

Van Cortlandt Track Club newsletter

N.Y. C. Marathon

True friendship multiplies the good in life and divides its challenges

By Kate Donovan

When you are a six-foot tall, 41-year-old Irish guy from the Bronx, your finish line fantasy script for the New York City marathon does not include being hauled the last 5 miles by a woman named Shirley who is 5'4" and as happy-go-lucky as the day is long.

But John Farrelly was in trouble, and when Shirley Middleton saw her running buddy wobble up to the Van Cortlandt Track Club table at Mile 21, she tucked herself under his shoulder and bore him up, up Fifth Avenue, into Central Park, past Columbus Circle's course bouncers, to the finish line. She called the medics, following him to the Medical tent, then to St. Luke's Hospital where John's erstwhile asthma attack was diagnosed as a more serious case of pericarditis, an inflammation of the sac around the heart. ...

"Everyone has their Guardian Angel, I found mine at the Marathon," said John about Shirley. Doctors prescribed three weeks rest and Ibuprofen. John is planning his next marathon.

While the VCTC table at Mile 21 has long been an oasis for thousands of runners, for team members in the race the table is a point of light, when Central Park just seems too far away. "I was just so frigging excited when I got there," said Jamie Kyei-Frimpong. "Knowing the group was at the 21 mile mark kept me going to that point," said John.

For runners, some of whom are just learning the true meaning of the term "wall" VCTC offers encouragement, leftover Halloween candy and when ordered in advance, special drinks, from Mountain Dew to Coca Cola to fresh squeezed orange juice (by hand).

VCTC fielded a team of 30 marathoners in 2010 and for a few, the support of old friends and running buddies made all the difference between bonking and besting.

Streakers among us

Slogging through his 22nd NYC marathon, Glen Shane, 71, hit the table nearly 5:26 after the start. "By the time I got there, I was dead," he said. Glen ran his first NYC marathon (continued on page 2)



John Farrelly



Jaimie Kyei-Frimpong

in 1978 (3:24:49), his fastest in 1981 in 2:58:41. In a recent conversation with Road Runners the staffer noted, “you are a streaker!”

“I have never streaked in my life,” growled Glen, offended. “No, I mean since you have run more than 15 marathons, we call you a streaker.”

This year Glen had made some mistakes, including skipping breakfast and shunning gel packs while running. “If I might have had some fuel, I might have been okay,” he admitted. His old friend Jimmy Atkins was standing by at the table when he spotted Glen and took action, jumping on the course and by moving Glen along for the next three miles until his fear of the cops at 110th Street took him off the course. “I would have never finished without him,” said Glen. “He got me water and Gatorade, and talked to me, kept

my legs moving ... he took my mind off the race. He was a blessing, a big blessing, I’ll tell you.”



Glen Shane

Marathon Quote:

Glen: “The Verrazano Bridge was bad. The 59th Street Bridge was bad, First Avenue was bad, Willis Avenue was bad.”

What made all the difference?

For John, joining the team: “There is a lot more support in

training and the speedwork on Tuesdays and (coach)Ken are a Godsend.” Each week was a change up in the curriculum, no week is the same. Glen is a the big motivator, every race is a good one in Glen’s eyes.” #

Costumes?

According to Glen and several others, the guy wearing the rhinoceros outfit(see photo next page) had a lot of trouble seeing where he was going, and tripped several people on his way to the finish line, confirming that rhinos DO have bad eyesight.#

[see also “A Friend in Need” pg 4]

Photos next page:(top left, clockwise): Christina Cordaro, Miguel Ortiz, VCTC table area, Erick Fernandez, Firdaus Dotiwala and Rhino man.

(Photos courtesy Alma Caparas)

Van Cortlandt Track Club

2009 Board of Directors

President: Bette Clark

Secretary: Jill Staats

Vice Presidents: Ken Rolston, Dave King

Treasurer: Larry Barazzotto

2009 Executive Committee

Social Director: Dick Conley

Controllers: Mike and Pat Hudick

Public Relations: Arnie Gore

Clothing Director: David Isaac

X-Country Series Race Director: Fred Daly

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Allen Steigerwald

Ramble Race Director: Kate Donovan

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)

Marathon Scenes



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On The Run

by President Bette Clark

Thirty six VCTC members ran this past Sunday in the Joe Kleinerman 10 K. Not only did we see some spectacular performances on this frigid morning in Central Park, but we saw the culmination of a monumental racing year for our VCTC team. For the first time in recent history, our men's open (B) team will be on the podium at the NYRR team Awards, and our men's 50 plus and 60 plus, and women's 50 plus teams will come close (4th, 4th and 5th). This has been a remarkable year of growth for the club in many ways, from membership to running accomplishments. I ran into a runner I know just before the start of Joe Kleinerman, and she told me that she had seen a lot of "your purple people" at the race. We had 30 runners at the NYC marathon this year, and more than 50 at some NYRR races during the year (Coogan's), and this does not include the races outside of Central Park that many of us run. I think these numbers not only reflect new membership, but also new motivation and commitment to run as members of VCTC as we become increasingly competitive as a team. As you know, we will be celebrating our runners' 2010 accomplishments at our upcoming Awards Dinner on January 22nd, at the Dunwoodie Country Club in Yonkers. For those of you who have never taken part in this event, this is truly one of the highlights of the year for our club—and I encourage everyone to attend.

