

# Van Cortlandt Track Club newsletter

## My Kenyan Adventure

*by Kyle Hall*

*This* summer presented me with one of those unique moments in life when I knew I had to strike while the iron was hot. Everything came together running-wise, financially, & in terms of my summer break from teaching. I was then off to Africa.



*Kyle with Daniel Rono by the pool at the High Altitude Training Centre*

My flights all went well. Emirates is an incredible airline and I ate very well onboard (i.e. grilled tofu with vegetables, fruit salads, Indian rice with beans, etc.) There were literally hundreds of movies and tv shows to watch and everyone had his/her own individual tv screen and advanced remote. 'Stars' lit up the cabin ceiling at night. The flight was 11 hours 41 minutes from JFK to Dubai, United Arab Emirates.

I landed in the Middle East for the first time ever and was immediately struck by the opulence of Dubai. Giant sparkling columns lined the high ceilinged airport. Triple story cascading waterfalls fell near giant elevators. All local Muslim women I saw had their heads covered and men wore flowing white robes with long white head scarves (sorry, I don't know the proper terms for those).

The world's only 7 star hotel, Al Burj Dubai, sat nearby--on its own private island. The airport's Burger King carried the 'Bean Patty--Veg' sandwich.

Of course, I left the airport and explored a bit outside but then had to report back to Emirates fairly quickly for my connecting flight.

En route to Nairobi, I saw the reddish sands of Saudi Arabia, leading into the beige sands of Yemen. We crossed over the Gulf of Aden and into Ethiopia. It was 4.5 hours from Dubai to Nairobi. Before I'd even caught my final connecting flight to Eldoret, Kenya, I encountered a slender man whose brand new Nike running shoes stretched out to my chair leg. He sat within my comfort zone, which does not really exist here, and I actually pushed away from him at first. I then noticed white Nike socks. I soon asked him for the time and saw a Nike running watch. 'Do you run?' I asked. 'Yes,' he replied.

I was sitting next to Vincent Kituro, returning home from running the Sapporo Half Marathon, in Japan. He was somewhat disappointed in his 1:02 finish--because it was humid. Vincent's marathon P.R. (personal record) is 2:05:13 [world record:2:03:59] He trains with Robert Cheruyiot--2010 Boston Marathon Champion. They're both training to make Kenya's Olympic team for London 2012.

Vincent and I talked a while and I'm sure I scared him off with my 10,000 questions. We then boarded a fairly small Jetlink aircraft for the 35 minute flight to Eldoret, in western Kenya.

Landing in darkness, it was pretty eerie. The only lights were directly next to the runw (con't next page)

This was Eldoret International Airport. The runways are international standard, though, and we taxied for a while. We then deplaned in what looked like a parking lot, directly next to a curb and the back doors of the airport. Not a single other plane was to be seen. The entire 'terminal' was essentially a lobby.

'Kyle Hall' was written on a paper held by a Kenyan lad named Ken who had arrived to pick me up. We were soon on our way along darkened roads into Eldoret. I feared the entire time that we would mow down any number of the legions of people riding bicycles along the side of the road in darkness, without helmets or lights. We stopped at a large, open air supermarket which was just as modern as a Kroger or Stop N Shop. It was strange seeing juice for 200 sh. and buying a bag of popcorn for 90 sh. Of course, those prices are

actually good. As we left the store, I observed a man jumping onto the side of a moving Nissan van (similar to VW vans), used as buses here, and hanging on--trying to be let in to the completely packed van. He clung for his life as the van sped down the road, eventually being let inside.

We arrived at the High Altitude Training Centre at about 9 p.m. local time. I

***“I ran yesterday evening with Richard Mochke, a 1:01 half marathoner”***

assumed I would not eat dinner this night but upon arrival in the dining center, I was greeted by several of the endless number of Centre employees--all extremely gracious and kind--and served an amazing 4 course meal: salad, 'soya' chunks marinated with tomatoes, a fantastic rice

mixture, and unbelievable shredded-marinated cabbage. The dining center was packed with lots of young runners, from Kenya, the U.S., & England.

The High Altitude Training Centre, located at 8,000 feet elevation, is astounding. With expertly manicured grounds and impeccable maintenance and cleanliness--all floors indoor and outdoor are scrubbed by hand with towels and sponges every day--we



have open courtyards, a pool, a soon to be opened restaurant (but not while I'm here), state of the art gym, 2 saunas, 2 (continued next page)

**Van Cortlandt Track Club  
2009 Board of Directors**

President: Bette Clark  
Secretary: Jill Staats

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**2009 Executive Committee**

Social Director: Dick Conley  
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Athletic Director: Ken Rolston  
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Website Committee: Lou Netter, Kevin Shelton-Smith, Mike Lee, Jeff Powell, Dominic Lombardo, Tony Thoman  
**Club workouts are held Tuesdays at 7 p.m. and Saturdays at 8 a.m. (roads/trails)**

massage rooms (approx. \$20 U.S. for 2 hour massage), conference room, and 20+ rooms, most with individual bathrooms. I'm in room 3 and have my own bathroom and two single beds, along with a wardrobe closet and night-stand.

