

Van Cortlandt Track Club newsletter

Rain and Wind

(So what else is new?)

Thirteen VCTC Members “brave” the usual cold, windy, heavy rain conditions at the McArdle 15K

by Mandi Susman

The NYRR website listed the conditions for this race as 54 degrees, 93% humidity, wind 15 mph, rain. For those of us who ran or volunteered, that really does not accurately depict the conditions. It had been pouring rain for 12 hours and the wind was whipping around with gusts that threatened to knock us over. When I arrived, I thought, this is crazy, what I am doing? I should just get right back in my car and head home. But I knew all my friends on the team would know that I chickened out and I was already there and ready to go, so I “sucked it up” and headed over to the Tortoise and the Hare.

I quickly found Heidi Velasquez and after asking each other several times why we were doing this race, we both headed across the street to Gleeson’s where NYRR had set up registration and number



Runners line up in the wind and rain for the start of the McArdle 15K

distribution. We were already drenched before we even got our numbers but there was no turning back once we had collected our numbers. VCTC came out in force (as is to be expected...) with 13 members running. We gathered at the start in a primal huddle for warmth and pre-race celebration/rant. We were all freezing, soaked and eager to get the race started. Due to construction, they decided to start the race in the field which normally wouldn’t be something to complain about, except that the only thing that wasn’t totally soaked yet were my socks. The field was one

giant puddle and within 100 yards of the start of the race, every single runner must have had two completely drenched shoes. Simply put, conditions were not ideal.

Heidi and I ran together through the first loop and into the second, when I peeled off to use the facilities. Normally I wouldn’t have bothered to stop, but having that 5 minutes to dry off and collect myself



Fighting the south wind

really helped me make it through to the finish.

There was an atmosphere of collegiality and shared insanity throughout the race. Running by myself for a little more than half the race was
(continued next page)

one of the most difficult mental exercises I've undertaken. I could have stopped at any time, but not only was the team there, my family was coming to see me at the finish. During the last lap the rain finally stopped and I knew the finish line was attainable. I ended up running about the last mile with another runner who was just trying to make it through those back hills one more time, like me. I



Norris Ogard(right) dressed accordingly

realized, though, that I had the home field advantage in that I knew how many more hills were coming and that the last really big one was behind us. I shared that information with my new

friend and we helped each other make it through and over the bridge one last time.

Normally, once over that bridge and heading down that hill for the last time, I'm feeling home free, but since this was the third loop, I knew I'd have to battle that fierce head-wind before crossing the finish line. I did pick up my pace down the hill and tried to keep the momentum around the corner and down the last straightaway, to no avail. I heard the cheers from team mates, volunteers, friends and family, but it still was not quite enough. I found myself (a self-defined non-believer) praying to God to please let up on the wind for just a few minutes so I could finish. Needless to say, my prayers were not answered and I slogged through to the end at less than break-neck speed.

To add insult to injury, I was passed just a few yards from the finish line by a member of the

Front Runners club who also happened to be in my age group so I missed placing third by 4 seconds. But that wasn't really the point of the race. The lesson learned for me, once again was, don't assume it can't be done just because you haven't done it before. Or, better put by Shakespeare: "Our doubts are traitors, and make us lose the good we might oft win, by fearing attempt."

The warmth of the after party at Kevin's apartment managed to remove all the pain and doubt of the race instantly. I had heard about "the soup" which really did fix me right up, as I'm sure it did for all who enjoyed a bowl.

I still don't have a great answer for "why" other than runners are a crazy bunch, but I'm glad I started and more importantly finished this race, beating the elements and proving to myself that I can do more than I think I can. #

Van Cortlandt Track Club

2010 Board of Directors

President: Bette Clark

Secretary: Jill Staats

Vice Presidents: Ken Rolston, Dave King

Treasurer: Larry Barazzotto

2010 Executive Committee

Social Director: Dick Conley

Controllars: Mike and Pat Hudick

Public Relations: Arnie Gore

Clothing Director: Mike Arnstein

X-Country Series Race Director: Fred Daly

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Allen Steigerwald

Ramble Race Director: Kate Donovan

Website Committee: Lou Netter, Kevin Shelton-Smith, Mike Lee, Jeff Powell, Dominic Lombardo, Tony Thoman

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

On The Run

by President Bette Clark

On one of our recent Tuesday night work outs, while running the Fieldston loop, a car pulled up next to a few of us and a man rolled down his window.



