

Van Cortlandt Track Club newsletter

R₂C

(River-to-Sea Relay Race)

Morning came very early for six intrepid VCTC members and a friend who ventured out to western New Jersey to run the River-To-Sea Relay on July 30. Just past 4 a.m. we crossed the George Washington Bridge for what was to be a long, hot summer relay race. Melissa Weiner, Erica Hubbard, Heidi Velasquez, Dave King, Clive Priddle, Jeff Powell and Jo Ann Pate (in that order) prepared to run two legs each in the 90-mile trek across N.J., from the Delaware River to the Atlantic Ocean. Jo Ann would drive the support car (her own car), which was to give water, gels and moral support to the teammate who was running. Jeff would drive the lead car (Jeff had rented a van), which was to make sure each runner was primed and at the hand-off point for the next leg of the relay.



R2C Relay Team: (l-r) Jeff Powell, Jo Ann Pate, Melissa Weiner, Dave King, Heidi Velasquez, Erica Hubbard and Clive Priddle. (photo by Erica Hubbard)

Our start time was 7:05 a.m. in Milford, N.J., just as the sun peaked over the hill east of town. The weather was warm and humid, portending what was about to come. There were about 140 teams in the race, with start times staggered to allow for the difference in fast and slow teams. Of course some teams either “fudged” predicted finish times, or had superhuman efforts, finishing way ahead of everyone else. Team Captain Jeff Powell had predicted our team would run 12 hours, putting us at the ocean at 7:05 p.m.

Melissa Weiner led off for our team, though conditions weren’t ideal. She had asthma problems, but still ran a very fast leadoff on a flat course, giving the team a good start to a long day. Melissa handed off to Erica, who had a long, flat leg, as the temperature began to rise.

Erica also ran a fast, smart leg, not “overdoing it” and looking very comfortable handing off to Heidi who took off on a wooded trail parallel to the Delaware River. Heidi was cruising as she handed off to Dave who had to face “the Beast”, a long, sinuous uphill that would dominate his attention for several miles. As the sun bore down on the runners, Dave handed off to Clive who handled the rolling terrain with great ease. Clive handed off to Jeff who ran a very fast leg over more rolling terrain. At this point, Jeff gave way to Jo Ann who was to run two legs back-to-back, totaling about 13 miles. The sun was now unbearably hot, but Jo Ann ran a very intelligent leg, judging the distance perfectly to finish strong.

The afternoon temperature rose to over 100, as we continued on a relentless path to the ocean. Each of our runners adjusted pace accordingly to handle the heat. It was difficult to (continued)

judge how we were doing because of the staggered-start times, but that didn't matter. We performed spectacularly as a team, finishing in 12 hours, 4 minutes, 2 seconds, just 4:02 off Jeff's original estimate. As we sat by the ocean at the end of it all, we agreed that despite the hot weather, the day was a grand success, and fun! Here are some thoughts:

Jo Ann: Initially I had reservations about joining the River to Sea Relay 2011 Team because

I was worried about traveling and running



and driving for an entire day. Heidi, Melissa and Erica convinced me that we would have a blast no matter how hot it got, or how tired we were and I am happy to report we

had a truly amazing relay race. Personally, I had a fantastic time and I am so happy that I was a part of such a great group of runners.

The day started out at the crack of dawn...pre-dawn actually at 4:00 AM, picking up my teammates at the handball courts and getting over to Jeff Powell's place to meet Melissa and Clive. This was Dave King's first time experiencing "my driving" and it certainly woke him up I was told! Most people in the club that have driven with me know for a fact I will get you there in time - No Matter What....

After that, it was about a 90 minute drive to the start line. After some prep in the parking lot, Melissa was fast out of the gate and I knew from that moment on we were going to be able to hold our own against the other teams. Next up was Erica whom I could see from a

mile away thanks to her strong form. As the day progressed, each runner ran really well. I ran leg 6 and 7 back-to-back so that I could provide consistent vehicle support and it so happened that my legs were run right smack in the middle of the day, so the sun was beating down by that point as I made my way into Trenton. While my legs felt like lead and I really thought I might melt, I knew I would not let my team down. It was quite the experience. After that leg, it was right back in the car to provide support through an afternoon where temperatures reached 100 degrees. I can not express how happy I was as we waited on the edge of the beach to watch Dave King come speeding through the finish line! We all made it, safe and sound, no worse for the wear and tear of the heat. This is the only relay I have ever (continued)

Van Cortlandt Track Club

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

participated in. I have to say I feel so blessed to have had such a wonderful team and I am very grateful that Jeff put together such a great group of runners.

Heidi: My favorite part of the R2C race was spending 17 hours with my VCTC teammates. It made me appreciate every one's talent even more.

All of my teammates gave it their best. I was very impressed



with JoAnn's stamina; she did most of the driving and still had to run back-to-back legs in the middle of the day, when it was 100 degrees. I had so much fun at the relay, and I knew that no matter what happened during my legs, my team would be there to cheer me on. Before my second leg, I had a terrible headache and Dave gave me watermelon and Clive gave me an Advil. That gave me the strength to run my last 6 miles. Being with my team and sharing my excitement for running with all of you is what I love about being a member of VCTC. This experience made me realize that all of you are like family to me. We spent all day together and not once did we argue, we were all there to have fun and to do our best. I think our team performed well and I will definitely do this relay again next year.

Jeff: This was my third River to Sea Relay, and also my third as

team captain. It is a major logistical endeavor which I start preparing for as early as February, but it is rewarding just the same. I am usually a mass of nerves a week before the race, but this year I was especially relaxed. I knew the course, I had a trusted group of runners - two of whom had already done the race - and another driver (Jo Ann) who was smart and savvy and would make sure no runner went unsupported. I was so happy with this team - we all persisted through the hottest R2C event I have participated in. Temperatures were close if not at 100 degrees in the afternoon. Melissa and Jo Ann especially held on through two of the least shady stages of the race during the hottest part of the day, despite looking like they could drop at any time. Dave ran the hilliest, most punishing stage - a course nicknamed "The Beast". I know this course firsthand as I ran it the previous two years. Dave's new nickname for this course was "Pure Torture". I think I like that name better.



We started our journey before the crack of dawn and 12 hours and 4 minutes later we made it through. We reached the beach -

but most importantly we came out of it as friends.

I love this race. The main reason is the sense of camaraderie. Team members work together for a common goal. Not only do we run, but we cheer each other on, we support each other and we spend a large number of hours helping each other finish the race. It is an adventure we share. I come out of R2C with new friendships. Many of us who didn't know each other that well bond by doing this race.

