

Van Cortlandt Track Club newsletter

New York City Marathon

52 VCTC members run through the five boroughs toward their goals and dreams



An exuberant Laura Rodriguez nears the finish line

by Laura Rodriguez

*D*ream it, Believe it and you will achieve it....

Last year I remember reading an interesting article in *Running Times* about the NYCM sub elite program. This year I was lucky enough to be one of fifty females chosen. I could have not asked for a better first marathon. My journey to this marathon was such a learning experience. I learned so many new things about running and about myself. I am also happy that I am finally no longer unattached and that I belong to a great team: **VCTC**.

MARATHON DAY.. I am ready and I am going to do this. That's how I woke up that
(continued next page)



Bobby Asher looking strong at 21 miles

by Bobby Asher

*A*s I strode over the Verrazano Bridge from the Sub-Elite Start, doing a warm-up, I had a number of goals.

The first was to "take it all in." It really was that simple. Take in the atmosphere of the biggest race on earth, in the greatest city in the world. Standing on the Sub-Elite start with Wilson Kipketer, one of the greatest middle distance runners of all time was an added bonus as the Manhattan skyline majestically appeared before me.

The second goal was to hit a personal best in the neighborhood of 2:35. This was a goal that I have been aiming for in all of my seven marathons. And I arrived to the line a bit anxious but relaxed, happy to be in shape to possibly do it. (continued page 4)

morning. I got myself ready and we(husband Roly and I) headed off to NYC to the sub elite bus that would take us to Staten Island. Our bus, which was being escorted by a police caravan, was all the sub elite women. That sure was a wake up call for me: it just put my hard training into perspective and it made me appreciate every single hard workout that had led me to be there sitting on that bus. The whole sub elite experience was really unbelievable: we were treated to our very own tent with massage, food, beverages and the BEST perk of them all: our very own PORTA POTTY's . Only thing missing that would of made it even sweeter, MY TEAMMATES.

Outside our tent I got to see the professionals do their

warm up and get ready. Oh, did I mention I was behind Kim Smith on the porta potty line.. that was pretty cool. So our time has come and we are being escorted by security to the start, walking to the start was so surreal I could not believe how time had gone by so quickly. For me this was the best part, getting to warm up on the Verrazano Bridge. I was just in shock. We were actually doing our strides and stretches on the bridge. It was like a dream, especially when they called us to line up at the start. When it comes to races and being at the front, I am usually shy and just hide behind the guys. Well this was the perfect time to shake that shyness away and line up front and center. I was at the front of the NYC marathon and my

shyness would have to deal with it.

The gun goes off and away we go. Pacing myself was the hardest part about the marathon, I learned that lesson past the half-marathon mark. I ran the first part as if it were a half marathon-bad mistake. Even though my pace did slow down, I continued happily and without doubting myself.

Regardless of my finish time, I knew this was going to get FINISHED. I can't get over the cheering crowds and how awesome they were. I am glad my **PINK** socks caught some attention. Coming off the QueensBorough Bridge was so emotional. I knew Roly and my friends would be there. This is what kept my mind busy, just get to 16 and then it was just get to 21, to see my
(continued next page)

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: James Moloney

Website Committee: Dominic Lombardo, Jeff Powell, Kevin Shelton-Smith, Tony Thoman

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Jill Staats

Ramble Race Director: Kate Donovan

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

teammates. My eyesight is horrible, but Sunday I saw the VCTC sign in the Bronx bright and clear and I was just so happy that I had made it to that point still feeling good.

Where was that damn wall everybody was talking about? I think I must of turned it into a door in my mind and just ran right through it. Straight to that finish line I go. Making that turn on Columbus Circle was the best because I knew I would be facing the finish line right after that turn, and sure enough there it is looking straight at me. My calves were on fire but I didn't care. I pushed with what little fuel I had left and crossed that FINISH line in 3:12:02..

And just when I thought our VIP treatment was over I was wrong. I was taken to a tent right by the finish line. I only had to walk a few steps and there was Bobby Asher who had finished with a great time. I do remember telling him "I am a half marathoner, Bobby. I am never doing this again," with tears in my eyes from the pain. Little did I realize that a few minutes ago I had gone from half marathoner to marathoner and I should be damn proud.

I learned so much from this marathon, but the most important lesson was that I ran with HEART. My heart was full of love for the people and the sport that has made me the strong woman and runner that I am

today.

VCTC ROCKS....there is no other team out there that can top it. The support, the competition and the great outstanding people that each and everyone of you are.

Believe it, dream it and you will achieve it I KNOW I DID!

A Marathon Post

by David Isaac

*Y*esterday was my first marathon as a spectator. It was a truly enjoyable experience, and I'd like to share a few things I learned:

1) I know he's the fastest guy in the club, I know he wins races, and I've seen the results, posts, and you tube videos, but watching Mike Arnstein run is awe inspiring.

2) A surprising number of tired runners crave Coke. In most cases, being offered mediocre tasting Mango water by [Adrian Hunte](#) fails to bring smiles to their faces.

3) Watching a marathon is really tiring. Maybe not as tiring as running a marathon, but maybe equal with a 10K or a half. My back & feet hurt from standing, my hands hurt from clapping, and I'm hoarse from yelling. I'm just saying, I suffered out there

too.

4) Runners really like being shouted out by name. It's easier when they are named Steve, Laura or Bill, but infinitely more fun when they are named Dieter, Ernesto, or Francesca.

5) It was really cool seeing [Jamie Kyei-Frimpong](#), [Jo Ann Pate](#), [Erick Fernandez](#), and others jump in and support our runners. If anyone's planning on being in Philly in 2 weeks....

6) [Susan Epstein](#) and Glen Shane help give hope to a middle-aged runner. You guys make me a little less afraid of my next birthday.

