
Van Cortlandt Track Club **Newsletter****Fun in the Sun***by Jeff Powell****Jeff on his way to a 1:37:17 half in Barbados***

I had always wanted to combine a vacation with a race and knowing my wife is a big beach fanatic, I thought, "how about a race in the Caribbean?" It turned out there was a Marathon/Half Marathon in Barbados in December. We had never been to Barbados and I thought a half marathon on a Caribbean island after a few days of beach-going and snorkeling sounded like fun.

After months of anticipation, my wife and I left for Barbados on December 2 - arriving in an island paradise. The following day, I did an 8 a.m. warm-up run through relatively treacherous, mostly sidewalk-less streets for about 4 ½ miles

and realized "this place is hot". The last two miles were like running in a steam room - made especially difficult by the fact that I had just started getting used to cooler weather in the Northeast.

That same day, I had a nasty run-in with a strong wave which slammed me hard into the ocean floor, requiring five stitches on my chin. Luckily once the stitches were in, I was free to enjoy the trip. I knew I would be able to run the race without any problems.

The next few days were typical of vacations: exploring the island by car, going to a local fish fry and a wonderful catamaran snorkeling trip. My muscles stayed loose from all the swimming I was doing.

The expo to pick up the bib and chip the day before the race was disorganized to say the least - it opened at 10 a.m., but the race directors were just setting up at that time. After waiting a good 30 minutes, I got my number and chip but T-shirts weren't ready. We came back later in the day and still no t-shirts. Not a good sign but the other runners at the expo (many of them repeat runners) said the race was great but the expo was always disorganized, so I wasn't too disheartened.

On December 6 (Race Day) I caught a 3:45 a.m. shuttle to the start of the race in Bridgetown after maybe two hours of sleep. The race was to start at 5:00 a.m. Excitement about the race combined with the early start, all but guaranteed I'd be running on no sleep. But once at the start, I was pumped to run.

First mile was fast - 7:05. I knew I should slow down a bit so I did and took the next (continued page 2)

5 miles at about a consistent 7:20 pace. I kept that going and felt really good. No aches so far. It was still dark, but humid and warm. The water stops were plentiful and I made sure to thank the volunteers, who were up before the crack of dawn handing out water, and the sparse but surprisingly vocal spectators.

By the halfway turnaround point the sun was already up and I knew I could finish before it got too hot. The sunrise was spectacular and the ocean breeze continued to keep me slightly chilled, although I was sweating bullets by mile 9, which was a tough climb.

At Mile 10, I sped up to a 7:17 pace and felt good. However, I started feeling a pain in my right knee halfway through Mile 11, but it wasn't getting worse so I knew I could run through it. It did slow me down slightly but I was keeping pace with two other runners, and passed one of them at mile 12. He never passed me back.

Then I could see the finish. It was starting to get hot, so I was happy to see it. Also the knee was screaming a little more at that point, but as soon as I saw my wife, I slowed a little for the photo opportunity and finished at 1:37:17. I would end up being 26th overall out of 220 runners, and the third American to finish.

After a walk, I took a dip in the nearby ocean, which was immediately therapeutic. I felt wonderful afterwards and I know it eased any later soreness, since I was not sore the rest of the day or the day after. This alone made it worth coming to Barbados to run! #



Wearing shorts in December!

For those who have not renewed your VCTC membership, please do so ASAP. Renew. Renew. And welcome to all of our new members.

Van Cortlandt Track Club 2009 Board of Directors

President: Bette Clark

Secretary: Jill Staats

Vice Presidents: Ken Rolston, Dave King

Treasurer: Larry Barazzotto

2009 Executive Committee

Social Director: Dick Conley

Controllers: Mike and Pat Hudick

Public Relations: Arnie Gore

Web Design: Mike Arnstein, Tony Thoman

Riverdale Ramble Race Director: Dave King

Clothing Director: David Isaac

Newsletter Editors: Dave King, Norris Ogard

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Jill Staats

X-Country Series Race Directors: Fred Daly

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

On The Run

by President Bette Clark

There were close to 50 people who turned up at 8:00 a.m. today for our Saturday group run, possibly one of the largest turnouts ever. It was a relatively mild day compared to the bitter cold and windy conditions of the last few weeks, but I don't think this is the only reason so many runners were there (after all, there are plenty of optimum running days throughout the year). In fact, we had a relatively large group last Saturday as well, a frigid day with ice underfoot on the flats—and 23 runners at this past week's speed work out on the streets of Fieldston. There is no question that our club is growing, that VCTC is attracting a whole new group of runners and that there is a new energy and spirit to our club. As of today, we have 141 active memberships (but the number of actual members is higher as this includes family memberships), with 43 new members joining in 2009. These figures reflect the remarkable new growth of our club but also its new directions.

