

---

## Van Cortlandt Track Club newsletter

# My Running Addiction

by Kyle Hall

Could it have been me? I don't think the "addictive personality," as I've heard it called, would be from my mom's side. On my dad's side there has been a lot of smoking, drinking, and inattention to changing bad habits. Uncle Bob was an alcoholic. Great guy, but he had to be, downing more than a twelve pack each day (he still somehow survived to 84 years). Would I be a partner in this current heroin trend if not for my drug substitute?

The more I race, the more often I want to race. Ever willing to endure the anxiety; the bad sanitary conditions (think: port o'johns for a race of tens of thousands); the fitful pre-race nights and extremely early mornings. I push through this knowing my body already carries within all the drugs it needs. "Runner's High" may not come often, but the discipline inherent in awaiting its arrival makes it worth the while.

Just before the start of a race, I often, if not always, have flashes of thoughts with origins in my id. Thoughts attempting to derail me. "It's humid today...my legs are fatigued...I didn't sleep well a couple days this week...Why did I sign up for another race so soon after the last one?" Then, I run; after I've squashed the encroaching madness.

"I am a warrior. There is no other option but success. I will succeed."

Mantras pour forth. Legs heat up. Minutes before go-time, that nagging left adductor strain is no more. The dull feelings from tired muscles not yet cured by the miracle of solid sleep are not anywhere to be found. Legs cooperate fully during the warm-up. Arms are "swinging and flowing freely," I tell myself. I am ready. Just a few quick stride-outs to further sharpen the ax. Success is the only option. For family.

Race officials call us to the line. Only two minutes remain. I jump up and down. I crouch. From here to eternity. Today's a good day to die. Godspeed.

"Runners, get ready for your final race instructions. Do we have clearance on the roadway?" The horn sounds (or gun is fired).

So it begins. It is then either a relatively relaxed moderately hard pace for a half marathon, for instance, or a no holds barred breath taker for five kilometers. No matter how it begins, there is the anticipation of "The High". There is a certain high in simply starting.

Rushing out of the gate. Photographers and videographers clicking away, filming. How long it lasts depends a lot on one's state of fitness and rest. A strong base of training combined with proper nutrition (vegan diet for me), vital rest and recovery, and mental focus can be a lethal (*continued page 3*)



*Kyle satisfies a craving at the Bronx 10*

## Coaches' Corner

*by Ken Rolston*

*Ahh*, Fall ! Cool breezes, crisp air, windows open at night, low humidity and running conditions that almost justify the sweat and pain of the past few months. Suddenly it's not so hard to run well and with less effort whether it's a swift mile or one of the many fall marathons and half marathons on your schedule.

Please enjoy the experience of traveling to a race, getting to know your team mates a little better and running with esprit. It's easy to get keyed up for a particular race but the bigger picture emerges in which the experience surrounding the race becomes the lasting memory.

I look forward to my favorite race, the 5<sup>th</sup> Ave Mile, because the format gives us the chance to cheer and be cheered by VCTC. And then we get to watch the fastest milers in the world churn down 5<sup>th</sup> Ave. What can be better ?

Tuesday night workouts will abruptly shift in emphasis from the shorter training to the longer mile repeat, Yasso halves and other overdistance type of work. We will stay on the track until early December. Enjoy the cool days, breezy nights and some great races this autumn !

### ***Upcoming races:***

Sat 9-21- 10AM- Woodlawn Run for a Cause 5K  
 Sun 9-22- Various- 5<sup>th</sup> Ave Mile, 80<sup>th</sup> St & 5<sup>th</sup> Ave, NYC \*\*  
 Sun 9-22- 9 AM- Pfalz Point Trail Challenge 10 m  
 Sat 9-28- 8 AM- Hamptons marathon and ½ marathon

Sun 9-29- 8 AM- Bronx 10 mile, 166<sup>th</sup> & Grand Concourse  
 Sun 9-29- 8 AM- Yonkers Marathon, ½ marathon  
 Sun 9-29- 9:30- Tunnel to Towers 5K, Brooklyn  
 Sun 10- 6- 8 AM- Grete's Gallop ½ marathon \*\*  
 Sun 10- 6- 9 AM- Wineglass Marathon/½ marathon, Corning  
 Sun 10- 6- 8 AM- Diva's ½ marathon, Eisenhower Park  
 Sun 10- 6- 8:30- Ridgefield ½ marathon, Ridgefield, CT  
 Sun 10- 6- 9 AM- Paine to Pain Classic ½ marathon, NRochele  
 Sat 10-12-8 AM- Greater Hartford marathon  
 Sun 10-13-8 AM- Chicago Marathon  
 Sun 10-13-8 AM- Steamtown Marathon, Scranton, Pa  
 Sun 10-13-8:30- Hudson-Mohawk Marathon, Schenectady  
 Sun 10-13-9:30- Staten Island ½  
 continued next page column 3

### **Van Cortlandt Track Club 2013 Board of Directors**

President: Bette Clark  
 Secretary: Dick Conley

Vice President: Dave King  
 Treasurer: Hiroshi Kitada, Assistant: Jill Staats

### **2013 Executive Committee**

Social Directors: Jill Staats, Vera King  
 Controllers: Mike and Pat Hudick  
 Public Relations: Steve Lewis, Liam Moroney  
 Clothing Directors: David and Rachel Isaac  
 X-Country Series Race Director: James Moloney Jr.

Newsletter Editors: Dave King, Norris Ogard  
 Membership Director: Gene Westling, Rick Bloomer  
 Athletic Director: Ken Rolston, Asst: Glen Shane  
 UEC Race Director: Hiroshi Kitada  
 Website Committee: Jeff Powell, Kevin Shelton-Smith, Maryann Khinda, Mandi Susman

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

combination for competitors. And if it's the right day, preferably a cool one (45 degrees is perfect), prepare for the rush.

Running free facilitates things quite well. No watch. No clocks in the final four miles of the 2011 Kentucky Derby Festival Mini-Marathon, in Louisville. No more conception of pace after mile nine. I ran free. With a goal of 1:17:40 and not having run faster than 1:17:55 since 2001, I felt no discomfort as my pace seemingly quickened rather than slowed while the half marathon distance extended.

