

# The Van Cortlandt Track Club

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BRONX, NEW YORK

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January/February 2007



**A New Year! A New Board!**  
**A Word From Our New Ramble Director**  
**Ken's Almost Perfect Marathon**

# VAN<sup>2</sup>CORTLANDT TRACK CLUB

## 2006 BOARD OF DIRECTORS

# IN THE LOOP

By Bette Clark

President: Bette Clark  
Vice Presidents: Ken Rolston, Gary Spalter  
Secretary: Diana Cecil  
Treasurer: Larry Barazzotto

### 2005 EXECUTIVE COMMITTEE

Social Directors: Katherine Callan, Sarah Baglio  
Newsletter Editor: Naomi Marcus (retiring)  
Controllers: Jim, Mike, and Pat Hudick  
Membership Director: Tony Thoman,  
Athletic Director: Ken Rolston, Firdaus  
Dotiwala  
Public Relations: Arnie Gore

VCTC membership meetings are held on the second Saturday of every month at 10:30 am. Club workouts are Tuesdays at 7:00 pm (track), Thursdays at 7:00 pm (trails), and Saturdays at 8:00 am (roads/trails).

The VCTC newsletter is published bimonthly. For changes of address or missed copies, please notify us at 212 795-6460. We welcome all contributions.

Call race times to Jim Hudick:  
201 816-8359 or e-mail:to  
jhudick@optonline.net or use snail mail,  
U. S. Postal Service. When submitting times,  
please let us know the date, name, distance, and  
location of the race; your time; age group award  
(if any); and other club members who ran.  
Articles and times for the next newsletter are  
due March 4.

This is our first newsletter of 2007, and as we usher in the New Year, this is a good time to look back at VCTC over the past year, and to look forward to changes for the upcoming year. First, I would like to introduce myself as the new President of VCTC, a role I am assuming because of all of you—a great group of runners who not only burn energy out on the trails but who harness some of this energy to fuel Club events, from races to social gatherings, and are always there to support each other in a myriad of ways. I am honored to be a more active part of VCTC this year, and hope that I can rely on long-time members (notice I didn't say "old") as well as newer members to join me in making this an even stronger club.

I want to begin by thanking Dennis for his strong leadership as President of VCTC over the past year (and in other years as well) I know that he will continue to play an active role in club events as he steps down from the VCTC Board and takes on new responsibilities as President of Friends of Van Cortlandt Club, an organization that shares our love of the Van Cortlandt and which will serve as an important ally, particularly as we continue to stage races in the Park. Last winter, we had the exciting opportunity to watch some of the fastest in the nation compete at Van Cortlandt Park during the Cross-Country National Championships, Many VCTers volunteered on the frigid hills—some of us took part in the community races. Speaking of races, Dennis served so skillfully as Race Director of the Urban Challenge in 2006 (for his sixth year) and will be helping to groom our new Challenge Race Director, Jill Staats, who is gearing up for this spring's event (April 15), Dave King will be replacing Yuen Chun as Race Director of the infamous Riverdale Ramble for 2007. Yuen has worked so hard and expertly as Race Director for the past three Riverdale Ramble Races, a race that was almost cancelled last year due to lack of a venue, but which was revived with great enthusiasm due to the outpouring of community support and the hard work of VCTC

Continued on next page

### In the Loop cont'd

members. Another great VCTC race tradition continues, the summer Cross-Country series, which survived some blisteringly hot and humid race days, will once again staged by seasoned Race Director Fred Daley and supported by many loyal club members and community runners. This year, we had runners from as far away as Indonesia and Italy join us in the Bronx. These runners learned about us through Internet links to our web page (thanks to Tony Thoman for its design and constant updating), and we look forward to another great season. Our Public Relations Director, Arnie Gore, who continues in this position in 2007, is always on the look out for more ways to attract runners to our races and to our Club in general, and he continues to foster our club's relationship to NYRR and involvement with other local clubs. Along with other experienced fund-raisers (Bill Gaston, Diana Cecil) and our Race Directors, Arnie has been drumming up sponsors for our events.

We have been enjoying a very mild winter so far, and Van Cortlandt Park is full of runners still wearing shorts and singlets. We are looking forward to new VCTC singlets and, to our much anticipated new Club jacket, thanks to the hard work and persistence of our new clothing maven, Firdaus Dotiwala. A special thanks to Enid Burns, who continues to help out with clothing (an many other things), and to Bill Smith, who for years has carted around and kept track of club clothing and is now passing this role on to Firdaus. As he keeps us in high-tech fashion, Firdaus will also be keeping our membership list up-to-date. .