“Hard core runners, eh? You must be from Van Cortlandt!!” “You’ve got that right,” I answered. “I used to be a

member,” he said, “but I’m not running much any more.” Of course I encouraged him to join us, but he rolled up his window and drove off. It was one of those frigid, snowy nights that keep most people indoors—but of course, not VCTCers. Our runners are out there, not just running and racing, but organizing and staging impromptu trail marathons in the park: Mike Arnstein’s (with Mike Oliva) Thanksgiving Marathon drew over 200 runners, his Christmas Marathon a few less, and his New Year’s Marathon brought 35 hearty souls on to the deep snow of the trails. While not “official” VCTC races, these

novel cold weather events reflect the spirit of Van Cortlandt runners (and the creativity and energy of a few of us). When I meet new runners who ask about joining us, they are always surprised that we run all year round, in all conditions. This is who we are as runners—we are ready for anything—and coming up with new ways to thrive in the long winter.

While sometimes this involves trying to get to warmer places for some winter races (Florida, Puerto Rico), for many, it means layering up and getting out there, no matter what.

As we move into the New
(continued next page)

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Year and new racing calendars, I know our club is even more committed to being a force to be reckoned with at races near and far. Relays are being organized, NYRR club points races are being put on calendars, and training schedules planned for spring marathons.

New energy is also fueling our members' involvement in the club, and there have been new members volunteering to help out in many ways. We now have a committed group of team leaders to ensure that we get age group teams to NYRR points races in 2011. These are (representing the men's and women's teams): Open: Jeff Powell, Jamie Kyei-Frimpong; 40-plus: Kevin Shelton-Smith, Wanda Bills; 50plus: Ken Rolston, Adrian Hunte-Smith; 60-plus: Arnie Gore, Susan Epstein. You should hear from your age-group captain before club points races, reminding you and encouraging you to run so that you can help to score points for VCTC.

Ken Rolston, as Athletic Director, will continue to coach us all to victory, with invaluable assistance from Glen Shane. Hopefully, Kevin will continue to encourage runners to join him for Thursday night tempo runs.

Several new members (or newly active as volunteers) have also stepped up to join, lead, or co-lead executive committees: For 2011, joining the Website Committee of Dominic

Lombardo, Mike Lee, Jeff Powell, and Kevin Shelton Smith are David Talbird and Robert Branch (who has also volunteered to be our videographer).

James Moloney has offered to post races on our website that are of interest to VCTCers. Mike Arnstein will be replacing Dave Isaac as Clothing Director (with some help from Margaret Nolan, to ensure that female interests—like running bras—might be considered as a club clothing item).

Kate Donovan will be joining Dave King to co-direct the *Riverdale Ramble*, and Alan Steigerwald will join Jill Staats as co-director of the *Urban Environmental Challenge*. Fred Daley will continue to be Race Director par excellence of our *5K Summer Series*.

Joining Dick Conley, who leads our Social Committee, are Melissa Filut and Alexandra Hernandez, who are excited to add hashing and bar-hopping to our social calendar. Arnie Gore will continue as our Public Relations Director, serving as our liaison to NYRR. Mike Oliva has offered to help out with race promotion and publicity (anyone else?). Hiroshi Kitada has offered to help coordinate volunteers for NYRR races as well as our own..

Norris Ogard and Dave King will continue in their roles as co-editors of the newsletter, and Kevin Shelton-Smith will

continue to manage membership, as well as club records and PRs—and many other things.

Mike and Pat Hudick will continue (perhaps only for a short time more) to take care of our Finances. (with the help of our Treasurer). It is wonderful to see new members offering to help. Please remember that your help is always valued—consider joining one of these committees or finding other aspects of our Club life you would like to be involved with.

At the time of the release of this newsletter, we will all be enjoying our Annual Awards Dinner, celebrating VCTC runners' accomplishments of 2010—and dancing!! At that time, I will also be taking the opportunity to thank many of you in person for the contributions you have made to our club throughout the year—and will be announcing changes to the Board for 2011 as our election results are finalized. In the meantime, I thank all of you for all that you have done—from running to volunteering (and partying)---in 2010, making VCTC the vibrant club that it is.

