

Van Cortlandt Track Club Newsletter

AWARDS DINNER

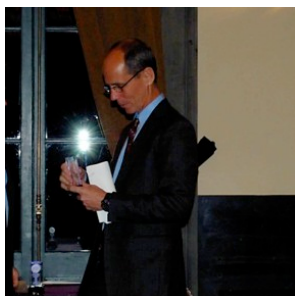
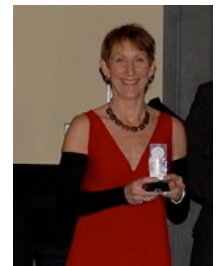
VCTC honors our award winners for 2009



Kevin Shelton-Smith
Runner of the Year



Bette Clark
Runner of the Year



Beginning top left: Female 20-29 winner **Rachel Kimber**; Male 20-29 winner **Erick Fernandez**; Female 30-39 winner **Victoria Arnstein**; Male 30-39 winner **Kyle Hall**; Female 50-59 winner **Jill Staats**; Male 50-59 winner **Dick Conley**; Female 60-69 winner **Edith Jones**; Ironman winner **Mike Arnstein**; Most Improved winner **Dawn Netter**. See more pictures on page 2; full list on page 3; comments from runners of the year on page 14

Photos courtesy Alma Caparas

VCTC Annual Awards Dinner January 23, 2010
Split Rock Golf House, Bronx, N.Y.



Van Cortlandt Track Club
2009 Board of Directors

President: Bette Clark

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Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

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X-Country Series Race Directors: Fred Daly

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

2009 Awards Winners

Female Runner of the Year	Bette Clark
Male Runner of the Year	Kevin Shelton Smith
Female 20-29	Rachel Kimber
Male 20-29	Erick Fernandez
Female 30-39	Victoria Arnstein
Male 30-39	Kyle Hall
Female 40-49	Jane Berger
Male 40-49	Hiroshi Kitada
Female 50-59	Jill Staats
Male 50-59	Dick Conley
Female 60-69	Edith Jones
Male 60-69	Ed James
70+	Fernando Ruiz
Most Improved	Dawn Netter
Ironman	Mike Arnstein
The Four Horseman Award(team spirit): Matt Holzer, Mike Lee, Jeff Powell, Allen Steigerwald	



Three of the Four Horsemen: (l-r) Mike Lee, Allen Steigerwald, Matt Holzer; missing: Jeff Powell

Urban Environmental Challenge

Sunday April 11, 2010, 10 a.m.

Please show up at the Tortoise and Hare statue at 8 a.m. to volunteer for VCTC's first race of the season.

On The Run

by President Bette Clark

Yesterday I ran the Coogan's Salsa, Blues and Salsa 5K Club Points race along with 53 other VCTCers. How extraordinary: 54 of us in what has to be a club record turn-out. Everywhere I looked as I was warming up, I saw VCTC singlets, some on new members running their first race for VCTC. Why did so many of us run in the first club points race of the year? A favorite local race, out of Central Park, in a neighborhood that has close ties to the Bronx? New members, new energy? Whatever the reason, our numbers on the streets of Washington Heights and Inwood were truly impressive: just for comparison, Greater New York, a much bigger club, had 53 runners; NYAC, 39; Taconic, 23; Rockland Road Runners, 38; Warren Street, 23; Westchester Track Club, 14. Only the New York Flyers (80), and the Central Park Track Club (63) had significantly more runners than VCTC. We had old time members and brand new members, and runners ranging in age from 9 to 70!!! (plus a few more who ran in the kid's races!!) Our age distribution at this race was interesting: 3 runners under 20; 4 in their 20's; 15 in their 30's; 15 in their 40's; 10 in their 50's; 5 in their 60's, and 2 in their 70's. With our younger runners, we are also able to score in the open division for club points, and it looks as if we will be stronger and stronger in Club points races as more of our newer and younger runners train even harder!! Our older runners continue to shine in NYRR races.



What a way to begin the Club points and spring racing season! For many of us, races are only points on our racing calendars; for others, they are major goals. Some have just run a marathon

(Napa), others are gearing up for the North Face Challenge 50 K. Along the way, some are running the challenging hills of the Catskills in the Celebrate Life Half Marathon (March 14) and the Wurtsboro 30k (March 28). The New York City Half Marathon is coming up on March 21st—some of us will be running, others volunteering. And on April 3rd is the next Club Points race, the Scotland Homecoming 10k, then just one week later, on April 11, our very own Urban Environmental Challenge. Some of you are in the midst of Boston Marathon training. Keep running strongly and let us know about any races you have run—or want to encourage other VCTCers to run with you.

Coach's Coroner

by Ken Rolston

Back on Track- We're returning to the track after a long long winter of hill repeats. As you can see from the attached list there are tons of races available to challenge you over the next 2 months including our very own Urban Environmental Challenge on April 11.

The hill work will come in handy for this race, believe me !

I was thrilled by the huge turnout for the Coogan's 5K race. I guess it was a chance to throw off the cloak of winter and actually run on solid ground. Most encouraging was the emergence of new young blood resulting in the best Open Category finishes for both men (16th of 57) and women (13th of 45) that I can remember.

