

Van Cortlandt Track Club newsletter

Indoor Marathon

*VCTC members escape the lousy winter weather by running races at the 168th Street Armory
(and spend hours waiting for their event to be run...just like the Armory of old)*

By Jeff Powell

After two months of prodding VCTC members to try their skills at getting out of the cold and running indoors at the Armory Track, I managed to convince 9 others to join me for an insane 10 x 5 x 200 relay - the closing event of the NYRR Thursday Night at the Races series.

This event has been run before by VCTC members, but according to Ken this was the first time in many years we had a full 10-man VCTC team. The race was exciting. Our team consisted of myself, Ken, Kevin Shelton-Smith, Dave Talbird, Beni Veraz, James Moloney, Lou Csak, Steve Park, Mick Burke and Perry King - a diverse team with a couple of real speedsters (Kevin and Dave) and a seasoned track expert (Lou), holding up both ends.

The evening started off with a 3000m and a 1500m. Kevin, Dave, Beni and I ran the 3000 and James and Mick took on the 1500 - warmups for the main event.

The 1500 proved to be a huge event for the men - 11 heats - which kept the evening going.... and going.... and going... Then it was announced during the 7th heat that there would be 3 - count them - 3 heats of the relay. We were in the 2nd heat. At that point, it was already approaching 10 p.m. so we knew it was going to be a long night.

We spent the next couple hours pacing, chatting, testing our baton handoffs and stretching and jogging to stay loose.

Finally it was time for the relay. The first relay heat began at around 10:45 meaning we would not be on the track running until around 11:20 - 11:30. LONG night. I don't think anyone anticipated the turnout. At approximately 11:40 we lined up and it was time to go! Bam! There's the gun. (continued next page)



VCTC's 10-person 10,000 meter relay: (l to r standing) Jeff Powell, Perry King, Dave Talbird, James Moloney, Ken Rolston, Steve Park, Kevin Shelton-Smith, Mick Burke. (seated) Beni Veraz, Lou Csak



Kevin, Dave and Perry in the 3,000 meter run.

First off was Steve. At the sound of the gun, Steve took off. Maybe he was in a hurry to get home to his three kids but Steve ran like a man on fire. He handed off his baton to Lou - who sprinted around and was back in a flash. Lou handed off to Mick. Mick is one of the newest VCTC members and took to the track like a pro. Perry was next and he kept the speed going. Perry handed off to Beni. Beni unfortunately pulled up lame, but bravely got through the lap before handing off to me. My goal was just to sprint as fast as I could. I ran fairly hard on the 3000 and was feeling a bit tired. But the lap went by fast and Ken was waiting for my handoff. I managed to place it smoothly into his hands (without dropping it) and finished to check the status of Beni.

Beni wasn't able to continue the race, but Ben, a tall member of the Front Runners team, saw what was going on and offered to jump in. Ben had already run his race, but he was ready to take on 4 more laps. Thanks to him, we had a complete team again. Meanwhile, Ken handed off to James, who had never been on a track before-but you couldn't tell. James quickly handed off to our fastest men - first Kevin, whom, if you blinked, you might have missed and then onto Dave, who transitioned back into Steve and then Lou.

We had Ken to thank for this brilliant lineup - utilizing each runner's strengths to complete a collective whole.

The next laps (3...4...) gradually got tougher and tougher, and judging by the grimacing, everyone felt the same. However, my last lap

was my fastest since I wanted to finish strong. I saved a little gas in the tank. Ken also ran his fastest lap last. James' son was keeping track of our splits, which was really great!

We completed our relay in 28:38 (according to the clock). A FINE showing. excuse me, a STELLAR showing. What a fun night! Although it was late and everyone thought sleep would be a better idea than a couple beers at Coogan's, we felt a real sense of camaraderie and vowed to do this again next year. A suggestion to NYRR might be to make it its own event as it was a long night. I spent 6 hours at the Armory. But I was glad we did it and thank those nine men for joining in! Thanks guys!#

(More photos on page 15)

Van Cortlandt Track Club

2011 Board of Directors

President: Bette Clark

Secretary: Jill Staats

Vice Presidents: Mike Arnstein, Dave King

Treasurer: Kevin Shelton-Smith

2011 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

Website Committee: Dominic Lombardo, Kevin Shelton-Smith, Mike Lee, Jeff Powell

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

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

Coach's Corner

by Ken Rolston

March Madness, Grapefruit league baseball, welcome Spring, we're back on track. Lots of races to gear up for (see attached list) with an emphasis on the club points races like the Scotland Run 10K and the Brooklyn ½ marathon. VCTC members ran great at Coogan's with close to 60 runners participating. Both Men and Women's Open teams came in 12th overall with the Men placing 2nd in Open B. It's gratifying to see the younger runners becoming stronger. Men's 40+ was 11th, Women's 40+ was 16th. Men's 50+ was 3rd, Women's 50+ was 7th and the Men's 60+ team came in 2nd.

Tuesday night workouts will emphasize longer repeats such as miles, 1200's, 2000's and 800's as we prepare for the longer spring races. We'll introduce some gut-check workouts to get you ready for your particular race. My guy Ed Eyestone has an article in RW that gears specific workouts for specific races, for example 3-4 x 1 mile @ 5K pace with 3-4 minute recovery. Other so-called benchmark workouts are crueler, like 10-12 x 1000 @ ½ marathon pace w 1 minute rest to get you ready for a competitive ½ marathon or 25 x 400 @ 10K race pace w 30 seconds recovery. Don't even ask about the

marathon workout! This is truly hard-core stuff, but we can certainly talk about it.

