

Van Cortlandt Track Club newsletter

The Marathon That Was

A year after *The Marathon That Wasn't*, runners returned with jubilation to tour NYC

by Matt Soja



Part of the huge VCTC contingent anticipating the comeback of the New York City Marathon just before the bus ride to the start.

This year's New York

City Marathon was supposed to be about redemption and a moment of relief after disasters of Sandy and Boston. On a personal level, it was also my first serious attempt at this race and my first opportunity to enjoy our hometown marathon with and in front of my VCTC teammates. It turned out to be one of the best and most unforgettable days of my life.

The adventure begins well before sunrise as several dozen Vannies gather in front of our

stadium to take a team photo and board a swanky coach bus to take us to the start line. As we zoom down the New Jersey Turnpike, I look out the window trying to see the partial solar eclipse, but alas the sun rising over Manhattan is obscured by clouds. It is a good omen, however, as it would remain that way for most of the day to help keep the perceived temperatures low enough to prevent any chance of overheating. After a tour of some local streets of Staten Island we arrive at the front gates of Fort Wadsworth promptly at 7 a.m. Right after stepping off the bus we are thoroughly searched by members of the police anti-terror squad who are quite suspicious about my Hammer Gel packets concealed inside my jacket. Fortunately, I talk my way out of being strip searched any further and enter the start village to reach the Holy Grail of every participant in such a huge race – a virgin Porta Potty with an untouched roll of fresh toilet paper.

The next two hours are quite uneventful, as we kill time collecting as many free *Dunkin' Donuts* hats as possible, stuffing our clear bags with dozens of free *PowerBars*, taking silly photos, and freezing our butts off sitting in a purple group in the middle of a parking lot. Bobby Asher, Kevin Shelton-Smith, Marcos, Sean Moore, Dan Henessey, Leonardo Vando, Maureen Burke, and others I may have forgotten keep each other company and block the wind. After stripping down to my uniform, *Skechers GoSpeeds*, and two T-shirts on top, and dropping off my bag, the cold wind really starts taking its toll, but Marcos saves my life by handing me his old heat blanket. About one hour before the start we head over to

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the “local competitive” area, which I discover has the added benefit of a small tent where we can hide from the chilly wind and find Bette Clark and Melissa Weiner. After a brief stay in warmer quarters, around 9 a.m. we are herded out to the Verazzano toll plaza and head toward the green start line on the lower level of the bridge.

Starting the NYC Marathon from the front of the lower level is an eerie experience. There are no professional athletes there, no TV trucks, no cannons, no buses, no mayors, none of the hoopla going on upstairs. This creates a much quieter, nicer, intimate feeling. I do not feel nervous at all, just want to get started already so I don’t feel so cold anymore. Minutes before the gun I join a row of about a dozen other guys watering the grass on the side of the road. Some lady squats down right next to my leg. It’s going to be a great day.

Gun goes off. I proceed up the bridge with deliberate slowness, trying to hide behind taller runners as the wind becomes quite brutal when we climb to 250 feet over New York Harbor. I’m still wearing a T-shirt over my singlet but feel like I’m about to get frostbitten. 6:54 first mile. Easy does it. All of a sudden I hear someone behind me shout my name. I turn, and see a pair of Union Jack shorts. “What’s up, Kevin? Are we there yet?” We would continue to run together for

the next few miles with Bobby slightly ahead of us and Marcos behind us. As we enter Brooklyn, I toss my T-shirt at some Sanitation guys demanding to sniff my sweat. Moments later a very pleasant surprise awaits us as Garland Days cheers us on from the side and then jumps in to run with us for a couple of blocks offering encouragement and advice. “You’re almost there!” yells some wise guy at the 3 mile mark. Smiles all around.

As we turn north onto 4th Avenue, the party becomes quite large as we merge with the orange and blue starters. The crowds of spectators grow the farther north we advance. I try to stay relaxed, enjoy the atmosphere while I can, and not go any faster than 6:15 pace, which proves unsurprisingly difficult. We soon catch up to Bobby who is struggling with a sore hamstring. In the back of my mind I fear the same might eventually happen to me as I had chronic issues with my hammy before, but I try to stay positive. Nothing hurts yet. After we hit 5 miles in 31:20, Kevin looks at his watch and yells at me, “This is suicidal!” I nod in agreement and promptly drop a 6:06 sixth mile, the fastest one so far. Another issue arises as we near Barclays Center when we are overtaken by a scantily-clad, gorgeous Portuguese brunette. My natural reaction is to run directly behind her for as long as possible. After about 5 minutes of being led on

my way to perdition by this woman, I wisely step off the gas – I would later find out she finished in 2:41.

First major hill awaits us in 9th mile along with throngs of spectators egging us on. I no longer hear Kevin and Bobby behind me and begin to feel lonely. Marcos is still well ahead of us despite running with an injured foot. Left turn onto Bedford Ave indicates it’s time for breakfast: first of my two gels. This, plus a little bit of water every 3rd mile, is about as much as my stomach can handle without risking painful side stitches. I try to stay in the 6:10-6:20 range as we continue north through Williamsburg, well under PR pace. As we enter Greenpoint, my college friend Pavel (who now is a race director for Red Hook Crit) screams my name at the 12 mile mark, and in the excitement I click the “Stop” button on my Garmin instead of “Split.” I don’t notice the mistake until almost one mile later. “Sh*t,” I quickly think, “now I will have to stop worrying about splits and start worrying about actually racing this thing.” Fortunately my net time is only a couple of seconds off the clock time, so I can still tell what’s going on.

Halfway split: 1:21:56, just four seconds faster than I wanted. Then the fun is over and the work begins. The Pulaski. The Queensboro. The rest of the race. I hold (continued next page)

back on the bridge inclines, purposely trying to smile and run with both thumbs up. As we run up First Avenue, I try to stay as far to the left as possible to draw some energy from the crowd and use it to block northwestern winds. I pass quite a few people who are beginning to feel the pain, including Marcos who is struggling with his foot (but would still finish well under 3 hours). As we approach the Willis Avenue Bridge, I am experiencing flashbacks to my first NYCM in 2009 where I hit the wall badly in the middle of the bridge and started to walk for the first but not last time. I will not let this happen again this year. Not with the VCTC gang waiting on the other side in the Bronx. Time to gulp down the second gel in the middle of the bridge, fix my hair at the 20 mile mark, make that right turn onto 138th St and bear to the left aiming straight at the purple wall of screaming cheerleaders.

It is incredibly helpful to see and hear so many supportive teammates as well as my wife and my dad just when the going begins to get tough. I am almost tempted to slow down for a bit to take in the happiness, but Kyle quickly gets that out of my head by reminding me I am going to smash my PR and giving me a fist bump as I fly by. This gives me such an energy boost that I pass about 5 more people on the Madison Avenue Bridge and as we begin to head down Fifth

Avenue toward the park, instead of slowing down, I actually pick up the pace. 6:14 21st mile. 6:14 22nd mile. 6:15 23rd mile... I pretend I'm playing Mario Kart, trying to pass as many competitors on this road as possible. And then we hit The Hill. After having climbed the 5th Avenue hill so many times in practice, including 6 times during a 17-miler two weeks beforehand, I intimately know every block of it, but it still feels like a mountain. Fortunately, at about 98th Street, I notice a group of three Central Park TC guys running together slightly ahead and getting closer and closer. "Gotcha!" I creep up on them, and just before the top of the hill slice right through the middle of that orange group, quickly leaving them behind as a group of CPTC ladies cheering them on are left awed by what they just witnessed.

