

Van Cortlandt Track Club newsletter

Heat Wave

The weather was hot and steamy for the Boston Marathon this year

I Thought Boston Was Cold in April

by Garland Days

As runners, the amount of preparation that goes into running a personal best marathon is huge. So when the Boston Athletic Association sent out emails suggesting that due to the heat some entrants should defer, I seriously considered it. I called up Melissa Weiner and asked her if I should I opt out of Boston. She gave me a coach-like pep talk and said, "We are not quitters". It was simple advice but I took it seriously.



Garland at the famous start.

The next morning, along with Mike Arnstein, Alexandra Hernandez & Melissa Weiner, I found myself at the starting line in Hopkinton. My training had gone perfectly & I was ready for a sub 3 hour marathon. The only problem was I was already sweating while in the corral. It was 79 degrees at 10 a.m.. It was going be a long day.

The first 6 miles were fun & fast. I was still hanging on to the notion that I could beat the heat. But by mile 7, I was tired. Had I gone out too fast? Did I not train enough? Perhaps, I forgot to do my 3-week Miami training. But who was doing hot weather training for Boston (except maybe [4th place finisher Jason Hartmann](#) from the USA)?

I continued trying to race the course. The race hurt a lot, but I ("Days" continued next page)



(left): Melissa and Alexandra before the race

(right): Relaxing with friends in the heat.

Boston Marathon Heatpocalypse 2012

by Melissa Weiner

I was so excited to come back to Boston; last time I ran it was 2007, during the Nor'easter. I ran a PW of 3:50, miserable with blisters. I knew this year with a 1:27 half at NYC, a 1:04 ten miler at Cherry Blossom, D.C., and amazing training with Alexandra Hernandez at Palisades that I was ready to conquer Boston and maybe just maybe break 3:10.

I got this notice from Boston since it was going to be a Heatpocalypse reaching 90 degrees:

"We are now making the recommendation that if you are not highly fit or if you have any underlying medical conditions (for example-cardiac disease, pulmonary disease or any of a number of medical problems), you should NOT run this race. Inexperienced marathoners should not run. Those who have only trained in a cooler climate and who may not be acclimated (for at least the last 10 days)" ("Weiner" continued next page)

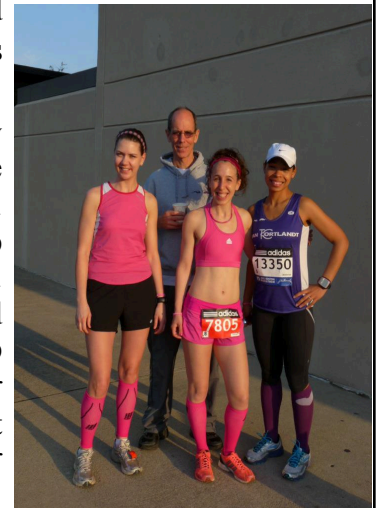
("Days") had small moments of joy throughout. Going through the Wellesley scream tunnel at the halfway mark gave me a much-needed boost. The Newton hills were really challenging. At this point, the temperature had climbed to the mid 80's. I gained energy after seeing the Van Cortlandt spectator camp mid-way through the hills. I gave a quick hi to Rachel Kimber and Lorraine Clarke as I headed up Heartbreak Hill. (Rachel later told me she ran up Heartbreak with Melissa). Cramping heavily, I traveled steadily through Boston College, past the famous Citgo sign, and finished in 3:10:19.

It was close to 90 degrees at the finish line in downtown Boston. Despite dire predictions from the press, emergency services were utilized but not overstressed. Only 932 runners dropped out, which was 4% of the field. Runners are stubborn, resilient people.