What we're striving to do is get you used to running at goal race pace. Ideally, you'll become able to know your 200 and 400 times before you even check your watch. Eventually we hope you'll find your rhythm and know what pace you can realistically handle.

One other subject worthy of discussion is injuries. A number of us are battling calf, knee and hamstring injuries. We're sometimes held hostage by our own competitiveness. It's best to get as warm as possible prior to a tough run, whether it's a workout or a race. Warm up gradually. Also try to get to a race well before it starts so you can get an extended comfortable warmup.

Upcoming Races

Sun 3/20- 9 am- NYC ½ mar., Central Park(CP)-Battery Park

Sat 3/26- 9 am- Wurtsboro NY Mountain Run 30K.

Sat 3/26- 9 am Sleepy Hollow ½ marathon- Sleepy Hollow, NY

Sun 3/27- 7:30 am-Boston Blowout 30K- Fairfield, Ct.

Sun 3/27- 9 am- Suffolk County ½ marathon- Selden, NY

Sun 3/27- 9 am- Colon Cancer Challenge 4m/15K- Central Park

Sun 3/27- 10 am- Mudders and Grunters 5m- FDR Park, NY

Sat 4/2- 9 am- Flushing Meadows ½- Flushing Meadows Park.

Sun 4/3- 10 am- UEC 10 K - VCTC race***

Sun 4/3- 8 am- More Marathon and ½ - Central Park

Sun 4/3- 9 am- Scarsdale Races 15K/4m- Scarsdale, NY

Sun 4/10- 8 am- Scotland Run 10K Central Park * NYRR pts race

Sun 4/10- 8:30- George Wodicka ½ marathon, Rockland Lake.

Sun 4/17- 8 am- Sybil Ludington 50 K- Carmel, NY

Sun 4/17- 9 am- Run for the Parks 4m- CP

Mon 4/18- 10:30 am- Boston Marathon, Boston, Mass

Sat 4/30- 8:30- Run for the Wild 5K- Bronx Zoo

Sun 5/1- 7:15 am- New Jersey Marathon/ half- Long Branch, NJ

Sun 5/1- 6:45 am- Big Sur Marathon, Carmel, Ca

Sun 5/1- 9 am- Leatherman's Loop 10K, Pound Ridge, NY

Sun 5/1- 1:45 pm- Rye Derby 5

Sun 5/1- 8 am- Long Island Marathon/half, East Meadow.

Sat 5/7- 5 am- North Face Challenge, 50m/50K/26.2M.

Sat 5/7- 10 am- Bx Com College Hall of Fame 10K/5K, Bronx.

Sun 5/8- 8 am- Mother's Day 4m.

Fri 5/13- 7 am- Ragnar Relay 200m- Woodstock- Westchester

Sat 5/14- 9 am- Healthy Kidney 10K- CP

Sun 5/15- 10 am- Forest Park 4m.

Sun 5/15- 10 am- NYPD Memorial 5K- Chambers St.

Tue 5/17- 6:45 pm- Wall Street Run 3m- Wall St.

Sat 5/21- 8 am- Brooklyn ½ mar. ** NYRR club points race

On The Run

by President Bette Clark

When I sit down to write On the Run for each newsletter, I think about the highlights of the past several months for VCTC, from races to club events, from individual running accomplishments to team showing at races.

First, I want to mention, as you all know by now, that we elected a new Board for 2011, and for the first time, tried an electronic voting system (with thanks to the hard work of our web site committee). I am delighted to be serving another 2-year-term as Club President; Kevin Shelton-Smith, newly elected to the Board, is serving as Club Treasurer (and will also continue as Membership Director and member of the Website Committee), and Mike Arnstein, also newly elected to the Board, will be second Vice President (and new Clothing Director). Dave King will continue to serve the 2nd year of his two-year term, now as Vice President (and continues to be co-editor of the newsletter, with Norris Ogard, and co-race director, with Kate Donovan, of the Riverdale Ramble), and Jill Staats also continues to serve the 2nd year of her two-year term, as Club Secretary (and as co-race



director, with Alan Steigerwald, of the Urban Environmental Challenge).

Representing both continuity and change, I believe that our new Board will be well able to represent the diverse interests and goals of our growing membership—which is also changing (becoming younger and faster!!)

The last few months have epitomized so much about VCTC for me: from our relay team at the Armory, to the 57 club members who ran Coogan's 5K last Sunday, the first points race of the season; from our own Awards Ceremony at the end of January, to the NYRR Club this month, where 3 of our runners were nominated as age-group runner's of the year and our Men's Open (B) Team took 2nd place (and was a recipient of the newly created crystal Freddie Award, in honor of Fred Lebow), and from our breakfasts at Short-Stop, to our attendance at a Bronx Community Board Meeting protesting the paving of the Putnam Trail, and finally, to our special gathering with Lynn Jennings this month, who In all of these occasions (and more), our team spirit has been so evident--and a source of great pride. Lynn Jennings commented to me after her talk with us, that it was such a pleasure to feel our energy and to be among runners like us—the real thing.

