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# Van Cortlandt Track Club newsletter

## 5th Avenue Mile

*VCTC scores big in the NYRR event*

*by Ariel Cruz*

*This* race report will be as short and sweet as the race itself was (OK, maybe not). There is no better feeling than the one you get when you know that all the hard work has paid off. You can break down my reaction when I crossed the finish line as you would the 5<sup>th</sup> avenue mile. 1<sup>st</sup> quarter mile was relief that it was over. 2<sup>nd</sup> quarter mile was a double-take, as in, did this just happen. 3<sup>rd</sup> quarter mile was, OK I can't wait until I tell someone. Final quarter mile was time to rejoice among the best teammates.

On Saturday, September 13<sup>th</sup>, milers congregated to race down 5<sup>th</sup> avenue from 80<sup>th</sup> to 60<sup>th</sup> street. This would be my second run of the 5<sup>th</sup> avenue mile, 4<sup>th</sup> mile race overall. As the mile approached and training on the track ramped up, I set a modest and achievable goal of 5:45. My fastest mile to that point was 5:55. I remember when I broke 6 minutes back at the North Avenue Mile race back in June. As I approached the finish line I heard someone in the distance screamed, COME ON! BREAK 6!! Not sure if it was directed at me, but I picked it up and crossed under 6 minutes. Excited to see what I could do at another mile race, I signed up for the Peekskill Brewery mile in August. A fast course with a downhill start, I clearly thought I could shave at least 10 seconds off my time. Unfortunately having injured my back during my recent move, I had a

terrible back spasm that day. I still managed to match my North Avenue mile time but paid the price in the following days.

Luckily, back spasm dissipated and I was able to resume training. As 5<sup>th</sup> avenue mile approached and the intensity of the workouts increased I felt confident that I would have a good run. The last work out before the race, I focused on running relaxed and controlled. I got some great advice from Coach Ken and headed home more confident. For some reason the night before the race I felt completely nervous. Everything that could go wrong kept playing in my head. What if my legs give out and I don't have the energy to churn out a good mile? What if I go out too fast and lose steam by the half mile mark? What if I cramp up or if an old injury flares up? Not being able to do anything about it, I went to bed and woke up feeling the same way. Finally, I found comfort in that I would have good company on the way to the race. I caught a ride with Rachel Gissinger, along with two other teammates and headed towards the battle zone. Eventually it was just Rachel and I, driving around looking for parking and enjoying some great 80's music. We finally dropped off the car at a garage and walked to our cheering section. Seeing the wave of purple Vannies settled my nerves a bit. As my wave time approached I began to do (continued)

my warm-up, jogging up and down 5<sup>th</sup> Avenue from our cheering section to the start. The music from the car kept replaying in my head, *SUPERSONIC* from the group JJ Fad.

I did my last warm-up sprints just north of the start line and made sure I stretched enough. Then I got into my zone and headed to the start line. Men's 35-39 wave started at 10:10am. Fellow teammate Kyle Macy Hall was in my corral and we spoke briefly prior to the start. My strategy was to start in the back of the corral which was packed tight. Then we were off! From this point on, all I could remember was seeing the clock for the first quarter mile marker.

It read 1:40 which at the time I thought was the actual time. But since I started farther back it was slightly faster.

I then settled into my relaxed groove and kept telling myself to run relaxed. I found myself on the west side of Fifth Avenue looking for a clear path. I had to swerve a bit past some runners but eventually found an unobstructed path. The half mile mark approached and so did the dreadful hill. I told myself that if I can get through this and maintain the same effort I will be fine. Over the crest and still with enough energy to pick up the pace, I started to visualize the track. I told myself, only two laps left. Then came the best part! To be honest, it was all too

fast for me to recall but I knew where VCTC would be and the cheer and pure energy as I passed them gave me that added boost I needed. Without my glasses on all I could clearly see were the people ahead of me. As I pushed that last quarter I recall seeing one person ahead of me, who, I said, was not going to finish ahead of me. All I remember was seeing the blurred image of the finish line and clock.

I crossed the finish line feeling I had left it all out on that stretch of asphalt from 80<sup>th</sup> to 60<sup>th</sup> Street. When I looked down at my Garmin, the first thing I saw was my pace which I confused with my actual time. The pace read 5:20. Once I got my bearings and (continued)

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approached the water table, I grabbed two cups and attempted to drink. I had to walk completely out of the finish area and wait until stopped shaking before I could take a first sip. I first saw Patrick Bernal who was in my corral. We both finished within seconds of each other and as I told him what I thought was my time, I still couldn't believe it. Did I just run a 5:20? I came across our team captain, Bobby Asher and his reaction to my time was priceless. Even though I am sure I was capable, actually seeing it happen is a different story. I finally made my way to the cheering section and all I

could think about was sharing my time with both Coach Ken and Glen. Two people who had all the trust and confidence in my ability to turn out a fast mile. When I told coach Ken 5:20 (later confirmed at 5:24), his smile was as rewarding, if not more, as my finishing time. I was in disbelief. I was saying my time and couldn't believe it even as the words came out my mouth. To my dear friend Rachel, who provided me with the soundtrack that morning that helped me forget about my nerves, I thank you.

