

Van Cortlandt Track Club newsletter

Olympic Trials

Coach Ken reports on his impressions at the Eugene track meet.

Ah, what a glorious, wet week (5 days) in not-so-sunny Oregon ! Photos of legendary Oregon figures Bowerman, Prefontaine, Salazar greeted us in the airport lobby. Friezes of current stars Allison Felix, Galen Rupp and Tyson Gay gazed at us in baggage claim.

Meticulously planned 4 years earlier, we hunkered down in our glorious digs, the Super-8 motel in nearby Springfield; I had just found out that 4 of us would be sharing one room, us being long-time friend and old marathon buddy Ernie Rivas along with his west coast club teammate Tom and Tom's 16 yr old aspiring miler Christian. I arrived mid-day of Day 1 and off to Historic Hayward Field we went.

We found our seats wet, backless and completely exposed to the elements, just off the first turn. Within an hour my VCTC jacket and VCTC sweatshirt were thoroughly soaked through. The more enterprising regulars came fortified with Oregon Duck ponchos, cushioned seats and rain-proof pants. Temps were in the 50's. Suddenly hazy and 90 didn't seem so bad.

How would the sprinters, decathletes and field specialists manage to get through their heats ? Stoicism was the order of the day. Somehow this place reminded me of upstate.

One of the unique qualities of the field are the dual runways for each field event; 2 pole vault pits, 2 high jump pits, 2 shot-put layouts, 2 long and triple jump pits. Beyond that was a wide-open discus-javelin field. Prelims moved quickly as athletes used every available runway.

Officials meticulously squeegeed the high-jump runways. Scores more dried the running track with leaf-blowers between heats of the high hurdles. These guys were element-proof !

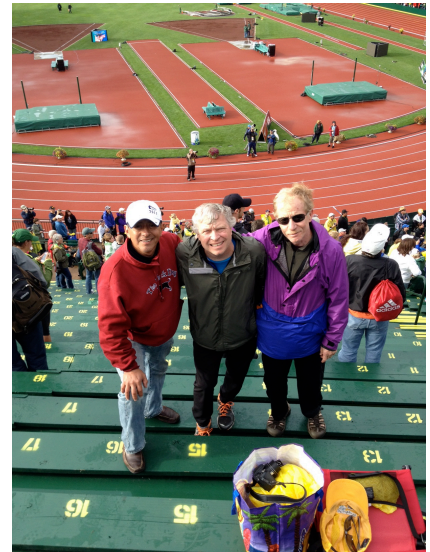
Past Olympic greats were trotted out to greet both the competitors and the fans. I took pictures of Rafer Johnson, Dan O'Brien, Billy Mills, a creepy-looking Bruce Jenner and an aged Bill Toomey.

Finally the running events began. First race was an opening round heat of the women's 800. And there was Mary Cain, 16 year-old sensation from Bronxville HS !

I was able to get to the railing to yell encouragement and take a few pictures of her. She ran well but came in 6th in her heat. Who knows what we will see from her in 4 more years ?

We watched the decathletes struggle with the wet conditions. Somehow Ashton Eaton ran 46.7, faster than most of the 400 qualifiers ! He looked strong as did Trey Hardee and Olympic champ Bryan Clay.

The true highlight of Day 1 was the men's 10,000. Crowd favorite Dathan Ritzenhein had finished an agonizing 4th by 8 seconds at the Olympic Trials Marathon. He had also failed to achieve the Olympic "A"



Tom, Ken and Ernie at the track

standard, 27:45 which meant a fast race for the fans. Five other runners had already met the standard, so Ritz had to beat them, the time, and the elements.

As the race began, the skies opened up. Rain poured down on the runners. Giant puddles formed on the track and the runners were slogging. But they were slogging fast ! Rupp and Ritz exchanged the lead with a steady diet of 66's and 67's. Halfway home they were 5 seconds off the "A" standard pace. The rain slackened and Rupp threw in surges of 63 and 64. Matt Tegenkamp joined them and the 3 runners flew lap after lap.

The crowd clapped in rhythm and the noise intensified with each passing lap. Rupp looked



USA's 10,000 meter team: Rupp, Ritz, and Tegenkamp

totally relaxed as did Teg. Ritz was beginning to struggle. With 2 laps to go Rupp took off. He glided to win in 27:25 a new trials record. Teg was 2nd in

27:33 and Ritz came home in 27:36. Chris Derrick was 4th in 27:41 and 7 other runners broke 28 minutes. Ritz had made the team and vanquished the pain of his 4th place finish.

We were soaked but stoked. We stayed for a highly charged awards ceremony. It takes a lot of work to make the Olympic team ! Similar redemption took place in the women's 10,000.

Amy Hastings, like Ritz, had finished 4th in the marathon. She also ran a gutty race and won the 10K outright.