After picking up my medal & race bag, I headed to Bar Lur on Boylston Street to share war stories with my VCTC teammates. "I coughed up blood, it was great", said one runner. There's instant camaraderie felt between runners doing hard races. One runner I talked to said he's done the last 6 Boston's and this was his favorite one. "It's the challenging races that are most memorable." Ultimately, a runner wants to test the limits of his/her physical and emotional ability. That's exactly what 22,603 finishers got from a hot April day in Boston.##

("Weiner") to warm weather running conditions should also consider not running. Not to mention something unprecedented: Due to the unusually warm weather forecast for the Boston area on Monday, the B.A.A. will defer the entry of those official entrants to the 2013 Boston Marathon for participants who decide not to race. Dick Conley, whom I train with, also called me and said he and Neil Leibowitz were deferring. At this point, I decided I was going to do it anyway, Heatpocalypse and all. The Boston jacket color of red was a good color of choice for this year.

Dick, Walter(my husband) and I drove up together. Alexandra went up with her family. Lorraine Clarke and her boyfriend drove up in time to join us for dinner the night before. Rachel Kimber and her family also made a special trip for us. Dick, Walter and I, Lorraine and Decky, and Alexandra all stayed at the same hotel: Best Western Framingham.



(l-r) Lorraine, Dick, Melissa, and Alexandra

(continued next page)

Van Cortlandt Track Club 2012 Board of Directors

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

Race morning: Dick and Walter were going to drop us off early at the start. Lorraine got up nice and early to see Alexandra and me off: Alexandra and I entered the marathon village and it was so much more civilized than waiting in NY. We sat together until it was time to part ways. I was in Wave I, she was in Wave 2. We were both sweating before the race even began; it was already 80. Here are two photos(see top of article) of us entering the village all smiles, not knowing how tough the heat was going to be.

I get in my corral, number 8 in Wave 1 and get nervous; everyone is super fit! I am intimidated and wondering at the same time,” How will I handle the heat when I trained in the winter?” The first part in Hopkinton was all downhill, resulting in a super fast first 5K, I got worried and scaled back. I was thirsty at mile 1 but there was no water until mile 2.5. My first half was 1:35. At that point, I knew the heat was getting to me and that although it was not a day to PR, I was going to give my maximum effort. My mantra was that of the Lion King Theme song, as cheesy as it is, “Akuna Matata.”

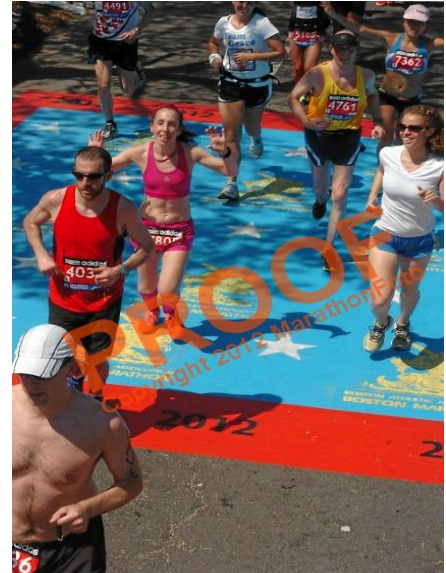
At mile 5 I noticed I wasn’t the only one suffering. I began to pass people with bibs that were smaller than mine, meaning they were much faster like 3 hour and below marathoners. All I

could do was keep going. As it began to reach higher and higher temperatures, it became more and more mentally tough for all runners and me. I took water from strangers along the course, which I have never done.

The crowds were amazing! I would not have made it through without them, their screams calling me “Pinky” or “Pink Lady.” They were there to hand me water when there were not aid stations or spray me with a hose. My favorite was a 6 year old with a giant super soaker! I was so happy to get super soaked.

Mile 17 I saw my friend Jill in Newton who handed me an ice cold water bottle and I downed it. I have never done this before in a marathon. I walked at every mile to take breaks from the heat. At 18, I heard lots of screaming, it was my fan club of Rachel Kimber and Lorraine Clarke. Rachel ran with me on the hills from miles 18-21 and Lorraine jumped in for Alexandra. I have never been happier to see a friend. The hills were not so bad and I wanted to pass everyone but Rachel warned me that this would burn me out later. She was right. I was able to pick it up a bit toward the end.