Just yesterday, about 20 of us (15 runners, 5 supporters) made a road trip to Rock Hill New York to take part in the Celebrate Life

Half Marathon. We took over a table during the Awards, and each time one of us won an award (and we took 4 first place age finishes!!), we exploded with cheers. When I spoke to the race director today, she commented how we seem to have so much fun together, and how we are very "loud." Well, we are from the Bronx, and yes, we do make ourselves known, wherever we go, by our running and our great spirit.

Since January, I've joined other VCTCers for a half marathon in Central Park in 14 degree weather (where I couldn't feel my feet for the first 5 miles), followed over 200 runners in Van Cortlandt to run one of the loops of the Valentine's Day Marathon, the surface more like a skating rink than a running trail, and raced Coogan's with VCTCers in a chilling downpour, what made me want to take part in all of these events, despite the less than perfect conditions, was the sense of comraderie I feel when running as part of our team. We support one another and push one another, while we continue to set new goals. Many of us our running to do the best we can do not only to meet our own goals, but also to contribute to our team standings in NYRR races, where we are becoming increasingly competitive. Don't forget about next team points race, the Scotland 10k, on April 10th.

And don't forget about upcoming VCTC races. See next page for details.

Upcoming VCTC Events

Urban Environmental Trail Race-Sunday, April 3rd. Van Cortlandt Park. 10 a.m. We need volunteers.

Summer Series 5K. Thursdays: 5/26, 6/9, 6/23, 7/7 (relay), 7/21, 8/4, 8/18. Tortoise and Hare, Van Cortlandt Park. We need volunteers

Riverdale Ramble 10K. Sunday, June 5th. JFK High School. 9 a.m. We need volunteers.

Cancer Challenge 5K run. Sunday, June 12th. Van Cortlandt Park Stadium. 10 a.m. We need volunteers.

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Awards Night January 22, 2011

More than 120 VCTC members showed up at the Dunwoodie Golf Club in Yonkers to celebrate our annual Awards Night Dinner/Dance. It was an evening of eating, mingling, but most of all honoring our award winners for 2010. The list goes like this:

Service Awards- Larry Barazzatto and Glen Shane
Under 20- Rachel Isaac and Jacob Adams
20-29- Alex Hernandez, Jamie Kyei-Frimpong, Erick Fernandez
30-39- Melissa Weiner and Michael Lee
40-49- Katherine Callan and Hiroshi Kitada
50-59- Kate Donovan and Perry King
60-69- Susan Epstein and Paul Swem
70-79- Edith Jones and Ramon Ruiz
Tortoise to the Hare Award- Robert Branch
Ironman Award- Michael Arnstein
Runner of the Year- Bette Clark
Runner of the Year- Kevin Shelton-Smith
Otis Mathews Award - Bill Smith



(1st row l to r): Bette Clark; Kevin Shelton-Smith; Mike Arnstein; (2nd row l to r): Edith Jones, Hiroshi Kitada; Glen Shane(r); (3rd row l to r): Bill Smith; Kate Donovan and Bette Clark; Kate Donovan.

My Kenyan Adventure Part IV

by Kyle Hall

I have now been outside the United States for a full week and things are going great, but I do miss eating at NYC vegetarian restaurants (especially Soy & Sake, Curly's, & Cafe Viva). I am looking forward to relaxing in Kentucky again. And I want my own, renovated bathroom back!

It's another beautiful day here in Kenya. Sunny, breezy, a high temperature of around 70. No humidity. My training day began when I forced myself out of bed at 0542. I ran with Dorcas (that's the correct spelling) and Paul--a group leader for the Dutch university students who arrived two nights ago. [They're here to conduct an economic feasibility study for a new sports school & health clinic Lornah will be opening down the road.] We ran some tough uphill (nothing unusual there) before Paul and I did 6 x strideouts on the track--the same place where cows graze.

I came back, had breakfast, and then went to the gym. There, I biked for 15 minutes before doing a core routine with the medicine ball--which was not very fun. My personal trainer then led me through a variety of weight machines for working quads, hamstrings, biceps, triceps, and back. He has me do

the same routines as the elite Kenyans who train in the same gym, which is pretty cool. I then hit the sauna for a half hour. It was noon by the time all of the above was accomplished.

I have a wireless connection again outside. And I keep hearing Shania Twain everywhere I go here at the Centre. Kenyan teenagers love her and the song "You're still the one..." keeps ringing out. In fact, people here love American country music. It's Lornah's favorite music (although she listens to gospel before races).

I wandered outside the training center yesterday afternoon to go to the store to buy laundry detergent. I'd barely made it outside when I ran into John Emoi, the 62 minute half marathoner I met a few days ago. He told me Daniel Rono was coming by the center later. We proceeded to walk to a few stores together and he then pointed down a twisting dirt road and told me that Mr. Rono lived right down the way. I looked down the road and saw a two story home complete with balcony and a walled-in yard (all unusual things around these parts).

This is the same Mr. Rono who placed 2nd in the Boston Marathon in 2009 and 3rd in the 2009 NYC Marathon. He runs 2:06 and 60 minutes for the half marathon. He's training to break Haile Gebrselassie's world record of 2:03:59. John Emoi asked if I

wanted to go to his house. The next thing you know, we're going in through his front gate. John used to train with Rono and, in fact, has beaten him before in a half marathon race. John went up to the back of the house and Rono soon came out onto the balcony, waving at me. We were then invited into his home where we proceeded to talk about running.