I was so happy that I was able to share my accomplishment with the best teammates. I wish I could

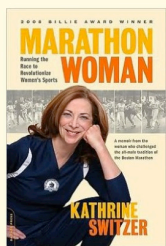
name all of you but to my group 2 track partners, to my weekend long run buddies, to my swimming gang, I thank you. You all made it possible for me to bring out my potential. So now as Fifth Avenue Mile is far behind us and I find myself finally accepting that I ran a 5:24 mile, I prepare to carry that same level of improvement to the other distance races, mainly the half and full marathon. Philadelphia Marathon, here I come!#

*See all 5th Avenue Mile results on pages 12-13.*

## Inspiring Reads for Runners

Kick Off Your Trainers and Enjoy!

### Kathrine Switzer



Inspiring story of the woman who broke through gender barriers to get the women's marathon into the Olympic games.

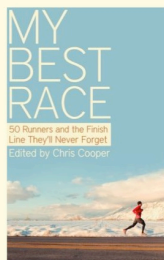


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<http://kathrineswitzer.com/>

### Chris Cooper



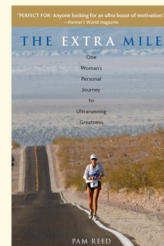
In this inspirational collection, 50 runners, from Olympians and World Champions, to courageous disabled athletes and middle-of-the-packers, share their personal accounts of what they consider the best race they ever ran...and why.



Learn about must-run places, can't miss races, and get tips, tricks, and words of encouragement and advice from some of the top runners today.

<http://www.ccooper.typepad.com/>

### Pam Reed



The story of the woman who shocked the running world when she won the sport's most grueling race—the Badwater Ultramarathon.

<http://www.pamreed2013.com>

### Ed Ayres



One of America's most experienced runners meditates on how the skills and mindset needed to complete an ultramarathon are also essential to endure as humans.

[www.ed-ayres.com](http://www.ed-ayres.com)

## My Timeless Ironman Experience

by Tami Lubby

After 10 months of training for the Lake Placid Ironman, I felt prepared to do the 2.4-mile swim/112-mile bike/26.2 mile run. What I wasn't ready for was a lightning storm that forced me and hundreds of athletes out of the lake and pelted us on the bike.

But I sure as hell wasn't going to quit less than two hours into the race no matter what Mother Nature had planned on that late July day. I never thought I'd do an Ironman. Though I've been doing triathlons since 2004, I stayed away from the Ironman because I didn't like cycling long distances, and I didn't think I could get through the bike portion before the time cutoff.

By last year, however, I felt I had to try. I signed up for Lake Placid and started training with *TriLife*.

I made it to nearly every bike practice. I woke up at 4:15 a.m. on Thursdays to do skill sessions, hill repeats, pace lines, intervals and time trials with my team in Central Park before work ... and before sunrise for many weeks. My Saturdays were eaten up by long rides on Route 9W ... after two-hour swim sessions that started at 6 a.m.

Still, I was nervous. At our Memorial Day training camp, I had a tough time completing the 100-mile ride on the race course. And, when I calculated my expected

finish times a week before race day, one scenario had me coming in only five minutes before the 10.5-hour cutoff to finish the swim and the bike. Compounding all my fears was the forecast for severe thunderstorms. Ironman officials

told us that in case of lightning, the race would be halted for 30 minutes and athletes should seek shelter. But when race day dawned rain-free, I figured we had been spared.

Halfway through the swim, I could tell it was raining. What I didn't see was the lightning that friends later told me was spectacular. I was probably less than a half-mile from the finish when the safety personnel on kayaks told us to swim to the closest shore. Scores of athletes piled onto local residents' docks and lawns, awaiting further instructions. It was chaos.

Finally, we were told we could head back to transition and continue the race if we wanted. I walked at least half a mile – barefoot and in a wetsuit – to my bike. The rain was relentless. Later, I found out it had been hailing. The first 25 miles, which covered some winding roads with super-fast descents, were cold

and treacherous. I saw one woman laid out under a sheet with only her pink helmet sticking out. My teammates and coaches said afterwards that athletes were riding out-of-control into ditches or simply turning back.

But for me, the storm was strangely calming. I had to throw my race plan out the window since I didn't get to finish the swim. So I just focused on getting through the bike. Midway through the first 56-mile loop, the sun came out and I warmed up. I began to enjoy the ride and found I had five hours to

complete the second loop, which I knew was doable. I ended up finishing the bike with an hour to spare. The marathon – my 10<sup>th</sup> – proved harder than I expected due to bouts of dizziness coming off the bike, and on the second loop of the course. I finished strong, however, running the last 3.5 miles with the support of my coach, husband, teammates and friends.

Unfortunately, I don't have a true finish time. My official time of 14:51 doesn't include the second loop of the swim or the transition to the bike. But that's okay. For me, it was about just getting to the finish line. And I did the 140.6 miles ... though there was a little less swimming and a little more running than in a normal Ironman. #



*Tami on her Lake Placid run*

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## Team Champs: Staring at Backs 7,8,9

*by Carolyn Hehir*

Team Champs is a bit different from other NYRR races: it is not open to all runners, rather intended for those who run with teams, and top 10 count in open scoring, rather than the usual top 5. It is designed to highlight the team effort. I woke up that morning and it was pouring rain out; good, suppress the fair weather turnout. An assemblage of purple on and out the door for the 1 train.