There is no such thing as "you're almost there" in the marathon. You are either there at the finish or you are not. For the past couple of miles I have been putting my Mathematics minor degree to heavy use, continuously solving multiple equations such as "you need to run X:XX pace for the next Y miles in order to beat your PR of 2:48:47." At the same time I remember what happened last year in Harrisburg when I absolutely crashed at the 25 mile mark and crawled the last mile in 7:20, so celebrating too early is completely out of the question.

Fortunately just before the 24 mile mark my long time friend Patrick puts an end to such silly thoughts by running along the road and screaming "Pick it up, Soja!!! Do not settle! Keep passing people!!! Do not settle!!" Out of politeness, I oblige, at least until I can't hear him anymore. The last two miles are a blur. Knowing that I'm running out of gas but still well under my PR pace, I decide just to smile, relax, and enjoy the moment and the crowds in the park and along Central Park South. I am no longer passing people, but at least I can keep sub-7 minute pace without struggling. One last turn into the park and the long climb towards the finish. Remember to lift your arms. Clock says 2:45:57 or something to that effect, meaning my net time is even better, at least so I hope. Mission accomplished.

All that's left now is a long trip north among incredibly helpful volunteers. An older gentleman puts a heat sheet around me and instructs me that the baggage trucks are up the road. "But where's the beer?" He tells me to go 2 blocks up and to the left. He lied. Bronx Alehouse is another 165 blocks up, and the baggage trucks are about halfway to it. Now it's time to celebrate with my teammates, thank all my supporters, and plot another epic adventure in Boston next spring. Only 5 and a half months to recover! #

Coaches' Corner

by Ken Rolston

Another wonderful season winds down for VCTC with one final points race on Sat Dec 14th, the Ted Corbitt 15K in Central Park.

Tuesday night workouts continue at the track until the New Year. Workouts will focus on longer intervals such as The Dave King Special (mile repeats) and other treats. We are looking at a potential arrangement with The Armory that would allow our club to participate in workouts on Tuesday and Thursday.

Thursday Night at the Races will resume at The Armory, typically on the 2nd and 4th Thursdays of January and

February. It's a fun way to test your strength and speed against a competitive group of NYC area club runners. Details to follow soon! Otherwise we will ascend to the hills of Fieldston commencing on January 7th and continuing throughout the winter. Builds character it does!!

We had an awesome turnout for the NY marathon with 55 Vannies completing the race. Men's Open team was 8th overall led by overall Bronx champ Matt Soja with a PR of 2:45.51. Kevin Shelton-Smith, 2:48.45 (6th AG) and Bobby Asher 2:51.40 completed the scoring. Women were led by Lauren Valentino who also PR'd in a time of 3:32.30. Melissa Weiner, 3:34.21 and Carolyn Hehir with a PR 3:38.09 (and a Boston Qualify).

Current standings in the NYRR Club Points Series:

Open Men- 9th
Open Women- 6th
Men's 40- 5th
Women's 40- 14th
Men's 50- 4th
Women's 50- 6th
Men's 60- 4th
Women's 60- 5th
Thanks to all for a great season !

Bronxville Running Company

52 Pondfield Rd
Bronxville, N.Y.

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

VCTC discount on non-sale items

www.run.com

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: Maryann Khinda, 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.
Communications Committee: Kevin Shelton-Smith

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

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

Upcoming Races:

*** = Club Points Race

Sun Nov 24- 10 AM- Pete McArdle 15K, Van Cortlandt Park

Sun Nov 24- 8:30 AM- Race to Deliver 4m- Central Park

Sun Nov 24- 10:15- Mamaroneck Turkey Trot 5K

Thu Nov 28- 8:30 AM- 5 mile Turkey Trot- Rockland Lake

Thu Nov 28- 9 AM- 5K Turkey Trot- Bruce Park, Greenwich

Thu Nov 28- 9 AM- Prospect Park Turkey Trot 5m, Brooklyn

Thu Nov 28- 10AM- Manchester Road Race 4.8m, Manchester

Sat Nov 30- 9 Am- Bronxville Turkey Run 2.5m

Sat Nov 30- 9:30 AM- Rye Turkey Trot 5K

Sat Nov 30- 11 Am- Northeast Foot Locker HS XC Champs, VC

Sat Dec 7- 8:30 AM- Jingle Bell Jog 4m- Prospect Park, Brooklyn

Sat Dec 7- 10 Am- X-Country 3 mile relay- Blue Mountain

Sun Dec 8- 11 AM- Couples Relays 3m x 2 – Peekskill

Sun Dec 8- 9 AM- Jingle Bell Jog- 3m- Greenwich Ct

Sat Dec 14- 8:30 AM- Ted Corbitt 15K, Central Park***

Sun Dec 15-9:30 Am- Hot Chocolate 5K/10K Roosevelt Island

Tue Dec 31- Midnight- Midnight Run 4m, Central Park

Tue Dec 31- 11:15 PM- Brooklyn New Years Eve Run 3m

Sat Jan 11- 8 AM- Joe Kleinerman 10K- Central Park

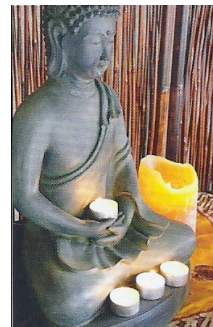
Sun Jan 26- 8 AM- Fred Lebow ½ marathon- Central Park

The Lighter Side of Running

The Top Five Ways To Get A Personal Best In A Half-Marathon

(~with apologies to Ken and Glen who have worked so hard to get us all legitimate PR's)

- Find an out-and-back course where you can easily cut out miles 6 and 7 without being detected.
- Pay a much faster runner to wear your race number.
- Run each mile at your 5k race pace(sorry Ken).
- Before the race, hide a bike at mile 7, making sure you can ditch it before the finish line.
- Find a far-off half that no one has ever heard of and doesn't post results on the internet and SAY you ran it in record time. #



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

Series of 5, 60-minute massage
\$450 (\$50 savings)
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\$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.

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

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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.

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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

Race Report

Run Like A Diva 1/2 Marathon **San Juan, P.R. Nov 10, 2013**

by Enid Burns



In festive racing attire
(top l-r) Enid, Vivian, Marisol, Dominga
(bottom l-r) Martina, Wanda

Six of us got together and decided to run the Diva Run in San Juan. For those of you who have gone to San Blas, this half marathon was a bit different.

There was a great Expo where we took pictures and tasted all the freebies.