As if this wasn't enough, Mr. Rono then drove us around town as he completed errands. Everyone in Iten knows him. He kept telling me that "Impossible is possible" and to just have fun running. "Race Day" is now, he said. The official race day should just be relaxed--with the work already having been done.

Back at the Centre, Pieter--Olympic coach for The Netherlands-- joined us by the pool and we had an impromptu coaching Session. #



*Kyle with Penina Rushe, 2008
Olympian from Kenya who ran in the
Women's 10,000 meter run.*

Race Report

Melbourne(Fla.) Beaches and Music Half-Marathon

Feb. 6, 2011

by David King

When Dick Conley suggested in November going to this race, I jumped at the chance to get south for time away from what I knew would be a frigid New York winter. All I had to do was prepare properly for a 13.1 miler so I could race with a fair amount of confidence. But after all the snow and cold weather in January in N.Y., I was just glad to climb off that Jet-Blue plane in Orlando Airport in short-sleeves on February 3rd.

Five VCTC members were on that flight with me: roommate James Moloney, Jill Staats, Bette Clark, Bill Smith and Adrian Hunte-Smith. Firdaus Dotiwala and family were to join us later, coming from the south with Gary Spalter in tow(who had flown from N.Y. in secret). Unfortunately, Dick Conley had to cancel last minute because of work obligations. Suffice it to say, the weather leading up to the

race was quite pleasant: sunny and 70's. Race day, however, was cool and misty-perfect for a long race.

I had booked a room a mile and a half from the race start so I could use the trip to the line as a warm up, without worrying about parking a car or stretching. I had done major stretching at the hotel room, not leaving for a 7 a.m. start until 6:25. So it worked out perfectly.

The race started promptly at 7. The first 5 miles were flat and fast. Luckily, I resisted an urge early on to speed up, as I felt smooth and relaxed. Instead, I tucked in behind a lively group of young ladies who were as fit as could be. Just before the halfway mark, as we crossed a

have never seen dolphins while running.... but I've seen a couple of loan sharks." Which got a good laugh from our group. The rest of the race, however, had a serious tone to it.

The only major hills were the two bridges: one to the beach, then one back to the mainland where the race finished. The roads were mostly smooth and without potholes. I was never tired or out of breath, able to click off 7:30's without much effort. And the post-race festivities were terrific. I ended up running 1:38:25, 27 seconds ahead of none other than Bill Rodgers. This was just about what I had projected(as I never did get enough of that training done that I had planned for). Bette came in next for us at 1:46:11, then James with 1:50:50. After that came Firdaus in 1:58, Jill in 2:02:50 and Bill in 2:06:07. Adrian had fallen ill and didn't run.

I would definitely go back to this race. It was well-organized, the pre-race expo was great and the course was much to my liking, not to mention the weather. But the fiftieth anniversary race in Coamo, P.R. will be held on the same day as this race next year, and I have to go run San Blas in 2012. San Blas is a much tougher course and will probably be hotter, so I better start my training now! #



(l-r) Franky, James Moloney, Jill Staats, Adrian Hunte-Smith, Dave King, Bill Smith, Gary Spalter, Bette Clark, Firdaus Dotiwala holding Arish, Cheryl Smith, Azita Dotiwala and Firdaus' mom.

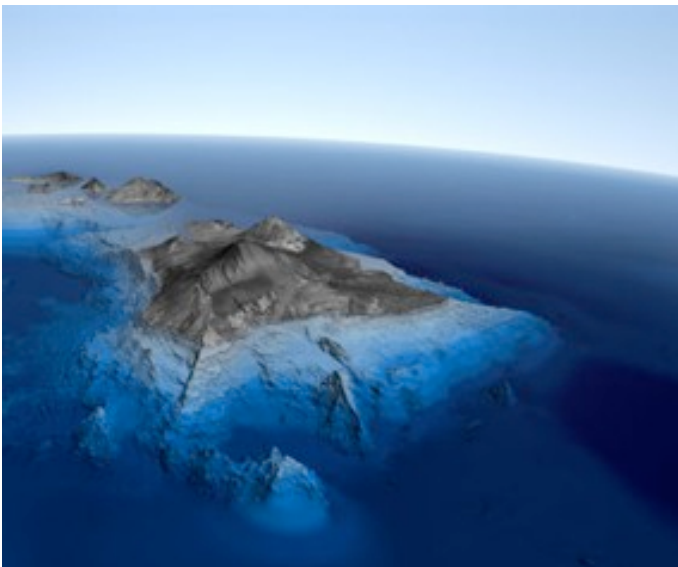
long bridge which went from the mainland to the beach strand, we saw dolphins swimming under the bridge. "Isn't this wonderful?" exclaimed one of my pacers, "I've never seen dolphins while running a race." So the wiseguy from New York retorted, "I'm from N.Y. and

Training Report

by Mike Arnstein

I'm in Hawaii (big island) now and yesterday I did an epic run. I started at 5am with my feet in the pacific ocean in the dark looking up at the stars.

I hit 'start' on my GPS watch,



An artist's rendition of Mauna Kea, the world's tallest mountain.

and then started running UP...up up up up. The goal was to run from standing in the ocean to the top of Mauna Kea which is 13,800ft high (and full of snow!) I mapped it out at about 58 miles. I highly recommend you all consider a GPS watch (the garmin 310 has been my best, best friend for the last 18 months!).