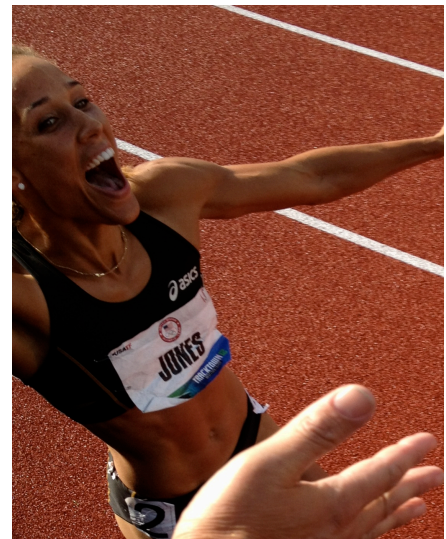
The good thing about the "A" standard is you can witness a great achievement when the standard has to be met. The bad thing is you can come in 7th and still make the team if you had met the standard earlier. This happened in the women's race because the pace was too slow. So the 2nd place finisher set a personal best by 40 seconds, but missed the standard by 8 seconds and she doesn't go to London. Something is wrong with this system !

On Day 2 we found the "Pre" trail, a 4-mile stretch of wood-chip covered heaven. Plenty of runners had converged here. Joan Benoit sponsored a 9K run, and we saw several Olympians over the next few days working out on this body-friendly course.

Later we witnessed history at the track as Ashton Eaton set a new world record in the men's

decathlon. Best part was the spirited exhortations from the stadium announcer prior to the final decathlon event, the 1500: "We worked out the splits he needs for a world record. Eaton will do his part, we need to do our part". With that, we screamed away as Eaton kept pace and roared when the leaders graciously stepped aside to allow Eaton to cross the line first.

Later on we watched the finals of the women's 100 hurdles. The big story was the rekindling of Lolo Jones who grabbed the last medal after running terribly in the previous rounds. She will also have the opportunity to



An ecstatic Lolo Jones upon learning that Coach Ken was busy that evening... or... that she had just qualified for the 100 hurdles

avenge her stunning defeat in Beijing.

The final event of Day 2 was the women's 100, which may now be the biggest story of these

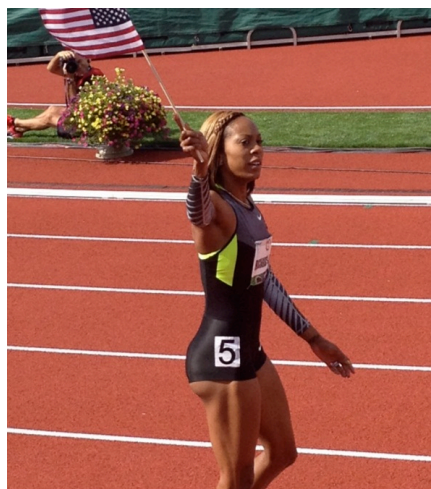
Trials. As expected, Carmelita Jeter won fairly easily, with an unexpected silver for Tianna Madison. The real story was the run for 3rd. It appeared to most of the fans in the stadium that crowd favorite Allyson Felix was edged out by her teammate Jeneba Tarmoh. Tarmoh was declared 3rd by .001 and she did a victory lap. Felix congratulated her teammate but she had to be devastated. You could feel the life sucked out of the crowd, too. I had felt all along that Felix should be doubling in the 400 rather than the 200. She has run great 400's on the USA relay teams in the past. Her starts are terrible in the 100. My friends disagreed stating that she already has the strength needed for the 200; her coach needed her to build on her 100 speed to bolster her gold medal chances in the 200.

Then, of course, came the news that the race was declared a tie for 3rd and that there was no provision in place to settle it ! What ? Subsequently, there has been talk of a run-off, a coin toss, a concession of 3rd by Felix but by now you know that Felix is on and Tarmoh is off.

Day 3- We met Matt Tegenkamp on the Pre trail. Tom's son Christian joined him for a 2 mile run (jog for Teg, sprint for Chris). It's been a good 24 hours for Chris- last night we saw 5-time 800 meter US champ Nick Symmonds as we were dining at

the Roadhouse restaurant. Tom went over to him, whispered something and next thing you know Symmonds appears with his arm outstretched, a broad smile and said " Hey Christian, I'm Nick Symmonds, I heard you ran a 2:02 800 ! "

Lots of action today- and a rare sun-sighting ! It was a whirlwind of field events as the charismatic Reese Hoffa won the shot-put, Stephanie Brown-Trafton won the discus, Jen Suhr won the pole vault and Marquis Goodman won the long jump. LaShawn Merritt handily won the 400 and a churlish Jeremy Wariner was 6th. Sanya Richards-Ross looked great in winning the women's 400 in 49.28 and has a great chance to win her first



Sanya Richards-Ross after her 400 victory

Olympic Gold in London. Francena McCorory and DeeDee Trotter ran gutsy races to earn their trips.

In the men's 100, we had our fingers crossed that Tyson Gay would stay healthy. Walter Dix was injured on his last steps in the heats and would still qualify for the final. Justin Gatlin won handily, Gay was 2nd and a surprise emerged as local powerhouse Ryan Bailey came in 3rd. Watch out for these guys in London !