Even more inspiring has been the throngs of runners turning up for the Tuesday night and Saturday workouts. We'll be trying some new things this spring such as workout relays similar to the



speedskating pursuit relays at the Winter Olympics. Dave King has suggested staging 2-person team relays for 5 miles as one of the workouts. Please let me know of any workout ideas that appeal to you. My California buddy Ernie Rivas will be back in The Bronx celebrating his 60th birthday in Mid-April just prior to The Boston Marathon. I'm hoping he'll be available to conduct his special brand of workouts for the team.

For the Saturday runs we'll continue to fan out onto different routes as always but bear in mind that there are plenty of tough hill routes we can incorporate, like Cemetery Hill or the UEC course within the park and the Ramble course or water tower runs on the road. Tony Thoman mentioned a favorite run of his which starts near Wave Hill and ends down at Battery Park. Bring a metro card and apologies to Angie! See you on the track !

PS-Winter Olympics- loved the offbeat sports such as Biathlon, team pursuit speed skating, curling (the most internet hits on NBC's website), half-pipe, but really came to admire the ferocity of the cross-country skiers. Race after race featured sprint finishes in all distances. What were their heart rates, 225 ? No wonder they found so many syringes at the Austrian compound in Salt Lake !! The final event, 50 K was won by 0.3 seconds. Can you imagine ?

PPS-Don't know if you've noticed the resurgence in American collegiate mile running but 22 guys have broken 4 minutes this year- Indoors !!

Final Note- Perfect Pre Race Warmup from Ed Eyestone:

- 1) Jog slowly for 15 minutes at 3 minutes slower than race pace
- 2) Stretch lightly as you would prior to track/tempo work
- 3) Jog faster for 5-10 minutes at 1 minute slower than race pace
- 4) Add strideouts at a pace faster than race pace

-For the race schedule please go to page 11-

ed. note: "Coach's Coroner" is Coach Ken's play-on-words for the upcoming track sessions-(he thinks he's being clever!).

Dating And Running

by Kyle Hall

The dating scene for a distance runner presents some real challenges. Not only does one first have to expend extra energy finding someone to go out with, but then, one must find the disposable cash not spent on running shoes or race entries in order to show a lady (in my case) a good time. But the single most daunting challenge is when she asks, be it on the phone or in person, that most ostensibly basic of questions: “What do you do for fun, or when you’re not at work?”



Well...hmmm...okay: I jump out of bed at 4:16 a.m., sometimes 3:52, and head out to run 10-12 miles on black ice in the dead of winter. Then I go to work, as invigorated as anyone could possibly be. I love flying through tempo runs on Pelham Bay’s track in early morning darkness—or even the dark of a Friday evening

—in zero degree wind chill. My fingers may numb through my gloves and my face may freeze, but I promise you I’ve never felt more alive. On Sunday mornings I enjoy meeting up with friends to run across all the major bridges in upper Manhattan and the Bronx. Or, to charge the snowy hills of Rockefeller State Park (hopefully not destroying my ankles in the process)—landing at the frozen Hudson’s edge in a stunning view akin to Alaska.

While most people are eating dinner with loved ones on a Friday or Saturday, or even Valentine’s Day, I most enjoy putting in a long, hard run during marathon training. On Wednesdays when sane people are eating dinner after work, I’m out running 15 miles.

As people travel from place to place within the confines of automobiles, I am free. Feelings of kinship form between myself and the hawks, geese, wild turkeys, snakes, and occasional deer and coyote I find in open spaces of the Bronx.

I drop to my knees periodically in the fallen snow and look to the sky, overcome with thanks for the blessings of health and the inspiration to run.

I could give my lady friend those answers but more often than not I reply: I like to read and travel. Perhaps it’s time to test out the other answers. #

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VCTC 2009 Club Records

What a great year 2009 was. Two members set four New VCTC Overall Club Records. Seven ladies and nine men set 30 New VCTC Age Group Records. Before setting out to make 2010 an even better year, let's take a moment to reflect on the latest new standards. – Kevin Shelton-Smith

New Overall Club Records

Mike Arnstein, VCTC Summer Series 5k, Jul 16,	17.29
Mike Arnstein, West Palm Beach Marathon, Dec 6,	2.30.59
Kevin Shelton-Smith, USATF 50k Champs, Mar 1,	4.10.48
Mike Arnstein, JFK, 50 Miles, Nov 21,	5.50.58

Ladies Age Group Records

30-39 Melissa Filut, Marine Corps Marathon, Oct 25	3.22.25
50-54 Kate Donovan, 5 th Ave Mile, Sep 25	7.11
Bette Clark, Fitness Mind Body Soul 4M, Sep 12	30.04
Bette Clark, Team Champs 5M, Aug 8	39.01
Bette Clark, Scotland Run 10k, Apr 11	49.10
55-59 Jill Staats, Cook Your Buns 3M, Jun 1	22.38
Jill Staats, VCTC Summer Series 5k, Aug 13	24.48
Jill Staats, Wurtsboro Mtn 30k, Mar 28	3.01.00
60-64 Gilda Serrano, Harlem 5k, Aug 22	32.20
65-69 Susan Epstein, VCTC Summer Series 5k, May 21	35.24
70-74 Edith Jones, Race to Deliver 4M, Nov 22	40.19