As the year draws to a close, I want to highlight some of the aspects of our club outside of running that make it what it is—which is more than just a running club. As the President now completing the 2nd year of my 2nd term, I have observed how much so many VCTCers do to make VCTC a vibrant, supportive club, very often behind the scenes, whether it is volunteering at races for team entries into the NYC marathon, offering rides to runners, organizing relays, or helping team mates through difficult races. In addition, the more formal organization of the club helps to ensure that we can take part in club-wide social events, have access to club clothing, get club news both on line and in a newsletter, promote our races, keep track of membership, club records, and finances, put on races and group runs and work-outs, All of these tasks involve people offering their time and energy, and they are also opportunities for people to be more involved. This is the time of year when we ask people who have not taken part in these (or other) areas of the club to consider doing so, and to take on a role as an Executive committee member or leader. Currently, the Executive Committee consists of Clothing (Dave Isaac), Membership (Kevin Shelton-Smith), Publicity (Arnie Gore), Newsletter (Dave King and Norris Ogard), Website (Dominic Lombardo, Jeff Powell, Mike Lee, Kevin Shelton-Smith), Social (Dick Conely), Athletics (Ken Rolston), and Race Directors (Fred Daley, Summer Series, Jill Staats, Urban Environmental Challenge, and Riverdale Ramble (Kate Donovan

and Dave King). This is the time to thank all of these people for the hard work they have done throughout the year. There are also many others who do not occupy formal positions but who tirelessly help with so many aspects of club functioning, and many do so year after year. Thank you to all of you for all that you do. We are hoping that some newer members would be interested in joining or co-leading some of our committees, or to volunteer to take on something new on behalf of the club.

Also this year, we have three Board positions up for new election or re-election (Ken Rolston, currently Vice President, Larry Barrazzato, Treasurer, and me, as President). Nominations can be made for these 3 Board positions before or at the upcoming Annual Membership Meeting (December 12) and voting will take place electronically and by paper ballot before our Awards Dinner on January 22nd, when results will be announced. According to current by-laws (available on our website), for someone to be eligible for a Board position, he or she must have served on the Executive Committee for a minimum of two years. A list of eligible people will be provided at the Membership Meeting.

So please, as you all gear up for winter running, please consider ways you might be more involved with the club. We welcome your ideas and efforts, and always want to find ways to make our club even more vibrant, and keep it, along with our running, fresh and always ready to take on new challenges. #

Coach's Corner

by Ken Rolston.

Greetings everyone,

We're moving workouts from the track to the hills in mid-December. We'll be meeting on Tuesday nights at the Fieldston School on Manhattan College Parkway. Emphasis will be on building a base for indoor racing and getting ready for the winter ½ marathons. Each week we'll start with a 2 mile loop run, then we'll add some hill repeats of various lengths. Occasionally we'll intersperse these with track workouts if the weather is cooperative. Below are some workout ideas from Bart Yasso, *Runner's World* icon and creator of the famed "Yasso 800's."

Perfect 10- Yasso believes that it's easier to train on a 10 day cycle rather than weekly, since recovery is such an important element in a training program. The most common training mistake is a failure to allow for easy days and rest days between quality workouts. Easy days should be run about 2 minutes per mile slower than 10K race pace.

Cross training is also helpful especially during the winter. Elliptical training, cross-country skiing, swimming, core training classes are examples. Here's a 10 day schedule for a ½ :

- Day 1- Tempo run, 15 minute warmup, 25 minutes @ half-marathon pace, 15 minute cooldown
- Day 2- Rest or cross-train
- Day 3- 5 miles easy
- Day 4- Speedwork, 12 x 400 w 200 rest or hill repeats.
- Day 5- cross-train
- Day 6- 5 miles easy
- Day 7- 5 miles easy
- Day 8- Long run 10-12 miles
- Day 9- rest
- Day 10- 5 miles easy

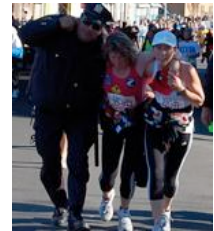
Upcoming Races

- Dec 4 Sat 9:30 –5K-10K- Hot Chocolate Runs, New Rochelle
- Dec 5 Sun 8:30-10K- Joe Kleinerman 10K*, Central Park
- Dec 11 Sat 8:30-4m- Holiday 4m, Prospect Park
- Dec 11 Sat 10 AM-3m- X-Country Relays, Blue Mountain, Peekskill
- Dec 12 Sun 11 AM-3m- Couples Relay, Blue Mountain, Peekskill
- Dec 12 Sun 11 AM-15K- Pete McArdle XC, Van Cortlandt Park
- Dec 12 Sun 9 AM-3m- Jingle Bell Jog, Greenwich, Ct.
- Dec 19 Sun 8:30- 15K- Ted Corbitt 15K, Central Park
- Dec 31 Fri 12 AM-4m- Midnight Run, Central Park

* Club points race

A Friend in Need...