Day 4- My final day, last day of the first half of the trials. Had another great run on the Pre trail and met some guys who saw the VCTC singlet and talked about their days running on the cross-country course. One was a 2:16 marathoner who ran at Duke, another guy used to live in the Amalgamated apts and bow lives in Eugene. Ah, the bonds we create ! Visited the ASICS exhibit, got my picture taken with a blow-up version of Lolo, was tested for reaction time out of the blocks and vertical leap (15 inches, baby !).

Once again rain greeted us, which affected the field events. Jesse Williams got very lucky because he was 4th in the high jump, but one of the podium guys did not make the "A" standard, so Williams goes to London instead. So what do the trials really represent ?

Steeplechase prelims were interesting to watch. We saw the emergence of a finals contender when Evan Jager glided over the hurdles to secure a place in the

finals which he subsequently won.

The 5,000 prelims also saw the unfortunate demise of Alan Webb when he came in last in his heat. The American record-holder in the mile has appeared to be a lost soul for years now. What a shame. In the meantime, Rupp, Lagat and Lomong looked strong.

Women's 5,000 prelims set up a fantastic finish 3 days later in the final. Again the "A" standard came into play. More on those races later.

The real reason I decided to go to Eugene was because of the excitement generated by the 800 race in 2008 when 3 Oregon guys made the team. The exclamation point was a dual faceplant by Christian Smith and Khadevis Robinson for the final spot. I urge you to watch the video of this race.

My expectations were too high, but the races were fun anyway. The women's 800 saw crazy Alysia Montano go out in 55 ! She barely held on to win in 1:59, meaning she closed in 64. Not smart ! Geena (unmitigated) Gall was 2nd and Alicia Schmidt passed Molly Beckwith at the wire for 3rd.

The men's 800 took shape according to form: Charles Jock flew out in 24.2, 49.8 for the 400. Duane Solomon stayed on his heels while usual front runner and chastened faceplanter KD Robinson sat back in 7th. Pre-race

favorite and hometown favorite Nick Symmonds looked comfortable in 5th. The crowd was incredibly nervous for him and the other Oregon entries Tyler Mulder and Elijah Greer.

Around the final turn, Symmonds ran past everyone, KD flew from 7th to 2nd and



Nick Symmonds(c) heads the 800 meter team.

Solomon held on for a surprising 3rd. Symmonds ran a great 1:43.9 and looked like a potential medalist in London. The crowd was happy and relieved and the awards ceremony afterwards was a total lovefest. It was a good way for me to end my Eugene experience.

Some of my impressions from the visit to Oregon:

- It sure is wet in the Northwest ! Probably too wet to tolerate year round, not what I had imagined Oregon to be.
- The crowd sure knows how to respect silence. The hush prior to the men's 100 was

surreal. I heard a baby crying halfway around the stadium.

- On the other hand the crowd was not as raucous as expected. I've heard livelier track crowds at the Penn Relays for sure. Maybe they should host the trials some time.
- The imposition of the "A" standard takes away from the drama of top 3 in, the rest out.
- But having the "A" standard in play can create drama when it's the last opportunity for a runner to qualify for the Olympics.
- Nike has too much of a stranglehold on the Trials. Other companies were non-existent.
- I wish there were Pre-style trails around here. You can't believe how much easier it feels to run on those wood chips.
- Galen Rupp is really good. He set records in both the 5K and 10K. He finished the 5K in 1:53, last 400 in 52.5. That type of closing speed combined with his strength makes him a real threat in London.
- I hope Alysson Felix wins gold in the 200 and Sanya Richards-Ross wins gold in the 400. Would love to see Tyson Gay back in full form for the 100. #

American Cancer Society 5K

by Glen Shane

The second Annual 5K Cancer Challenge, held on June 24 at Van Cortlandt Park track, was an overwhelming success this year. This year saw 110 runners/walkers partake in the 5K run and recreational walk. Both male and female overall winners established new course records. The men's record was lowered from 17:34 to 15:14 while the women's record was bettered by 12 seconds to 20:30.

The success of this year's event was directly related to the many VCTC volunteers combined with hard work from the American Cancer Society personnel. All proceeds from the event go to the American Cancer Society of the Bronx Region in New York. The funds are

administered to assist patients and general family services.

The race started at 11 a.m., when conditions were warm, humid and sunny. Runners performed well under not-so-ideal weather, though. A friendly awards ceremony was held at the track immediately after the race, then a post-race party at the Bronx Ale House attracted a huge crowd of thirsty participants. Owners of the Bronx Ale House also contributed 20% of post-party receipts to the American Cancer Society.

Kudos to VCTC, ACS workers and the Ale House for their commitment to support patients and family members who will benefit from this event.#

Mikie "Burns Rubber" In Central Park

by Mike Hudick

One cool, beautiful Thursday evening in late spring, June 14th,

I had the opportunity to run the J. P. Morgan Corporate Challenge under perfect running conditions with my team from work The NYC Housing Authority (NYCHA). It would be my third race since my Birmingham Hip Resurfacing two years ago last April and I was determined to give it "my best shot"!