Men's Age Group Records

30-39 Mike Arnstein, Coogans Salsa 5k, Mar 1	16.04
Mike Arnstein, VCTC Summer Series 5k, Jul 16	17.29
Mike Arnstein, Hope & Possibility 5M, Jun 28	27.31
Mike Arnstein, NYRR Dash 10k, Jun 13	32.48
Mike Arnstein, Brooklyn Half, May 30	1.11.47
Mike Arnstein, W. Palm Bch Marathon, Dec 6	2.30.59
Mike Arnstein, JFK 50M, Nov 21	5.50.58
40-44 Lou Csak, Cook Your Buns 3M, Jun 1	17.31
Hiroshi Kitadi, Wurtsboro Mtn 30k, Mar 28	2.50.01
45-49 Kevin Shelton-Smith, 5 th Ave Mile, Sep 25,	5.09
Kevin Shelton-Smith, Pete McArdle 15k, Dec 13	57.22
Kevin Shelton-Smith, Oakley 20M, Apr 5	2.11.27
Kevin Shelton-Smith, USATF Champs 50k, Mar 1	4.10.48
50-54 Dick Conley, Cook Your Buns 3M, Jun 1	20.25
Perry King, Run for CP 4M, Jul 18	24.26
Perry King, Brooklyn Half, May 30	1.29.37
Salvatore Carretta, Knickerbocker 60k, Nov 21	6.46.40
60-64 Ivan Ragoonanan, 5 th Ave Mile, Sep 30	7.08
65-69 Arnie Gore, Cook Your Buns 3M, Jun 1	22.55

Distance Update

There seems to be a bit of confusion regarding the distance of one of our Saturday morning runs, the VCP flats to the Aqueduct, cutting off at McLean Ave then back through the backhills of the x-country course. Rumors are that it's 6-1/2 miles judged by some of us timing our runs. But thanks to the VCTC wheel, an accurate measurement has been made.

Starting at the tennis courts around the flats clockwise to the turn off to the railroad tracks: 1.61 miles. Up to the start of the Aqueduct: another 0.82 miles. Aqueduct start to left turn on road just before McLean Ave: 1.14 miles. Left turn down to McLean back up into VCP rabbit run/x-country course to McArdle tortoise/hare finish line: exactly 2.0 miles. Tortoise/hare to tennis courts: 0.45 miles. The total comes to: 6.02 miles. Okay, 6 miles (just start 35 yards past our usual point of departure).

Just goes to show you: we're all running slower than we think we're running for a distance we think we're running based on time running it! That said, in this case, I dispute Pirandello's "Right You Are If You Think You Are". -D.King

A Runner's Anthology

by David King

[We have had a lack of member articles for the Newsletter, so we decided to reprint this from several years ago(with a few changes) -eds]

As everyone goes through life, he/she encounters events that are good, bad, funny, sad, etc. Many of my life's experiences have come via my involvement with the sport of running. I have some fond memories of the past and some not so fond. So, based on these experiences over the past four and a half decades, I have found running to be:

Frustrating: April 1979. At a half-marathon in Rockland County, I was cruising along in third place through eleven miles. First and second places were 150 and 100 meters ahead of me respectively, fourth place 200 meters behind. At this point, I heard the unnerving sound of a train whistle behind me. Yes, the race course crossed railroad tracks just ahead.

The first two runners made it through the intersection, but just before I got there, a freight train of 3 engines and 125 cars came barreling by. It took six or seven minutes I guess, for the caboose to pass. By that time, seven other runners and I were backed up, waiting to go. In spite of the rest time, I couldn't get the legs going at my original pace and ended up finishing behind every runner that had gotten stuck with me. The winner ran 1:10:30; second place was 1:11:00. I had been on a 1:11:30 pace, but finished in 1:19:12 in tenth place, about a minute behind third place.

Time-stopping: Queens Half-Marathon 2000. Wife Vera was running the race, son Kevin (4-1/2 years old) and I were standing at the finish line waiting for mom to come in. As I stretched my neck to the right looking at the stream of finishers, Kevin

slipped away from me. Suddenly I heard an adult let out a loud scream at the finish line. Kevin, being an inquisitive little guy interested in switches and buttons, had **turned off the finish line race clock!** As I whisked Kevin away, I gave the race director a terse "whose kid is this anyway?" But I don't think he bought it. Luckily, someone had backed up the official clock and all was set straight again.



Damaging to self-esteem: Broadway and 238th Street, 1965. Richie, a friend's brother, had been running in VCP, continuing along Broadway to 238th St. to do an errand. When he ran across the street against the traffic light, a cop stopped him under the El to give him a jaywalking ticket(now who ever heard of that?). As the officer was writing the fine, a pigeon pooped right on Richie's head. It just wasn't his day.



Lucrative: Bailey Avenue, the Bronx, 1981. While running south on Bailey Ave to meet running partner and VCTC member Glen Shane at the Fordham Hill condos, I noticed a "wad" of what looked like paper money. I picked it up and sure enough it was a roll of bills! I stopped and counted: eight \$20's, three \$10's and three \$5's. \$205. Oh, the statute of limitations has expired; so don't try to claim the money!

