage. You have to change BEFORE the gun goes off. You have to believe that you can do it. You have to earn it... it's about the journey!" #

Attention all VCTC members:

The Summer Series 5k's, the Riverdale Ramble 10k and the VCTC/American Cancer Society 5k need you to volunteer. The Summer Series begins May 26th at the Tortoise and Hare at 7 p.m. The Ramble will take place on Sunday, June 5, 2011. Please show up at 7 a.m. at the Tech School at Riverdale Avenue and 230th St. The ACS 5k will take place on Sunday June 12, 2011 at the Van Cortlandt Stadium. Please show up at 8 a.m.

Van Cortlandt Track Club

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

Coach's Corner

by Ken Rolston

Take a look at the upcoming schedule of races; there's something for everyone in a very busy 2-month window. The summer series 5K kicks off in late May quickly followed by the Memorial Day Marathon, The Ramble, Cook Your Buns, the inaugural VCTC Cancer Challenge and several NYRR club points races. For those who want to sharpen up on the track we will continue our Tuesday night workouts but there are also a series of track races on Tuesday nights in May and June sponsored by NYRR. Perhaps we'll take one or two workouts over to Icahn Stadium. We'll also be trekking over to the cross country course for some hill workouts during June and July. May the suffering begin!

"Everything that is done here is done in bulk- it's like Costco". Quote from Desiree Davila describing her workout regimen with the Brooks Hansen project in the Midwest prior to her magnificent near-win in The Boston Marathon. Workouts included the 26.2 K Boston Simulator, 2 x 6 mile at sub-race pace with 10 minute rest and a 123 mile week. There were other magnificent performances this past April on the national/international running scene

including Emmanuel Mutai's superb 2:04.40 effort to win London, which included a 28:44 10K. A week later, namesake Geoffrey Mutai obliterated the world record with his wind-aided 2:03.02 at Boston. Ryan Hall, running in the carefree style we saw at the 2007 trials, returned to prominence with an impressive and gutsy 2:04.58.

Ten days later, 3 relay runners, including Bernard Lagat, ran 2:48 for 1200 at the Penn relays, an average lap pace of 56 ! Fastest official split for 1200 is 2:44.75 by Hicham el Guerrouj during a 1500. Not to be outdone at Penn, a 75 year old gentleman won the 100 meters in 13.8 !! So be prepared as this geezer gets you ready to run faster this summer. There will be plenty of 200, 300 and 400's to keep you cranking.

Upcoming Races:

MAY

May 17- Tue- 7 PM- Tue Night Speed Series, 2m, 400,1500, 4 x 800- Icahn Stadium

May 21- Sat- 8 AM- Brooklyn Half, club points race *

May 26-Thu- 7 PM- **VCTC 5K Summer Series, Race #1- VCP**

May 30- Mon- 10 AM- Memorial Day Marathon, ½, ¼ VC Park

May 31- Tue- 7 PM- Tue Night Speed Series, 5000, 800, 1500, 4 x 400

JUNE

June 5- Sat- 9 AM- **Riverdale Ramble 10K**

June 9- Thu- 7PM- **VCTC 5K Summer Series Race # 2- VCP**

June 10- Fri- 6:30 PM- Cook Your Buns 3m- Greenwich, Ct

June 11- Sat- 9 AM- NY Mini Marathon 10K- Women only, club points race *

June 12- Sun- 10 AM- **VCTC 5K Cancer Challenge- VCP**

June 14- Tue- 7 PM- Tue Night Speed Series, 1500, 400, 2 mile, 4 x 400

June 18- Sat- 4 PM- Shelter Island 10K

June 19- Sun- 8 AM- Father's Day Portugese Run 5m- Men's club points race *

June 23-Thu- 7 PM- **VCTC 5K Summer Series Race # 3- VCP**

June 25- Sat- 9 AM- Gay Pride 5m- Central Park

June 25- Sat- 9 AM- Rocky's 10K trail run- Rockefeller Park

June 26- Sun- 8:30 AM- Fairfield ½ marathon/ 5K- Fairfield, Ct.

June 26- Sun- 8:30 AM- Achilles Hope & Possibility 5m- Central Park

JULY

July 4- Mon- 8 AM- Putnam County Classic 8 mile run- Mahopac, NY

July 4- Mon- 9 AM- Pound Ridge Road Race 5K- Pound Ridge, NY

July 7- Thu- 7 PM- **VCTC Summer Series 2 x 2 person relay- VCP**

July 10- Sat- 8 AM- Utica Boilermaker 15K/5K run- Utica, NY

Race Report

Empire State Building Run-up

by Kevin Shelton-Smith

This race is shown as 0.2 miles. Not too far then. Paces per mile aren't very



impressive though. The great thing is that it's indoors, which, in February is a good thing. Who knows how you get into this race! I tried years ago without success. I saw some slow runners there so it's not exclusive. But there's only room for so many, about 150 per wave. Mike Arnstein and Oz Pearlman were also running this year, and as we're allowed a guest, I invited Bette along.

I'd done some training for this, four times 25 floor repeats, in my office building fire stairwell. Doubled-over and gasping at the top, I'd go back down in the elevator then run-up straight again. Good intervals and hill work that Ken would be proud of. The air was dry, just like the Armory, and I got the chance to experience the rasping

throat and cough indoor racers love so much.

