

The Van Cortlandt Track Club

BRONX, NEW YORK

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July/August 2005

www.vctc.org



**Reviewing the 2005 Riverdale Ramble—
Looking Forward to Next Year
Gary Survives Alaska!**

VAN CORTLANDT TRACK CLUB

P.O. Box 341, Bronx, NY 10471

2005 BOARD OF DIRECTORS

President Dennis Burns

Vice Presidents Yuen Na Chun, Diana Cecil

Secretary Gary Spalter

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Bills

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Membership Director Tony Thoman,

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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 **September 3**. E-mail to neshama44@msn.com.

IN THE LOOP

By Dennis Burns

The "Dog Days of Summer" have really hit us early this year. The August heat and humidity appeared in June, forcing most runners to cut back on their training, or change their schedules. Despite this freaky hot weather, VCTC members have been following the philosophy of Charles Darwin, and adapting to the environmental conditions.

Tuesday night workouts are still in full swing, thanks to Ken Rolston. I understand that Ken's been taking them in the back hills for hill workouts. The heat, humidity and hills should make everyone stronger.

Our VCTC runners have been very active in the local and national racing scene, in every distance from 5K (the blazing speed of Lou "New Papa" Czack) to Ultra marathon (Good Luck to Firdaus Dotiwala and of course Olga Varlamova, who will both be running the Vermont 100 Miler, on the July 16th weekend. Olga continues to amaze us with her 9th place overall woman at the Western States 100 in under 24 hours). I find it awesome that the race has to be listed as a "weekend" but that's how long it actually takes! Our runners have also participated in and placed in their age group in Duathlons and Triathlons. Diane Calderon has placed in the Half Ironman Triathlon in St. Croix, and will be doing the Lake Placid Ironman Triathlon, as well as the Hawaii Ironman!! Good Luck Diane, we know how hard you work. Our runners run in groups or alone, fast, or in between, on the rails or on the street. We are out there!!

As a matter of fact, we all work pretty hard, and most of us have found the heat and humidity to sap our strength, and make us feel sluggish. We can continue to continue our training, but we need to know how to handle the summer conditions. Carry a water bottle with you, with cold water & electrolytes, drink plenty of it throughout the run. Back off on the pace. Your body will tell you the rest.

The X-C Series needs volunteers, so if you are free, and you would like to help out, we can use you. By the time you read this, the X-C Relay will be over, but we still have races on alternate Thursdays at 7 pm on July 21st and on August 4th & 18th. We desperately need someone who is a regular volunteer, and is a local, to hold numbers (about 15-200) and pins in

I In the Loop continued

their car, in case Fred can't make it to the start on time, thereby allowing the race to go on without problems or delays.

We are planning for a **Post-Race Party on Thursday, August 18th**, at about 8:15 pm, at the Golf House Patio, overlooking the Lake. CVTC Members only please. It's **FREE!!** Come and see your friends and foes. Re-tell old race stories, or listen to new ones. The menu hasn't been clarified yet, but it is sure to please the palate of most runners, from vegetarian to carnivore. The usual post-race refreshments will be served. Bring your own mosquito repellent.

I hope to see you all there to celebrate the beauty of X-C running, and the rewards thereafter.

May your legs keep up with your mind...

Club Minutes

May 2005

1- We are working on securing the Van Cortlandt Golf House for our Club Meetings. There was a conflict with a group of golfers, who were using the "deck" for a party. We will hopefully work this out before the next meeting.

2- Though VCTC members are not allowed to run the Ramble, we discussed the possibility of meeting for a pre-race run of the course.

3- We discussed the placement of the radio club members for the Ramble.

4- Placement of VCTC members for the Ramble was discussed. Yuen will place the race assignments on the web.

5- We discussed the possibility of moving the meeting to an earlier time, perhaps having breakfast at the Golf House. Dennis brought up the fact that they are not prepared to serve breakfast to a large group. We will look into the possibility of asking the Golf House concession to prepare bagels, juice and coffee.

6- We have approximately \$5,000 in sponsorship money for the Ramble.

7- The VCTC picnic will be at FDR Park on June 26th. Linda Norton asked everyone to please make their best effort to attend, as she and the committee put a lot of

work into the picnic.