I can't tell you all what an adventurous run this was, and all

completely unsupported...boy do I have stories about this run... I had some very serious times of dehydration, lack of calories and killer sunburn on the legs...

I actually didn't make it to the summit, I got to about 10,000ft (my gps reading at the start was 2ft!).

I stopped at the last ranger station where the tourists in down jackets

marveled at my trashed head to toe looking self, carrying a half dozen bottles, camel back, cover up clothing and more... I looked like I went through hell and then some. The temperature on the summit was

27F, in the clouds, windy. It was just too dangerous to continue unsupported and without better warm clothing for the hike back down (in the dark).

I was pretty down that I couldn't make it to the summit; I put in over 50 miles, and my GPS graph file looks like a penny stock going to the moon ;)

I'm training for the Umstead 100 in North Carolina which is on April 2 or 3. I feel like

yesterday's run was a good way to get ready!

(ed note: Mauna Kea is actually more than 33,000 ft high, the tallest mountain in the world. The inactive volcano's base lies under 20,000 feet of water. Just think: had Mike started from the true base under the ocean, he probably could have done at least another 100 miles!)#

What Not To Run

by Rachel Kimber

I was registered for the Hyannis Marathon the last weekend of February. After spending December and part of January training in balmy New Zealand, I thought I could handle a couple weeks acclimatizing in New York before tackling a winter marathon. Training was going wonderfully until I was greeted at JFK airport by snow, ice and cold. My motivation level for marathon training exhibited an inverse relationship with the inches of accumulated snow. After 2 weeks, I started to feel ill at the thought of running another loop of Central Park. It was time to switch to Plan B: downgrade from the marathon to the half marathon.

I got in touch with the race director and was stunned by his response. Hyannis Marathon,

Half and 10k and other races put on by B.A. Event Promotions (up in the Boston area) are to be avoided. The eccentric race director removed my registration from the race after receiving my email requesting a revised race status from marathoner to half-marathoner.

In his words, "This is not a reservation booth where you can switch up or down at will. your name has been taken out of the registration-good day." I emailed him back explaining that I would like to have the opportunity to run the marathon instead of being issued an immediate dismissal from the event. He never replied.

This unpleasant encounter with B.A. Events was actually Part 2 in a series of problems with the race director. This past summer, I registered for a 7.5 mile race with them and he couldn't obtain the permits for the course, so he bumped us (everyone registered for the 7.5 mile race) down to a very crowded 5k with apologies and promises to let us register free of charge for a future race. Maybe this was a red flag I should have noted to avoid this additional disappointment. I think it was just another lesson from the School of Hard Knocks.

Moments after my dismissal, I received an email from my sister. Her buddy works on a farm that fosters dogs for the SPCA. The latest batch of pups had just arrived and since my

weekend was unexpectedly clear of plans, we decided to go have a look. Husband Russ and I had started talking about adopting a dog, so the timing was perfect.

On to Plan C: visit the farm and meet some dogs.

We arrived on the farm Saturday afternoon and Smokey came bounding out of his crate to greet us. We couldn't imagine going home without him.

Instead of spending the weekend earning of a shiny new marathon medal, I adopted a lively four-legged training partner! #

What TO Run: Coogan's *by Dave King*

Every year, the weather is a big factor at the Coogan's Salsa, Blues and Shamrocks 5k road race, held on Fort Washington Ave in upper Manhattan. But that hasn't deterred VCTC members from running the race. Even though it was windy and rainy at this year's event, fifty-seven club members showed up to run the first NYRR points race of 2011.

The corral system does not work well at Coogan's. The strict patrolling in Central Park is non-existent here. So if one doesn't get close to the front early, it is a long journey just to cross the starting

line. That's what I encountered after reaching my corral five minutes to the start. I was engulfed by numbers several thousand higher than mine.

There was a slight drizzle, which made the wait somewhat unpleasant, when the horn finally sounded. It took me 40 seconds to cross that elusive starting line. So, for the next three-quarters of a mile, I was content to hold back, not zigging or zagging, in order to conserve energy.

When the masses finally thinned out and I was able to break free, it was smooth sailing for a while. I felt great: loose(I had done a thorough warm up) and able to breathe well despite my EIA. As my first mile was 7:25, my second was 6:25. The fact that the second mile was mostly down hill didn't hurt either. But the long uphill at the beginning of the third mile slowed me down, as the rain began to come down harder. And the already slippery, potholed streets became more difficult to handle.

VCTC was led by Kevin Shleton-Smith(17:14 PR) and Dave Talbird (17:17) on the men's side, and Melissa Weiner(20:50) and Sara. Wenger(20:57 for the women. The list of finishers is too long to mention here. See page 14 in this newsletter. Our Open Men's team was 1st, "B" division 11th overall of 62 teams. The Women's Open team was 12th. The Men's 50's team was 3rd, Men's 60's was 2nd, while the Women's 50's team was 7th. It was a very rainy but successful day.#

Running from Love

by Jessica Lancome

(An excerpt from the latest Romance Novel by a VCTC writer)

Chapter One

The brawny male runner shouldn't be ahead of her. It wasn't right. She hadn't trained five days a week for the past six months just to eat the dust of someone with calves the size of ham-hocks. Gritting her teeth, Farrah Foley picked up her pace, preparing to surge ahead of the man in the royal blue shirt.

