

The Van Cortlandt Track Club

Bronx, New York

Volume #39, Issue #3
May/June 2005

www.vctc.org



April 3—Urban Environmental Challenge

June 5—Riverdale Ramble

Summer 5K Cross-Country Series

VAN CORTLANDT TRACK CLUB

P.O. Box 341, Bronx, NY 10471

2004 BOARD OF DIRECTORS

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Dotiwala

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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 bi-monthly. 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 July 2. E-mail to neshama44@msn.com.

IN THE LOOP

By Dennis Burns

An interesting title for an article, it seems to me, as I begin my 2nd term as President of VCTC, for now I am back "In the Loop", after a few years of taking a "Sabbatical" from the responsibilities of running a club.

I must say, after so many years on the "inside" of things, my time on the periphery allowed me to see the club in a different light. It allowed me to see how the club has changed over time, yet still remains basically the same.

VCTC is a force, which allows people who may be different into an atmosphere, where we share our common bond of running, and our differences allow us to learn from each other. Pretty cool huh?

But VCTC cannot exist without its members. Just as we try to provide our members with quality training runs to meet their own specific needs, each member brings a special talent to the club, which may be needed to help the club survive and grow. You may not know what your talent is now, but in time, you will learn, and when you find out, please help the club, with the use of that special talent.

You may have good organizational skills. You may be good with people. You may be a good writer, or you may love the thrill of scoring a race. You may want to be a race director, or you may be good at public relations, or in helping obtain sponsorship.



By Ken Rolston

Why am I saying this now? Because I hope to be replaced some day by a new person with newer ideas, and better ways of achieving them. Only in this way can the club survive. So you can't be president you say? Well, maybe not now, but who knows what you can do if you get involved.

You can help support the club in many ways. Come to the workouts, wearing one piece of VCTC apparel. Support and advertise your club. Let everyone know who that group of runners is. Come to the monthly meetings to see what is going on, and to bring in your ideas and your enthusiasm. Come to the races, and wear your VCTC singlet. Let everyone know who we are. Come and run or work the Cross Country Series, and work the Riverdale Ramble.

Don't let the club limp along like an injured runner. Only with your help can VCTC continue to grow and prosper.

We've resumed our Tuesday night ritual of the outdoor track workouts. The purpose of these sessions is to develop one's overall capacity to run faster in a race over 5K-10K distances with fine-tuning that can be applied to runs ranging from the mile to the marathon. So as we approach the summer series, the 5th Avenue Mile, the various half-marathons around NYC and the numerous trail races that our club likes to run, these workouts can help build a strong sense of pace and develop a racing intelligence that will help you finish a race as well as you've started it. How satisfying it is to know that you have reserve left in the tank while the other racers come back to you towards the end-stage of a race!

We tried some new things in recent workouts and hope to explore more ways to make workouts fun and challenging. A friend told me of a workout consisting of 2 1-mile runs separated by a 5-10 minute recovery. The catch was to predict your times, then run without watches or splits and guess how close you can come to the prediction. When we run the summer series races, we have no idea of mile times—we can only rely on our inner clock. The same holds true for the majority of trail races. Hopefully workouts like this will help us to develop that inner clock.

This year, a new track has been unveiled on Randall's Island. Apparently it's fast. The NY Road runners have set Tuesday nights for races on May 17, May 31, June 14, and June 28. I am hoping that we can go as a team on one of those nights, perhaps June 14. The

Coach's Corner, cont'd

Events that night include 1500, 800, and 5000 meters. That would make for an interesting workout!

So I look forward to seeing many of you on upcoming Tuesday nights. Please feel free to suggest alternative ideas, such as hillwork, different recovery patterns, or a boycott which would certainly fit the personality of VCTC. Happy running!

Ken

The VCTC Summer 5k Cross-Country Series—2005

Races will be held on alternate Thursdays at 7 PM. Register (\$3.00) at the Tortoise and the Hare statue on Broadway across from Lloyd's Carrot Cake.

May 26

June 9

June 23

July 7*

July 21

August 4

August 18

* 2-person relay, Each team member runs a 2-mile loop.



