

The Van Cortlandt Track Club

Bronx, New York

Volume #39, Issue #2
March/April

www.vctc.org



Awards Dinner, Maraton de San Blas, Preparing for the Challenge!

VAN CORTLANDT TRACK CLUB

P.O. Box 341, Bronx, NY 10471

2004 BOARD OF DIRECTORS

President Dennis Burns

Vice Presidents Yuen Na Chun, Diana Cecil

Secretary Gary Spalter

Treasurer Larry Barazzotto

2004 EXECUTIVE COMMITTEE

Social Directors Linda Norton, Wanda Bills

Newsletter Editor Naomi Marcus

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 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 the 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 May 7. E-mail to neshama44@msn.com.

IN THE LOOP

By Larry Barazzotto^{By}

While I look out my window at the snowstorm of February 28th, I am putting pen to paper for my last column as President of VCTC. As I announced at our February 12th membership meeting, past President Dennis Burns will once again take on leadership of the club at the beginning of March.

I would like to use this column to thank everyone who offered me support and expressed appreciation of my efforts on behalf of VCTC. I want people to know that I am voluntarily stepping down from the presidency, and feel very comfortable to pass on this position to Dennis, who has expressed an interest in resuming his presidency. The club will benefit from the experiences and connections Dennis acquired during his prior 6-year term in office. His familiarity with and access to computers, e-mail, etc. is an additional positive. I don't see any downside for the club or myself with this transition.

Let's all get behind Dennis as he implements his own ideas for the continuing rejuvenation of VCTC, and with him, help the club improve even more in the future.

I will continue as club treasurer and hope to focus on the management of daily club finances. As I will have only this one main responsibility, I will also continue to work on club clothing and developing an archive of the club's publications.

Board meeting Minutes—March 5, 2005

The meeting was called to order at 10:20 am by President Larry Baraz-zotto. Larry stated that he had been approached by past-President Dennis Burns regarding his interest in the club presidency. Larry explained that although he enjoyed his term as president of the club he would be happy to give the leadership role over to Dennis, who he feels was a positive influence on the club in the past and should be again. Larry also said he will continue to serve the club as treasurer.

Incoming President Dennis Burns took the floor and laid out his goals:

- Find a regular meeting location and time for general club meetings.
- Committee reports to given at general meetings.
- Improve attendance at meetings by bringing speakers to talk about cross- training, health, and other topics of interest
- Define job descriptions for all board and committee members.
- Continue efforts to get our newsletter archived and distributed via internet while continuing to offer hard copies to those who want them.

Committee reports

ENVIRONMENTAL CHALLENGE: Enid and Dennis Burns

1. Sponsorship is still an open issue at this time.
2. Con Ed has supported the race in the past and has contacted Bill Gaston-- is interested but has not committed. A new approach to fund raising for both the Ramble and the Challenge was discussed

By Gary Spalter with the assistance of Bette Clark.

and the possibility of having a sponsor who could support them both. This might help avoid duplication of fundraising efforts for us and give the sponsor more bang for their buck.

3. Race Applications have been mailed and are being distributed.
4. Firdaus asked that we have mile markers made and volunteered to do so.
5. Dennis will look into getting a volunteer ambulance to be at the race.
6. We have insurance coverage from RRCA as a member Club .
7. The club will run the course on Saturday, March 26th. A raffle will be held to pick those lucky members allowed to run the Ramble.
8. All members are asked to help and will be contacted with race day assignments. Check your newsletter for more info.
9. 144 hats have been ordered for first 100 applicants, instead of shirts this year.
10. We have 23 entered as of today.
11. Enid is working with the Parks Department to arrange tents and tables.

continued

VCTC Board Minutes cont'd

RIVERDALE RAMBLE: Yuen Chun

1. Sponsors must be identified ASAP in order to get them on the application and get mailing out on time. Bill Gaston will contact Columbia Presbyterian Hospital and Fitzgerald and Fitzgerald.
2. Diana will approach Verizon and Bagel Corner
3. Gary said he will ask Chris Finger
4. Other possible supporters are Target, Staples, Con Ed, Cablevision and Honda.
5. Enid will ask Tina to get Power Bar to contribute product.
6. Singlet will be same as last year-- from Brooks at a cost of about \$ 6.50 and approx \$2.00 for printing. We will order 250 only for 1st 250 pre-registered. Volunteers and police will be given tee shirts.
7. Food will be limited to runners only, and only fruit, water and bagels will be available.
8. Race fees will be \$ 15.00 and \$20.00.