Our coach for many years, Ken Rolston, has joined the Board this year as Vice President. He continues as our Coach *par excellence* and leads us on Tuesday nights in brutal speed workouts. Work-outs have moved from the Van Cortlandt track to the hills of Fieldston

near Manhattan College as the nights have grown longer and colder, and will move indoors to the Manhattan College track at the end of January. Firdaus, as Athletic Coordinator (he wears many hats, which is fitting for a clothing director), takes us on runs through the park on moonlit Thursday nights (a new tradition) or on the streets of Riverdale. Of course, our weekly Saturday runs continue uninterrupted, rain or shine, at 8:00 am by the handball courts of Van Cortlandt. Continuing on the Board this year is our highly valued treasurer and former Club President, Larry Barazzotto, who keeps us on track. Gary Spalter also continues on the Board, now in the role of second Vice President. He has always stepped in and shouldered so many Club tasks (he seems to appear wherever he's needed) that no single title covers the scope of his responsibilities. Diana Cecil also continues on the Board, this year as Secretary. She has also served many different functions, and is also always willing to help out when she's needed.

I am sure that many of you join me in looking forward to our Annual Awards Dinner, taking place on January 27<sup>th</sup> at Mario's Restaurant, a new location for our dinner. Thanks to the hard work and planning of Katherine Callan (now joined by Sarah Baglio), who has taken over as Social Director from Wanda Bills and Linda Norton (who continues to do all the hard work of keeping track of RSVPs), this event promises to be delicious and entertaining. Please be sure to renew your memberships (or join for the first time) before the dinner to be able to take advantage of the price break for members.

One person I purposely left until the end to thank is our "former" newsletter editor, Naomi Marcus, who has kindly agreed to put together **this** newsletter, despite "retirement" from her position as newsletter

Continued on next page

### In the Loop cont'd

editor, a position she has filled so admirably for many years. Thank you, Naomi, for doing this one more time!! We have still not filled this position, and would welcome any volunteers!! The newsletter is an integral part of VCTC, and the way we all learn from each other about race experiences, running times, training tips, etc. As a reminder, please do remember to send in race times to Jim Hudick.. Also, Jim, Mike and Pat Hudick do critical behind-the-scenes work as controllers.

I know I cannot possibly thank everyone who has been (and continues to be) such important supporters of VCTC. As you can see, many people pitch in where they can, and this is in the spirit of our Club. I am hoping that this list just gets bigger!!

The Van Cortlandt Track Club celebrates its 30<sup>th</sup> Anniversary in the fall of 2007. In this special year, (and we should be thinking about ways we want to commemorate this anniversary) I know we can all find ways to take a more active part in VCTC., whether by representing the club in community races (wear your club singlets or soon-to-be jackets!!), participating in club events and training runs, or volunteering at races. Please come to our monthly membership meetings (held the second Saturday of every month)—here's where you will learn about what's going on behind the scenes and have an opportunity to offer your own suggestions about making VCTC an even better Club, one that can address your particular interests as runners. Just as we all strive for new PR's, we can all work to make VCTC a club that continues to grow and thrive in new ways.

Hope to see you on the trails and at the Awards Dinner.

## Coaches' Corner January 2007

### Remembrances of The Perfect Race ( Well, almost )

By Ken Rolston

**A**pril 1975- From Runners World Magazine- "Never have so many run so far so fast. More than 2000 runners started the Boston Marathon. Nearly 900 of them broke 3 hours."

It all started in 1972. That's when Frank Shorter and Dave Wottle won thrilling races in the Munich Olympics, Wottle with a brilliant come-from-behind win in the 800 and Shorter with a patient effort in the marathon to capture the last gold medals for the US in a distance beyond 400 meters. I was a senior in college struggling to break the 2:00

half-mile and about to race in my first marathon. Our Lehman College cross-country team decided it would be a good idea to race in the 3<sup>rd</sup> annual New York Marathon, which at that time was run in September. Fewer than 200 runners lined up to run one short loop from 59<sup>th</sup> to 72<sup>nd</sup> St, then four long loops around the entire park. A core of 6-10 women protested the earlier women's start by sitting down when the gun went off and waited to run with the men.