The 2004 Summer 5K Cross-Country Series attracted runners from all over the New York City area.

St. Croix - Half Ironman Triathlon

By Enid Burns

Here we are —Diane, Wanda and Enid—after the St. Croix Triathlon. What an exciting event that was to see! Diane Calderon conquered the BEAST and came in 1st in her age group.

We arrived in St. Croix on Thursday afternoon to find a group of triathletes all waiting for their luggage and, most importantly, their bikes. We could wait 3 hours at the non air-conditioned airport or go to get something to eat. A cab driver named Joe came to the rescue and took us to a native Cruzan restaurant, Jeudi's. It was heaven—boiled red snapper, fungi (cornmeal with okra) salad, and batatas (yams). This late lunch came along with a history of St. Croix and answers to the many questions I had about the island. After that comfort food we were able to go back and get our luggage and Diane's bike. All was well in St. Croix.

We stayed at the Buccaneer Resort, a beautiful place by the ocean with an incredible golf course and a great hilly trail to run. Many of the Triathletes stayed here, so it was pretty exciting to watch the competitors eyeing each other up and down. Within the next two days, Diane registered, we drove the course, and we tried to keep her relaxed—not an easy task.

Sunday found us up at 4am getting ready to go to the starting line. It was dark and cool when we got to the Wharf (the starting line). It was very windy and the water was very choppy. I was scared for Diane, but I couldn't show it. We were with Diane at the transition area as she set up. Pieces of power bar stuck on the top bar of her bike, shoes and socks, glasses, and helmet—all in a particular order, ready for her to slip into, once she came out of the water. At the transition area we were able to see the age group participants. Some looked pretty awesome, but so did Diane. They had to swim about 300 yards to the Cay, a small island, to start the race.

Wave after wave took off, swim caps of different colors for each age group. First the Pros (white), the yellows (20's), orange (30's) etc. Diane's cap was lavender. They had to swim 1.2 mi through the choppy water. In the distance you could see the orange buoys they had to go around. It seemed so far; I prayed for Diane's safety and her strength to finish with speed.

Every time we saw a lavender cap we got excited. Finally we recognized Diane. She looked goood! Out of the water she came 40:09 was her time, she was calm and ready for the bike. Off she went 56 miles of hills, turns and up the BEAST, a 7/10-mile hill with a 21% grade. Three hours, 14 minutes (3:14:00) later she came into the transition area—off with the helmet and on with her running shoes. She now had 13 miles to go, more hills in the hot afternoon sun.

In the meantime I was calling Dennis to give me an update, which he was getting from the Internet. She picked off about 100 competitors on the run. She finished the run in 1:48:00. She's the BEAST. She finished strong and in good spirits. She cleaned up and we walked 2 miles back to the hotel. She seemed as fresh as a daisy or, since we were in St. Croix, a hibiscus.

She rested a bit and that night we went to the award ceremony where we were finally able to relax and enjoy the island. We were so proud when they called Diane's name. She accomplished what she had set out to do. **YOU GO GIRL!!** Afterwards, we had a few cocktails and many laughs.

St. Croix, what an experience! The locals were the friendliest and most courteous people I've ever come across. We are so proud of Diane. **SHE'S GOING TO KONA FOR THE HAWAII IRONMAN!** Thank you,

Diane for letting us be part of this incredible race and experience.



Diane Calderon—St. Croix Triathlon May 1, 2005
Time 5:43:15 1st in A.G. Qualified for the Hawaii Ironman Triathlon

RIVERDALE RAMBLE 2005

Yuen Chun, Race Director

The 27th Annual Riverdale Ramble will be held on June 5, 2005 at 10 AM. We need your help in order to make this another successful race. We will be having a raffle and giving out prizes to the volunteers after the race clean-up. Please contact Gary Spalter at 917.882.4641 or me at 917.601.7066 if you wish to volunteer and you are not on the list below.

Please look for your name and assignment on the Assignment List. We would like all volunteers to report to John F. Kennedy High School at 7AM to start preparing. It would be helpful if you could notify your Coordinator whether or not you will be able to make the race. All Coordinators should follow-up with those assigned workers they have not heard from.