I didn't see Anna Bee Quick Carlson before the start but figured

she ran from home as a warm up, timed to arrive on schedule for the race start (#1). Laura Rocket Rodriguez was there early in purple with enthusiasm (#2). As I made my way to a porta-potty (important pre-race pit stop), I saw Gail Machado. Glad to see her, knew she'd come in tops for the team (#3). Juliene Bell-Smith (#4) and Paulina Nunez (#6) were warming up and doing strides. Per their running m.o., they would likely start fast and get stronger. Start corral. A woman to the far right. I recognized the VCTC singlet but not the person. She looked fit and ready to race. At the gun she would sprint off, not to be seen again until after the finish, Danielle Rosario-Mullen (#5).

I made my way to Anne Tiger-Days, "What are you hoping to run?" I asked. "7:30 pace," she said, "high 7's." 'See ya later,' I thought to myself. Seven or under was likely beyond my reach, but I was aiming for low 7s. My paces to beat: last year's Team Champs 7:21 and 5M PR of 7:19 set at Pride Run in June.

The gun went off. Anne took off like a shot. Ahead of me, way ahead of me. At the  $\frac{3}{4}$  mile I wondered, 'am I going slow (I don't think so) or is Anne blowing her intended pace out of the water?' 7:10 for my 1<sup>st</sup> mile. The latter. I run, Anne ahead of me. Anne didn't make practices in VCP but her back was becoming a familiar sight in races. (continued)

Matt Soja had posted in a pre-race facebook pep post “every second counts” in finishing ahead of other teams. It did! However, I found myself focusing on the familiar purple singlets, rather than other teams. You know these runners paces, and how well you’re doing, or not, compared. In the final 800 meters of the Women’s Mini 10k in June, Anne’s back appeared ahead. I followed it to the finish.

Around mile 3, in addition to Anne, I saw Alison Whitehead ahead. Last year it was her wonder woman socks (with capes) visible in the distance, this year it was a red baseball cap. Step, step... every second- every step- counts. The men’s team began to appear on the sidelines, cheering. Around mile four, Matt Soja called out, “You’re number nine.” ‘I see seven and eight, where and who is number ten?’ I wonder.

Staring at Allison and Anne’s backs pulled me through miles 4 and 5 at a pace quicker than I otherwise would have run. Without them I likely would have relented and slowed. ‘I’ll catch them. Or maybe I won’t. Either way, I’ll keep running.’

Last mile, I neared Allison. So many times at the Armory indoor meets that winter, Alison uttered words of encouragement as she neared me on the track. I’d think to myself ‘I don’t have the energy to respond out loud right now, 100% of my energy is going into running!’ ‘Way to go’ I managed today. Every single step. Passed two North Brooklyn white and black singlets. Step step, Anne ahead. Final sprint, final push. Give it all. ... 7-8-9, we finished within 18 seconds of each other. My time, 35:57, 7:12 pace. Rounding out the top 10: Bette Clark crossed the finish line. The women’s 60s team, 1-2-3, Adrian Hunte-Smith, Suzanne Corber, Jill Staats, would finish within 30 seconds of each other, claiming age group First place. #



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### MEDITATION

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## Coaches' Corner

by Ken Rolston

*I*t's glorious autumn, when the temperatures and the humidity drop, the air feels as crisp as a freshly plucked Macoun, and the mileage accrues effortlessly. The haze of summer workouts coalesce into laser-like focus as the fall marathons and half-marathons draw near. A pace that seemed suicidal in August becomes plausible in October. Wineglass, Divas, Bronx 10, New York and Philly are upon us. And we aim to be prepared!

Track workouts will reflect the shift in emphasis from the shorter summer races to the longer fall efforts. Expect bushels full of 1200's, 2,000's, 800's and mile repeats. We will continue these workouts through the end of November, possibly into early December if the snow holds off. Snow way!!

The overall depth of the team is remarkable. So I will remark! Women's Open team is currently 5<sup>th</sup>, our best position ever. Men's Open are 8<sup>th</sup>, Women's 40 + is 12<sup>th</sup>, Men's 40 + is 5<sup>th</sup>, Women's 50 + is 5<sup>th</sup>, Men's 60 + is 5<sup>th</sup>. Men's 50 + is 3<sup>rd</sup> and stands a really good chance of reaching the podium at NYRR awards night. Finally, Women's 60 + is in 1<sup>st</sup> place with a significant lead

and a really good chance to win it all this year! The final points races are Grete's half marathon in October, NY Marathon in November and Ted Corbett 15K in December.

Thanks again for the fantastic effort in the 5<sup>th</sup> Ave Mile.

VCTC had as many participants as CPTC ( 75 ). Only Front Runners, North Brooklyn and Dashing Whippets had more. 38 runners set Personal Bests!

To that end, best of luck as we set out to run well and, more importantly, have fun while doing so. See you at the track. #

**North Coast "24"**  
**When coach yells "run",**  
**you have to run**

by Elena Makovskaya

*I*t's 23 hours and about 20 min into my first ever 24-hour run. I am well over the 100-mile mark already, very-very tired, look more like a zombie and just walking. I am thinking to myself that I can walk 2 more loops like that (maybe) and finally be done. All of a sudden I hear my coach Howard yelling at me: "You are now 10th overall, but if you want to be 9th you have to RUN-NOW!!!!!!" Without any hesitation, I immediately stop walking and start running. I always do what Howard tells me

to do. 10-min split... 9-min mile split... another one... one more...