Ran so fast I wore out my running shoes! I was literally "burning rubber" in Central Park! Actually, what happened was I decided to wear a pair of "new" racing flats I inherited from my twin brother, Jim, and had stored away for many years, retrieving them recently from my attic. They looked brand new to me. But I guess looks can be deceiving! During the race (without me noticing it) things began to "unravel"!

I finished in a great time of 27:17 (going through the first two hilly miles in a 7:43 pace and keeping the splits for the last one and a half miles under 8 minutes a mile). Really happy

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

with my time! Finished in first place for my NYCHA team! To my surprise, no “fast” guys from our team showed up on race night!

Anyway, after I crossed the finish line and was in the “goodie bag” line for water and bananas and a T-shirt, I noticed there was something wrong with my racing



flats! The sole of the right shoe was completely gone (or fell off after the race) and the sole of the left foot was hanging loose about to fall off. I think it all happened after I finished the race, since I did not notice anything “drastic” during the race and was completely unaware of the “unraveling” that was going on “down below”! The “unraveling events” (as I now call them) had no impact on my race. However, I might say, it was a good thing this was not a longer race – say five miles or so—things might have been much different! I guess, since they were Jim’s running shoes, he must have been watching over me---“In One Spirit and In Perfect Harmony” as you might say!

The whole experience left me with the spiritual sense that “all things” happen in the

“Providence of God”----and eventually turn out OK if you are “United to HIM in One Spirit and in Perfect Harmony!

So that’s “My Story”---- one Thursday evening in late spring in Central Park “Mikie” burned rubber in Central Park taking first place for his “Team” ---all my dreams came true -- at least those in running!

P.S. I was very impressed on how well organized the Corporate Challenge has become! #

Summer Series Record Run

by Bobby Asher

Some of the best performances just come without expectation. Experience and knowing how to perform are important, but flowing through adversity is more so.

I found that out at the Run for Central Park 4 miler and July 19 at an epic Summer Series 5k!

4 miler

When I woke up on Saturday morning after a string of rough workouts and sleepless nights, I decided that; heck, I may as well run the thing and score points as long as I go down to watch. So I showed up 30 minutes before the start, pulled into a parking spot and hoped that I secured enough time on the muni-meter on Madison Ave East and bolted to

the tent to pick up my number.

Without a lot of warm-up (intentional as the humidity was already taking a toll) I settled on the start line among the lanky, cocky, yet rightfully so, WSX runners. It always feels strange being on the line with them as I know that they can run my PR miles pace for their 5k pace, some, run faster than my 5k pace for a half marathon. Yet their I was, and after the horn blew, I took off in 5:02 up Cat Hill only to be already seeing a line of red jerseys roughly 150 meters ahead of me at the mile marker.

All said, I ran one of my best times on the course and was 11th in my group in 20:39, 5:10/mile pace. A solid performance and I felt I was finally starting to come out of my slump. Not bad for a non-race day!

VCTC SS 5k Record

Last year, it was brought to my attention that no one had ever run under 17 minutes for the 5k Summer series. I, having run under 16 minutes on the roads, felt I could easily do it. Yet last year, I was humbled by the unforgiving back hills, hairpin turns and the extra railroad bridge hiccup hill on the Summer series course. 17:03 was apparently stellar as a course record, yet I knew I had way more in the tank.

Unfortunately this year brought sickness before my spring marathon, a rough start to grad school, and simply a hard time getting my speed back in the intense heat of this summer, made running 17:30-17:50 or so

for 2nd place finishes a good performance. I needed that 16:**!!!!

Finally we were caressed with a nice 75 degree July 19. That morning I decided that before I head off for a euro-trip and leave the Vannie course behind for the Alps and Thames for a while, I had to get the job done.

At the start, I was in "the zone" ready to take on not only the course, but the defending champ Francisco Sandoval of WSX, whose 34:10 Ramble course record shows that his fear of hills is nonexistent and meant that he would not be out of his league to be right there with me if I were to break a barrier.

As Glen Shane sounded the horn, I took off with one of the young-guns of a local high school club (thankfully some could rabbit the pace out) and went through in a [hopefully not suicidal] 5:08 for the first mile [thanks Dave King for the marker]. Then it was all guts on the hills. There is no way to negotiate the back hills, either you take'm on the day or they take you. Thankfully, today I put them in my gel pocket

As I got to the railroad bridge, I was in the mid-12 range for time....perfect... but could I hold it? The answer was yes. It was the first time that I had put myself in that type of pain gonna-puke, punched in the gut pain in a while. But I crossed the line grunting with relief in 16:30. Whoa... really? I didn't expect that time and certainly not to be

almost a minute ahead of second place. I was finally back!

Yeah I took this one kinda seriously, I won't lie. The two days in a row of back hills repeats and Cemetery hill leading up to the race may have helped. So for the second time in row, I was not planning on racing, yet had a great performance. It's good to be back!