A woman came hobbling over to the VCTC table at the NYC Marathon, obviously in pain and unable to



continue to the finish. Later that day, Ken Rolston gave her a ride back to

her hotel. Several days later, he received this email:

Ken, I am back in New Zealand, albeit one week later than scheduled! Turns out I broke my hip running the marathon. Went to the hospital marathon night and had an x-ray to confirm I broke my hip. Then I was operated on the following day. Had a few nights in NYU, before being allowed to fly home! Got home today Friday 19th November. This has been a long journey, I am on crutches, have to stay off my left leg for 6 weeks, which is going to be hard!! So, you see I have some unfinished business:, completing the New York marathon, sometime soon!!!

Again, thank you so much for your kindness in driving me back to the hotel, I can't thank you enough for your generosity.

We are sitting here at home, waiting to pick the kids up from school. It will be take out for dinner tonight, then hopefully an early night!

Thanks again and kindest regards
Tracey Donovan #

My Kenyan Adventure: Part 2

By Kyle Hall

I'm back at 'the Cyber' with a group of Kenyan runner-scholars. These teens are very bright and ambitious, preparing for their first trip to the U.S. to attend schools such as Yale, Harvard, Princeton, College of Wooster, Tufts, Brown, etc. A couple of the guys just helped me bargain at the market in Iten. I bought a 'Kenya' belt and 'Obama' stocking hat ('Marvin') with the Kenyan flag. Various stores here are also called 'Obama' now, as a marketing strategy. It's pretty interesting to see that.

It's also very interesting to see folks in this rural area walking around wearing Nascar shirts, 'Texas hats, and my friend Edwin wearing a Kansas City Chiefs shirt. They also sell "50 Cent" underwear at the market, as well as pirated copies of 'Titanic' everywhere. I even saw 'Mrs. Doubtfire' for sale.

I had to pay a toll yesterday. I realized that one cannot just show up here & begin running with the Kenyans without first paying a price. I went out with Parisa, David, and Dorcus (a female runner) at 6:10 in the morning. I did not ask how far they were going and that was my

mistake. We ran red dirt pathways into a back-country area and it was very beautiful. The land is very green here and there are many small farms everywhere. Along the way, we passed countless runners. One group consisting of about 40 female & male runners



charged up a hill toward us, apparently running a tempo or hill workout. They did not look slow.

I stayed with my group for 30 minutes before I started dropping back. This happened as the pace began quickening, slowly but surely--which seems to be the Kenyan way. Before I knew it, I was trying to keep up on the never-ending rolling uphill and falling back from Parisa--a promising 16 year old who's a member of the famed Masai people (one of the last true hunter-gatherer tribes in the world). He's training to run a race in The

Netherlands in September.

There's always someone to run with here, so I began running alongside a man who I



soon found out is a 13:45 5000 meter guy, who's run 1:02 for the half marathon and 2:12 for the marathon. We then briefly encountered a 2:10 marathoner, who's been a pacer in the Chicago Marathon. I was ashamed to announce my marathon time to these guys--2:53:33, to put things in perspective. [any marathon time over 2:10 is considered slow here, although the considerate Kenyans do not



come out themselves saying that directly].

I felt ok up until 45 minutes, 5 min. longer than my first two runs here. But then the lack of oxygen in my (continued page 4)

bloodstream must have decreased exponentially between 45 and 60 minutes as I really did not want to run anymore. But I kept on and had no idea how much farther it was back to the Training Centre. Thankfully, my 13:45 friend led me back to the main road and at 60 minutes I stopped. Along my walk back, I ran into Dorcus who'd come back to find me. I was feeling dehydrated and somewhat nauseated.

Back at the Centre, I was really feeling poorly--which is unusual for me after a run. I forced myself to eat a small banana--the really sweet ones we grow at the camp--and two orange slices, but was not hungry at all. I then knew something bad was going to happen and went out onto the lawn. There, I proceeded to upchuck my modest breakfast--and pineapple juice--onto the grass. [Linda soon came out and scattered dirt over it.] In 17 years of competitive racing and training I have NEVER (including 2 marathon races) thrown up before, during, or after a run or race. My third run ever in Kenya and I'm upchucking all over the place & then bedridden for 2 hours--covered in blankets and being brought black tea by Dorcus and Linda.

To put this in perspective, 5 days before I had run for 2 hours & 36 minutes in 90 degree weather in NYC and felt great.