7) I'm surprised there are still many male runners out there that don't know how much pain some band-aids and vaseline can prevent.

8) [Heidi Velasquez](#) added strong evidence to the argument that Doctor's advice regarding injury is merely a "suggestion".

9) I really hate runners who wear costumes. I'm fine on Halloween, but running marathons is hard. I'd really prefer not getting passed by Captain America, Batgirl, a guy in a clown wig, or the graded Rhino from last year.

10) It's really hard to cross the street to get to the subway. I think I need to train for that next time.

Thanks to all 45,000 of you guys who helped entertain me yesterday. I will definitely be back next year! #

(continued from page 1)

The third and most important goal was to arrive at the VCTC table at the 21-mile mark with a smile on my face and high-fives for the crew!

Everything was going according to plan leading into the tenth mile. Then fatigue set in. I had stopped a couple of times to rub out the kinks in my cold calves, but hadn't lost my goal pace. I took some more GU and helped myself to my fifth cup of Gatorade. I was back on!

By the halfway point, with the skyline looming once again, I couldn't wait for the 1st Avenue crowd that would be waiting over in Manhattan! I relaxed my effort and pulled over to rub down my legs one last time as I had done at water stops on training runs.

Halfway over the Queensborough Bridge, I realized that I in fact had two more GUs than I had thought. Possibly too much conservation. I gulped one down.

Coming off the bridge the crowd was a bit quieter than I remembered. I thrillingly pumped my arms and yelled "LET'S GO MANHATTAN! LET'S GO!" The crowd erupted! YES! This was what I came for! With my confidence back, I held a steady sub-6:00 mile pace for the remainder of 1st Avenue.

Unfortunately, the last 10k of the race took me about forty-seven minutes to

complete. I finished in 2:46.00. My spasms forced my legs in different directions and forced me to stop frozen at 24 miles. Who knew I would be able to continue running but not walk it off? So much for walk-breaks helping.

I finished the race with mixed emotions to say the least. Having my friends see me stop in agony with a string of curses coming out of my mouth was a nightmare, not the glory story I had envisioned. But the combination of low blood sugar, concrete and 21.2 miles simply had its own plan.

The Marathon is a true test of endurance. All who have completed one know this. But endurance takes on so many forms; emotionally, physically and it can become a true metaphor for life. That's why I love it! While I may someday do a 50k or a 50 miler, I feel glad to be learning and respecting the marathon distance first.

Someday, maybe I'll finally nail the 26.2 mile distance. But, until then enjoying running while enjoying life to its fullest is my main goal. "It's about the journey, not the destination." Every 100 mile week I run has a story. And every non-marathon workout has at least a social purpose at the track. Lastly the team dinners, VCTC Summer Series, Tempos and stories from the cancer survivors, ex-ten-year

smokers, and masters of the sport create a journey that does not stop at *Tavern On The Green*. No taper is necessary in that case. #

CONGRATS VCTC MARATHON 2011



NOVEMBER 8TH
8:00PM- 10:00PM
JOIN NIKE RUNNING
6151 BROADWAY
FOR A CELEBRATION
OF THE PERFORMANCES
OF YOUR VCTC TEAMMATES
IN THE
2011 NYC MARATHON
FOOD
BEVERAGES
GAMES
PRIZES

**To All VCTC
Members:
Please attend our
team meeting on
Saturday,
December 3rd at
the Van Cortlandt
Mansion. 10:45
a.m. We have
important topics
to discuss.
Refreshments will
be served.**

On The Run

by President Bette Clark

With over 50 VCTCers running in the NYC marathon this year, and almost as many VCTCers cheering us on, this has been a record year for VCTC in



so many ways, with remarkable growth in membership (at this writing we have 194 members, 136 of which are individual, 53 family, and 5- Honorary/Life Time members) and in our competitive success as a racing team. We will be celebrating the notable running accomplishments of our members at our Annual Awards Dinner on January 28th (more details can be found in this newsletter and on our website). Here, I want to highlight the ways that some of our members have helped our club flourish this year—and point out how new members can become more active members of the VCTC community and be connected to the behind-the-scenes workings of our club in the upcoming year.

As some of you may not know, our Board of Directors is made up of 5 members who are elected by members for two year terms, with 2 positions elected in even

numbered years, and 3 positions in odd numbered years. This year, Jill Staats and Dave King are both completing the 2nd year of their two-year terms on the Board of Directors (positions they both held for a prior term as well). Jill, as club secretary, has been diligently writing the minutes of all our meetings. Dave King has held the position of Vice President of the Board.

Both are planning to run for re-election. Nominations will be taken for these two positions from among eligible members. A member has to have served for a minimum of one year on the Executive Committee to be eligible for a Board position. A list of names of eligible members will be provided to everyone prior to our December 3rd Club Meeting so that nominations can be formally made at or before that time. Our election will be held electronically prior to our January Awards Dinner.

Jill has also been Race Director of the Urban Environmental Challenge (to be held in 2012 on April 22) for the past 5 years, and has agreed to continue in this role, but would welcome the support of newer members who would like to share some of the work and learn more about being a Race Director. Dave King has also been the Newsletter Editor (with the help of Norris Ogard) for four years and will continue in this role, but could use more help with editing (particularly

copy editing). So anyone with these skills who might have some time, please let us know. In addition, Dave is always looking for new articles for the newsletter, and particularly welcomes hearing from new members, so please remember to send him race reports, stories about running. Also, don't forget that if you want your race results to be included in our newsletter, please remember to send them to Peter Coy (email is in this newsletter and on our website). Dave has also served as the co-Race Director of the Riverdale Ramble, with Kate Donovan, who will be completing her 2nd year in this capacity. The Riverdale Ramble will be held on the first Sunday of June (June 3) again this coming year.