NYRR had told me 3 weeks in advance that my entry was accepted. Being an international they sent me hotel info along with a 'course description,' as follows:

There are 1576 steps, for a total of 1,050' in elevation. The stair width is 40" and the length is 7.5". Each



story has two flights of stairs, separated by a landing. The length of a flight varies and there are six different flight patterns on the ascent.

Water stations will be available along the corridors on the 20th and 65th floors where you will change stairwells. Watch your footing to avoid slipping (I skidded).

Passing during the race may be done on either side, though it is customary to pass on left. The runner being passed must not block.

Stopping: Look for signs in the stairwells that will indicate a floor at which you can exit.

Finish: Exit the stairwell on the 86th floor and cross diagonally through the door to the outdoor terrace. You will run a quarter of the way around the terrace to the chronotrack finish. Tape on the floor will mark the course.

I met Bette at home, and wanting to run to the subway, she seemed more nervous than I was. I saved my warm-up for midtown. The reception area on the second floor was full of many we knew. People from companies of high finance seemed to have bought a couple of guaranteed early waves, then it was time for the regular women, then two waves of men, all 5 minutes apart, although the results for our 3 waves were combined.

The start was seeded but NYRR only bothered to put the first ten in position. We lined up across the lobby and faced a single doorway, 3' wide. I was in the second row trying to imagine the carnage of ten abreast racing for the gap into the grim fire stairwell, just 25' away. I stayed wide and followed Steve Marselese who is an old hand at this. I'd learned to pace myself but to climb two steps at a time and pull on the rails. Life became orderly after a couple of floors and after six we'd past the foolhardy sprinters. After twenty, we were all pretty much in order. Ten more floors. If Steve moved up, I went with him. Ten more floors. Constant hard effort, on the verge of anaerobic all the way, like in a 3k. Ten more floors. I searched doors for floor numbers, desperate to be done, like a rising diver, low on air. Ten more floors. It was damp and cloudy up top and that may (continued next page)

have helped my lungs to survive. Ten more floors. Lungs rather than trained legs were the limiting factor. Ten more floors. I'd been told that the time to sprint was when you felt the cold outside air, with two floors to go. Steve was gone.

The young looking Canadian in front was going well enough so rather than push past and slip on ice I got him to hurry up. We crossed the line both recording 13.44, and only later found he was in my age group. I was delighted to age-place and be first from the tri-state area but annoyed with myself to have unwittingly given up 2nd so readily. In the previous wave, Mike had run 13.00 and Oz, 14.01.

Just beginning to catch my breath, and clutching a drink, I was hurried off the Observation Deck to the elevator and down to the 65th floor. Bette was there and had enjoyed the experience even if she hadn't been able to see the start or the finish! This was a great experience for all and certainly one off my bucket-list. I'd love to come again... perhaps as Bette's guest. #

NYC Half-Marathon

March 20, 2011

by Kyle Hall

Today was a good day. I proved a lot to myself. Let's put

it this way: A few days before Thanksgiving, my first run in five weeks was .8 mile; in maybe a ten minute mile pace. Post-Hartford Marathon, I took off a full five weeks (sports doctor recommended six weeks off completely). I then began a six week stint of physical therapy for my adductor injury—the notorious Groin Saga that many of you are familiar with.

I've been coming back slowly but surely ever since. Still, I've only had a few weeks so far at 50-52 miles and just a handful of speed sessions. However, I did have two extremely productive 15 milers in the past month and an 11 miler last Sunday in which I ran the first 8 in 7:05 pace and the final 3 in 6:24 pace (a deliberate progression).

I came into the NYC Half today with a four day taper. My final workout was on Tuesday at Pelham Bay's mondo track: 3 x mile with 400m recovery (5:52, 5:50, 5:47---goal split time was 5:55). I wasn't sure what time to expect today. 3 days after my arrival from Kenya in August, I ran 1:17:55 in the Bronx Half. This was my second fastest half ever and the fastest since I was 22 years old, ten years ago. That was 5:57 pace, so I figured, let's try 6:05. That would be a 1:19:40. Okay, cool. Good start to the spring.

I wanted to cruise the 8 miles in Central Park at 6:05 and then

fly through the final five miles of Times Square and the West Side Highway as fast as I could. I really wasn't sure how it would all play out. But I knew I felt good coming into today. I did my traditional pre-race ("Race Prep" I always call it) 3 miler yesterday, with 6 x stride-outs. I'd also been doing weight training at Planet Fitness for the past month, and this was an X Factor, as I've never done gym work regularly before, outside of Kenya [I now realize this is a crucial element to reaching the next level].

I threw off my \$5.88 pajama-type pants at the starting line, along with my shredded white undershirt. I was warm & ready. Kara Goucher & Ryan Hall helped greet us and it was exciting to start only about fifty feet behind so many of the greats of the world. At least a handful of Olympians were present, along with past New York City Marathon Champions and a host of runners from Kenya, Ethiopia, Brazil, Great Britain, & countless other nations. When the gun went off, the slower pace was immediately evident—especially after having run Coogan's 5k two weeks prior.

