
Van Cortlandt Track Club newsletter

Terror in Boston

An act of violence ruined what had been a great day

by Bobby Asher

April 15th-The Start

Standing on the starting line amongst a field of energetic, excited runners at the Boston Marathon, it was the perfect day for my 10th marathon.

Training had been decent, not the best yet not the worst, especially considering a rough winter and tough classes. But I was ready to run for fun, to enjoy entering double digits in my marathon finishes and enjoy the New England journey.

Pre-race

At dinner the night before, at a sunny yet, very windy outdoor pasta party at Boston City Hall, I had shared the excitement with my teammates about the course and the spectators as the best in the world.

As I said goodnight to everyone before walking from the Copley "T" stop towards my hotel a short two blocks from the finish line an Irish flautist on Boylston Street mimicked the pre-race energy of the evening. All was well in Beantown.

Back to the Start Line

"Runners set!" BANG! We were off!

From the start, I was tailgated, pushed and feeling overheated. In all honesty, the first 10k or so of the race really wasn't very pleasant... being clipped at the heel while having a Corona shoved in my face wasn't quite how I remembered the race. Then a New England Breeze started up as I went by a line of kids cheering us and using a sweaty high-five from me as an excuse to brag. That got *this* middle school coach into a rhythm.

There were highs and lows of the race. Such is [usually] the case with a marathon. But after the pain of the downhill (yes, the downhill), I put the defibrillator to "Heartbreak Hill!" Then at mile 21, I saw a wildly cheering VCTC crew, complete with Bette Clark's purple flag of Bronx pride!

Then I hit the wall... HARD. Looking at my watch and realizing that sub-3 hours required a walk, I decided just to jog it in the last two miles to avoid tearing my quad (literally) and making sure I had an epic picture at the finish.

The Finish Line

I put my arms up, smiled, and pumped my fists as I went by mile 26 on the left side of Boylston Street. I won't lie about it; the race had been tough, but the feeling of finishing was that much sweeter. I had done it, and I was finishing my 10th marathon in front of spectators who had been out there freezing the whole time I was running. They were the BEST! A short one hour and nineteen minutes later, many of them were blasted apart.

continued next page

The Bombs

In the finish area I laughed off my sub-par performance as I realized that my teammates Laura Rodriguez, Jamie Kyei-Frimpong and Kevin Shelton-Smith had all knocked it out of the park in the race. Kyle Hall deserves major props for beating me by eight seconds! As a reward (or promise kept), I escorted them to my hotel to shower and get ready to go to lunch.

Laura, husband Roly Diluca and some friends left first from the room. I ventured to the lobby at one point to apologize for the rest of us taking forever to get ready.

As I got off the elevator, I noticed that everyone in the lobby looked shaken. A young woman came in and upon seeing her family, fell onto her father's shoulder and began to sob. I heard the front desk personnel

going over security procedure. The crowd outside was running away from the finish area. What happened..?

Upstairs, I found out that while I was in the elevator two huge blasts had been heard by everyone else. Bombs at the finish line? I immediately called my parents. Nothing was on the news yet, but later when cell coverage was shut down I was glad I had acted quickly.

Kevin, Jamie, Kyle and I meandered through the streets towards the bar where the rest of the crew was waiting. Throughout lunch everyone was texting, emailing, "Facebook-ing", making certain that all were safe. Thank God we all were. Jamie had the great idea of taking "roll-call" on Facebook and within the hour everyone was accounted for.

In the bar, the television broadcast was detailing the horrific events occurring just blocks away.

Surreal is the only word to describe the combination of marathon exhaustion, bar noise and news of bombing deaths at the finish line we had crossed just two hours before.

Heading Home

After lunch I was alerted that my hotel had been evacuated. I trekked a mile west towards Brighton with Coach Ken Rolston, Jill Staats, Bette and Dave King to catch a cab back to Ken's car for our drive to N.Y.

The ride home was like a strange dream. I was interviewed on live television over the phone to tell my account of the afternoon from a runner's perspective. When I was asked if I planned to run a marathon ever again following the bombing, my answer was simple: "depends which city I want to see next." "I have done 10 marathons and have felt safe in each one." But I continued next page

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Club workouts are held Tuesdays(track) at 7 p.m. and Saturdays at 8 a.m. (roads/trails)

am just starting to turn off the lights at night again in May.