Old business: None.

New business: The Board thanked Larry for his service as president and asked that he continue his work for the club. Larry stated as always he would do whatever he can to help the Club.

Next board meeting will be April 2nd 2005.

On-Line Distribution

The VCTC newsletter can be accessed on-line at our web site (www.VCTC.org). We will also try to make it available through our Yahoo Listserv (www.Yohoo.com/Groups/VCTC). We hope that we can distribute it on-line to as many of you as possible. This will represent a big financial savings in fees for copying and postage and you will have access to the newsletter a lot quicker as we wont have to mail it out. Tell us what you think, and how this might work for you. We don't want anyone to be left out. So we will still mail it out to those of you who can't receive the newsletter any other way.

Sad News

The Van Cortlandt Track Club and its individual members would like to extend condolences to Jeanette Fitzgerald, a former member of VCTC.

Jeanette's husband, John, passed away recently. Jeanie introduced a lot of her friends to running and encouraged them to train, compete in, and finish marathons. John was always there to offer rides to races, cheer for us from the sidelines, and help us out after we crossed the finish line. I know that many of us think with kindness of both Jeanie and John and will miss him.

Attention ALL VCTC Members

Welcome to the 7th Annual Urban Environmental Challenge will take place on Sunday April 3rd at 9 am. This unique race is getting the attention of the trail running community. ***We Need Your Help.***

Come help us celebrate this beautiful "Rite of Spring". The only true trail race the City. We need volunteers, in order to make this a successful race, so please help. Contact Enid Burns at 718 796-9191, if you wish to offer your services, or if you know anyone who would like to be a volunteer.

It's a truly unique experience. If you are planning to run the race, kindly show up early (we need you there by 7:15 am) to help us set up. Since this race is completely outdoors, we must set up all services. That includes the tent; check in area, water tables, registration tables etc. ***WE NEED YOU!*** Then you can run the race of your life. If you are planning to run the race, please pre-register early, as our free, beautiful running hats that will be given to the first 100 pre-registered runners only, VCTC runners included.

Please understand that this is a true Trail Race, which means that it will take place in any weather conditions. (Two years ago, we had a severe thunder- storm before the race start, and the setting up of the tent was crucial). The previous year, the race was held in a freak ice snowstorm with gusts of up to 40 mph, but those of us who worked and/or ran the race will never forget that awesome experience. People still talk about it today. This means that you must come ***dressed for the weather***, be it cold or wet or all of the above. Plan to be outdoors for at least three (3) of the best and most exciting hours of your life.

We need your help. VCTC always puts on the best races, because we are runners, and we know what runners want and what they need. We are very professional, and our group runs smoothly, like clockwork, because we've done it all so many times before. We will be placing the same people at the same locations as last year, because we know you have the experience at that task, and are the "expert" at whatever that may be.

Below is the Volunteers List. Look for your name, wherever you may find it, and please call the corresponding coordinator. Let him/her know whether or not you will be available to help. We hope we can count on you. Remember, you can help with the race, and still race it. Where else can you get all that for the simple entry fee of \$13 (and with a free hat if you register on time). If you are fast enough, you will even get to eat your own trophy - a carrot cake, donated by Lloyd's Carrot Cake, - made from scratch.

Remember, with your help, we can make this a truly successful event. ***We need you!!***

***Assignments for the
The Urban Environmental Challenge 2005
Race Director, Enid Burns***

The following people have been selected as Assignment Coordinators for the 7th Urban Environmental Challenge Trail Race. Please call all the Coordinator that you are assigned to let them know whether or not you are available. Assignment Coordinators kindly contact Dennis Burns, Human Resources Coordinator ASAP, as to who is or is not available to work on race day.