All Kenyans I've met are extremely social, very welcoming--many do say 'Welcome' and a Centre security guard (yes, we also have 24 hour security) told me this morning that he loves me & my visit here. The foods are great--lentils with carrots for lunch today; a large, flatbread pancake-type thing for breakfast yesterday and a jelly-

filled donut for breakfast this morning. Runners are everywhere.

Grasshoppers are also as large as small birds and the dung beetles are the size of half my hand.

I ran yesterday evening with Richard Mokche--1:01 half marathoner--and sat at a dining room table yesterday afternoon shooting the breeze with Lornah Kiplagat--current holder of 4 world records and 2 time Olympian for The Netherlands (she founded the Centre). Her husband and coach Pieter Langerhorst stayed even longer in conversation. He'll be

coaching the Netherland distance runners at London 2012.

Yesterday evening, in the gym were second fastest woman's half marathoner of all time doing core exercises across from an Olympian from Qatar, who was working out directly next to a female Kenyan Olympian.

Just another day in Iten. I asked Pieter yesterday how many professional runners he thinks there are in this area around Iten, a pretty small, rural town. '800-900' was his reply. That is probably more, I am SURE, than ALL professional (continued next page)

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runners in the entire United States of America.

When running with Richard yesterday he said that probably 5 of every 10 people in this village run and of those, '8 of every 10' are professional elites. They were everywhere during our run along dirt roads.

Weather is incredible: no humidity...highs of around 70...blanket needed at night.

At night there are so many countless numbers of stars seen that it is truly amazing. I saw the streak of the Milky Way, the sky was so clear and bright.

I have a personal trainer in the gym. He's whipping me into shape. I'm doing the same leg-arm weight routines, back and ab, and other core work that the Kenyan professionals do. In fact, he works with them directly on the same routines. I used the sauna today to relax my muscles after another 1.5 hour or so in the gym (including bike) and a 40 minute run with a large group around 07:00 a.m.

Pieter told me to keep it easier this week. Next week I will begin double sessions each day, like everyone here. Kenyan runners all run at least twice a day and some run 3 times daily. # ***(Part II will be in the next Newsletter)***

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## VCTC ASRC

### VCTC Online Update

*by Kevin Shelton-Smith*

The new website is a regular visit for many now. Its use has expanded to include some excellent blogs (stories) on topics such as the River to Sea Relay. There are details of races and results too. Numerous 'Groups' have been set up for like-minded people to discuss by email anything from 5<sup>th</sup> Ave Mile training and Marathon Transport to Injuries and the Over-60s Men's Team. The Groups send emails just those who are interested and cuts down on unwanted email traffic. People are putting up great photos of VCTC members flashing by and we hope more of you will do so, and perhaps add some video footage of our teams out racing too. Use the site to tell us your tales and questions.

In the coming months, [www.vctconline.com](http://www.vctconline.com) will carry details of the 2010 Awards Dinner and 2011 Membership renewal. Payment for both can be done on-line, and is preferred for its record-keeping. You may also see a few changes to the layout as we adapt to your suggestions.

The site is spreading the word about VCTC to a far wider

community and helping to attract new members, so we welcome non-members joining the website to learn more about us, but we know that you want a place on it that's just for us. There is now a Members-Only Group, where you will find minutes from meetings, and news just for us, which only approved (i.e. Members) can see. In the future we may include the club directory, Treasurer's report, Board voting options and more (comments welcome).

We are delighted that about 100 club members are signed up, as this helps your hard-working committees to communicate on races and more. Following Bette's requests at recent meetings, we especially need you to join the Members-Only Group for important Member-only information (just click on the Groups tab at the top of the page). This really will be used sparingly. For more social topics, Yahoo Groups will continue as normal.#

**On Nov 7, VCTC team members will meet (by 10 a.m. to avoid street closings) at 138th Street under the Grand Concourse to give our support to colleagues running the N.Y. City Marathon. So come on out to cheer the VCTC runners on to great heights.**

## On The Run

by President Bette Clark

Yesterday was Grete's half-marathon, a NYRR team points race. Nineteen VCTCers ran on a beautiful fall morning in perfect running conditions. Some were there a week after running a spectacular Fifth Avenue mile, where PR's and club records were set. A new member was there running his longest race beyond a 10K. But many ran because it was a team points race. Our men's and women's 50+(ages 50-59) teams managed to place 2<sup>nd</sup> among local teams. This turned out not only to be about running times, but about just being there. I want to tell our women's 50+ story.



The women's 50+ team was comprised of Adrian Hunte-Smith, Kate Donovan, and me (3 are needed to score). We decided we must try to improve our club standing, but our planning for this race was last-minute and a bit confusing.