Keep running strong
and make 2011 an
even better year...

#

Coach's Corner

by Ken Rolston

Happy New Year Fellow Runners. I just got back from a warm, relaxing run-filled vacation and had time to reflect on the wonderful year in the world of VCTC. I enjoyed watching footage from last winter's Armory races on our website. The growth of social networks such as Facebook helped create places for our runners to exchange ideas and encouragement. 56 runners participated in the opening club points race, **Coogan's Salsa and Blues 5K** which set the stage for VCTC's finest year in memory.

As soon as **Kevin Shelton-Smith** turned 50, the club became instantly competitive in that age group.

Mike Arnstein broke 2:30 in Boston. **Rachel Kimber** broke 3:30 in Boston.

We staged another successful **Urban Challenge**. The **5k Summer Series** was better than ever.

We bought a new clock ! We said good-bye to **Otis Mathews**. **Glen Shane** became a fixture at the Tuesday night workouts and brought energy and passion to every practice.

Dave King placed for VCTC in every age group in one race. **Steve Park** formed a 5th Ave milers group page on the club

website, which generated 18 pages of commentary and encouragement. **Kevin** ran 4:50, **Lou Csak** ran 5:02, **Mike Lee** ran 5:05.

At the **Club Champs**, the men's team placed 10th overall, 2nd in the Open B, 5th in the 40+, 2nd in the 50+ and 2nd in the 60+. Wow ! Relay teams ran in the 92 mile River to Sea and the Ragnar Relay. **Kyle Hall** ran in Kenya ! **Sal Carretta** ran in 42 NYRR races. His entry fees = the annual economy of Kenya. **Vera King** ran like a Kenyan. **Jamie Kyei-Frimpong** ran in India. **Kate Donovan** ran in India. **Firdaus Dotiwala** ran from India! **JoAnn Pate** foiled a mugger. It was a very good year.

Thanks to all of you for your passion, fellowship and esprit.

Tuesday night workouts continue unabated on the hills as we build a strong base for spring races perhaps with a race or two at the Armory. Here are the basic tenets I will be employing in 2011, with thanks to Bart Yasso.

Keep runners injury free-most injuries are a result of overuse. The best way to avoid injuries is to rest more and go more slowly on easy days. For the other days...

More Hillwork- builds strength and confidence. Multiple variations include short bursts, medium climbs, long climbs, and downhill technique.

Lorenzo St. Dubois (LSD)- increases aerobic fitness, teaches

efficiency, builds mental discipline. Excellent base preparation for speed and tempo workouts.

Tempo runs- warm up for 15 minutes, run 20-30 at ½ marathon pace, cool down for 15 minutes.

Speedwork- Yasso 800's, ladder workouts, relays, 200's, off-track speed workouts.

Upcoming Races:

Jan 20 Thu- Thursday night at the Races, Armory

Jan 22 Sun- Manhattan ½ marathon, Central Park

Feb 1 Tue- Empire State Building Run-Up

Feb 6 Sun- NYRR Gridiron 4 m- Central Park

Feb 10 Thu- Thursday night at the Races, Armory

Feb 24 Thu- Thursday night at the Races, Armory- Relays !

Feb 26 Sat- Al Gordon 4m- Prospect Park, Brooklyn

Mar 6 Sun- Coogan's 5K- Washington Heights

Coogan's Salsa
and Blues 5K
Sunday March 6,
2011
NYRR points race
Be there.

RACE REPORT

Tucson Thanksgiving X-Country Classic 5K

Reid Park, Tucson
November 25, 2010

by Jane Berger

I was thrilled finally to be in Tucson for this race! Separate men's & women's events create a fun opportunity to cheer friends and family as they hurdle hay bales and water jumps. This year there was a record number of participants-890 women. I have to say, I had to manage my x-country expectations, coming from Van Cortlandt Park...The Southern Arizona Road Runners calls it a "European course"- what could that mean? How on earth could it compare to the VCP course I know and love?