Our presence at races, our openness to runners of all ages and abilities, and the hard work of our members behind-the-scenes all contribute to this remarkable new growth. In 2009, members of our



Executive Committee and other club volunteers have kept our club vibrant and on target: making sure that membership lists are up-to-date and that members pay their dues (thanks to Kevin Shelton-Smith, as Membership Director); that people work towards their personal running goals (thanks to coach Ken Rolston, also on the Board of Directors as Vice President, who leads us on Tuesdays nights, and to Kevin who has instituted tempo runs and time trials on Thursdays—and let's not forget Peter Coy, our "time keeper" who lists our race times, and Kevin, who keeps track of our PR's and Club Records); that we maintain a presence and relationship with NYRR (thanks to Arnie Gore, our Publicity Director), that we keep putting on top-notch races (thanks to Jill Staats, Urban Environmental Challenge Race Director also on the Board of Directors as Club Secretary, Dave King, Riverdale Ramble Race Director—also on the Board of Directors as second Vice President, soon to be joined by co-director Lisa Bruskin in a new collaboration with the Riverdale Y, and Fred Daley, Race Director of our Summer 5K series); that we are visible in our bluish-purple (or is it purplish-blue) club clothing (thanks to Dave Isaac, our Clothing Director); that we learn all about each other's running (thanks to Dave King and Norris Ogard, Co-Editors of our Newsletter); and that we have great parties to celebrate (thanks to Dick Conley, our Social Director).

These people have agreed to keep doing what they have done so well in the past. In 2009, we launched a new website, thanks to the tireless work of Mike Arnstein, which has opened up all kinds of networking possibilities to our runners and the outside running community. Going forward in 2010, we now have a newly established website committee to manage this new website. Let's also not forget other people behind the scenes: Mike and Pat Hudick who sum up the financial data for the year, managed on a daily basis by our Treasurer, Larry Barrazzato (and Board member).

These are only some of the people who make our club what it is. It is our membership as a whole, both new and long-standing, that gives our club its vibrancy and character. This club thrives by its history and tradition but also by its welcoming of change (for example, there is now a new face to the Riverdale Ramble—keep tuned for details!!). Our new members bring new perspective and help us pursue new directions and goals. But we hold on to what's best of VCTC. Mark your 2010 calendars with important club dates: our next club meeting, February 13, the Urban Environmental Challenge, April 11, Y the Riverdale Ramble (May 2), 5K Summer Series (May 27, June 10 and 24 July 8 and 22, August 5 and 19). I wish all of you a very Happy New Year and a great year of running ahead. #

Coach's Corner

by Ken Rolston

Greetings! With the arrival of the New Year and a new decade, now is the time to consider some new approaches in our running lives. For decades, I have routinely skipped over the nutrition advice articles in Runners World. After all, why change when 50 + years of grilled cheeses with bacon have worked out so well? The January issue mentioned a UK study citing the benefits of chocolate milk vs recovery drinks due to a superior ratio of fat, carbs and protein. Who knew?



Recently, I had lunch with a colleague at "TGIF". I was ready to order the Santa Fe salad, complete with avocado, then noticed the mandated calorie posting next to each meal. Holy salad dressing! It packed 1850 calories. Strangely enough, the steak and mashed potatoes contained only 600 calories. So I ordered 3 of them. Think of all that protein.

In the same issue, Marc Bloom wrote an article "Your best year ever" which advocates running a greater variety of races. That allows for more goals to shoot for, can help reduce injuries and can make the upcoming year more fun. Here's the suggested race schedule:

Jan-Feb- Off-road race
March- 5K
April- 10 K
May-June- 1 mile race
July-Aug- Road relay

Sep- Trail race
Oct- ½ marathon
Nov- Marathon

These races promote variety and team building. I'd love to see our club organize a relay, whether it's a 12-24 hr relay on the track or a cross-country relay through the back hills. NYRR also sent out a recent request for team points races this year. We will vote on them shortly. I'm hoping to see the 5th Ave Mile as a team points race. How many 4 milers can we do?