"Give all, give everything, give blood." Often said, not always done. On that day in April of 2011, I did---with fire. The second wind arrived. The rush on an otherwise calm morning pushed me along. Guys ahead breathed heavily, barely intact, glancing over at me meekly as I zoomed by. I was in the place runners yearn for. Where we strive to be. I was high.

The final two turns came up, just after passing under the convention center.

Unbeknownst to me at the time, I passed by my former Seneca High teammate Jen's husband, a strong runner and now college coach. With no idea as to what the clock would look like, I looked ahead as I ran toward River Road, the

Ohio River straight ahead, and saw: 1:16:20.

That race made me realize almost more than any other the power of the all-natural high. The endorphin rush that's like gasoline in my veins. It not only gave me a really good day on that April 30, 2011, it compelled me to train harder. Dream larger. And although I spend much of my life reminiscing, I agree that life cannot be lived in the past exclusively. Victories serve as inspiration but holding on to them too tightly may disallow one the oxygen and presence of mind necessary to achieve the next goal.

As I move forward, I employ The High and past races as motivation. They are guides for training, not endpoints. I thank God every morning for my health. Before every single tablet of Levoxyl that I take, I say a little prayer. For those who are in need and do not have needed medications. For the opportunity to go out and live. For family and friends. For life in all its radiant abundance. May I use my time wisely. I pray. There is still so much farther to go...

### ***Upcoming Races continued***

Sun 10-13-8:30- Westchester Running Festival ½ marathon

Sun 10-13-11:30- Harry Murphy 5K, Van Cortlandt Park

Sun 10-20-8 AM- Hambletonian Marathon, Goshen, NY

Sun 10-20-9 AM- Paramus Run 5K/10K

Sun 10-20-11:30- Kurt Steiner 5K, Van Cortlandt Park

Sun 10-20-12:30- Harry Chapin 10K, Croton, NY

Sat 10-26- 9 AM- Rocky's Trail Benefit Run- Pocantico

Sun 10-27-8:30- Marine Corps Marathon, Washington DC

Sun 10-27-8:30- Marathon Kick-off 5m, Central Park

Sun 11-3- 9:40- NY Marathon, \*\* Staten Island

## **Annual Sidewalk Sale**

Bronxville, N. Y. 10708  
**Bronxville Running Company(52 Pondfield Rd)** will be selling various shoes and apparel for up to 50% off. Come and get big bargains on running stuff.

*Friday, October 4 and  
Saturday, October 5, 10 a.m.  
until 7 p.m.*



# How To Run The 5th Ave Mile

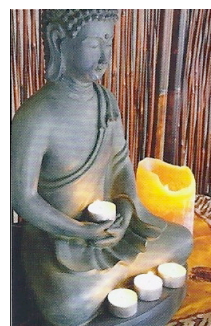
by Ken Rolston

One of the coolest running days in the calendar is coming upon us, the 5<sup>th</sup> Ave Mile. It's only a mile, right? Well, there's a lot more to it than meets the eye. So, I thought you might enjoy some tips that will help you negotiate this great course.

The race will take place on Sunday September 22. The race starts at 80<sup>th</sup> St and ends on 60<sup>th</sup>. Races are run in 15 minute intervals for the most part, generally progressing from the youngest to the oldest, and then to the top milers in the world.

Here are the scheduled race times:

Wheelchair- 8:45  
 Women 15-29- 8:55  
 Men 15-29- 9:10  
 Women 30-39- 9:25  
 Men 30-34- 9:40  
 Men 35-39- 9:55  
 Women 40-49- 10:10  
 Men 40-49- 10:25  
 Men/Women 50-59- 10:40  
 Men/ Women 60-69- 11:00  
 Men/Women 70 plus – 11:20  
 Media Race- 11:45  
 NYRR local elite women- 12:15  
 NYRR local elite men- 12:30  
 Pro Women- 12:45  
 Pro Men- 1:00  
 Kids 8-14- 1:15



## Bronxville Wellness Sanctuary

Holistic in every sense.

14 Studio Arcade  
 Bronxville, NY 10708  
 phone: (914) 337-9356

web: [www.bronxvillewellness.com](http://www.bronxvillewellness.com)  
 email: [info@bronxvillewellness.com](mailto:info@bronxvillewellness.com)

### MASSAGE & BODYWORK

Our massages include Swedish, Deep Tissue, Hot Stones, and more. Our rates are based on the time, not the technique(s) applied. We don't believe in charging you extra for the details of the treatment you need.

30 minutes \$50, 45 minutes \$75  
 60 minutes \$100, 90 minutes \$145

Series of 5, 60-minute massage  
 \$450 (\$50 savings)  
 Series of 5, 90-minute massage  
 \$650 (\$75 savings)

#### Signature Wellness Massage

Relax and unwind with a customized massage you will experience only here at Bronxville Wellness Sanctuary. Therapist incorporates Swedish and Deep Tissue techniques using Hot Stones for ultimate relaxation. You'll leave with your mind refreshed and your energy restored.

#### Swedish Massage

The classic therapeutic body massage. A wonderful way to relax your mind and body.

#### Deep Tissue Massage

Addresses the deeper layers of muscles and tendons.

#### Hot Stone Massage

The therapist melts your tension and stress away using warm, smooth stone massage blended with traditional Swedish techniques for a deeper relaxation experience.

#### Shiatsu

Therapist uses a combination of finger and palm pressure, stretches, and other massage techniques to alleviate muscle pain and foster relaxation. Shiatsu can also be used to help cope with stress, nausea, anxiety, and depression.

#### Myofascial

Designed to free trapped patterns of pain and discomfort in the body due to repetitive motion or trauma by entering the fascial system. Range of motion and elasticity are easily restored to the tissue without being invasive.



### Neuromuscular

Utilizes static pressure on specific trigger points to relieve pain. Manipulates soft tissue of the body to balance the nervous system and promote overall health.

### Medical Massage

Designed to work on specific problem areas and assist in relieving discomfort by stretching and applying Swedish and Deep Tissue techniques as needed.