So, I convinced my running friend, Pam, to pre-register and go to the race with me on Thanksgiving morning. We jogged over to Reid Park which is situated in downtown Tucson, a mile from my house. The jog over was my warm up as Pam and I discussed what to wear for the race; if we needed a hat, long sleeve shirt, gloves? VCTC singlet a must!

Upon arrival, we were struck by the thousands - yes thousands of folks at the race. We made our way through the crowds to check bags and find the start and finish. There were still hundreds of men lined up to get placed at the finish line. They all seemed cheery to wait on line to cross the finish line! Imagine the Vanny finish with 900 guys trying to cross the line and have their numbers and times logged!!

Pam and I made our way through the crowd of 890 women, to get closer to the front. The course

was a flat 2 lap slog thru a desert wash, around a ball field, across a rocky creek, up & down 2 moguls, hurdling hay bales and jumping over 2 mud puddles! It was a blast! Getting thru the crowd was tough, and by half a mile the crowd began to thin, making the strategically placed obstacles more manageable. The cross section of racers was amazing, from kids to grandmas, everybody was out working up an appetite for thanksgiving dinner!

My time was a consistent 25:28 (8:11 pace) I finished 13th out of 78 women in my 40-44 age group and 135th out of 890 women. My goal (New Year's resolution) is to show up at the weekly track workout and get either injured or faster! The male 1st place time was 15:44 and the women's was 17:44. Winners in each age group took home turkeys; everyone got a T shirt. Great race!! . #

California International Marathon December 5, 2010 Sacramento, CA

by Dick Conley

On an invitation from my brother-in-law Peter, I ventured on a whirlwind weekend and flew to Sacramento to run the California International Marathon ("CIM") on December 5th. Jim Morrison's lyrics from The End, "The west is the best, get here and we'll do the rest", were rolling in my sleepy head as I landed late that Friday evening. The next morning, on an easy run with Peter looking out at the snow capped Sierra Nevada Mountains, I knew I had gotten to California and felt prepared for the Marathon.

The CIM is a point-to-point course, from Folsom Dam to the California State House in Sacramento. The race has grown to about 10,000 runners, including about 400 relay teams. Overall there is a 340 foot net drop in elevation, but lots of rolling hills, so it is

(continued next page)

challenging. There were plenty of spectators along the route, despite a 7AM Sunday morning start, which went from rural to suburban to Sacramento.

Interesting was my encounter with Tim Tweitmeyer, a repeat winner of the Western States Ultra. He was the 3:35 pacer, which is a reasonable goal for me. I fell in with him and chatted briefly, and stayed from about mile 3 to 7, felt good and moved up to 3:30 pace. At about mile 22 he passes me—looked like he was on a stroll in the park, as fresh as could be, while I was not so fresh! Right then I knew I should have hung with him for the duration, keeping a more realistic pace, and finished 4 minutes behind him. Not disappointed, though.

Post race refreshments included pancakes topped with strawberries, and lots of other goodies, including beer!!! Worth going back for!!! #

Holualoa Tucson Half-Marathon December 12, 2010

by Jane Berger

This fall, my family and I retreated to Tucson, AZ. We live in a small house near the University of Arizona, pretty much walking distance to everything one needs, except Van Cortlandt Park. I picked up where I left off in May, and began training with my Tucson running friend, Pam. Our kids are best friends and we run about the same pace. Pam and I run a couple of times a week together, most of our runs are “out the door runs”: she swings by my place and we run through our neighborhood and into the Chico Arroyo—a desert trail—for a flat, eight mile loop. We set our fall running goal on the Tucson Half, a mostly downhill race. But we worried that our old knees would ache and our old toenails would fall off on race day!

The race began up in northern Tucson in the Catalina mountains at 4,000 ft of elevation and

finished at 2,750 ft elevation, yes it is down hill, but gradual and quite scenic. Races begin early here (7am) to beat the heat. It was still dark and cold (30f) when the gun went off. The race organizers were sending runners off in packs of 200 at 30 second intervals, so when the gun went off I was still on line for the port-a-potty.