Our workouts have moved off the track and onto the hills near Manhattan College. We'll be meeting at 7 PM at Fieldston HS. We'll be doing a blend of 2-mile loops and 250-500m hill repeats. You'll be amazed at the benefits reaped from running hills. With increased ice on the trails you may consider switching Saturday runs to a variation of the Riverdale Ramble.

Track aficionados can sign up for Thursday Night at the Races, which features 3-4 events every other Thursday night at The Armory. Dates are 1/7, 1/21, 2/4 and 2/18. The final night includes 2 relays, an 8 x 200 and a 10 person 10,000m relay in which each athlete runs 5 x 200. It's a lot of fun, but tricky-difficult for an unprepared body to handle. #

Recipes from Nutrition Action (submitted by Diana Cecil)

#1 - Microwave a halved and seeded acorn squash for 15 mins., face down in a shallow dish of water. Saute two chopped Jonathan or other tart apples in 1 Tbs canola oil, 1 Tbs brown sugar and 1/2 tsp cinnamon until soft. Spoon the apples into the cooked squash...

#2 Core an apple, but don't cut all the way through the bottom. Sprinkle with 1 Tbs brown sugar plus a touch of cinnamon and nutmeg. Top with 1/2 tsp., no-trans fat tub margarine. Microwave on high for 2 mins (3 mins for two apples) or until tender..

(continued page 5)

#3 Got a very ripe banana? Peel, then roll it over a tablespoon or two of roasted sunflower seeds or chopped walnuts or other nuts. Wrap it in waxed paper or plastic wrap and freeze it overnight. Eat it like a Popsicle.

#4 For a delicious guilt-free banana split, slice a banana lengthwise and spoon 1/2 cup of low-fat yogurt between the halves. Top with sliced strawberries, diced pineapple, and chopped pecans.#

Sleep: An Important Part of Running

by Mike Arnstein.

I've been running for more than 20 years and I have constantly looked for ways to improve. I've learned from trial and error, lots of testing, failures and success by implementing many different training principles. Most people think the only way to get better at running is to run more, or run different types of workouts. Yet I have found that there are many equally important training principles outside of just *running* that should not be neglected if you want to perform your best.

Rest, or more specifically sleep, has become one of the most important goals in

improving my performance in running. In a recent Runner's World article, Ryan Hall (arguably America's greatest marathon runner) says, 'the only way to get better is to do absolutely nothing'. He schedules mid-day naps that he calls 'business meetings'.

The importance of sleep is crucial in recovery so you can continue to strengthen your muscles and cardiovascular system. If you can't recover, then you are wearing yourself down and not making any improvements. Sleep is the only time your body is really at full rest, and that is when recovery takes place.

The best way to sleep more is to make it a priority. Getting to sleep early is the secret in gaining more sleep hours. If you can't seem to get to sleep early, try this trick: Force yourself to wake up very early (5-6 am). You'll be surprised how tired you are that night – you'll suddenly be able to go to sleep at 9 pm. If you do this for a few days you can break the bad habit of going-to-sleep-late cycle.

I have read in sleep research studies that the hours of sleep you get before midnight are twice as valuable as the hours you get after midnight. If you get more sleep (I suggest 8-11



hours depending on how much you are training), you will feel better in your workouts, have a more positive outlook on life, be mentally fresh, reduce your chance of injury or sickness and many other important benefits that you can make you a far better (and happier) runner. There is no pill, energy drink or drug that you can take that can replace good restful sleep. Once again there are no shortcuts if you want to perform your best. Make sleep a priority. You'll be a happier person and run fast.

Thomas Edison said it best: "Early to bed, early to rise, makes a man healthy, wealthy and wise". And woman, too. #

Odds and Ends

★ Longtime VCTC member Harold Kelvin suffered a heart attack in November while running on the old Putnam Line Railroad tracks. Luckily, Dr. Mahesh Patel came upon him in his time of stress. Mahesh was able to keep Harold alive until an ambulance arrived. Harold is doing well after heart surgery.

★ Allen Steigerwald's sister, Susan made warm VCTC pullover hats for club members. If you haven't gotten one, see Allen or President Bette Clark. Thanks Susan.#



The New Year

It's that time again...time to reflect on the past year and try to make some changes to improve oneself for 2010. Here are what some VCTC members are saying:

Kyle Hall-to run faster in Boston than in the NYC marathon(2:58).