### 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  
 -Increased concentration, more peace of mind  
 -Greater self-awareness, deeper sense of connection

### Learn To Meditate

45-minute session, \$50  
 Series of 6, 30-minute sessions, \$250

## Bronxville Running Company

Apparel sale/last year's shoe models:  
 20-50% off

VCTC discount on non-sale items

[www.run.com](http://www.run.com)



Bronxville Running Company

52 Pondfield Road  
 Bronxville, NY 10708  
 914-337-7177

[www.therunningcompany.net](http://www.therunningcompany.net)

- 
- Tip 1- Get there early, at least an hour before your race. Try to go near the finish line to get a sense of the scene, and use your trek back to the start as a 1 mile warmup. You'll be amazed to see how much of a drop occurs just past the ½ mile point. Also note the uphill portion from the ¼ mile to the ½.
  - Tip 2- The area behind the start at 80<sup>th</sup> St is clear all the way up to 84<sup>th</sup> St in front of the Metropolitan Museum. Make sure that you've loosened up during your run up 5<sup>th</sup> Ave. If not take additional time to warm up slowly. Then do 4-6 strideouts of 20 seconds, about one block in distance. You need to be completely warmed up before you race.
  - Tip 3- The start is a bit of a funnel, especially for racers in their 20's and 30's. Those races are crowded ! Once you get through the start, you have the entire width of 5<sup>th</sup> Avenue to find a lane for yourself. Be prepared to deal with being cut off. Keep composed. Take advantage of gaps to get past slower runners. Some runners opt to wait a minute or two to take advantage of chip timing and give themselves a clearer berth at the start.
  - Tip 4- First ¼, 80<sup>th</sup> to 75<sup>th</sup>. With all the excitement in the air there's a tendency to charge out at the beginning of the race. Added to that is the slight downhill as the race unfolds. Try to find the difference between a "crisp" start and a suicidal one by consciously holding back. Generally you'll be 4-6 seconds faster than your goal pace.
  - Tip 5- Second ¼, 75<sup>th</sup> to 70<sup>th</sup>. Now you've settled into a reasonable pace with a clear pathway. Do not be alarmed if your time for this segment is 6-10 seconds slower unless you've blown out way too fast in quarter 1. You do NOT want to greet 70<sup>th</sup> St DOA !! Make sure to maintain a short stride for the uphill portion from 72-70<sup>th</sup>. Keep your effort relaxed here.
  - Tip 6- Third ¼, 70<sup>th</sup> to 65<sup>th</sup>. Typically the 3<sup>rd</sup> quarter of the mile is the hardest one but since you've run wisely enough to have plenty of gas left in the tank, now is the time to take advantage. You've reached the top of the course and now the finish line is visible. Tempting as it is to take off, a little restraint is needed as you gather yourself for the charge downhill. Make sure to lean forward with the downhill and negotiate this quarter with confidence. Ensure that your legs are turning over, don't waste time in the air. Your friends from VCTC are waiting for you just past 65<sup>th</sup> St and there will be noise !
  - Tip 7- final ¼ 65<sup>th</sup> to 60<sup>th</sup>. The crowds are thickening and the adrenaline is surging. Now is the time to open up. The rest of the way is flat. As you approach the "200 to go ! " sign, think back to the 200's you've run on the track. Do the math. Use your arms. The crowd, the clock and the finish line await. You've done it.
  - Tip 8- Aftermath- Revel in your accomplishment, take in the air. Gasp a little. Acknowledge your runners-in-arms. Drink some water. Work your way back to our spot on the park side between 64<sup>th</sup> and 65<sup>th</sup>. Get ready to cheer for the next wave of runners. Seek purple comrades. Cheer for Sal. Repeatedly ! See several of our runners surpass the 80% Age Grade. Watch with disbelief as the pros utterly scorch the last quarter. Top women will run around 4:25. Top men will be near 3:50. #
-

# Race Report

## **Train, Taper, Race, Recover:** **Self Transcendence** **Marathon August 23<sup>rd</sup> 2013**

*by Carolyn Hehir*

‘If I twist an ankle I’m going to wring someone’s neck... it should be my own, as I’ll have no one to blame but myself.’ Prompted by Monica Harrington’s facebook post and abetted by David King’s moon predictions, some hardy souls were out for a moon lit night run. I overheard Bette Clark (or was it Jill Staats?) say ‘you can’t

see the hills in the dark. And you can’t feel it running up them.’ I agreed. James ManiacFortysevenhundred lived up to his name and did a second loop of the back hills. By himself. With no light. (We considered recovery plans in case hours passed and he hadn’t reappeared). It was a Wednesday night and I was scheduled to run a marathon in less than 36 hours. What was I doing here!? Tapering, of course.

Two days later I qualified for Boston. It’s something I hoped and trained for but not something I actually expected to do. I needed to run a 3:40. Official finishing time: 3:39:01.

The training began two and a half months earlier. June 8<sup>th</sup> Women’s Mini 10k. This race got tagged as the litmus test for marathon training. I needed to run a 47:25, as that time predicted a 3:40 marathon. I did the first half in a pace I had no business running, struggled through the second half and finished in 47:38, a bit over but within spitting distance. I felt it was close enough. Let the marathon training begin.

I’d picked up a copy of *Run Less, Run Faster*, a training plan recommended by Ken Rolston and seconded by Anna Carlson. This book provided the litmus test 10k time. Just about

## **HUNTE LAW GROUP, P.C.**

**ADRIAN C. HUNTE, ESQ.**

P. O. Box 97  
Mohegan Lake, New York 10547

Telephone: (914) 526-1000; Fax: (914) 526-3106

E-mail: [info@huntelaw.com](mailto:info@huntelaw.com)

Website: <http://www.huntelaw.com>

Hunte Law Group, P.C., represents individuals, and also provides corporate, administrative and regulatory legal services to the beverage alcohol and hospitality industries. The firm represents wineries, breweries, distilleries, restaurants, wine and spirits stores, delis, gas stations, golf courses, hotels, manufacturers, wholesalers and retailers. Adrian C. Hunte, founder of the firm, with over twenty years of experience, is a former General Counsel to the New York State Liquor Authority.