Pam and I started out together. As we descended, the sun rose over the mountains and it warmed up quickly. By mile 2, I had peeled off a layer. I was excited to reveal my VCTC singlet!! Pam and I ran side by side until mile 9, when she backed off and I ran on alone. The course was a straight shot down highway 77. At mile 11, the course turned left off the highway and into a hilly residential neighborhood. The first hill reminded me of the 110th street hill in Central Park. Thankfully there was a band playing, drawing runners up the hill and the 2nd short steep grunt was cruel after 11 miles of downhill! “OUCH,” my quads were screaming! I was trying to channel those bad ass hill workouts we did this summer; it got me up the hills and delighted, I was still passing people.

There was another half mile to the finish line. I couldn't see it but I could hear it! As folks finished, the announcers called out everyone's names and all finishers got medals! Pam finished 2 minutes after I did. My time wasn't a PR, but I finished toenails intact...1:55 /8:50 pace, 32nd place out of 145 women in the 40-44 age group and 176th out of 982 women.. The 40-49 male and female age groups made up the largest percentage of runners in both the half and the full marathon. There were 982 women and 612 men running in the half. Running and racing are great here. There are a lot of running groups and miles of trails. So come on down for a visit! #



My Kenyan Adventure:

Part III-World Cup Night

by Kyle Hall

Tonight will be quite raucous here at the International Training Centre due to The Netherlands vs. Spain final in World Cup Soccer. Coach Pieter is Dutch, as is his wife Lornah (the Olympian who became a Dutch citizen), as well as the dozen Dutch student athletes who arrived here recently. An hour ago, Lornah hung a full-sized Dutch flag up in the dining hall.



High Altitude Training Centre

We have a nice projector screen with high quality projector set up to watch the game.

Last night we used the projector to watch an IAAF Diamond League (world class) track meet that was live in England. The two Kenyans who went 1-2 in the 1,500 meter race, both train here in Iten, where we are. Some of the guys training here remarked how they'd just

seen one of the racers run a track workout last week. The track is only about a 12 minute easy run from where we stay. The Kenyans who won the



An Iten track workout.

steeplechase also train here in Iten. I didn't watch the rest of the meet but I'm sure other Iten residents won races, too.

It's wintertime here in Kenya. It does get quite chilly at night but this is about as cold as it gets: approx. 50 or so. The Kenyan student-athletes here are walking around in sweaters under jackets, wearing winter gloves, and generally freezing. We've told the girl who's going off to Bowdoin College in Maine, that it may get a bit colder there than here.

I ran 40 minutes "polla polla" (easy) again today. That was Lornah's advice to me, as well as for herself. For the first 7 days, "polla polla."

I'm rooming temporarily now with my new training partner Parisa. He's not a full partner yet, though he's already much better adapted to the 8,000 + foot altitude than I am. So,

where he's running for 90 minutes tomorrow morning at a tough pace ("pushing, pushing" as the Kenyans say), I'm still at 40 easy. His races in The Netherlands are actually next month, not September as I'd written, and he wants to go 29 minutes or faster for 10K and under 14:30 for 5K. Remember, the lad is 16 years old.

I discovered today that the guy David whom I ran with a couple days ago--during the day of my temporary collapse--is a 65 minute Half Marathoner (to put that in perspective, my best is 75 minutes). He walked me to the store today and helped me purchase the "Top Up" (as they say here) minutes so I could get on the internet.

I met a Dutch guy today at the gym. He lives out here most of the year with his girlfriend, elite runner Hilda Kibet (who's won the NYC Half). He runs 63 minutes for the Half.

This morning Dorcus, my



Kyle with his training partners

female training partner who's raced in Europe and is training for the 10,000 meters, and I ran a nice route down a beautiful, more
(continued next page)

secluded back road. We passed a pond reflecting the sunrise and I remarked how my parents live by a similar pond. We ran a monster uphill that lasted for over a half mile--getting steeper all the time--and after we'd finished we stopped to stretch with a guy whose cousin is Bernard Lagat (a Kenyan-turned-U.S. Olympian).

This guy runs 62 minutes for a half-marathon, but that is so standard around here that, although he has raced in France, the time has not yet been fast enough to launch him over to the U.S. for a big race. This is just astounding.

Meanwhile, I'm beginning formal Monday, Wednesday, Friday 4:30 p.m. core workouts with a larger group starting tomorrow. This will come after my morning run and an early afternoon weight session. I will also hit the sauna a couple of days a week. My legs are feeling strong and loose, now.