I ran a 2:52 that day, good for 29<sup>th</sup> place and a ruined cross-country season ! But I had the bug. The next marathon took place in January 1974, one day after a -Continued

### Perfect Race cont'd

week-long ski trip. My friend Ernie and I took a bus to Asbury Park and ran in the Jersey Shore Marathon. He was 6<sup>th</sup> in 2:33 and I was 15<sup>th</sup> in 2:42. We ran the Earth Day marathon in March to help qualify some friends for Boston and then ran Boston that April. Three Marathons in 4 months! I improved to 2:35, just out of the top 100. Ernie ran another 2:33.

So how do you train for Boston? How do you prepare for those ridiculous hills? Well, fear of them seemed to work. We trained by running fast all the time, 6-6:30 minutes per mile, lots of sustained tempo runs on the Aqueduct trail, and finished workouts with a murderous trek up the Kingsbridge Rd. Hill from Bailey Ave to Sedgwick Ave. Since the Heartbreak Hills begin at the 17<sup>th</sup> mile, it stood to reason that we'd finish our shorter runs with a tougher hill.

We began to fantasize that we lower earth forms from The Bronx could actually break 2:30! All it would take was some fast racing, lots of training, nothing else meaningful to do (like work) and a perfect race day. At that time "lots of training" meant 70-100 miles a week. And some other runners had really serious ideas about what training meant.

In New Jersey, a local star named Tom Fleming spent the entire winter wearing 2 or 3 sweatsuits while training over 100 miles a week in preparation for a hot race.

Up in Boston, a graduate student named Bill Rogers was laying down week after week of 140 miles. He was an ex-smoker and a conscientious objector who was assigned by the draft board to work in a Boston hospital. After his motorcycle was stolen he started running to work. Eventually he was able to run twice a day, an hour and a half in the morning and another hour after work and one week managed to run a staggering 201 miles.

My friend Ernie was running a consistent 100 miles per week and racing frequently. In January 1975 we raced 3 miles in the Armory, which at that time had a wooden unbanked 200 meter track. The track officials smoked cigars while counting down the laps. The air was also redolent with hot dogs and "Atomic Balm" yet somehow we ran 15:06. That February we ran from Fordham Road to Central Park, raced 4 miles in under 21 minutes and ran back home, a total of 24 miles. I have absolutely no recall of this but Ernie has kept training logs all these years and insists we did it.

I couldn't manage to run more than 50-60 miles a week. That was about as much as my body could handle. Let Ernie run his 100, I could always outkick him. Little did I know!

In March we ran the Earth Day Marathon to help my brother Mark qualify for Boston. We just had to break 3:30. In early April, I came in 7<sup>th</sup> in the Scarsdale 15K behind Mike Keogh in a time of 50:08. And finally since we knew nothing at the time about winding down training I ran a hard 21 miler six days before Boston. Way to train, smart-guy!

Race Day: The Gods were kind, my friends. Temps in the high 40's with a trailing westerly wind. We were 10 rows back from the leaders and planned to run together for the first half then see what happens. Without runners watches (they weren't invented yet!) or mile markers there was no way of knowing just how fast we were running. It's also a downhill start. And the race stays downhill or flat until Heartbreak Hills. I have a memory of someone saying "5:05" at what was rumored to be the first mile. There were checkpoints but they were at ludicrous spots: Framingham, 6.72 miles, Natick, 10.42 miles, Wellesley, 13.4 miles, Auburndale, 17.61 miles, Lake St, 21.67 miles and Coolidge

Continued on next page

### Perfect Race cont'd

Corner, 24.14 miles. I never heard a split time at any of these points.

At about 5 miles with the strains of "Kashmir" by Led Zeppelin thumping in my head I decided with a flippant "This is too slow, I'm going to pick it up a little" to say adios to Ernie. I didn't see him again for a very long time!

One of the really cool things in Boston is the tradition of listing the names of all the runners in the newspaper. So people were shouting out my name for miles and miles. It was great until I realized I was running with some other Ken guy, a local favorite named Ken Mueller. We ran together for a long way into Heart-break Hills past Boston College and then I couldn't keep up with him anymore. Another cool thing was the constant re-appearances of my family and friends. Every 8-9 miles there they were again! My brother Steve, sister Eileen, fiancé Pat and friend Patty were yelling their lungs out. How the hell did they do that? Later I found out that Steve broke just about every driving law to keep up with the race.