The course is also wonderful. Those of us who badmouth New Jersey (and we know who we are) have to see some of the gorgeous countryside we run through. We finish at a spectacular beach and have the chance to immerse ourselves in therapeutic ocean waters before the long drive home. Believe me - this works more wonders than stretching.

The day is never perfect. Last year we got stuck in traffic and left one of our runners without fluids for 6+ miles, unable to reach him until the traffic opened up. This year, Dave got a nasty blister and he and I traded stages to give him a few less miles to suffer through. We ran out of water during Melissa's horribly hot stage and made a mad dash inside a 7-11 to re-stock before she passed. But this makes everything more of an adventure. That's what it's all about! (con't)

Dave: Melissa, Erica and Heidi had given me inspiration, running good, fast, smart segments to give our team a flying start. I didn't want to break the chain. My leg (8.7 miles) was hot and flat for the first mile. The runner ahead of me was at least 300 meters off in the distance. I went out of bit too fast trying to catch him. At mile 1+, I got my first glimpse of the "Beast," a hill that rivals any I have ever run. It was about 2 miles to the top. I was able to negotiate it, but it was HOT. I



got a bad blood blister on my right foot at 5 miles, which made me slow down a bit. The rest of this run was a stride-altering struggle to keep my foot from pain. The last leg of the race (Jeff mercifully switched legs with me so I would only have to run 2.5 miles instead of torturing me with 6.55) was surprisingly fast. I was running on the side of my right foot and that eased the pain a bit. But I was surely glad to see that finish line!

What a great team we had. Each and every one of us put hearts and bodies into maximum efforts, and came out winners. #



top l-r: Clive on the run; Jeff calculating; Jeff, Heidi and Melissa; Melissa and Jo Ann post-race.

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Coach's Corner

by Ken Rolston

Welcome to Autumn. We survived one of the hottest July's ever and the wettest August of all time, which included a washout of the Percy Sutton 5K. We've got two more club points races upcoming prior to the NYC Marathon, the 5th Avenue Mile on September 24 and Grete's Gallop 1/2 marathon on the following weekend October 1. We're having one of our best seasons ever in the Open Division with the women holding 2nd place, courtesy of an outright win at the Club Champs while the men currently reside in 3rd place in their half of the draw. We had a marvelous turnout at Club Champs with over 50 runners participating. Thank you all !

Track workouts continue unabated every Tuesday night at Van Cortlandt through the end of November. It's been inspiring to see the growth in numbers for both the track and hill workouts this past few months. We'll be focusing on the really short stuff in preparation for the 5th Ave Mile, then we'll change gears for the marathon and the other season ending races.

Just finished reading an article about Runners who Ride in the current issue of Competitor magazine. It was gratifying to see that runners like Ryan Hall, Joan

Benoit, Meb Keflezighi and Frank Shorter have all used bikes to cross-train through injuries. Biking has helped to keep me sane while working through an ongoing battle with a balky calf. It's also been beneficial in dealing with extreme heat and humidity.

I hope you had a chance to see some of the races at the World Champs this year. There were memorable performances from the sprints through the marathon. There's a separate article breaking down those performances. What I did find was a thread on letsrun.com which details the training regimen of the top Kenyan and Ethiopian runners. Coach Renato Canova outlined his philosophy and workouts. he trained Sylvia Kibet who was 2nd in the 5,000, Silas Kiplagat who was 2nd in the 1500, Imane Merga, who was 3rd in the men's 5,000 but later DQ'd, Thomas Longosiwa, who fell in the Men's 5,000 got back up and finished 7th and Abel Kurui who won the marathon in 2:07 on a steamy day.

Canova considers that small differences in speed means a different type of training since the lactate levels can vary significantly. These differences require changes in recovery for subsequent workouts. "Training is something attacking the body and needs to stimulate the reaction of the body itself. When there is no stimula there is

adaptation which is the enemy of performance. In order to give new stimula to the body we need to do something new in intensity or in extension so that at the end of the process top shape is connected with the extension of intensity. When approaching the specific period of competition we need to move to more modulation, high intensity with the goal to extend it, and consequently a longer recovery.

Training well is training hard, but training hard not always is training well."

Here is July's training schedule for Abel Kirui, World Marathon Champ:

Fri 7/01- a) 1hr 10 min moderate pace
b) 50 min including 13 sprints
c) Sat 7/02- a) 20 min easy + fartlek 20 x 2 min (rec 1min)
b) 40 min easy 10K
Sun 7/03- 1 hr 50min progressive run
Mon 7/04- a) 1 hr easy
b) 40 min easy
c) 15 min warmup + 35 min with 30 x 120m w 100m recovery
Tue 7/05- a) 1 hr moderate
b) 1 hr moderate
Wed 7/06- a) 25 min warmup + track
3 x 3000 in 8:38, 8:43, 8:41
3 x 1000 in 2:42, 2:47, 2:45
8 x 500 in 1:16, 1:18, 1:19, 1:18, 1:20, 1:18, 1:21, 1:19
b) 50 min easy

Thur 7/07 a) 1 hr 20 min moderate
 b) 30 min easy + 1 hr exercises in gym
 Fri 7/08 a) 1 hr 10 min moderate
 b) 50 min easy
 Sat 7/09 a) 50 min easy
 b) 50 min easy
 Sun 7/10
 10 min warmup
 40 Kilometer in 2hr 13.32,
 average 3:20 per kilometer !!
 here are the splits-
 5 K 16:34
 10K 33:40 (17:06)
 15K 50:48 (17:08)
 20K 1:07.37 (16:49)
 25K 1:24.48 (17:11)
 30K 1:41:12 (16:24)
 35K 1:57.32 (16:20)
 40K 2:13.32 (16:00)
 With this remarkable regimen Kirui paid a price. He was shut down for about 2 weeks with a knee injury but regrouped in time to run another 40 K workout in 2:09 then went to

Upcoming Race Schedule

9/17-Sat- 10:00 AM- Woodlawn Run for a Cause 5K
 9/18-Sun- 8:30 AM- Yonkers Marathon and 1/2 marathon
 9/18-Sun- 7:45 AM- Philadelphia Distance Run 1/2 marathon
 9/18-Sun- 8:30 AM- Dutchess County Classic 1/2 marathon
 9/24-Sat- 10:00 AM- 5th Ave Mile, 80th St & 5th Ave, 1 mile *
 9/24-Sat- 8:00 AM- Hampton's Marathon and 1/2 marathon.
 9/25-Sun- 7:00 AM- NYC Marathon Tune Up, 18m,
 9/25-Sun- 9:00 AM- Pfalz Point Challenge 10m, New Paltz
 9/25-Sun- 9:30 AM- Tunnel to Towers Run 5K, Brooklyn Battery Tunnel