The race started at 6 a.m., in the Escambron area just east of Old San Juan; the skies were still pitch black and it was humid. A marching band came out of the dark and onto the field where we were waiting for the start, to get us jumping and get the blood flowing.

It was a beautiful run alongside the ocean towards Old San Juan. As the skies were getting lighter, we saw the Forts El Morro and San Sebastian up ahead. Running atop of the blue

colored 1600's cobble stones and alongside the Old San Juan city walls was an awesome feeling. As the race proceeded we ran on the highway that goes by Pargue Central which some of you know. It was great: no traffic, no fumes, plenty of water and gatorade and bands along the way.

We all finished with smiles and at the post party which was hosted by Ali Vincent (she was the first Biggest Loser on TV), Marisol and I won the dance contest. Our prize was an entry to whatever Diva 1/2 marathon we choose. Que VIVA Puerto Rico!#

Club Business

The Van Cortlandt Track Club Annual Membership Meeting is **Saturday, December 7 at 10:45a.m. - 12:30p.m.** at the Van Cortlandt Mansion.

Thank you for being a part of VCTC! We want to encourage you to come to our Annual meeting. This is an important meeting where we review the year and make plans for the next, with the hope that many of you will join a committee to get more involved in club activities. In this meeting, we describe the different club functions and encourage all of you to take on new roles. These are described in detail,

below. So please read about the behind-the-scenes activities, consider what you might like to do (or come up with new ideas for volunteering for VCTC), and mark your calendars for Saturday, 12/7/2013.

Also, please come to the meeting wearing club clothing so we can take a new club photo that includes all of you. We will have limited club clothing available for sale that day. Remember to bring your check books (or pay online) to renew your membership for 2014 and reserve your place for our Awards Dinner on Saturday, January 25. We'll have refreshments at the meeting just in case you don't have time for breakfast at Short Stop after your run.

Agenda to be covered:

- Annual Election 2014
- Nomination for Annual Election 2014
- Nomination of the Executive Committees
- A new club photo (please wear club clothing)
- Club Clothing Sale
- Awards Dinner (1/25/14 Saturday@6:30PM)
- Other announcements

Nominations will be taken at our meeting for two Board positions for the upcoming year, currently occupied by David King (Vice President) and Dick Conley (Secretary). Board positions are for a two-year term. Once someone is voted on to the Board, the specific position to be occupied will be determined by Board consensus, as per By-Law (newly revised). This By Law had been changed prior to last year's election, whereby Board Members were required to run for specific, named, Board positions (ie Secretary, Treasurer). The current Board has voted to return to the originally stated By Law such that specific positions are decided by the newly elected Board.

Nomination for Annual Election 2014

The following people are eligible for nominations to the Board by virtue of serving at least one year on the executive committee. This is not an exhaustive list: if you think someone may be eligible due to past service, please let us know.

1. Bobby Asher
 2. Rick Bloomer
 3. Dick Conley
 4. David Isaac
 5. Maryann Khinda
 6. David King
 7. Dominic Lombardo
 8. James Moloney
 9. Ken Rolston
 10. Glen Shane
 11. Mandi Sussman
 12. Gene Westling
 13. Vera King
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If you would like to nominate any eligible member for a Board position, please send your nomination(s) to a member of our nominating committee: Ken Rolston (krolston@aol.com), or Jill Staats (jdstaats@yahoo.com). Nominations can also be made in person at our December 7. Annual Membership Meeting.

Based on accepted nominations, an election will take place at the Awards Dinner on Saturday, January 25, by paper ballot. Those not attending the dinner will have an opportunity to vote electronically or by paper ballot in the week following the Awards dinner. The election will be managed by our election committee, Jeff Powell, Mandi Susman, Gene Westling, who will announce the results by the end of January. Please remember that you must be a paid-up member to be eligible to vote. Individual members are entitled to one vote, family memberships are entitled to two.

Nomination of the Executive Committees

Here is a list of current club positions and job descriptions. Suggestions for other roles are always welcome.

Permanent Committees as per bylaws:

Social: Jill Staats and Vera King (to be taken over by Maryann Khinda)

Communications: Hiroshi Kitada

Subcommittees:

Website: Maryann Khinda, Kevin Shelton-Smith, Rachel Kimber

(To be joined by Beni Veraz, Leo Vando and Andrea Rafael)

Social Media: Mandi Sussman

Publicity and Marketing: Liam Moroney

Newsletter: Dave King

Athletic: Head Coach: Ken Rolston, Asst. Coach: Glen Shane, Team Captain: Bobby Asher, Age Group Team Captains: Laura Rodriguez (W open), Mandin Susman (W 40s), Adrian Hunte-Smith (W 50s), Jill Staats (W 60s), Garland Days (M 40s), Kevin Shelton-Smith (M 50s), Ken Rolston (M 60s), Arnie Gore (M & W 70s) and Club Records Keeper: Peter Coy

Membership: Rick Bloomer and Gene Westling

Clothing: David Isaac and Rachel Isaac

Finance: Hiroshi Kitada

Race Directors: UEC: Hiroshi Kitada (to be joined by Maureen Burke)

Summer Series: James Moloney (to be joined by Bobby Asher);

5k Cancer Challenge: Glen Shane;

B'Ramble: Bette Clark and David King

Volunteer Coordinator: Hiroshi Kitada

Membership Renewal: New membership rates will take effect January 1, 2014. \$25/single; \$40/family for members in good standing. \$30/single; \$45/family for new members. However, if present members renew before January 25, 2014, \$20/single; \$30/family renewal will apply.

VCTC Annual Awards Dinner will take place on January 25, 2014 at the Dunwoodie Golf Club. Formal Dress is recommended. The Dinner will commence at 6:30 p.m. The cost per person for members in good standing will be \$50. The cost for non-members will be \$60. Please register early.

Why Do I Run?

by Bobby Asher

I had to count the times that I have been asked, “why do you run?,” “how often do you run,?” and “how can you run that far and not get bored or tired!,” I’d need to be a medusa.

Sometimes though I need to figure out the answer to these questions because the answers aren’t always so obvious, even to those who know really well, including myself.

I find that the answers change. Sometimes I’m running for reasons of the past, and sometimes the present just calls for it as a guilty pleasure, a social event, a remedy or competition.

But the core reasons are literally core and emotional. I grew up with all the challenges one would expect from a kid with ADHD. I was socially awkward, spent lots of time alone, and had my share of being teased and bullied in early grades. Then came the day that I ran a race.

I finished second-to-last to my chubby friend Eric who would go on to be an All-Section baseball player for our high school. Go figure.

When I joined the XC team in 7th grade, my parents were shocked. I again would be happy with simply not coming in last.

Obviously, I got better at running. But why do I still do it? Seventh grade was 16 years ago! College was done almost 5 years ago. So why have I done 12 marathons, and at least 150 other races since 2007?

Because it brings me together with people and gives me confidence and motivation.

Yes, many think that one needs confidence and motivation in order to run. But I need running in order to be confident and motivated.