More Club Minutes

June 2005

As of June 11, only one sponsor (Chris Finger) had paid the promised amount, but we expect to clear \$2500. In the last few years it has become harder to get sponsors for our race and we discussed strategies to increase our success. The following suggestions were made:

- We need to reach Sponsors earlier in the year. For many companies, the fiscal year begins in July, so early summer is the time to contact sponsors and be included in their budget for the coming year.
- One of the runners was from Brooks. He spoke to Yuen after the race. We follow up with Brooks.
- We need to identify new sponsors and then contact them. Gary Spalter volunteered to do research on potential sponsors and Diana Cecil will contact them.

The Riverdale Ramble and the summer cross-country series were listed in *Running Times*, but no phone number was given, just the website. Arnie Gore has volunteered to give his phone number.

The Ramble course may have to be revised again. We have received complaints from Wave Hill, that the out-and-back course, which passes Wave Hill twice, is backing up traffic for too long. Dennis has some ideas for a new course.

We should start planning the course now, as we will need to discuss any course changes with the NYPD. We would like a more inviting race headquarters than JFK. Manhattan College was suggested as a possible venue, as was a return to Horace Mann. Once again, we discussed starting the race earlier to avoid the midday heat and have less disruption of (and by) traffic.

Larry Barazzotto gave his treasurer's report. We have \$14,500 after most Ramble expenses have been paid. Larry will look into a short-term CD to invest the money, as we are not currently receiving any interest on our bank account.

Sponsorship for the summer cross-country series was discussed - perhaps by a running shoe manufacturer. With or without a sponsor, Dennis suggested that we raise the price for the race from \$3.00 to \$5.00.

Minutes of VCTC Board Meeting -July 2005

President Dennis Burns opened the meeting with an announcement of the schedule for upcoming Board and General meetings:

Meetings:

There will be no VCTC Board or General Meeting in August. This month's general meeting will be held next on Saturday, July 9, at 10:45 at the Golf Club and will be chaired by Diana Cecil since Dennis will be on vacation. The next Board meeting is scheduled for Saturday, September 3; the next general meeting will take place Saturday, September 10.

Ramble Update:

1. Larry Barazzotto reviewed the budget and outstanding sponsor pledges to be collected. In addition, there continue to be outstanding pledges for the Challenge and money to be returned by the Parks Department (\$225.00)

2, Yuen Chun announced that Brooks is interested being a sponsor for next year's Ramble, which could include offering prize money.

3. The most pressing immediate concern is to find a new venue for staging the race. Both Fieldston and Horace Mann schools have been approached as possible locations: Firdaus Dotiwala has spoken to Steve Marsalese (winner of the Challenge and the Ramble) who is an assistant Track Coach at Fieldston; Bette Clark has spoken to a coach at Horace Mann and is in contact with the Athletic director there.

4. Dennis, Diana, and Gary Spalter will work on planning and measuring a new course, which will bypass streets controlled by the Fieldston Property Owner's Association.

XC Series:

Willy Kaye has volunteered to keep extra numbers and pins in his car to ensure that there will be numbers available for a race in the event of an emergency, traffic tie-ups, etc. that could delay race director Fred Daly who travels from New Jersey.

No reports this meeting about Track workouts, upcoming races, clothing, or public relations.

Newsletter:

Dennis will send Naomi a list of people who have received e-mail copies to avoid duplication with hard copies. Also, an announcement will be posted on the website alerting people that only current members (dues paying) will be sent e-mail copies or hard copies. Board Meeting Minutes July 2, 2005 (continued)

Party:

Plans for the party following the final XC race on August 18 discussed. Larry reported that there is a new food service/concession. Gary and Diana will discuss menu possibilities with the manager.

Club Picnic

Dennis proposed that since there was so little interest in the summer picnic this year that an informal vote is taken about whether or not this picnic should be considered as an annual event. The consensus was that resources could be better used for other events, such as post-race celebrations (such as following Pete McCardle), or for the Rewards dinner. The picnic can be reinstated if there is interest in the future.