With Bill Smith's help (and expert driving), Adrian and I arrived in Central Park 20 minutes before race start—I ran with bags to baggage check, while Adrian went to look for

Kate in her corral, as planned. But they could not find each other, and as the National Anthem was being sung just prior to the race horn, Adrian threw up her hands in despair. I started to run, not knowing if Kate and Adrian had found each other or whether either of them had actually started the race. I only learned later, that they had found each other 5 minutes after race start, all because another VCTCer (Sal Carretta) told Adrian that he had seen Kate, and she was ready to run. I ran, still wondering if we had a team at all. It wasn't until I had crossed the finish line and picked up my bag and my phone, that I learned that Adrian and Kate had found each other and both had run well. Two of us most likely never even would have run this race had it not been to score points! It was the drive to do it for the team that motivated us finally to get to the race start, but also it was the team that made it happen. It took a group effort to get to Central Park in time—this included encouraging words, a ride to race start, one person registering for another and then waiting past race start to find her, knowing fully well this could jeopardize her chances to run her best time. But here, everyone's best efforts made us a team—and in the end, we managed to place 2<sup>nd</sup> among the women's 50+ teams.

Now that was a true team effort. I would not recommend getting to a race this way (much better to plan ahead a bit more), but we managed to pull it off at the 11<sup>th</sup> hour.

Most of us run because we love it. And most of us join a club like VCTC because it gives us the opportunity to share this love with other runners, whether that means running together, learning from each other, or sometimes, just socializing. Being a part of VCTC helps us all reach out to our personal goals as runners, and find ways to support each other in these efforts. Sometimes it might just be to give words of encouragement to a new runner, other times it may be to run a team points race, or to volunteer at a race, Yet other times it might be to offer another runner a ride a to a race, or help with club business (races, social events, etc).

There are many different ways to be part of the VCTC and I hope you all find new ways to play active roles in our wonderful club.

Please put December 11th on your calendars for our Annual Members meeting, where nominations are made for Board positions and new committee chairs. This is the time to offer suggestions about directions you would like to see for VCTC and ways you would each like to be involved. #

## Coach's Corner

by Ken Rolston.

Welcome to the end of this steamy summer ! . Thanks for persevering through some of the toughest running conditions I can remember.

And many thanks for a fantastic turnout at the club team champs race in



August. As a result, we're now doing better than ever in the team standings. Currently the 50+ Women are 5<sup>th</sup>, the Men's Open B are 2<sup>nd</sup>, the Men's 40+ are 5<sup>th</sup>, the Men's 50 + are 4<sup>th</sup> and Men's 60 + are also 4<sup>th</sup> !

We trust that your perseverance will now pay dividends as 1/2 marathon and marathon season approaches. We will place greater emphasis on longer repeats from 800's to 2,000's on the track. One question that frequently arises

**5K tune-up-** Tue- 2 x 800 at 5K pace, 1 x 800 at mile pace, Thur- 4 x 400 at mile pace

**10K tune-up-** Tue- 6 x 800 at 5K pace, Thur- 1200, 800, 400 at progressive pace

**1/2 marathon tune-up-** Tue- 2 mile tempo at 1/2 marathon race pace, Thur- 2 x 800 at 10k pace.

**Marathon tune-up-** Tue- 1600, 1200, 800, 400 starting at 10K pace w slightly faster pace and shorter recovery during the progression, Thur- 2 miles at marathon pace.

is how to properly taper the track workouts as the big race day approaches. Ed Eyestone of Runners World believes that you should do 2 tune-up workouts the week of your key race. Here's his breakdown :

There's an interesting website called Science of Sport which analyses and predicts race performances from the 100 through the marathon. Their number 1 star this year is Kenya's David Rudisha who twice broke the world record for the 800 and now appears poised to be the first person to break 1:41 and possibly 1:40. The record now stands at 1:41.01. His tactic is to follow a pacemaker through the 400 in 49 and then use his great strength to hold on. Science of Sport agrees with his tactics, since no world record holder for the 800 has run negative splits since Dave Wottle in 1972.

According to this site, the ideal tactic for the mile is to run the 1<sup>st</sup> and last quarters slightly faster than the middle 2 laps.

Of course if the first quarter is too fast all bets are off. Let's see how that works out for the 5<sup>th</sup> Ave Mile !

The 5k and 10K enjoyed huge breakthroughs in the last 10 years with the arrival of Tergat ,Gebrselassie and Bekele but the records have not moved much since. The American distance runners have improved tremendously in the last year or 2 with 4 current runners under 13 for 5 K. Chris Solinsky broke 13:00 3 times this summer, and he also broke the 27 minute barrier for 10K.