Lornah & Pieter--2 time Olympian & Olympic coach--came to the Centre to check on me. Seems that everyone was in a panic. I told Lornah, "Oh no, I hope you didn't go out of your way..." "Yes, we did..." Lornah replied, in her dry wit. Pieter told me, "See, I told you so..." He had told me not to run more than 40 minutes at a time for my first 7 days here. Even Lornah is doing this since she's just coming back from racing in The Netherlands. He said that running for 60 min. here is like running for over 2 hours in the U.S.

I feel better now, though, and am running at 4:00 today. 40 minutes only!

Lornah told me, "Forget about miles and the American way of training..."

This is a revelation: The Kenyan Way is a lot different. Things are based on time. Training is very smart and is according to how one feels and things build up more gradually.

(Next up in the series: World Cup Night, Jan/Feb issue)#

“If there’s any magic bullet to make human beings healthy, it’s to run.” -Dr. Daniel Lieberman, professor of biological anthropology, Harvard University.

To All VCTC members:

Please attend our annual membership meeting at 10:30 a.m. on Saturday, December 11th. We will be nominating people to serve on our Executive Committee as well as Board of Directors. We will also discuss next year's agenda. The meeting will take place in Manhattan College's Leo Engineering Building (across the street from Gaelic Park).

And...don't forget the post-race party after the Pete McArdle 15K in Van Cortlandt Park on December 12. Festivities will be held at the apartment of Kevin Shelton-Smith, 6211 Broadway Apt 2B.

Inspirational races

Diva Half-Marathon

Eisenhower Park
October 3, 2010

by Sarah Baglio

My oldest friend, Maureen

Tobin called me up and asked if I would run this race with her. Her mother is fighting stage 4 ovarian cancer and I immediately said "yes." Anything I could do to support her. Then I looked at the website ... and I was thrilled. What better way to get back into running after an almost 2 year hiatus from racing, the website promised boas, tiaras, champagne, and firemen at the finish giving us roses.

Maureen and I grew up together over summers in the Berkshires. Our birthdays are three days apart and we have known each other since we were a year old. It was Maureen whom I ran my first mile with to the mailbox and back, learned to swim with, and learned to water ski with. It was at her house that I learned to play cards,



memorized the words to Van Halen's "Jump", and grew up. Her mother is my second mother. Carol Tobin was the one who probably taught me to swim, water ski, and persevere through anything. It is Carol's teachings that have made me the woman I am today.

The training for our run started over the summer. Maureen had done one half-marathon. We would meet at 8 am at the top of the hill near my house and run the same stretches of dirt roads that we explored as children. The 10 milers flew by as we caught up on life and laughed. The landmarks were familiar and even though we had not run together since we were kids, the pace was as if we always had. We talked of her mother's chemo, our kids, and what to eat the morning of the race.

She looked to me for advice and I was just happy to be running distance again. Race day finally came. Thousands of women with race bibs: mine read "Diva

Baglio." I knew this was going to be fun. Neither of us had much confidence that we were going to go fast. We just wanted to finish. It was a gorgeous day. The race started and as we chatted the miles ticked away as always. We were waiting for mile 12 where we were promised boas and tiaras. As I checked my Garmin I was pleasantly surprised at how fast we were going. At mile 12 we each



grabbed 2 pink boas and 2 tiaras ... we both had kids waiting at the finish and knew that we could not show up with just one of each. The last mile was the best ... visions of women racing with pink boas and tiaras. We all wore them. Maureen and I were sprinting for the end, laughing hysterically at the pink chicken feathers that were choking us, and the tiaras that kept falling. Maureen kept asking me as I checked my Garmin watch, "are we at the mailbox yet? Are we at (continued next page)



Henry's?' our shared knowledge of the roads we have traveled guiding us to push to the finish. It was our fastest mile by far. We saw the kids at the end cheering us on, another generation growing up together on the lake. They held up signs and screamed. I realized that not only were we going fast but also, we could make it under 2:20 (which for me is fast). As we reached the finish line and I began to sprint ahead I heard Maureen say that she could not keep up. I yelled to her to pump her arms. She screamed to me that she was pumping. With boas flying, we crossed the finish line together in 2:19:58.

We got our champagne and roses, met up with the kids, and I have been smiling ever since. I have learned through VCTC that amazing friendships are made through running and that the miles shared are priceless. I learned through training and running with Maureen that the friendships that we have had forever, that are so comfortable, are to be treasured and celebrated with pink boas and toasted with champagne.#



My Inspirational Marine Corps 10K

by Vera King

I recently did the Marine Corp 10K in Washington and totally surprised myself by actually running less than a 10:00 minute/mile pace. This may not seem like much to those faster runners on the club, but when you have been struggling and slowing down to a 10:30 to 11:00 minute/mile pace, it is quite uplifting.

I ran the 10K as a tribute to my 23 year nephew, Steve, who recently lost his lower left leg when, on convoy in Afghanistan, the truck he was driving rode over an IED. He has spent 6 months trying to save the leg but unfortunately the blood flow did not return below the ankle and amputation was his best option. He decided to have the operation and is doing quite well now, getting on with his life. I have watched, however, how hard it has been on his immediate family as well as on the extended family and so I was determined to try to run under a 10:00 minute pace in his honor. However, I just wasn't sure I could pick it up and hold it over a 10K.