Treasurer's Report

Larry announced that the Club's bank account currently holds \$13,000, (not including sponsorships outstanding for the Challenge and the Ramble) with all outstanding bills paid and some money owed (\$225,00 from the Parks Department). Larry proposed transferring some monies to a 7-month CD to generate more income for the club.

Other Club Business

Larry proposed that a VCTC business card be created, to be used for meetings with other running clubs, potential sponsors, etc. with suggestions for a logo offered.

Board Meeting continued

Dennis drew attention to an upcoming Philharmonic Concert to be take place at Van Cortlandt Park on Friday, July 15 at 8:00 p.m.

Dennis concluded the meeting with some questions about the "state of the club," noting that the club has changed over the years.

How is the Club evolving? What are new members' needs? What would they like from the Club? How can new members get more involved? How do we get to know new members?

Yuen will work on a questionnaire for newsletter to address some of these questions

Going Local

By Naomi Marcus

The best melon I ever had was in Kazakhstan. Along the road leading south from Almaty was one stand after another full of ripe melons - sweet and juicy. The fruit had been grown in fields only a few hundred yards away. How different is much of the melon that we eat in the US. Shipped from out-of-state and kept in cold storage for an indefinite amount of time, the melon never develops its natural sweetness.

Vegetables and fruit that are picked when ripe and eaten right away often taste better than the fruit that we buy in the grocery store. For grocery stores, particularly the big supermarkets where most of us shop, it is most cost effective to purchase food through large-scale distributors. Transportation from a few large factory farms in a single region, like the Central Valley of California, is much more efficient than buying from many small local farms, even though those farms may be closer to the customers.

With the global economy, it may be more economical for New York supermarkets to get produce from Mexico, Brazil, or Chile, than from Long Island or New Jersey!

Unfortunately this affects the quality of the food that we eat. Vegetables and fruit are bred for how well they stand up to packing and shipping, rather than for their taste and nutritional value. Often they are picked before they are ripe enough to have developed their full flavor and stored for long periods of time before being marketed.

To get fresh summer vegetables from nearby farms, we can shop at farmer's markets that are set up weekly around upper Manhattan, The Bronx, and in Westchester. Some local farmer's markets are listed on the next page with the day of the week that they are open:



I found another way to get farm-fresh vegetables; I joined a Community Supported Agriculture (CSA) group at my synagogue. A CSA is a group of people who buy shares in a local farm. In exchange, they receive a weekly supply of produce from the farm. The supply is limited by what and how much is available and similar types of vegetables tend to ripen at the same time. For instance, greens grow well in cold, so the early harvest includes a lot of greens. Therefore, my first share consisted of mustard greens, lettuce, arugula, kohlrabi, and broccoli rabe. In July we will get squash: zucchini, summer squash, and cucumbers. You can either see this as a down side of buying local, or as an opportunity to get more in touch with the earth and more creative as a cook.

The farm that our CSA (called Tuv Ha'aretz, a Hebrew phrase that means both "good for the earth" and "the best of the earth") partners with is the Garden of Eve in Riverhead, Long Island. It's run by a young couple, Eve Kaplan and Chris Walbrecht, who are interested in sustainable organic agriculture. As most of you probably know, organic crops are grown without using chemicals such as fertilizers, fungicides, herbicides or pesticides. This keeps us safe

Going Local continued

from potentially poisonous chemicals and helps to protect the environment; one of the biggest sources of water pollution is run-off containing the chemicals from conventional farms.

Conventional farming is like carpet bombing; insects, weeds, and infertile soil succumb to a constant barrage of chemicals so that crops can grow safely. Organic farming is more like evasive action. Eve and Chris plant cover crops that prevent weeds from growing and can then be plowed under to fertilize the soil. They begin their crops early in the year in greenhouses to prevent the seeds from become infested with fungus. And they plant on only a small fraction of their land, leaving the rest to recover its

fertility without the use of chemical fertilizers. I've gained a great deal of respect for the knowledge and skill involved in farming from visiting *The Garden of Eve*

Of course, the global distribution system has many advantages. Without it, we wouldn't have fruit and vegetables that don't grow locally. No more California grapes, Florida oranges, or Central American bananas! No green vegetables in the dead of winter - only potatoes, turnips, and other root vegetables that keep well in the cold! At the same time, it is nice to be able to take advantage of the summer growing season here in the northeast and to get fresh, ready-to-eat organic produce from a nearby farm.