And being faster is not all what it’s about either. It can be about pacing someone to their first 5k. It can be advising someone about what NOT to do during their first New York City Marathon. It can be about presenting in grad school class with 5 Ivy grads.

Not everyone can run. I’m really glad I can. I want to inspire others to become as good as I am. And that may mean improving by 20% in age-grade, or it may mean being a trials qualifier and passing me. Running makes me learn. And clubs like VCTC make the activity and competition both meaningful and fun. LETS RUN! GO VCTC! #

VCTC ANNUAL MEETING

**Saturday December 7,
2013**

Van Cortlandt Mansion

10:45 a.m.

Please attend

Race Report

“How we survive is what makes us who we are.” ~Rise Against (musical group)

by Kyle Hall

It’s all been so perfect. But sometimes dreams don’t come true. This time they will. Top 5. Win age group. My time should come with it—5:45 pace, or better.

Since spring, I’ve been planning for the Louisville Sports Commission Half Marathon as my goal race for the fall. For the fourth year, my father is sponsoring me in a race in our hometown of Louisville, Kentucky. In 2011, I came in for the Kentucky Derby Festival Mini Marathon aiming for a 1:17:40, after a long string of 1:22 and 1:23 races. I ran 1:16:20—a huge breakthrough for me. Then in 2012, I came back for the Mini and ran 1:16:29. Thought I’d go faster on the almost entirely flat course, but it wasn’t my break-out day.

Five months after graduating from Wabash College in 2000, I ran the Bay State Half Marathon in Lowell, Mass. 1:15:29 has been my p.r. (personal record) to this day. But a five week training stint in Iten, Kenya in 2010 got me dreaming larger.

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Between about 2001 and 2010, I'd denigrated myself to the point where I actually thought I'd reached my limit. Well, if I'd kept training hard after Bay State, I know I could've gone faster. But, years later? Could I actually still beat that time from 2000? Heck, I'm 30 now, I thought in 2008. Later, I became 32—as people tend to—and I wondered the same. If only I'd kept training harder after Wabash.

No, no, NO! This is now. I may be 35 and half-gray, but as the saying goes: 35 is the new 25. And even if it's not, I believe it is. I Will. It is how I survive that will make me what I am—and what I will become.

Lord knows, I've trained increasingly harder over these past few years. And since the late spring, I've been committed to building speed and scaffolding myself up through a long series of races—from the mile to the half marathon distance.

I arrive in Louisville feeling relaxed, on Friday, November 8th. A clear, dark sky chilled at 37 degrees meets me in Nelson County, Kentucky. Stars overwhelm me in number and clarity. Cows go crazy mooing in the distance, on family farms encircling my parents' log home. White light from the moon reflects on the surface of

still water in the backyard pond. Peace.

I drive into Bardstown the next morning and run an easy three miles. There are too many steep hills around my parent's for an easy pre-race routine. Mileage isn't counted officially. I'm not concerned with that. I'm just getting my legs warmed up and well-stretched. I drive my grandparent's bronze Lexus back to my parent's and we get ready to head into Louisville for packet pick-up.

After picking up the prettiest race number I've ever had, with its shades of orange-yellow with a blue "Asics" at the top, we depart Louisville Slugger Field

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- Business Transactions/Starting, Buying or Selling a Business
- Estate Planning/Wills, Trusts/Succession Agreements/Special Needs
- Personal Injury

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and head to The Grape Leaf on Frankfort Avenue. This Palestinian-owned joint is not only great for pre-race meals, it is probably one of the best restaurants I've ever eaten at. Avocado spread with pita bread, potatoes and chickpeas in a light cinnamon-curry sauce, rice with lentils, and a huge house salad make up my meal.

We head back to the country where my mom cooks up some steamed beets—a pre-race essential. I'm in my bed on the family room couch by 8:45 p.m.

I'm up about 4:50 a.m. It would've been nice to awaken with the alarm at 5:27, but such

is the life of an anxious runner. It's pitch black outside. Donning my layers and gripping my *yerba mate Vega Pre-Workout Energizer mix*, I jump in the Lexus and head out on the winding back roads toward I-65. I'm excited. I love these early morning trips to races via car or subway. But it's *really* nice to be driving; with heater on and the radio playing. I drive into darkness as Christmas songs play non-stop on 100.5. I listen to a few before transitioning to my pre-race cycle: *Dido-Modest Mouse-Pearl Jam-Bane-Rise Against-D.C.* Talk will come up last, later.

I enter the Marriott and utilize their second floor once again as a half marathon staging area. It's ideal for its large, clean bathroom space and its plush carpeted floors. I exit the hotel later and find a clear, sunny sky and temperature of about 45 degrees. Ideal conditions. Yesterday's wind has even burned off. This is the day the Lord hath made.

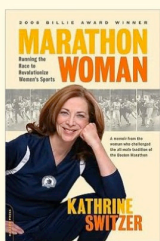
I get to the starting line in blue nurse's pants and a tight-fitting women's long-sleeved shirt. All of this will be gone by the 8:30 a.m. gun time. My hat will probably be discarded

(continued next page)

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.



Easy to follow running and walking programs from beginner to advanced.

Updated Edition!
EBook available on
January 15, 2014.

<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

around mile 3, where my parents and neighbors, Pat & Herb, will be. Michael Eaton is next to me and we shake hands and I wish him a good race. He won last year, after running in the U.S. Olympic Marathon Trials. Two brothers who run for the University of Michigan are down the line. A handful of others around us are looking lean and tough.

It's going to be super flat up Main Street in the first mile. I want to go out in 5:50. I don't care what anyone else does. 11:40 for the first two miles. I will execute my plan.

A blonde guy in a 2011 Mini shirt says to a neighbor he wants to average 5:45. He goes out faster. Eaton takes everyone out fast from the start, but not blazing. I feel in control and am curious about what the clock will say at mile 1.

I wear my pop's watch; a simple black and grey number. I've hardly raced with a watch these past couple of years but today's a day I want to ensure I go out controlled.

Mile 1—5:46. 4 seconds fast. "Good morning," I say to two police officers at the first intersection where we turn right and then veer left under an old railroad bridge. I am in control.

We begin ascending a long gradual incline out of downtown and toward Cherokee Park. Mile 2—11:32. 8 seconds fast, but I am relaxed. I will

maintain this position. The Michigan guys are running side by side directly in front of me. A guy in a maroon shirt runs just ahead of them. I then see my dad's red Marine Corps jacket ahead. Screaming loudly, I notice him first. My mom, Pat, and Herb cheer alongside him. "I am indestructible," I tell them. It's about 2.5 in. I hope to see them again at mile 10.

I take a swig of water. A couple *Clif Shot Bloks* are already lost. They fell out of my waistband where they'd been pressed into my hip (this was a new experiment). We turn right onto a narrow asphalt path into the backside of Cherokee Park. I think it's a golf cart path.

Frederick Law Olmsted designed this park, among others in Louisville. It is similar in its rolling design of hills and vistas to its perhaps better known Olmsted designed New York's Central Park. It is beautiful and the early climb is gradual. I'm feeling great. The third mile had to be marked wrong, though. There's no way we ran 15 seconds off pace.

