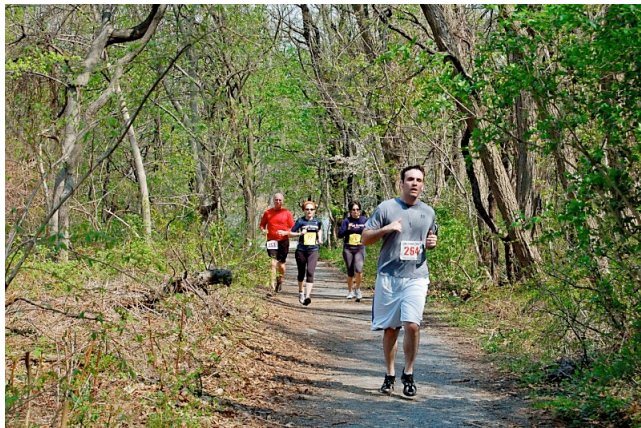


Van Cortlandt Track Club Newsletter

UEC Rocks

and fallen trees and mud and roots....



By Jill Staats

The Urban Environmental Challenge, held on April 11th, was yet another successful race for the Van Cortlandt Track Club. The weather was beautiful and the course as difficult as always. This year was particularly challenging because of all the rain and wind the week before; there were a few

more trees to jump over, a few more swamps to cross. Unfortunately, because of the warm, humid weather, poison ivy was out on many parts of the course, giving itching fits to those allergic to its leaves.

Once again I want to thank the members of the club for showing up and pitching in. The race went off very smoothly. We had 150 runners finish. #

On The Run

by President Bette Clark

This has been an extraordinary spring for VCTC runners--from the Urban Challenge to the Ramble, from the Boston Marathon to the North Face Challenge and the Ragnar Relay--we've seen many PRs along with new VCTC members racing with us for the first time. We've had wet, cold windy running days, and sultry hot ones, where people have raced at distances from 5k to 50 miles.

As our membership grows, so does our competitive edge. Just yesterday our men's 50's team and women's 50's teams



both came in 5th among highly competitive local clubs in the Healthy Kidney 10k in Central Park. In the last Club points race (the Scotland 10k) for the first time (in many years? Ever?) our men's open B team came in 3rd. This suggests that we are becoming more and more of a presence (and highly visible in purple) in NYRR races--and elsewhere. I want to welcome our newest members and congratulate everyone who has been showing their true VCTC colors in some stellar races these past few months.

Our 5K summer series begins soon, on May 27, and continues on alternate Thursdays through August 19. I encourage all of you to come out and run and/or volunteer. These races herald the beginning of summer running for many of us...

Don't forget other upcoming Club Points races:

for women, the Mini 10k June 12, for men, June 20, the 5 mile Prostate Cancer 5 miler: then in July, the dreaded Club Points Championship July 17. And don't forget the Bronx Half once again to run on some warm black top, on the Grand Concourse, August 15. Get ready!!

In the mean time, while on the run or taking a break, keep thinking of ways you'd like to be more involved with VCTC and come to our next Club meeting, Saturday, June 19 (rather than the 2nd Saturday of the month, which conflicts with a Club points race). This month, we held our meeting on a Tuesday night to accommodate members who are unable to attend. We will continue to try to make meetings more accessible to as many members as possible, so let us know if you have any ideas about increasing our attendance...#

Van Cortlandt Track Club

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Newsletter Editors: Dave King, Norris Ogard

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Allen Steigerwald

Y The Ramble Race Directors: Dave King, Lisa Bruskin

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

Coach's Corner

by Ken Rolston

Happy Spring Everyone.

The summer series is approaching and I thought it would be a good time to review the central ideas behind



the workouts that are conducted on Tuesdays and how you can best incorporate these into your training regimen. While running on the trails and roads we're never quite sure how fast or far we're going. That 9 miler might really be 8 ½. That 7:30 pace may turn out to be 7:42. That person running next to you might be a spammer, Jill!