The Mzungu (white people) played soccer today against the Kenyan student athletes from our camp. I had only planned to spectate but jumped in for a few minutes. They destroyed us at least 8-1 (we lost count). I then took a sideline role watching a far more vigorous match mixing locals, with Kenyan students from our camp, as well as the few brave Mzungu who decided to stay in. Let's just say, don't count out barefoot locals. They can still kick a soccer ball fairly

well. Not to be conceited, but I did head a ball--which is my new claim to fame.

The most challenging part of the game was avoiding the cows, which grazed literally on the soccer field (around the sidelines). They also wandered across the track--a dirt construction with no marked lanes. It was the first time I've ever seen cows on a track.

Most kids around here, by the way, do wear shoes but it is also true that children run barefoot--even up and down steep dirt roads covered in rocks. And some of those kids look quite fast. #

Top Ten Reasons Why I Love Running in the Winter

by David King

- 10) I love slipping and sliding on patches of ice and trampled footprints; it strengthens muscles in the feet.
- 9) 15 inches of snow gets me to pick up my legs like I'm 20 years old again (and pay for it the next day).
- 8) I can run barefoot in the snow in Van Cortlandt Park while Bette is running barefoot in the sand in Costa Rica.
- 7) I love running into a ten-degree wind-chill wind that

disappears when I need it in the summer.

- 6) I can hide a six-pack of Spaten in the snow at the Van Cortlandt Stadium, go for an hour run and come back to ice-cold beer (for sure).
- 5) I really enjoy dressing up in 4 or 5 layers, a hat and gloves.
- 4) The air in the Armory is just so clean and refreshing.
- 3) Luckily the Van Cortlandt Parks Department workers clear the track and plow the flats so I can continue training in bad weather. (not)
- 2) I am assured of not producing too much of that dreaded Vitamin D by being in the sun too long.

And the number one reason why I love running in the winter is:

I love to train,
in a cold winter rain.
(as long as it isn't snowing)
#

Trivia Questions

1. Who was the first American to break four minutes for the mile?
 2. Who won the 1988 Olympic 100-meter final?
- (answers page 11)

Race Results

Knickerbocker 60K

Nov. 20, 2010

6:32:21	Salvatore Carretta Jr	M54
7:11:10	Lanny E Levit	M59
7:33:21	James Moloney Jr	M47
7:59:05	Edward James	M64

44:39	David Monahan	M59
44:52	Hiroshi Kitada	M45
44:53	David C King	M60
45:44	Salvatore Carretta Jr	M54
46:44	Shawn Bobb	M44
47:31	James Moloney Jr	M47
48:21	Alexandra Hernandez	F29
48:27	Matt Newton	M36
49:26	Ken Rolston	M59
49:48	Mick Burke	M32
50:03	Bette Clark	F55
51:16	Gene Westling	M56

5

NYRR Fred Lebow X-Country Championships

Nov. 21, 2010

Van Cortlandt Park

20:55	Erick Fernandez	M29
25:26	Salvatore Carretta Jr	M54
25:57	Mandi Susman	F42

51:28	Adam Golovizki	M34
51:28	Heidi Velasquez	F32
53:29	Arnold L Gore	M69
54:06	Adrian Hunte Smith	F56
55:46	Shirley Middleton	F56
56:20	Margaret R Nolan	F50
56:34	Jill Staats	F59
56:58	Edward James	M64
57:12	Bill Smith	M66
57:55	Jo Ann Pate	F36
58:46	Ramon Ruiz	M70
58:53	J. Vera King	F56
1:01:18	Luis Colon	M56
1:05:24	Susan R Epstein	F67
1:05:28	Lorraine Clarke	F29
1:06:32	John Campbell	M33
1:17:24	Fernando Ruiz	M78

5

7

9

Race to Deliver 4M

Nov. 21, 2010

25:39	Jeff Powell	M39
28:37	Matt Newton	M36
29:21	Talise Geer	F35
30:33	Salvatore Carretta Jr	M54
31:40	Erin Kastenschmidt	F29
36:38	John Campbell	M33
38:48	Luis Colon	M56
46:10	Fernando Ruiz	M78

10

7

9

4

6

Turkey Trot 5M

Nov. 25, 2010

Rockland State Park, Congers, N.Y.