Quick left, then right onto the Scenic Loop. I train here sometimes during vacations and know it's about three miles of formidable ascents and descents. I realize this is the Loop in reverse, which may be even more challenging. We begin a long uphill climb,

similar to the Harlem Hills, but perhaps longer.

4 miles in 23:01. Only 1 second off my projected pace. I think the longest uphill is done until we round a corner and it's like "Groundhog Day"—an even longer uphill awaits. In my mind's eye, this is the hill I thought we'd just completed so I don't know what the heck that other one was. I eagerly await getting through with these hills but have fully anticipated this after studying the course map and video well. The guy in the maroon shirt and I come upon the Michigan duo. A Michigan guy seems to be hurting: "Relax, man. We're okay," his brother tells him. A rock band plays at the top. I am very glad the uphills are done.

My legs do not burn. A few back to back Saturday-Sunday race sessions and the Back Hills at Van Cortlandt have conditioned me well for this. We head into a long winding descent and shoot out of Cherokee Park. I've taken one *Shot Blok*. I soon take a swig of blue *Powerade* around mile 6 or so. Five miles was in 29:01. 16 seconds off my projected pace but I'm not worried at all. I fully prepared myself mentally to be 10-20 seconds off pace at this point due to the hills. Either way, this is going to be a 4 mile race. 9 miles of conservative running, then a

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transition to a hard 4 miler.

I wasn't exactly expecting this long climb up the road between Cherokee Park and Cave Hill Cemetery. A guy in a neon green singlet up ahead seems to be slipping a bit and I use him as a reference point. We turn right, through the ornate open gates of Cave Hill. This is our Woodlawn. Historic, hilly, filled with well-known and wealthy folks of generations past. Even my arch-nemesis Col. Sanders is buried here. But racing through Cave Hill?

Wow. I've never raced through a cemetery before. We run ahead and make a sharp left. A narrow road leads us down sun-baked hillsides, past a pond with fountain and swans. About ten years ago my Papaw and I drove through here in similar conditions. Then, about four years ago my Mamaw and I got lost driving around here and she insisted on never coming here again. "Oooohhh! My God no. We got lost there in Cave Hill," she'd tell people.

Since my dad's parents have since passed on, this is the first time I've been back and I'm enveloped in nostalgia. The golden rust of falling leaves and the solitude of the winding road cutting between countless rows of marble tombs immediately makes this one of my most unique-ever race experiences. This goes on for a mile or so. I catch up with the guy in green

as we exit the cemetery. Mile 8 is just ahead.

We run down the middle of Baxter Avenue, one of the hippest parts of town. I've anticipated the downhill drop ahead, to Liberty Street. We turn left at the intersection where a woman informs us: "You guys are 5th and 6th."

After passing the guy in green, I reach for a little fuel. I pull out the *Shot Bloks* wrapper in the right side of my waistband and plan to take a one *Blok* jolt. Immediately, the wrapper falls from my hand onto the road. It is abandoned.

Roads become flat. Pancake flat. Heading west, spectators are few and far between and I draw encouragement from police officers at barricaded intersections. White arrows on pavement have guided us pretty well but in my late-race state, I become more anxious about wrong turns and shout to a few cops: "Straight ahead?! Turn?!"

I eagerly await seeing my support team again. I think of Levi, my friend Jenni's three year old nephew, undergoing chemotherapy for leukemia. This race is for him.

I know I'm strong but I'm alone and have to make sure I keep the pace. I've come too far now to turn back. I am indestructible through Christ.

At about 9.8 miles, I see the red Marine Corps jacket. My mom's voice rings out, "Go,

Kyle!" Just ahead, "10 Miles." Hard rock music blasts me from a grimace. 57:49. This would've been my ten mile p.r. before March of this year. 16 seconds off 5:45/mile pace. Now it's a 5k race.

Alone, I consciously "keep an uptick in my pace," as I constantly tell myself. I want to head directly into downtown to The Belvedere and the finish line. But now we head farther and farther west. I thought we wouldn't go much past 12th Street. Now I see 18th and an endless line of orange cones to my right still leads us into the distance. But wait!

Flashing lights of the escort vehicle are coming up on the right. Eaton blazes past, with three guys on his heels. I know I'll soon be turning. Just over a mile now. I finally see who's behind me. It's someone I don't recognize, looking strong and like he's gaining. "Go, Kyle!" a runner yells. I have no idea who he is. "Keep it up, man," yells another.

I chuck an unopened \$1.79 Vega gel at the 12th mile. I want all hands on deck for this last mile. 1:09:10—I think the clock reads. 1.1 left. This is it. I reach in. Control. Relax. Go! Levi.

I head toward the office towers, straight ahead. I begin to hear faintly the music and cheering of the finish line. It motivates me to keep reaching.

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My systems are good, but it's tough. My glasses are about 1/3 fogged over with sweat, splashed *Powerade*, grime. I keep moving. I hear parents and neighbors one more time, just before the line. I don't even notice the announcer saying: "Here comes our first out-of-towner! Kyle Hall of the Bronx, New York." I see the clock: "1:15:2..." (something). I hit the mat. Fatigued but alive. Exhilarated by the negative splits that I've never before run in a half marathon. I begin hugging race volunteers—male and female. At least four.

A black fleur-de-lis medal is hung around my neck. 5th overall. I did not lose a single position since the first mile. The man in the maroon shirt comes up to me. "Kyle. Jeremy Burtel." Oh, crap! One of Seneca High's best ever runners. He came in just after I'd graduated. I didn't recognize him on the course but it's cool to know we finally got to run together.

The blonde guy in the 2011 Mini shirt was 2nd. Burtel says he ran 2:29 in the Indianapolis Marathon last week. His girlfriend Becky won the women's race today.

I am ecstatic. 1:15:21. Lifetime p.r. Third of the year after bests in the mile and 10 mile distances. The fourth consecutive and final 5k of the race was in 17:32. But I didn't achieve my age group win. A 38 year old guy ran 1:13:08. I'll get

there. Still two and a half years until I reach that age...#

Race Report

Coastal 5k, Myrtle Beach, S.C.

October 19

by David King

An out-of-town race is almost always fun and rewarding. The *Coastal 5k* did not disappoint. Many races these days support some cause, and this one raised money and awareness for the local animal shelter.

Vera and I had arrived the day before the race. After checking into our condo, we drove the 15 miles to the staging area at a local marina to pick up race packets. There was a small expo associated with the race, which we toured, buying several small items, then heading back to our room to relax and eat dinner.

It was an early rise the next morning, as the race started at 7:30 a.m. Time slipped past quickly and we found ourselves still at the hotel at 6:50. But I have been coming to Myrtle Beach to visit my sister for 35 years, so I am familiar with the area; i.e. we didn't get lost! We did arrive at the Marina a bit later than I had hoped, but with enough time to do a modified warmup.