	<u>Market Location</u>	<u>When Open</u>
Poe Park Greenmarket	Grand Concourse and East 186 th Street	Tuesday, 8 am to 6 pm
New York Botanical Garden	Mosholu Gate at Kazimiroff Blvd	Wednesday, 10 am to 3 pm
Washington Heights Greenmarket	West 175 th Street and Broadway	Thursday, 8 am to 6 pm
Inwood Greenmarket and Cooper Street	Isham Street between Seaman Avenue	Saturday, 8 am to 3 pm
Yonkers Waterfront Market	Larkin Place	Saturday, 8 am to 2 pm



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5**4/10 Peterson Ridge Trail 80K****Sisters, OR, Sunday AM**11:07:59 Olga Varlamova 35 F **3F****4/30 Delaware Triple Crown****White Clay Creek State Park****Newark, DE, Saturday, 7:30 AM****Marathon (26.2M)**

5:05:33 Firdaus Dotiwala M36

Half-Marathon (13.1M)

2:01:17	Anthony Thoman	M42	
2:14:15	Bette Clark	F49	AG3
2:21:29	Hector Santiago	M67	AG3
2:58:59	Bill Smith	M60	

10K (6.2 M)

1:14:16 Yuen Chun F47

4/30 MiWok Trail 100K**San Francisco, CA, Saturday AM**11:07:59 Olga Varlamova F35 **13 F****Riker's Island 5K****5/7 Saturday, AM**20:24 Blas Abadia Jr. M50 **AG1****5/14 MacDonald Forest trail 50K****Corvallis, OR, Saturday AM**

7:13:25 Olga Varlamova F35

**5/22 Healthy Kidney 10K (6.2 M)
Central Park**

45:53	Paulino Santana	M44	
48:20	AnneMarie Krothe	F27	
48:38	Ramon Ruiz	M65	2nd 65-69
50:32	James Edwards	M58	
54:30	Jill Staats	F53	
56:45	Edith Jones	F65	1st 65-69
1:04:45	Gilda Serrano	F56	
1:15:55	Michael Yorio	M58	

**5/22 Healthy Kidney 10K (6.2 M)
Central Park**

45:53	Paulino Santana	M44	
48:20	AnneMarie Krothe	F27	
48:38	Ramon Ruiz	M65	2nd 65-69
50:32	James Edwards	M58	
54:30	Jill Staats	F53	
56:45	Edith Jones	F65	1st 65-69
1:04:45	Gilda Serrano	F56	
1:15:55	Michael Yorio	M58	

**5/26 Summer Speed X-C Series #1
(3.1 M) Van Cortlandt Park
Thursday, 7:00 PM**

18:46	Michael Arnstein	M28	AG3
19:30	Neil Leibowitz	M30	
20:30	Tony Thoman	M42	
20:56	James Harkins	M41	
21:24	Adriano Guzman	M51	AG2
22:43	Joan Baldassarri	F50	AG1
23:02	Harold Benitez	M46	
23:08	Annemarie Krothe	F27	AG2
23:11	Bill Gaston	M47	
24:44	Bette Clark	F49	AG1
25:49	Margaret Nolan	F45	AG2
25:51	Allan Dorfman	M54	
26:18	Jean Harkins	F34	
26:43	Dennis Burns	M58	
29:00	Jill Staats	F53	AG2
29:14	Rosza Gaston	F47	
29:59	Bill Smith	M60	AG1
34:12	Susan Epstein	F62	AG1
35:09	Gary Spalter	M51	

**5/28 Thalian Hall 5k
Wilmington, NC,
Saturday, 8:00 AM**

23:12	Annemarie Krothe	F27	AG1
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**6/4 YAI Central Park 5K
Central Park, Sunday,
AM**

23:28	Bette Clark	F49	AG1
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**6/5 NYRR Anniversary Run 2.9 Miles
Central Park, Sunday, 9:00 AM**