In the meantime this race was fast! Rogers was ahead of the course record pace at the halfway point. He would eventually stop 5 times, once to tie his shoes, 4 times to drink water. Despite this he won easily in an American record time of 2:09.55. Steve Hoag was 2<sup>nd</sup> in 2:11.54 and Tom Fleming came in 3<sup>rd</sup> in 2:12.05. Americans finished 1-2-3 for the first time since 1943. Amby Burfoot, the writer for Runners World who some of us had the chance to meet at the Burns Film Center last fall, came in 32<sup>nd</sup> in 2:21.20. And that other Ken guy, Mueller ran 2:22.26.

Only 52 women ran that day but the top 7 broke 3 hours. Katherine Switzer broke her personal best by almost 10 minutes running a 2:51 for 2<sup>nd</sup> place. All in all it was the greatest mass finish in the history of marathoning to that point.

Twenty-two men broke 2:20. 114 runners broke 2:30. And nearly 900 runners broke 3 hours, over 40% of the field! Marathoning had officially arrived in the U.S.

As for myself, the final miles remain a blurry memory. I remember the cacophony of spectators lined 5-6 deep and shouting encouragement. I remember thinking "this is a good one, keep it going". As I rounded the last turn onto Boylston St I heard my brother Steve shouting out my name. I responded with a raised fist and both quads locked up. As I staggered for the last 100 meters my friend Ernie passed me. To this day he boasts of his superior kick. Ouch. We were 81<sup>st</sup> and 82<sup>nd</sup>, 2:26.48 and 2:26.50. We had broken 2:30. I thought this would be the first of many times at this level but I was wrong.

For Ernie this represented the first of 16 times he would run sub 2:30. He would narrowly miss qualifying for the 1976 Olympic trials winning the Avenue of the Giants marathon in 2:23.17, a scant 17 seconds over the qualifying standard. Ultimately he would be rewarded with a qualifying 2:21 in 1980. My attempt to qualify was thwarted on a day when the running gods were most unkind. Boston 1976 became known as "the run for the hoses" as the race day temperature hit 98 degrees. I ran 2:46.

Frank Shorter, Bill Rogers and Don Kardong secured spots for the U.S. team at the 1976 Olympic trials in Eugene, Oregon and each have had long productive careers as runners, commentators and writers. That same year the New York Marathon was moved out of Central Park and became the world class race it remains today.

I gave it one more try for Olympic qualifying in 1980. Training with Dave King in the hills of Riverdale we ran nasty repeats up and down Fieldston Rd. Four hundred meters up, 30 seconds rest, 400 meters down, 30 seconds rest,

Continued on next page

### Perfect Race cont'd

400 meters up. Repeat 3 or 4 times. But I wasn't able or willing to put in the serious mileage required. In Boston I ran 2:38 and came in a ridiculous 653<sup>rd</sup> place!

But the memories of the perfect race in

1975 remain. It feels like someone else was running that day, miles flowing by easily, a gentle push from a cool wind, shouts echoing around me, the steady rhythm of Kashmir pulsing in my brain, the 6 oz Asics Tigers like ballet slippers allowing me to sail along with no effort at all.

### My Top 10 Reasons For Wanting to Be Ramble Race Director

By David King

10. Since retiring, I have been getting too much sleep, so I needed something to worry about to give me insomnia.

9. I want to get first "shot" at taking home the unclaimed bottles of water after the race.

8. I've always wanted to change the race name to "The Riverdale Grumble", reflecting racers' complaints after running all those hills.

7. I want to get in good with the 50<sup>th</sup> Precinct cops so that if I get a ticket at the Tuesday night workouts, I can get it "fixed."

6. I want a position of power so someone will give me a nickname like "Coach Cutie" (I know who I am). How about Dandy Director or Director Dynamite

5. Last year, I saw Yuen having such a good time, I wanted in on the fun, too.

5. Last year, I saw Yuen having such a good time, I wanted in on the fun, too.

4. With my sadistic side showing itself, I want more say in torturing those poor souls who register for this tough course.

3. I can't wait for race morning when I can get a free cup of Dunkin Donuts coffee (and sneak 2 donuts).

2. I realize spending Saturday mornings and Tuesday evenings with club members was not enough... I want more, more, more.

**And number 1 is:**

1. I secretly want to change the racecourse to wind through Fieldston roads again, but not tell the Fieldston Property Owners until race morning.