Riverdale Ramble 2005 Assignments

Registration: Coordinator: Enid Burns 718.796.9191

Alma Caparas 718.365.0146	Katherine Callan 347.427.7725
Kate Donovan 917.796.9845	Marie Kearns 718.432.5357
Susan Epstein 212.795.6460	Linda Norton 914.668.7712
Lisa Fleischman 718.543.8417	Diane Calderon 914.722.1918

Decorating: Coordinator: Ann McKeague 914.376.1138

Wanda Bills 718.892.4070	Vanessa Nichols 718.543.7814
Kathy Lyons 914.237.1556	Marysol Ruiz 914.965.7864
Johnetta Miner 718.379.8597	

Food & Drink: Coordinator: Diana Cecil 718.549.1880

Wanda Bills 718.892.4070	Linda Norton 914.668.7712
Adian Hunte-Smith 914.734.2636	Gary Spalter 914.633.7389
Vera King 914.337.5518	Maureen Thoman 718.601.2411

Morning at JFK to receive deliveries:

Gary Spalter 914.633.7389
Diana Cecil 718.549.1880

Stop #1 Palisade & 232nd Street: Coordinator: Hector Santiago 718.671.3374

Harold Benitez 212.831.1719	Fernando Ruiz 212.860.8614
Ed James 914.699.8924	James Harkins 718.892.2832
Diahann Malcolm 914.592.0139	Peter Coy 201.784.5724

Ramble Assignments cont'd

Stop #2 Palisade & 248th Street: Coordinator: Eddie Crawford 914.478.3488

Dan Flynn	212.942.4768	Ray Salaberrios	718.796.0847
Carl Morrishow	718.884.8861	Selma Sequiera-Raven	718.884.7211
Ivan Ragoonanan	718.562.3030	Shelly Ann Stewart	718.548.2574

Stop #3 Start and Finish: Coordinator: Linda Norton 914.668.7712

Joan Baldassari	718.824.3244	Rafael Morales	201.666.9466
Edward Leon	718.549.2581	Marysol Ruiz	914.965.7864
Frank Lindsay	718.324.9392	Diana Cecil	718.549.1880

Water Tables Set-up and Pickup:

Eddie Crawford 914.478.3488

Leo Chun 212.633.0344

Start Line Set-up: Coordinator: Fred Daly 201.768.0202

Peter Coy	201.784.5724	Dave King	914.337.5518
Al Gaillard	212.333.3769		

Finish Line: Coordinator: Peter Coy 201.784.5724

Bert Blanco	718.295.5163	Neil Leibowitz	718.884.5988
Dennis Burns	718.796.9191	Naomi Marcus	718.549.2253
Fred Daly	201.768.0202	Mahesh Patel	718.432.9767
Lisa Fleischmann	718.543.8417	Bill Sussman	718.409.2111
Spencer Goldblatt	718.548.4017	Willie Kaye	718.548.8110

Help Desk/Results Assistants:

Enid Burns 718.796.9191

Susan Epstein 212.795.6460

Split Timers: Coordinator: Ken Rolston 914.667.4043

Firdaus Dotiwala	718.884.2486	Chris Malynowki	cjimaly@aol.com
Alan Dorfman	718.796.7138	Earline Smith	917.318.3918
Leo Hernandez	212.507.1860	Bob Velez	rvelez@coqui.net
Dave King	914.337.5518		

Baggage Check:

Ivan Mills 718.658.6478

Jose Cooper 201.833.2421

Shirt Distribution: Anne Marie Krothe 215.962.2791

Tami Luhby	718.601.4604	Gilda Serrano	212.942.0457
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Posting Directional Signs From Subway 231st Street to Registration:

Arnie Gore 212.795.6460

Firdaus Dotiwala 718.884.2486

Leading Race on Motorcycle: Larry Barazzotto 718.549.2848

Ramble Assignments cont'd

Course Marshals: Coordinator: Larry Barazzotto 718.549.2848

Bias Abadia 718.519.9799	Henry Moorehead 718.320.9528
Charles Brewster 718.601.0069	Richard Ortiz 914.634.2275
Dennis Burns 718.796.9191	Arthur Richards 718.739.1417
Miguel Cabrera 914.968.3391	Luis Rojas 718.617.6684
Robert Cain 718.498.0888	Pete Rosario 718.961.6880
Luis Colon 718.515.4523	Ramon Ruiz 212.989.9227
Jose Cooper 201.833.2421	Paulino Santana 212.628.7601
Israel Good 203.348.4694	Paul Sawyer 718.543.7346
Jim Hudick 201.816.8359	David Schwartz 516.883.6127
Otis Matthews 718.681.2529	Peter Vitolo 718.584.2605
Shirley Middleton 718.367.6387	
Ramon Minaya 212.928.6518	

Volunteers: Fred Daly 201.768.0202 and Gary Spalter 914.663.7389

Traffic & Parking:

Mac McKeague 914.376.1138

Hubert Dyasi 914.963.9062
Dewey Palmieri 718.824.4434

Security: Coordinator: Dennis Burns 718.796.9191

Elsa Rojas 718.617.6684
Daryl Williams 718.548.1609
James Simmons 914.739.7925

Course Marking: Dennis Burns 718.796.9191

Leo Hernandez 212.507.1860 Bob Velez rvelez@coqui.net
Ken Rolston 914.667.4043

Mile Fun Run: Coordinator: Dick Conley 718.796.2191

Pat Hudick 201.567.0458	Jean Harkins 718.678.8438
Danielle May 212.927.8408	Kathy Nolan 718.796.2191
Rozsa Gaston 914.793.3225	Lydia Rodriguez 718.792.6524

Pee Wee Run: Coordinator: Dick Conley 718.796.2191

Kathleen Nolan 718.796.2191	Jean Harkins 718.678.8438
Vera King 914.337.5518	Ann McKeague 914.376.1138
Rozsa Gaston 914.793.3225	

Awards Ceremony: Bill Gaston 914.793.3225

Trophies: Bill Smith 914.734.2636, Alan Dorfman 718.796.7138

Press: Bill Gaston 914.793.3225 Press: Bill Gaston 914.793.3225

Photos: Tony Thoman 718.601.2411

Shuttle & Sweep: Leo Chun 212.633.0344, Alan Dorfman 718.796.7138

**POST RACE CLEAN-UP: ALL MEMBERS OF VCTC MUST STAY TO CLEAN UP!!
We will end with a raffle for volunteers! Excellent prizes!**

Riverdale Ramble Sponsors

The Allen Pavilion of New York Presbyterian Hospital

Susan Goldy Real Estate

Christopher E Finger, Attorney at Law

Verizon

Fitzgerald & Fitzgerald, PC, Attorneys at Law

Delaware Delights

By Bette Clark

VCTC had a great showing at the Delaware Triple Crown Trail Races on Saturday, April 30. Firdaus, Kate, Yuen, Adrian, Bill Smith, Tony Thoman, Hector Santiago, and Bette went down to the White Creek State Park in Newark, Delaware to run a variety of races: a marathon (Firdaus), half-marathon (Tony, Hector, Bill, Bette), and a 10K (Yuen). No one was quite crazy enough to run the "Triple Crown" (the half, 10K, and then a 5K, back to back to back—maybe next year?!!), but we all ran challenging courses on muddy, slippery trails in pouring rain. The half-marathon and marathon (two loops of the half) take you through hardwood forests, upland meadows, and

a knee-high stream. (2 crossings for the half, 4 for the whole) and has lots of ups and downs (elevation ranges from 90 to 350 ft.) Some of us slipped, some of us got lost and ran extra miles (the chalk course markings had washed away, at least 30 course flags went "missing"), we all got soaked, made it to the finish safely (unlike a few runners with injuries and hypothermia) and had a great time. There was good hot food at the finish, and as always, wonderful company to share the experience. We should definitely try to make this an annual VCTC outing (thanks Tony, for recommending this race to us). Those interested in learning more about this race should check out the website: www.udel.edu/johnmack/traildawgs/tc/ Hope to see more of you there next year!!