Also on our Board, Kevin-Shelton Smith has just completed his first year as club Treasurer, keeping close track of all our spending. He is also Membership Director, keeping close track of new memberships, renewing members (please remember to renew your membership before the end of December so that you can be eligible for the reduced/subsidized rate for our Awards Dinner; this can be done on line or by check), contact information (make sure you let him know if your email, phone, or address has changed). Kevin also developed a new role as the club record and PR keeper; if anyone is interested in this kind of data collection,

I'm sure Kevin would welcome the help.

Mike Arnstein is also completing his first year on our Board, as Second Vice President. He has also served as Clothing Director this past year, a position he will vacate at the end of this year. Mike began an online Zazzle account that makes clothing with our club logo readily available. This is a club position that can be readily shared among several, and we always welcome creative ideas for new club clothing. Mike has also headed a campaign to develop an alternative to the paving of the Putnam Trail, and has asked members to take more active roles in advocacy towards this goal. In addition, he has instituted the Holiday Marathons at Van Cortlandt Park. Though not official Van Cortlandt Track Club events, these have drawn hundreds of runners to our park, and VCTC has volunteered and participated in these races.

Speaking of volunteers, (and now moving away from the Board to other club positions) Hiroshi Kitada has stepped up to become our official Volunteer Coordinator, helping to recruit teams of VCTC volunteers for NYRR races so that we can earn guaranteed entries to the NYC marathon, and to organize volunteers and their duties for our own races. He has also been a great help in organizing VCTC volunteers for the Holiday

Marathons. Remember that if you have already filled your individual volunteer requirement for NYRR races in order to insure a guaranteed entry to the marathon, you can help another team member earn a spot in next year's marathon by volunteering as part of our team (we can earn one spot for every team of 10-15 members we send as volunteers to a NYRR race, that can be given to any VCTC member who applies but does not get in via the lottery).

Thanks to Dominic Lombardo, Kevin Shelton-Smith, Jonathan Stenger, Jeff Powell, and Maryanne Khinder (the newest member of the Website committee), information such as club minutes is now available on our website for our members only, via the Members Only group (which now has 105 members). If you haven't already done so, joining this group on the website gives you access to our membership contact list and other information that you can only access as a VCTC member, including important emails about club events that are not open to the general public. Also remember to sign up on Yahoo Groups if you would like to get emails about club events and races.

Dom and his crew on the website committee have been working hard to make the website more user-friendly and have developed "how to"

instructions that will make joining the Members Only group, writing blogs and joining forums a simple process. This committee has also created a VCTC Facebook page, which is another way for club members to learn about club events, races, training, and stay connected. This committee is responsible for updating the website pages, inputting new information about races, club events. James Moloney has also contributed by keeping lists of recommended races current. Thanks to the hard work of members of this committee, we have many new website members. Also, we have been able to institute electronic voting and polls to make sure that as many VCTCers voices as possible are heard. Dom will continue to play a leadership role next year, and the committee will continue to benefit from the expertise and hard work of its current members, but they could use more help next year—so anyone who has some technical skill in this area (they are particularly in need of a dedicated photographer) would be very welcome.

For many years, Arnie Gore has served as our Publicity Director. He has been our liaison to NYRR, attending Club Council meetings and reporting to the membership about upcoming races. He also has been distributing race applications for our races to local

running clubs and in the running community by hand as well as mail. He will be stepping down from this position at the end of the year. This role can be expanded to include Public Relations and/or media coordination, and could benefit from a media savvy person who could publicize our races and develop connections with local media. Anyone interested?

Fred Daley, Race Director of our Summer Series for many years, is stepping down at the end of the year. While he will continue to help out with registration and scoring, he has decided to pass on the full responsibility of these races, and James Moloney has stepped up to be the new Summer Series Races Director. James, with Susan Epstein, has helped to streamline the registration process of these races by inputting registration data on race day. This was all made possible by Kevin's implementation of an online registration process for all our races. Now that James will be managing other aspects of the races, we will be in need of people to help out with data entry prior to and on race day. So anyone with a laptop who would be available would be more than welcome!!

Our Coach, Ken Rolston continues to serve as our coach, as head of our Athletic Committee, with Glen Shane

assisting him on the track. Glen was also Race Director of the 5K VCTC Cancer Challenge this past year, a version of which he hopes to put on again in 2012. Coaching is one part of our Athletic Committee; in addition, we now have had age-group team leaders to encourage members to take part in NYRR club points races. To help coordinate these teams, Jonathan Stenger has volunteered to be Team Captain. There are other ways to be involved with this committee—all it takes is some new ideas and some time!!

Our Social Director, Dick Conley, has been orchestrating our major social events of the year, including our summer series party and Awards Dinner, for several years, and is happy to continue in the role—but would be happy to have some help, if anyone has ideas for other social events or who would like to share some of the work of choosing venues, menus, and all the other aspects of party-planning.

If this seems like a long list of jobs, it is!!! It's important for new members in particular to know that there are many aspects to our club besides running—and it is much of what our active club members contribute that helps make us feel part of a great team.

So I encourage all of you to think of ways you would like to be involved, whether its in an existing role or a new one you would like to occupy. One Board

position I neglected to mention is mine—Club President—a role I have proudly occupied for the past 5 years (my position will be up for election next year). When I first joined this club, not only was I a novice runner, but I was also someone who had never been involved in an organized club. But as I discovered the unique qualities of VCTC, I found I wanted to be more involved. So just at the same time that I started running marathons, I started taking part in more aspects of the club. I hope that you all find ways to be a bigger part of our VCTC family, and I know we will continue to grow and thrive with your participation.

Hope to see you all at our Awards Dinner on January 28th!!