Her secret weapon was her surge. She used it to psyche out her opponents in the short road races she favored. But this was different. She was running a ten-kilometer trail race up and down the side of a mountain in the Catskills -- the New Paltz Headless Horseman Race.

"Ahhh," she groaned, starting to make her move on the man's left. She looked out of the corner of one eye for her opponent's expression of dismay as she soared ahead. Her gazelle-like running stride was about to make Wide-Body look like he was stuck in first gear.

Then she tripped.

The sensation of both knees hitting the dirt was eclipsed by her face smashing into the ground. "Shit," she moaned, as she knelt on hands and knees,

taking in the shock of what had just happened

A hand on her shoulder patted her gently.

"Are you okay?" a low-pitched male voice asked.

She looked up, directly into the face of the runner in the royal blue T-shirt. He was peering down at her, concern in his eyes.

Heat spread up the back of her neck over her face, encrusted with dirt. She wanted to kill someone. Herself.

"Yeah, I'm fine. Go on. I'll be okay," she urged him, praying he would leave her to eat humble pie in peace.

"Can you get up?" He grabbed her arm to support her as she struggled to her feet. Halfway up she took in his muscular thighs. He was built like a squash player, not a runner. Whatever his build, he was kind. He'd stopped for her after she'd tried to make him eat her dust. She was a schmuck.

"I'm fine, I swear. Don't lose your time."

"Your knees are bleeding. There's a first aid station up ahead. Why don't we walk over there?"

"No, man. It's just blood." Farrah stepped forward, testing her ankles. No breaks or twists, just bruises, blood and massive humiliation. She began to jog. "See? I'm okay."

"You're sure?"

"Thanks, dude. Just go. See you at the finish."

"If you're sure." The man looked at her doubtfully. Thick, dark eyebrows and long lashes framed navy blue eyes.

A nervous jolt hit her as the fat balloon of her ego further deflated to a pathetic crinkled scrap of rubber. She waved him off and increased her speed, this time picking up her feet and keeping her mind on staying upright, instead of overtaking her fellow runners. "That'll teach you, that'll teach you." A sing-song voice rang through her head for the duration of the race as she focused on roots and rocks underfoot that she hadn't thought about until minutes earlier when she'd smashed her face into one.

"Hey, your knee is bleeding," a boy of about eight yelled.

Rub it in, why don't you? She fumed. Could her shame possibly get any deeper? She tried to enjoy the sight of the tall evergreen trees on either side of the trail, but the voice of moral reprobation inside drowned everything else out. She had tripped while thinking unkind thoughts about a man who'd sacrificed seconds off his time to help her. She couldn't stand herself anymore.

Finally the race was over. At the finish line, she gulped for air, searching the crowd desperately for her friends and searching her mind at the same moment for the right words to explain why she'd run such a slow time.

"Farrah, are you okay? I saw you trip before the first hill," Ana Morales came up, slapping a hand on her shoulder. Then she looked down at Farrah's knees. "Whoa, you're a mess. You'd better get some antiseptic on that right away." She tugged her arm, pulling her toward the First Aid tent.

"I'm fine. It's just a scrape. I tried to take some guy ahead of me, but I hit a root instead."

"You mean that guy in the blue T-shirt? I saw him stop to help you. He must have lost half a minute off his time."

"Yeah, I owe him a thank you."

So the others had seen what had happened. Farrah buried her face in the gym towel she'd pulled from her back pack trying to wipe away the scarlet L for Loser now on her forehead.

She didn't need to thank him again face to face, did she? Yes, an inner chorus of disapproving angels sang. Sighing, she looked around. Maybe he'd already left. A guy like that was probably halfway to the local diner, anticipating his chocolate chip pancakes after the race.

Why couldn't she stop thinking unkind thoughts? She had trained herself to be so competitive that she couldn't stop putting down others to get herself ahead even when they'd done her a good deed. Was it time to reassess? What do you

think, the disapproving angels sang out.

"You've got to wash the dirt out of those cuts, Farrah." John Boyleston, club coach, motioned for her to sit down.

She sat.

He unscrewed the cap of a half liter water bottle and poured its contents over her knees.

"Oww." The sound escaped her lips as she winced. There was plenty of dirt to wash away.

John pulled a packet of antiseptic wipes out of his gym bag. Her muscles contracted as she steeled herself for the sting.

"What's the matter, can't handle a little pain? he asked jokingly.

"Just do what you've got to do – ouch," she replied, knee jerking convulsively as the alcohol in the antiseptic hit the wound.

"Everyone trips in a trail race sooner or later. It comes with the territory," he told her, comfortingly.

Yes, but I didn't trip because of the trail. I tripped because I was trying to pass someone I was putting down in my head, and I ended up going down myself. I deserved to trip. Stating the real reason out loud would have been the courageous thing to do. But Farrah's thoughts remained her own as she gave John a morose look. #

A Runner's Glossary

[Definitions for terms and abbreviations we runners use]

DNS-Did not start(a race).

DNF-Did not finish(a race).

Pulled up lame-Strained or pulled a muscle, usually in one's leg, which prevented the runner from continuing.

Hit the wall-proverbial marathon term for when the body starts to shut down for various reasons (dehydration, glycogen depletion, etc).

Bonked-Ran a poor race.

The bear jumped on my back-slowed down in a race.