**On the road**

Maybe not such a fast pace, but after 100+ miles it running immediately gets my heart rate into the sky... I become very dehydrated but refuse any water at aid stations and just run as fast as I can... Finally I head onto my last partial lap holding on to a wooden number that I was given a few min before by race officials for partial lap credit. I now change my Garmin display to a bigger time screen, which shows elapsed time not just in minutes, but also in seconds. At this point I am really counting seconds to the end on this insanity... Each second is a struggle, believe me! I keep repeating to myself that no matter what I will not die. I use this trick usually in harder workouts or races when I need to stay on pace when I desperately want to slow down. It really works and is one of the biggest discoveries one can (continued)

make: no matter what you will not die! Finally the horn sounds, I drop my number, scream, curse in both languages and drop to the ground, totally unable to move...

Yes, the last 40 minutes were the most memorable moments of my entire race! Many other things happened in this race, but those last 3.5 miles were totally priceless as it made me realize how much more we are really capable of with the right motivation and determination. It really takes a good coach to bring this out in you, bring something that you never knew existed. It was worth running for this long just to make that discovery.

Howard and I originally came up with this idea to run a 24-hour race back in the middle of 2013 after my Vermont 100 adventure, which was also my first 100-miler. Despite my many ugly struggles in VT, somehow he decided, that I might be good enough to be part of my country's National Team and run in a 24HR World Championship some day. Go figure! I must also admit: when watching the 2013 24-hour World Championship Opening Ceremony online I saw Belarus national flag there which made me very-very curious... I had no idea Belarus had any ultra-runners, let alone an official team! Shortly after VT, I contacted Belarus Athletic Federation to see what it would take to be part of their 24-hour ultra-running team and the

answer was "about 190-200km", which seemed reasonable to me. I then made an excel spreadsheet of all 24-hour races in USA with dates, websites, etc. I then sent that list to Howard asking which event would be better to run your best mileage in and which of those courses are officially certified. After some consideration, we agreed on North Coast 24 and I was all signed up.

Early in 2014, I also came across a website which lists all national records and saw that the Belarus Female National 24-hour record was "only" 196.63km.

This planted yet another crazy idea in my head to try and improve that and run at least 200km (124 miles). If I am going for 190-200 km to qualify for the team, I might as well to go a little over, right? How cool would that be? I shared this idea with my mom but I do not think she even took me seriously.

I started researching splits from previous 24-hour races to see how fast one needs to run through a 100-mile mark in order to hit 120-130 miles total and saw that most people hit 100-miles in about 17-18 hours. So, my 17:35 Jackpot 100-mile time in Feb 2014 was spot on! Now I knew I was physically capable of hitting my target mileage in a 24-hour event. This was a huge confidence boost! In this 100 I also made another discovery of actually being able to RUN all

the way to 100 miles with not many walking breaks at all, which meant I could maybe run some more..?



***Elena with her crew: Howard(I) and Karen***

So, the goals were set. Howard and I started training for the goal event. Training was not much different than training for a 100: 50-70 miles a week and a 50-mile tune-up training run 5 weeks before the 24-hour race. Some road, some trail, it was all good and I had fun. On race day I felt great and as ready as I could possibly be.

To make a long story short, I just want to say, this was not a perfect race, unlike some of my other races this year. I ran well and was on my target pace (9-9:30 min/mile) for about 40 miles. Then the sun and no shade started taking its toll on many people, including myself and my stomach literally went on strike. I learned another very important lesson here: I do not do very well in open sun and still (continued)

need to figure out perfect nutrition that would not upset my stomach in such conditions. It was about 15-20 miserable miles, when I was walking a lot, trying to fix things with anything possible, spending time in the porta-potties, taking short breaks and laying horizontally in the shade (knowing also that 5-10 minutes will probably not help here anyway). A lot of freaking time and miles were wasted here, unfortunately!!! Finally the best thing ever happened to me: a nice solid vomit which completely cleared my guts and made me feel fresh as a daisy again! I hugged that garbage can like it was my best friend!!! I could not believe my luck here but still wasn't sure if the trouble would be back or not. I ran into our little aid table and screamed at Howard and Karen: "I have bad news and good news!! Bad news: I just vomited my brains out, so I have nothing in my stomach now at all. Good news: I finally feel great and can run! I just don't know for how long..." Howard immediately told me to stop taking breaks at aid table, get into the rhythm and get going. He also correctly pointed out that sun was already gone and not coming back at all. This was enough for me to start running like I never even ran before – back to my original 9-10 min splits. Mile after mile, it was feeling good and I was even hitting runner's high. I also knew

if I wanted to keep going, I needed calories. All of a sudden Coca-Cola with ice looked very appealing to me and every 1-2 miles, I had a cup of that. I stuck to Coke almost all the way to 100 miles – 40 miles of running from 60 to 100 on just Coke and ice! This could be the best commercial for Coke ever. I wonder if they can sponsor me some day...?