A Crime Deterrent: McLean Avenue, winter of 1980. I was running alone in the street at 10 p.m. on a windy, bitter-cold February night. I was going as fast as I could to keep warm, down the long, winding hill toward the Saw Mill River Parkway, when I came upon a young punk on his knees, breaking into the driver's side door of a parked car. I came upon him so quickly, I scared the e. coli out of him. He jumped up, turned and ran, faster than Usain Bolt's 200m record. I wasn't about to chase him.

Gross: Somewhere under the East River, Indian Summer 1970. A teammate of mine, Jerry, was the type who would go for all the "running fads" of the day. At that moment in time, it was some colon-cleansing wheat germ snack cereal. Jerry was going



home to Queens on one of those old subway cars: no air conditioning and poor lighting. Under the East River, the power died, leaving everyone in the dark, hot and stranded. It was 90 outside, 110 in the tunnel. Standing in a packed car, Jerry started getting powerful intestine pain and couldn't help but let fly with a cloud of foul-smelling gas. When the lights came back on and the train started moving again, Jerry said everyone in that end of the car had horrible, nasty looks on their faces, trying to figure out who had done the deed. He said he actually feared for his life. He escaped unidentified.

Dangerous: VCP X-Country course, 1966. While running in a high school "cattle meet" (several hundred kids in one race), I saw two runners run right off the cliff at that sharp, 90 degree left turn on the downhill part of the back hills (this was long before the Parks Dept rebuilt the fence). As far as I know, neither was hurt too badly.

Annoying: Cherry Hill 10-miler, May 1988. I was running a good, fast pace (5:45/mile) when the heat and humidity started wearing me down. About a mile from the finish line, as I was starting to falter a bit, this "clown" who was letting out a loud moan on every single breath came up on me. Uhhhhhhhh (breath) uhhhhhhhh (breath) uhhhhhhhh (breath) and so on. I thought for a second that he was giving birth or something. It was the most annoying thing I can ever remember in a race. And, to add insult to injury, he ended up beating me. If I could have found that guy after the race, I might still be in jail.

Satisfying: Macomb's Dam track June 1986. Glen Shane and I were doing a lunchtime speed session at McComb's track (torn up when the new Yankee Stadium was built). On our first 400 (we were fast back then), we came upon a grossly overweight woman walking slowly in the first lane. We politely asked her to move to the outside. She refused vociferously. Unfortunately this happens all too often with people who don't know how to use the track (just ask Kevin and Ken). On our next 400, we were coming off the final turn, Glen out in front, me just behind him. As Glen came up on the woman,

he yelled at her to move and he went to her inside. I moved outside into lane 2 to pass her. As Glen passed by, he brushed her. She jumped into lane 2 directly in front of me, and as she turned to see me, I ran full speed into her. I hit her hard (I didn't do it on purpose, honest). Knocked her clean on her fat butt. Glen and I kept going. Next 400 she was in lane 5. How satisfying it would be if that were to happen every time someone walked in lane one.

Mathematical: Soundview 4 miler, 1991(?). VCTC had the following finishers: Andy McConnell, 21:21; me, 22:22; James Simmons, 23:23 and Ramon Minaya, 24:24. There were other VCTC finishers, but none so eloquently sequential.

Naked: Aqueduct, summer 1967. Less than a month after I had been introduced to the Old Croton Aqueduct trail, I was running alone there on a hot Sunday morning. In the steamy haze up ahead of me, I realized, was a couple walking naked in the same direction I was going. As I got closer, they turned around, startled and disappeared into the heavy underbrush. I did get close enough, however, to see that they were both probably in their 60's, and not exactly in good shape (an understatement). I continued my run despite a sudden onset of nausea.

Risque: NYU track 1969. On a warm spring night, 10 freshman teammates and I ran a 1/2 mile wearing only our 1" spikes and jocks, competing in the first (and last) edition of "The Jockstrap 880." I don't remember who won.

Slippery: Mohansic State Park, 1979. In mid-February, I was running a 10k race, which looped around a very icy parking lot. As I came toward the finish line, another runner came up on my heels and we "kicked it in" to the end. Five yards from the finish, he hit a patch of ice and slid headfirst across the line, ahead of me. The officials gave him the win. Somehow I felt a bit cheated that day. Of course these days he'd have to slide feet-first, with a chip on his shoe, to beat me!



Freezing: Poughkeepsie, November 1967. Pressured by my AAU team coach, I reluctantly entered the Metropolitan AAU 20 KM championship race on Thanksgiving Day. Conditions at race time: Drizzle with strong gusting winds and 33 degree temperatures. These were the days of cotton shorts, cotton singlet and flimsy shoes. This was my worst racing experience ever. But I did have something to be thankful for: I finished. It took me 20 minutes in a hot shower post- race before I even started to warm up. Never again!