Thank You's

VCTCers are the BEST! Its been a tough summer and I could not have run the race yesterday without the support and inspiration from all of you. We are a club that represents all the sport of running is; Fun, energy, goals, camaraderie, perseverance and support for each other. Setting the record would have been sweet as an unattached runner. Doing it as VCTC.... PERFECTION.

THANKS and GO VCTC!!!! #

Coaches' Corner

by Ken Rolston

UPCOMING RACES

Aug 12- Sun- 10 AM- Falmouth Road Race, 7.1m

Aug 16- Thu- 7 PM- VCTC 5K summer series # 7

Aug 19- Sun- 7 AM- NYRR Long Run # 2 6-20 miles

Aug 19- Sun- 6 AM- Catskill Mountains Road Relay 100K

Aug 25- Sat- 8 AM- Harlem 5K*

Aug 26-Sun- 9 AM- Monroe-Woodbury Ramble 5K

Sep 2- Sun- 9:30- WTC Run to Remember 5K,

Sep 3- Mon- 9 AM- Dobbs Ferry 5K

Sep 8- Sat- 9 AM- Greenburgh 9/11 Memorial 5K

Sep 9- Sun- 7 AM- Bronx 10m

Sep 9- Sun- 8:30- South Nyack 10m

Sep 9- Sun- 9 AM- Tuckahoe Challenge 1m/5m

Sep 15- Sat- 10 AM- Woodlawn Run for a Cause 5K

Sep 16- Sun- 8:30- Yonkers Marathon/ ½ marathon

Olympic Running Schedule

This should be really entertaining. US has solid contenders in most events, notably the women's marathon, 100,200,400, 400hurdles, and1500. Men's 100 should be a barnburner, as will be the 1500, 5,000 and 10,000. Enjoy !

Aug 3- Fri- Women's 10,000 final, men's shot put final

Aug 4- Sat- Men's 10,000 final, women's 100 final, men's long jump, women's discus, women's heptathlon, women's triathlon

Aug 5- Sun- Women's marathon, women's 400, women's triple jump, men's steeplechase, men's 100

Aug 6- Mon- Women's steeplechase, men's 400 hurdles, Women's pole vault, women's shot put, men's 400

Aug 7- Tue- Women's 100m hurdles, men's 1500, men's

High jump, men's discus, men's triathlon

Aug 8- Wed- Women's 400 m hurdles, men's 110 hurdles, women's long jump, women's 200	about the timing of your runs and keep suitably hydrated. Take advantage of the shady trails in the area !	2 x 200, mile pace, 200 recovery 3 x 400, mile pace 1 minute rest, then jog 800 3 x 400, mile pace, 1 minute rest.
Aug 9- Thu- Men's 800, men's 200, men's decathlon, men's triple jump, women's javelin	Track workouts will alternate with hill workouts until mid-August. Hill workouts will take place the Tuesday after the Thursday night race. I will post reminders throughout the summer. On the track we will be aiming for the club champs 5 mile and the late August Percy Sutton 5K, then we will prepare for the 5 th Ave. Mile.	8 x 200, 200 rest, 800 recovery 1 x 800, mile pace, 800 recovery 1 x 400, faster than mile pace
Aug 10- Fri- Women's 5000, women's 1500, women's 4 x 100, men's pole vault, men's 4 x 400		6 x 300@ mile pace, 100 rest, 800 recovery
Aug 11- Sat- Men's 5,000, women's 800, women's 4 x 400, men's 4 x 100, men's javelin, women's high jump		1 x 600@ mile pace, 400 recovery 1 x 600@ mile pace, 400 recovery
Aug 12- Sun- Men's marathon		1 x 400@ slightly faster than mile pace####

Please be careful on those long runs this summer. It's been extraordinarily hot, so be smart

Mile workouts are posted on the VCTC website. Here are some of my favorites:

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Race Results

Brooklyn Half-Marathon

May 19, 2012

Prospect Park

1:12:23	Michael Arnstein	M35
1:17:11	Kyle M Hall	M34
1:17:34	Matt Soja	M29
1:17:56	Bobby Asher	M27
1:19:57	Kevin Shelton-Smith	M52
1:20:57	David Talbird	M31
1:21:11	Garland Days	M41
1:27:04	Sean Moore	M48
1:33:56	Steven Joseph	M50
1:35:40	Vincent Brett	M34
1:35:41	Mick Burke	M33
1:37:36	Rick Bloomer	M48
1:37:52	David Monahan	M60
1:38:04	Paul Swem	M62
1:38:11	Alexandra Hernandez	F31
1:38:20	Richard P Conley	M56
1:39:39	Adam Golovizki	M36
1:40:40	Matt Newton	M38
1:40:14	Anthony C Thoman	M49
1:40:22	Benigno Veraz	M57
1:40:56	Paulina Nunez	F22
1:41:15	John Martin	M45
1:41:48	Lauren Valentino	F34
1:44:14	Hiroshi Kitada	M46
1:45:04	Anne Tiger-Days	F43
1:45:18	Liam Moroney	M27
1:45:51	Juan Tony Gonzalez	M66
1:45:56	Salvatore Carretta Jr	M55
1:46:40	Erica Hubbard	F32
1:47:40	Stephen McMullan	M35
1:48:14	Bette Clark	F56
1:50:39	Michelle Conley	F24
1:51:15	Zafar Shahbaz	M55
1:54:55	Jill Staats	F60
1:55:34	Enrique Jaen	M46
1:55:39	Edward James	M65
1:56:41	Margaret R Nolan	F52
1:57:15	John McCarthy	M52
1:57:17	Yani Fernandez	F42
1:57:44	Jo Ann Pate	F37
2:01:14	Arnold L Gore	M71
2:01:27	Heidi Velasquez	F33
2:01:35	Adrian Hunte Smith	F58
2:05:50	Stephen Lewis	M29
2:06:49	Erick Fernandez	M30
2:07:40	Bill Smith	M67
2:07:42	Penelope Sheely	F42
2:09:10	Paul Arroyo	M46