Members if you do not see your name listed and are interested in helping in this great race, please contact Enid Burns (718 796-9191) or email coquipro@msn.com

Human Resources

Dennis Burns 718 796-9191

Publicity

Bill Gaston 914-793-3225

Race Start

Paul Sawyer 718-601-2411

Awning, Tables

Bill Smith 914-734-2636

Registration

***Linda Norton 914 668-7712
Spencer Goldblatt , Peter Coy, Ann Mckeague,
Tami Luhby***

Hats – Diane Cecil

Allan Dorfman, Lou Czak,

Firdaus Dotiwala

Check In Area

Gary Spalter 914-633-7389

***Vera King, Kathleen Lyons, Margaret
Nolan, Daniel Flynn, Rozsa Gaston, Susan
Epstein***

Food & Water Stops

Dennis Burns

Awards Ceremony

Adrian Hunte-Smith 914-734-2636

Trophies & Awards

Otis Matthews

Baggage Check

Darryl Williams 718 548-1609

Course Marshals

Dave King 914-337-551

Ken Rolston 914 667-4043

Larry Barazzotto, Arnie Gore, Ed James, Charles Brewster, Alma Capparras, Israel Good, Spencer Goldblatt, Fernando Ruiz, Richard Galvin, Lou Csak, Mac Mckeague, Ann Mckeague Ivan Mills, Henry Moorhead, Gilda Serrano, Carl Morrishow, Noel Byrne, Luis Rojas

Set-Up/Finish Line

Fred Daly 201 768-0202

Tony Thoman, Naomi Marcus, Otis Matthews, Diana Cecil, Bill Gaston, Willie Kaye, Bette Clark

Security

Elsa Gonzalez 718-822-8959

Course Marking

Dave King 914-337-5518

Ken Rolston, Lou Csak, Dennis Burns



Cleanup

ALL MEMBERS - PLEASE HELP CLEAN UP

Special Raffles for the Volunteers

"WHERE ARE YOU GOING, JOSE D'COAMO?" *

(* with full apologies to Simon & Garfunkel, and, of course, the Yankee Clipper)

Ran my fourth Coamo this year in 2:10. Not my best (1:58) and not my worst (2:23). Went with my good buddy, Lio, who did 2:01. Given our relative de-conditioning (all that NYC snow and cold before the race), we'll take our times and run, so to speak.

Nevertheless, the winner could've gone round twice and he still would've beaten me by four minutes. That's 1:03 to you abacus users. You just gotta tip your hat to those Kenyans.

Had my usual good time: pool-side rum and cokes; beach at Rincon; no-tees-or-shorts dinner in Ponce; and my most favorite Coamo ritual -- eating Carolina road-stand chicken with sides of garlic yucca and sticky-dry rice and beans, like Chinese white.

Saw Fernando on the bus to the start, and another VCTC'er with purple & white bib whose name I don't know....sorry, buddy. Even saw Bob Velez atop a car near the crest of the hill, cheering us runners on. For some senior reason, I called him 'Hector' and slapped him five. He just snapped my picture while falling backwards, doubled-up in laughter, good guy that he is.

Since my last Coamo in 1998, I noticed changes, foreboding omens I hope not, that make me wonder if future Coamos will lose their historical rural panache. After all, how many sponsors can boast a post-race muscle-easing spa, not to mention 9 zillion screaming and blood-shot-eyed fans who force racers to run 'Indian style' at some points, all very unique and compelling attractions.

However, along that winding road to Coamo were, for me, new intrusions that rocked my rustic memory: a traffic light half-way to town on a

By Mike Yorio

four-lane paved highway; a shopping mall near 'el banos' that would make Paramus jealous, never mind the few as-yet-to-be-occupied storefronts; and, gasp of all gasps, right near that ubiquitous mall, a housing development of could-be coops -- no doubt a very tempting investment, if so.

But could this be? Should I believe what I see? What's in the future for Coamo, *mi cara paise*? How do you say 'Levittown' in Spanish? Will yuppies replace Tainos? Will BMWs block traffic instead of horses and Harleys? And what of my chicken hut? I see Sabrett carts, Carvel trucks, and kabobs in pita bread.

Oh, my dear Coamo, a runner turns his lonely eyes to you.

Where are your times, VCTC Runners?

Send your race times in to Jim Hudick at 201 816-8359 or e-mail to jhudick@optonline.net.

Upcoming Track Events

The NYRRC has rescheduled the Armory Relay Races cancelled on March 3 to Thursday March 24, 2005@7pm.

On Saturday March 26 the Men's and Women's 8K will be held at Randall's Island on the new track at Icahn Stadium. Buses will leave from the Road Runners early in the morning at 6:45 am for 9:10 Women and 9:50 Men's starts.