Sub-freezing: Oneonta, N.Y. Christmas Day 1980. Christmas morning I prepared for my usual run (I was routinely doing 50 miles a week in those days). It had snowed 25 inches on Christmas Eve. But the roads had been cleared, so off I went on a 13 miler. I knew it was cold, but I didn't realize how cold it was until I ran past the local bank time/temperature display: **minus 25 degrees**. I saw no one else during the entire run. It was one of the most beautiful runs I have ever done. Looking across the valley as I ran up a nearby mountain, I felt as though I were in a surreal world because the air was so dry and clear. My feet were cold for the first mile, but after that I was quite warm. At run's end, it was a balmy minus 15. So stop complaining about this winter!

A high: Winter 1979. While running alone on the old Ramble course late one night, I got my first bona fide runner's high. It was a cold, clear night. All of a sudden I felt as though I were "running in the clouds". I had not a worry in the world. I knew all that was to be known. I had no aches, no pains. It's quite difficult for one to relate to, unless one has experienced it. The feeling lasted about 20 minutes, but, unfortunately, when it subsided so went the wisdom with it. All I can say is that it was amazing and I remember it to this day.

So these are some of the tales that have kept me on the trails for all these years. With good health and fortune, there will be many more to come.

Thursday Night at the Armory

Several members braved the heavy snows to run the 800m, then the 50x200m relay(10 runners) in the Armory on February 25th. **Results:**

800m-Steve Park 2:28.8

Perry King 2:33.5

Matt Holzer 2:43.4

Allen Steigerwald 2:44.7

Kevin Shelton-Smith then joined Matt, Steve and Allen on the **10km** relay team which finished in 28:11.0.



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

Race Report

San Blas Half-marathon

February 7, 2010

Coamo, P.R.



back row l-r: Dick Conley, Bill Smith, Adrian Hunte-Smith, Fernando Ruiz; front row: Jill Staats, Bette Clark, Blas (Peachy) Abadia

Dick Conley: Sore Legs But Not A Sore Throat:

As a kid in Catholic school, once a year, on February 3rd, we would file into the Church and have our throats blessed by the Priest, who would hold two candles (unlit) across our throats and say a brief prayer. It was in commemoration of St. Blaise, the protector of throats, among other duties.

In Como, Puerto Rico, the San Blas festival, in honor of St. Blaise, also includes the most difficult half marathon I have ever run, and at the end of it, I was looking for a Priest to say final rites for me! Well, it wasn't that tough, and in fact the last 5 k was pretty flat, so very good for recovery! Despite the tremendous hills in the first 15K, I recommend this race to all. It is a

great way to see Puerto Rico, experience a local festival, and run a well organized race, with tremendous local support. The VCTC group that went there this year had a blast and I know everyone will try to make the return trip!!

Mike Yorio: That Bright Sun:

Do you know how infielders say they booted the fly ball because "the sun got in their eyes"? Well, I could've run San Blas at least 30 to 40 minutes faster than my 2:20-something [cough! cough!] if the sun didn't get in my eyes! The last three years, race-day was nice and cool, overcast with a few raindrops throughout. I therefore was my usual jack-rabbit self.

But this year, it seemed like I squinted for the first 6 miles, which threw me off my "game" completely. You'd have thought I had never run in the sun before. I broke down at the top of the hill. Adrian Hunte-Smith tapped my walking elbow with about 2-3 miles to go and she carried me in the rest of the way. Finished on her tail, a half-second behind. I never thanked her for the assist. I couldn't have sprinted without her. However, for the record, I could've blown passed her down the first-base line. I just didn't have the heart. Accept that, please, as my thanks!

Bette Clark: Abuelita:

I now know how crazy VCTCers really are. To go back to run the San Blas Half Marathon year after year (as many of us have done) is true madness. What a tough race...relentless hills in 86 degrees at 4:30 pm after spending a day in the sun trying to get to the race start, plowing through the crowds that have been camping along the street since the night before and drinking probably as long...But then you run and you can't imagine that the up hills could go on so long and that it could possibly be this hot on February 8. You see Willie Kaye at the 10 K mark with Bob Velez, taking pictures, and he

hands you an ice cold bottle of water and it is the best thing you've ever tasted. Then it gets worse for a while, and then, finally, the sun starts to go down and you get some relief with some down hills....but not for long. And to make you struggle until the very end, the entrance to the stadium where you run a lap to the finish is up a final hill. And you get to the finish line, just glad that you aren't collapsing as others are around you...and you begin to plan for the next year...What could be greater—to finish such a challenging race with VCTC friends, then spending a day on the beach with them, recovering. I definitely aim to get back there, at the very least for the 50th anniversary of the race, in 2012, even if spectators call me “abuelita” again!!!#

On the road from Coogan's

This hearty bunch not only ran the Coogan's 5k, but ran home to the Bronx after the race!



top l-r: Kyle Hall, Erica Hubbard, Jill Staats, Jamie Kyei-Frimpong, Melissa Filut, Rachel Kimber, Bette Clark; seated: Hiroshi Kitada, David Isaac, Kevin Shelton-Smith, Erick Fernandez,