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## Race Results

19 Nov, Sunday - 5-Mile Turkey Trot. Mamaroneck, NY

55:03 Fernando Ruiz M74 2<sup>nd</sup> 70-75

23 November, Thursday - Rockland Road Runner's 5-Mile Turkey Trot

35:48 Blas Abadia M51

40:01 Ramon Ruiz M66 1<sup>st</sup> 65-69

55:41 Fernando Ruiz M74

26 Nov, Sunday, 11:30 am - Pete McArdle 9.3 miles, 15.0 Kilometers

Van Cortlandt Park, Bronx, NY

59:39 Chris Ekstrom M40 2<sup>nd</sup> 40-44

1:10:35 Firdaus Dotiwala M37

1:11:49 Richard Conley M51

1:11:56 Anthony Thoman M44

1:14:08 Danielle Rosario-Mullen F26

1:21:53 James Edward M60

1:21:56 Spencer Goldblatt M56

1:26:54 Frederick Daly M48

1:26:55 Bette Clark F51

1:27:17 Katherine Callan F44

1:27:25 Arnold Gore M65

1:30:52 Alan Dorfman M55

1:33:52 Maureen Thoman F45

1:34:02 Margaret Nolan F46

1:35:46 Edith Jones F67 2<sup>nd</sup> 65-69

1:38:46 Leoni Parker F42

1:38:52 Tami Luhby F36

1:51:26 Susan R. Epstein F63 3<sup>rd</sup> 60-64

2 Dec, Saturday, 9:30 am - NYRR Holiday 5-Mile 5.0 miles, 8.0 kilometers

Central Park, NYC

35:28 Blas Abadia M51

39:03 Neil Ghezzar M35

39:12 Arnold Gore M65 2<sup>nd</sup> 65-69

39:26 Heidi Pabon F33

41:17 Edward James M60

43:35 Ivan Ragoonanan M61

44:55 Jose D. Cooper M57

45:17 Edith Jones F67 3<sup>rd</sup> 65-69

48:38 Louis Colon M52

49:13 Gilda Serrano F58

50:06 Susan R. Epstein F63



**2 Dec, Saturday, 9:30 am - NYRR Holiday 5-Mile (continued)**

50:28	Ira A. Weiner	M47
52:35	Sarah Baglio	F34
54:46	Tami Luhby	F36
57:26	Ramon Minaya	M66

**10 Dec, Sunday, 9:30 am - Joe Keinerman 10K—6.2 miles, 10.0 kilometers—  
Central Park, NYC**

41:52	Ivan S. Mills	M50	
42:23	Firdaus Dotiwala	M37	
44:36	Anthony Thoman	M44	
45:20	Danielle Rosario-Mullen	F26	
45:43	Blas Abadia	M51	
49:00	Ramon Ciprian	M42	
49:19	Arnold Gore	M65	3 <sup>rd</sup> 65-69
50:53	Edward James	M60	
53:36	Jose D. Cooper	M57	
54:57	Edith Jones	F67	2 <sup>nd</sup> 65-69
55:05	Ramon Ruiz	M66	
56:41	Leoni Parker	F42	
56:57	Margaret Nolan	F46	
57:46	Selma Squeira Raven	F40	
59:58	Gilda Serrano	F58	
1:00:40	Luis Colon	M52	
1:04:57	Ira Weiner	M47	
1:08:47	Jo Ann Pate	F32	
1:08:48	Sara Baglio	F34	

**16 Dec, Saturday, 9:30 am - NYRR Hot Chocolate 10M - 10.0 miles, 16.0 kilometers -  
Central Park, NYC**

1:11:53	Danielle Rosario-Mullen	F26	
1:11:41	Firdaus Dotiwala	M37	
1:13:33	Richard Conley	M51	
1:19:57	Neil Ghezzar	M35	
1:21:56	Edward James	M60	
1:27:54	Wanda Bills	F45	
1:28:11	Jose D. Cooper	M57	
1:32:15	Arnold Gore	M65	
1:32:54	Leoni Parker	F42	
1:33:02	Selma Sequeira Raven	F40	
1:33:32	Ivan Ragoonanan	M61	
1:34:02	Edith Jones	F67	2 <sup>nd</sup> 65-69
1:41:43	Enid Burns	F53	

**16 Dec, Saturday, 9:30 am - NYRR Hot Chocolate 10M (continued)**

1:44:34	Luis Colon	M52
1:46:01	Susan R. Epstein	F63
1:46:48	Marysol Ruiz-Zapata	F40
1:47:22	Ira A. Weiner	M47
1:49:42	Sarah Baglio	F34
1:49:57	Fernando Ruiz	M74