Bill Gaston-improve my recent 5k to mid-22's.

Rozsa Gaston-to run a 5k under 26 mins.

Bill Smith(the man who has everything)-nothing

Larry Barazzotto-continue rebuilding my body.

Hiroshi Kitada-to do a 3:25 marathon.

Rachel Kimber- a 1:37 half and a 3:34 in Boston.

Dave Isaac-15 lbs. and 199.

Jill Staats-keep on running.

Diana Cecil-do a trail run.

Vera King-get my husband to get me to Saturday workouts on time.

Dave King-to get Vera to Saturday workouts on time; to lose 20 lbs.

Mike Lee- I'll take the plunge-to qualify for Boston.

Bette Clark-to run a trail half-marathon; work on my pacing in races to reach those elusive negative splits.

Kate Donovan-clean up my language.

Jaime Kyei-Frimpong-study French; run a marathon; eat more raw foods.

Rebecca Rankin-try to lose about 50 lbs.

Gary Spalter-to avoid Saturday breakfast at the "Short-Stop".

Sarah Baglio-figure out the best way to get Angie (at "Short Stop") to give me the breakfast I ordered after a wonderful, long run.

2010			
January	February	March	April
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
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September	October	November	December
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JFK 50-mile Ultra Distance Race

Boonsboro, Maryland, November 21, 2009

by Mike Arnstein

The JFK 50 is the oldest and largest ultra marathon in the U. S. The race is a mix of very technical hilly trails (15.5miles), dirt flat path (26.3miles) and rolling roads (8.4miles). The race is actually 50.2miles total.

In late July, a bicycle rider in Central Park, NYC crashed into me when I was out for a run and cut open the back of my Achilles tendon, putting me in the hospital with stitches.

I was on crutches unable to run for 6 weeks after the accident. When I started back, I was running very slowly. Coming back was a long, tedious process. But by late September, I was running at least 100 miles a week, doing as many as 149 miles in one week, so I decided I would be okay for this 50-mile race in Boonsboro, Maryland.

As soon as the race started, I found myself in a state of 'I'M HAVING AN 'ON' DAY'! The first 15 ½ miles were treacherous single track trail (a portion is on the Appalachian Trail). The trail was a mine field of leaves over jagged pointed rocks, tons of hair pin turns, logs, and obstacles galore. I knew I was running fast, because Scott Jurek (7 time winner of the Western States 100m run!) was a few minutes

behind me! I survived the hills and trails after 2 hours and exited onto the flat dirt path that runs 26.3miles along a river –great easy terrain, pure joy!

I was running 6:20's and 6:30's effortlessly, in a pack of about 6 runners until mile 21. But then I broke away, chasing the lead runner. I caught him at about mile 27.

By mile 35, I was still feeling fresh! All the race officials were telling me that I had 'miles' on second place. I was in disbelief, and starting to believe that maybe I could not only 'win' in the most competitive field ever, but also break the course record. At mile 41, the race director started yelling at me that I was on pace to break the course record.

At mile 42 the race exited the dirt road/path and went on rolling slope roads for about 8.4 miles. From mile 42.5 to mile 45 I was escorted by bikers, police vehicles, camera men in cars, and the race director himself. The director told me I needed to maintain 6:24 per mile to break the course record. He further told me, along with every other official, that I was 'miles' ahead of 2nd place and that I had the win locked up! My form was still very good – yet my leg turnover was slowing; I just couldn't hold the pace after 2 miles with the

race director flanking me, and the course record slipping away.

By mile 45 I was certain that I won't be able break the course record and I slowed to 6:40, then 6:50 and 7:10 per mile. All along everyone is telling me that I have the race in the bag and that there is no one even close' to me. I am on cloud 9.

Then just before mile 49, I casually glance back behind me and to my shocking disbelief there is a guy running less than 20 feet behind me!