9/25-Sun- 8:00AM- Ocean to Sound Relay 50m, Jones Beach
 9/25-Sun- 9:00 AM- Westchester Triathlon, 1m/25m/10K, Rye NY
 10/1-Sat- 8:00 AM- Grete's Gallop 1/2 marathon, Central Park*
 10/2-Sun- 8:00 AM- Diva's 1/2 marathon (Women only !), Eisenhower Park, LI.
 10/2-Sun- 8:00 AM- Putnam County Classic 1/2 marathon/5K, Brewster
 10/2-Sun- 8:30 AM- Ridgefield 1/2 marathon, Ridgefield, Ct.
 10/2-Sun- 9:00 AM- Paine to Pain Trail 1/2 marathon, New Rochelle
 10/2-Sun- 11:30 AM- Harry Murphy 5K XC, Van Cortlandt Park
 10/9-Sun- 8:00 AM- Chicago Marathon
 10/9-Sun- 8:00 AM- Steamtown Marathon, Scranton, Pa
 10/9-Sun- 8:30 AM- Westchester Running Festival 1/2 marathon & 1/4 marathon
 10/9-Sun- 9:30 AM- Staten Island 1/2 marathon
 10/9-Sun- 8:30 AM- Hudson-Mohawk Marathon, Schenectady, NY
 10/9-Sun- 9:00 AM- Susannah's Run 5K, Greenwich, Ct.
 10/9-Sun- 11:00 AM- Newburgh-Beacon Bridge Run 5m
 10/15-Sat- 8:00 AM- Pelham 5K Race and Family Fun Run
 10/15-Sat- 8:00 AM- Greater Hartford Marathon, 1/2 marathon, 5K.
 10/16-Sun- 8:30 AM- Atlantic City Marathon, 1/2 marathon
 10/16-Sun- 9:00 AM- Paramus Run 10K, 5K
 10/16-Sun- 11:30 AM- Kurt Steiner XC 5K, Van Cortlandt Park
 10/16-Sun- 12:30 PM- Harry Chapin 10K, Croton, NY
 10/23-Sun- 9:15 AM- Lindsey Run 5K, Purchase NY
 10/29-Sat- 8:30 AM- Rocky's 5K Trail Benefit Run, Pocantico
 10/30-Sun- 8:30 AM- Marathon Kick off 5m, Central Park
 10/30-Sun- 8:30 AM- Marine Corps Marathon, Washington DC

Help for Vermont

by Rick Bloomer

I collected a full carload of clothing and food with the help of VCCTC members with hardly any notice. All this was collected within 3 days of Jamie Kye-Frimpong sending an email describing the terrible destruction in Central Vermont caused by Hurricane Irene. Of course, this included the scene of all us in the pouring rain transferring goods into my car.



A trunk full of relief supplies for hurricane victims in Vermont is ready to go.

I was visiting my aunt and uncle in Vermont. Saturday afternoon after a race, when I planned the drop off, my uncle suggested we take his car, which is bigger. My car looked so stuffed. On the way there, he said "I hope we make it up the hill!". Also, on our drive there, we were detoured around impassable roads leading to Stratton Mountain. I was surprised because I thought most of the damage was to the east of Stratton, and I was coming from

the west.

We met a pair of volunteers outside Stratton Sports, one of whom was wearing a Yankee t-shirt. I was fairly quiet and business-like (as usual), but my uncle (sort of impressed by all this) jumped in and explained the background. He explained "can you believe all this came from one email to one running club from the Bronx just this Monday? One club!" They were quite surprised. "You mean you drove with all this all the way from NY?" The volunteers were very grateful and seemed touched. In fact, one guy said close personal friends were devastated. "This is very personal to me. Some of this will go to directly to those friends of mine, and I can't thank you all enough for helping my friends." I then added Jamie's story about growing up in Brattleboro and seeing the covered bridge she once ran across washed away by the mass of rushing water. They shared similar stories, and once again thanked us for our effort. #

World Championships

by Ken Rolston

There was a glorious meeting in the crowded, steamy city of Daegu, North Korea, population 2.5 million from August 25 to September 4. The meet served as a prelude to next years' Olympic Games in

London and it was a terrific 9 days for Team USA.

Day 1- Kenyan women sweep the marathon and the 10,000 meters, with Shalane Flanagan finishing 7th, while Americans Trey Hardee and Ashton Eaton begin their quest for Decathlon supremacy.

Day 2- Hardee outlasts Eaton to win gold. Oscar Pistorius, the double amputee from South Africa known as "blade runner" qualifies for the semi-finals in the men's 400. Alysson Felix qualifies for the 400 final in her bid for a 200-400 double. Great Britain's Mo Farah who is trained by Alberto Salazar runs a 53 second last lap in the men's 10,000 but is caught just before the wire by Ibrahim Jelani of Ethiopia. USA's Galen Rupp, Farah's training partner takes 7th.

Usain Bolt false starts and, under the strict new one and done policy, is disqualified from the 100 meter final. Bolt's countryman Yohan Blake wins the 100 over Walter Dix of the U.S. in a less than riveting final. It's not the same without Usain !

Day 3- In a fantastic finish Felix loses the 400 by .03 to Montsho from Botswana. Another disqualification mars the sprints, this time in the men's 100 hurdles as Robles from Cuba impedes Liu from China. Unheralded Jason Richardson slips through for the win. The US-Jamaica sprint rivalry heats

up as Carmelita Jeter edges Veronica Campbell-Brown.

Day 4- 18 year old Kirani James from Grenada edges Olympic champ LaShawn Merritt in the men's 400. Kenya's David Rudisha easily crushes the field in the men's 800. Nick Symmonds of the US finishes 5th.

Day 5- Off except for 30 kilometer walk. Like I said, a day off.

Day 6- What a day ! In a 30 minute time span the US wins 3 golds as Jesse Williams wins the high jump, Lashinda Demus runs an outrageous 52.4 to win the 400 hurdles and Jenny Barringer-Simpson runs a brilliant last 100



Jenny Barringer-Simpson wins the Women's 1500 meter race at Daegu

to capture the women's 1500. Favored Morgan Uceny trips

over a fallen runner otherwise we could have been 1-2.

Also in the men's 1500 semis, 21 year old Matt Centrowitz Jr makes the final; Kenya takes 1-2 in the steeplechase as 110 pound Ezekiel Kemboi unleashes a ridiculous closing kick including a complete clearance of the water jump and shirt-stripping air guitar performance after he won. Track meets karaoke !