Belated Race Results

1/02 Tiger Mountain 50 K (31.0 M) Isaquah, WA. Sunday, AM

6:05:33 Olga Varlamova F35 2nd F

1/08 Bridle Trail Night 50 K (31.0 M) Kirkland, WA. Sunday, 4:00 PM

5:07:48 Olga Varlamova F35 5th F

1/30 Miami Tropical Half Marathon 13.1M Miami, FL, Sunday, AM

1:53:00 Hector Santiago M68

2/05 Lord Hill 33.3 Miler Everett, WA. Saturday, AM

6:55:00 Olga Varlamova F35 5th F

2/12 Epic Mountain 50 K (31.0 M, 12,000 ft gain) Olympia, WA. Sunday, AM

11:30:00 Olga Varlamova F35 3rd 35-39

2/13 Valentine Marathon 26.2M Olympia, WA. Sunday, 10:30 AM

4:20:14 Olga Varlamova F35 3rd 35-39

2/19 Hagg Lake Trail 50 K (31.0 M) Forest Grove, OR. Saturday, AM

5:19:15 Olga Varlamova F35 3rd AG, 4th F

2/19 Palmertto 15K Miami, FL. Saturday, AM

1:11:06 Hector Santiago M68 1st 65-69

2/20 Taconic RRC Freezer Five 5.0 M FDR Park, NY, Sunday, AM

32:42 Lou Csak M39 3rd AG

36:40 Firdaus Dotiwala M36

39:39 Bette Clark F49

44:53 Dennis Burns M58

47:53 Enid Burns F51 3rd AG

50:45 Bill Smith M60

51:07 Yuen Chun F47

R A C E R E S U L T S 2 0 0 5

2/27 Nokia Half Marathon 13.1 M New Orleans, LA, Sunday, 10:30 AM

1:33:42 Richard P Conley M49

3/05 Dirty Duo Trail 50 K (31.0 M) Vancouver, BC, Sunday, AM

5:37:07 Olga Varlamova F35

03/06 Caumesett State Park 50 K (31.0 M) Long Island, NY, Sunday, AM

5:52:09 Lanny Levit M54

Latest Race Results

03/12 St. Pat's 10 Miler Margate, NJ, Saturday, AM

1:22:52 Annemarie Krothe F27 2nd 20-29

03/13 Pfizer Oncology Colon Cancer 4.0 M Central Park, Sunday, 8:00 AM

28:04 Carlos E. Colonio M50

32:06 Ramon Ruiz M65 2nd 65-69

35:52 Edith Jones F65 1st 65-69

36:15 Ira A. Weiner M46

03/13 Pfizer Oncology Colon Cancer Challenge Half Marathon 13.1 M Central Park, Sunday, 9:00 AM

1:49:23 Santana Paulino M44

2:07:03 Edward James M58

2:09:39 Dennis J Brooks M52

03/13 Allensburgh Roadrunners Club 5K Goshen, NY, Sunday, AM

20:15 Blas Abadia Jr M50

30:10 Fernando Ruiz M73

**03/19 NYRR Brooklyn Half-Marathon
Coney Island/Prospect Park,
Saturday, 8:00 AM**

1:32:27	Richard P Conley	M49	
1:39:02	Carlos E. Colonio	M50	
1:44:50	Bette Clark	F49	
1:51:53	Annemarie Krothe	F27	
2:06:34	Ivan Ragoonanan	M59	
2:10:10	Ira A. Weiner	M46	
2:12:20	Shirley Middleton	F50	
2:14:30	Selma Sequeira Raven	F39	
2:17:42	Blas Abadia Jr	M50	
2:18:13	Edward James	M58	
2:27:24	Gilda L Serrano	F56	
2:36:34	Tami Luhby	F34	
3:00:01	Ramon Minaya	M65	