1st AG-first in one's age-group.

PB, PR-personal best, personal record.

PW-personal worst.

XC- cross country.

EIA-exercise induced asthma.

Caught the Rig- literally: got rigor mortis, as stiffened up like a dead body.

BQ'ed: qualified for the Boston Marathon.

DQ'ed- was disqualified for various reasons: a false start, running out of lane, cutting the course.

There was a BA ahead of me-there was a big ass ahead of me.

A Rosie Ruiz- cheated by cutting the course.#

VCTC ASRC

Race Results

King and Queen of the Withers 10K

Jan. 8, 2011

Blenheim, New Zealand

58:48 Rachel Kimber 3

NYRR Fred Lebow Classic 5M

Jan. 9, 2011

29:23	Kevin Shelton-Smith	M50	1
36:31	Salvatore Carretta Jr	M54	
36:49	Anthony C Thoman	M48	
42:43	Arnold L Gore	M70	1
44:23	Edward James	M64	
51:57	Susan R Epstein	F67	7
1:03:42	Fernando Ruiz	M78	5
1:18:13	Ramon Minaya	M71	

NYRR Manhattan Half Marathon

Jan. 22, 2011

1:18:31	Kevin Shelton-Smith	M50	1
1:38:40	Melissa Weiner	F33	
1:39:07	David Monahan	M59	
1:40:58	Robert Antulov	M47	
1:42:01	Carlos Lopez	M30	
1:45:14	Salvatore Carretta Jr	M54	
1:47:35	Alexandra Hernandez	F29	
1:47:48	Rick Bloomer	M47	
1:51:00	John Farrelly	M41	
1:51:52	Bette Clark	F55	3
1:53:40	Heidi Velasquez	F32	
1:55:22	Hiroshi Kitada	M45	
1:59:58	Zafar Shahbaz	M53	
2:00:20	Jason Krasner	M37	
2:01:12	Arnold L Gore	M70	3
2:03:17	Adam Golovizki	M34	
2:07:39	Md Sakib	M27	
2:08:06	Yani Baldeon	F41	
2:08:33	Edward James	M64	
2:09:30	Jo Ann Pate	F36	
2:15:42	Mick Burke	M32	
2:17:37	Margaret R Nolan	F50	
2:26:00	Susan R Epstein	F67	

Empire State Building Run-Up

Feb. 1, 2011

13:00	Mike Arnstein	M34	
13:44	Kevin Shelton-Smith	M50	3

14:01 Oz Pearlman M28

Melbourne Beaches and Music Half-Marathon

Feb. 6, 2011

Melbourne, Fla.

1:38:27	Dave King	6, 60-64
1:46:11	Bette Clark	3, 55-59
1:50:50	James Moloney Jr.	
1:58:00	Firdaus Dotiwala	
2:02:50	Jill Staats	8, 50-59
2:06:07	Bill Smith	8, 65-69
5K:		
28:14	Bill Smith	3, 65-69

NYRR Gridiron 4M

Feb. 6, 2011

23:36	Kyle M Hall	M32	10
26:06	Carlos Lopez	M30	
28:37	Salvatore Carretta Jr	M54	
29:32	Benigno Veraz	M55	
30:56	Adam Golovizki	M35	
34:31	Arnold L Gore	M70	2
34:47	Ramon Ruiz	M71	3
35:17	John Martin	M44	
35:57	Edward James	M64	
38:09	Joanne Martin	F43	
40:44	Andy Toledo	M31	
49:35	Ramon Minaya	M71	

Cherry Tree 10M

Feb. 20, 2011

Prospect Park, Brooklyn

1:14:17	Sal Carretta	
1:16:05	Benny Veraz	
1:19:15	Alexandra Hernandez	
1:19:32	Adam Golozki	
1:26:43	Shelley Ann Stewart	
1:32:37	Ed James	
1:32:58	Arnie Gore	1
1:34:04	Shirley Middleton	3
1:49:36	Susan Epstein	

Disney Princess Half-Marathon

Feb. 27, 2011

Orlando, Fla.