I went through 100 miles in about 20.5 hours and it was very obvious that in order for me to break Belarus record, I would need to run 3:30 marathon. Not totally impossible, but not after 100 miles... I also slowly but surely moved into top-10 overall in the race, which was sort of a big deal, considering it was a National Championship race and many very strong runners were there. Finally, after my last 5k sprint I ran into the 9<sup>th</sup> place and ended up with about 116 miles, which I am very happy about and very proud of! 9<sup>th</sup> overall, 4<sup>th</sup> woman!

Usually after such things it takes me at least a day or two before I am mentally ready to think about my next such crazy adventure, but not this time. As soon as I finished I started thinking about when and where my next 24-hour race will be and I know it will only be a matter of time before I get what I want. I once again learned that no matter how bad things go, they do turn around if you just hang in there

and not give up.



*After the race*

NAME	TIME	POS	Position	Laps	Miles
Isaiah	Janzen	4128	1	171	154.1
Harvey	Lewis	4019	2	151	136.1
Jean	Pommier	4127	3	148	133.3
Matthew	Garrod	4118	4	145	130.6
Jenny	Hoffman	4108	5	141	127.0
Eileen	Torres	4106	6	135	121.6
Debra	Horn	4049	7	132	118.9
Zandy	Mangold	4036	8	131	118.0
Elena	Makovskaya	4165	9	128	115.3
David	Pleskonka	4109	10	128	115.3

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# Race Results

Midsummer Night's 5K			
July 23, 2014			
Louisville, Ky.			
16:54	Kyle Hall	40V	
Grand Slam 4M (long) Louisville, KY			
Aug. 2, 2014			
23:07	Kyle Hall	20V	
NYRR Team Championships 5M-Women			
Aug. 2, 2014			
0:31:14	Anna Carlson	F31	9
0:31:54	Laura Rodriguez	F34	14
0:33:02	Gail Machado	F27	28
0:33:25	Julienne Bell-Smith	F32	22
0:34:05	Danielle Rosario-Mullen	F33	33
0:34:53	Paulina Nunez	F24	11
0:35:54	Anne Tiger-Days	F46	8
0:35:57	Carolyn Hehir	F37	21
0:36:12	Alison Whitehead	F33	53
0:38:49	Bette Clark	F58	4
0:39:22	Mandi Susman	F45	21
0:40:47	Maureen Burke	F27	71
0:41:07	Monica Harrington	F40	30
0:41:20	Mercedes Zegarra-Soja	F30	98
0:41:22	Roxanne Vargas	F47	25
0:41:38	Nancy Gordils	F50	16
0:42:24	Rachel Isaac	F21	22
0:42:57	Adrian Hunte Smith	F60	2
0:43:26	Suzanne Corber	F61	4
0:43:28	Jill Staats	F62	5
0:45:41	Denny Moran	F41	49
0:47:21	Shirley Middleton	F60	7
0:47:36	Monika Macezinskis	F68	1
0:58:07	Susan Epstein	F71	5

NYRR Team Championships 5M-Men			
Aug. 2, 2014			
0:26:58	Bobby Asher	M29	25
0:27:29	Franklyn Martinez	M27	34
0:28:01	Marcos Duarte	M40	4
0:29:07	Grant Titre	M36	20
0:29:08	Matt Soja	M31	29

0:29:19	Kevin Shelton-Smith	M54	2
0:29:29	Sean Dunne	M25	49
0:31:05	Garland Days	M44	23
0:31:16	Carlos Lopez	M33	51
0:31:23	Joseph Benson	M22	24
0:32:04	Adil Filali	M33	63
0:32:13	Sean Moore	M50	16
0:32:17	Jimmy Atkins	M54	17
0:32:58	David Kornacker	M50	24
0:33:12	Kevin Mulvey	M26	80
0:33:21	Louis Csak	M48	33
0:33:27	Perry King	M57	12
0:33:46	Patrick Bernal	M37	54
0:33:54	John Farrelly	M45	34
0:34:02	David Rios	M38	59
0:35:06	David King	M64	7
0:35:07	David Rippon	M45	45
0:35:27	David Isaac	M51	45
0:35:43	Rick Bloomer	M50	48
0:35:45	Gerard Chamorin	M59	19
0:35:53	Daniel Hennessy	M49	52
0:36:19	Benigno Veraz	M59	22
0:36:30	Paul Paradise	M51	52
0:37:08	Juan Tony Gonzalez	M68	3
0:37:34	Michael Dervin	M45	61
0:37:49	Ahmed Harris	M40	89
0:37:53	Tim Belton	M66	5
0:38:31	Ariel Cruz	M38	100
0:39:15	Salvatore Carretta Jr	M58	31
0:39:22	Joseph Tucker	M48	74
0:40:38	John McCarthy	M55	37
0:40:56	Ken Rolston	M62	23
0:42:03	John Rau	M68	15
0:44:29	Edward James	M68	17
0:44:32	Arnold Gore	M73	3
0:45:26	Manlio Mondo	M67	19
0:48:01	Ramon Ruiz	M74	6
0:51:37	Mitchell Strong	M66	25
0:52:06	Jose Cooper	M65	26
1:01:14	Bill Smith	M69	28

Join the Voices 5M			
Aug. 10, 2014			
0:26:18	Bobby Asher	M29	1
0:28:01	Franklyn Martinez	M27	8
0:32:54	Carlos Lopez	M33	21
0:34:17	Marco Silveira	M45	12
0:34:42	Danielle Rosario-Mullen	F33	5
0:36:08	Marc Lesnick	M45	22
0:39:35	Salvatore Carretta Jr	M58	11