22:27	Ramon Ruiz	M65	2nd 65-69
25:44	Edith Jones	F65	1st 65-69
30:14	Gilda Serrano	F56	

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**6/9 Summer Speed X-C Series #2
(3.1 M) Van Cortlandt Park
Thursday, 9:00 PM** [Note: Some
times were not recorded]

	Chris Eckstrom	M39	
20:55	Firdaus Dotiwala	M36	
	Adriano Guzman	M51	AG1
	Dick Conley	M49	
	Anne Marie Krothe	F27	AG1
	Bette Clark	F49	AG1
24:32	Bill Gaston	M47	
24:32	Richard Galvin	M35	
	Harold Benitez	M46	
	Darryl Williams	M36	
	Allan Dorfman	M54	
	Margaret Nolan	F45	
	Jill Staats	F53	AG1
	Jean Harkins	F34	
27:22	Wanda Bills	F44	AG3
	Kate Donovan	F47	
	Gary Spalter	M51	
	Enid Burns	F52	
	Ira Weiner	M46	
	Bill Smith	M60	AG2
	Rosza Gaston	F46	
	Fernando Ruiz	M73	AG1
	Kathy Nolan	F48	

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**6/11 Circle of Friends NY Mini 10K
(6.2 M) Central Park
Saturday, 9:00 AM**

1:01:36	Tami Lubby	F34
1:02:29	Susan Epstein	F62
1:03:57	Marysol Ruiz	F39
1:04:54	Gilda Serrano	F56
1:29:45	Johnetta Miner	F63

**6/11 Pipers Pursuit 5K
Flushing Meadows, Saturday, 9:30 AM**

20:55	Blas Abadia Jr	M50	1st 50-54
24:36	Fernando Ruiz	M73	3rd 70-74

**6/11 Capital Peak 56 Miles
Olympia, WA, Saturday AM**

11:22:23		35	
	Olga Varlamova	F	4th F

**6/18 Kings Park 15K
Long Island, Saturday, 8:00 AM**

		M50	
1:14:39	Blas Abadia Jr	M73	
1:40:32	Fernando Ruiz		1st 70-74

**WABC Fight/Prostate
6/19 Cancer
(5.0 M) Central Park
Sunday, 9:00 AM**

30:45	Michael Arnstein	M28
31:55	Ivan Mills	M49
34:33	Firdaus Dotiwala	M36
45:19	Ira Weiner	M46
50:08	Fernando Ruiz	M73
51:34	Gilda Serrano	F 56
52:22	Lisa Fleischmann	F41
57:54	Ramon Minaya	M65

**6/22 Corporate Challenge
(3.5 M) Central Park
Wednesday, 7:00 PM**

22:53	Blas Abadia Jr.	M44
28:45	Arnie Gore	M64
34:27	Susan Epstein	F62

**(3.1 M) Van Cortlandt Park
Wednesday, 7:00 PM**

[Note: Times not yet available on web site.]

32:30 Susan Epstein F62 **AG1**

**6/25 Front Runners Lesbian and Gay
Pride Run, (5 M) Central Park
Saturday, 9:00 AM**

38:47	Arnie Gore	M64	3rd 60-64
4			
8:45	Susan Epstein	F62	
5			
1:17	Fernando Ruiz	M73	3rd 70-74

**6/26 Fairfield Half-Marathon
(13.1 M) Fairfield, CT
Sunday, AM**

2:07:00	Arnie Gore	M64	3rd 60-64
2:20:22	Susan Epstein	F62	3rd 60-64
2:27:55	Fernando Ruiz	M73	3rd 70-74
2:31:45	Rosza Gaston	F47	

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THE RACE OF THE SURVIVORS

Anchorage: Home of the Midnight Sun Marathon

By Gary Spalter, with the assistance of Bette Clarke

I was looking for a goal to get me back to running. Most people know me as a guy who runs 4 miles on Saturday (occasionally) and then eats breakfast at Short Stop (all the time). When I was told that my best friend's wife had contracted lymphoma, it was hard for me to deal with the news. But I had heard through Tami Luhby, a club member, about Team in Training, a running group that raises money for leukemia and lymphoma research and treatment, and I decided that I could do something positive to help people affected by these diseases and set a new goal for myself.