It was quite warm and high humidity as the starting horn sounded right on time. Off went 796 runners. I felt unusually light and bouncy that first mile, which helped negate my usual breathing problems due to exercise-induced-asthma(EIA). The course was out-and-back on a mostly flat road.

I finished out of breath but happy, 16th overall(20:59) and first place in my age-group by a minute and a half. Vera (27:36) was 152nd and first in her age-group by just 5 seconds.

The age-group awards were beautiful plaques, engraved with race name, date, gender and place. The race raised over \$10,000 for abused and abandoned animals. Definitely worth the price of admission.

And in addition, I caught two blues, a flounder and a lizard fish while surf-casting the day after the race, which we cooked up for dinner that evening at my sister's house.



Dave King with the catch of the day—a 16 inch flounder

Race Results

Woodlawn Run For A Cause Sept 21, 2013			
18:37	Sean Moore	M49	1
20:30	Lauren Valentino	F35	2FOV
20:37	David King	M63	1
21:13	Hiroshi Kitada	M47	
21:25	Lorraine Clarke	F32	1
21:57	John Farrelly	M44	
23:22	Mandy Sussman	F44	3
23:35	Bette Clark	F58	1
24:32	Bill Gaston	M55	3
25:31	Eileen Hickey	F31	
26:49	JVera King	F58	2
27:24	Rozsa Gaston	F55	3

Fifth Avenue Mile Sept. 22, 2013			
4:35	Bobby Asher	M28	9
4:47	Matt Soja	M31	
4:49	Garland Days	M43	6
4:49	Kyle Hall	M35	
4:57	Kevin Shelton-Smith	M53	8
5:10	Barry Janay	M35	
5:15	Carlos Lopez	M32	
5:15	Jimmy Atkins	M53	
5:19	Anna Carlson	F30	4
5:22	Sean Moore	M49	
5:24	David Kornacker	M49	
5:27	Miles Moloney	M23	
5:31	Kevin Mulvey	M26	
5:35	Orlando Gonzalez	M34	
5:36	Benigno Veraz	M58	
5:40	Leonardo Vando	M37	
5:40	Perry King	M56	
5:46	Rick Bloomer	M49	
5:51	Michael Kearney	M34	
5:52	Sophie Staskiewicz	F24	6
5:53	Steven Park	M46	
5:53	David Isaac	M50	
5:55	Hiroshi Kitada	M47	
5:56	Tom Long	M41	
5:58	Marco Silveira	M44	
5:59	Gail Machado	F26	
6:06	David King	M63	
6:08	Julienne Bell-Smith	F31	
6:11	Rachel Kimber	F32	
6:12	Ciara Malone	F31	
6:14	John Farrelly	M44	
6:14	Paulina Nunez	F23	
6:14	Rachel Gissingner	F37	

6:15	Ken Rolston	M61	
6:20	Emily Rau	F33	
6:20	Lorraine Clarke	F32	
6:22	Dominic Lombardo	M46	
6:24	Juan Tony Gonzalez	M67	7
6:24	Chancellor Minus	M46	
6:26	Ariel Cruz	M37	
6:27	Mandi Susman	F44	
6:33	Patricia Novelli	F42	
6:36	Michael Dailey	M49	
6:37	John McCarthy	M54	
6:39	Doug Clayton	M38	
6:45	Brittany Neal	F30	
6:53	Monica Harrington	F39	
6:56	Natasha Anderson	F33	
6:59	John Rau	M67	
7:03	Jill Staats	F62	4
7:05	Maryann Khinda	F34	
7:06	Eileen Hickey	F31	
7:15	Bette Clark	F57	8
7:18	David Pultz	M61	
7:22	Adrian Hunte Smith	F59	
7:23	Melissa Gonzalez	F33	
7:24	Kristina Sison	F48	
7:25	Karina Rieke	F41	
7:30	Glen Shane	M74	9
7:34	Salvatore Carretta Jr	M57	
7:34	Kathryn Donovan	F55	
7:40	Jasmine Sanchez	F36	
7:53	Arnold Gore	M72	
7:58	Leoni Parker	F49	
8:06	Bill Smith	M68	
8:28	Monika Macezinskas	F67	7
8:37	Andrea Rafael	F45	
8:51	Lyndsey Dore	F36	
8:55	Gary Spalter	M60	
10:26	Susan Epstein	F70	7

Hands-on-House Half Marathon Sept. 28, 2013 Lancaster, Pa.			
2:22:44	Mike Yorio		

Yonkers Half Marathon Sept. 29, 2013 Yonkers, N.Y.			
2:21:33	David Simko		

Bronx 10M Sept. 29, 2013			
56:48	Kyle Hall	M35	2
1:07:59	Jimmy Atkins	M53	4
1:10:34	Aaron Lipskar	M37	
1:11:22	Julienne Bell-Smith	F31	8
1:12:04	David Isaac	M50	
1:12:46	Antenor Arganaraz	M38	
1:13:42	Miles Moloney	M23	