2:10:50	Christy Olezeski	F33
2:18:33	Darren Rosa	M47
2:21:22	Nicholas Malamas	M36

Fargo Marathon

May 19, 2012

3:19:12 Hideki Kinoshita PR

Dirty German Endurance Trail Race 25K

May 20, 2012

Philadelphia

2 2:24:46 Bette Clark 1 F50-59

50K

5:50:10 Alexandra Hernandez

A Mild Sprain 4.25M Trail Run

May 20, 2012

Yonkers

57:49 David Simko

VCTC Summer Speed Series 5K Race 1

May 24, 2012

9	17:29	Michael Oliva	M33
10	18:23	David Talbird	M31
	19:48	Kevin Shelton-Smith	M52
	20:25	Bobby Asher	M27
	20:42	Laura Rodriguez	F32
	21:43	Anthony Thoman	M49
	22:03	Horace Grant	M32
	22:41	Rachel Kimber	F31
	23:45	Riccel Kouns	F16
	23:47	Alexandra Hernandez	F31
	24:02	Sal Carretta, Jr.	M55
	24:09	Angelina Roberts	F30
	24:42	Miles Moloney	M22
	25:50	John McCarthy	M53
8	27:50	Margaret Nolan	F52
	28:17	Suzanne Corber	F59
	28:25	Ken Rolston	M60
	29:09	Edward James	M65
9	30:12	Tami Luhby	F41
	31:33	Mitchell Strong	M63
	35:51	Bella Kouns	F14
2	41:18	Michael Wong	M42
	50:26	Ramon Minaya	M72

Edinburgh Marathon

May 27, 2012

3:34:53 Hideki Kinoshita

American Heart Assn. Wall Street Run 5K

May 31, 2012

2	18:57	Jeff Powell	M40
	19:18	Michael Broache	M27
	19:40	Ely Greenberg	M32
	20:44	Adam Golovizki	M36
	21:58	Salvatore Carretta Jr	M55
	23:49	Enrique Jaen	M46