Great Britain's Dai Greene won the men's 400 hurdles and Oscar Pistorius ran a scintillating opening leg as South Africa's 4 x 400 team advanced to the finals. IAAF stipulated that Pistorius had to run first to avoid entanglements with the other runners.

Day 7- Gold for Dwight Phillips in the long jump. Two American women advance to the finals of the 800. Kenyan women finish 1-2 in the 5,000 as Lauren Fleshman runs a gritty 7th. Veronica Campbell-Brown of Jamaica beats Jeter and Felix in a loaded women's 200 final. LaShawn Merritt, in 3rd and totally boxed in on the rail, moves sideways then flies past the Jamaican and South African anchors to lead the US to an exciting 4 x 400 relay victory. Pistorius is left off the final relay, but still earns a silver medal.

Day 8- Kenyans go 1-2 in the men's 1500 and USA's Matt Centrowitz takes the bronze after closing in 51.6 for his final 400. The women's 4 x 400 led by

Sanya Richards-Ross beats arch-rival Jamaica in 3:18. In the women's 100 hurdles Australia's Sally Pearson conquers the field and the World Champs Cover Jinx (all previous athletes on the cover of the daily race program had bombed out). Finally, order was restored in the running universe as Usain Bolt blew away the field in the 200 running 19.40, the 4th fastest time ever.

Day 9- Kenyans went 1-2 in the men's marathon as Abel Kirui ran the 2nd half in 1:02.30 to finish in 2:07.37 on a steamy day. US triple jumpers placed 1-3. Russian women placed 3 in the 800 final with Savinova edging South Africa's Semenya to win in 1:55. Americans finished 4th and 6th. In the 4 x 100 relays, USA women edged rival Jamaica as Carmelita Jeter won her 3rd medal of these games and Allyson Felix won her 4th. Disaster struck the men's 4 x 100 again as USA's final handoff was blockaded by Great Britain in the next lane and also took out Trinidad. Jamaica, with Bolt anchoring, smashed the world record with a time of 37.04 or 9.26 per man !

The best race for my money, though, was the men's 5,000. Tactical from the start, then a 4:10 mile in the middle, more tactics until one of the Kenyans fell with 600 to go, then training partners Rupp and Farah were in the lead at the bell with 7 other runners on top of them. An all-

out sprint ensued on the back straight with favorite Bernard Lagat in 5th. Farah held his position on the rail desperately fending off a challenge by Gebremeskil from Ethiopia. In the final 100, Merga from Ethiopia nudged Lagat out to lane 3, and Farah held on for the win with Lagat 2nd and Merga 3rd, though he was later DQ'd. Final lap times were 52-53 seconds. Rupp dropped to 9th after running "only" 58 for his last lap.

All in all 41 countries won medals with 16 winning gold. The speed of the finishing kicks stands out for me. The women's 5000 winner closed in 58. Men's mile, 5000, 10000 all featured searing kicks. Usain Bolt is this generation's Muhammad Ali. He is THAT popular. Can't wait for the Olympic Trials next year! ##

Enjoy The Event

by Rick Bloomer

(The basic premise of this essay is to emphasize that enjoying your first marathon should be your main goal; forget about trying to run a specific, aggressive time.)

I was in Columbus Circle the day of the 2007 NYC Marathon, buying batteries for my camera for a photo vacation. As I wandered over to watch the stream of

finishers, I was in awe of what I witnessed. I suddenly realized intense admiration for the effort each individual had put out that morning, as well as the months and even years of training that went into running such a race. But the fact that these runners were enjoying accomplishing something great, made me want to set a goal of joining them in their joy. So, at that moment in time, I committed to being part of that scene, and enjoying every bit of it. This was a stark, uncomfortable contradiction to me, as I stood there literally with my hands in my pockets, much like they had figuratively been for much too long. It was a life-changing experience.

I had been a jogger for a number of years. But I was “green” and immature as a runner. I had no concept of how long it took the average person to run a marathon, let alone how to train for one. Over the years, I had been “conditioned” to think in terms of races and times and personal bests. That was about to change.

I trained well, and entered my first marathon: the 2010 NYC Marathon. On the starting line on the event day, I had a finish time in mind. I now had specific knowledge of lactic acid, calories per hour and stride length. But after the boom of the cannon, in the middle of the Verrazano Narrows Bridge, I decided to revert back to my days of innocence and disregard time and distance. I wanted to be part of the

“marathon scene” and worrying about time and pace could very well prevent me.

This decision was confirmed as I started up 4th Avenue in Brooklyn. We were greeted and cheered as if we were elite runners worthy of watching. It was way too much fun to be worrying about mile split times. In my first marathon, I realized my reason for being there was so much more than just covering the distance. I wanted to be in the “Moment” and be able to enjoy it.

As I passed friends at mile 25, I was running. Emphasis on RUNNING! It's not a given at this point. I was a rookie AND I wasn't hobbling, limping, shuffling or walking. In fact, I was running so fast, that my girlfriend missed getting a picture of me. She didn't expect me to come by her so quickly at this point in the event. To this day she doesn't know if I ran 2 hours or six hours that day. It doesn't matter.

When I crossed the finish line, I remember the scene clearly. The sky, the clock, the spectators, the runners. I wasn't limping. I could stand. I could walk. I could smile. I had given myself nothing at all to be disappointed about. I thoroughly enjoyed my moment.

My suggestion for rookies and anyone, is to visualize that scene. Train for that scene. Imagine being a beacon of strength for a weaker runner. Imagine running past friends in Central Park so fast that they can't get a picture. Smile as if

you really mean it and you're having the time of your life. But most of all, don't put this once-in-a-lifetime scene at risk by putting undue pressure on yourself. There will plenty more marathons to run for time, if you go in that direction. Best of luck and enjoy the scene. #

Running From Love

by Jessica Lancome

- Part Four -

“Farrah doesn't need any more bragging rights. She's already got that department covered,” Blanca taunted across the table. Trash talking had commenced; a favorite club pastime.

“Iron Woman, you're president of that division, last time I checked. Aren't you using your trophy as an end table in your living room?” She could give as good as she got.

“No, I've got it in my garden now with a statue of Diana on it. It's my inspiration for next year.” “You medaled at Ironman?” Jude asked, looking impressed. The Ironman World Triathlon took place in Hawaii each fall. It included swimming and biking competitions followed by a marathon. World-class elite athletes competed by invitation only.