My first mile was a bit slower than expected, about 6:12, but I felt great and knew I would make it up. I wanted to do that quickly, though, so as not to be clawing out of a hole the entire morning.

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The first 5K was eight seconds off my goal time but I realized afterwards how that came down. When checking the texts on my phone post-race, my first 5K average pace was 6:07. The second 5K average was 6:04. The third was 5:57. And my pace at 20K was 5:52. This basically sums up how I felt during that time---amazing.

I was floating past guys recognized from many past local races---North Brooklyn, Harriers, & Front Runners who usually beat me. A guy I just barely outkicked at the Bronx Half, I passed today around mile 10 or so, for good. I took fluids religiously every 2.5 miles or so (taking water twice and then Gatorade twice...but not worrying about fluids in the final three miles), but decided in the moment to not take my gel at mile 9. I felt great and thought it may do more harm than good stomach-wise. This proved to be the wise decision.

Upon exiting Central Park, I knew the rest of the way was flat. Running into Times Square was a remarkable experience---not a single car on the road as we raced straight into the heart of the Square, beneath the brightly lit signs. Crowds on both sides cheered and musicians played. Soon, we turned onto West Side Highway and I knew it wasn't long. I also knew that course well from marathon long runs. I looked

ahead and used Financial District buildings as a reference point for how close we were to the finish line.

I passed more guys, with maybe only two or three net losses of position in the final half of the race. In fact, I don't know if I even lost that much overall. I was constantly moving up. Near the end, I saw "200m to finish" and I kicked into overdrive whatever I had left... outkicking a guy directly at the line. Final time: 1:18:21. It was a good day. Glory to God.

Kyle's Routine

Bed time, March 19th: 9:10 p.m., lights out

Awakened, March 20th: 4:17 a.m.

Dinner, March 19th (4:30 p.m.): couscous; vegetarian chicken cutlet with grilled onions and sliced carrots from Soy & Sake; block of grilled tofu with nutritional yeast & Bragg's soy sauce alternative; sautéed green chard

Snacks, March 19th: granola cereal with raisins & cranberries with almond milk; chocolate chips; 2 x bananas; tangerine

Breakfast, March 20th: 2 x bananas; about 12 oz. of diluted lemon-lime Gatorade; small number of chocolate chips; Yerba Mate all-natural, organic "energy shot"

Warm-Up: approx. 1 mile of running (but split up); good dynamic stretching (pre-subway & again pre-race); 3 x bathroom visits (at home and in park)

Last song heard on iPod pre-race: "In the Light," by DC Talk

Sybil Luddington 50K: A Change of Plans

April 17, 2011

by Kevin Shelton-Smith

I was reading recently how carefully we plan race strategies and how these remain valid only until the moment the race starts. Sticking to a plan and ignoring the other runners is rarely a good plan. This is a story of revising one's plan to match the circumstances.

I set off on the historic Sybil Ludington 50k on Apr 17th at 7 min pace, brisk but sensible. After a mile there was a 200m lead and I gently stretched it out. It started out cool and I wondered if I'd dressed too lightly. For the first four miles I wished for some gloves, but this was a part of my plan that I was stuck with. Happily this at least worked out. A long way to go. My goal of 4 hrs was not a winning target and I was expecting a few capable runners to start coming by. I shouldn't have been surprised when a runner in red (Greg Diamond) came from no-where and passed me at mile 9 as I took a quick pit-stop in the woods. I ran after him planning to shelter from the strong headwind behind him. Catching him at Mile 10, I was a good bit faster so I took the initiative and threw in a few 6.30 miles so he would not be

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psychologically close enough to be pulled by me. By 13 he was 400m back. Unaccountably still leading, though not half way, I began to dream of what may be. I held the pace up around 6.50s.

I was bound to slow later and I began computing my margins. Comfortingly, if I kept 7s going to 20 miles I could average 9s after that and still get under 4 hrs. Maintaining 7s would yield 3.40; a fun thought but probably too optimistic. Pace had to be well-balanced. Faster than needed could lead to an awful finish. Too slow would see others try chasing me down. Fine-tuned judgment would be needed. I checked back from the tops of hills and long straights and could just make out a guy in red in the far distance. I knew he would be thinking about me and the gap too. I kept up the work rate and pushed hard up every hill.

Mike Arnstein won this race last year, 5 days after his 2.28.29 at Boston. I'd run it as a relay with Hiroshi. Hiroshi was back this year, also going solo, as were Lanny and Sal. The course through rural Putnam County passed lakes and woods, along quiet meandering roads and lanes. There were numerous hills but none were particularly hard, rising about 500 feet over several miles with a few lesser hills and dips along the way, and a long descent over the last 6 miles.

A dog barked at me at 24 miles and I timed how long before I

heard it bark at the next runner. Silence. The Race Director drove by, telling me I had a 3-4 minute lead. Such information is often misleading but he seemed a reliable sort. Post race, one runner said how he'd been told the three runners in front were 1 min, 3mins and 3 mins ahead respectively. Soon after he was told 2 mins, 7 mins and 15 mins!