0:40:25	Joseph Tucker	M48	69		Gilford, N.H.		
0:42:13	Liam Moroney	M29	181	5:37:32	Kevin Mulvey		76
0:45:19	Edward James	M68	11				
0:45:59	David Pultz	M62	21		Percy Sutton Harlem 5K Run		
0:46:27	Monika Macezinskas	F68	2		Aug. 23, 2014		
0:46:46	Jane Willkomm	F48	45	0:15:59	Bobby Asher	M29	3
0:48:13	Ramon Ruiz	M74	8	0:16:25	Franklyn Martinez	M27	5
0:48:21	Matthew Flanzer	M43	195	0:16:55	Marcos Duarte	M40	5
0:52:11	Mitchell Strong	M66	22	0:17:12	Kyle Hall	M36	1
1:01:03	Edith Jones	F74	4	0:19:13	Jimmy Atkins	M54	2
				0:19:49	Benigno Veraz	M59	1
	Peekskill Mile			0:20:25	Edward Magarin	M27	60
	Aug. 10, 2014			0:21:04	Rick Bloomer	M50	9
	Peekskill, N.Y.			0:21:08	Liam Cawley	M26	80
04:55.0	Garland Days	M44	1 40-49	0:21:17	Marc Lesnick	M45	27
05:03.2	Greg Stern	M35	2 30-39	0:21:17	Carolyn Hehir	F37	5
05:03.4	Kevin Shelton-Smith	M54	1 50-59	0:22:30	Joseph Tucker	M48	53
05:05.3	Matt Soja	M31	3 30-39	0:22:31	Hiroshi Kitada	M48	54
05:12.1	Jimmy Atkins	M53	2 50-59	0:22:49	Reggie Ceden	M34	187
05:12.8	Anna Carlson	F31	1 overall	0:23:17	Salvatore Carretta Jr	M58	10
05:33.9	Benigno Veraz	M59	4 50-59	0:24:27	Penelope Sheely	F44	23
05:35.1	Harrison Isaac	M16	1 0-16	0:25:06	derrick kiser	M49	114
05:36.1	Laura Rodriguez	F34	2 30-39	0:25:10	Eileen Hickey	F32	89
05:50.4	Rick Bloomer	M50	5 50-59	0:25:13	Monica Harrington	F40	27
05:55.2	Ariel Cruz	M38	6 30-39	0:26:25	Jane Willkomm	F48	24
05:57.9	David Isaac	M51	6 50-59	0:27:12	Edward James	M68	6
06:02.8	David King	M64	3 60-69	0:27:13	Glen Shane	M75	1
06:02.9	Anne Tiger-Days	F46	1 40-49	0:27:47	Wendell Tong	F45	38
06:04.3	Carolyn Hehir	F37	3 30-39	0:29:06	Ramon Ruiz	M74	7
06:09.6	Hiroshi Kitada	M48	6 40-49	0:30:07	Mitchell Strong	M66	17
06:13.6	Rachel Kimber	F33	4 30-39	0:30:36	Jose Cooper	M65	20
06:37.4	Tony Gonzalez	M68	5 60-69	0:33:53	Mark Hugel	M62	36
06:45.0	Lorraine Gallagher	F33	5 30-39	0:34:27	Edith Jones	F74	5
06:47.2	Mercedes Zegarra-Soja	F30	6 30-39	0:53:00	Ramon Minaya	M74	16
06:49.4	Rachel Isaac	F21	1 21-29				
07:00.6	Manlio Mondo	M67	7 60-69		B'Ramble 5K		
07:07.5	Alix Cotumaccio	F39	7 30-39		Sept. 1, 2014		
07:12.5	Maryann Khinda	F35	8 30-39	0:21:15	Fernando Mendoza	M33	11st Male
07:17.2	Glen Shane	M75	1 70-99	0:27:10	Reggie Ceden	M34	8 3rd
07:18.2	Jill Staats	F62	1 60-69	0:27:44	Jordan Laks	M38	10
07:29.5	Salvatore Carretta Jr.	M58	8 50-59	0:28:28	Liam Moroney	M29	11
07:32.3	Adrian Hunte-Smith	F60	2 60-69	0:30:06	Lorraine Isaac	F51	13 1st F
07:33.0	Declan Gallagher	M37	10 30-39	0:35:31	Dennis Burns	M67	21 3rd
07:54.2	Lorraine Isaac	F51	5 50-59	0:42:09	Ernest Wright	M52	28 2nd
07:56.6	Jose' Cooper	M65	9 60-69	0:42:10	Blas Abadia Jr.	M59	29 3rd
08:03.3	Jennifer Mobley	F30	9 30-39	0:42:23	Billy Susman	M11	30 2nd
13:18.7	Mckenzie Days	F13	6 0-16	0:42:24	Mandi Susman	F45	31
				0:44:24	Tommy Susman	M8	33 2nd
	Ironman 70.3 Timberman				B'Ramble 10K		
	Aug. 17, 2014			0:43:30	Gail Machado	F27	4 1st F