Reflection

To say I felt shaken would be an understatement. The smell of the hotel room by the iconic finish line, the smell of the grass in the runners' village... the sound of the Irish flute, all in the shadow of the terror of the Boston Bombings. I will never forget them. No starting pistols are used in NYRR races as Fred Lebow vowed that Yoko Ono would never hear another gunshot in the park under his watch. After this race, I wonder if they will do the same for Boston.

I felt some remorse as I watched heroes helping victims that had had their limbs blown off, that I wasn't able to help more on the day. Yet what could I have done? Even the Police that day were untrained for what they dealt with. And I, as a trained Wilderness First Responder have been trained to survey the scene for safety and make sure that the rescuer isn't in danger. A marathoner who hasn't eaten yet would be in no condition to help cart off victims of a bomb. I would only have gotten in the way.

Running On

But I am still a runner and I am still a coach. When I coach now, I find myself being more aware than ever of the responsibility that I have to set a good example for the kids to keep them away from drugs, violence and the wrong people. Running is the most friendly activity and sport on earth.

Congrats to all who ran the marathon. And "thank you" to all runners in general. I'll see you next year Boston!

As always, Go VCTC. #

Coaches' Corner

by Ken Rolston

Welcome to high season !

There's plenty of racing action as you can see from the upcoming schedule, including the kick-off of our Thursday Night 5K Summer Series which begins on May 23. Tuesday night Track workouts continue until the end of May. Turnout has been phenomenal averaging about 30 per week. Thanks to all of you for coming out and being so supportive.

Things tend to get hectic on the track as the weather improves so beginning in June we will be moving to the back hills for an 8-10 week period. Runners can meet at the Tortoise and the Hare and jog a half mile north to the meeting site. Focus will be on strength and speed training with an emphasis on your technique for uphill and downhill. We'll do stride-outs up and down, back hill repeats and Cemetery Hill repeats with long and short intervals. Remember, nose over toes !

We may have an occasional respite due to some track meets

at Icahn Stadium in June and July. These races are \$10 and you can run as many events as you'd like on a world class track. First meet is on June 11 and features a 1500, 800, 400 and a 4 x 800 relay. Nothing says "gut check" like an all-out 800! Races are run on Tuesdays with 2 sessions in June and 2 in July.

June will also be a busy time for NYRR Club points races with the Women's 10K mini-marathon on June 8, The Father's Day Portugal 5m on June 16 and the Front Runners Gay Pride 5m on June 29. With the heat of summer fast approaching we'll be gearing the training to shorter races from the 800 to 10K.

Thursday Tempo runs have come back strong under the tutelage of Rick Bloomer. Core idea here is to test ability to sustain a faster pace for runs of a mile up to 5 miles. Generally these runs should be done at 10K/half marathon pace. During the summer tempo runs will be run on alternate Thursdays with our Summer Series 5K.

So if you combine the tempos of Thursday, the track/hillwork of Tuesday and the weekend long runs you have the basic recipe for a successful workout week. Toss in the newly minted and highly popular Wednesday night swim workouts along with some easy recovery runs or an occasional bike ride and you'll have a great summer !

Schedule on next page

Upcoming Races:

May 18-Sat- 8:00- Brooklyn 1/2**
 May 19-Sun- 9:00- A Mild Sprain 4m trail race- Sprain Ridge Park, Yonkers
 May 19-Sun-10:13- NYPD Memorial 5K, Chambers St, NYC
 May 23-Thu- 7PM- Van Cortlandt 5K Summer Series Race # 1*
 May 26-Sun- 8:00- Vermont City Marathon, Burlington, Vt
 May 30-Thu- 6:45PM- Wall Street Heart Run 3m