**7 Jan, 07, Sunday 9:00 am - NYRR Fred Lebow Classic - 5.0 miles, 8.0 kilometers  
Central Park, NYC**

34:88	Ivan Mills	M51	
35:18	Blas Abadia	M51	
39:15	Arnold Gore	M66	3 <sup>rd</sup> 65-69
39:19	Edward James	M60	
40:23	Ramon Ruiz	M67	
42:56	Jose Cooper	M57	
44:51	Edith Jones	F67	3 <sup>rd</sup> 65-69
50:22	Susan Epstein	F63	
51:03	Gilda Serrano	F58	
55:06	Ramon Minaya	M67	
59:17	Ann McKeague	F65	

Adrian's ad

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## And Since I'm Not Editing the Newsletter Any More...

By Naomi Marcus

Now that I no longer have responsibility for the newsletter, I'll be out on the roads biking as much as I can -- training to participate in the 2007 Arava Institute and Hazon Israel Bike Ride. I looking forward to biking from Jerusalem to Eilat in May of this year - almost 300 miles -- to show my dedication for building peace in Israel and to raise at least \$3600 for two organizations -- the Arava Institute and Hazon (Vision).

What made me decide to do this? As some of you know, I am a member of a Community Supported Agriculture group (CSA) in Manhattan where all summer, I get fresh fruit and vegetables from an organic farm on Long Island. The CSA was organized by Hazon, a Jewish organization that supports educational and fundraising programs around environmental, food, and agricultural issues. Our CSA is the first of what are now 10 groups all over the country, from Minneapolis to Houston to Berkeley.

To raise money for its programs, Hazon sponsors a bicycle ride from northern Connecticut to the Upper West Side over Labor Day weekend. When I participated in the Hazon New York Jewish Environmental Bike Ride in 2004 and 2005, I met Israeli and Arab students and spoke with faculty from the Arava Institute. I was impressed with the faculty's efforts to confront the differences and preconceptions that the students had about each other and was deeply moved to see the spirit of close camaraderie shared. Among the students, both Jewish and Arab.

Some of the money raised by the Israel ride will go to Hazon, but most of it (about 75%) will support programs at the Arava Institute, which attracts Jewish students from Israel and the diaspora and Israeli, Palestinian, and Jordanian Arabs. At the Arava Institute,

students of different backgrounds and ethnicities study environmental science together. Israel, Jordan, and the Palestinian Authority (PA) have some of the world's highest population growth rates, increasing industrialization, and limited sources of fresh water. All of these take their toll on the resources of this environmentally and politically sensitive region. It is imperative that Jews and Arabs cooperate to save the natural beauty of this area.

Current projects at the Arava Institute are concerned with water management, health effects of air pollution, and sustainable agriculture, and are carried out in collaboration with government and private groups in Jordan, the Palestinian Authority, and Morocco.

With all the sad news coming from the Middle East it is easy to dismiss as futile any efforts to bring Jews and Arabs together. I believe that the only way that we can look to a future in which Israel can live in peace with her Arab neighbors is to support efforts toward collaboration and peaceful interaction that are embodied in Arava and Hazon.

I am proud to support the programs of the Arava Institute and Hazon. I would be proud to have my friends in the Van Cortlandt Track Club sponsor me as I pedal south through the Negev.

You can contribute to my efforts in one of two ways:

Online:  
<http://arava.kintera.org/2007israelride/ngmarcus>

By mail: Send a check made out to **Arava Institute Hazon Israel Bike Ride** to me at 5640 Netherland Avenue, Riverdale, NY 10471.

Thank you in advance for your support and encouragement.



**You're invited to the  
VAN CORTLANDT TRACK CLUB  
ANNUAL AWARDS DINNER**

**When:** Saturday, January 27th, 2007  
7 p.m. to midnight

**Where:** Mario's Restaurant  
2342 Arthur Avenue, the Bronx  
www.mariosrestarthurave.com  
Valet parking available

**Cost:** In advance— \$30, members; \$45, nonmembers  
At the door— \$35, members; \$45, nonmembers  
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Shoe Goo - Viscoheel - Polar HRM - Sportslick - Bodyglide - Cho-Pat - Nip Guards - Powerstep - Smart Wool - Defeat

**NUTRITION**

Champion Nutrition - Revenge - Metabolol - Ultimate Meal - Power Bar - Power Gel - Ultima - Herbasway - The Perfect Remedy - GU

**EYEWEAR**

Oakley - Rudy Project