**03/26 NYRR Randall's Island 5K
Randall's Island, Saturday, 8:10 AM**

21:31	Blas Abadia Jr	M50	
24:08	Ramon Ruiz	M65	3rd 65-69
25:34	Richard Galvin	M34	
27:59	Edith Jones	F65	1st 65-69
27:00	Ivan Ragoonanan	M59	
28:32	Luis Colon	M50	
30:15	Juan F Veitia	M53	

**04/01 Scotland Run 10K
Central Park, Sunday, 9:30 AM**

45:03	Blas Abadia Jr	M50	
54:47	Edward James	M58	
57:50	Edith Jones	F65	1st 65-69
1:02:35	Juan F Veitia	M53	
1:06:24	Gilda L Serrano	F56	
1:07:47	Fernando Ruiz	M73	

**04/06 More Half Marathon
Central Park, Sunday, 8:00 AM**

1:58:38	Bette Clark	F49	
2:07:53	Kathryn A Donovan	F46	
2:09:43	Rozsa Gaston	F47	
2:10:50	Susan R Epstein	F61	
2:11:16	Adrian Hunte	F51	
2:13:01	Josephine King	F50	
2:17:54	Shelly-Ann Stewart	F30	
2:24:22	Alta Dustin	F42	
2:36:42	Gilda L Serrano	F56	

**04/17 Niketown Run for the Parks 4.0 Miles
Central Park, Sunday, 10:00 AM**

31:08	Annemarie Krothe	F27	
35:00	Edith Jones	F65	1st 65-69
37:36	Juan F Veitia	M53	
34:43	Edward James	M58	
37:00	Ira A. Weiner	M46	
42:28	Patricia R. Robinson	F64	
45:13	Ramon Minaya	M65	

**04/17 George Whitaker Half Marathon 13.1 M
Hook Mountain, NY, Sunday, AM**

1:43:50	Blas Abadia Jr	M50	
2:29:50	Fernando Ruiz	M73	2nd 70-74

**04/18 Boston Marathon 26.2 M
Hopkinton/ Boston, Monday, 12:00 Noon**

3:32:19	Richard P Conley	M49	
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**04/13 Diligence Dash 5K
Wilmington, NC, Saturday, 8:30 AM**

22:06	Annemarie Krothe	F27	2nd 25-27
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**04/24 Thomas G. Labrecque Classic
Central Park, Sunday, 9:00 AM**

25:19	Ivan S Mills	M49	
28:01	Carlos E. Colonio	M50	
30:57	Ramon Ruiz	M65	3rd 65-69
32:21	Edward James	M58	
33:30	John Colonio	M18	
36:15	Edith Jones	F65	1st 65-69
37:16	Ira A. Weiner	M46	
38:57	Juan F Veitia	M53	
35:44	Luis Colon	M50	
42:20	Lisa E Fleischmann	F41	
42:06	Fernando Ruiz	M73	
50:29	Ramon Minaya	M65	

**05/01 Long Island Half Marathon 13.1 M
Eisenhower Park, Sunday, 8:00 AM**

2:06:35	Noel Byrne	M70	2nd 70-74
2:22:02	Fernando Ruiz	M73	

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**05/01 Newsday Long Island Marathon 26.2 M
Eisenhower Park, Sunday, 8:00 AM**

3:31:20 Michael Hudick M60 **1st 60-64**
4:30:28 Lanny Levit M54

**05/01 Minute Man 5K
Westport, CT, Sunday, 8:45 AM**

18:01 Louis Csak M39 **2nd 30-39
6th Overall**

**05/01 Orchard Beach 5K
Bronx, NY, Sunday, AM**

18:01 Blas Abadia Jr M49

**05/01 Broad Street Run 10.0 Miler
Philadelphia, PA, Sunday, AM**

1:19:35 Annemarie Krothe F27 **PR**

**05/07 Bronx Community College 10 K
Bronx, NY, Saturday, 10:00 AM**

41:14 Ivan Mills M49 **3rd 40-49**
46:26 Harold Benetiz M46
51:20 Arnie Gore M64 **3rd 60-69**
52:49 Dennis Burns M58
56:15 Edith Jones F65 **1st 60-69**
1:00:21 Susan Epstein F61 **3rd 60-69**