1:14:27	John Pelliccia	M24		2:02:06	Eileen Hickey	F31	
1:14:30	Orlando Gonzalez	M34		2:02:59	Michael Kearney	M34	
1:14:32	Daniel Hennessy	M48		2:05:15	Arnold Gore	M72	8
1:14:57	Christopher Urena	M23		2:05:35	Adam Golovizki	M37	
1:15:02	Tom Long	M41		2:05:36	Jose Pacheco	M42	
1:15:24	Anthony Thoman	M51		2:06:17	JoAnn Pate	F39	
1:15:35	Carolyn Hehir	F36		2:07:43	Leoni Parker	F49	
1:15:50	John Farrelly	M44		2:10:54	David Pultz	M61	
1:15:57	Matthew Newton	M39		2:23:06	Andrea Rafael	F45	
1:16:33	Michael Kearney	M34		2:36:44	Susan Epstein	F70	7
1:16:42	Doug Clayton	M38					
1:16:49	Shawn Bobb	M47			Zombie Run 5K		
	Mercedes Zegarra-				Oct. 11, 2013		
1:17:27	Soja	F29			Waco, Tex.		
1:17:59	Giovanni Rivera	M29		31:03	Enid Burns	F60-69	1
1:18:23	Juan Tony Gonzalez	M67	3				
1:18:58	Reggie Ceden	M33			Staten Island Half-Marathon		
1:21:04	Ciara Malone	F31			Oct. 13, 2013		
1:22:06	Leonardo Vando	M38			Staten Island		
1:23:23	Bette Clark	F57	4				
1:26:07	Stephany Evans	F55	8	1:19:43	Marcos Duarte	M39	2
1:26:24	Jose Pacheco	M42		1:22:03	Garland Days	M43	3
1:27:30	John Campbell	M36		1:28:59	Sean Moore	M49	
1:29:13	Karen Rice	F36		1:40:39	Christopher Urena	M23	
1:30:11	Hiroki Sakamoto	M52		1:41:00	Zachary Ikkanda	M35	
1:30:44	Salvatore Carretta Jr	M57		1:45:18	Tom Long	M41	
1:33:02	Matt Post	M38		1:45:19	Michael Kearney	M34	
1:33:54	Ariel Cruz	M37		1:45:48	Giovanni Rivera	M29	
1:34:26	JoAnn Pate	F39		1:47:54	Maryann Khinda	F34	
1:36:35	Karina Rieke	F41		1:51:05	Leonardo Vando	M38	
1:40:33	Kathryn Donovan	F55		1:51:16	John Farrelly	M44	
1:42:20	Jasmine Sanchez	F36		1:53:17	Natasha Anderson	F33	
1:46:59	Andrea Rafael	F45		1:57:07	Jose Pacheco	M42	
1:47:08	Jeremiah McCarthy	M20		2:00:53	Kristina Sison	F48	
1:47:22	John McCarthy	M54		2:01:54	Edward James	M67	8
				2:05:04	Michelle Conley	F25	
	Grete's Great Gallop Half Marathon			2:07:30	Salvatore Carretta Jr	M57	
	Oct. 6, 2013			2:13:12	Karina Rieke	F41	
1:18:02	Matt Soja	M31	10	2:13:12	Patrick Scanlon	M50	
1:22:34	Garland Days	M43	4	2:13:33	Ariel Cruz	M37	
1:30:52	Jimmy Atkins	M53		2:21:37	Andrea Rafael	F45	
1:30:57	E Greenberg	M33		2:22:53	Zoragina Castillo	F28	
1:31:42	Sean Moore	M49		2:45:06	Sangini Dave	F42	
1:33:47	Benigno Veraz	M58	8				
1:36:59	Aaron Lipskar	M37			Harry Murphy XC Classic 5K		
1:44:16	David Rippon	M44			Oct. 13, 2013		
	Mercedes Zegarra-				Van Cortlandt Park		
1:47:20	Soja	F29		0:18:08	Kyle Hall	M35	3
1:47:22	Lauren Lundy	F33		0:18:18	Bobby Asher	M28	4
1:49:03	Anthony Thoman	M51		0:20:23	David Kornacker	M49	3
1:49:04	Bette Clark	F58	3	0:21:21	Benigno Veraz	M58	1
1:50:05	Salvatore Carretta Jr	M57		0:23:56	Rick Bloomer	M49	8
1:51:55	Tom Long	M41		0:26:05	Adam Golovizki	M37	
1:55:10	Damian Mackle	M39		0:29:01	Shelly-Ann Stewart	F39	4
1:55:10	Ciara Malone	F31					
2:01:22	John McCarthy	M54			Bedford-Stuyvesant Restoration 10K		

Oct. 13, 2013 Brooklyn, N.Y.				0:27:33	Kyle Hall	M35	3
57:21	Arnie Gore	M70+	2	0:31:35	David Kornacker	M49	
1:11:35	Susan Epstein	F70+	1	0:32:48	Eli Greenberg	M34	
Tufts Women's 10K Oct. 14, 2013 Boston, Mass.				0:34:11	David Isaac	M50	8
				0:35:29	Paulina Nunez	F24	3
				0:35:48	Lauren Lundy	F33	7
				0:35:56	Ciara Malone	F31	8
				0:35:58	Julienne Bell-Smith	F31	10
52:00	Fran Kraus-Schmidt			0:37:12	Juan Tony Gonzalez	M67	4
Yonkers ChiliHilly 5K Oct. 19, 2013 Yonkers, N.Y.				0:38:11	Hiroshi Kitada	M48	
28:27	David Simko	M40-49	3	0:43:48	kristina sison	F48	
				0:44:02	Salvatore Carretta Jr	M57	
				0:44:24	Edward James	M67	
				0:50:13	Monika Macezinskas	F67	8
				0:52:57	Andrea Rafael	F46	
				1:03:48	Damion Pelotte	M22	
				1:13:09	Ramon Minaya	M73	
				NYRR Dash 5K Nov. 2, 2013			
20:59	David King	M60-64	1	0:20:39	David Isaac	M50	6
27:38	Vera King	F55-59	1	0:21:52	Laura Rodriguez	F34	
				0:22:08	Harrison Isaac	M15	
Kurt Steiner XC Classic 5K Oct. 20, 2013 Van Cortlandt Park				0:23:44	Salvatore Carretta Jr	M57	
0:18:00	Kyle Hall	M35	5	0:26:39	Kristina Sison	F48	
0:20:05	Bobby Asher	M28		0:28:16	Lorraine Isaac	F50	
0:20:14	David Kornacker	M49	2	0:28:17	Hiroshi Kitada	M48	
0:21:28	Benigno Veraz	M58	1	0:29:08	Ciara Malone	F31	
0:22:27	Julienne Bell-Smith	F31	3	New York City Marathon Nov. 3, 2013			
0:23:03	Paulina Nunez	F23	6	Place Place			
0:24:59	Laura Rodriguez	F34	5	2:45:51	Matt Soja	31M	
0:25:00	Mandi Susman	F44	2	2:48:45	Kevin Shelton-Smith	53M	6
0:25:12	Juan Tony Gonzalez	M67	2	2:51:40	Bobby Asher	28M	
Mercedes Zegarra-				2:55:33	Marcos Duarte	39M	
0:25:21	Soja	F29	7	3:01:30	Sean Dunne	24M	
0:28:25	Darren Rosa	M48	7	3:06:14	Chris Ekstrom	47M	
0:28:48	Hortensia Antezana	F46	2	3:13:52	E Greenberg	34M	
0:29:28	Salvatore Carretta Jr	M57	9	3:14:13	Carlos Lopez	32M	
0:29:29	Edward James	M67	4	3:22:24	Sean Moore	49M	
0:32:31	Shelly-Ann Stewart	F39	9	3:28:47	Daniel Hennessy	48M	
0:33:51	Ramon Ruiz	M73	7	3:30:01	John Pelliccia	24M	
0:37:08	Edith Jones	F74	2	3:32:30	Lauren Valentino	35F	
				3:34:21	Melissa Weiner	36F	
Town of Cortlandt 5K Oct. 26, 2013 Cortlandt, N.Y.				3:35:11	Antenor Arganaraz	38M	
28:00	Arnie Gore	M60+	3	3:37:38	Carolyn Hehir	36F	
35:59	Susan Epstein		1	3:38:51	Julienne Bell-Smith	32F	
				3:42:42	David Rippon	44M	
HRA City Agencies 5K Oct. 27, 2013 Bronx				3:45:20	Michael Kearney	34M	
37:14	Susan Epstein			3:49:18	Aaron Lipskar	37M	
				3:51:11	Reggie Cedeno	33M	
				3:53:21	Erica Hubbard	33F	
				3:54:15	Lorraine Clarke	32F	
Poland Spring Marathon Kick-Off 5M Oct. 27, 2013				3:56:18	Stephen Orban	33M	
				4:01:58	Stephany Evans	56F	