“It was only third place,” Blanca looked at Jude modestly. It was the first time Farrah had ever seen such an expression on

her friend's face. Blanca wasn't president of the bragging rights division of the club for nothing.

"That's a grueling race. Congratulations." He turned from Blanca to Farrah. "You're on some competitive track club," he said admiringly, his eyes on her mouth.

"Tell me about your track club," she said, a slight prickle tracing its way down her spine. "Greenwich, did you say?" She thought of tennis, croquet, boats and golf. Did they get sweaty in places like Greenwich, Connecticut? Surely it wasn't anything like the Bronx.

"We have some top runners, men and women, but no Ironman finishers from what I know," he shot another respectful glance in Blanca's direction.

"Thank you," was all Blanca said. Farrah couldn't believe it. She'd never seen her friend look coy before. What was going on here? Did Blanca think Jude was a bit of all right? She'd find out soon enough on the ride back, since they'd all come up together in John's van.

The food came and talk died down. Farrah attacked her oatmeal, eager to dispel whatever impression she'd given Jude as high maintenance in the food and drink department. She rued worrying the waitress about the milk. Sometimes she drove herself crazy with her own fussiness. It had been about the only thing she'd had in common with her ex-boyfriend and it hadn't helped their relationship.

"Do you live in the Bronx?" Jude asked.

"Yes. In Riverdale," she said, referring to the Bronx's most exclusive neighborhood, running north and south next to the Hudson River.

"Nice area."

"It's pretty. But parking's tough."

"Do you work in the city?"

"Yes. I'm based in the city, in mid-town."

"So you take the train in?"

"Yes, when I go into my office."

"You don't go into your office every day?"

"No, I go in maybe once every two weeks." The last thing she wanted to talk about was her job.

"Then what do you do the rest of the time?"

"I don't go in." She didn't mean to be obtuse, but every time she told a man how much she traveled, it ended up being their final conversation.

"Sounds good to me."

"What do you do?" She kicked herself. She'd just asked the one question she most disliked being asked herself.

"I try not to work, but it doesn't work most of the time."

His answer piqued her interest as well as her imagination. It was so different from the way men in Manhattan talked, typically bragging about the one-hundred hour weeks they put in. As if that could be a turn on.

"I know what you mean," she agreed, pushing Monday morning to the farthest corners of her mind.

"Will I see you at Leatherman's Loop then?"

"I'll try to make it." She was intrigued by the sound of the race.

"I'll show you some horse country afterwards, if you're interested."

She nodded, at a loss for words. She loved horses, although she'd never had a chance to ride as a child. There weren't any stables near Jackson Heights, Queens, plus her family hadn't had money to pay for lessons.

"We'll see," she finally got out. She made a note to get a ride from one of her teammates that day.

"Sure."

Suddenly the diner felt hot and close. She needed some fresh air. Throwing down her napkin, she got up. "I'll be right back," she told Jude.

Blanca looked up questioning, one eyebrow cocked. Farrah shot her a look that said 'don't open your mouth.' It was like asking a bullfrog not to croak.

Hurrying outside, she gulped in the crisp, cool September air.

He'd more or less asked her out, hadn't he? Farrah hadn't gone on a real date since Will had disappeared. That had been almost three years ago. She just hadn't felt like it. But maybe this wasn't an invitation. It was a date when a man asked for your phone number then actually called, right? She couldn't think, she was so rattled.

"Hey, if you give me an e-mail address, I'll shoot you some info about Leatherman's," Jude said, behind her. He ambled down the steps of the diner then sat on the bottom step.

An e-mail address? He meant *her* e-mail address. That was a roundabout way to ask for someone's phone number, right? She'd find out soon enough from the tone of the message he sent. As she scribbled it down for him, the smell of dried male sweat with the faint scent of woodchips wafted her way, dizzying her. She was glad she was sitting.

A companionable minute passed. Overhead, the sky was cloudless; a brilliant blue. A hawk flew by, several hundred feet above them.

"Is that something in its claws?" Farrah asked, peering at it.

"Looks like breakfast."

She shivered. Then a large triangular purple sail appeared over the top of Mohonk Mountain.

"What's that?" She asked, pointing.

"Hang glider. It's big around here. They come from all over to hang-glide off that mountain."

"Have you ever tried it?" She shaded her eyes to peer at him.

The woodchip smell hit her again, subtle but all-encompassing, surrounding her on all sides.

"I haven't yet. But I'd like to. What about you?"

"I've thought about it. But what if something goes wrong?"

"Something can go wrong anywhere, anytime. If you don't

take a chance, you don't get the reward when things go right," he said.

"Okay, but you still haven't talked me into it."

"I can't. Only you can."

"Huh."

She liked the way the conversation changed size as they spoke. It had gotten bigger somehow. The same way the horizon had broadened, rather than narrowed, when he'd answered the question about what he did. She'd found out he didn't live to work, opening their conversation to limitless possibilities.

A clatter behind drew her attention. Her teammates were spilling out the diner doors, down the steps.

"Ready to go?" Ana Morales called to her.

"Ready," she said, standing and dusting herself off. Suddenly her legs were stiff; her body sore. She needed to stretch then take a long, hot shower.

"See you at Leatherman's," Jude said.

"I'll let you know," she replied. Turning, she joined Ana, Blanca and the others, guessing that he was watching as she walked away. She moved her hips in the faintest of circular motions. Afro-Cuban rhythm they called it. Living in the Bronx, with Blanca and Ana as friends, she knew a thing or two about the right moves at the right time. For the first time in three years she felt like this was one of them. ##

Club Announcements

Our VCTC Club meeting will be held on Saturday, October 15.

At the meeting, Dominic and the Websters (our version of a '60's Do-op group) will be "running" a VCTC.org seminar- a hands-on tutorial for using our website. It will cover:

- Where to look on the website for Races, Training, Membership info etc.
- Creating a "Group" and corresponding w/in a Group
- Differences between "Blogs" and "Forums"
- Privacy Settings
- Using the Club Members group
- How to upload videos, photos, etc.
- E-Mail Settings: How to avoid receiving e-mails/spam from members, etc.