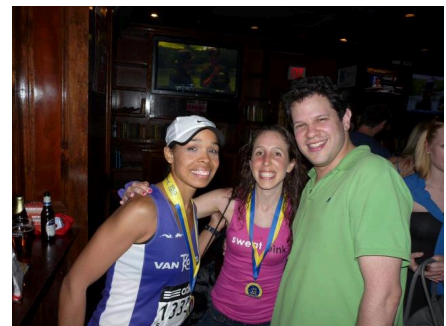
The final stretch I had a medical issue at mile 25. I coughed up blood. Mentally I thought I was ok and surviving in the heat but my body told me



“Proof” of Melissa at the finish line

otherwise. I finished with a final time of 3:17:30. Although not a PR, it was a good effort for me and for that I am proud. The best part was seeing my husband at the finish line and his expression of how proud he was of me. We went to the bar and met up with Lorraine, Rachel, Dick, Garland and significant others. I have never felt like I earned the beer more. I now have the red jacket to prove what a scorcher that marathon was.

Boston, I will be back and hopefully for good weather!



Party-Time

Coaches' Corner

by Ken Rolston

Greetings one and all ! Things are beginning to heat up as we head toward the summer season. 5K summer series begins near the end of May and we'll be hosting the Riverdale Ramble and the Cancer Challenge in June. Tuesday night workouts will begin to rotate between the track and the hills. Hill workouts will begin the Tuesday after the first summer series race. I will post workout schedules on Facebook primarily. So we're looking at May 29, June 12, June 26, July 10 and July 24 as the nights we anticipate heading to the bridge that crosses over the Henry Hudson parkway as our workout "office". The best place to meet is at the tortoise and the hare; it's a ½ mile jog to the bridge from that point.

On the track we'll be incorporating faster, shorter intervals with shorter recoveries. Be prepared for more 400's, 300's and 200's, maybe even some 150's this summer. Please come to us with suggestions for workouts, too ! Last summer we did relays, time trials, up and down ladders. Let us know what you like and don't like.

Points races in June are the Women's Mini-marathon 10K on June 9 and the Portugal day 5m on June 16 (men's points race). Next points race will be the Run

for the Parks 4-miler on July 14. So we'll be concentrating our efforts on getting you prepared for these races.

I will be headed out to Eugene, Oregon for the USA Track & Field Olympic Trials on June 22 and can't wait to visit legendary Hayward Field. The meet is broken up into 2 blocks of 4 days with a 2-day break in the middle. We'll be there for the first block and look forward to seeing the finals in the 10K, 100 meters, decathlon and 800. The best in the country will be competing for the right to go to London. Can't wait ! In New York we'll be able to get a preview of the trials as the Grand Prix comes to Icahn Stadium on Saturday June 9.

Upcoming Races

** denotes NYRR club points race

*** denotes VCTC race

5/19- Sat- 8 AM-Forest Park 4m- Queens

5/19-Sat- 7 AM- Brooklyn 1/2 marathon**- club points race

5/20-Sun-9 AM- New Castle 10K- Chappaqua

5/20-Sun-9 AM- Mild Sprain 4m- Sprain Ridge Park, Yonkers Central Park

6/9- Sat- 9 AM- Rocky's 10K Trail Run- Rockefeller St Park

6/12-Tue- 7 PM- Tuesday Night Speed Series- Icahn Stadium

6/16-Sat- 8:30 AM- George Sheehan Classic 5m- Red bank, NJ

6/17-Sun- 8:30 AM- Portugal Day 5m, points race **- Central Park

6/17-Sun- 4 PM- Shelter Island 10K

6/17-Sun- 9 AM- Elks Father's Day Run 4m- Nanuet, NY

6/21-Thu- 7 PM-VCTC X-C 5K Summer Series

6/23-Sat- 9 AM- Gay Pride 5m- Central Park

6/24-Sun- 9 AM- Cancer Challenge 5K- Van Cortlandt Park stadium***

6/24-Sun- 8 AM- Hope and Possibility 5m- Central Park

6/24-Sun- 8:30 AM- Fairfield 1/2m and 5K- Fairfield, Ct

6/26-Tue- 7 PM- Tuesday Night Speed Series- Icahn Stadium

7/4- Wed- 8 AM- Putnam classic 8m- Mahopac, NY

7/5- Thu- 7 PM- VCTC 2x2 Person Relay- summer series***

VCTC Thursday evening Summer Series races(beginning May 24), the Riverdale Ramble (Sunday, June 3) and the American Cancer Challenge(Sunday, June 24) need volunteers. Sign up now.