Doing the race was also an opportunity to see Washington and visit with my sister and nephew. I arrived by AMTRAK late Saturday for an early Sunday

race. I went directly to the Race Expo to pick up my number.

My nephew is recuperating at the Fisher House behind Walter Reed Hospital. Visiting here and seeing all the wounded soldiers is a real eye-opener and makes one realize just how precious life and limbs are to us. Many of the amputees are up at physical therapy and running on the treadmill and others are still pushing themselves physically and mentally, another inspiration for me.

Race day went well but the trains were a bit slow so I got to the race just 10 minutes before the start and had to put my bag on the UPS truck (start is in DC and finish is across the river in Virginia) and go to the bathroom. Needless to say, I was in the port-o-san when the gun went off; alas that is the beauty of the chip. But now I was at the back of the pack with the slower runners and walkers. I really had to push myself mentally to get out of the back of the pack which took about 2 miles of weaving in and out. Whenever I felt the urge to slow down, I thought of my nephew and sped up. There were lots of people out cheering us on as the weather was perfect, so I really got into a groove during the last 4 miles. The Marines were giving out water and Gatorade every 2 miles so I finished with a big smile on my face.

(continued next page)

I saw 1:08+ on the clock as I finished but had no idea of my actual time. I knew I went very slowly during the first 2 miles but felt strong during the next 4 so I was hoping that my finishing time was less than 65 minutes. I did not know my actual time until I got back to my nephew's room and we looked it up. I was so excited to see 1:00:55 which was a minute under my ideal time. Steve has been such an inspiration to me, that I am actually coming down to do Tuesday speed workouts. I am really trying to get tough mentally as well as physically. And I am confident that Steve's inspiration will continue to motivate me into the future.#

Fractured Fables:

Mr. Hare and Mr. Tortoise

by David King

Once upon a time, there was Mr. Hare and Mr. Tortoise living in the woods around what is now the Van Cortlandt Park cross country course. Mr. Hare and Mr. Tortoise were very good friends, as were all the animals who lived in this forest. The pair would run and play all day, Mr. Hare hopping around all over Mr. Tortoise. Mr. Hare would always do his Tuesday night speed work, while Mr. Tortoise

liked his long, slow distance runs. One day, at a meeting of the friends of Van Cortlandt, there was a slight (but friendly of course) disagreement between Mr. Hare and Mr. Tortoise as to who would win a race between the two. Mr. Fox said Mr. Hare would win. Ms. Squirrel was in Mr. Tortoise's camp. Madame Stray Cat was asleep under Mr. Dog. Despite that, the heated arguments continued.

So, they all decided (Mme Cat woke up) to have a race the following Saturday to settle the argument. The rules would be simple: a course would be laid out and whoever came across the finish line first, would be declared the winner and champion of the forest. Everyone agreed.

Race day was a warm, overcast day, with a slight breeze from the north. Mr. Owl, the race official, read the rules to Mr. Hare and Mr. Tortoise: "Run the full course as fast as possible and the first one across the line wins. Anyone cutting the course will be disqualified."

Mr. Owl hooted (there were no guns in the forest) and the



runners were off, over hill and dale. Mr. Tortoise made a quick break for the first turn, leaving Mr. Hare spinning his wheels. Mr. Groundhog cheered as the runners passed his hole. Young Deer smiled as they went by.

When Mr. Hare did get going, he raced past Mr. Tortoise like Mr. T was standing still. Mr. Hare even stopped to take a nap before streaking across the finish line in first. Mr. Hare wasn't even in sight when Mr. Tortoise came down the final straightaway toward the finish. Mr. Tortoise ran as fast as he could to the finish line, only to find Mr. Hare sipping a gin and tonic, lying by the pond, soaking up the sun, which had finally broken through the clouds.

All the animals in the forest were jumping up and down with joy at the finish. They declared Mr. Hare the fastest and the Champion of the Forest.

Moral of the story?: Don't believe some old guy who lived 2,500 years ago; It doesn't matter if that super-fast guy takes a nap during a race, he'll always beat the slow steady guy. #

The *British Journal of Sports Medicine* reports that long-distance runners who ate probiotic lactobacillus (found in yogurt and kefir) had shorter and less-severe cases of respiratory ailments than those who took the placebo. #

Strengthening Mind Power

*(Reprinted from Craftsbury.com)
by Lynn Jennings*

Standing on a start line after months of training is an act of bravery. You are ready to unveil the results of all of your hard work. During your training phase every long run, tempo run and track session was accompanied by the vision of how your dream race would unfold: mile splits would be ticked off with precision, hills encountered would be dispatched with ease, fatigue would be coped with and endured.