Upcoming Events

Thanksgiving Day-Holiday Marathon, VCP 9 a.m.

VCTC Team Meeting-Van Cortlandt Mansion, Saturday Dec. 3, 2011, 10:45 a.m.

Join The Voices- NYRR-Central Park points race 5 miler, Sunday Dec 4, 2011, 8:30 a.m.

VCTC Annual Awards Dinner-Saturday January 28, 2012, 7 p.m. Dunwoodie Golf Club

VCTC Website - How To...

by Maryann Khinda and Kevin - Shelton Smith - Website Committee.

The large majority of Club Members uses the website regularly and many ask how to do certain things or where things are on the site, so the Web Committee has decided to provide some help. We have created a How To... tab at the top of the site giving a detailed step-by-step guide to all sorts of things. We will be constantly adding to the list, so if you have a request please let us know. Meanwhile, we have started with How To Join the VCTC Website and How To Join the Members-Only Group. We send valuable info to all those who are members of the site, so if you have not joined, you will miss a lot. Club specific emails, minutes of meetings and the Club Directory are only available to the Members-Only Group. Joining these makes you a fuller member but does not fill your inbox with loads of chit-chat. So let's get started...

How to Join the VCTC Website

Go to url <http://www.vctc.org/>

On the right hand side, there is a box stating “**not yet a member? sign up.**” Click there.

If you already have a Facebook account, it is much easier to join the website via this method. Simply click on “**facebook login**”

The next page will ask you to either “**Create a new account...**”

“**or sign up with Facebook**”

PLEASE - Be Careful when typing the two words in the security box. There is a space in-between the two words and punctuation at the end of the second word.

After you sign-up, Congratulations! You are part of the website. Please make note of your log-in credentials for future use.

How to Join the Club Members Only Group

There are several ways to get to the page:
Go to url: <http://www.vctc.org/>. On the tabs on

the top, look for *Groups*.

For a limited time, there will also be a direct link on the welcome page under *Latest Headlines*.

You can also go directly to the groups' page, <http://www.vctc.org/group/membersonly>.

Once you make it to the *Club Members Only* page, click on **click here to request access**
Click **Submit** and feel free to leave an optional message

Now your request has been sent to the site's administrator for approval. As this page contains the club member's personal information, only paid club members have access to this group.

VCTC Annual Awards Dinner

After a year of running, training, racing, or just hanging together, it's time to get together and celebrate accomplishments and our running lives! The VCTC Annual Awards Dinner is always a fun and memorable event! It's a challenge to recognize fellow runners, dressed to party, not run! Everyone enjoys great food, music, dancing and revelry. The cost to you for this year's event includes the meal, beer, wine, desert and a fantastic DJ who will rock the house for a jumping VCTC party! Be sure to make your reservations early due to limited seating.

Date: Saturday, January 28, 2012

Time: 7PM to 11PM

Place: Dunwoodie Country Club, Yonkers, NY

Cost to Members: \$40 (actual cost is \$55, but members are subsidized)

Cost to non-members: \$55

Members must renew their membership (due 12/31/2012) to be eligible for reduced cost of event!

Kevin has set up a Pay Pal link on the VCTC Web Site for paying on line, which is recommended.

Hope to see you at another great VCTC get together!!!

Membership Update

*A*s we approach the end of an amazing year for VCTC, the only thing you can do to top it off is sign up for another year. Yes, unless you joined after September 1st, 2011 your membership is up for renewal on December 31st. Don't wait till then though. The Awards Dinner is on January 21st and the discounted price is only available to those with 2012 Membership. Dues have been held yet again at \$35 for Single and \$45 for Family Memberships. The Dinner discount and the free renewals' give-away clothing we have planned, means that membership is virtually free. Mail in the attached form, also available on online, or preferably renew online at www.vctc.org/page/membership-renewal, it's under the Club Stuff

tab. We now have 197 members. Let's please welcome our newest members to the Club:

Katie Downes
Anne Gibbons
Andria Whited
Garland Days
Sara Flores
Matt Soja
Sharina Cabrera and Ruben Maillo Pozo
Sara Alaei

VCTC Team Meeting
Saturday December 3, 2011
Van Cortlandt Mansion
10:45 a.m. Refreshments
will be served

HUNTE LAW GROUP, P.C.

ADRIAN C. HUNTE, ESQ.

P. O. Box 97
Mohegan Lake, New York 10547

Telephone: (914) 526-1000; Fax: (914) 526-3106

E-mail: info@huntelaw.com

Website: <http://www.huntelaw.com>

Hunte Law Group, P.C., represents individuals, and also provides corporate, administrative and regulatory legal services to the beverage alcohol and hospitality industries. The firm represents wineries, breweries, distilleries, restaurants, wine and spirits stores, delis, gas stations, golf courses, hotels, manufacturers, wholesalers and retailers. Adrian C. Hunte, founder of the firm, with over twenty years of experience, is a former General Counsel to the New York State Liquor Authority.

- State and Federal Alcohol Licensing/Industry Compliance
- Trademarks/Intellectual Property
- Zoning/Land Use/Environmental Law
- Real Estate Leasing, Purchase, or Sale
- Commercial Litigation
- Violation of the ABC Law Criminal/Administrative Charges
- Business Transactions/Starting, Buying or Selling a Business
- Estate Planning/Wills, Trusts/Succession Agreements/Special Needs
- Personal Injury

We Accept Credit Cards and Payments On-line

Van Cortlandt Track Club

P.O. BOX 341, BRONX, NY 10471

Membership Application 2012

www.vctc.org

Please Circle one: **Renewal only** – **Single: \$35**
Family: \$45

New Members – **Single: \$50** includes one team singlet.
Family: \$60 includes one team singlet

Last Name _____ First Names _____
Date of Birth _____ Male/Female e-mail: _____
Cell: _____ Work Tel: _____

Last Name _____ First Names _____
Date of Birth _____ Male/Female e-mail: _____
Cell: _____ Work Tel: _____

Address _____ Apt# _____
City _____ State _____ Zip _____ Home Tel: _____

Signature: _____ Date: _____

Van Cortlandt Track Club is a USA Track & Field affiliated club. Any VCTC member wishing to compete in TAC sanctioned events as a TAC member must join TAC as an individual. Runners are responsible for their own condition and suitability to run. VCTC accepts no responsibility for injuries and illness attributed to running with the Club.