North Face Endurance Challenge

May 5, 2012

by Rachel Kimber

After 4 marathons, I had learned to respect the distance. Anything can happen over 26.2 miles. In January, I registered for the North Face Endurance Challenge Marathon at Bear Mountain. I did it in 2011 and loved it. I promised myself that in 2012 I would train hard and race to win. May 1st arrived and I was undertrained and it was way too late to do anything about it. A rough week followed and the day before the race, I was not in a peak physical or mental condition to tackle some of the toughest trails in the northeast.

I arrived at the race start area and



was immediately greeted by the Skittles (Bette Clark, Lorraine Clarke and Melissa Weiner) and other VCTC volunteers. They shared so many words of encouragement and helped me find some mental toughness to start the race. They scrawled mantras on my arm with a Sharpie: be the beast to beat the beast and run like the wind.

The race started with encouraging words from North Face

sponsored Dean Karanzes and warnings about the slippery conditions. I fought off doubts and found fellow runners to chat with and distract me from the long journey ahead. Just beyond the first aid station a woman breezed past me. A second one was not far behind her. The second woman spoke to me about the first. She said, "She makes it look so easy! She's not even sweating!" I decided to try and run with the fast lady, at least to the next aid station. I figured, the faster I go the closer I am to being done.

I should explain my racing intentions. I had been looking forward to 6 hours on these trails since January. I did not want to damage my undertrained body, but I was determined to spend as much time in these woods on race day as possible. ITB pain haunts me and in the past, has been absolutely debilitating. I was not going to push myself to that kind of pain, but I was going to love every moment my body allowed me to run these technical, muddy trails. I was certain my body would let me know when my race was over. So I caught the woman that looked like a deer gliding along the trails. Tennessee helped me

stay mentally tough and I taught her how to navigate these technical trails. We chatted for hours and took turns leading and motivating. On the trails, we picked up and dropped other runners, saved one guy from turning onto the 50 mile route after an aid station, splashed through streams, slipped over rocks, and flew downhill.

The final aid station was 5 miles from the finish. My ability to keep

pace slipped; my under training began to show. I encouraged Tennessee to hold her pace and I tried to keep as close as possible. This was a training run for her 50k in June. She continued to glide on the downhill finishing miles and I stumbled and smashed my toes to keep up.

I lost her in the final two miles. Todd, the runner who almost accidentally jumped from the marathon route to the 50 mile route, was still running with me. We fought off muscle cramps. I downed a packet of salt when we hit a technical downhill (BIG rocky decline to a river) where my legs threatened to quit less than a mile from the finish. We started walking the final incline together, but walking does not mean moving slowly and I lost Todd here. I jogged the final half mile down a gentle decline that brought me back to the place where we marathoners had started 5 hours and 25 minutes earlier.

I had finished, with smashed toe nails and a smile on my face, which was far more than I had anticipated. I was the fourth woman overall and the first in my age group. Tennessee, who beat me solidly by a minute and a half, was third woman overall. I had been the beast to beat the beast and I had run like the wind. I had made some wonderful new friends on the trail and was greeted by more at the finish line. I look forward to doing this race again next year and I know the VCTC volunteers and trail racers will be keeping this race on their schedules too. ###

Race Results

Sleepy Hollow Half Marathon

March 24, 2012

Sleepy Hollow, N.Y.