0:50:01	Kevin Mulvey	M26	8	2nd	0:34:02	Suzanne Corber	F61	3
0:51:07	Marc Lesnick	M45	9	3rd	0:35:54	Jill Staats	F62	4
0:52:35	Alison Whitehead	F33	12	2nd	0:35:55	John Rau	M68	16
0:52:46	Ninji Harris	M40	13		0:38:51	Monika Macezinskas	F68	3
0:52:54	David Isaac	M51	14	2nd	0:39:46	Shirley Middleton	F60	10
0:53:14	Michael Angell	M47	16		0:40:25	Leoni Parker	F50	59
0:55:11	Jimmy Atkins	M54	18		0:40:44	Maryann Khinda	F35	237
0:57:33	Salvatore Carretta Jr.	M58	21		0:40:44	Denny Moran	F41	157
0:59:48	Joseph Tucker	M48	23		0:41:00	Nikki Covington	F38	244
1:04:16	Derrick Kiser	M49	25		0:42:58	Matthew Flanzer	M43	281
1:04:49	Tami Luhby	F44	26	1st	0:44:25	Mark Hugel	M62	56
1:07:30	Jane Willkomm	F48	29	3rd	0:48:13	Ramon Ruiz	M74	9
1:10:26	Doxene Roberts	F45	31		0:50:27	Mitchell Strong	M66	43
1:14:29	Henry Asher	M58	33		0:50:41	Bill Smith	M69	44
1:25:31	Marsha Corchado	F35	40		0:51:16	Aoife Walsh	F39	403
					1:02:21	Ramon Minaya	M74	15

## 2014 Autism Speaks 4 Miles of Hope

Sept. 6, 2014				Fifth Avenue Mile Sept. 13, 2014			
0:21:34	Bobby Asher	M29	16				
0:22:00	Franklyn Martinez	M27	21	0:04:35	Franklyn Martinez	M27	18
0:22:52	Kyle Hall	M36	5	0:04:48	Marcos Duarte	M40	10 CR
0:23:20	Sean Dunne	M25	30	0:04:54	Garland Days	M44	12
0:23:30	Marcos Duarte	M40	8	0:04:54	Matt Soja	M32	22
0:23:30	Grant Titre	M36	10	0:04:54	Bobby Asher	M29	38
0:23:48	Kevin Shelton-Smith	M54	4	0:04:55	Kevin Shelton-Smith	M54	6
0:23:54	Garland Days	M44	10	0:04:57	Kyle Hall	M36	16
0:24:11	Matt Soja	M32	22	0:05:06	Carlos Lopez	M33	44
0:24:38	Carlos Lopez	M33	25	0:05:10	Anna Carlson	F31	4 CR OV
0:25:31	Anna Carlson	F31	8	0:05:12	Adil Filali	M33	64
0:26:22	Laura Rodriguez	F34	15	0:05:19	Jimmy Atkins	M54	22
0:26:32	Jimmy Atkins	M54	14	0:05:21	Patrick Bernal	M37	66
0:27:38	Julienne Bell-Smith	F32	23	0:05:24	Ariel Cruz	M38	71
0:27:43	Paulina Nunez	F24	7	0:05:28	Louis Csak	M48	30
0:28:44	Benigno Veraz	M59	14	0:05:30	Liam Cawley	M26	142
0:29:04	Luis Roa	M49	39	0:05:31	Benigno Veraz	M59	10 CR
0:29:13	Rick Bloomer	M50	30	0:05:33	Marco Silveira	M45	37
0:29:15	Anne Tiger-Days	F46	4	0:05:36	John Farrelly	M45	46
0:29:19	David King	M64	10	0:05:37	Danielle Rosario-Mullen	F33	14
0:29:24	Carolyn Hehir	F37	19	0:05:40	Rick Bloomer	M50	41
0:29:50	Ciara Malone	F32	40	0:05:48	Sean Moore	M50	51
0:30:21	Ariel Cruz	M38	127	0:05:49	Julienne Bell-Smith	F32	26
0:30:53	Bette Clark	F58	4	0:05:51	Marc Lesnick	M45	66
0:30:53	Rebecca Militello	F23	19	0:05:51	Laura Rodriguez	F34	28
0:31:41	Joseph Tucker	M48	75	0:05:53	Paulina Nunez	F24	16
0:31:46	Salvatore Carretta Jr	M58	24	0:05:53	Carolyn Hehir	F37	9
0:32:19	Stephany Evans	F56	8	0:05:57	Luis Roa	M49	77
0:32:44	Lorraine Gallagher	F33	93	0:05:59	Hiroshi Kitada	M48	85
0:33:06	Nancy Gordils	F50	18	0:06:01	Paul Paradise	M51	66
0:33:42	Derrick Kiser	M49	97	0:06:01	Anne Tiger-Days	F46	11 CR
0:33:50	Adrian Hunte Smith	F60	2	0:06:02	Austin Poplin	M26	279