Race Schedule

- 3/14 Sun-10 AM- Celebrate Life ½ marathon- Rock Hill, NY
- 3/14 Sun-10 AM- St. Patrick's Day Races 10K/2m- FDR Park, Yorktown
- 3/21 Sun- 7:30 AM- NYC ½ marathon- Central Park
- 3/27 Sat- 9 AM- Wurtsboro 30 K- Wurtsboro, NY
- 3/28 Sun- 7:30 AM- Boston Blowout 30K- Fairfield, Ct.
- 3/28 Sun- 9 AM- Suffolk County ½ marathon- Selden, LI.
- 3/28 Sun- 9 AM- Colon Cancer Challenge- 15K/4m- Central Park
- 3/28 Sun- 10 AM- Mudders and Grunters 5m- FDR Park, Yorktown
- 4/3 Sat- 7 AM- Flushing Meadow ½ marathon, Flushing Meadow Park
- 4/3 Sat- 8 AM- Scotland Run 10 K- Central Park *
- 4/4 Sun- 9 AM- Easter Bunny 5K- Eisenhower Park, NY
- 4/11 Sun-10 AM- URBAN ENVIRONMENTAL CHALLENGE- VCTC
- 4/11 Sun- 9 AM- Scarsdale Races 15K/4m- Scarsdale
- 4/18 Sun- 8:30 AM- Hook Mt ½ and 5K- Rockland Lake
- 4/18 Sun- 9 AM- Run for the Parks 4m- Central Park
- 4/19 Mon- 10:30 AM- Boston Marathon
- 4/24 Sat- 8 AM- Sybil Luddington 50 K- Carmel NY
- 4/24 Sat- 8:30 AM- Run for the Wild- Bronx Zoo !
- 4/25 Sun- 8 AM- London Marathon
- 4/25 Sun- 8 AM- More Marathon- Central Park
- 4/25 Sun- 9 AM- Lincoln Tunnel Challenge 5K- Weehawken NJ
- 4/25 Sun- 9 AM- Leatherman's Loop 10K- Pound Ridge
- 5/1 Sat- 10 AM- Bx Community Hall of Fame Run 10K
- 5/2 Sun- 7:15 AM- New Jersey Marathon/Half, Long Branch, NJ
- 5/2 Sun- 8 AM- Long Island Marathon, East Meadow
- 5/2 Sun- 8:30 AM- RIVERDALE Y THE RAMBLE 10K/5K
- 5/2 Sun- 12:45 PM- Rye Derby 5m- Rye, NY
- 5/2 Sun- 11 AM- Cinco de Mayo 5K- Prospect Park, Brooklyn
- 5/8 Sat- 8 AM- Loucks Games 5K- White Plains
- 5/8 Sat- 9:30 AM- Miles for Moms 4m- Central Park
- 5/8 Sat- 10 AM- Yonkers Firefighters Annual Run 5K- Tibbets Brook
- 5/9 Sun- 8 AM- Mother's Day Race 4m- Central Park
- 5/9 Sun- 8:45 AM- Lenny Rubin Runs 10K/5K, Tenafly, NJ
- 5/15 Sat- 9 AM- Healthy Kidney 10K- Central Park *

Race Results

TIME	NAME	AGE	PL
Fred Lebow Classic 5M			
Jan. 9, 2010			
29:27	Kevin Shelton-Smith	M49	2
36:50	Erick Fernandez	M28	
39:28	Salvatore Carretta Jr	M53	
39:46	Edward James	M63	
41:23	Jamie Kyei-Frimpong	F28	
41:26	David Isaac	M47	
42:55	Shirley Middleton	F55	4
43:39	Ramon Ruiz	M70	4
43:59	Jill Staats	F58	5
46:08	Jo Ann Pate	F35	
47:56	Christina Cordaro	F31	
48:02	Scott Hines	M27	
50:59	Catherine Anne Schwarz	F46	
51:22	Roxanne O'Brien	F43	
54:26	Edith Jones	F70	1
59:32	Michael O'Brien	M46	
1:04:34	Kenn Sapeta	M55	

Manhattan Half-Marathon

Jan. 24, 2010

1:19:33	Kevin Shelton-Smith	M49	3
1:24:16	Harald Lixenfeld	M45	
1:26:37	Michael Lee	M33	
1:31:33	Jeff Powell	M38	
1:40:31	Allen Steigerwald	M35	
1:43:09	Erick Fernandez	M28	
1:44:05	Hiroshi Kitada	M44	
1:53:44	Zafar Shahbaz	M52	
1:53:57	David Isaac	M47	
1:55:32	Edward James	M63	
1:59:37	Shirley Middleton	F55	
2:05:17	Christina Cordaro	F31	
2:10:50	Salvatore Carretta Jr	M53	
2:20:56	Carl Morrishow	M53	
2:21:06	Tami Luhby	F39	
2:35:01	Catherine Anne Schwarz	F46	
2:53:18	Kenn Sapeta	M55	

Gridiron Classic 4M

Feb. 7, 2010

25:15	Perry King	M52	3
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27:05	Erick Fernandez	M28	
27:46	David Drucker	M59	
29:29	Anthony C Thoman	M47	
31:04	Colleen McMahon	F25	
32:04	Jason Krasner	M36	
33:00	Edward James	M63	
33:07	Shirley Middleton	F55	2
33:23	Paulino Santana	M48	
33:36	Jo Ann Pate	F35	
35:48	Scott Hines	M27	
40:04	Edith Jones	F70	2
40:48	Roxanne O'Brien	F43	
41:02	Salvatore Carretta Jr	M53	
42:11	Michael O'Brien	M46	
55:36	Ramon Minaya	M70	

San Blas Half-Marathon

Coamo, P.R.