I was still going comfortably and went through the marathon distance just inside 3 hrs. By now I could look forward to the descent to keep my speed up. I was concentrating on judging pace; trying to be economical; had to make sure that no-one behind ever saw me enough to want to chase. I had to weaken their hope that I would slow before they did. This is endurance racing, not running. I could respond but really didn't want to have to. The downhill were beginning to hurt and I knew there were more to come. Till now, I'd closed-out thoughts about my nagging plantar fasciitis but my heel now sent sharp complaints with every foot-strike. The down-hills weren't really helping. I put in three 7.18s, slower than I'd run going up. The mile markers, said my GPS was over-reading 0.2 of mile; I didn't dare to hope. One last long straight let me I stop to peer back. The lead was comfortable. I could just see a flash of red appear as I ducked away. This turned out to be a

new runner. He was finishing strong. I had just 3 miles to go - I was safe, so long as I kept working. I ran a pair of 7.40s. One mile to go. Big headwind over a causeway. Speed washing away a little, but I'm good. I don't need to kill myself. Clearing the far end, I check back. Man in red halfway back on the causeway - maybe a minute. He's seen the gap close and is taking his last chance. I'm not throwing this away. I'm far from done, I just need a big effort. I'll sprint if I have to. I dig inside. There's always something there if you want it enough. A shot of urgency helps too. I find what I need and pick it up to a 6.30. This will see me in; no need to look back. I see the finish and cruise over the line, taking 14 mins off the RD's 25 years old course 50+ age-group record and give VCTC a second overall win in 2 years. 3.38.36. #

Kentucky Derby Half-Marathon

April 30, 2011

by Kyle Hall

I hadn't been back home to Louisville in a while, so my dad told me to pick a local race and he'd pay for my ticket home. I chose the 38th running of the Kentucky Derby Festival Triple (continued next page)

Crown of Running; a 10k, 15k and half-marathon, which opened a week of celebration leading up to the Kentucky Derby. I had gone home last year to race the Papa John's Ten Miler and was pleased with my result, but figured I could be a lot stronger by this spring. I've had a long, hard row to hoe, however, with a nagging lateral adductor injury—omnipresent in various ways. I hoped to come home, see my grandma, parents, nieces and nephews, friends and run a good race for them all. April 30th ended up being my day.

At 7:30 a.m. on that day, it was about 56 degrees, beautiful sunshine, and no wind (including the much discussed tail winds). My goal was to get under 1:17:55, which I had run shortly after my training stint in Kenya last summer. I then made it my mission to set a new lifetime P.R. within a year or so from now, by running sub-1:15.

Since Kenya, I've believed as runners there do, that "impossible is possible." There are no limits. Hard work pays off. I've eaten a lot more fruits and vegetables—mostly organic—to supplement a ten year long vegan diet. I've taken off days when necessary, joined a gym for circuit work, and have finally discovered the Holy Grail formula for half marathon racing (some hyperbole perhaps and maybe worthy of another story sometime...).

In my first race of 2011, in February, soon after taking six weeks off for physical therapy for a lateral adductor injury, I ran 5:54 pace for four miles. And I didn't feel great. I then surprised myself in the New York City Half on March 20th by going in with a goal of 1:19:40 and coming out with a 1:18:21. I then made my April 30th goal sub-1:17:55 to prove to myself that altitude training is but one piece in a much larger puzzle; that training at sea level can still bear major fruit. I would run 5:55 pace in Kentucky.

The course was flat, with but a few short inclines. I wore no watch. My pace in the first two miles was 6:05—a strategy employed well on March 20th. I used the group of the three women leaders as my reference point throughout the race. I gauged that they were running negative splits, so I held close to them. I believed I could accomplish my mission after reaching the five mile marker faster than any five mile race I've run since college, I believe. At 10K, I was nine seconds off the time I had run in the Scotland Run 10K a couple of weeks before.

Upon exiting Churchill Downs, it sounded like we were on a roller coaster climbing slowly up a forbidding hill as a race announcer stated loudly: "Attention runners! Races split ahead. Marathon runners go

right. Half marathon runners go left." According to the Holy Grail, with about four miles to go, the worst was way behind me. All I had to do now was keep my rhythm going, drink some electrolytes, and keep the women close.

In those final few miles, I saw no more mile markers. I had no idea what my overall time was. I just ran free. When my engine eventually began to struggle a bit, I knew my legs were still good and put trust in them. I dug down and finally passed a competitor with a mile to go and told him to dig deep. I needed him then. But he was dying. I ended up beating the husband of a high school teammate, Jennifer, by 8 seconds. (Jennifer was the 4th woman overall in this race.)