- State and Federal Alcohol Licensing/Industry Compliance
- Trademarks/Intellectual Property
- Zoning/Land Use/Environmental Law
- Real Estate Leasing, Purchase, or Sale
- Commercial Litigation
- Violation of the ABC Law Criminal/Administrative Charges
- Business Transactions/Starting, Buying or Selling a Business
- Estate Planning/Wills, Trusts/Succession Agreements/Special Needs
- Personal Injury

***We Accept Credit Cards and Payments On-line***

(continued page 7) every race I've run since, I check the race predictors (Runners World, McMillan... ) afterwards. The results bounced around, as slow as 3:55, as fast as 3:35. Run Less, Run Faster calls for three quality runs (speed, tempo and long) and two cross training workouts (swimming, cycling or rowing) each week. I didn't skip a long run (the same couldn't be said for the prior year's marathon effort); did weekly speed, mainly with VCTC hills or Nike group in Central Park; and weekly tempo- some shorter races, such as VCTC 5k X-C series and Putnam July 4<sup>th</sup> 8 miler, were run as tempo workouts.

I've heard some runners find it hard to reign themselves in for the taper. Not me! Tapering is probably my favorite part of a training schedule. Rivalled only by "rest and recovery". The Tuesday before the marathon, while VCTC did 800s and 200s on the track, I did an easy 5 mile run that included two loops of the back hills. Blissfully, there was no pace to keep on this run, just enjoy the ups and downs of the hills. The next night, it was a 1.5 mile moon lit run of those same hills.

Friday 8/23/2013, 7am Rockland State Park: 8:23 is the exact per mile pace for a 3:40 marathon. The race plan was to run the first 20-22 miles in 8:10/ 8:20 pace and, hopefully, at mile 20-22 feel

good enough to gradually pick up the pace through the finish. The race went nothing according to plan.

Self-Transcendence is a gun time race- no chips, so I stood right at the starting line. As such, I was surrounded by the speediest runners of the race. The first mile was run under their influence. Gun. I took off. Self assessment: 'am I running too fast? Is this an 8:10/8:20 pace? What does an 8:20 pace feel like...' My breathing was heavy... Garmin indication for the first mile: 7:17. 'O s\*\*t. That's way too fast. I'd better take it easy or will pay for it soon enough.' [If you don't think 7:17 is fast (it's not for some) consider that I'd run the Team Champs 5 mile race 3 weeks earlier, at 100% effort, in a 7:21 per mile pace.] I slowed but not enough: 7:34, 7:47, 7:47, 8:03, 7:50, 7:55... 9 miles done and body felt like it hadn't even started running yet. Surely a good sign ...

I reached the half way mark around 1:45, 5 minutes ahead of schedule. Garmin indicated the  $\frac{3}{4}$  mark (mile 19.75) at 2:39:50, 5:10 under pace. I hadn't gained ground since the half but hadn't lost any either. Hope from there: run the last 6 miles in 8:20/8:23 pace and hang on to that 5 minute advantage. It wasn't to be. From mile 21 or so on, the effort it took to run each of those miles, at a gradually slowing pace, was

SO MUCH GREATER than the quickly dropping miles of the first half. Mile 21 on: 8:33, 8:42, 8:52, 8:58, 9:07. I pulled it together for mile 26: 8:21.

Ah the variables of marathon running. The weather: I lucked out, it was overcast and not too hot. Had it been a warmer day I most likely would not have run under 3:40. When nature calls: I didn't have to use the bathroom during the race. Can you absolutely plan this? No! If I'd had to use the bathroom I probably wouldn't have reached the finish line by 3:40. "Run the corners": I'd heard this notion. Stick to the inner most side of the course, from where the race distance is measured. Per Garmin, I ran an extra third of a mile or so (2+ minutes of running) over the Self Transcendence course. Had I stuck to an 8:23 per mile pace, when the finishing clock struck 3:40, I would have still been on the course with about 600 meters to go.

Well, it's done. I did it. Fantastic. I need to sit down. These nice people in the tent are giving me cold compresses and asking if I want to get in a huge bucket of ice water. No way! I'd probably freak out and start convulsing in there. Actually I need to keep walking. Legs aren't moving that well. Watermelon tastes SO good. Where's the latrine? I need to knead my calves. Lie

*(continued next page)*



on my back and, legs in the air, knead ...

It's now time to rest and recover. And, I'm signed up to run the Wineglass Marathon on October 6<sup>th</sup>. The plan is: 2 weeks recover (so far so good), 2 weeks training, 2 weeks taper. Can't wait for the taper. Wineglass has pacers. I may ambitiously join the 3:35 pace group, and they will lead even splits. Albeit, whatever actually happens on race day is bound to be a surprise. And there might be another night run before then. I hear there's a Harvest Moon on the horizon...#

## Club Business

*by Maryanne Khinda*

*We* are looking for volunteers for the Van Cortlandt TC Communications Committee. We are looking for anyone with an interest (we will train you!) in websites, marketing, social media or communications methods as a whole. Experience in these areas would be wonderful and preferred, but not necessary!

### **Responsibilities Include:**

- Promote and Distribute info on VCTC races and events
- Ensure we reach all VCTC team members via one

method or another- Meet with the team regularly to discuss and organize plans and events

- The way it works, there will be a Chain of Command:
- Board/Race Director/Team Member sends request to CC team
- CC Team splits up tasks by group owner

There are a few Channels or Modes of Communication for us to pass the message through:

- Email
- Website
- Facebook
- Twitter
- Google Plus
- Parcel Post
- Flyers to hand out
- 

We have subcommittees within the Communications Committee, each of with have specific duties:

### **Marketing/Communications:**

- Create Flyers & Emails
- Keep a valid email list for advertising
- Contact other NYRR teams & race websites to advertise our races
- Promote races and events via all channels of communication
- 

### **Social Media:**

- Facebook Gatekeeper

- Promote events with marketing team
- Approve members on Facebook and Twitter
- Monitor Content for appropriateness
- Disseminate info on races and events through this channels
- 

### **Website:**

- Approve members for Club Members Only group
- Approve members to site
- Regularly update Headlines/News
- Regularly update general content
- Update calendar with races and events
- Create race/web pages
- Post Pictures
- Monitor Content
- Distribute Info
- Archive Info - Post Meeting Minutes, Newsletters, PRs to site
- Upload race results

***Are you interested? Want to hear more?*** There will be a Website Training for Users and for Admins. Date - Saturday, 10/12, during the VCTC Club Members meeting. Come and Check it out! Or contact Maryann for further details [MTKHINDA@aol.com](mailto:MTKHINDA@aol.com).