* * * * *

NYRR club points standings: Open B: Men-

- 1) Dashing Whippets- 85 pts
- 2) Iron Runners- 82
- 3) VCTC- 77
- 4) Henwood Hounds- 69

Women-

- 1) Prospect Park- 79
- 2) VCTC- 55
- 3) Hellgate- 46
- 4) Front Runners- 41
- 5) Warren St- 38
- 6) Reservoir dogs- 33
- 7) West Side Y- 32 (continued)

40+ Men:

- 1) Urban Athletics- 105
- 2) CPTC- 72
- 3) West Side-64
- 4) Warren St- 61.....
- 9) VCTC- 18

40+ Women:

- 1) Athena- 96
- 2) CPTC- 91
- 3) NY Flyers- 66....
- 13) VCTC- 7

50+ Men:

- 1) CPTC- 88
- 2) West Side- 65
- 3) Warren St- 57
- 4) Greater NY- 46
- 5) VCTC- 43
- 6) Taconic- 32
- 7) Brooklyn RR- 29
- 8) Urban Athletics- 29

50+ Women:

- 1) NY Flyers- 990
- 2) Athena- 78
- 3) Greater NY- 53
- 4) Taconic- 48
- 5) CPTC- 43
- 6) VCTC- 34
- 7) Mercury- 27
- 8) Millrose- 22
- 9) Greater LI- 21

60+ Men:

- 1) Taconic- 105
- 2) West Side- 55
- 3) Witold- 50
- 4) CPTC- 48
- 5) Greater NY- 45
- 6) VCTC- 44
- 7) Front Runners- 40

60+ Women:

- 1) CPTC- 75
- 2) Mercury- 73
- 3) Greater NY- 71
- 4) Millrose- 68.....
- 9) VCTC- 6

New Members

2011 has been another record year to date for the growth of VCTC. The club ended 2010 with 154 paid-up members, yet despite losing some 20 members along the way we now have 185 not counting additional family members. Let's give a welcome to all our new friends.

Carlos
Jessica
Brendan
Andie
Thomas
Darren
Brian
Patricia
Chiseche
Jonathon
Vincent
Maryann
Monika
Bobby
Michael & Jennifer
Steven
Antonio
Nikolitsa
Suzanne
Stacie
Rick, Riccel
David
David
Tomoko
Kikuko & Hana
Anna
Mitchell
Edward
Clara
Ely
Marsha, Kevin
Pammi

Lopez
Clarke
Boyle
Davis
Elbrecht
Rosa
Jablonski
Novelli
Mibenge
Stenger
Brett
Khinda
Macezinskas
Asher
Dailey
Joseph
Varrenti
Anastasopoulos
Corber
Degeneffe
Kouns
Kornacker
Rippon
Tanii
Turner
Carlson
Strong
Kenelly
Rodriguez
Greenberg
Milan-Bethel
Anandani

Sangini
Paul
Rose
Bill
Paulina
Laura / Rodolfo
(Roly)
Adam
Liam
Ciara
David
Dave
Christie
Lauren
Shelley
Garreth
Danielle & June
Cole & Adam
Martin
Luis
Elisa/Chris
Angie
Penelope
Ronerto
John, Mary Beth,
Jeremiah, Sarah

Dave
Arroyo
Dunican
Mosca
Nunez
Rodriguez /
Diluca
Orna
Moroney
Gedulig
Simko
Feinstein
Damo
Valentino
Buchbinder
Hasson
Rosario-Mullen
Salvitti-Gucwa
Toomajian
Benitez
Messore
Roberts
Gay Sheeley
Rapalo
McCarthy

U.S. Air Force Marathon

by Lauren Valentino

Dayton, Ohio. Sept 17, 2011

I'm a rookie. This was my second marathon. BQ(Boston Qualify) was my goal this go-around. I started training in early May, maxing out at 60 miles per week.

Race day: I woke at 4:30a well-rested. I stretched and stuffed down my traditional pre-race meal of a toasted bagel with PB. I tried eating a banana as well, but my jitters were causing my stomach to flip flop a bit.

Man was it cold; I'd say 45 degrees. My hands were stiff and

I had trouble tying my sneaks (I have this ritual of retying my laces multiple times before a race). Note to self: next time bring throw away gloves.

I was surprised and pleased by the abundant space between runners at the start. I marched over to the 3:40 pace group. There were about 15-20 of us. Todd was our pacer; he's run over 20 marathons and has a PR of something like 2:30. The opening ceremony was exhilarating; an old Air Force bomber flew overhead; it was loud. The cannon fired and we were off.

Miles 1-2: I started rehearsing all the tried-and-true advice in my head: Don't go out too fast. An even split is the best strategy. I just want to bust out of the gates like a thoroughbred on steroids, but I must be patient. All good things to those who wait. Pacer Todd will keep me in check.

Miles 3-8: As it turns out, Todd was not only an experienced marathoner and pacer but akin to a terrific tour guide. As we made our way through the base, he told us about USAF history and landmarks. Fantastic! I'll take all the entertainment I can get so I don't have to think about the next 20 miles.

Miles 9-10: We were now off the base and cruising through the city of Fairborn, which resembles a Hollywood movie set - quaint

with picturesque little storefronts and homes. The streets were lined with crowds and live bands. I loved every second of these two miles. One woman had a huge basket of Fig Newtons for the runners, my favorite cookie! I didn't indulge though; my plan was to take only water, Gu, and Power Bar bites.

Miles 11-17 (est.): Feeling strong. Of course I donned my VCTC singlet. Every few miles someone would flank me and exclaim they were from the Bronx or knew someone there. It was uplifting. I'm not as far away from home as I thought.

This stretch was mostly quiet. There were few spectators and the live bands were few and far between. There were 3-4 hills to push through (shocking, I thought Ohio was going to be flat). Miles 18 - finish: "This is why you run the marathon guys, right here, these last six miles," Todd said as we crossed the 20 mile mark. I kind of panicked - why, is it supposed to get hard now? I've trained up to 21 miles at a 9:10 pace. How bad can an additional 6.2 miles be at an 8:24 pace?

Bad. I was crying uncle from 22 to the end. I lost Todd and the others in the last two miles. I made a final surge but kept up for minutes only. I thought if I just keep Todd in sight I could still make my time. Talk about being under the gun. I was giving it all and then some. I choked

down a third and final Gu despite wanting to puke. Most runners when tired take it a mile or half a mile at a time. I was taking it five steps at a time, trying desperately not to look at my GPS watch.

As if I wasn't already challenged enough, we merged with the half-marathoners at about mile 23. We had to weave around these folks, and they were walking. It was frustrating because now fractions of a second matter to me.

You can't give up now! You worked for this! You lazy sh*t! Were just a few clichés going through my head. This is all you've been talking about for four months - Boston, Boston, Boston. There's no way you're going home and telling everyone you missed qualifying by five seconds.

"Lauren, you're grimacing, I want to see your face relaxed!" a coach cried out from the sideline at mile 25 or so. I looked and felt like hell (as evidenced in the photos, please refer to corresponding album).