Jun 1- Sat- 8:00- Boston Fund Raiser 5K-10K Van Cortlandt Park
 Jun 2- Sun- 8:00- Israel Run 4m- Central Park
 Jun 2- Sun- 9:00-Tenafly 5K
 Jun 6- Thu- 7PM- Van Cortlandt Summer Series 5K Race # 2*
 Jun 7- Fri- 6:30PM- Cook Your Buns 3m- Greenwich, Ct
 Jun 8- Sat- 9:00- NY Mini Marathon 10K, women only**
 Jun 9- Sun-9:00- New Rochelle Mile, 1m
 Jun 11-Tue-7PM- NYRR Summer track- 1500, 400, 800, 4 x 800- Icahn Stadium
 Jun 15-Sat- 4PM- Shelter Island 10K
 Jun 16-Sun- 8:30- Portugal Day 5m- Central Park**
 Jun 16-Sun- 7:30- New Paltz Challenge ½ marathon
 Jun 20-Thu- 7PM- Van Cortlandt Park Summer Series 5K Race # 3*
 Jun 22-Sat- 9:00- Greenburgh Mile- Gilda's Run 1m, Hartsdale NY
 Jun 23-Sun- 8:30- Fairfield ½ marathon, 5K, Fairfield CT
 Jun 25-Tue- 7PM- NYRR Summer Track- 5K, 800, 400, 4 x 400- Icahn Stadium
 Jun 29-Sat- 9:00- Gay Pride 5m, Central Park**
 Jun 30-Sun-9:00- Giants Stadium 5K, Meadowlands, NJ
 Jun 30-Sun-10:00- Cancer Challenge 5K- Van Cortlandt Park *

Jul 4- Thu-7 PM- Van Cortlandt Park , Summer Series, Race # 4- 2 x 2 mile relay*
 Jul 4- Thu-8:00- Putnam County Classic, 8m, Mahopac
 Jul 6- Sat- 9:00- Pound Ridge 5K Road Race
 Jul 13-Sat- 8:30- Run for Central Park 4m
 Jul 14-Sun- 8:00- Utica Boilermaker 15K/5K, Utica, NY



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 \$450 (\$50 savings)
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Sports Massage

For the deeper layers of muscles and tendons essential for pre- or post-workout flexibility, recovery and restoration.

Prenatal Massage

Mothers are comfortably positioned on their sides and back with the support of pillows. Swedish massage techniques and reflexology bring relaxation and restore the mind-body connection. Eases lower back pain and water retention.

Couples Massage, 90 minutes \$150

Side by side massage, with 2 therapists.

MEDITATION

The challenge for many is that the busyness of life leads to a busy mind which gets in the way of cultivating self-awareness. A busy mind can also create additional stress which negatively impacts our health and wellbeing. Meditation is a way to quiet the mind and become more self-aware. As our self-awareness increases, we make choices that support positive health and wellbeing so we can live life to the fullest.

The benefits of meditation are many and include physical, emotional, mental and spiritual aspects:
 -Improved health, better sleep
 -Less irritability, better emotional self-control
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 -Greater self-awareness, deeper sense of connection

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Runner's Profile: David Isaac

David Isaac was a Vice President at the Capital One Bank branch on 231st St. in the Bronx in 2006 when Van Cortlandt Track Club(VCTC) President Bette Clark approached him about the bank's support for the *Urban Environmental Challenge*. That request was approved. But of greater importance, for David, was that he joined VCTC. At the time, he weighed in at a hefty 270 pounds. He was looking to get back into decent physical shape.

David was a lineman on his Dickinson (Pa.) College football team back in the early-mid 1980's. After graduating, he started running an occasional 10k to stay in shape. He kept this loose schedule until his daughter Rachel was born in 1993. Then he stopped... and the weight came on.

By 2006, he had just started running again when Bette showed up in his office. Joining VCTC was just the catalyst he needed. He was very intelligent about his early training, moving the mileage up slowly to avoid injury. He trained for 18 months before running the *Philadelphia Marathon* in 2008, his first race

at that distance. By this time, his weight was down to 225 lbs. He ran that first marathon in 4:02:25, just outside his goal of under 4. The bug had bitten him. Between 2009 and 2012, he ran 7 marathons, all attempting to reach that elusive 4-hour mark, each time falling short.

After the *Poconos Marathon* in May of last year, he again ran over 4 hours. At this point in his life, it occurred to him that he "wasn't thin." So he adopted a combination running/diet program and stuck to it.

The weight started coming off. David had a major breakthrough in September of 2012, continued next page

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running the *Wineglass Marathon* in 3:53:57. He had finally done it! He then ran the *Philadelphia Marathon* again in 2012, this time in 3:45:00, a phenomenal improvement. He was down to 185 pounds by year's end and running fast. So fast, that he was awarded Van Cortlandt Track Club's "Most Improved Male Runner" for 2012 at January's club dinner. "It was a huge event, winning the Most Improved Award at the VCTC dinner."