55:14	Fernando Ruiz	M78
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1

California International Marathon

(Folsom to Sacramento)

Dec. 5, 2010

3:39:45	Dick Conley
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Zappos.com Rock 'n' Roll Las Vegas Half

Dec. 5, 2010

Las Vegas

Bedford Turkey Trot 5K

Nov. 27, 2010

Bedford, N.Y.

22:59	Rachel Kimber	F29
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2

1:56:31	Tami Luhby
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NYRR Jingle Jog 4M

Dec. 11, 2010

Prospect Park, Brooklyn

34:40	Michael Arnstein	M33
35:51	Kevin Shelton-Smith	M50
36:36	David Talbird	M29
37:24	Denis Mikhaylov	M26
40:01	Peter H Coy	M52
41:33	Erick Fernandez	M29
43:53	Paul Swem	M61

6

1

39:05

4

28:51	Salvatore Carretta Jr	M54
34:54	Edward James	M64
39:05	Luis Colon	M56

5

8

Snowball 5M

Dec. 11, 2010

Wantagh, N.Y.

54:54	Fernando Ruiz	M78
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2

NYRR Pete McArdle XC 15K

Dec. 12, 2010

Van Cortlandt Park

58:52	Michael Oliva	M31
1:00:24	Michael Arnstein	M33
1:03:15	Kevin Shelton-Smith	M50
1:10:58	Peter H Coy	M52
1:21:03	Salvatore Carretta Jr	M54
1:23:49	Alexandra Hernandez	F29
1:29:12	Bette Clark	F55
1:31:14	Adam Golovizki	M34
1:32:48	Heidi Velasquez	F32
1:37:51	Mandi Susman	F42
1:38:50	Margaret R Nolan	F50
1:42:14	Edward James	M64

NYRR Tedd Corbitt 15K

Dec. 19, 2010

56:29	Kevin Shelton-Smith	M50
1:08:56	Erick Fernandez	M29
1:10:50	Salvatore Carretta Jr	M54
1:11:50	David Drucker	M60
1:17:14	Gene Westling	M56
1:20:34	Zafar Shahbaz	M53
1:22:56	Heidi Velasquez	F32
1:23:18	Arnold L Gore	M70
1:27:47	Edward James	M64
1:37:50	Luis Colon	M56
1:41:13	Susan R Epstein	F67
1:55:58	Fernando Ruiz	M78

DELAYED RESULTS

Bedford Stuyvesant 10K

Oct. 10, 2010

Brooklyn

53:19	Arnie Gore
1:04:27	Susan Epstein

Dublin Marathon

Dublin, Ireland

Oct. 25, 2010

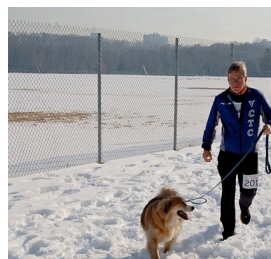
3:32:22	Dick Conley
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Trivia Quiz Answers:

1. Don Bowden ran 3:58.7 June 1, 1957.
2. Ben Johnson of Canada won the race, but was later disqualified for illegal drug use, giving the gold to Carl Lewis.

The Thanksgiving Day, Christmas Day and New Year's Day races were a big hit. Each loop of the course(same for each day) was about 6.5 miles, so you could run a bit more than 10k, a half marathon or, with 4 loops, a full marathon. Below are pictures from the snow-laden New Year's Day run.

(photos by Alma Caparas)



(Top, l-r): Hiroshi Kitada; Gene Westling, Cathy Gasteyer and Plato; (upper mid l-r): Wanda Bills; Adam Golovizki, Kate Donovan; (lower mid l-r): James Moloney and best friend; Kate Donovan; (bottom l-r): Alexandra Hernandez, JoAnn Pate, Rob Vassilarakis, Erica Hubbard, Heidi Velasquez

CLUB NEWS

Membership *Please renew your membership which was due 1/1/11* (If you haven't already). Membership rates are: single, \$35; family, \$45. 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.vctconline.ning.com. 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 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 March/April issue is February 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.vctconline.ning.com

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471