I crossed the finish at 3:41:27. Disappointed, I limped over to the results tent to see how far off I was - I figured I started about 20 seconds after the gun. They printed out my time sticker - 3:40:57! I couldn't believe it; I made it with only 2 seconds to spare, and shaved 35 minutes off my last marathon. It was surreal. And I can't wait to do it again.#

Race Results

VCTC 5K XC Summer Series #5			
July 14, 2011			
18:16	Michael Oliva	M32	1st Male
18:29	David Talbird	M30	1st M 30-39
19:23	Kevin Shelton-Smith	M51	1st M 50-59
20:59	David Kornacker	M46	2nd M 40-49
22:07	Neil Leibowitz	M36	
22:07	Laura Rodriguez	F31	1st Female
22:31	Anthony Thoman	M48	
23:48	Benigno Veraz	M56	3rd M 50-59
24:25	Jonathan Stenger	M38	
24:38	Rick Bloomer	M47	
25:50	Patricia Novelli	F40	1st F 40-49
26:13	Riccel Kouns	F15	
28:12	Ciara Sherri-Anne Gedulig	F29	
28:27	Mandi Susman	F42	
30:08	Stacie Degeneffe	F36	
32:19	Ray Novelli	M13	
32:39	Margaret Nolan	F51	1st F 50-59
33:41	Sal Carretta	M54	
34:09	Kenn Sapeta	M54	
49:55	Maudene Nelson	F62	3rd F 60-69

Conservancy Run for Central Park 4M

July 16, 2011			
22:17	Jacob Adams	M18	3
22:21	David Talbird	M30	
22:34	Kevin Shelton-Smith	M51	1
24:00	Chris Ekstrom	M45	10
24:56	Perry King	M54	
24:57	Jonathan Stenger	M38	
24:58	David Kornacker	M46	
25:21	Laura Rodriguez	F31	10
25:27	Peter H Coy	M53	
25:30	Steven Joseph	M49	
27:13	Melissa Weiner	F33	
27:18	David C King	M61	6
27:26	Paulina Nunez	F21	8
28:28	Salvatore Carretta Jr	M55	
28:38	David Rippon	M41	
29:01	Benigno Veraz	M56	
30:33	Patricia Novelli	F40	
31:52	Heidi Velasquez	F32	
32:00	Gene Westling	M56	
32:55	Suzanne Corber	F58	8
33:25	Mandi Susman	F42	
34:07	Kathryn A Donovan	F53	

34:21	Glen H Shane	M72	2
34:32	Edward James	M65	
34:38	Adrian Hunte Smith	F57	
35:10	Jill Staats	F59	
39:42	Ivan Ragoonanan	M65	
40:07	Catherine Schwarz	F48	
40:14	Kenn Sapeta	M56	
41:24	Edith Jones	F71	4
56:44	Ramon Minaya	M71	

Queens Half-Marathon

July 30, 2011			
Flushing Meadow, N.Y.			
1:30:30	Carlos Lopez	M30	
1:34:09	Laura Rodriguez	F31	6
1:40:16	David Monahan	M60	3
1:45:28	Matt Newton	M37	
1:51:03	Salvatore Carretta Jr	M55	
1:51:18	Rick Bloomer	M47	
1:54:31	Benigno Veraz	M56	
1:54:36	Mick Burke	M33	
1:57:10	Ciara Gedulig	F29	
1:58:22	Adam Golovizki	M35	
2:02:31	Zafar Shahbaz	M54	
2:11:16	Edward James	M65	9

NYRR Men's Team Championship 5M

Aug. 6, 2011			
28:10	Michael Oliva	M32	
28:40	David Talbird	M30	
28:48	Jacob Adams	M18	2
29:36	Chris Ekstrom	M45	8
31:12	Carlos Lopez	M30	
31:45	David Kornacker	M47	
31:49	Perry King	M54	
32:32	Jonathan Stenger	M38	
33:06	Peter H Coy	M53	
33:07	Louis Csak	M45	
33:26	David Feinstein	M37	
33:50	Jeff Powell	M39	
35:07	David Rippon	M42	
35:14	David C King	M61	7
35:55	Benigno Veraz	M56	
37:13	Salvatore Carretta Jr	M55	
37:34	Dominic Lombardo	M44	
39:24	James Moloney Jr	M48	
39:36	Robert Branch	M34	
39:53	Adam Golovizki	M35	
40:21	Ken Rolston	M59	
41:06	Michael P Hudick	M66	8
41:44	Arnold L Gore	M70	1
42:00	Zafar Shahbaz	M54	

42:41	Glen H Shane	M72	3
42:43	Edward James	M65	
49:06	Kenn Sapeta	M57	
1:10:32	Ramon Minaya	M71	10
VCTC 5K XC Summer Series #6			
Aug. 4, 2011			
18:11	David Talbird	M30	1st M 30-39
20:29	Laura Rodriguez	F31	1st Female
21:26	Anthony Thoman	M48	3rd M 40-49
21:31	Antonio Varrenti	M48	
21:37	Brendan Boyle	M26	
21:50	Robert Antalov	M47	
22:54	Rick Bloomer	M47	
22:57	Mick Burke	M33	
23:33	Alexandra Hernandez	F30	1st F 30-39
23:43	Riccel Kouns	F15	3rd F 15-19
23:46	Sal Carretta Jr.	M54	3rd M 50-59
24:19	Adam Golovizki	M35	
26:29	Jill Staats	F59	2nd F 50-59
26:30	Heidi Velasquez	F32	
26:56	Arnold Gore	M70	1st M 70+
27:59	Yani Fernandez	F41	
28:35	Margaret Nolan	F51	
28:55	Kate Donovan	F53	
29:00	Hector Santiago	M74	2nd M 70+
29:07	Stacie Degeneffe	F36	
31:43	Mitchell Strong	M63	
32:35	Cathy Schwarz	F48	
33:28	Kenn Sapeta	M55	
37:15	Susan Epstein	F68	1st F 60-69
	Ciara Gedulig	F29	
NYRR Women's Team Championship			
Aug. 6, 2011			
33:03	Laura Rodriguez	F31	
34:54	Melissa Weiner	F33	
36:11	Paulina Nunez	F21	
36:30	Rachel Kimber	F30	
37:26	Lauren Valentino	F33	
38:01	Colleen McMahon	F27	
38:10	Alexandra Hernandez	F30	
38:57	Patricia Novelli	F40	
39:21	Bette Clark	F55	3
39:45	Ciara Gedulig	F29	
40:14	Heidi Velasquez	F32	
41:09	Suzanne Corber	F58	4
43:02	Yani Baldeon	F41	
43:05	Margaret R Nolan	F51	
43:07	Jo Ann Pate	F36	
43:07	Kathryn A Donovan	F53	
43:18	Mandi Susman	F42	