Since turning 50 in November of 2012, David had personal bests in his next several races, including a 21:33-5k, a 43:45 in the *Scotland 10k*, a 1:41:00 half-marathon on a difficult, hilly course at the *Celebrate Life* race, 2:21:16 for the mountainous *Wurtsboro 30K* and a 3:44:00 marathon at the *Flying Pig Marathon* in Cincinnati on May 5.



Rachel and David at the Flying Pig Marathon expo this year.

"I used to say if I ran a 3:59:59 I'd die happy." But as goals are surpassed, new ones pop up. David now would like to "Boston Qualify", which would mean running a 3:30:00 or better. If the recent past is any indication, he should have no trouble reaching this goal. Good luck, David. #

Sign Up and Save The Date

Van Cortlandt Track Club Golf Outing and BBQ

Date: Saturday, June 22, 2013

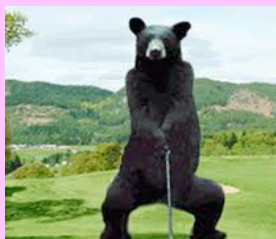
Time: 10:30 a.m. to 3:30 p.m.

Place: Mosholu Golf Course, Bronx, NY

Cost: \$58.00

Relaxing, non-intimidating environment to play 9 holes of golf. No golf experience necessary. Scramble format. Great BBQ afterwards!

www.vctc.org



Training Distance Update: VCP flats-OCA-McLean-VCP

There seems to be a bit of confusion regarding the distance of one of our Saturday morning runs, the VCP flats to the Aqueduct, cutting off at McLean Ave then back through the backhills of the x-country course. Rumors are that it's 6-1/2 miles judged by some of us timing our runs. But thanks to the VCTC wheel, an accurate measurement has been made. Starting at the tennis courts around the flats clockwise to the turn off to the railroad tracks: 1.61 miles. Up to the start of the Aqueduct: another 0.82 miles. Aqueduct start to left turn on road just before McLean Ave: 1.14 miles. Left turn down to McLean back up into VCP rabbit run/x-country course to McArdle Tortoise/Hare finish line: exactly 2.0 miles. Tortoise/Hare to tennis courts: 0.45 miles. The total comes to: 6.02 miles. Okay, 6 miles (just start 35 yards past our usual point of departure).

Just goes to show you: we're all running slower than we think we're running for a distance we think we're running based on time running it! That said, in this case, I dispute Pirandello's "Right You Are If You Think You Are". -D.King

Come One, Come All to VCTC Summer Series Races

Race Results

AT&T Back on My Feet 5M			
March 30, 2013			
Philadelphia			
29:27	Carlos Lopez	M32	2
Scotland Run 10K			
April 6, 2013			
34:33	Bobby Asher	M27	
35:47	Garland Days	M42	7
36:42	Matt Soja	M30	
39:41	Anna Carlson	F30	9
39:54	Sean Moore	M49	
39:55	David Kornacker	M48	
39:57	Lilia Britez	F31	
40:39	Laura Rodriguez	F33	
41:11	Rodolfo Diluca	M38	
41:27	Perry King	M55	7
42:17	Daniel Hennessy	M48	
42:18	Antonio Varrenti	M50	
42:57	David Rios	M36	
43:45	David Isaac	M50	
44:16	David C King	M62	
44:18	Anthony C Thoman	M50	
44:31	Gail Machado	F26	
44:57	Christopher Urena	M23	
45:13	Reggie Cedeno	M32	
45:26	Luis Roa	M48	
46:24	David Monahan	M61	
46:41	Andie Davis	F53	8
46:53	Benigno Veraz	M58	
47:23	Patricia Novelli	F42	
47:32	Rick Bloomer	M49	
47:32	Salvatore Carretta Jr	M56	
47:40	Alison Whitehead	F32	
47:47	John Farrelly	M44	
48:00	Erica Hubbard	F33	
48:23	Steven Joseph	M51	
49:08	Maureen Burke	F25	
49:12	Matt Newton	M39	
49:15	Maryann Khinda	F33	
49:15	Erick Fernandez	M31	
49:34	Mandi Susman	F44	
49:36	Mercedes Zegarra-Soja	F29	
50:37	Gene Westling	M58	