So what happens when you hit a rough patch mid-race and your dream starts falling apart? How do you cope with the reality of fatigue and the feelings of despondency and distress? Our mental capacity is enormous. Learning to tap into it is as important a part of your training as the miles you log each day.

One of my most memorable races was one in which I was clearly sub-par. I was running in the 1991 World Cross Country Championships in Antwerp, Belgium. My competitors were focused on me, the defending champ, and the sporting media was out in full force. Not five minutes into the race, I knew I was in trouble. There was a pesky side wind buffeting the course. Random sand-filled patches amidst the grass

swallowed my spikes and left me spinning my wheels. I could not find my rhythm amidst the lead pack and I slowly started drifting toward the rear of the group. Worse, my arch-rival Liz McColgan from Scotland was lodged squarely in the middle of the lead pack. She had given birth to her first child eight weeks previous and she was on the hunt for a gold medal.

As the kilometers ticked past, I was barely hanging on to the eight frontrunners. There was clear daylight between them and me and I was engaged in a full-on mental fight within myself. The prospect of losing was becoming more real with every step. The indignity of my situation and my misery were dragging me down.

What was I doing out there? If I didn't pull myself together, I'd be looking at the headlines the next day: "Jennings Loses World Title."

I started to push harder and I forced myself to catch up. I felt out of synch and not very fluid but none of that mattered any more. I had to get back within striking distance of the leaders. With 200 meters to go, I launched my kick and blew past Derartu Tulu of Ethiopia. I reached the finish line with a 3 second margin over Tulu, with McColgan another second further behind to complete the podium. It was an ugly race but I had captured my second consecutive

world cross country title. Just like many physiological aspects of ourselves, we all possess will power in varying degrees. But the good news is that we can train our will in much the same way we train the rest of our body. It's the voluntary exercise of will to do the things we don't like that makes us tougher athletes and subsequently better performers. Select an activity you don't like. Begin by doing it two times a week. Progress to three times a week. Do this until your chosen activity becomes second nature. You will feel good about conquering an activity you had previously avoided.

Voluntary pain is something we can become familiar with and last longer at as well, though the approach is a bit different. We can develop our capacity to endure longer bouts of pain or increased levels of pain when we feel good about what we are doing. This attitude combined with years of repetition will inure your mind and enable you to deal effectively with distress. You want to be the runner who is prepared for that moment of truth that comes in every race, that split second when your body and mind scream "Enough" and you must decide to go all out to break through that pain or to ease up and quit. In my race in Antwerp, I learned that I had the tools to conquer my distress and push through to victory. Exercise your will as you would a muscle, and you won't be disappointed either. #

Race Results

Sunset & Suds 5K

New York City
Aug. 26, 2010

24:04 Jamie Kyei-Frimpong

Northeast Harbor 5M

Northeast Harbor, Maine
Aug. 28, 2010

38:59 Bette Clark 2 50-59

Henry Isola XC Classic 4M

Van Cortlandt Park
Aug. 29, 2010

22:51	Michael Oliva	M31	1
31:58	Robert Branch	M33	15
32:53	Salvatore Carretta Jr	M54	7
33:37	Adam Golovizki	M34	18
37:19	Ramon Ruis	M70	3
39:49	Edward James	M64	8

Nation's Triathlon (Olympic distance)

Washington, D.C.
Sept. 10, 2010

3:07:58 Tami Luhby

Fitness Mind Body Spirit-Men 4M

Sept. 11, 2010

25:12	Jeff Powell	M39
26:55	Jimmy Atkins	M50
27:57	David C King	M60
28:36	John Farrelly	M41
30:04	Miguel Ortiz	M49
30:18	Salvatore Carretta Jr	M54
30:40	Ken Rolston	M58
30:42	Gene Westling	M55
33:23	James Moloney Jr	M47
33:29	Edward James	M64
35:16	Bill Smith	M65
35:21	John Campbell	M33
36:06	Luis Colon	M56
36:29	Carl Morrishow	M54

Fitness Mind Body Spirit-Women 4M

Sept. 11, 2010

30:29 Kathryn A Donovan F52

30:42	Bette Clark	F54
31:00	Heidi Velasquez	F31
32:37	Jane Berger	F42
33:07	Adrian Hunte Smith	F56
34:42	Shirley Middleton	F56
39:45	Hannah Lipman	F38
40:30	Edith Jones	F70

Nyack 10-Miler

Nyack, N.Y.

1:41:10	Mike Yorio	
1:53:30	Fernando Ruiz	M78

Harlem Renaissance 5M

Sept. 16, 2010

52:33	Fernando Ruiz	1
52:57	Susan Epstein	2 F65-69

Woodlawn Run for a Cause 5K

Yonkers, N.Y.

Sept. 18, 2010

26:07	Rozsa Gaston	2 F50-59
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Yonkers Half Marathon

Yonkers, N.Y.