Finally the marathon records have dropped dramatically, to the point that runners can go 2:06 and miss the podium, especially at the fast flat courses in Europe and Chicago. Despite this, Science of Sport predicts that it may take another 80 years before the 2 hour barrier is broken. The body can only go so fast !

### UPCOMING RACES

Oct 10- Sun 8 AM- Steamtown Marathon, Scranton, Pa

Oct 10- Sun 9:30- Staten Island 1/2 marathon

Oct 10- Sun 8 AM- Chicago Marathon

Oct 10- Sun 8:30- Hudson Mohawk Marathon, Schenectady NY

Oct 10- Sun 8:30- Westchester Running Festival 1/2 and 1/4 marathon, White Plains

Oct 17- Sun 11:30- Kurt Steiner  
5K XC run, Van Cortlandt Park  
Oct 17- Sun 12:30- Harry Chapin  
10 K, Croton, NY  
Oct 17- Sun 9 AM- Paramus Run  
5K, 10K  
Oct 31- Sun 8:30- Marathon  
Kick Off 5m, Central Park  
Oct 31- Sun 8:30- Marine Corps  
Marathon, Washington, DC  
Nov 7- Sun 9:40- NYC Marathon  
Nov 7- Sun 9 AM- I'm Not  
Doing NYC Marathon 4m,  
Eisenhower Park, LI

**RUNNING IN PUEBLA,  
MEXICO**

*by Eric Nolan*

*If* you find yourself one day in the city of Puebla, located 70 miles southeast of Mexico City,



and you need to put in some miles, go over to the Parque del Arte, located in the outskirts of the city. You'll find yourself among a crowd of runners, from the old lady running in a winter coat because the temperature has dipped below 68 degrees, to the wiry-type who looks like he ran directly from the top of the nearest volcano (there are three

nearby), making grunting noises and strange hand movements directed at you that make you wonder if you are the subject of a spell.

Be careful as you pass by the landscaped cacti and maguey that line the loop because you might get your face scraped. Practice your Spanish on the groups of runners wearing florescent tights (what does ritmo parejo mean again?) or maybe you can join them for a post-run yoga session right there in the park. Don't mind the peacock.

The cinder track, 1600m with a marking every 100m, is more of a combination of dirt and loose pebbles, but don't get the wrong impression: this is a well-tended park with machete-wielding landscapers in straw hats and what seem to be butcher's aprons ever-present.

Don't get distracted by the car with the megaphone as it encircles the park announcing "empanadas de atún . . . empanadas hawaiianos . . . empanadas de mole . . . empanadas de adobo . . ." You can get some killer food later when you find yourself unable to sleep at night due to the high elevation.

Speaking of which, as you run, we hope that you adapt quickly to 7,000 ft., because if you don't, you might find yourself rubbing your quads fifteen minutes into your easy runs. If this occurs, go to the

track and run some repeat 400s, or make that 300s, and take twice as much rest as usual. You will adjust fairly quickly, like in a few weeks. If you see signs on the highway announcing a race, sign up for it!

Be prepared for no bathrooms and no water breaks for the first 10k of the half marathon. When you see the first water station in the crumbling city center where you want to spend the rest of your life renovating one of those huge colonial buildings be prepared to be handed a 20 oz bottle of Powerade by a girl in a bikini. Do not stop and stare. Grab two bottles and give one to the elderly couple standing in the doorway of their home.

Back to the park. When you are done with your workout, grab two dollars worth of coins out of your car and cross the street to the juice vendor and buy a liter or two of freshly squeezed mandarin juice, or opt for the "green juice" which either contains cactus or alfalfa and some citrus, like pineapple.

If you are extra hungry, there's always the quesadilla lady, or the "basket tacos" man--your choice. Or if you feel like you need some iron for your oxygen-deficient blood then there are several steak houses where you can easily eat the best steak of your life for \$18. Return to the park at night--it closes at nine--and run under the solar-powered lights (not a joke).

(continued next page)



If the night sky isn't covered in clouds, take a peek at the view of Mount Popocatepetl, the volcano that caused so much suffering for Malcolm Lowry, and look for the smoke, and wonder, as you run laps, if it is trying to tell you something. #

## Membership Update

*by Kevin Shelton-Smith*

2010 has been even better for the growth of VCTC than the great year that 2009 was. By September last year we had 125 members; a record I'm told. Today we have 141, and that doesn't include family members. We've lost a few, with some moving away, but we have the pleasure of saying hello and welcome to all the following, (and the return of some former members) many of whom have become familiar faces:

Milinda Abbott  
 Jimmy Atkins  
 Danny Barnett  
 Nicole Bernadette

Mike Block  
 Robert Branch  
 Lindsay Dent  
 Rafael Dilan  
 John Farrelly  
 John Fenton  
 Adam Golovizki  
 Astrid Vanessa Guzman  
 Erica Hubbard  
 Luis Jose  
 Jamie Kyei-Frimpong  
 Hannah Lipman  
 Harald Lixenfeld  
 Brian Mayor & Jenny Chon  
 Colleen McMahan  
 David, Wisitsee & Guy Monohan  
 Thomas Murley  
 Matthew Newton  
 Nick Ohnell  
 Mike Oliva  
 Miguel Ortiz  
 Jackie Perez-Garcia  
 Helen Petruzelli & Jacob Adams  
 Rebecca Rankin  
 Antonio Rodriguez  
 Makenzie Schmitt  
 Talise Sutherland  
 Paul & Janet Swem  
 Rob Vassilarakis  
 Heidi Velasquez  
 Sara Wenger

## Northeast Harbor 5-miler

*by Bette Clark*

On Saturday, August 28th, I ran a 5 mile race in Northeast Harbor, Maine. Everything about this race was wonderful--a true local race to raise money for the fire department, hosted by Crow Athletics, the same club that

puts on the Mount Desert Marathon, the July 4th Round Mount Desert Island Relay (I hope to organize a VCTC team for next year, and the Cranberry Island Ultra (multiples of a two mile loop that ends with a lobster feast and beach camp-out). First, I arrived about an hour before the race: the online registration said the race started at 9:30 but when I had read about it on the website, there was something about being bussed to the start. As I pulled up to park (yes, right there!!) another car pulled up beside me, and a bright yellow running cap was flung in my direction--"knew I'd see someone I liked here," said Gary Allen, race director and head of Crow Athletics who I knew from running the marathon and relays in the past. Thanks, Gary, I had forgotten to bring a hat on this bright sunny day!!

Sure enough, there was a matching bright yellow school bus there to take runners to the start 5 miles away, at Sergeant Drive, a road that I had run during the marathon, in the opposite direction, in the MDI Marathon. It hugs the shore of Sommes Sound, the only natural fjord in North America, and it is truly spectacular--the beauty almost makes you forget the constant rolling hills. While waiting at the start, we were told about the history of



the race, and race particulars-- where the two porta potties were located (no lines!!), and who the celebrities were--a woman who once held the course record, now in her 70s, a two time Olympian marathoner, Cathy O'Brian, and a man who had run sub 3-hour marathons in all 5 decades of his running years! I look around and see two runners with Alley Pond Striders singlets on--a Queens running club that I know because of a friend made at the Crafstbury running camp. Sure enough, they know my friend, and we chat about races and the NY running scene. This was their first time in Maine and they had just learned about the race and decided to try it out.

So the race began..we were told it was the biggest field ever ( a total of 146 runners and walkers). We quickly spread out. A barefoot man pushing a stroller blazed past me at mile 1. I passed a few people, and in the last mile, one of the Alley Pond Striders passed me. I pushed and had one of my best 5 milers in a long time (much better than the Team Champs) and ended up taking 2nd Place in my age group with a 38:48 finish (yes, there were some others!), and brought home a lovely framed photograph of part of the course. When Gary called my name he identified me as the President of the Van Cortlandt Track Club in Bronx, NY (and mentioned I was also a member of the Crow team--yes, I

admit it, I joined when I ran a relay as one of their team--but promise to run as a VCTCer if we can pull together a relay team next July 4). He spoke about running comraderie, and also mentioned other runners who had come from afar but run in (and with their team) the Crow team races. Yes, there is a wonderful community of runners everywhere we go. I really encourage people to try small local races like this whenever possible. Plus, you might win a kayak or 20 pounds of lobster (some of the raffle prizes) along with enjoying some magnificent scenery and considerable running competition.#

**Sunset and Suds 5k**  
 Riverside Park  
 August 26

*by David King*

Ten VCTC runners “braved” clear skies and near perfect temperatures to participate in the newly measured *Sunset and Suds* race course in Manhattan’s Riverside Park on August 26. Vera King and Norris Ogard were spectators. The race, rumored to be very short last year, consisted of one and a half loops of the park’s walkway that is above the Amtrak railroad line that runs north out of Manhattan.

With about 150 runners toeing the starting line, the horn sounded and off we went, on a mostly flat,

fast course. My legs quickly lost their “evening lethargy”, and I was able to get into a steady pace which I held until the finish line. After having missed the entire winter this past year with a torn ligament, I didn’t have much of a base going into the race. But I am slowly regaining strength and speed, and this race gave me confidence that I will return to my old form if I continue my training.

Kevin Shelton-Smith ran well, coming in 10th overall and 1st in his 50-59 age-group. I was next, 2nd in the 60-99 group. Jane Berger was 2nd in her 40-49 category while Kate Donovan and Jill Staats came across 1st and 3rd respectively in the 50-59 group. Susan Epstein was 2nd in 60-99.

After the race, we drank glasses of beer(glasses were given to participants in lieu of shirts) which was refreshingly good in spite of being one of the cheap “Lite” beers. Then we watched an absolutely gorgeous sunset over the Hudson River and the Palisades as we ordered a well-deserved bite to eat at the Hudson Beach Cafe in the park. This was time well-spent.