50:38	Jill Staats	F61	3
51:09	Manlio Mondo	M66	8
51:22	Bette Clark	F57	8
51:58	Carolyn Hehir	F35	
52:18	Lyndsey Dore	F35	
53:10	Michelle Conley	F24	
53:13	Ken Rolston	M61	
54:09	Edward James	M66	
54:21	Adrian Hunte-Smith	F59	
55:17	Leoni Parker	F48	
55:31	Julia Carrell	F29	
55:47	Kathryn A Donovan	F54	
55:55	Arnold L Gore	M72	9
56:07	Margaret R Nolan	F52	
57:05	Juan Tony Gonzalez	M67	
58:09	Emily Rau	F32	
58:10	David Pultz	M61	
58:14	Eileen Hickey	F31	
58:23	Shirley Middleton	F58	
59:11	John McCarthy	M53	
59:46	Marysol Ruiz-Zapata	F46	
1:02:28	Katie Sullivan	F30	
1:04:52	Jose Cooper	M63	
1:05:35	Monika N Macezinskas	F66	
1:10:13	Susan R Epstein	F69	
1:12:19	Damion Pelotte	M21	
1:16:17	Kathleen O'Donnell	F45	
New York Colon Cancer Challenge 15K			
April 7, 2013			
1:09:42	Julienne Bell-Smith	F31	3
1:14:05	Salvatore Carretta Jr	M56	4
1:17:08	Rick Bloomer	M49	
1:25:37	Edward James	M66	8
1:25:52	Leoni Parker	F48	
1:53:55	Andrea Rafael	F45	
Urban Environmental Challenge 10K			
April 7, 2013			
57:44	Van Cortlandt Park Andie Davis	F50-59	1
New York Colon Cancer Challenge 4M			
April 7, 2013			
27:39	Lauren Valentino	F35	1
29:29	Dominic Lombardo	M46	5
34:26	Juan Tony Gonzalez	M67	5

37:52	John McCarthy	M53		32:09	Jill Staats	F61	1
53:48	Ramon Minaya	M73		34:25	Kathryn Donovan	F54	
				39:13	Damion Pelotte	M21	
	More/Fitness Women's Half Marathon			46:53	Gilda Serrano	F64	
	April 14, 2013			56:18	Deirdre Dugan	F40	
1:27:24	Melissa Weiner	F35	2		Run as One 4M		
1:29:41	Anna Carlson	F30	2		April 28, 2013		
1:30:22	Lilia Britez	F31	4	27:23	Christopher Urena	M23	
1:51:43	Lorraine Clarke	F31		35:20	Edward James	M66	
1:53:38	Mandi Susman	F44		42:33	Edith Jones	F73	4
2:03:41	Julia Carrell	F29		51:57	Michael O'Brien	M49	
2:36:55	Andrea Rafael	F45					
	Boston Marathon				Bronx Community College 5K		
	April 15, 2013				May 4, 2013		
	Boston, Mass.				Bronx, N.Y.		
2:51:21	Kyle Hall	M34		19:07	Louis Csak	M47	2
2:51:29	Bobby Asher	M27		21:19	David King	M62	1
2:51:58	Kevin Shelton-Smith	M52		22:53	Ken Rolston	M61	2
3:04:14	Laura Rodriguez	F33		23:44	Mercedes Zegarra-Soja	F29	1
3:06:31	Jamie Kyei-Frimpong	F33		24:37	Jill Staats	F61	1
3:09:33	David Feinstein	M38		28:04	Vera King	F58	1
3:27:54	Lauren Valentino	F35		28:11	Hector Santiago	M70+	1
3:42:43	Carlos Lopez	M32		42:47	Fernando Ruiz	M82	
3:55:06	Anne Tiger-Days	F41		46:15	Ramon Miaya	M70+	
	Hook Mountain Half Marathon				Bronx Community College 10K		
	April 21, 2013				May 4, 2013		
	Nyack, N.Y.				Bronx, N.Y.		
2:20:21	Mike Yorio			40:07	Sean Moore	M49	2
				40:18	Jimmy Atkins	M51	1
	Sybil Ludington 50K			40:27	Tony Varrenti	M50	2
	April 21, 2013			44:21	Luis Roa	M48	
	Carmel, N.Y.			48:39	Dick Conley	M57	
3:46:10	Kevin Shelton-Smith	M52	2OV	50:59	Tony Gonzalez	M66	
5:02:37	Hiroshi Kitada	M48		53:58	Ed James	M67	
5:04:16	Sal Carretta	M56		54:05	Arnie Gore	M70+	1
7:10:27	Lanny Levit	M63		54:29	Kate Donovan	F54	1
	Team Results			55:35	Maria Romano	F	2
4:33:10	Matt Soja and Benigno Veraz		2	55:35	Sal Carretta	M58	
	James Maloney and Bette			56:08	Mitch Strong	M65	
5:22:26	Clark		3	58:03	James Moloney	M49	
				1:01:16	Jose Cooper	M63	
				1:03:53	Dennis Burns	M66	
	Run for the Parks 4M			1:06:36	Wanda Bills	F	
	April 21, 2013			1:07:25	Edith Jones	F72	
24:43	David Kornacker	M48	6	1:12:00	Susan Epstein	F60-69	1
28:11	Reggie Cedeno	M32		1:13:43	Kathy O'Donnell	F45	
30:40	Salvatore Carretta Jr	M56					
					Norhtface Challenge		