As we rushed through the crowded final blocks of downtown Louisville, between bleachers full of cheering fans, I heard the announcer say something about "New York is well represented here today." Turns out, the female champion was an Ethiopian woman who lives in NYC. I looked up at the clock. My queasy stomach suddenly felt much better. My sub-1:17:55 goal was easily surpassed with a 1:16:20; 5:49 pace. "Thank you Jesus," I exclaimed. #

Runner's Quiz

by Ken Rolston

- 1- Who was the first person to run the mile in less than 4 minutes ?
- 2- Who was the first American to run a mile in less than 4 minutes ?
- 3- Who won the first women's Olympic Marathon in 1984 ?
- 4- Who was the last American to win a gold medal in the men's Olympic marathon ?
- 5- Can you name all of the American high school runners who have broken the 4 minute mile ?
- 6- Who are the current male and female world marathon record holders ?
- 7- Who was the last American woman to win a medal at the Olympics in a distance running event ?
- 8- Who has the fastest time ever by an American in 2:04.58 ?
- 9- Who was the only American to win a gold medal in the Olympic 10,000 meter run and in the process run a personal best by almost 50 seconds in what is considered one of the greatest upsets in Olympic history ?
- 10- What did Geoffrey Mutai of Kenya recently accomplish that no other runner has ever done ?
- 11- Who are the current male and female world record holders in the mile run ?
- 12- Name the country that the following Olympic champions represented: a) Paavo Nurmi; b) Abebe Bilila; c) Emil Zatopek; d)

Hicham el Guerrouj; e) Sebastian Coe.

- 13- Name the Norwegian Olympian who was a 9-time winner of the New York marathon and a silver medal winner in the inaugural women's Olympic Marathon in 1984.
- 14- Who was the first woman to run the Boston Marathon unofficially (without a number)?
- 15- The original marathon distance was 24.7 miles. However at the 1908 London Olympics the distance was changed to 26 miles with 385 yards added on. Why ? (Answers on page 10)

On The Run

by Bette Clark

When Olympian Lynn Jennings visited with us in March, she joined us for a Saturday morning run before her inspirational talk. She was thrilled to be back on the Van Cortlandt cross-country course, where she had once set a course record. She was also delighted to run on the Putnam trail and to experience first hand some of the great running trails we have surrounding us. A few weeks later, passing through New



York on her way back home to Portland, Oregon after trekking in Nepal, she wanted an opportunity to run on much lauded trails at Rockefeller State Preserve. Still jet lagged from more than 36 hours of international travel, she took to the hills in Rockefeller with great enthusiasm (and with, to no surprise, the speed and power of a mountain lion). On that run, the woman who spent most of her professional life as an athlete training alone said to me (when I finally caught up to her—that is, when she slowed down to wait for me) that if she ever joined a running club, it would be a club like VCTC. From her interaction with us, she had gleaned that we were serious and knowledgeable about running, yet fun-loving, and while some are in it for the competition, it is the pure joy of running that makes many of us take to the trails and roads.

Just a week later, on April 3rd, over 400 runners took part in our Urban Environmental Challenge, the most runners who've ever taken part in this race. It was a great success, thanks to race director Jill Staats and all the VCTC support that made it happen (from those who spearheaded a new electronic registration process and publicity to campaign, to those who shlepped food and water, people working registration and t-shirt distribution, from our many course marshals to our ingenious

scorer(s)), After it was over, a blog appeared by one of the runners who raved about the carrot cake he had won, and complemented VCTC on putting on a race that had a down-home “old-fashioned” feel and reminded him of why he first started loving racing. Real runners appreciate what is special about our club...

So while we try to hold on to what brings us together—a love of running—we embrace new possibilities. Our “new” website is now re-linked to our old vctc.org name (though can still be accessed on vctconline.com); for convenience, runners can sign up on line for races (which no doubt played a big role in our large numbers at the Challenge); our Saturday runs, Tuesday track work outs, and Thursday tempo runs are joined by new runners almost every week. In the first two NYRR club points races of the year, 55 VCTCers ran the Coogan’s 5k and 42 ran the Scotland 10k. In the past, I would recognize most people I would see wearing VCTC singlets: now I see people in VCTC gear that I meet for the first time at a NYRR race. But we don’t only show up in Central Park: we had a visible and hardy contingent at the Bear Mountain North face Challenge just last week running remarkable races at distances from a half marathon to 50 miles. You never know where a VCTC runner will show up these days.

I hope to see many of you at the Brooklyn Half next Saturday, May 14th, the 3rd club points race of the season. The next ones are the Mini 10k on June 11 (a points race for women), and the Portugal Run on June 19, (formerly Father’s Day race, a points race for women). Please register for these races as soon as possible, as they are filling up quickly and will be capped.

Also coming up in just two weeks, is the first of our summer 5k cross-country series, on Thursday, May 26th, and then every other Thursday through August 14th. Please come to run or volunteer—we are expecting more runners than in the past, and will need course marshals and other help. Then, next month, the Riverdale Ramble on June 5th and our first annual 5k VCTC Cancer Challenge. Please remember that we need as many volunteers as possible for the Riverdale Ramble, so please plan to be there to help out. Look out for emails and check our website for details.

Hope to see many of you out and about! #

Quiz Answers:

- 1) Roger Bannister 1954
- 2) Don Bowden 1957
- 3) Joan Benoit Samuelson
- 4) Frank Shorter 1972
- 5) Jim Ryun 1964, Tim Danielson 1966, Marty

Liquouri 1967 and Alan Webb 2001.