It's Greg Crowther! – an ultra running dynamo and low 2:20's marathoner. Pre-race I would have given him 1 to 2 odds of winning – with me not being even close to him! I went from running 7:20's to 6:20's – yup, switched 2 gears instantly at mile 49! How's that for still having gas in the tank! I ran my last mile in 6:27, yet Greg being a low 2:20 marathoner outmatched my last bit of exertion and won in the 2nd fastest time ever. I crossed the finish line in 5 hours 50 minutes, the 4th fastest time ever. But I was in utter disbelief that I had "lost" the race after having been told I was so far ahead. #

***Urban Environmental
Challenge
April 11, 2010
Be there to volunteer***

Race Results

TIME NAME AGE PLACE

NYRR Cross Country Championships 5K

Van Cortlandt Park
Nov. 15, 2009

18:21	Kevin Shelton-Smith	M49	1
25:35	Edward James	M63	
25:52	Salvatore Carretta Jr	M53	
27:45	Blas Abadia Jr	M54	
33:04	Edith Jones	F70	1

Knickerbocker 60K

Nov. 21, 2009

4:40:37	Kevin Shelton-Smith	M49	2
6:46:04	Edward James	M63	2
6:46:40	Salvatore Carretta Jr	M53	
6:52:41	Erick Fernandez	M28	
7:14:52	Lanny Levit	M58	2

Race to Deliver 4M

Nov. 22, 2009

26:11	Jeff Powell	M38	
27:55	Allen Steigerwald	M35	
30:13	Ramon Ruiz	M69	2
31:41	Salvatore Carretta Jr	M53	
32:17	Louis Netter	M34	
32:38	Dawn Netter	F38	
34:14	Jo Ann Pate	F35	
35:24	Tom Cleary	M60	
40:19	Edith Jones	F70	2

NYRR Joe Kleinerman 10K

Dec. 6, 2009

36:30	Kevin Shelton-Smith	M49	
45:13	Allen Steigerwald	M35	
45:26	Hiroshi Kitada	M44	
47:04	Jason Krasner	M36	
48:47	David Isaac	M47	
48:57	Salvatore Carretta Jr	M53	
49:12	Edward James	M63	
49:45	Bette Clark	F54	
52:25	Jill Staats	F58	5
52:45	Alexandra Hernandez	F28	
54:59	Adrian Hunte Smith	F55	
55:25	Louis Netter	M34	
56:19	Tom Cleary	M60	
1:02:41	Edith Jones	F70	2

Barbados 1/2 Marathon

Dec 6, 2009

1:37:17	Jeff Powell	M38
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NYRR Holiday 4M

Dec. 12, 2009

30:44	Salvatore Carretta Jr	M53	
32:09	Edward James	M63	4
33:00	Arnold L Gore	M68	1
45:00	Susan R Epstein	F66	

Pete McArdle XC Classic 15K

Van Cortlandt Park

Dec. 13, 2009

57:22	Kevin Shelton-Smith	M49	1
1:04:28	Peter H Coy	M51	1
1:07:18	Michael Lee	M32	5
1:10:17	David Drucker	M59	3
1:12:21	Matthew Holzer	M36	
1:12:56	Anthony C Thoman	M47	
1:15:04	Hiroshi Kitada	M44	
1:18:11	Salvatore Carretta Jr	M53	4
1:20:16	Bette Clark	F54	1
1:25:05	Edward James	M63	
1:28:44	Margaret R Nolan	F49	3
1:29:17	Arnold L Gore	M68	3
1:35:29	Allan Dorfman	M59	

NYRR Ted Corbitt 15K

Dec. 19, 2009

1:11:00	Richard P Conley	M54	
1:12:16	Mahesh Patel	M37	
1:17:20	Alexandra Hernandez	F28	
1:19:45	Edward James	M63	
1:20:09	Michelle Conley	F21	
1:25:24	Arnold L Gore	M69	4
1:38:24	Marie Reyes-Matute	F33	
1:44:22	Salvatore Carretta Jr	M53	
1:51:04	Susan R Epstein	F66	

Buntingford(U.K.) 10M

Dec 28,2009

1:00:17	Kevin Shelton-Smith	M49	1
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Boston Buildup 10K

Rowayton, CT

January 3 ,2010

52:39	William Gaston	M52
1:10:33	Rozsa Gaston	F51

Delayed Results:**Yonkers Half Marathon**

Yonkers, N.Y.

Sept. 20, 2009

1:47:58 Bette Clark F53 1

John Frazza Memorial 5K

Washington Township, N.J.

Sept. 20, 2009

18:58 Peter Coy 3rd
OV**Pfalz Point Challenge 10 mile trail race**

New Paltz, N.Y.

Sept. 27, 2009

1:32:33 Bette Clark F53 2

Mount Desert Island Marathon

Mount Desert Island, Maine

Oct. 18, 2009

3:51:19 Bette Clark F53 1 (PR)

Terry Ryan Memorial Run 5K

Hastings-on-Hudson, N.Y.