Club runs are Saturdays 8am. Track/hill workouts are Tuesdays 7pm. Tempo runs are Thursdays 7pm. Club Meetings are 2nd Saturday of every month at 10am. Details on www.vctc.org (please join), Groups emails which you will be invited to join by email and **Facebook**. Membership good till **December 31st, 2012**.

Please mail this application with check or money order (payable to VCTC) to:
Van Cortlandt Track Club, P.O. Box 341, Bronx, NY 10471
OR, save a stamp... pay online at www.VCTC.org

Coach's Corner

by Ken Rolston

The final points race of the season will take place on Sunday December 4th. It's a 5 miler in Central Park. VCTC currently stands in 2nd place for both Men's and Women's Open B, so please make sure you're signed up and ready to run for NYRR podium glory. In addition, the men's 50 + team currently resides in 3rd place and also has a chance to grace the podium.

Here's a quick rundown of the point system: Open teams require 5 runners, older teams 3. Times are combined and the lowest time wins. 15 points for 1st, then 12, 10, 8, 6, 5, 4, 3, 2, 1. Points are doubled and open teams are expanded to 10 runners for the club champs in August. Teams meet at the beginning of the year to determine which races will be selected. The number of races has varied from 10-12 with the worst 2 races thrown out. This year, only 8 races will score since there was a washout in late August.

Selection of points races can become contentious and agenda-driven. For example, the NY Marathon has become a controversial club race since it's difficult to get accepted in the first place, it's expensive, it's congested etc. The overall goal is to have a diverse group of races

for the clubs compete in from the mile to the marathon.

Track work will continue into December. Thank you for the amazing turnout we've been getting over the past few months ! We'll make use of the favorable surface until the weather dictates otherwise. Hill workouts will most likely begin the first week of the new year. We'll be gathering at the Fieldston School to renew our bond with the cold and the dark. Be prepared for frigid loops around Riverdale followed by heart gasping repeats up the hills of Fieldston, leaving runners as numb and purple as this prose ! These hill repeats will help those who plan to take the journey to San Blas for the 50th anniversary of their half-marathon in February.

We are looking into the possibility of workouts at Manhattan College during especially nasty evenings and we'll keep you posted. Rumor has it that there's a new indoor track surface which would be a welcome change. Before you know it, NYRR Thursday Night at the Races will be taking place at The Armory on the 2nd and 4th thursdays of January and February. It costs \$10 and you can run as many races as you want. Distances are usually 800, mile or 1500, 2 mile or 3,000. The season concludes with a manic 10,000 meter relay which features 10 runners per team

running 5 x 200. It's a team-building blast.

Upcoming races:

Sat Nov 19- 8 AM- **Knickerbocker 60K**, CP

Sat Nov 19- 9 AM- **Nyack Hospital 10K**

Sun Nov 20- 7 AM- **Philadelphia Marathon**

Sun Nov 20- 9 AM- **Race to Deliver 4m**, CP

Sun Nov 20- 11:30- **Fred Lebow 5K X-C**, VCP

Sun Nov 20- 10 AM- **Mamaroneck Turkey Trot 5K**

Sun Nov 20- 1:30- **Irvington Turkey Trot 2.5m**

Thu Nov 24- 9 AM- **Thanksgiving Runs**, VCP

Thu Nov 24- 8:30- 5 m **Turkey trot**, Rockland Lake State Park

Thu Nov 24- 9 AM- **Prospect Park Turkey Trot 5m**, Brooklyn

Sat Nov 26- 9 AM- **Katie Welling 2.5m** Bronxville, N.Y.

Sat Nov 26- 9:30- **Rye Turkey Trot 5K/5m**

Sun Dec 4- 8:30- **Join the Voices 5m**, Central Park **

Sat Dec 10- 9 AM- **Jingle Bell Jog, 4m**, Prospect Park

Sat Dec 10-10 AM- **X-Country relays, 3m**, Blue Mountain, Peekskill

Sun Dec 11- 9 AM- **Jingle Bell Jog, 3m**, Greenwich, Ct.

Sun Dec 11- 11 AM- **Couples Relay, 3 x 2**, Blue Mountain, Peekskill

Sun Dec 11- 11:30- **Pete McArdle, 15K**, VCP

Sat Dec 17- 8 AM- **Ted Corbitt 15 K**, Central Park

Sun Dec 25- 9 AM- **Holiday marathon**, VCP

Sat Dec 31- 12 AM- **Midnight Run 4m**, Central Park

Fifth Avenue Mile

by Ken Rolston

Every September for a few glorious hours, 5th Avenue is shut down from 80th St to 60th St to allow runners of all stripes the opportunity to see just how fast they can run one mile. For the first time in memory this would also be a club points race, though placed a mere week before Grete's Gallop 1/2 marathon which posed a unique challenge for VCTC: how to train for a fast, short race while also preparing for the upcoming half and full marathons?

Steve Park set up a 5th Ave Mile page on the VCTC website. Glen Shane provided an article called Master the Mile which included an 8-week training plan combining track, tempo and hill work. We then integrated these workouts into the Tuesday night track sessions during the hottest nights of this summer.