# Race Results

|   |                       |        |           |
|---|-----------------------|--------|-----------|
| Long Island 5K for Women<br>July 13, 2013<br>Farmingdale, N.Y.          |                       |        |           |
| 22:43   | Andie Davis           | F50-54 | 4         |
| MLB All-Star 5K<br>July 13, 2013<br>Prospect Park, Brooklyn             |                       |        |           |
| 21:51   | Doug Clayton          | M38    |           |
| 22:15   | Giovanni Rivera       | M29    |           |
| 23:05   | Carolyn Hehir         | F35    | 10        |
| 24:31   | Salvatore Carretta Jr | M57    | 10        |
| 25:31   | Lyndsey Dore          | F36    |           |
| 27:40   | Ariel Cruz            | M37    |           |
| 28:08   | Melissa Gonzalez      | F33    |           |
| 28:34   | Carlos Lopez          | M32    |           |
| 33:33   | Richard Fernandez     | M29    |           |
| 34:46   | Michelle Conley       | F25    |           |
| 34:46   | Tim Spillane          | M26    |           |
| USCAA Track Championship<br>Sat./Sun July 13/14<br>San Ramon California |                       |        |           |
| 5k(Sat)   |                       |        |           |
| 21:25   | David King            | M63    | 1st 60-69 |
| 10k(Sun)  |                       |        |           |
| 44:56   | David King            | M63    | 1st 60-69 |
| XC Summer Series #5<br>July 18, 2013<br>Van Cortlandt Park              |                       |        |           |
| 19:16   | Kevin Shelton-Smith   | M53    | 1st 50-59 |
| 19:52   | Matt Soja             | M30    | 2nd 30-39 |
| 20:32   | Miles Moloney         | M23    | 3rd 20-29 |
| 20:56   | Jimmy Atkins          | M52    | 2nd 50-59 |
| 21:05   | Jeff Powell           | M41    | 3rd 40-49 |
| 21:09   | David Rios            | M36    | 3rd 30-39 |
| 21:31   | Daniel Hennessy       | M48    |           |
| 21:56   | Beni Veraz            | M58    | 3rd 50-59 |
| 22:00   | Paulina Nunez         | F23    | 1st 20-29 |
| 22:09   | John Pelliccia        | M24    |           |
| 23:58   | Chancellor Minus      | M46    |           |
| 23:58   | Adriano Guzman        | M59    |           |
| 24:22   | Dominic Lombardo      | M46    |           |
| 24:28   | Tony Gonzalez         | M67    | 1st 60-69 |

|   |                        |        |           |
|---|------------------------|--------|-----------|
| 25:01   | Carolyn Hehir          | F35    | 2nd 30-39 |
| 25:14   | Jack Dailey            | M15    |           |
| 25:27   | Salvatore Carretta Jr. | M56    |           |
| 25:56   | Jordan Laks            | M37    |           |
| 25:57   | Lyndsey Dore           | F36    |           |
| 26:40   | Erica Hubbard          | F33    |           |
| 26:53   | Lorraine Clarke        | F31    |           |
| 27:20   | Dennis Martinez        | M31    |           |
| 27:27   | Michael Dailey         | M49    |           |
| 27:40   | Maryann Khinda         | F33    |           |
| 28:10   | John Rau               | M67    | 2nd 60-69 |
| 28:11   | Monica Harrington      | F38    |           |
| 28:56   | Andreas Stresemann     | M54    |           |
| 29:28   | Jill Staats            | F61    | 1st 60-69 |
| 30:04   | Eileen Hickey          | F31    |           |
| 31:30   | Karina Rieke           | F41    |           |
| 31:33   | Fallon Kolinowski      | F23    |           |
| 32:49   | Margaret Nolan         | F53    | 1st 50-59 |
| 34:33   | Jorge Pina             | M53    |           |
| Runner's Edge<br>Women's 5K<br>July 21, 2013<br>Farmingdale, N.Y.           |                        |        |           |
| 24:40   | Fran Kraus-Schmidt     | F55-59 | 5         |
| NYRR 5-Borough<br>Series 10K<br>July 21, 2013<br>Flushing Meadow,<br>Queens |                        |        |           |
| 33:28   | Bobby Asher            | M28    | 3         |
| 41:16   | Laura Rodriguez        | F33    | 2         |
| 42:50   | Kevin Mulvey           | M25    |           |
| 42:57   | Miles Moloney          | M23    |           |
| 43:07   | Sean Moore             | M49    |           |
| 43:48   | Benigno Veraz          | M58    | 3         |
| 44:18   | Christopher Urena      | M23    |           |
| 45:12   | Zachary Ikkanda        | M35    |           |
| 45:40   | Antenor Arganaraz      | M38    |           |
| 46:17   | Doug Clayton           | M38    |           |
| 46:48   | David Monahan          | M62    | 7         |
| 47:14   | Orlando Gonzalez       | M33    |           |
| 47:40   | Liam Moroney           | M28    |           |
| 48:34   | Michael Kearney        | M34    |           |
| 48:50   | Tom Long               | M41    |           |
| 50:48   | Salvatore Carretta Jr  | M57    |           |
| 52:57   | John Farrelly          | M44    |           |
| 54:14   | Stephany Evans         | F55    | 6         |
| 55:20   | Dennis Martinez        | M31    |           |
| 55:42   | Monica Harrington      | F39    |           |
| 56:30   | Edward James           | M67    | 10        |
| 56:49   | Ariel Cruz             | M37    |           |
| 56:58   | Karen Rice             | F36    |           |