**01/22 NYRR Frostbite 7-Mile
Central Park, Saturday, 9:30 AM**

51:54	Ivan S Mills	M49	
54:02	Firdaus Dotiwala	M36	
55:25	Bette Clark	F49	
56:04	Blas Abadia Jr	M49	
59:33	Ramon Ruiz	M65	2nd 65-69
1:01:58	Edith Jones	F65	2nd 65-69
1:05:03	Ira A. Weiner	M46	
1:08:25	Edward James	M58	
1:15:27	Fernando Ruiz	M73	
1:16:21	Gilda L Serrano	F56	
1:16:47	Tami Luhby	F34	

**01/29 NYRR 10-Mile
Central Park, Saturday, 9:30 AM**

1:11:43	Richard P Conley	M49	
1:16:45	Anthony C Thoman	M42	
1:29:31	Margaret R Nolan	F44	
1:30:58	Edith Jones	F65	2nd 65-69
1:34:37	Michael J Yorio	M57	
1:38:12	Ira A. Weiner	M46	
1:39:23	Edward James	M58	
1:41:00	Susan R Epstein	F61	
1:41:36	Luis Colon	M50	
1:42:16	Fernando Ruiz	M73	
1:49:18	Gilda L Serrano	F56	

**02/06 NYRR Gridiron Classic 5K
Central Park, Sunday, 9:30 AM**

22:28	Blas Abadia Jr	M49	
23:00	Bette Clark	F49	
24:14	Ramon Ruiz	M65	
24:01	Annemarie Krothe	F27	
24:56	Margaret R Nolan	F44	
27:28	Ira A. Weiner	M46	
28:35	Edith Jones	F65	1st 65-69
27:25	Edward James	M58	
28:58	Dennis J Brooks	M52	
36:42	Ramon Minaya	M65	

**02/13 NYRR Al Gordon 15K
Central Park, Sunday, 8:30 AM**

1:19:02	Margaret R Nolan	F44	
1:28:33	Edward James	M58	
1:29:03	Edith Jones	F65	2nd 65-69
1:29:04	Ramon Ruiz	M65	
1:28:35	Dennis J Brooks	M52	
1:30:52	Ira A. Weiner	M46	
1:34:51	Susan R Epstein	F61	
1:55:12	Ramon Minaya	M65	

**02/19 PPTC Cherry Tree 10 Mile
Prospect Park, Brooklyn, Saturday, AM**

1:41:47	Susan Epstein	F61	2nd 60-64
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**02/22 NYC Run for the Olympic Bid 5K
Central Park, Tuesday, 7:30 PM**

22:51	Bette Clark	F49	
25:47	Ramon Ruiz	M65	1st 65-69
27:19	Edith Jones	F65	1st 65-69
28:18	Ivan Ragoonanan	M59	
33:00	Lisa E Fleischmann	F41	

**02/26 NYRR Snowflake 4-Mile, Central Park
Central Park, Saturday, 8:00/9:00 AM**

27:51	Firdaus Dotiwala	M36	
31:13	Bette Clark	F49	
35:15	Dennis J Brooks	M52	
35:53	Ira A. Weiner	M46	
36:07	Ivan Ragoonanan	M59	
36:06	Edward James	M58	
40:12	Gilda L Serrano	F56	
39:29	Carl Morrishow	M48	
41:00	Fernando Ruiz	M73	

**03/06 Coogan's Salsa, Blues & Shamrocks 5K
Central Park, Sunday, 9:00 AM**

21:45	Blas Abadia Jr	M50	
22:56	Bette Bette	F49	
24:35	Ramon Ruiz	M65	3rd 65-69
25:50	Richard Galvin	M34	
26:23	Jose D Cooper	M55	
26:55	Edward James	M58	
27:49	Edith Jones	F65	1st 65-69
27:52	Ira A. Weiner	M46	
29:58	Susan R Epstein	F61	2nd 60-64
34:01	Ramon Minaya	M65	

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2004 Awards



Olga in action

Runners of the Year: Olga Varlamova and Chris Malynowski

Chris and
friend at
party





Service Award winner:
Fred Daly

Service Awards:

- Yuen Na Chun
- Delroy Lewis
- Otis Matthews

Service Award
winner Otis Mat-
thews with
Emcee Adrian
Hunte Smith and
the Prez.





Age group winner (40-49) Bette Clark and husband, Todd Sacktor.