I love the mile. It's a test of speed, endurance and tactics. It's honest, gritty, iconic and best of all it's not metric! My first timed mile was run on the cinders of Van Cortlandt Park when I was in 8th grade. For 4 years in college I ran the mile, probably over 100 races indoors and out, 4 laps, 8 laps, 10 laps, 11 laps but always in a circle. The 5th Avenue mile poses another challenge because it's point-to-point. There's more room to run, there are subtle hills, manhole covers, and the perspective is entirely different from running on

the track.

I like the format. Age group races every 15 minutes starting from youngest to oldest with the final races run by the world's fastest milers. Best of all is the opportunity to watch our teammates run down 5th Ave. Dave King and I arrived just in time to see Anna Carlson blasting it past the 3/4 mile. Next race we saw Bobby Asher on his way to a 4:30. Then Laura Rodriguez, Melissa Weiner and Rachel Kimber all running PB's. What better motivation for the rest of the team?

We jogged up to the starting area and watched the men's 40 + group take off in front of us. Go Steve, Go Lou! Saw Kevin and Peter Coy and Bette and Andie as we were squeezed into the starting area for a nerve wracking 5 minutes. Traded quips with others, wished them well, focused on running within myself. Hoping the balky quads, calf and recently sore left knee will cooperate. Goal time- 5:58.

Off we go. God this is exciting. Look at Andie, she's out fast, Lynn Jennings has been training her. Peter is looking calm, Kevin is gone. Quarter mile 88, right on pace, should I be a touch faster since it was downhill and 2nd quarter will surely be slower? Approaching 1/2 mile, passed Andie, 2 guys in front of me are slowing down but there's no way through, I hesitate, finally find a narrow gap and push through. 3:04. Good, now use that downhill. Just before the 3/4, I hear

and feel an ominous pop in my left knee. Not good, but 3/4 in 4:32, don't notice family there, trying to stay focused. With 200 to go there's no lift left, need 38 to reach goal, hear shouts from fellow VCTC members, bless you all, get me to the line. Watch with dismay as clock strikes 6:00, final time 6:02 and the knee is growing.

Family is there, my son knows the knee is bad, but we get back to the VCTC encampment which is 20-30 strong. We all wait for the next race and scream encouragement for Dave King as he storms past and runs a fabulous 5:48. We watch in amazement as Sid Howard runs a 6:00 in the 70+ race and cheer in delight for Arnie Gore. The vibe in the club is so strong and supportive. We are a presence on 5th Avenue! Rick has been taking great pictures throughout the day (see VCTC website)- he has recorded the speed and the pain and the effort. Thanks Rick! Talk to Lynn about my hesitation back near the 1/2 mile which could have cost the time needed to break 6. Talk to Dominic about his amazing race, to others about goals achieved or narrowly missed.

Finally we watch in awe as Bernard Lagat wins in 3:50 and jogs back to our area where I get a high 5 from one of the greatest runners of all time. But the biggest high came from the camaraderie of the day with VCTC. Bum knee and all (fractured patella) it was totally worth it. Can't wait until next year. #

Race Results

Tuckahoe Challenge Road Race 1M

Sept. 11, 2011

| | | | |
|------|---------------------|--------|--------|
| 5:11 | Kevin Shelton-Smith | M50-59 | 1st OV |
| 6:06 | David King | M60-69 | 1 |
| 6:17 | Ken Rolston | M50-59 | |
| 6:19 | Andie Davis | F50-59 | 1 |
| 7:19 | Jill Staats | F50-59 | |
| 7:51 | Kate Donovan | F50-59 | |
| 7:53 | Sherry Fraser | F50-59 | |

ToughMan Half Ironman Triathlon

Sept. 11, 2011

Croton, N.Y.

6:31:04 Tony Thoman

Tuckahoe Challenge Road Race 5M

Sept. 11, 2011

| | | | |
|-------|---------------------|--------|--------|
| 28:28 | Kevin Shelton-Smith | M50-59 | 1st OV |
| 34:50 | David King | M60-69 | 1 |
| 37:10 | Andie Davis | F50-59 | 1 |
| 42:54 | Jill Staats | F50-59 | |
| 45:10 | Kate Donovan | F50-59 | |

Great Irish Fair 5K

Sept. 17, 2011

Prospect Park, Brooklyn

19:42 Carlos Lopez 3rd OV

Bar Harbor Half Marathon

Sept. 17, 2011

Bar Harbor, Maine

1:48:21 Bette Clark F50-59 2

Woodlawn Run for a Cause 5K

Sept. 17, 2011

Woodlawn, N.Y.

| | | | |
|-------|---------------------|--------|--------|
| 17:04 | Kevin Shelton-Smith | M50-59 | 1st OV |
| 18:54 | Jeff Powell | M40-49 | 1 |
| 19:57 | David King | M60+ | 1 |
| 20:01 | Brendan Boyle | M20-29 | 5 |
| 20:05 | Vincent Brett | M30-39 | 4 |
| 20:28 | Mick Burke | M30-39 | 5 |
| 20:57 | Dominic Lombardo | M40-49 | 6 |
| 22:40 | Lorraine Clarke | F30-39 | 2 |
| 26:43 | Rozsa Gaston | F50-59 | 2 |

Fitness Mind, Body & 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 | |

Fitness Mind, Body & 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 | |

Yonkers Half Marathon

Yonkers, N.Y.