Kevin Shelton-Smith	17:33
Dave King	21:35
Dominic Lombardo	23:02
Kate Donovan	23:43
Jamie Kyei-Frimpong	24:04
Jane Berger	24:52
Jill Staats	25:05
Sal Carretta	25:30
Arnie Gore	25:54
Susan Epstein	33:29

# Race Results

## VCTC Summer Speed Series #2

June 10, 2010

17:55	Jacob Adams	17	1st M 15-19
18:05	Michael Oliva	31	2nd M 30-39
18:27	Kevin Shelton-Smith	50	1st M 50-59
19:25	Chris Eckstrom	44	2nd M 40-49
20:19	Perry King	53	2nd M 50-59
24:10	John Farrelly	41	
24:36	Adam Golovizki	34	
24:38	Rachel Gissingner	34	1st F 30-39
25:28	Sal Carretta	53	
27:28	Kate Donovan	52	1st F 50-59
27:38	Kimberly Issac	16	
27:41	Lou Netter	35	
34:19	Margaret Nolan	50	3rd F 50-59
36:00	Nancy Arnstein	8	
37:49	Susan Epstein	67	1st F 60-69
18:45	Jacob Adams	17	2nd M 15-19
19:10	Kevin Shelton-Smith	50	1st M 50-59
19:29	Chris Eckstrom	44	2nd M 40-49
19:55	Michael Lee	33	2nd M 30-39
20:20	Perry King	53	2nd M 50-59
22:49	Matt Holzer	37	
23:09	Melissa Filut	32	2nd F 30-39
23:27	Hiroshi Kitada	44	
23:50	John Farrelly	41	
25:49	Robert Branch	33	
26:32	Rachel Gissingner	34	
26:50	Kathryn Donovan	52	1st F 50-59
27:28	Jill Staats	58	2nd F 50-59
28:10	Scott Hines	28	
29:42	Tami Luhby	39	
30:43	Wanda Bills	48	
31:23	Zee Aponte	42	
31:43	Margaret Nolan	50	
18:59	Kevin Shelton-Smith	50	1st M 50-59
19:23	Chris Eckstrom	44	2nd M 40-49
20:37	Perry King	53	2nd M 50-59
23:23	Dominic Lombardo	43	
23:40	Neil Leibowitz	35	
24:31	Adam Golovizki	34	
25:01	Sal Carretta	54	
25:21	Robert Klein	15	
25:27	Jane Berger	42	3rd F 40-49
27:24	Katherine Callan	48	

27:47	Kevin Klein	9
28:00	Kimberly Isaac	16
28:35	Rob Unger	63

## VCTC Summer Speed Series #3

June 24, 2010

18:45	Jacob Adams	17	2nd M 15-19
19:10	Kevin Shelton-Smith	50	1st M 50-59
19:29	Chris Eckstrom	44	2nd M 40-49
19:55	Michael Lee	33	2nd M 30-39
20:20	Perry King	53	2nd M 50-59
22:49	Matt Holzer	37	
23:09	Melissa Filut	32	2nd F 30-39
23:27	Hiroshi Kitada	44	
23:50	John Farrelly	41	
25:49	Robert Branch	33	
26:32	Rachel Gissingner	34	
26:50	Kathryn Donovan	52	1st F 50-59
27:28	Jill Staats	58	2nd F 50-59
28:10	Scott Hines		
29:42	Tami Luhby		
30:43	Wanda Bills		
31:23	Zee Aponte		
31:43	Margaret Nolan		

## Gay Pride Run 5M

June 26, 2010

31:16	Harald Lixenfeld	M46	
34:46	Erick Fernandez	M28	
39:38	Bette Clark	F54	3
39:52	Jamie Kyei-Frimpong	F28	
39:56	David Isaac	M47	
40:48	Kathryn A Donovan	F52	
42:22	Jill Staats	F58	1
42:22	Arnold L Gore	M69	2
43:03	Robert Vassilarakis	M38	
44:44	Erica Hubbard	F30	
44:50	John Campbell	M32	
45:10	Jo Ann Pate	F35	
45:18	Astrid Guzman	F33	
46:15	Rachel Isaac	F17	
47:39	Makenzie Schmitt	F23	
55:09	Edith Jones	F70	1
55:26	Susan R Epstein	F67	
56:19	Fernando Ruiz	M78	5

## Hope and Possibility 5M

June 27, 2010

29:12	Kyle M Hall	M32	5
29:52	Kevin Shelton-Smith	M50	1

32:09	Perry King	M53	2
33:27	Carlos Lopez	M29	
38:54	Robert Branch	M33	
40:39	Salvatore Carretta Jr	M54	
41:49	Heidi Velasquez	F31	
42:36	Edward James	M63	
54:46	Gilda L Serrano	F61	5
1:13:30	Ramon Minaya	M70	
???	Adam Golovizki	M34	