**05/08 New York Junior League Mother's Day
Half-Marathon 13.1 M
Central Park, Sunday, 8:00 AM**

2:15:15 Susan R Epstein F61

**05/08 Junior League Mother's Day 5K
Central Park, Sunday, 8:05 AM**

32:05 Lisa E Fleischmann F41
34:24 Gilda L Serrano F56

**5/14 College Point 5K
College Point, Queens, NY Saturday,
8:00 AM**

19:34 Ivan S Mills M49 **1st 45-49**
23:60 Arnold L Gore M64 **1st 60-64**
28:18 Yuen Na Chun F47

**5/14 NYRR Queens Half-Marathon 13.1 M
College Point, Queens, NY Saturday,
8:10 AM**

1:34:22 Richard P Conley M49
1:45:30 Mahesh Patel M33
1:46:08 Bette Clark F49
1:56:08 Ivan Ragoonanan M59
1:58:42 Luis Colon M50
2:04:50 Kathryn A Donovan F46
2:06:40 Michael J Yorio M58
2:08:55 Shirley Middleton F51
2:13:03 Selma Sequeira Raven F39
2:13:57 Rozsa Gaston F47
2:14:12 Arnold L Gore M64
2:17:06 Gary Spalter M51
2:18:56 Marysol Ruiz F38
2:22:30 Gilda L Serrano F56
2:24:56 Fernando Ruiz M73
2:29:22 Ann Mckeague F63
2:28:55 Tami Luhby F34



CHALLENGE #7 - The Best Yet

By Dennis Burns

The sun was breaking through the cloud-filled sky, as I entered Van Cortlandt Park flats in my Honda, carrying the parts and pieces of stuff that would be put together to create the 7th annual Urban Environmental Challenge.

I felt a sense of calm over me as I approached the Finish Line area of the UEC racecourse. All of the problems, worries, and difficulties had been taken care of; now this was my time.

At first, we thought we would not have a sponsor for the Urban Environmental Challenge. Enid and I spent many hours trying to find a way to put on a race we'd all be proud of on a shoestring budget. Within the last few weeks, Jeffrey Katz from ConEd came in with \$2,000, thanks to the persistent efforts of Bill Gaston. We had to buy a tent for ourselves, because the NYC Dept. of Parks, announced to us at the very last minute that they could not lend us tents, tables, chairs, nor people to help set up.

The weather had been stormy for the previous week, making the trails ideal, but also causing many blow-downs, some of which were deemed unsafe, and avoided. I know that as a runner, I love the most miserable conditions, but as a volunteer, to stand in the wet, cold, wind for hours, without a

place to take shelter could be miserable. I'd feared the prediction for Sunday morning.

More of the same down-your-throat rain and wind. I was afraid. I was not going to cancel the race, but I was unsure of how many VCTC volunteers would actually show up in such miserable conditions. Once again, you all came through with flying colors.

The weather had held up, as dawn approached, but the threat of an instant downpour always loomed in the distance.

We proudly, though confusedly put up our tent in the gusting wind, eating doughnuts and drinking coffee. Then the crew got to work immediately. People took charge; they did things that needed to be done, as always. I see it at every race we put on. Those that help out really do their job well, and take pride in it. We discussed ways of how to tie up the banner, so that it would not blow down. Finally we gave up. Everything went well, except for the clock. The person who had the clock was nowhere in sight, and could not be contacted. Finally the clock showed up about 12 minutes before the start. Once we got over that, things went smoothly again, and we proceeded to warm up in the cold rain and wind.

Challenge # 7 Continued

The field took off, very quickly, and I found myself drifting back, until I found a comfortable pace. I maintained my pace, while being choked by my UNDERARMOR mock turtleneck. It's really warm but quite uncomfortable, and it's a workout to get it on and off. Well, anyway, I made it up the first

rock-pile, wondering to myself why it was hurting so much more now than in the past. Through the winding single-track, I began to pick up momentum, and rhythm, then down the hill to the bridge, and back up the other side. A left on the singletrack again and over the rocks and roots, which is my favorite part of the course, in terms of beauty, as the trail crests the top of a cliff, overlooking the stables, chasing colors in front of me that never seemed to come closer.