|         |                             |     |                |         |                              |        |    |
|---------|-----------------------------|-----|----------------|---------|------------------------------|--------|----|
| 58:02   | Karina Rieke                | F41 |                | 29:12   | Garland Days                 | M43    |    |
| 58:42   | Enrique Jaen                | M48 |                | 29:43   | Kevin Shelton-Smith          | M53    | 2  |
| 1:00:48 | Melissa Gonzalez            | F33 |                | 30:39   | Barry Janay                  | M35    |    |
| 1:03:12 | leonardo vando              | M37 |                | 31:34   | Jimmy Atkins                 | M53    | 7  |
| 1:07:24 | Katie Sullivan              | F30 |                | 32:00   | David Rios                   | M37    |    |
| 1:09:06 | Andrea Rafael               | F45 |                | 32:17   | Sean Moore                   | M49    |    |
| 1:12:19 | Zoragina Castillo           | F27 |                | 32:43   | Miles Moloney                | M23    |    |
| 1:24:18 | Sangini Dave                | F42 |                | 32:43   | David Kornacker              | M49    |    |
|         | Dr. Ed Morgan Grand Slam 4M |     |                | 32:53   | David Feinstein              | M39    |    |
|         | July 27, 2013               |     |                | 33:08   | Aaron Lipskar                | M37    |    |
|         | Louisville, Ky.             |     |                | 33:27   | Benigno Veraz                | M58    |    |
| 21:53   | Kyle Hall                   |     | 2              | 33:38   | Daniel Hennessy              | M48    |    |
|         | XC Summer Series #6         |     |                | 34:13   | John Pelliccia               | M24    |    |
|         | Aug. 1, 2013                |     |                | 34:17   | Rodolfo Diluca               | M39    |    |
|         | Van Cortlandt Park          |     |                | 35:09   | Anthony Thoman               | M50    |    |
| 17.40   | Bobby Asher                 | M28 | 2nd 20-29      | 35:32   | David King                   | M63    |    |
| 18.58   | Matt Soja                   | M30 | 1st 30-39      | 35:49   | Kevin Mulvey                 | M25    |    |
| 19.33   | Kevin Shelton-Smith         | M53 | 1st 50-59      | 35:59   | David Rippon                 | M44    |    |
| 20.33   | Jimmy Atkins                | M52 | 2nd 50-59      | 36:18   | Reggie Cedeno                | M33    |    |
| 21.24   | Beni Veraz                  | M58 | 3rd 50-59      | 36:31   | Orlando Gonzalez             | M33    |    |
| 22.00   | Anthony Thoman              | M50 |                | 36:55   | Rick Bloomer                 | M49    |    |
| 23.29   | Hiroshi Kitada              | M47 |                | 37:27   | David Monahan                | M62    |    |
| 23.43   | Terence Squires             | M35 |                | 37:30   | Juan Gonzalez                | M67    | 5  |
| 24.00   | Emily Rau                   | F32 | 2nd 30-39      | 37:32   | Hiroshi Kitada               | M47    |    |
| 24.18   | Chancellor Minus            | M46 |                | 38:11   | Paul Arroyo                  | M47    |    |
| 24.59   | Lorraine Clarke             | F31 |                | 38:30   | Salvatore Carretta Jr        | M57    |    |
| 25.01   | Paul Arroyo                 | M42 |                | 39:18   | Ken Rolston                  | M61    |    |
| 25.04   | Tony Gonzalez               | M67 | 2nd 60-69      | 39:36   | Leonardo Vando               | M37    |    |
| 26.02   | Miles Moloney               | M23 |                | 41:30   | John Rau                     | M67    |    |
| 26.12   | Erica Hubbard               | F33 |                | 43:32   | Ariel Cruz                   | M37    |    |
| 26.28   | Rick Bloomer                | M49 |                | 43:33   | David Pultz                  | M61    |    |
| 26.29   | Jordan Laks                 | M37 |                | 43:43   | Edward James                 | M67    |    |
| 26.46   | Stephany Evans              | F55 | 2nd 50-59      | 44:28   | Arnold Gore                  | M72    | 7  |
| 27.02   | Monica Harrington           | F38 |                | 44:44   | John Farrelly                | M44    |    |
| 27.45   | Andreas Stresemann          | M54 |                | 45:25   | John McCarthy                | M54    |    |
| 28.53   | Salvatore Carretta Jr.      | M56 |                | 50:52   | Bill Smith                   | M68    |    |
| 29.18   | Eileen Hickey               | F31 |                | 1:03:43 | Fernando Ruiz                | M81    | 2  |
| 29.22   | Tami Luhby                  | F42 | 2nd 40-49      |         | Massapequa Merchants Mile    |        |    |
| 30.00   | Colin Thoman                | M10 | 2nd 14 & under | 6:42    | Aug. 3, 2013                 |        |    |
| 31.15   | Shirley Middleton           | F59 |                |         | Andie Davis                  |        |    |
| 32.22   | Jorge Pina                  | M53 |                | 7:16    | Fran Kraus-Schmidt           | F55-59 | 2  |
| 33.55   | Margaret Nolan              | F53 |                |         |                              |        |    |
|         | Rolling Thunder 2.9M        |     |                |         | Women's Team Championship 5M |        |    |
|         | Aug. 3, 2013                |     |                |         | Aug. 3, 2013                 |        |    |
|         | Elizabethtown, Ky.          |     |                | 31:24   | Anna Carlson                 | F30    |    |
| 16:19   | Kyle Hall                   |     | 10V            | 32:41   | Laura Rodriguez              | F33    |    |
|         | Men's Team Championship 5M  |     |                | 32:43   | Melissa Weiner               | F35    | 4  |
|         | Aug. 3, 2013                |     |                | 34:01   | Julienne Bell-Smith          | F31    |    |
| 25:43   | Bobby Asher                 | M28 |                | 34:09   | Paulina Nunez                | F23    | 10 |
| 28:36   | Matt Soja                   | M30 |                | 35:35   | Gail Machado                 | F26    |    |
| 28:57   | Marcos Duarte               | M39 |                | 36:04   | Alison Whitehead             | F32    |    |
|         |                             |     |                | 36:41   | Carolyn Hehir                | F36    |    |
|         |                             |     |                | 37:49   | Emily Rau                    | F32    |    |