0:06:05	Ciara Malone	F32 38	2:23:25	John Farrelly	M45 50
0:06:07	David Isaac	M51 74	2:26:46	Deborah Heelan	F54 7
0:06:07	Dennis Martinez	M32 347	2:28:44	Juan Pablo Lopez Serrato	M32 130
0:06:09	Ken Rolston	M62 12	2:33:31	Liam Cawley	M26 115
0:06:11	Dominic Lombardo	M47 105	2:35:10	Michael Kearney	M35 201
0:06:14	Rachel Kimber	F33 58	2:38:29	Damian Mackle	M40 193
0:06:20	Mandi Susman	F45 16	2:38:29	Ciara Malone	F32 88
0:06:22	Chris Urena	M24 78	2:49:11	Stephen McMullan	M37 315
0:06:23	Deborah Heelan	F54 14	2:50:23	Dominga Jensen	F48 45
0:06:24	Kevin Mulvey	M27 366	2:51:19	Siobhan Neilan	F36 137
0:06:25	Doug Clayton	M39 316	2:51:24	John Campbell	M37 325
0:06:26	John McCarthy	M55 39	2:52:41	JoAnn Pate	F40 105
0:06:29	Joseph Tucker	M48 148	2:55:06	Penelope Sheely	F45 60
0:06:31	Salvatore Carretta Jr	M58 40	3:03:03	Salvatore Carretta Jr	M58 74
0:06:33	Lorraine Gallagher	F33 111	3:20:57	Doxene Roberts	F45 145
0:06:36	Monica Harrington	F40 40	3:23:06	Edward James	M68 21
0:06:37	Derrick Kiser	M49 158	3:34:21	Marisa Gonzalez	F35 373
0:06:37	Rachel Gissinger	F38 61	3:50:44	Andrea Rafael	F46 193
0:06:49	Stephany Evans	F56 13 CR			
0:06:49	Eileen Hickey	F32 176		Henry Isola Cross Country	
0:06:51	Bette Clark	F58 14		4M	
0:06:59	Jeremiah McCarthy	M21 98		Sept. 14, 2014	
0:07:01	Rachel Isaac	F21 71	0:31:42	Benigno Veraz	M59 1
0:07:05	Jill Staats	F62 2	0:33:49	Jjoseph Tucker	M48 7
0:07:05	John Rau	M68 18	0:36:12	Salvatore Carretta Jr	M58 5
0:07:15	Jane Willkomm	F48 52			
0:07:16	Denny Moran	F41 89		DELAYED RESULTS	
0:07:17	Adrian Hunte Smith	F60 5		Coney Island Take Your Base 5K	
0:07:19	Lorraine Isaac	F51 35		June 29, 2014	
0:07:22	Glen Shane	M75 2 CR		Coney Island, N.Y.	
0:07:28	Jennifer Mobley	F30 329			
0:07:32	Susan Adiletta	F59 22	27:43	Susan Adiletta	F58 4
0:07:34	Maryann Khinda	F35 182			
0:07:37	Shirley Middleton	F60 9		Johnny's 5K	
0:07:40	Suzanne Corber	F61 10		July 12, 2014	
0:07:44	Arnold Gore	M73 13		Clarksville, Ind.	
0:07:45	Marisa Gonzalez	F35 215		Kyle Hall	40OV
0:07:51	Mark Hugel	M62 56	17:13		
0:07:52	Matthew Flanzer	M43 372		Freemann Lake Trail	
0:08:02	Leoni Parker	F50 72		Series 5M	
0:08:03	Taliah Sykes	F33 429		July 19, 2014	
0:08:04	Mitchell Strong	M66 34		Elizabethtown, Ky.	
0:08:18	Monika Macezinskas	F68 5	30:45	Kyle Hall	30OV
0:09:19	Bill Smith	M69 43			
0:10:33	Susan Epstein	F71 9			
				USCAA Champs San Marcos CA July 12	
	TCS New York City Marathon Tune-Up (18M)			5k, 200m relay leg	
	Sept. 14, 2014				
1:53:40	Franklyn Martinez	M27 7	21:44	David King	m64 3rd
2:06:36	Adil Filali	M33 26	29.2	David King	M64 1st relay

## **CLUB NEWS**

**Membership:** *Please renew your membership which was due 1/1/14* (If you haven't already). Membership rates are: single-\$25; family-\$40. New members add \$15 to pay for team singlet; additional singlets cost \$15. Please send checks payable to VCTC to: VCTC P.O. Box 341, Bronx, N.Y. 10471. Applications are online at [www.vctc.org](http://www.vctc.org) Please e-mail Rick Bloomer or David King with any changes of address, phone, email and whether you would like to be added to the group email.

**Meetings/Workouts:** For 2014: Team meetings are held on the 2nd Saturday of the month at 10 a.m.

*Club workouts are Tuesdays at 7 p.m. at the Van Cortlandt Stadium track at 242nd St and Broadway, Thursday evening tempo runs meeting at 7 p.m. at the Tortoise and Hare Statue/X-country finish line, Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway)*

**Newsletter stories:** The newsletter is published bi-monthly. We welcome all contributions. Deadline for the May/June issue is April 25, 2014. Maximum length is 600 words. Please e-mail [kingkvd@optonline.net](mailto:kingkvd@optonline.net) and/or [ogard777@yahoo.com](mailto:ogard777@yahoo.com) and try to include a photo.

**Race times:** Remember to send race times to Peter Coy [petercoy@verizon.net](mailto:petercoy@verizon.net) or 52 Stelfox St., Demarest, N.J. 07627. Please include name of race, date, location, finishing time, your name, age. Optional: place, age-group, personal best.

**Website:** Visit us on our website: [www.vctc.org](http://www.vctc.org)

*Van Cortlandt Track Club*

*P.O. Box 341*

*Bronx, N.Y. 10471*