23:13 Bill Gaston 50-59 3

29:13 Rozsa Gaston 50-59 1

Terry Ryan Memorial Run 10K

Hastings-on-Hudson, N.Y.

49:12 Kathryn Donovan 50-59 2

Please send all
race results to
Peter Coy at:
petercoy@verizon.net

Marathon Training Tips*by Ken Rolston*

There are plenty of programs available to all of us with different theories on marathon training. Programs vary from 12-18 weeks, the number of long runs vary, intensity of training differs, philosophies differ.

Here's another approach I purchased on-line. It's called The 100 Day Modern Marathon Training Program devised by a Norwegian distance specialist named Marius Bakken who has run 13:06 for 5K. This program combines the elements of Italian Periodisation, Kenyan intensity and Lydiard build-up from the 5K to the marathon.

The Italian Philosophy divided marathon preparation into different phases. There are some weeks of 5K training, some weeks of 10K training and some weeks of ½ marathon training before the last marathon-specific training. The breakdown:

- 5K work for the first 2-4 weeks
- 10 K work for the next 1-4 weeks
- Half marathon training for the middle 2-5 weeks
- Pure marathon training for the next 4-8 weeks (with longer runs and intense special sessions)
- Tapering period of 1-2 weeks
- Race

The objective is to change the focus of training which prevents stagnation- as your body is about to settle down as you kick into another gear. The variety of training will also help prevent injuries.

The Kenyan training is based on anaerobic threshold which lies somewhere between 80-87 % of the maximum heart rate. The key is to vary the pace within training sessions. For example, you run 10 x 3 minutes during which you run 1 minute @ 160 beats per minute, 1 minute @ 170 beats per minute, then 1 more @ 175 beats. The theory is that this type of training is far more effective than running a steady pace at a hard intensity level throughout a run. For those who wear heart monitors, (continued page 10)

here's how to determine your maximum heart rate: Use this formula- $205.4 - (0.685 \times \text{age}) = \text{maximum heart rate}$...OR...Find a hill with a length of 5 minutes running time or use a treadmill set at 3 degrees upgrade. Warm up for 5-10 minutes. Run the first minute at 40 beats below expected heart rate, then advance by 10 beats per minute up to 5 minutes. Once you've determined your maximum heart rate you can create workouts based on heart rate zones:

Zone 1- Below 70 % of max heart rate THE BULK OF TRAINING SHOULD BE IN THIS ZONE. You're improving your running economy by strengthening ligaments and tendons. The hardest part: stopping yourself from pushing the pace. On a good day, increase the minutes, not the intensity.

Zone 2- Between 70-80 % of max heart rate. You run fast enough to feel a bit tired, but slow enough not to push yourself. The problem with this zone is you do not recover properly.

Zone 3- Between 80- 87 % of max heart rate. You are training at a pace that you can hold on to for a long time. This is the heart of tempo running. You can combine this in a run with Zone 1 training such as 30 minutes easy running, then 20 minutes of tempo training, 10 minutes of Zone 1, then 20 minutes of Zone 3.

Zone 4- Between 85-90 % max heart rate- this is 10K race pace. This zone helps increase endurance but shouldn't be overused or you'll have dead leg syndrome.

Zone 5- Between 90-95 % max heart rate- This is the zone of speed endurance somewhere between mile and 5K race pace.

This program provides comprehensive plans for marathon goals ranging from 2:45 to 4:30. I'll be happy to provide you with a specific program. Good luck ! #

To Run or Jog...?

by Rachel (Andy Rooney) Isaac

It makes absolutely no sense that runners get upset when they are referred to as "joggers." Running isn't

really a sport, so who cares what people call it? Some people consider "jogging" a lesser version of running where one does not try as hard as one should. That's just idiotic. When someone runs, he/she is going from one place to another quickly. There is no set speed that qualifies one as running. Does one really know if he/she is running? Furthermore, the only thing that has been accomplished is that the person is farther away from the starting point. That isn't too exciting. It seems time to tell these so called "athletes" to calm down. It's time to think about the facts and make people realize that running is not worthy of a universal title.

People run around all day long, rushing down the aisles at the grocery store, sprinting to make the train, and dashing to pick up food that falls on the floor to beat the five-second rule. There really isn't anything special about that. But running for the sake of running is utterly pointless. Why would anyone run around from point A to point A on a track? You simply end up where you were before. Why not just stand still?