- 6) Haile Gebrselassie, Ethiopia 2:03.59 in 2008. Paula Radcliffe, Great Britain, 2:15.25 in 2003.
 - 7) Shalane Flanagan, 3rd place in the 10,000, Beijing Games.
 - 8) Ryan Hall at Boston, April 2011.
 - 9) Billy Mills, Tokyo Olympics, 1964.
 - 10) Mutai ran the fastest marathon of all time 2:03.02 in winning the Boston marathon. However, the mark will not count as a world record since Boston is considered a downhill course.
 - 11) Morocco’s Hicham el Guerrouj ran 3:43.13 in 1999. Russia’s Svetlana Masterkova ran 4:12.56 in 1996.
 - 12) Finland, Ethiopia, Czechoslovakia, Morocco, and Great Britain.
 - 13) Grete Waitz.
 - 14) Roberta Gibb, 1966.
 - 15) At the 1908 Olympic Games, the course was changed to cover the distance from Windsor Castle to White City Stadium. An additional 385 yards was added so the race could finish in front of King Edward VII’s royal box. #
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Running From Love

by Jessica Lancome

Part II

"Are we leaving soon?" she asked, wanting to put the entire morning behind her as fast as possible.

"As soon as the awards ceremony is over," John said, slapping two band aids into her hands. "They're starting now. Let's head over there."

She put them on then got up slowly, testing her knee. No throbbing -- a good sign. Gingerly, she took a few steps. Ouch but not aargh. Nothing broken or sprained, just the sting of a large superficial scrape.

The extent of a race injury never presented itself during the actual competition. It was only after stopping, then trying to move again, when damage became evident. The club president had set a personal record in a half marathon the year before, despite breaking her elbow in a fall at the three-mile mark. She'd been in mild discomfort during the race, but it wasn't until the drive to the emergency room when acute pain had set in.

Farrah hobbled over to the awards ceremony area. Runners with red cheeks aglow milled

around, munching on bagels and bananas.

"Hey, are you okay?"

She turned. The man in the blue T-shirt stood next to her. His dark blue eyes swept her face, then moved down to her legs.

"I'm fine. A few cuts and a lot of dirt. Thanks for stopping."

"I was worried you'd twisted an ankle. There's a lot of roots on the trail, especially at the start."

"I dodged a bullet," she said. Actually, she'd felt like putting one between her eyes.

The man smiled. For a second the blue of his eyes seemed to fuse with the brilliant fall sky overhead.

She shook her head to clear it.

"I've run this course five times. It's easy to trip. Someone gets hurt every year."

"I should have picked up my feet," she said, noticing the man wasn't burly so much as muscular. His broad chest filled out the T-shirt and strained it at the arm seams. It was rare that a runner filled out a T-shirt. Most of them looked like large children in oversized shirts hanging off them.

"The overall winner for this year's Headless Horseman race is- - -" the race director's voice crackled through the P.A. system overhead, "Kevin Johnson of Port Jefferson, New York."

A short twenty-something male made his way to the podium as the crowd clapped. He was compact and slim -- a Steve Prefontaine runners' build.

"Are you from around here?" the runner in the blue T-shirt asked.

"No, I'm from the City. I came up with my running club."

"Oh yeah? Which one's that?" he asked.

"Van Cortlandt Track Club."

"Where do you train?"

"We're in the Bronx. We train on the cross country trails in Van Cortlandt Park."

"I know that area. That's one of the best cross country courses in the country. Don't they do the boys trials for the Kinney's Nationals there?"

"Boys and girls. It's in the fall."

"For the Mens 30-39 age group with a time of 1:04:51, first place goes to- - -" the announcer boomed, "Steve Patterson of the Bronx, New York."

"That's the top runner in our club," Farrah cried, applauding. At least some of her team members had performed well, even if she hadn't.

"Mens 30-39, second place finisher with a time of 1:05 is- - -" the announcer continued, "Jude Farnsworth of Greenwich, Connecticut."

Farrah turned to see if the man next to her knew him, but he was gone. (continued next page)

Accepting his second place medal, he stood at the base of the stage. She applauded as loudly as she could. Then it dawned on her.

He'd missed first place in his age group because of her.

Finding her way to the stage, she broke through several runners clustered around him.

"Congratulations. You would have been first if you hadn't helped me. I'm sorry I screwed up your time."

"No worries. You didn't force me to stop. I just wanted to." The strong outline of his mouth didn't smile, but his eyes did.

"You're a bigger man than me," she heard herself say.

"You're not much of a man," he broke into a grin.

She looked at him uncertainly. She had screwed up his race. Yet he was smiling at her. And he wasn't chubby. At all.

"I wish I could make it up to you," she said then realized her words had come out wrong.

"How about telling me your name?"

"I'm ----" "Farrah, we're going for breakfast." Ana Morales tugged at her left arm.

"Farrah? Nice to meet you." He stuck out his hand.

Grasping it, she felt how muscular and dry it was. She

had an aversion to sweaty palms on men. "I – uh – do you want to join us for breakfast?"

"Where're you going?"

"Jackson Diner in New Paltz," Ana volunteered, eyeballing Jude.

"I know that place," he said. "They have great homemade oatmeal."

"Huh." Oatmeal was her favorite post-race breakfast. "Why don't you meet us there?" she said.

"I don't want to cut in," he said, hesitantly.

"The more the merrier," Ana interjected, giving Farrah a squint indicating he'd received her seal of approval in the looks division.