Age Group Awards:

Sub 20	Karl Vamos	
20—29	Male : Neil Leibowitz	Female: Aoife West
30—39	Male : Firdaus Dotiwala	Female: Danielle May
40—49	Male : Ivan Mills	Female: Bette Clark
50—59	Male : Mike Hudick	Female: Enid Burns
60—69	Male : Ramon Ruiz	Female: Edith Jones
Ironman	Fernando Ruiz	

Winners of Male Age Group Awards: Firdaus Dotiwala (30-39 years) , Karl Vamos (Sub 20 years), Neil Leibowitz, (20-29 years) with Runner of the Year Chris Malynowski





Thoughts on the Awards Dinner

How was the Awards Dinner?

There were mixed reviews describing the affair: "good food, so-so food, more young faces needed, too far away and not easily accessible by public transportation, music too loud, party never took off, etc." We had a turnout of 73 people. That's the lowest since we don't know when. We have been going to the Eastwood Manor for three years and many members are asking for a change. Think of places that can be checked out for next year. It's not too early to start thinking of possibilities. Let us know through our web site, at Nortonlj@aol.com or through our post office address. Wanda and I don't take this personally. We know you appreciate what we do. We just need your help. Looking forward to your responses.

Thanks,
Wanda Bills and Linda Norton, Social Directors



Keep Movin'

In 1982, Susan Epstein, then a 39-year-old, librarian ran a time of 1:55 in for the Brooklyn Half-Marathon. Susan, now 61, has nine marathons under her belt, including the Moscow Marathon in 1990, and five NYC Marathons.

Running History: In 1975, Susan was living in Madison, Wisconsin, when she started running a mile a day. After she had a baby, a colleague at work told her that running is fun even if one is not athletically skilled. Susan tried it in a \$4.00 pair of basketball sneakers, and was hooked.

Her first race was a 5K in Philadelphia in 1978. She knew that this race ended near the Art Museum, so when she saw the museum she stopped running. "No, keep going," she heard people yell, "You have to pass the finish line."

In 1979, Susan arrived in NYC, where she encountered the running and racing scene in Central Park. In 1980, she ran her first 10K race, the Mini L'eggs 10K. For a while she was claiming that the 10K was her marathon. But the Avon women's Half Marathon beckoned, and Susan upped her weekly long run to twelve miles. After finding that half marathons were fun, she decided to train for her first NYC marathon, which she ran in October 1982 in 4:29. Her PR of 4:18:17 came in 1984, in a stormy Jersey Shore Marathon.

By Earline Smith

During this period in New York Susan received inspiration from the people of the Heights-Inwood Track Club, among whom were Gilda Serrano and Willie Kaye. Several years after the demise of this club, Susan joined VCTC.

Has anyone particular played a role in your running pursuits or has it been a solo effort for you?

Back in the '80s I ran with Kathy Nolan-Conley, who was my neighbor.

In 1998, I trained for the Chicago Marathon with Linda Norton, who was preparing for New York.



Keep Movin' cont'd

Bob Velez and Bill Smith, always ready to stay with a slower runner, have been very supportive.

Most memorable race: In 1998, I ran the Mount Washington 7.6mi race, an all-uphill race. The course was incredibly challenging for me.

What major issue(s) have you overcome in your life?

I grew up obese, fat. I lost weight in my mid - twenties while I was living in

Israel. After many false starts I was able focus on my goal despite the pain of fighting an addiction I was, and am a food addict. I've always had a problem with food. Finally, I was able to take charge, to be more responsible with my food choices. I started eating salad, black coffee, and yogurt. I endured being hungry, and lost the weight. When finally I was thin, I was so happy with the new me. I committed myself to never eating junk food again. Diets do work if one doesn't cheat. When the weight comes off, one cannot return to those bad eating habits. Although one need not be hungry to maintain weight, a diet is basically forever.

Life Philosophy: I feel that I like to keep learning new things. I like to grow and develop, and to keep my

skills current. I enjoy looking forward because it keeps me from feeling not old. During the past year I have taken courses in Latino literature (in English), Spanish language and culture, and computer applications in education.

Advice to a New Runner: One needs to have a plan, and stick to it. The NY Road Runners publishes a training schedule for beginners which can ease one into the sport.

WHAT MAKES YOU RUN?

Because we want to showcase our Club's diversity and range of runners and give many members an opportunity to share some reflections on running, we'd like to make interviews a regular feature of the newsletter. We're hoping to present two contrasting or complementing profiles in each issue: male/female, veteran/novice runner, recreational/competitive, younger/older. The column would be called "What Makes [Your Name Here] Run."

So— think about people you'd like to know more about, or whose stories might be of interest to the other members of VCTC and talk to Bette Clark, who will be writing up the interviews.

16

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