Down the steep hill, I fly (I think) to the level portion below, watching my balance and foot placement. I don't run with the reckless abandon and confidence that I used to have on the trails, since the Achilles injury, and I miss that, but I'm still running.

I hit the flat portion of the horse trail, and see the burnt-out skeleton of an apartment building on Caryl Ave. Mahesh is up ahead directing us around a new blow-down, and I'm off with a

waive. I can't believe how well this course is marked. I have never seen another trail marked like ours. Anyone who gets lost probably planned it anyway.

Down the hill, heading south, I run under another huge blow-down, this one is safely wedged into another tree. The bottom part of the course, the lowlands, are completely muddy, about ankle deep, just perfect for a trail race. You don't know how long I've waited for this. I took my favorite line, right through the middle of the water. Though my feet would be wet, I would have no mud clinging to my shoes.

Suddenly, I felt my hamstring tighten. Not again! I had just gotten over this



Challenge # 7 Continued

injury a few weeks back! I'd been having a series of hamstring injuries since October. This was really frustrating, but it wasn't a serious injury. I'd just felt the twinge, but there was no pull, yet. I gingerly ran back to the starting line. I could feel the tight hamstring, but I decided to continue as I passed the finish line area. I ran slowly but deliberately for the rest of the race, always cautious, always relaxed. I felt a growing sense of accomplishment as I progressed towards the finish. I was still running, and I was feeling a sense of pride. Not only for myself, but also for all of us on VCTC. This was a glorious day, not only despite, but also because of the weather. We have all worked together to put on this race, and as I run through these trails, I see the expressions on the people's faces. I see the way we all enjoy it: the runners, the volunteers the spectators. This is a SPECIAL DAY.

As I cross the finish line, I am comforted by the friends and teammates cheering me on. What encouragement! What a club! The success of a race is dependent upon each person doing his or her job with enthusiasm, and this Challenge was a great success. With all of the things that went wrong, and could have become worse, we overcame all of the obstacles, and once again

put on a race that we could be proud of, that each runner, volunteer, and spectator has an awesome story to tell.

Thanks to Bill Gaston for securing us a \$2,000 sponsorship from ConEd. Thanks to Jeffrey Katz of ConEd for his generosity. Thanks to Lloyd, for his delicious cakes. Thanks to Ken for picking up the tent and for setting an awesome course. Thanks to Gary for getting the food and water, Thanks for Larry, Ken, Mahesh for their scouting out the course looking for trouble spots. Thanks to Paul Sawyer, of the Friends of Van Cortlandt Park for the loan of his tents, for showing us how to erect them, for his volunteers out there on the course, for being the contact person for the Sanitary unit delivery and location. Thanks to John Herrold, of the NYC Department of Parks, for having his people cut down the dangerous blow-down on the second loop of the course. Thanks to Bill Smith, for picking up the clock and returning it. Thanks to Enid for all her help. The hats were beautiful. Thanks to the course marshals, registration people, finish line crew. If I missed anyone, I am very sorry, thank you to all who came out to insure that the 7th version of the Urban Environmental Challenge would be a success.

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Assistant District Attorney**

**Former General Counsel
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VCTC Picnic

Date and time: Sunday, June 26 from Noon to 6 PM

Place: FDR Park in Yorktown Heights, Space #6C

Swimming, Boating, Trails for Running, BBQ pits, Baseball, Volleyball, Playground for the kids

Bring your favorite dish for the community table.

No pass needed for use of the park, but there is a nominal fee for swimming.

In the event of rain, the picnic will be held at:

The Home of Linda Norton,

93 Frederick Place

Mt. Vernon, NY 10552.

Any questions? Please call Linda Norton at (914) 668-7712 or email Linda at Nortonlj@aol.com.

Rides: Linda will offer a ride to anyone who wants to help. Meet her at 9:30 AM at the Van Cortlandt tennis court. Call if you need a ride. (If we know that many people will need rides, we'll get other people to drive.)

**Van Cortland Track Club
Box 341
Bronx, NY 10471**