43:44	Adrian Hunte Smith	F57	8
43:54	Jill Staats	F59	9
46:30	Shirley Middleton	F57	
49:05	J. Vera King	F56	
50:27	Monika N Macezinska	F65	
53:51	Nikolitsa Anastasopoulos	F14	2
53:54	Susan R Epstein	F68	
Beach to Beacon 10			
Aug. 6, 2011			
Cape Elizabeth, Me.			
48:24	Dick Conley		
1:19:53	Kathy Nolan		
Friday Night Miles VCP			
Aug. 12, 2011			
5:23.7	Carlos Lopez	M30	
6:00.9	Anna Carlson	F28	
6:33.9	Robert Branch	M34	
Run for the Health o			
Aug. 13, 2011			
Bardstown, Ky.			
17:20	Kyle M. Hall		2 OV
Oklahoma City Midnight Streak 5K			
Aug. 13, 2011			
Oklahoma City, Okla.			
18:09	Kevin Shelton-Smith		1st master
George Schaefer Memorial 5K			
Aug. 13, 2011			
Schoodic Point, Me.			
22:51	Dick Conley		
23:45	Bette Clark		1
35:07	Kathy Nolan		
VCTC 5K XC Summer Series #7			
Aug. 18, 2011			
18:02	David Talbird	M30	1st Male 30-
19:39	Chris Ekstrom	M45	3rd Male 40-
20:27	David Kornacker	M47	
20:34	Laura Rodriguez	F31	1st Female
20:42	Perry King	M54	1st Male 50-
22:00	Antonio Varrenti	M48	
22:00	Melissa Filut-Weiner	F33	1st F 30-39
22:08	Anthony Thoman	M48	
22:09	Paul Arroyo	M45	
22:10	David Rippon	M42	
22:21	Steven Park	M44	
22:22	Danielle Rosario	F30	2nd F 30-39
22:34	Adam Golovizki	M35	
22:43	Mick Burke	M33	
22:58	Rachel Kimber	F30	3rd F 30-39
23:32	Vincent Brett	M34	
23:47	Rick Bloomer	M47	

23:51	Riccel Kouns	F15	3rd F 15-19
24:33	Michael Block	M41	
24:33	Paulina Nunez	F21	2nd F 20-29
24:50	Dom Lombardo	M44	
24:58	Dick Conley	M56	
25:00	Patricia Novelli	F40	2nd F 40-49
25:11	Sal Carretta Jr.	M54	
25:36	Clara Rodriguez	F27	
25:38	Lorraine Clarke	F30	
25:40	Ciara Gedulig	F29	
25:50	Erica Hubbard	F31	
26:05	Jill Staats	F59	1st F 50-59
26:23	Bette Clark	F55	2nd F 50-59
26:49	Heidi Velazquez	F32	
27:17	Suzanne Corber	F58	3rd F 50-59
28:11	Blas Abadia Jr.	M56	
29:15	Hiroshi Kitada	M45	
29:28	Edward James	M65	
29:31	Rachel Gissinger	F35	
29:47	Yani Fernandez	F41	
29:50	Kate Donovan	F53	
31:43	Mitchell Strong	M63	
32:47	Harrison Isaac	M13	
32:48	Rachel Isaac	F18	
32:57	Stacie Degeneffe	F36	
32:58	Cathy Schwarz	F48	
34:27	Nikolitsa Anastasopoulos	F14	
34:56	Tami Luhby	F40	
38:33	Susan Epstein	F68	2nd F 60-69
44:09	Marsha Milan	F35	
Friday Night Miles VCP			
Aug. 26, 2011			
6:52.9	Robert Branch	M34	
Friday Night Miles VCP			
Sept. 9, 2011			
5:02.7	Kevin Shelton-Smith	M51	10
5:03.2	Louis Csak	M45	
5:49.4	Steven Park	M44	
6:24	Sal Carretta	M55	
7:28.8	Arnold Gore	M70	
Tuckahoe Challenge 1M, 5M			
Sept 11, 2011			
1 Mile			
5:18	Kevin Shelton-Smith	M51	1 OV
6:06	Dave King	M61	1
6:17	Ken Rolston	M59	
6:19	Andie Davis	F53	1
7:19	Jill Staats	F59	
7:51	Kate Donovan	F52	2
7:53	Sherry Frazier	F56	

	Riccel Kouns	F15	
	5 Mile		
28:28	Kevin Shelton-Smith	M51	1 OV
34:50	Dave King	M61	18:16
37:13	Andie Davis	F53	
42:54	Jill Staats	F59	
Fitness Mind, Body, and Spirit 4M-Women			
Sept. 17, 2011			
24:50	Laura Rodriguez	F31	1
31:59	Suzanne Corber	F58	3
35:57	Stacie Degeneffe	F36	
41:18	Gilda L Serrano	F62	
Fitness Mind, Body, and Spirit 4M-Men			
Sept. 17, 2011			
24:45	David Kornacker	M47	5
28:30	Shawn Bobb	M45	
28:46	Salvatore Carretta Jr	M55	9
35:48	Edward James	M65	
37:17	Hiroshi Kitada	M45	
39:48	Ivan Ragoonanan	M66	
Woodlawn Race For A Cause			
Sept. 17, 2011			
17:04	Kevin Shelton-Smith	M51	1st OV
18:57	Jeff Powell	M40	1st M 40-49
19:57	David King	M61	1st M 60+
20:01	Brendan Boyle	M 20+	
20:05	Vince Brett	M30+	
20:28	Mick Burke	M 30+	
20:57	Dominic Lombardo	M44	
22:40	Lorraine Clarke	F30	1st F 30-39
26:43	Rozsa Gaston	F53	2nd F 50-59
U.S. Air Force Marathon			
Dayton, Ohio Sept 17, 2011			
3:40:57	Lauren Valentino	PR	BQ
Pfizer/March of Dimes 5K			
Sept. 18, 2011			
Pearl River, N.Y.			
20:10	Peter Coy	M53	1st OV
Philadelphia Rock 'n' Roll Half Marathon			
Sept. 18, 2011			
1:30:07	Melissa Weiner	F33	PR
1:52:11	Heidi Velasquez	F32	

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; 2nd singlet costs \$15, additional singlets-\$25. 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 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the November/December issue is October 25, 2011. Maximum length is 600 words. Times New Roman font. Size 12. 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

Bronx, N.Y. 10471