Sept. 18, 2011

2:18:29 Mike Yorio

Fifth Avenue Mile

Sept. 24, 2011

| | | | |
|------|-----------------------|-----|----|
| 4:30 | Bobby Asher | M26 | 6 |
| 4:46 | David Talbird | M30 | |
| 4:52 | Kevin Shelton-Smith | M51 | 5 |
| 5:05 | Louis Csak | M45 | |
| 5:20 | Martin Toomajian | M27 | |
| 5:22 | Perry King | M54 | |
| 5:24 | David Kornacker | M47 | |
| 5:27 | Mick Burke | M33 | |
| 5:28 | David Feinstein | M37 | |
| 5:29 | Steven Park | M44 | |
| 5:30 | Rodolfo Diluca | M37 | |
| 5:36 | Laura Rodriguez | F31 | 8 |
| 5:38 | Vincent Brett | M34 | |
| 5:40 | Anna Carlson | F28 | |
| 5:40 | Peter H Coy | M53 | |
| 5:42 | Melissa Weiner | F34 | 10 |
| 5:42 | David Rippon | M42 | |
| 5:48 | David C King | M61 | 8 |
| 5:49 | Rachel Kimber | F30 | |
| 6:02 | Ken Rolston | M59 | 9 |
| 6:04 | Benigno Veraz | M56 | 10 |
| 6:09 | Dominic Lombardo | M44 | |
| 6:11 | Lorraine Clarke | F30 | |
| 6:15 | Andie Davis | F51 | |
| 6:18 | Hiroshi Kitada | M45 | |
| 6:21 | Patricia Novelli | F40 | |
| 6:22 | Salvatore Carretta Jr | M55 | |
| 6:48 | Mandi Susman | F42 | |
| 6:52 | Darren Rosa | M46 | |
| 7:05 | Bette Clark | F55 | 8 |
| 7:09 | Suzanne Corber | F58 | 9 |

| | | | | | | | |
|---------|---|-----|----|---------|------------------------------------|-----|----|
| 7:16 | Kathryn A Donovan | F53 | | | Norway Run 1.7M | | |
| 7:22 | Arnold L Gore | M70 | 9 | | Oct. 1, 2011 | | |
| 7:29 | Adrian Hunte Smith | F57 | 12 | 14:18 | Stacie Degeneffe | F36 | |
| 7:39 | Stacie Degeneffe | F36 | | 17:11 | Maryann Khinda | F32 | |
| | | | | | Marathon Tune-Up 18M | | |
| | Sept. 25, 2011 | | | | Merrell Down and Dirty 10K | | |
| 2:11:05 | Laura Rodriguez | F31 | 2 | | Oct. 2, 2011 | | |
| 2:28:16 | Matt Newton | M37 | | 46:14 | Pelham Bay Park, N.Y. | | |
| 2:40:01 | Paul Swem | M62 | | | Carlos Lopez | | |
| 2:42:52 | Vincent Brett | M34 | | | Harry Murphy Classic 5K | | |
| 2:45:27 | Heidi Velasquez | F32 | | | Oct. 2, 2011 | | |
| 3:00:19 | Lorraine Clarke | F30 | | | Van Cortlandt Park | | |
| 3:03:49 | Glen H Shane | M72 | 1 | 20:05 | David Kornacker | M47 | 5 |
| 3:06:57 | Penelope Sheely | F42 | | 21:04 | Anna Carlson | F28 | 3 |
| 3:11:50 | Edward James | M65 | 10 | 23:57 | Salvatore Carretta Jr | M55 | 3 |
| 3:14:51 | Shirley Middleton | F57 | | 25:17 | Adam Golovizki | M35 | 10 |
| 3:26:57 | Salvatore Carretta Jr | M55 | | 27:19 | Jo Ann Pate | F37 | 6 |
| 3:35:10 | Susan R Epstein | F68 | 5 | | | | |
| | | | | | Staten Island Half Marathon | | |
| | Hands-on-House Children's Museum | | | | Oct. 9, 2011 | | |
| | Half Marathon | | | 1:31:30 | Jeff Powell | M40 | |
| | Oct. 1, 2011 | | | 1:32:10 | Melissa Weiner | F34 | 4 |
| | Lancaster, Pa. | | | 1:36:25 | Angelina Roberts | F29 | |
| 2:16:22 | Mike Yorio | | | 1:38:57 | Adam Golovizki | M35 | |
| | Grete's Great Gallop Half Marathon | | | 1:40:20 | Alexandra Hernandez | F30 | |
| | Oct. 1, 2011 | | | 1:41:19 | Paulina Nunez | F21 | 7 |
| 1:12:57 | Bobby Asher | M26 | 10 | 1:43:37 | Vincent Brett | M34 | |
| 1:17:13 | Thomas Murley | M33 | | 1:46:38 | Mick Burke | M33 | |
| 1:18:37 | Kyle M Hall | M33 | | 1:46:40 | Benigno Veraz | M56 | |
| 1:19:02 | Kevin Shelton-Smith | M51 | 2 | 1:50:18 | Salvatore Carretta Jr | M55 | |
| 1:20:59 | David Talbird | M30 | | 1:57:40 | Lorraine Clarke | F30 | |
| 1:22:16 | Chris Ekstrom | M45 | 7 | 1:58:48 | Zafar Shahbaz | M54 | 7 |
| 1:32:02 | David Kornacker | M47 | | 2:01:15 | Edward James | M65 | |
| 1:32:08 | Steven Joseph | M50 | | 2:07:02 | Paul Arroyo | M45 | |
| 1:35:56 | Angelina Roberts | F29 | | 2:23:18 | Ivan Ragoonanan | M66 | |
| 1:41:10 | Adam Golovizki | M35 | | | Kurt Steiner XC 5K | | |
| 1:41:12 | David Monahan | M60 | 7 | | Oct. 16, 2011 | | |
| 1:44:34 | Paul Swem | M62 | | | Van Cortlandt Park | | |
| 1:44:46 | Shelley Buchbinder | F27 | | 17:15 | Bobby Asher | M26 | 5 |
| 1:46:53 | Bette Clark | F55 | 3 | 19:46 | David Kornacker | M47 | 5 |
| 1:46:58 | Salvatore Carretta Jr | M55 | | 21:45 | Laura Rodriguez | F32 | 3 |
| 1:47:29 | Benigno Veraz | M56 | | 22:13 | Adam Golovizki | M35 | 6 |
| 1:50:48 | Heidi Velasquez | F32 | | 23:16 | Benigno Veraz | M56 | 5 |
| 1:52:56 | Patricia Novelli | F40 | | 24:07 | Andie Davis | F51 | 1 |
| 2:00:27 | Kathryn A Donovan | F53 | | 26:39 | Jill Staats | F60 | 1 |
| 2:01:44 | Jo Ann Pate | F37 | | 28:45 | Edward James | M65 | 4 |
| 2:04:49 | Penelope Sheely | F42 | | | | | |
| 2:06:36 | James Moloney Jr | M48 | | | Norwood Flat and Fast 5K | | |
| 2:11:37 | Edward James | M65 | | | Oct. 22, 2011 | | |
| 2:14:04 | John Campbell | M34 | | | Norwood, N.J. | | |
| 2:21:35 | Ivan Ragoonanan | M66 | | 19:18 | Peter Coy | M53 | 2 |