But when we're on the track there's no mistaking the distance or speed we run. The purpose of the track sessions is to develop your overall capacity to run fast in a race over the 5K and 10K distances. Fast times and PR's will come to those who are patient and can learn to manage a fast pace. Any type of all out sprinting can defeat the purpose, cause injuries or setbacks, which makes it more challenging to manage workouts of shorter distances

like 200, 300 or 400's. As much fun as the sprints are, the truly beneficial workouts tend to be longer like 800's, 1200's, mile repeats and the dreaded 2,000's. These distances are a more accurate gauge of your overall shape and speed.

One area of confusion seems to be proper pacing, or put another way, "What the hell is 5K pace?" If you've run a recent 5K, the answer is obvious. If you've run some other distances we'll do the math for you. Or you can go to runnersworld.com/foursecond which will calculate your 5K pace based on any race you've run from the mile to the marathon. Let's say you've run 25 minutes for 5K, roughly 8 minute pace. That means your time for the 1200 in a workout should be 6 minutes. I love the 1200's because that's the point where fatigue and lactic acid begin to accumulate.

The benefit of the 5K races is to assess/gain strength for shorter goal races like the 5th Ave Mile or to assess/gain speed for longer efforts like the half-marathon and marathon.

But the true benefit of a well-run 5K is the muffin from Lloyd's!

Here's a list of optimum pacing for different length runs:

★ Marathon training- At marathon pace, do an 8-12

mile run every 2-3 weeks to "ingrain" that pace into your system.

★ Tempo Runs - "comfortably hard" which would be about half-marathon pace for 20-30 minutes. Consider joining the Thursday night group for these runs.

★ Long intervals- as described above, use 5K race pace for intervals from 800-2000. After each repeat, jog slowly for no more time than it takes to run the repeat. Short intervals- to build speed, 400m repeats at mile race pace with 90-second recovery.

An important aspect of these workouts is to pay attention to the recovery time between each interval. That's why Glen Shane is there. He's the recovery enforcer!

Items of interest-

- ★ Grand Prix Track meet featuring Usain Bolt will take place on Randall's Island June 12.
- ★ New American 10K track record was set on May 1 by Chris Solinsky running in his first track 10K. He ran 26:59 breaking Meb Keflezghi's time of 27:13. Galen Rupp also surpassed the old record with a 27:10.
- ★ Don't look now but VCTC Men's Open B group is currently in 3rd place in the NYRR standings.

Upcoming Races:

May 15-Sat 9 AM Healthy Kidney Stone 10K-Central Park *

May 16-Sun 9 AM New Castle 10K-Chappaqua

May 16-Sun 10 AM Forest Park 4m-Queens

May 18-Tue 7 PM NYRR Tuesday Night Speed Series- Randall's Island

May 22-Sat 8 AM Brooklyn Half-Marathon

May 23-Sun 8:30 Marisa 10K Rockland Lake

May 27-Thu 7 PM Summer Series 5K- Van Cortlandt Park

May 30-Sun 8 AM Vermont City Marathon- Burlington, Vt.

May 31-Mon 8:15 AM Jim Fixx Memorial Day Run 5m- Greenwich, Ct.