What do track "stars" need to train for? When playing football, players must barrel ten or twenty yards while avoiding getting tackled. Better yet, what about those line men? At 300 pounds, they need to be eating and tipping back beers all the time to keep their beefy physique. Now, that is some difficult training. In hockey, most games end in a brawl. Players really need to be in the gym and downing protein shakes so they are able to take a cross-check without being injured for a month. Running offers none of that. Participants are calm, stay in their own lanes while racing, and often even shake hands upon the finish. Why would anyone want to watch a sport where the participants are healthy, generally polite athletes?

Watching someone run fast is not exciting or any great feat. Why should anyone care that Usain Bolt, a track runner, ran 100 meters in 9.58 seconds? I find the fact that Tom Brady can do a victory dance after scoring a touch down much more worthy of America's respect. So why does it matter what we call runners? But seriously, if you are looking for a low-key, non-sport, try running. Or jogging. Whatever. #

Endurance Training Slows Aging at the Molecular Level

*T*elomeres are the endcaps on chromosomes, and telomeric shortening is thought to govern the number of times a cell can divide. The gradual shortening of telomeres through cell divisions leads to aging on the cellular level and may limit lifetimes.

A study by Ulrich Laufs, of Saarland University (Germany) and colleagues has found that physical activity has an anti-aging effect at the cellular level, suggesting that exercise could prevent aging of the cardiovascular system. The team studied two groups of trained professional athletes, one comprised of 32 professional runners, average age 20, from the German National Team of Track and Field, and the other composed of middle-aged athletes with a history of continuous endurance exercise since their youth, average age 51 years, comparing their blood samples with a healthy control group who did not exercise regularly.

The blood cells of the study subjects engaging in long-term exercise training exhibited molecular indicators of reduced aging. Dr. Laufs commented that: "The most significant finding of this study is that physical exercise of the professional athletes leads to activation of the important enzyme telomerase and stabilizes the telomere," continuing that: "This is direct evidence of an anti-aging effect of physical exercise."

Physical exercise could prevent the aging of the cardiovascular system, reflecting this molecular principle."

---American Heart Association, Nov 30, 2009

(submitted by Arnie Gore)

Running on a Snowy Eve


by Robert Frost (aka BetteClark)

*T*his is not about what gear to use in the winter, or how to adapt training to temperatures below freezing. It's about what I like about running when it's hard to get out the door, let alone stay out there.

There is something rejuvenating for me about running in the cold; face slapped by icy wind, fingers and toes warming only after I build speed, muscles loosening very gradually—especially at dusk, in the woods, light reflected by the snow so that I can keep my headlamp turned off. I am a bit more cautious, cadence a bit more restrained, as there are slick patches underfoot, yet I still move forward, as if daring the ground to keep me steady. I realize that I no longer ache with cold (though if I touch my face with bare hands the numbing makes me wonder whose skin I am feeling) and I wonder why it was so difficult to get started.


Running in the cold makes it easier to be in the cold at other times. I don't need to bundle up so much on my walk to the subway. When my body has made the annual adaptation to cold weather running, I feel strong and hardy and ready to face anything. #





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*No connection exists between mean telomere length and rate of aging in mammalian species
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NOTE: Inability to swallow pill will decrease effect

CLUB NEWS

Membership Please renew your membership which was due 1/1/10 (If you haven't already). Membership rates are: single, \$35; family, \$45. New membership add \$15 to pay for team singlet; additional singlets cost \$15. Please send checks payable to VCTC to: **VCTC P.O. Box 341, Bronx, N.Y. 10471**. Applications are online at www.vctc.org. Please e-mail Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings For 2010: Team meetings are held on the 2nd Saturday of the month(except August) and will be: **Feb 13, Mar 13, April 10, May 8, June 12, July 10, Sept 11, Oct 9, Nov 13, Dec 11** at 10 a.m. Club workouts are Tuesdays at 7 p.m. at the Van Cortlandt Stadium track at 242nd St and Broadway, Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway) and Thursday evening group runs meeting at the Tortoise and Hare Statue on the VC Park flats at 7:30 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the March/April 2010 issue is February 25th. Maximum length is 600 words. Please e-mail to Dave King via the Yahoo group page and try to include a photo.

Race times Remember to send race times to Peter Coy via e-mail(see page 9) or at: 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 new website: www.vctconline.ning.com

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