2:13:55 Mike Yorio

Allstate Life Insurance Half Marathon

March 24, 2012

1:17:26 Kyle Hall 4

Mudders & Grunters 5M Trail Race

March 25, 2012

Yorktown Heights, N.Y.

54:28 Andie Davis F50-59 1

New York Colon Cancer Challenge 15K

April 1, 2012

50:32 Michael Arnstein M35 1

1:05:31 Daniel Hennessy M47

1:11:45 Rick Bloomer M48

1:15:21 Salvatore Carretta Jr M55

1:19:20 Michelle Conley F23

1:20:25 Edward James M65 4

1:21:48 Enrique Jaen M46

1:24:31 Jo Ann Pate F37

New York Colon Cancer Challenge 4M

April 1, 2012

27:08 Ely Greenberg M32

36:16 Ramon Ruiz M72 2

36:42 Nicholas Malamas M36

38:55 Elizabeth Castro F46

40:48 Monika N Macezinskas F65 6

41:49 Selma Sequeira Raven F46

44:39 Catherine Schwarz F48

Agropoli Half Marathon

Arapoli, Italy

April 1, 2012

2:16:27 Mike Yorio

Cherry Blossom 10M

Wash D.C.

April 1, 2012

1:12:11 Rachel Kimber

Aspire 10K

Plainview, NY

April 1, 2012

49:33 Fran Kraus-Schmidt F55-59 4

Urban Environmental Challenge

April 1, 2012

Van Cortlandt Park

38.24 Bobby Asher M 1st M 20-29

39.53	Michael Oliva	M	1st M 30-39
44.03	Sean Moore	M	3rd M 40-49
45.27	Lilia Britez	F	1st F
45.45	Perry King	M	2nd M 50-59
45.58	Antonio Varrenti	M	
48.24	Rodolfo DiLuca	M	
49.33	Laura Rodriguez	F	2nd F 30-39
51.21	Benigno Veraz	M	
53.33	Riccel Kouns	F	1st F 19& und
53.55	Ciara Gedulig	F	
54.04	Shawn Bobb	M	
54.5	Tony Gonzalez	M	2nd M 60-69
55.02	Andie Davis	F	2nd F 50-59
55.5	Adam Golovizki	M	
57.39	Maryann Khinda	F	
58.06	Dave Simko	M	
61.54	Terri Belkas	F	
63.32	Tami Luhby	F	
74.53	Kevin Bethel	M	
75.05	Wanda Bills	F	
	Nikolitsa		
78.06	Anastasopoulos	F	
96.32	Sandra Teague	F	

Scotland Run 10K

April 7, 2012

33:42	Bobby Asher	M26	
35:11	Kyle Hall	M33	
35:42	Matt Soja	M29	
36:42	David Talbird	M31	
38:29	Chris Ekstrom	M46	
39:31	Jonathan Stenger	M38	
39:50	Perry King	M54	
40:45	Horace Grant	M32	
41:03	Laura Rodriguez	F32	10
41:26	Sean Moore	M48	
41:27	Martin Toomajian	M27	
41:32	Steven Joseph	M50	
41:33	David Kornacker	M47	
41:50	Daniel Hennessy	M47	
42:37	Carlos Lopez	M31	
42:39	Rachel Kimber	F30	
42:55	Jamie Kyei-Frimpong	F30	
42:57	Vincent Brett	M34	
44:02	Benigno Veraz	M57	
44:17	Anthony C Thoman	M49	
44:22	Rick Bloomer	M48	
44:51	Dominic Lombardo	M45	
45:21	David Monahan	M60	
45:34	David Drucker	M61	
45:44	Paulina Nunez	F22	
45:47	Andie Davis	F52	8
45:47	Mick Burke	M33	
46:06	Eric Nolan	M33	

[illegible]