5

24:32	Darren Rosa	M47	46:32	Julienne Bell-Smith	F30	
26:49	Nicholas Malamas	M36	47:21	Anne Tiger-Days	F43	
27:04	Maryann Khinda	F32	47:37	Lauren Valentino	F34	
27:24	Tami Luhby	F41	48:40	Bette Clark	F56	5
			49:23	Patricia Novelli	F41	
	Central Park Challenge 5K		50:15	Erica Hubbard	F32	
	June 2, 2012		51:15	Suzanne Corber	F59	
23:45	Bette Clark	1 F50-59	51:49	Lorraine Clarke	F30	
			52:15	Jill Staats	F60	4
	Celebrate Israel 4M		52:23	Kathryn A Donovan	F54	
	June 3, 2012		52:47	Heidi Velasquez	F33	
25:57	Ely Greenberg	M32	52:53	Mandi Susman	F43	
31:16	Salvatore Carretta Jr	M55	54:23	Monica Harrington	F37	
32:18	Miguel Ortiz	M50	56:35	Maryann Khinda	F32	
33:16	Penelope Sheely	F42	56:42	Adrian Hunte Smith	F58	
34:30	David Pultz	M60	1:03:54	Rachel Isaac	F19	
34:40	Edward James	M65	1:04:40	Monika N Macezinskas	F66	
35:09	Robert A Jacklosky	M47	1:05:12	Edith Jones	F72	7
37:31	Adam J. Orna	M38	1:07:33	Susan R Epstein	F69	
39:18	Ramon Ruiz	M72	6 1:12:05	Gilda L Serrano	F63	
40:47	Edith Jones	F72	6			
				JPMorgan Chase Corporate Challenge 3.5M		
	Comrades Marathon 56M South Africa			June 14, 2012		
	June 3, 2012		27:17	Mike Hudick	M67	
9:37:39	Hideki Kinoshita					
	VCTC Summer Speed Series 5K Race 2			Portugal Day 5M		
	June 7, 2012			June 17, 2012		
17:26	Michael Oliva	M33	26:56	Bobby Asher	M27	
17:58	Bobby Asher	M27	27:52	Matt Soja	M29	
18:28	David Talbird	M31	28:04	David Talbird	M31	
19:34	Kevin Shelton-Smith	M52	28:06	Kyle Hall	M34	
21:12	Daniel Hennessy	M47	31:10	Kevin Shelton-Smith	M52	3
21:16	Horace Grant	M32	31:10	Perry King	M55	5
21:18	Anthony Thoman	M49	31:12	David Feinstein	M38	
22:01	Beningo Veraz	M57	31:27	Antonio Varrenti	M49	
23:01	Miles Moloney	M22	31:43	Horace Grant	M32	
23:40	Riccel Kouns	F16	31:48	Sean Moore	M48	
24:02	Sal Carretta, Jr.	M55	32:49	Ely Greenberg	M32	
24:02	Tony Gonzalez	M66	32:53	Daniel Hennessy	M47	
24:10	Stephen Orban	M32	33:00	Jonathan Stenger	M38	
25:13	John McCarthy	M53	33:16	Steven Joseph	M50	
26:48	Reggie Cedeno	M31	35:33	Matt Newton	M38	
27:35	Jo Ann Pate	F37	35:38	Dominic Lombardo	M45	
29:05	Kimberly Tate-Brown	F46	35:41	Benigno Veraz	M57	
29:23	Edward James	M65	35:52	David Monahan	M61	
29:39	Kate Donovan	F54	36:23	Luis Roa	M47	
32:24	Lorraine Clarke	F30	36:25	Richard P Conley	M56	
40:44	Ramon Minaya	M72	37:03	Salvatore Carretta Jr	M55	
41:12	Jacqueline Cordero	F39	37:03	Eric Nolan	M33	
			38:04	Reggie Cedeno	M31	
			38:46	Stephen Orban	M32	
	Utah Valley Marathon		39:29	John Farrelly	M43	
	June 9, 2012		40:04	John McCarthy	M53	
3:41:19	Hideki Kinoshita		41:09	James Moloney Jr	M49	
			41:27	Paul Arroyo	M46	
	New York Mini 10K		42:05	Arnold L Gore	M71	4
	June 9, 2012		42:16	Edward James	M65	
46:17	Colleen McMahon-Healey	F28	43:06	Adam J. Orna	M38	

47:09	Bill Smith	M67		40:44	Reggie Cedeno	M31	
47:30	Nicholas Malamas	M36		42:24	Adam J. Orna	M38	
48:45	Monika N Macezinskas	F66	6	45:03	Darren Rosa	M47	
1:04:03	Marsha Milan-Bethel	F35		47:23	Edward James	M65	8
	Al Goldstein 5K			49:20	Robert A Jacklosky	M47	
	June 20, 2012			53:04	Monika N Macezinskas	F66	3
	Prospect Park			58:34	Gilda L Serrano	F63	9
27:08	Arnold L Gore	M71	1	1:16:50	Ramon Minaya	M72	
	VCTC Summer Speed Series 5K Race 3				New York Giants Run of Champions 5K		
	June 21, 2012				June 24, 2012		
17:26	Bobby Asher	M27		24:16	Monica Harrington	F37	
17:47	Michael Oliva	M33		29:32	Nicholas Malamas	M36	
19:47	Kevin Shelton-Smith	M52			Queens 10K		
20:41	Neil Leibowitz	M37			July 1, 2012		
21:13	Horace Grant	M32			Flushing Meadow		
22:00	Anthony Thoman	M49		45:27	Ely Greenberg	M32	
23:33	Beningo Veraz	M57		46:18	Liam Moroney	M27	
23:39	Shelley Buchbinder	F27		47:05	David Rippon	M42	
24:31	Sal Carretta, Jr.	M55		47:18	Julienne Bell-Smith	F30	
25:38	John McCarthy	M53		48:35	Salvatore Carretta Jr	M56	
26:26	Stephen Orban	M32		52:28	Adam J. Orna	M38	
28:07	Edward James	M65		54:57	Edward James	M65	7
28:30	Penelope Sheely	F42		55:55	Vincent Brett	M34	
28:48	Shirley Middleton	F58		56:11	Stephen McMullan	M35	
28:48	Jordan Laks	M36		57:11	Zafar Shahbaz	M55	
30:00	Margaret Nolan	F52		59:09	Enrique Jaen	M47	
30:28	Kate Donovan	F54		1:02:13	Dennis Martinez	M30	
32:04	Mitchell Strong	M64		1:02:42	Darren Rosa	M47	
35:12	Tami Luhby	F41			VCTC Summer Speed Series 5K Race 4,		
37:06	Selma Seguira	F46			Relay		
40:55	Ramon Minaya	M72			June 21, 2012		
43:56	Jacqueline Cordero	F39			Results not yet available		
	Front Runners N Y Lesbian and Gay Pride Run 5M				Firecracker 4M		
	June 23, 2012				July 4, 2012		
31:38	Kevin Shelton-Smith	M52	1		Saratoga Springs, N.Y.		
34:49	Steven Joseph	M50		26:13	Melissa Weiner		2
37:11	Benigno Veraz	M57	5	29:53	Colleen McMahon		
39:55	David Isaac	M49			Central Park Conservancy		
39:58	Stephen Orban	M32			Run for Central Park 4M		
41:45	Lorraine Clarke	F30			July 14, 2012		
43:10	Robert Vassilarkis	M40		20:39	Bobby Asher	M27	
44:10	Jill Staats	F60	1	22:14	David Talbird	M31	
44:23	Arnold L Gore	M71	3	22:30	Matt Soja	M29	
47:21	Harrison Isaac	M14	3	22:39	Garland Days	M41	4
47:29	Tami Luhby	F41		23:49	Chris Ekstrom	M46	8
48:12	Darren Rosa	M47		24:42	Perry King	M55	7
53:03	Rachel Isaac	F19	7	24:49	David Feinstein	M38	
55:26	Susan R Epstein	F69	8	25:19	Amy Kvilhaug	F37	5
55:39	Selma Sequeira Raven	F46		25:22	Carlos Lopez	M31	
1:02:09	Lorraine Isaac	F49		27:37	Steven Joseph	M50	
	Achilles Hope & Possibility 5M			27:41	Daniel Hennessy	M47	
	June 24, 2012			27:57	Paul Swern	M63	8
36:23	Matt Newton	M38					
36:33	Salvatore Carretta Jr	M55	3				