|         |                       |     |           |       |                        |     |               |
|---------|-----------------------|-----|-----------|-------|------------------------|-----|---------------|
| 38:46   | Mercedes Zegarra-Soja | F29 |           | 25.39 | Jack Dailey            | M15 |               |
| 39:06   | Monica Harrington     | F39 |           | 26.03 | Stephany Evans         | F55 | 1st 50-59     |
| 39:15   | Lorraine Clarke       | F32 |           | 26.34 | Jill Staats            | F61 | 1st 60-69     |
| 39:16   | Erica Hubbard         | F33 |           | 27.15 | Michael Dailey         | M49 |               |
| 39:23   | Bette Clark           | F57 | 6         | 27.38 | John Rau               | M67 |               |
| 39:46   | Patricia Novelli      | F42 |           | 27.58 | Andreas Stresemann     | M54 |               |
| 39:54   | Mandi Susman          | F44 |           | 28.09 | Eileen Hickey          | F31 |               |
| 39:56   | Maureen Burke         | F26 |           | 28.43 | Salvatore Carretta Jr. | M56 |               |
| 42:36   | Jill Staats           | F61 | 3         | 28.44 | Arnold Gore            | M72 | 2nd 70 & over |
| 43:23   | Adrian Hunte Smith    | F59 |           | 28.59 | Tami Luhby             | F42 |               |
| 45:21   | Eileen Hickey         | F31 |           | 29.40 | Karina Rieke           | F41 |               |
| 46:26   | Melissa Gonzalez      | F33 |           | 30.36 | Lorraine Isaac         | F50 | 3rd 50-59     |
| 46:28   | Karina Rieke          | F41 |           | 30.39 | Shirley Middleton      | F59 |               |
| 47:58   | Katie Sullivan        | F30 |           | 30.50 | Margaret Nolan         | F53 |               |
| 49:38   | Margaret Nolan        | F53 |           | 32.47 | Jorge Pina             | M53 |               |
| 51:31   | Yazmin Flores         | F33 |           | 33.40 | Beni Veraz             | M58 |               |
| 52:32   | Andrea Rafael         | F45 |           | 34.12 | Yazmin Flores          | F33 |               |
| 55:22   | Susan Epstein         | F70 | 5         | 37.03 | Susan Epstein          | F70 | 1st 70 & over |
| 1:00:27 | Monika Macezinskas    | F67 |           |       | Percy Sutton Harlem 5K |     |               |
|         | Fastline 5K           |     |           |       | Aug. 24, 2013          |     |               |
|         | Aug. 10, 2013         |     |           | 16:44 | Kyle Hall              | M35 | 1             |
|         | Buckner, Ky.          |     |           | 17:07 | Marcos Duarte          | M39 | 3             |
| 17:00   | Kyle Hall             |     | 1OV       | 18:31 | Chris Ekstrom          | M47 | 2             |
|         | XC Summer Series #7   |     |           | 19:27 | David Kornacker        | M49 | 4             |
|         | Aug. 15, 2013         |     |           | 19:33 | Sean Moore             | M49 | 7             |
|         | Van Cortlandt Park    |     |           | 19:50 | Benigno Veraz          | M58 | 1             |
| 16.11   | Bobby Asher           | M28 | 1st OV    | 20:43 | David Rippon           | M44 |               |
| 17.54   | Matt Soja             | M30 | 3rd 30-39 | 20:47 | David Isaac            | M50 |               |
| 18.44   | Kevin Shelton-Smith   | M53 | 1st 50-59 | 21:05 | Lauren Valentino       | F35 | 4             |
| 19.44   | David Rios            | M36 |           | 21:17 | Rick Bloomer           | M49 |               |
| 20.03   | Jimmy Atkins          | M52 | 2nd 50-59 | 21:23 | Orlando Gonzalez       | M34 |               |
| 20.11   | Jeff Powell           | M41 |           | 21:58 | Reggie Ceden           | M33 |               |
| 20.48   | Fernando Mendoza      | M32 |           | 22:00 | Matthew Newton         | M39 |               |
| 21.13   | Miles Moloney         | M23 |           | 22:49 | Liam Moroney           | M28 |               |
| 21.44   | Laura Rodriguez       | F33 | 1st 30-39 | 22:50 | Maureen Burke          | F26 |               |
| 22.23   | Julienne Bell-Smith   | F31 | 3rd 30-39 | 23:01 | Emily Rau              | F32 |               |
| 22.33   | Chancellor Minus      | M46 |           | 25:37 | Jill Staats            | F61 | 3             |
| 22.58   | Ariano Guzman         | M59 |           | 25:42 | Edward James           | M67 | 4             |
| 23.00   | David Isaac           | M50 |           | 26:13 | David Pultz            | M61 |               |
| 23.29   | Carolyn Hehir         | F35 |           | 26:31 | Adrian Hunte Smith     | F59 | 5             |
| 23.43   | Luis Roa              | M48 |           | 26:33 | Eileen Hickey          | F31 |               |
| 23.53   | Rachel Gissinger      | F37 |           | 27:00 | Glen Shane             | M74 | 5             |
| 23.55   | Mike Brunsden         | M63 | 2nd 60-69 | 27:10 | Melissa Gonzalez       | F33 |               |
| 23.56   | Rick Bloomer          | M49 |           | 27:14 | Leoni Parker           | F48 |               |
| 24.03   | Tony Gonzalez         | M67 | 3rd 60-69 | 28:50 | Lorraine Isaac         | F50 |               |
| 24.44   | John Farrelly         | M44 |           | 30:24 | Bill Smith             | M68 |               |
| 24.48   | Harrison Isaac        | M15 |           | 31:00 | Jasmine Sanchez        | F36 |               |
| 25.00   | Mercedes Zegarra-Soja | F29 |           | 31:19 | Andrea Rafael          | F45 |               |
| 25.03   | Monica Harrington     | F38 |           | 34:17 | Salvatore Carretta Jr  | M57 |               |
| 25.22   | Lorraine Clarke       | F31 |           | 45:08 | Ramon Minaya           | M73 |               |
| 25.27   | Maryann Khinda        | F33 |           |       | Autism Speaks 4M       |     |               |
| 25.30   | Mandi Susman          | F44 | 3rd 40-49 |       | Sept. 7, 2013          |     |               |
|         |                       |     |           | 20:28 | Bobby Asher            | M28 |               |
|         |                       |     |           | 21:36 | Kyle Hall              | M35 | 6             |