1:42:05 Ciara Gedulig

1:44:50 Sal Carretta

1:59:14 James Moloney

2:03:40 Arnie Gore

2:35:48 Susan Epstein

M70+ 1

F60-69 3

Run As One 4M

April 29, 2012

23:09 Kevin Shelton-Smith M52 1

24:09 Michael Broache M27

24:33 Perry King M55 1

25:53 Ely Greenberg M32

27:21 Benigno Veraz M57 9

28:35 Matt Newton M38

28:44 Lauren Valentino F34

30:04 Rick Bloomer M48

30:21 Salvatore Carretta Jr M55

31:43 Enrique Jaen M46

32:09 Stephen McMullan M35

32:54 Britt Johnson-Broache F29

35:02 Edward James M65

37:27 Nicholas Malamas M36

38:29 Adam J. Orna M38

38:41 Roberto Rapalo M26

39:17 Ramon Ruiz M72 9

40:00 John Martin M45

40:05 Edith Jones F72 5

42:56 Selma Sequeira Raven F46

58:53 Ramon Minaya M72

Bronx CC Hall of Fame 5K

May 5, 2012

26:40 Jill Staats F60-69 1

26:58 Ken Rolston M60-69 2

27:33 Glen Shane M70+ 1

28:05 Kate Donovan F50-59 1

28:17 Vera King F50-59 2

39:31 Fernano Ruiz

Bronx CC Hall of Fame 10K

May 5, 2012

38:34 Chris Ekstrom M40-49 3

45:06 Jimmy Atkins

46:27 Louis Roa

46:40 Tony Gonzales M60-69 1

47:27 Sal Carretta

53:12 James Moloney Jr.

55:25 Ed James

55:55 Mitch Strong

56:16 Arnie Gore M70+ 1

57:58 Blas Abadia Jr.

1:07:37 Susan Epstein F60-69 1

North Face Endurance Challenge (10K)

May 6, 2012

1:08:22 Tami Luhby

UAE Healthy Kidney 10K

May 12, 2012

37:58 Kevin Shelton-Smith M52 1

40:28 Sean Moore M48

41:59 Michael Broache M27

42:27 Daniel Hennessy M47

42:30 Steven Joseph M50

45:49 David Monahan M60 8

46:25 Rick Bloomer M48

46:45 David Rippon M42

47:57 Salvatore Carretta Jr M55

49:15 Stephen McMullan M35

49:44 Liam Moroney M27

52:34 Erick Fernandez M30

53:34 Michelle Conley F24

54:07 Edward James M65

54:11 John Martin M45

54:24 Arnold L Gore M71 2

54:36 Penelope Sheely F42

1:01:56 Adam J. Orna M38

1:05:54 Selma Sequeira Raven F46

1:06:52 Edith Jones F72 6

1:15:08 Gilda L Serrano F63

1:29:14 Ramon Minaya M72

Japan Day 4M

May 13, 2012

23:08 Thomas Murley M33 6

26:24 Ely Greenberg M32

28:37 Dominic Lombardo M45

29:34 Matt Newton M38

30:45 Salvatore Carretta Jr M55

32:23 Mandi Susman F43

33:18 Kathryn A Donovan F53

33:27 Stephen McMullan M35

34:31 Glen Shane M72 3

34:47 Adam J. Orna M38

36:19 Edward James M65

36:51 Ramon Ruiz M72 4

40:18 Monika N Macezinskas F66 9

40:50 Edith Jones F72 4

45:25 Gilda L Serrano F63

DELAYED RESULTS**San Blas Half Marathon**

Feb. 6, 2012

Coamo, P.R.

2:07:02 Vivian Lee Oquendo

Celebrate Life Half Marathon

March 11, 2012

Rock Hill, N.Y.

1:39:52 Rachel Kimber

CLUB NEWS

Membership *Please renew your membership which was due 1/1/11* (If you haven't already). Membership rates are: single, \$20; family, \$30. New membership 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 Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings/Workouts For 2011: 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, Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway) and Thursday evening group runs meeting at the Tortoise and Hare Statue on the VC Park flats at 7:30 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the July/August issue is June 25, 2011. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or ogard777@yahoo.com via the Yahoo group page and try to include a photo.

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

Website Visit us on our website: www.vctc.org

Van Cortlandt Track Club

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