27:57	Julienne Bell-Smith	F30		30:33	Mitchell Strong	M64	
28:13	Benigno Veraz	M57		32:02	Sal Carretta, Jr.	M55	
28:31	Liam Moroney	M27		33:43	Linda Evangelow	F29	
28:33	Matt Newton	M38		35:10	Ramon Minaya	M72	2
29:27	Salvatore Carretta Jr	M56		39:13	Michael Wong	M43	
29:54	Bette Clark	F56	3	41:43	Jacqueline Cordero	F39	
30:22	David Isaac	M49					
30:28	Anne Tiger-Days	F44			Run to Breathe 10K		
30:44	Carolyn Hehir	F34			July 21, 2012		
30:47	Ciara Gedulig	F30		43:53	Steven Joseph	M50	9
31:03	Erica Hubbard	F32		45:10	Matt Newton	M38	65
31:14	Reggie Cedeno	M32		45:23	Liam Moroney	M27	69
32:04	John McCarthy	M53		45:56	Lauren Valentino	F34	11
32:34	Suzanne Corber	F59	8	48:01	Salvatore Carretta Jr	M56	5
32:50	Rick Bloomer	M48		50:46	John Farrelly	M43	129
33:20	Margaret R Nolan	F52		51:44	Miguel Ortiz	M50	58
33:31	Miguel Ortiz	M50		51:59	Lorraine Clarke	F31	97
33:31	Jill Staats	F60	2	52:27	Rick Bloomer	M48	102
33:49	James Moloney Jr	M49		57:53	Robert A Jacklosky	M47	160
35:41	Harrison Isaac	M14	2	59:27	Edward James	M66	19
35:55	Edward James	M65		1:06:58	Edith Jones	F72	3
37:35	Eileen Hickey	F30		1:10:21	Gilda L Serrano	F63	11
38:07	David Pultz	M60					
40:23	Monika N Macezinskas	F66	9		Time Warner Fit Nation 5K		
41:05	Christie Damo	F25			July 25, 2012		
43:03	Edith Jones	F72	5		Riverside Park		
46:47	Rachel Isaac	F19		24:08	Tami Luhby	F40+	1
57:13	Ramon Minaya	M72					

VCTC Summer Speed Series 5K Race 5
July 19, 2012

16:30	Bobby Asher	M27	1 OV
19:26	Chris Ekstrom	M46	2
20:31	Perry King	M55	1
20:44	Horace Grant	M32	
20:59	Anthony Thoman	M49	
21:04	Jeff Powell	M40	
21:09	David Kornacker	M47	
22:08	Jimmy Atkins	M51	3
22:11	Benigno Veraz	M57	
22:59	Shelley Buchbinder	F27	3
24:03	Adam Golooizk	M36	
	Alexandra Hernandez-McKean	F31	
24:09	Tony Gonzalez	M66	1
24:47	Miles Moloney	M22	
25:29	Rick Bloomer	M48	
25:33	Erica Hubbard	F32	
25:34	Paul Arroyo	M46	
25:42	Lorraine Clarke	F31	
26:01	John McCarthy	M53	
26:56	Reggie Cedeno	M32	
27:35	Lyndsey Dore	F35	
27:50	Margaret Nolan	F52	2
28:18	David Pultz	M60	3
	Eileen Hickey	F30	
30:00	Edward James	M65	
30:26	Kimberly Tate-Brown	F47	

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 September/October issue is August 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

P.O. Box 341

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