4:02:52	Hiroshi Kitada	48M		2:29:20	Marisol Ruiz		
4:06:24	Maureen Burke	26F		2:34:08	Enid Burns		3
4:09:50	Simon Gillespie	27M		2:41:49	Wanda Bills		
4:12:49	Matthew Newton	39M		3:05:32	Martina Cepeda		
4:13:15	Bette Clark	58F			NYRR 60K		
4:20:07	Penelope Sheely	44F			Nov. 16, 2013		
4:20:10	John Mccarthy	54M		6:11:21	Julienne Bell-Smith	F32	5
4:25:27	Salvatore Carretta Jr	57M		7:29:46	Salvatore Carretta Jr	M57	6
4:29:28	David Pultz	61M		8:10:36	Manlio Mondo	M66	2
4:30:37	Firdaus Dotiwala	44M			Philadelphia		
4:31:05	Eileen Hickey	31F			Marathon		
4:32:00	Christopher Urena	24M			Nov. 17, 2013		
4:32:09	Maryann Khinda	34F			Philadelphia, Pa.		
4:36:09	Michelle Conley	25F		2:57:58	Garland Days	M43	
4:36:32	Heidi Velasquez	34F			Join the Voices! 5M		
4:42:21	Tami Luhby	43F			Nov. 17, 2013		
4:46:48	Kristina Sison	48F		0:27:09	Bobby Asher	M28	2
4:50:58	Colleen McMahon	29F		0:35:54	Paulina Nunez	F24	3
4:51:10	Robert Jacklosky	48M		0:37:42	Lauren Lundy	F33	
4:59:20	Leonardo Vando	38M		0:38:20	Ciara Malone	F31	
5:03:19	Henry Asher	57M		0:38:25	Ken Rolston	M61	5
5:08:32	Adam Orna	40M		0:39:20	Hiroshi Kitada	M48	
5:11:46	Andrea Rafael	46F		0:39:42	Damian Mackle	M39	
5:18:50	Edward James	67M		0:41:53	Salvatore Carretta Jr	M57	
5:22:25	Katie Sullivan	31F		0:43:22	JoAnn Pate	F39	
5:23:37	Enrique Jaen	48M		0:44:32	Glen Shane	M74	5
5:25:55	Zoragina Castillo	28F		0:44:45	Edward James	M67	8
5:34:51	Leoni Parker	49F		0:51:01	Andrea Rafael	F46	
5:58:47	Lanny Levit	62M		1:00:07	Kathleen O'donnell	F45	
	Catherine Anne			1:03:26	Manlio Mondo	M66	
6:55:01	Sapeta	50F		1:04:10	Ramon Minaya	M73	
	Terry Ryan Memorial Run 5K				Fred Lebow XC Championships		
	Nov. 10, 2013				Nov. 17, 2013		
	Hastings-on-Hudson, N.Y.			0:18:59	Kevin Shelton-Smith	M53	2
23:54	Penelope Gay	F40-49	2	0:20:18	David Kornacker	M49	8
24:48	James Martino			0:22:19	Benigno Veraz	M58	4
28:40	Rozsa Gaston	F50-59	1	0:22:53	Giovanni Rivera	M29	
	Terry Ryan Memorial Run 10K			0:24:40	Brendan Conley	M22	
	Nov. 10, 2013			0:24:41	Mandi Susman	F45	5
	Hastings-on-Hudson, N.Y.			0:25:03	Rick Bloomer	M49	
36:16	Kevin Shelton-Smith	2OV		0:25:28	Andie Davis	F53	2
40:25	Benigno Veraz	M50-59	1	0:26:37	Stephany Evans	F56	2
41:19	Gail Machado	2OV		0:28:16	Robert Jacklosky	M49	
	Louisville Sports Comm. Half Marathon			0:28:41	Jill Staats	F62	1
	Nov. 10, 2013			0:29:25	Salvatore Carretta Jr	M57	
			2, 5OV, PR	0:34:15	Kathleen Nolan	F57	7
1:15:21	Kyle Hall	M35		0:41:01	Manlio Mondo	M66	7
	Diva Half Marathon				Race to Deliver 4M		
	Nov. 10, 2013				Nov. 24, 2013		
	San Juan, P.R.			0:26:05	John Pelliccia	M24	8
2:01:34	Dominga Jensen			0:27:25	Miles Moloney	M24	
2:16:49	Vivian Oquendo			0:29:15	Alison Whitehead	F32	

0:30:48	Hiroshi Kitada	M48	
0:31:07	Dominic Lombardo	M46	
0:31:49	Salvatore Carretta Jr	M57	
0:32:53	Penelope Sheely	F44	
0:33:22	Erick Fernandez	M32	
0:33:28	Stephen McMullan	M36	
0:33:53	Eileen Hickey	F31	
0:33:55	JoAnn Pate	F39	
0:34:42	Manlio Mondo	M66	10
0:35:49	Glen Shane	M74	6
0:37:36	Michelle Conley	F25	
0:38:28	Jasmine Sanchez	F36	
0:38:39	Monika Macezinskas	F67	5
0:42:29	Andrea Rafael	F46	
0:49:26	Damion Pelotte	M22	

Pete McCardle XC 15K

Nov. 24, 2013

Van Cortlandt Park

0:59:52	Bobby Asher	M28	6
1:05:06	David Kornacker	M49	2
1:07:08	Sean Dunne	M24	4
1:10:15	Paulina Nunez	F24	1
1:12:30	Louis Csak	M47	4
1:13:47	Benigno Veraz	M58	1
1:18:22	Miles Moloney	M24	
1:18:25	Tim Belton	M65	2
1:19:17	Anthony Thoman	M51	8
1:21:34	Rick Bloomer	M49	
1:21:55	Andie Davis	F53	1
1:23:06	Stephany Evans	F56	2
1:23:17	Salvatore Carretta Jr	M57	4
1:24:42	Bette Clark	F58	4
1:26:44	Mandi Susman	F45	2
1:29:48	Manlio Mondo	M66	6
1:30:43	Adam Golovizki	M37	
1:35:08	Arnold Gore	M72	1
1:35:32	Edward James	M67	7
1:54:56	James Moloney Jr	M50	

Please Do Not Forget:

VCTC Annual Meeting

Saturday December 7, 2013

Van Cortlandt Mansion 10:45 a.m.

Election nominations for the 2014

Board will be held

Wear club attire for a team photo

Refreshments will be served

VCTC Awards Dinner

Saturday January 25, 2014

Dunwoodie Golf Club

1 Wasylenko Lane

Yonkers, N.Y. 10701

\$50/ member in good standing (up-to-date dues paid)

\$60/ guest

Formal dress recommended (but not mandatory)

VCTC will honor its 2013 award winners

Renew your membership

***Renew before January 25, 2014,
you get 2013 rates (\$20/single,
\$30/family)***

After January 25, 2014 (\$25/single,
\$40/family)

CLUB NEWS

Membership: *Please renew your membership which is 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 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 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 January/February issue is December 25, 2013. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or ogard777@yahoo.com 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

Annual Team Meeting: Saturday, December 7, 2013 at the Van Cortlandt Mansion. 10:45 a.m.

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471