**Dash and Splash 10K**

July 10, 2010

40:03	Harald Lixenfeld	M46	2
42:13	Carlos Lopez	M29	
50:38	Salvatore Carretta Jr	M54	
53:17	Edward James	M63	
1:01:12	John Campbell	M32	
1:01:21	Margaret R Nolan	F50	
1:02:09	Ivan Ragoonanan	M64	

**Run for Central Park 4M**

July 10, 2010

23:20	Kevin Shelton-Smith	M50	2
23:48	Chris Ekstrom	M44	
24:46	Harald Lixenfeld	M46	
25:10	Perry King	M53	
26:11	Peter H Coy	M52	
27:20	Jimmy Atkins	M49	
28:44	Paul Swem	M61	
28:44	Dominic Lombardo	M43	
29:52	David C King	M60	
30:04	Richard P Conley	M55	
30:28	John Farrelly	M41	
30:55	Salvatore Carretta Jr	M54	
31:34	Carlos Lopez	M29	
31:56	Ken Rolston	M58	
32:05	Bette Clark	F54	
32:59	Gene Westling	M55	
33:35	Edward James	M64	
33:42	Heidi Velasquez	F31	
33:52	Adam Golovizki	M34	
35:39	Adrian Hunte Smith	F56	5
35:44	Jill Staats	F58	
36:09	Glen H Shane	M71	4
37:21	James Moloney Jr	M47	
38:14	Ivan Ragoonanan	M64	
39:55	Janet Swem	F59	
40:36	J. Vera King	F55	
42:04	Bill Smith	M65	
42:37	Miles Moloney	M20	

**Take the Lake 5K**

July 11, 2010

Wakefield, Mass.

18:56	Michael Lee	M35-39	2
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**VCTC Summer Speed Series #5**

July 22, 2010

18:23	Kevin Shelton-Smith	50	1st M 50-59
19:23	Chris Eckstrom	44	2nd M 40-49
20:37	Perry King	53	2nd M 50-59
22:05	Steven Park	43	
22:53	Matt Holzer	37	
23:23	Dominic Lombardo	43	
23:40	Neil Leibowitz	35	
24:31	Adam Golovizki	34	
25:01	Sal Carretta	54	
25:21	Robert Klein	15	
25:27	Jane M. Berger	42	3rd F 40-49
25:39	Ken Rolston	58	
27:24	Katherine Callan	48	
27:25	Jo Ann Pate	35	
27:47	Kevin Klein	9	
28:00	Kimberly Isaac	16	
28:35	Rob Unger	63	
28:41	James Moloney Jr.	47	

**Queens Half Marathon**

Flushing Meadow Corona Park, Queens

July 24, 2010

1:24:21	Kevin Shelton-Smith	M50	1
1:28:23	Michael Arnstein	M33	
1:32:44	Harald Lixenfeld	M46	
1:37:18	Jeff Powell	M38	
1:45:42	David Monahan	M59	
1:47:42	Carlos Lopez	M29	
1:54:28	Robert Branch	M33	
2:01:38	John Farrelly	M41	
2:04:17	Salvatore Carretta Jr	M54	
2:05:49	Arnold L Gore	M69	4
2:22:58	Edward James	M64	
2:24:31	David Isaac	M47	
2:35:13	Susan R Epstein	F67	4
2:49:11	Miguel Ortiz	M48	

**NYRR Sprint Triathlon**

Aug. 1, 2010

Flushing Meadow, N.Y.

1:38:15	Margaret Nolan		1
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**Men's Team Championship 5M**