In January, Yuen and I went to a Team in Training Meeting in Bronxville, where I learned about the Team's plans to take part in three different

thon in Anchorage, Alaska, to be held in June. It was after this meeting that I decided to train for the Alaska marathon, the one that would give me the most time to get ready. At the time, I was trying to run, but without much success. I was carrying extra weight and basically walking the flats. Once I committed to the marathon, however, I had to start training for real.

I had my work cut out for me. I had both training and fund-raising goals to meet. Not only did I have to be able to run 26.2 miles, I also had to raise at least \$4400.00, I didn't know what would be harder, running or fund-raising.

I started training with Yuen several days a week. She was trying to recover from an injury, and I was trying to build a base by running 3-4 days a week. My plan was to get up to 40 miles a week, but I never got

Race of the Survivors continued

close to even 30. Being overweight and out of shape, this was not enough to prepare for the "beast." (As a fellow runner in Alaska said to me when I told him I hadn't trained much, "You've got to respect the beast."). But I did do a few long runs at Rockefeller and one wonderful 22-miler with Firdaus and Bette, without which I don't think I could have left for Alaska.

So, I found myself with members of the Team on the tarmac at Kennedy on Thursday, June 16 at 5:30 p.m. in the middle of a thunderstorm. All flights were grounded, and we spent 2 hours waiting to take off for Seattle. After a long flight that included a very rough half hour of turbulence, I arrived in Seattle only to find out that the connecting flight to Anchorage had left a half hour before. The next flight was not until 5:30 pm the next day and there was no certainty that we would get seats on that flight. The problem was that even though we would probably make it to the marathon, we knew we would miss all the pre-race festivities, including a pasta party, expo, and speakers. We were more than disappointed to miss all of this, especially the opportunity to hear the honorees (leukemia survivors) talk about their experiences. The marathon was only a small part of why we were going to Anchorage—being there in support of our honorees was the main event.

We finally did get on the plane the next day at 5:30, thanks to a Team in Training leader who fought for us, and we somehow ended up in First Class. We arrived in Anchorage at our hotel about 10:00 pm the night before the marathon.

Marathon morning we got up about 5:30 am to take a bus to the start. It was raining lightly, about 50 degrees, ideal conditions (or so we thought). On the bus, I sat next to a team member who started to cry while she was looking out the window. I asked her what was the matter, and she told me that she was so excited to work for the leukemia society, but that she was also a recent survivor of breast cancer. This set the tone for me for the whole day. Suddenly I realized what we were really there for. We were running for something much bigger than ourselves. It is hard to put into words what it felt like to be surrounded by cancer survivors. As one runner's tee shirt said: **"If you think running 26 miles is hard, try chemotherapy."**

Alaska has so much incredible, untouched beauty—snow covered mountains, glaciers—but this stood in contrast to the suffering of the people dealing with cancer. Seeing all this makes you appreciate and celebrate life all the more. Not only could I see the beauty in the nature around me, but in this race itself.

Running actually turned out to be harder than I thought. In a pack of 3300 runners (1500 of whom were members of Team in Training), I started in the back of the pack and ran my first mile in 13 minutes. I realized that there were many people behind me, which was unusual for a marathon. But this was a different kind of race. I began to look at people's shirts, where the photos and names of people being honored were displayed. I noticed that a young woman from the Running actually turned out to be harder than I thought. In a pack of 3300 runners (1500 of whom were members of Team in Training), I started in the back of the pack and ran my first mile in 13 minutes. I realized that there were many people behind me, which was unusual for a marathon. But this was a different kind of race. I began to look at people's shirts, where the photos and names of people being honored were displayed. I noticed that a young woman from the Texas branch of Team in Training did not have a name or a picture on her shirt. When I asked her "Who are you running for?" she told me she was a leukemia survivor herself. Then I knew that it didn't matter what pace I was running—just being part of this event was what mattered.