Sept. 19, 2010

1:47:06	Bette Clark
2:15:55	Mike Yorio

ING NYC Marathon Tune-Up 18M

Sept. 19, 2010

2:15:31	Melissa Weiner	F33
2:18:39	Eric Nolan	M32
2:37:20	Jamie Kyei-Frimpong	F28
2:37:50	Colleen McMahon	F26
2:38:33	Shawn Bobb	M44
2:41:19	Jason Krasner	M36
2:44:17	Miguel Ortiz	M49
2:45:36	John Farrelly	M41
2:49:34	Edith Jones	F70
2:54:06	Erica Hubbard	F30
2:55:30	David Isaac	M47
3:00:52	Jo Ann Pate	F36
3:03:20	John Martin	M44
3:04:09	Glen H Shane	M71
3:17:09	Ivan Ragoonanan	M65
3:18:15	Gilda L Serrano	F61
3:25:57	Carl Morrishow	M54
3:44:58	Salvatore Carretta Jr	M54
MQMQ	Ramon Minaya	M70

Great Cow Harbor 10K

Northport, N.Y.
 Sept. 24, 2010
 42:11 Jeff Powell

Newport Liberty Half Marathon

Jersey City, N.J.
 Sept. 26, 2010
 1:32:36 Erick Fernandez M29

Berlin Marathon

Berlin, Germany
 Sept. 26, 2010
 2:57:54 Harald Lixenfeld

Pfalz Point Trail Challenge 10M

New Paltz, N.Y.
 Sept. 26, 2010
 1:25:30 Tony Thoman
 1:31:35 Bette Clark
 1:41:35 Allan Ludgate
 1:46:55 Jill Staats
 1:48:14 Zaira Aponte F43
 1:55:04 Enid Burns Lopez

Continental Airlines Fifth Avenue Mile

Sept. 26, 2010
 4:50 Kevin Shelton-Smith M50 5
 5:02 Louis Csak M44
 5:05 Michael Lee M33
 5:16 Perry King M53
 5:23 Edward Magarin M23
 5:59 Ken Rolston M58
 6:22 Salvatore Carretta Jr M54
 6:38 Kathryn A Donovan F52
 7:13 Luis Colon M56
 7:20 Adrian Hunte Smith F56
 8:14 Hannah Lipman F38

Hamptons Marathon

East Hampton, N.Y.
 Oct. 2, 2010
 3:27:?? Melissa Filut-Weiner F33 1

Norway Run 1.7M

Oct. 2, 2010
 10:54 Matt Newton M36
 14:06 John Campbell M33
 17:12 Luis Colon M56
 18:11 Edith Jones F71 3

Grete's Great Gallop Half Marathon

Oct. 2, 2010
 1:19:03 Kevin Shelton-Smith M50 2
 1:26:21 David Talbird M29
 1:29:20 Eric Nolan M32
 1:29:58 Peter H Coy M52
 1:36:31 Chris Ekstrom M44
 1:37:54 David Monahan M59
 1:39:31 Richard P Conley M55
 1:46:05 Bette Clark F54
 1:46:29 Salvatore Carretta Jr M54
 1:49:27 Kathryn A Donovan F52
 1:52:01 John Farrelly M41
 1:53:28 Zafar Shahbaz M53
 1:55:26 Jason Krasner M36
 1:56:37 James Moloney Jr M47
 1:56:43 Edward James M64
 1:58:21 Miguel Ortiz M49
 2:02:32 Adrian Hunte Smith F56
 2:06:46 Mandi Susman F41
 2:15:45 Ivan Ragoonanan M65

Hands-on-House Children's Museum Half Marathon

Lancaster, Pa.
 Oct. 2, 2010
 2:17:29 Mike Yorio
 Oct. 3, 2010
 47:13 Jamie Kyei-Frimpong

Harry Murphy Cross Country 5K

Oct. 3, 2010
 18:22 Kevin Shelton-Smith M50 1
 24:33 Salvatore Carretta Jr M54
 24:59 Adam Golovizki M34
 27:48 Ramon Ruiz M70 3
 29:49 Edward James M64
 38:49 Edith Jones F71 1

Central Park Biathlon

Oct. 3, 2010
 1:25:29 Tami Luhby

Pit Run 3.5 miler

Oct 3, 2010
 Oneonta, N.Y.
 22:27 David King M60 1
 30:55 Vera King F56 2

John Zumbo 5K

Greenwich, Conn.

18:52 Lou Csak 1 OV
25:38 Rozsa Gaston

Staten Island Half-Marathon

Oct. 10, 2010

1:28:21 Jeff Powell M39
1:42:19 Alexandra Hernandez F29
1:43:50 Jamie Kyei-Frimpong F29
1:46:40 Matt Newton M36
1:48:07 Heidi Velasquez F31
1:50:17 Salvatore Carretta Jr M54
1:54:52 John Farrelly M41
2:01:46 Shirley Middleton F56
2:02:12 Edward James M64
2:19:09 Ivan Ragoonanan M65

Newburgh-Beacon Bridge 5M Run

Newburgh, N.Y.