|         |                       |     |    |         |                        |     |             |
|---------|-----------------------|-----|----|---------|------------------------|-----|-------------|
| 22:01   | Matt Soja             | M31 |    | 2:29:41 | Michael Kearney        | M34 |             |
| 22:39   | Garland Days          | M43 |    | 2:30:06 | Carolyn Hehir          | F36 |             |
| 23:54   | Chris Ekstrom         | M47 |    | 2:30:54 | Reggie Cedeno          | M33 |             |
| 24:18   | Anna Carlson          | F30 | 3  | 2:31:55 | Tom Long               | M41 |             |
| 24:53   | David Kornacker       | M49 |    | 2:33:12 | Salvatore Carretta Jr  | M57 |             |
| 25:18   | Sean Moore            | M49 |    | 2:33:29 | John Pelliccia         | M24 |             |
| 26:03   | Jimmy Atkins          | M53 |    | 2:34:03 | Emily Rau              | F33 |             |
| 26:12   | Benigno Veraz         | M58 | 9  | 2:36:56 | Leonardo Vando         | M37 |             |
| 26:47   | E Greenberg           | M33 |    | 2:37:41 | Erica Hubbard          | F33 |             |
| 27:22   | Rick Bloomer          | M49 |    | 2:38:39 | John Farrelly          | M44 |             |
| 27:24   | David King            | M63 | 7  | 2:47:44 | Penelope Sheely        | F44 |             |
| 27:49   | Juliene Bell-Smith    | F31 |    | 2:49:37 | Jose Pacheco           | M42 |             |
| 27:49   | Deborah Heelan        | F53 | 8  | 2:50:58 | Ariel Cruz             | M37 |             |
| 27:57   | Orlando Gonzalez      | M34 |    | 2:55:21 | Heidi Velasquez        | F34 |             |
| 28:19   | Hiroshi Kitada        | M47 |    | 3:09:34 | Leoni Parker           | F49 |             |
| 28:27   | Tom Long              | M41 |    | 3:11:52 | Edward James           | M67 |             |
| 28:42   | Ahmed Harris          | M39 |    | 3:12:43 | JoAnn Pate             | F39 |             |
| 28:50   | Juan Tony Gonzalez    | M67 | 2  | 3:16:07 | David Pultz            | M61 |             |
| 28:53   | Carolyn Hehir         | F36 |    | 3:20:10 | Eileen Hickey          | F31 |             |
| 29:03   | Emily Rau             | F32 |    | 3:32:50 | Zoragina Castillo      | F28 |             |
| 29:15   | Paulina Nunez         | F23 |    | 3:37:54 | Andrea Rafael          | F45 |             |
|         | Mercedes Zegarra-     |     |    |         |                        |     |             |
| 29:20   | Soja                  | F29 |    |         | Henry Isola XC Classic |     |             |
| 29:44   | John Farrelly         | M44 |    |         | 4M                     |     |             |
| 29:55   | Lorraine Clarke       | F32 |    |         | Sept. 15, 2013         |     |             |
| 30:13   | Erica Wilson          | F39 |    |         | Van Cortlandt Park     |     |             |
| 30:32   | Salvatore Carretta Jr | M57 |    | 26:31   | David Kornacker        | M49 | 2           |
| 30:45   | Ciara Malone          | F31 |    | 28:19   | Benigno Veraz          | M58 | 2           |
| 30:50   | Bette Clark           | F57 | 7  | 31:02   | Tim Belton             | M65 | 1           |
| 31:23   | Ken Rolston           | M61 |    | 31:04   | Ciara Malone           | F31 | 3           |
| 31:29   | Manlio Mondo          | M66 | 7  | 33:13   | Rick Bloomer           | M49 | 6           |
| 31:47   | John McCarthy         | M54 |    | 34:04   | Salvatore Carretta Jr  | M57 | 5           |
| 32:20   | Doug Clayton          | M38 |    | 37:20   | Robert Jacklosky       | M48 | 8           |
| 32:38   | John Rau              | M67 | 9  | 44:44   | Kathleen Nolan         | F56 | 2           |
| 33:32   | David Pultz           | M61 |    |         | <b>ADD</b>             |     |             |
| 33:41   | Adrian Hunte Smith    | F59 |    |         | Colworth XC 3.8mi      |     |             |
| 34:09   | Edward James          | M67 | 10 |         | Sept 3                 |     |             |
| 34:57   | Eileen Hickey         | F31 |    |         | Shambrook, UK          |     |             |
| 35:14   | Leoni Parker          | F49 |    |         |                        |     |             |
| 35:20   | Glen Shane            | M74 | 5  | 23:02   | Kevin Shelton-Smith    | M53 | 1st OA      |
| 35:54   | Kathryn Donovan       | F55 |    |         | Bedford Harriers 10k   |     |             |
| 36:57   | Melissa Gonzalez      | F33 |    |         | Sept 8                 |     |             |
| 38:31   | Monika Macezinskas    | F67 | 8  |         | Bedford, UK            |     |             |
| 38:34   | Margaret Nolan        | F53 |    | 36:58   | Kevin Shelton-Smith    | M53 | 8 OA 1st AG |
| 39:26   | Bill Smith            | M68 |    |         |                        |     |             |
| 41:30   | Andrea Rafael         | F45 |    |         |                        |     |             |
| 42:23   | Ramon Minaya          | M73 | 10 |         |                        |     |             |
|         | Marathon Tune-Up 18M  |     |    |         |                        |     |             |
|         | Sept. 15, 2013        |     |    |         |                        |     |             |
| 1:45:00 | Bobby Asher           | M28 | 3  |         |                        |     |             |
| 2:03:31 | Anna Carlson          | F30 | 2  |         |                        |     |             |
| 2:09:49 | Sean Moore            | M49 |    |         |                        |     |             |
| 2:19:29 | David Isaac           | M50 |    |         |                        |     |             |
| 2:23:49 | Kevin Mulvey          | M26 |    |         |                        |     |             |



---

## **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](http://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 Nov/Dec issue is October 25, 2013. Maximum length is 600 words. Please e-mail [kingkvd@optonline.net](mailto:kingkvd@optonline.net) and/or [ogard777@yahoo.com](mailto: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](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*