1:35:29 Melissa Weiner

NYRR Al Gordon Classic 4M

Feb. 26, 2011

Prospect Park, Brooklyn

27:45	Tom Elbrecht	M19
28:29	Salvatore Carretta	M54
29:25	Anthony C Thoman	M48

30:24	Adam Golovizki	M35		29:31	Sherry Fraser	F55	
31:48	Carlos Lopez	M30		29:35	Joanne Martin	F43	
37:11	Scott Hines	M28		29:38	J. Vera King	F56	
39:09	Catherine Schwarz	F47		29:42	Lucas Ludgate	M10	
44:35	Kenn Sapeta	M56		30:29	Catherine Schwarz	F47	
	Coogan's Salsa, Blues & Shamrocks 5K			33:00	Kenn Sapeta	M56	
	Mar. 6, 2011			33:28	Tami Luhby	F40	
	Washington Heights			34:30	Allan Ludgate	M44	
17:14	Kevin Shelton-Smith	M50	1	34:30	Isaac Ludgate	M 7	
17:17	David Talbird	M30		34:40	Edith Jones	F71	3
17:47	Kyle M Hall	M32		35:07	Fernando Ruiz	M79	9
19:22	Jeff Powell	M39		35:07	Susan R Epstein	F67	
19:33	Carlos Lopez	M30		41:51	Ramon Minaya	M71	
19:59	Perry King	M53			DELAYED RESULTS		
20:48	Paul Swem	M61	4		Army 10-Miler		
20:50	Melissa Weiner	F33			Oct. 24, 2010		
20:57	Sara Wenger	F21	8		Washington, D.C.		
21:27	John Farrelly	M41		1:11:52	Melissa Weiner		
21:32	David C King	M60					
21:34	Steven Park	M43			HoBOOken Halloween 5K		
21:38	Tom Elbrecht	M19			Oct. 30, 2010		
21:54	Colleen McMahon	F27			Hoboken, N.J.		
21:54	Rachel Kimber	F29		22:11	Mick Burke		
22:20	David Drucker	M60		27:56	Lorraine Clarke		
22:23	Salvatore Carretta Jr	M54					
22:26	Hiroshi Kitada	M45			Christmas Day 10K		
22:32	James Moloney Jr	M48			Dec. 25, 2010		
22:34	Benigno Veraz	M55			Van Cortlandt Park		
22:46	Alexandra Hernandez	F29		1:07:23	Mick Burke		
22:55	Mick Burke	M32		1:07:23	Lorraine Clarke		
23:22	Adam Golovizki	M35					
23:27	Shawn Bobb	M44			INDOORS		
23:29	Robert Branch	M33			Thursday Night at the Races		
23:35	Richard P Conley	M55			Jan 20, 2011		
24:03	Bette Clark	F55	3		800m		
24:26	Patricia Novelli	F40		2:19.5	Lou Csak		
24:48	Miguel Ortiz	M49		2:41.1	Jeff Powell		
25:01	Heidi Velasquez	F32			mile		
25:39	Arnold L Gore	M70	3	5:38.1	Jeff Powell		
25:57	Jill Staats	F59	8		Feb 10, 2011		
26:08	John Martin	M44			800m		
26:32	Jo Ann Pate	F36		2:17.7	Lou Csak		
26:45	Edward James	M64		2:25	Mike Lee		
26:48	Shirley Middleton	F56		3:17	Dave King		
26:59	Ramon Ruiz	M71	5	3:20.1	Yani Fernandez		
27:07	Adrian Hunte Smith	F57		3:22.8	Heidi Velasquez		
27:26	Yani Baldeon	F41			Mile		
27:48	Bill Smith	M66		6:54	Dave King		
28:03	Lorraine Clarke	F29					
28:06	Margaret R Nolan	F50			Feb 24, 2011		
28:49	Rozsa Gaston	F53			1500		
29:17	Carl Morrishow	M54		5:16	Mick Burke		

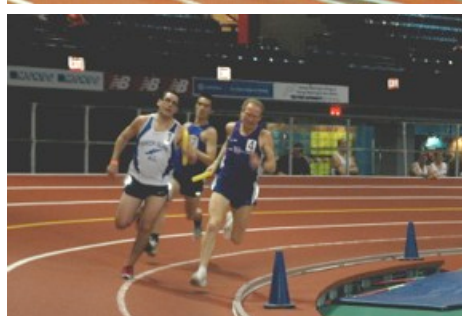
6:00 James Moloney Jr.
3000m
 9:43 Dave Talbird
 9:47 Kevin Shelton-Smith
 11:46 Perry King
 11:26 Jeff Powell
 12:36 Beni Veraz
10,000 m relay (10x5x200m)

Steve Park
 Lou Csak
 Mick Burke
 Perry King
 Beni, Ben
 Jeff Powell
 Ken Rolston
 James Moloney Jr.
 Kevin Shelton-Smith
 Dave Talbird **28:38**

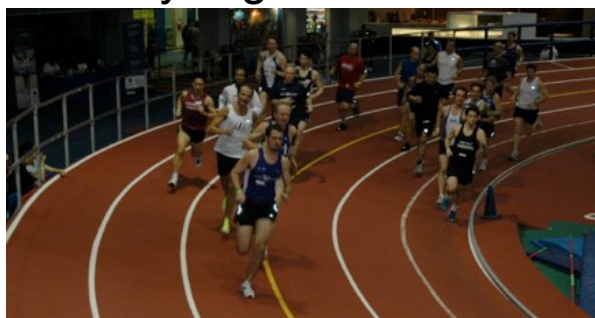
Late results

Celebrate Life 1/2 Marathon
Rock Hill, NY March 13, 2011

1:20:32	Kevin Shelton-Smith	M50	1 7OV
1:35:36	Melissa Weiner	F33	1
1:41:01	Dave King	M60	1
1:43:31	John Farrelly	M43	
1:44:45	Rachel Kimber	F29	6
1:48:05	Tony Thoman	M48	
1:50:23	Adam Golovizki	M35	PB
1:50:50	Bette Clark	F55	5
1:51:20	Hiroshi Kitada	M45	
1:53:03	Shelly Ann Stewart	F	
2:05:47	Arnie Gore	M70	1
2:06:04	Jill Staats	F59	
2:06:22	Adrian Hunte Smith	F57	
2:16:43	Bill Smith	M65	
2:30:33	Susan Epstein	F67	4



Thursday Night at the Races



Start of the 3,000 meter run.

(top -bottom): 10,000 m Relay: Dave Talbird, Jeff Powell, Ken Rolston, Lou Csak, Kevin Shelton-Smith

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/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 May/June issue is April 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

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