Oct. 10, 2010

41:37 Hector Santiago M70 3

Steamtown Marathon

Scranton, Pa.

Oct. 10, 2010

2:51:12 Kevin Shelton-Smith M50 1
3:36:40 Hiroshi Kitada M45
3:41:22 Bette Clark F55 2
4:16:13 Katherine Callan F48
4:29:28 Jill Staats F59
5:41:51 Bill Smith M66

Ripton Ridge 5K

Ripton Ridge, Vt.

Oct. 10, 2010

22:43 Dick Conley 1

Westchester Half Marathon

White Plains, N.Y.

Oct. 10, 2010

1:54:46 Tami Luhby PR
1:57:14 Erica Hubbard F30
2:10:28 Sherry Fraser PR

Toga Duathlon

Rockland Lake State Park

Congers, N.Y.

Oct. 17, 2010

1:56:08 Tami Luhby

Kurt Steiner Cross Country 5K

Van Cortlandt Track Club

Oct. 17, 2010

23:12 Miguel Ortiz M49
24:54 Salvatore Carretta Jr M54
26:46 Edward James M64 4
28:08 Ramon Ruiz M70 3
38:07 Edith Jones F71 1

Great Swamp Devil 15K

Basking Ridge, N.J.

Oct. 24, 2010

1:02:15 Jeff Powell M39 5, PR
1:10:28 Matt Holzer M37

Marine Corps 10K

Oct 31, 2010

1:00:55 Vera King

HRA Cross Country 5K

Van Cortlandt Park

Oct. 31, 2010

25:52 Arnie Gore
34:47 Susan Epstein

HRA Cross Country 1.4M

Van Cortlandt Park

Oct. 31, 2010

11:48 Arnie Gore

Poland Spring Marathon Kickoff 5M

Oct. 31, 2010

36:11 Matt Newton M36
36:33 Hiroshi Kitada M45
38:04 Salvatore Carretta Jr M54
39:26 Miguel Ortiz M49
40:36 Heidi Velasquez F31
41:19 Erica Hubbard F30
41:41 James Moloney Jr M47
43:11 Edward James M64
47:50 Ivan Ragoonanan M65
49:35 Luis Colon M56
52:58 Susan R Epstein F67
1:02:06 Ramon Ruiz M70
1:02:11 Edith Jones F71 3

NYRR 5M

Nov. 5, 2010

29:11 David Talbird M29 5
33:01 Carlos Lopez M29

34:26	Erick Fernandez	M29
38:17	Salvatore Carretta Jr	M54
ING New York City Marathon		
Nov. 7, 2010		
2:41:03	Michael Arnstein	33M
2:49:08	Michael Oliva	31M
2:49:15	Kevin Shelton-Smith	50M
3:13:30	Bradford King	46M
3:17:04	Eric Nolan	32M
3:40:04	Hiroshi Kitada	45M
3:41:53	Alexandra Hernandez	29F
3:50:59	Jamie Kyei-Frimpong	29F
3:57:50	Bette Clark	55F
4:07:11	Christina Cordaro	32F
4:15:35	Erick Fernandez	29M
4:23:16	David Isaac	47M
4:29:30	Firdaus Dotiwala	41M
4:30:56	Erica Hubbard	30F
4:31:05	John Martin	44M
4:39:14	Shawn Bobb	44M
4:44:29	John Farrelly	41M
4:44:37	Lanny Levit	59M
4:44:45	Yani Fernandez	
4:48:54	Edward James	64M
4:51:08	Adam Golovizki	34M
4:57:58	Joann Pate	36F
5:00:24	Adrian Hunte Smith	56F
5:19:49	Zafar Shahbaz	53M
5:26:37	Glen Shane	71M
5:30:37	Catherine Schwarz	47F
8:02:04	Salvatore Carretta Jr	54M

Hiroshi Kitada, Heidi Velasquez, Mike Lee, Steve Park)

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DELAYED RESULTS

Celebrate Life Half Marathon

Rock Hill, N.Y.

Mar. 8, 2010

1:52:26	Jamie Kyei-Frimpong
2:24:26	Sherry Fraser

Utica Boilermaker 15K

Utica, N.Y.

July 11, 2010

1:03:19	Jeff Powell
1:16:16	Allen Steigerwald

River to Sea Relay

Across New Jersey

July 31, 2010

11:23:30	Da Bronx to Da Sea (VCTC team: Jeff Powell, Matt Holzer, Allen Steigerwald,
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VCTC Marathon runners(top to bottom): Erica Hubbard, Bette Clark and Hiroshi Kitada high-stepping at mile 21.

CLUB NEWS

Membership *Please renew your membership which is 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 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 7:30 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the January/February issue is December 30. 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

Annual Awards Dinner: *Saturday January 22, 2011. 7 p.m. Dunwoodie Golf Club, 1 Wasylenko Lane, Yonkers, N.Y. \$35 members, \$50 guests. \$50 at the door, so pay up early.*

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471