Totten Trot 5K

Oct. 30, 2011

Bayside, Queens

| | | | |
|-------|-------------|--------|--------|
| 21:20 | David King | M60-69 | 1 |
| 22:45 | Andie Davis | F50-59 | 2nd OV |
| 25:34 | Jill Staats | F60-69 | 1 |
| 28:30 | Vera King | F50-59 | 3 |

| | | |
|---------|---------------|-----|
| 5:03:55 | Glen Shane | 72M |
| 5:05:16 | Paul Arroyo | 45M |
| 5:06:26 | Darren Rosa | 46M |
| 5:15:05 | Christie Damo | 25F |
| 5:24:57 | Dave Simko | 44M |
| 5:35:17 | Susan Epstein | 68F |
| 5:37:51 | Luis Colon | 57M |
| 5:54:42 | Gilda Serrano | 63F |
| 6:03:56 | Lanny Levit | 60M |
| 6:22:42 | Andy Toledo | 32M |

NYRR Dash to the Finish Line 5K

Nov. 5, 2011

| | | | |
|-------|-----------------------|-----|----|
| 21:20 | Jamie Kyei-Frimpong | F30 | 9 |
| 22:05 | Dominic Lombardo | M44 | 42 |
| 22:48 | Benigno Veraz | M56 | 8 |
| 23:02 | Salvatore Carretta Jr | M55 | 9 |

Savannah Half Marathon

Nov. 5, 2011

Savannah, Ga

| | |
|---------|-------------|
| 2:15:00 | Wanda Bills |
| 2:26:00 | Enid Burns |

New York City Marathon

Nov. 5, 2011

| | | | |
|---------|-----------------------|-----|----|
| 2:28:12 | Michael Arnstein | 34M | 6 |
| 2:46:00 | Bobby Asher | 26M | |
| 2:48:34 | Kevin Shelton-Smith | 51M | 10 |
| 2:55:35 | Chris Ekstrom | 45M | |
| 2:56:35 | Kyle Hall | 33M | |
| 3:08:54 | Jonathan Stenger | 38M | |
| 3:12:02 | Laura Rodriguez | 32F | |
| 3:15:40 | Melissa Weiner | 34F | |
| 3:17:08 | Steven Joseph | 50M | |
| 3:24:06 | E Greenberg | 32M | |
| 3:30:38 | Alexandra Hernandez | 30F | |
| 3:32:05 | Vincent Brett | 34M | |
| 3:44:57 | Adam Golovizki | 35M | |
| 3:47:18 | Roberto Rapalo | 25M | |
| 3:47:58 | Matthew Newton | 37M | |
| 3:54:00 | Sean Mah | 43M | |
| 3:55:39 | Sara Flores | 29F | |
| 3:55:50 | Erin Kastenschmidt | 30F | |
| 3:56:15 | Bette Clark | 56F | |
| 4:01:32 | Heidi Velasquez | 32F | |
| 4:01:46 | Robert Vassilarakis | 40M | |
| 4:11:17 | Robert Branch | 34M | |
| 4:11:52 | Paul Swem | 62M | |
| 4:16:32 | Salvatore Carretta Jr | 55M | |
| 4:19:06 | Lorraine Clarke | 30F | |
| 4:20:44 | Patricia Novelli | 40F | |
| 4:21:18 | Mick Burke | 33M | |
| 4:25:04 | Yani Fernandez | 41F | |
| 4:25:29 | Rick Bloomer | 47M | |
| 4:25:48 | Firdaus Dotiwala | 42M | |
| 4:37:01 | Scott Hines | 29M | |
| 4:41:11 | Penelope Sheely | 42F | |
| 4:42:47 | Hiroshi Kitada | 46M | |
| 4:49:38 | Shirley Middleton | 57F | |
| 4:57:12 | Edward James | 65M | |
| 4:57:44 | James Moloney Jr | 48M | |

DELAYED RESULTS

Ellen's Run 5K

Aug. 21, 2011

Southampton, N.Y.

| | | | |
|-------|-------------|-----|---|
| 23:28 | Bette Clark | F55 | 2 |
|-------|-------------|-----|---|

What's it like to run a marathon?*above: Kyle Hall looking good at mile 21**below: Kyle in Medical Tent at 26.2 miles*

CLUB NEWS

Membership *Please renew your membership which is due 1/1/12* (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 2012: 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 January/February issue is December 26, 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