Feb. 8, 2010

1:51:52	Richard Conley		
2:01:04	Bette Clark		
2:07:22	Jill Staats		
2:26:00	Blas Abadia Jr.		
2:28:04	Adrian Hunte-Smith		
2:28:40	Michael Yorio		

Colworth Striders XC Champs

United Kingdom

Feb. 19, 2010

28:46	Kevin Shelton-Smith	M49	2 OV
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Run for Haiti 4M

Feb. 20, 2010

24:06	Michael Lee	M33	
30:30	Salvatore Carretta Jr	M53	
30:55	Alexandra Hernandez	F28	
31:46	Jamie Kyei-Frimpong	F28	
34:00	Michelle Conley	F21	
34:01	John Martin	M43	
34:19	Chris Ekstrom	M43	
35:02	Jill Staats	F58	4
35:14	Christina Cordaro	F31	
35:41	Ramon Ruiz	M70	3
36:25	Carl Morrishow	M53	
37:27	Jose D Cooper	M60	
39:01	Joanne Martin	F42	
39:20	Edith Jones	F70	2
39:46	Catherine Schwarz	F46	
45:42	Kenn Sapeta	M55	

Taconic Road Runners Freezer 5M

Yorktown Heights, N.Y.

Feb. 21, 2010

43:21	Shirley Middleton	1
44:25	Adrian Hunte-Smith	3
46:57	Wanda Bills	
47:21	Dennis Burns	

Cherry Tree 10M

Prospect Park, Brooklyn, N.Y.

Feb. 21, 2010

59:36	Kyle Hall	M31
1:06:46	Perry King	M52
1:07:00	Jeff Powell	M38
1:20:17	Dominic Lombardo	M42

Al Gordon Snowflake 4M

Prospect Park, Brooklyn

Feb. 28, 2010

25:07	Perry King	M52	3
30:58	Talise Geer	F34	
33:13	Arnold L Gore	M69	4
33:18	Edward James	M63	
33:28	Shirley Middleton	F55	2
34:55	Scott Hines	M27	
40:40	Salvatore Carretta Jr	M53	

Salsa, Blues & Shamrocks 5k

March 7, 2010

17:24	Kyle M Hall	M31	
17:41	Kevin Shelton-Smith	M49	4
19:08	Perry King	M52	
19:21	Jeff Powell	M38	
20:06	Erick Fernandez	M28	
20:32	Sean Mah	M41	
21:03	Matthew Holzer	M36	
21:08	Allen Steigerwald	M36	
21:19	Melissa Filut	F32	
21:41	Anthony C Thoman	M47	
21:56	Dominic Lombardo	M42	
22:02	Hiroshi Kitada	M44	
22:18	Richard P Conley	M54	
22:18	Rachel Kimber	F28	
22:22	Steven Park	M42	
23:10	Rachel Gissinger	F33	
23:33	Jamie Kyei-Frimpong	F28	
23:44	Talise Geer	F34	
23:45	Alexandra Hernandez	F28	
24:06	John Martin	M43	
24:14	Bette Clark	F54	
24:20	David Isaac	M47	

24:47	Edward James	M63	
25:06	Gene Westling	M55	
25:09	Shirley Middleton	F55	5
25:24	Erica Hubbard	F30	
25:32	Arnold L Gore	M69	
25:40	Katherine Callan	F47	
25:47	Jo Ann Pate	F35	
26:08	Astrid Guzman	F33	
26:10	Jill Staats	F58	
27:00	Mandi Susman	F41	
27:01	Rachel Isaac	F16	
27:13	Melinda Abbott	F34	
27:32	Glen Shane	M70	2
27:38	Carl Morrishow	M53	
27:46	Jose D Cooper	M60	
27:49	Adrian Hunte Smith	F56	
28:12	Allan Ludgate	M43	
28:12	Lucas Ludgate	M 9	
28:18	Michael Llado	M18	
28:36	Joanne Martin	F42	
29:30	Louis Netter	M35	
29:41	John Campbell	M32	
29:55	Robert Branch	M32	
30:05	Catherine Schwarz	F46	
30:21	Roxanne O'Brien	F43	
30:57	Andy Toledo	M30	
31:06	Salvatore Carretta Jr	M53	
32:09	Bill Smith	M65	
32:52	Susan R Epstein	F66	
33:03	Michael O'Brien	M46	
33:31	Kenn Sapeta	M55	
41:41	Ramon Minaya	M70	

NAPA Valley Marathon

March 7, 2010

2:31:26	Mike Arnstein	M32 1st OV
3:09:18	Mike Lee*	M33
*- Boston Qualifier		

Peter may have lost some emailed race results in a computer crash. If any of your races are missing, please email him at petercoy@verizon.net.