Aug. 7, 2010

26:55	Michael Oliva*	M31	
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27:04	Michael Arnstein	M33		1:22:55	Chris Ekstrom	M44	4
28:50	Kevin Shelton-Smith	M50	2, CR	1:27:06	Harald Lixenfeld	M46	
29:38	Chris Ekstrom	M44		128:22	Carlos Lopez	M29	
29:38	Jacob Adams	M17	3	1:31:33	Jeff Powell	M38	
30:59	Perry King	M53		1:41:33	Erick Fernandez	M29	
31:06	Thomas Murley	M32		1:42:50	Hiroshi Kitada	M44	
31:23	Michael Lee	M33		1:43:25	Richard P Conley	M55	
31:43	Jeff Powell	M38		1:44:31	Donald Conley	M39	
31:44	Harald Lixenfeld	M46		1:45:31	Matt Newton	M36	
31:49	Peter H Coy	M52		1:47:17	Bette Clark	F54	2
33:12	Louis Csak	M44		1:47:33	David Drucker	M60	
34:45	Steven Park	M43		1:47:58	Robert Branch	M33	
34:56	Paul Swem	M61	4	1:48:28	John Farrelly	M41	
35:03	Dominic Lombardo	M43		1:48:48	Jamie Kyei-Frimpong	F28	
35:30	Matthew Holzer	M37		1:50:15	Miguel Ortiz	M48	
35:40	Hiroshi Kitada	M44		1:52:36	Heidi Velasquez	F31	
36:54	David C King	M60		1:53:26	Jason Krasner	M36	
37:02	Robert Branch	M33		1:54:53	Salvatore Carretta Jr	M54	
37:56	John Farrelly	M41		1:55:00	Zafar Shahbaz	M53	
37:56	Salvatore Carretta Jr	M54		1:55:40	Kathryn A Donovan	F52	
38:51	Ken Rolston	M58		1:57:36	Adam Golovizki	M34	
39:19	Zafar Shahbaz	M53		1:58:30	Jane Berger	F42	
39:26	David Isaac	M47		1:59:40	John Martin	M43	
40:00	Gene Westling	M55		2:00:50	Erica Hubbard	F30	
40:26	Adam Golovizki	M34		2:03:06	Adrian Hunte Smith	F56	
42:00	Edward James	M64		2:03:40	Jo Ann Pate	F36	
42:07	Arnold L Gore	M69		2:03:56	Dawn Netter	F39	
43:10	Glen H Shane	M71	2	2:04:26	Glen H Shane	M71	1
43:16	Blas Abadia Jr	M55		2:05:16	Makenzie Schmitt	F23	
44:24	John Campbell	M32		2:06:57	Shirley Middleton	F56	
44:49	Miles Moloney	M20		2:08:37	Jill Staats	F58	
44:53	James Moloney Jr	M47		2:11:14	Rachel Isaac	F17	
45:47	Bill Smith	M65		2:11:14	David Isaac	M47	
	*Not listed as VCTC member in official results			2:11:14	Louis Netter	M35	
	<b>NYRR Women's Team Championship 5M</b>			2:11:50	Ivan Ragoonanan	M64	
	Aug. 7, 2010			2:12:16	Scott Hines	M28	
36:53	Colleen McMahon	F26		2:15:39	Carl Morrishow	M54	
39:38	Alexandra Hernandez	F29		2:17:58	Bill Smith	M65	
40:03	Bette Clark	F54		2:19:25	Edward James	M64	
40:13	Jane Berger	F42		2:22:05	Roxanne O'Brien	F43	
40:25	Christina Cordaro	F31		2:36:03	Edith Jones	F70	1
42:39	Adrian Hunte Smith	F56		2:36:04	Ramon Ruiz	M70	
42:49	Jill Staats	F58		2:52:04	Andy Toledo	M30	
44:02	Dawn Netter	F39		2:53:18	Michael O'Brien	M46	
46:07	Margaret R Nolan	F50					
48:19	J. Vera King	F55					
51:57	Susan R Epstein	F67					
52:12	Edith Jones	F70	2				
	<b>Bronx Half Marathon</b>						
	Aug. 15, 2010						
1:17:55	Kyle M Hall	M32		20:50	Matt Newton	M36	
				22:58	Salvatore Carretta Jr	M54	
				23:11	Heidi Pabon	F37	
				23:35	Kathryn A Donovan	F52	5

25:05	Glen H Shane	M71	3
25:24	Blas Abadia Jr	M55	
25:51	Edward James	M64	
26:20	Ramon Ruiz	M70	
27:25	Luis Colon	M56	
27:53	Carl Morrishow	M54	
28:31	Ivan Ragoonanan	M64	
30:59	Edith Jones	F70	3
32:13	Kenn Sapeta	M56	

## VCTC's Youngest New Member

*Below are the stats for the newest VCTC member.*

**Name:** Arish Firdaus Dotiwala

**DOB:** 8/31/2010

**Time:** 3:09 PM

**Weight:** 5 lbs. 9 oz.

**Height:** 18.5 in.

*I've attached a picture which was taken at the hospital, but shows off his face very nicely. Also included is a picture of his baby feet imprinted on one of my favorite t-shirts !*



**Lou Csak is just a blur as he wins the John Zumbo Memorial 5K road race in Greenwich, Ct.**

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## CLUB NEWS

**Membership** Please renew your membership which was due 1/1/10 (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](http://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** For 2010: Team meetings are held on the 2nd Saturday of the month and will be: **Nov 13, Dec 11\*** 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 2010 issue is October 25th. Maximum length is 600 words. Please e-mail [kingkvd@optonline.net](mailto:kingkvd@optonline.net) and/or [ogard777@yahoo.com](mailto:ogard777@yahoo.com) via the Yahoo group page and try to include a photo.

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

**Website** Visit us on our website: [www.vctconline.ning.com](http://www.vctconline.ning.com)

***\*-The December 11th meeting is our annual membership meeting where nominations are made for board membership and committee chairs. Please Attend.***

*Van Cortlandt Track Club*

*P.O. Box 341*

*Bronx, N.Y. 10471*