But I was running a race. The course itself was challenging. We started on a highway. Mile 8 to 15 was uphill on a dirt road that turned muddy in the driving rain. We had to cross several streams on rickety bridges. It was beautiful but treacherous (a woman fell and broke her hip). Before the race I had to have my left calf and Achilles re-taped but my foot was immobilized so much that I was banging my foot against the ground and I was in terrible pain, feeling that my foot was broken by the constant impact. By mile 9, I knew that the race was about survival and time no longer meant anything. I spent the latter part of the race walking and talking and sharing experiences with other runners.

Race of the Survivors continued

Actually crossing the finish line was anticlimactic, because taking part in this race was what mattered—and not how long it took. I had run a 3:30 marathon in the past, so doing this one in 6:07 didn't mean much. The point was what we had accomplished as a group: Team in Training raised 5.5 million in this marathon alone.

After partying until 2:30 am (drinking, dancing...), I came out of the bar in daylight (there are 23 hours of daylight in Alaska at this time of year and this was one day before the summer equinox). I did manage to get about 3 hours sleep before getting up at 5:30 to catch a 4-hour train ride to Seward to take a day boat cruise. From the train I saw moose and beautiful landscapes, and from the boat, orcas, humpback whales, bald eagles, and my favorite animal in Alaska, sea otters.

The pictures of the trip are great but I would have loved for my VCTC family to have been there with me, and in a way, you all were. So just close your eyes and imagine. The tour boat stopped 200 yards from a huge glacier. You feel the temperature drop as the

captain shuts off the engine so you can hear the silence and take it all in. Time stands still for a few thousand years. Then you hear a loud cracking sound as part of the river of ice breaks off into the water, and you just feel lucky to be alive to see, hear, and feel the moment. The beauty is so hard to describe in words. Everyone should have the opportunity to see it in person.

Cost: Trip to Alaska:

Funds raised for the Leukemia Society
\$6000.00

Marathon Entry Fee:
\$75.00

Boat Ride: **\$210.00**

Running 26.2 miles for a friend:
PRICELESS!



If you

want to help fight Leukemia,

Tami Luhby and her husband Ed will be swimming/running/biking the Westchester Triathlon on Sept. 25, (.9-mile swim/25-mile bike/6.2-mile run) Her goal is to beat him...and to raise \$2,900 for the Leukemia & Lymphoma Society.

To read Tami's story and sponsor her in the Westchester Triathlon, please check out her web site at:

<http://www.active.com/donate/tntnyc/luhby>

Or you can make out a check to the Leukemia & Lymphoma Society and mail it to Tami Luhby, 3425 Kingsbridge Avenue, Apt 704, Bronx, NY 10463.

Running, Swimming, Cycling, Walking and Fitness, We Fit Your Style The Westchester Road Runner

179 E. Post Road
White Plains, New York, 10601
(914) 682-0637
Fax (914) 949-4166
Email wrrunner@aol.com



RUNNING/WALKING/FITNESS/CYCLING SHOES

New Balance - Saucony - Nike - Brooks - Mizuno - Asics - Teva - Adidas - Puma - Montrail
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SWIM WEAR & TRIATHLON GEAR

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Discipline Marketing - Brooks - Race Ready
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ACCESSORIES

Baby Jogger - Free Style - Sorbothane - Spenco - Thorio - Ogio - Jog-a-Lite - TuneBelt - Wigwam - Tulis - Croakies - Second Wind - Shoe Goo - Viscoheel - Polar HRM - Sportslick - Bodyglide - Cho-Pat - Nip Guards - Powerstep - Smart Wool - Defeet

NUTRITION

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

EYEWEAR

Oakley - Rudy Project

HARKINS & HUNTE Attorneys at Law

Mary Anne Harkins & Adrian C. Hunte

**Former Westchester County
Assistant District Attorney**

**Former General Counsel
New York State Liquor Authority**

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Ph: 526 - 1000 * Fax: 526 - 3106

E-mail: harkinshunte@mindspring.com * www.Harkins-Hunte.com

914-526-1000

ample parking - adjacent to 'Home Depot':

3031 East Main St., @ Cortlandt Town Center, Mohegan Lake

**Come Join us in Celebrating our
End of Summer Series 5K Party**

It's a Freebie!!

Date: August 18, 2004

Time: 8:15 pm

Place: Van Cortlandt Golf House

Van Cortland Track Club
Box 341
Bronx, NY 10471