Y The Ramble, Sunday May 2, 2010
Riverdale YM/YWMCA
Be there to volunteer

Runners of the Year are saying...

by Kevin Shelton-Smith

*I*n September 2008, I was struck with back problems that left my right calf and foot numb and me tripping over curbs. Weeks later I finished



Grete's Gallop in a sorry state and a month later I managed to progress to a limp to get around the marathon. With back issues under control but still causing some problems and with speed down, it was time to re-evaluate what I could do. I targeted some races that did not need speed and focused on an ultra I'd been wanting to do for some years, the 145-mile Grand Union Canal Race. After that race in May, I tried working on my speed again. I'd kept racing hoping for my old form to return.

The work was put in and Grete's Gallop in 2009 was a tough run, but it went ok. The following weeks brought several races that I was happy with, just in time for a very satisfying marathon, Knickerbocker 60K, Pete McArdle and so on. This had been a year of doubt. So to be

honored with Runner of the Year was a huge surprise. In my mind, I'd seen a good 3 months running but I'd ignored some great results like 3rd in the USATF 30k Champs in March, the 145 miler, Wurtsboro Mountain and others. As runners, I suppose we are never satisfied with our own performances.

What this award brings home to me is not the races I ran, but the tremendous warmth, support and interest that comes from a Club such as VCTC valuing these races on my behalf. No matter how we might self-criticize our own running, we are blessed to have our performances put into perspective, by having so many good friends who have the interest to look. Being honored by the Club has reinforced how great it is to have other people notice us and to have friends who care. Thank you.#

by Bette Clark

*I*f I had to identify some of the feelings that overwhelmed me when I learned that I had been named the Female Runner of 2009, I would say humility (and embarrassment), pride, and gratitude topped the list. Humility (and embarrassment) at being singled out from others who are more talented, faster runners than I (yes, I know it has to do with performance levels, etc. etc. but it's hard not to look at pure times); pride not about being



given an award, but being a member of VCTC, and gratitude for the myriad ways that VCTC has supported me and encouraged me not just this year but over the past 5 years.

I was somewhat speechless when I stood there to accept my award because almost exactly 4 years ago, in January 2006, my focus was not on whether I would place in my age group, set new PRs or reach new performance levels in the year that followed, but on whether I would be running at all. But I made it through the next year, then the next and the next, and as my involvement with VCTC grew, so did my ability to set new running goals. These ranged from being able to race again (2007), to running another marathon (2008), to more familiar runner's goals, such as time goals (breaking 4 hours for a marathon), improving running economy and up hill running.

My training goals in 2009 converged in preparing to run a hilly fall marathon in Maine. I trained harder, with more determination and consistency than ever as I got ready to run the Mount Desert Island marathon in October. Along the way I ran some of my best races in 4 years. I did end up breaking 4 hours (with a 3:51 finish). But it took a village: my running friends, running partners, advisors, coach, not only in weekly runs and work outs, but emails, calls, companionship, and chats over pizza (and sometimes beer). Best yet, was my VCTC "crew" (Jill and Kate) who made the 10 hour drive with me to Maine, lured by promises of unlimited outlet shopping in Freeport.

They were there to help with pre-race jitters, race logistics, and post-race recovery (in the form of a frigid ocean bath while being warmed by hot apple cider). The 2009 Female Runner of the Year Award should be renamed "Team of the Year" Award. Thank you all for everything you have done to support me-- and everything you do to make this such a great running club.#

Runners Unite

By Mike Yorio

I get very upset when called a jogger, for proudly, I am a Runner!

Joggers wear baggy gray sweatpants and dream of New York in November while doing two miles around a soft-clay track. I wear bright-colored racing shorts, do six-to-ten miles a run, and know what it takes to train for a marathon. I run on grass and dirt, and dodge city traffic on pot-holed streets. Joggers groan when they see a speed bump; I eat hills for breakfast. Joggers go back to bed when it rains; I simply don my hat and a slicker.

Eamonn Coughlan, Jesse Owens and Grete Waitz were all great athletes. All role models, in my book. I'll bet even Tom Brady gets excited watching films of them running. And he too, I'm sure, appreciates the discipline of their training. His helmet would be off, in respect. Of course, I don't run like them; I only wish. However, they put their numbers on one pin at a time, just as I do. Joggers don't run races; they're busy matching wrist bands with t-shirts.

I'd never be a member of a club that would accept me as a jogger(thank you Groucho Marx). Can you imagine: Van Cortlandt Joggers Club? No, I'm not a jogger, I'm proud to say. I have nothing against them.... just don't call me one.



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.vctconline.ning.com. Please e-mail Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings For 2010: Team meetings are held on the 2nd Saturday of the month(except August) and will be: **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 May/June 2010 issue is April 25th. Maximum length is 600 words. Please e-mail kingkvd@optonline.net and/or ogard777@yahoo.com via the Yahoo group page and try to include a photo.

Race times Remember to send race times to Peter Coy petercoy@verizon.net or 52 Stelfox St., Demarest, N.J. 07627. Please include name of race, date, location, finishing time, your name, age. Optional: place, age-group, personal best.

Website Visit us on our website: www.vctconline.ning.com

Van Cortlandt Track Club

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