"Join us. You can meet the guy you should have beaten if it hadn't been for me." If humiliation was going to be her breakfast, it might not be tasty, but it'd be nutritious. She'd take her oatmeal without honey today.

"Okay then," he answered quietly, out of earshot of Ana.

Tingling, Farrah turned and ran to catch up with her friend on the way to the parking lot.

* * *

At Jackson Diner, Jude pretended to study the menu. He already knew what he'd order, but it gave him somewhere to put his eyeballs while he took in Farrah. A

smell like grapefruit, fresh and tangy, came from her direction. She didn't smell like most runners did after a race.

He made a note to wipe off some sweat when he went to the men's' room. Women's sniffers were about a gazillion times more sensitive than men's. Then when they were pregnant, that number doubled. His track club buddy had told him when his wife had been expecting she'd ordered him to move his dresser out of their bedroom into the guest room. He'd always used the top of it as a laundry hamper, but the smell of his dirty socks now sent her heaving to the bathroom. Fortunately, his friend himself had not been relocated.

Long, dark brown hair check. Were her almond-shaped eyes amber? Or hazel? Here they were running a trail race in the Mohonk Mountains and he'd bumped into a woman who looked like Pocahontas.

"Coffee for everyone?" the waitress asked.

"Yes," multiple voices chimed in.

"You got decaf?" someone asked.

"Yup," the waitress responded.

"I'll take mine with 2% fat organic milk, if you have it," Farrah told her. (continued next page)

“I don’t know about 2% fat or organic, but we get our milk locally and almost everyone around here farms organic.”

“Great. Can you check please?”

It was all he could do to refrain from rolling his eyeballs. They went up, but he caught himself before they rolled down again.

“Uh-huh,” the waitress walked away. Jude was sure she would; right after she added a special service charge to the bill for neurotic customers from New York City.

“So what’s your next race?” he asked Farrah.

She looked at him vaguely. Was her mind still on whether she’d get the right milk in her coffee?

“I’m not sure yet. I’ve got some business trips coming up so I haven’t signed up for anything. What about you?”

“I’m thinking about Leatherman’s Loop next month. Ever done it?” She traveled for her job. Did that mean she was never around?

“No. What kind of race is it?”

He liked the way she tossed her hair as she turned to look at him. She’d taken it out of the ponytail she’d worn during the race. Now he could see it came halfway down her back. Did Pocahontas have a non-business side? #

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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.

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Race Results

Kings Park 15K

Mar. 19, 2011
Kings Park, N.Y.

1:57:17 Fernando Ruiz 3rdM75-79

NYC Half-Marathon

Mar. 20, 2011

1:18:21 Kyle Hall M32
1:37:37 Paul Swem M61
1:39:12 Richard Conley M55
1:41:03 Colleen McMahon F27
1:41:22 Salvatore Carretta Jr M54
1:53:38 Robert Vassilarakis M39
2:23:46 Makenzie Schmitt F23

New York CCC 15K

Mar. 27, 2011

1:01:24 Carlos Lopez M30
1:09:09 Rick Bloomer M47
1:10:28 Salvatore Carretta Jr M54 10
1:18:58 Benigno Veraz M56
1:21:36 Yani Baldeon F41
1:23:52 Margaret R Nolan F50
1:27:14 Edward James M64
2:01:55 Fernando Ruiz M79 1

New York CCCC 4M

Mar. 27, 2011

34:45 Glen H Shane M71 1
38:23 Hannah Lipman F39
44:43 Darren Rosa M46

Wurtsboro 30K Mountain Race

Mar. 27, 2011
Wurtsboro, N.Y.

2:42:56 Bette Clark 1stF50-59

Lavaman Triathlon

Apr. 3, 2011
Waikoloa, Hawaii

3:11 Tami Luhby

More/Fitness Half-Marathon

Apr. 3, 2011

2:08:45 Lorraine Clarke F29

Urban Environmental Challenge 10K

Apr. 3, 2011

Van Cortland Park

38.45 Michael Oliva M31 1stM OV
40.14 Kevin Shelton-Smith M50 1st M50-59
47.11 Robert Antulov M47
47.29 Jeff Powell M39
50.30 Mick Burke M32
50.51 Vincent Brett M33
53.40 Andie Davis F51 1stF50-59
55.39 Salvatore Carretta M54
56.11 Miguel Ortiz M49
58.16 Jeff Spadafore M46
59.07 Mandi Susman F42
59.27 Erica Hubbard F31
60.04 Thomas Baker M35
64.02 Joann Pate F36
65.27 Ramon Ruiz M71 2nd M70-79
68.41 Dennis Burns M64
70.17 Catherine Schwarz F47
70.36 Wanda Bills F49
75.14 Adam Golovizki M35
81.49 Kenn Sapeta M56
84.12 Edith Jones F71 1st F70-79

Cherry Blossom 10M

Apr. 3, 2011

Washington, D.C.

1:09:14 Melissa Weiner PR

Stratton-Faxon Half-Marathon

Apr. 3, 2011

2:18:02 Mike Yorio

Cherry Blossom 10K

Apr. 10, 2011

Newark, N.J.