	Bear Mountain May4-5			1:10:43	Andrea Rafael	F45	
	50 Mile			1:26:33	Ramon Minaya	M73	
10:45	Kevin Shelton- Smith	M52	7				
34 mi	Beni Veraz	M58			Japan Run 4M		
					May 12, 2013		
	50K			25:56	Danielle Rosario-Mullen	F32	
5:43:33	Barry Janay	M32	6	29:11	Rick Bloomer	M49	
7:15:54	Hiroshi Kitada	M48		32:49	Stephen McMullan	M36	
7:19:44	Zach Ikkanda	M		34:04	Kathryn Donovan	F54	
	1/2 marathon			35:42	Edward James	M66	
2:23:57	Adam Golovizski	M38		44:02	Andrea Rafael	F45	
2:54:25	Bette Clark	F57	3				
3:04:41	Rick Bloomer	M49			Rubin Run 5K		
					May 12, 2013		
	10K				Tenafly, N.J.		
58:34	Erica Hubbard	F34	6	20:04	Peter Coy	M55	2
	Long Island Marathon				LATE RESULTS		
	Eisenhower Pk May 5						
3:06:54	Sean Moore	M49	PR		Brooklyn Hot Chocolate 10K		
3:39:02	Julienne Bell-Smith	F31			Jan. 26, 2013		
4:01:31	Salvatore Carretta Jr	M56			Prospect Park		
4:27:59	John McCarthy	M53		51:07	Maryann Khinda	F33	
5:21:28	Ed James	M66					
	1/2 marathon				Riverside Park Hot Chocolate		
1:42:57	John Farrelly	M44	PR		10K		
1:51:58	Dominga Jensen	F			Feb. 2, 2013		
2:10:28	Marysol Ruiz-Zapata	F46			Riverside Park		
2:35:40	Martina Cepeda	F		51:11	Maryann Khinda	F33	
	YM-YWHA 5K & 10K				Cherry Tree 10M		
	Riverdale May 5				Feb. 17, 2013		
36:05	Bobby Asher	M27	1OV		Philadelphia		
	Yazmin Vando-Flores	F		58:49	Kyle Hall	M35	2
	Divas 1/2 Marathon				Taconic RR Freezer 5M		
	San Francisco May 5				Feb. 17, 2013		
1:30:40	Melissa Weiner	F35	1		FDR State Park		
1:33:44	Dara Filut	F	2		Maryann Khinda	F33	
	Binghamton 1/2 Marathon			40:35			
1:38:38	Paulina Nunez		PR				
	UAE Healthy Kidney 10K						
	May 11, 2013						
40:30	Sean Moore	M49	8				
46:25	Lauren Valentino	F35					
46:47	Miles Moloney	M23					
55:28	Edward James	M66					
57:28	Leoni Parker	F48					
1:08:28	Katie Sullivan	F30					

Van Cortlandt Track Club
 Golf Outing and BBQ
 See page 6 or
www.vctcorg for details

CLUB NEWS

Membership: *Please renew your membership which was due 1/1/13* (If you haven't already). Membership rates are: single-\$20; family-\$30. 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 Please e-mail Gene Westling or Rick Bloomer with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings/Workouts: For 2013: 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 July/August issue is June 25, 2013. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or ogard777@yahoo.com via the Yahoo group page and try to include a photo.

Race times: Remember to send race times to Peter Coy 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

Summer Series: Our 5K Summer Series begins Thursday, May 23rd at 7 p.m. at The T&H Statue, then every other Thursday until mid-August. Please come out and help.

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471