1:05:51 Hannah Lipman

Scotland Run 10K

Apr. 10, 2011

34:07 Michael Arnstein M34 5
35:20 Kevin Shelton-Smith M51 1
35:41 Kyle M Hall M32
37:43 Chris Ekstrom M45
39:08 Jonathan Stenger M37
39:25 Jeff Powell M39
40:11 Perry King M53
40:49 Carlos Lopez M30

| | | | | | | | |
|---------|-----------------------|-----|------------------------|---------|---------------------------------|-----|---------------------|
| 43:43 | David Monahan | M59 | | 27:43 | Rick Bloomer | M47 | |
| 44:26 | Paul Swem | M61 | 9 | 28:19 | Dominic Lombardo | M44 | |
| 44:39 | Rick Bloomer | M47 | | 30:46 | James Moloney Jr | M48 | |
| 44:50 | David C King | M60 | | 33:52 | Edward James | M64 | |
| 44:57 | Dominic Lombardo | M44 | | 34:36 | Ramon Ruiz | M71 | |
| 45:00 | Hiroshi Kitada | M45 | | 39:24 | Edith Jones | F71 | |
| 45:35 | Salvatore Carretta Jr | M54 | | 43:17 | Hannah Lipman | F39 | |
| 45:55 | Rachel Kimber | F30 | | 47:11 | Fernando Ruiz | M79 | |
| 45:55 | Benigno Veraz | M56 | | 52:02 | Salvatore Carretta Jr | M54 | |
| 46:18 | Mick Burke | M32 | | | | | |
| 46:31 | Brendan Boyle | M26 | | | NYRR 4M | | |
| 46:34 | Richard P Conley | M55 | | | Apr. 23, 2011 | | |
| 46:57 | Tom Elbrecht | M19 | | 24:51 | Jonathan Stenger | M37 | |
| 47:24 | Andie Davis | F51 | 10 | 26:02 | Steven Joseph | M49 | |
| 47:50 | Miguel Ortiz | M49 | | 27:45 | Benigno Veraz | M56 | 7 |
| 48:56 | Bette Clark | F55 | 5 | 35:14 | Edward James | M64 | |
| 48:57 | Robert Branch | M34 | | 35:59 | Shirley Middleton | F56 | 7 |
| 52:19 | Patricia Novelli | F40 | | 38:00 | Catherine Schwarz | F47 | |
| 52:31 | John Martin | M44 | | 38:57 | Hannah Lipman | F39 | |
| 52:42 | Arnold L Gore | M70 | 3 | 41:35 | Edith Jones | F71 | 2 |
| 53:31 | James Moloney Jr | M48 | | 41:40 | Darren Rosa | M46 | |
| 54:14 | Erica Hubbard | F31 | | 43:01 | Kenn Sapeta | M56 | |
| 54:31 | Jill Staats | F59 | | 50:26 | Fernando Ruiz | M79 | 6 |
| 54:55 | Jo Ann Pate | F36 | | | | | |
| 55:03 | Edward James | M64 | | | Kentucky Derby Festival | | |
| 55:50 | Enrique Jaen | M45 | | | miniMarathon | | |
| 56:19 | Lorraine Clarke | F29 | | | Apr. 28, 2011 | | |
| 59:43 | Carl Morrishow | M54 | | | Louisville, Ky. | | |
| 1:01:15 | Sherry Fraser | F55 | | 1:16:20 | Kyle Hall | | 4 |
| 1:03:05 | Monika N Macezinskas | F64 | | | | | |
| 1:04:16 | Catherine Schwarz | F47 | | | Royal Berkshire Marathon | | |
| 1:04:28 | Susan R Epstein | F67 | | | (track race) | | |
| 1:17:36 | Rozsa Gaston | F53 | | | Apr. 29, 2011 | | |
| 1:30:28 | Ramon Minaya | M71 | | 2:31:24 | Michael Arnstein | | 1stOA |
| | | | | | | | |
| | | | | | Harrold Pit Run 3M | | |
| | | | | | Apr. 30, 2011 | | |
| | | | | | Harrold, UK | | |
| 3:38:36 | Kevin Shelton-Smith | M51 | 1stOA | 16:44 | Kevin Shelton-Smith | | 3rdOA, 1stM50-59 |
| | | | 50+ club record | | | | |
| | | | 50-59 course record | | | | |
| 5:06:40 | Hiroshi Kitadi | | | | Freezer 5M | | |
| 5:17:36 | Sal Carretta | M54 | | | Feb. 20, 2011 | | |
| ???? | Lanny Levitt | | | | Yorktown Heights, N.Y. | | |
| | | | | 39:56 | Bette Clark | | 1st F50-59 |
| | | | | | | | |
| | | | | | Run for the Parks 4M | | |
| | | | | | Apr. 17, 2011 | | |
| 25:28 | Carlos Lopez | M30 | | | | | |
| 27:42 | Benigno Veraz | M56 | | | | | |

CLUB NEWS

Membership *Please renew your membership which was due 1/1/11* (If you haven't already). Membership rates are: single, \$35; family, \$45. 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.vctconline.ning.com. 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 2011: 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 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the July/August issue is June 25, 2011. 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.vctconline.ning.com

Van Cortlandt Track Club

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