May 31-Mon 8:30 AM Briarcliff Has Heart 5K- Briarcliff Manor

June 6-Sun 8 AM Japan Day 5m-Central Park

June 6-Sun 9 AM Tenaflly 5K-Tenaflly, NJ

June 8-Tue 7 PM NYRR Tuesday Night Speed Series- Randall's Island

June 10-Thu 7 PM Summer Series 5K- Van Cortlandt Park

June 11-Fri 6:30 PM Cook Your Buns 3m/1m- Greenwich, Ct

June 12-Sat 9 AM New York Mini Marathon *Women

June 12-Sat 2 PM Reebok Grand Prix Track Meet- Icahn Stadium

June 13-Sun 8:30 AM Orange Classic 10K- Middletown, NY

June 19-Sat 8:30 AM George Sheehan Classic 5m- Red Bank, NJ

June 19-Sat 4 PM Shelter Island 10K- Shelter Island, NY

June 20-Sun 8:30 AM Father's Day Fight vs Prostate Cancer 5m-Central Park*Men

June 20-Sun 9 AM Elks Father's Day Run 4m- Nanuet, NY

June 22-Tue 7 PM NYRR Tuesday Night Speed Series- Randall's Island

June 23-Wed 7 PM Solstice Trail Run 15K- Minnewaska Park- New Paltz

June 24-Thu 7 PM Summer Series 5K- Van Cortlandt Park

June 26-Sat 9 AM Gay Pride 5m Run-Central Park

June 26-Sat 9 AM Greenburgh Mile-Gilda's Run- Hartdale, NY

June 27-Sun 6:45 AM Wall Street Run 3M- Wall St, NY

June 27-Sun 8:30 AM Fairfield Half/5K- Fairfield, Ct.

July 4-Sun 8 AM Putnam County Classic 8m- Mahopac, NY

July 4-Sun 9 AM Pound Ridge Road Race 5K- Pound Ridge, NY

July 4-Sun 9 AM Pepper Martin Run 5m- Staten Island

July 6-Tue 6:30 PM Westchester Twilight Track & Field- H Hudson HS-Cortlandt, NY

July 8-Thu 7 PM VCTC Summer Series 2 x 2 relay- Van Cortlandt Park

July 10-Sat 8 AM Women's Distance Festival 5K- Rockland Lake Park

July 10-Sat 9 AM Puerto Rico Day 10K- Central Park

July 11-Sun 8 AM Utica Boilermaker 15k/5K- Utica, NY

* Denotes NYRR club points races

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The Best Post-Race Parties

by Rachel Kimber

We runners love a hard-earned after-run/race celebration. As runners in Van Cortlandt Park, we are lucky to be surrounded by some great local pubs (shameless plug for the Bronx Ale House – mmmm). If you do decide to venture outside the Bronx there are some pretty great post-race celebrations to explore.

Celebrate Life Half Marathon – Mid March

This course loops around two lakes in Rock Hill, NY, an hour and a half outside the Bronx. The hills keep coming and the weather is often inclement. It's a tough race and the reason I've participated two years running (most recently the race started as hurricane force winds and rain tapered off) is because Outback Steakhouse is a sponsor. Race finishers are ushered off the course into The Lodge at Rock Hill where the hotel opens its conference room to the post race dining and awards ceremony. We line up for keg beer, steak, chicken, salad and dinner rolls. The first year I ran there was pizza and pasta too! The award ceremony is not as smooth and efficient as VCTC's, but it's hard to complain while digesting a huge meal, sipping coffee and hot chocolate in a warm, dry hotel, sharing race stories with table-mates and new running friends.

Brooklyn Half Marathon – End of May

I have only done this race once and it was the first year the course was 'flipped.' Runners are corralled in Prospect Park, complete 2 loops of the park, shoot down Ocean Parkway and finish at the Coney Island boardwalk. The lack of shade at the finish area (a giant parking lot) is quickly forgotten if you head down to the beach. Splashing in the chilly ocean waves is great for muscle recovery and the post-race carnival hosted by New York Road Runners looked like fun for the whole family.

Fairfield Half Marathon – End of June

It may be difficult to gear up for a "half" in the middle of summer, especially on a weekend that is always hot and humid, but the finish line party makes it well worth the effort. This race also finishes on the beach and both years I raced, I walked right past the food tents and directly into the surf. After I cooled down, I returned to the food tents for cold sweet watermelon, and an endless supply of pizza, yogurt, bananas, bagels, orange slices, and juice boxes. In addition to a fun finish party, racers are offered pre and post-race massages and the wait is never very long.

by David King

Bronx Community Hall of Fame 5k, 10k, Bronx, N.Y.

These races are run the first Saturday in May. They are well-organized (even though the 5k is ¼ mile long), with an awards ceremony that is packed with great raffle prizes. In addition, there is an after-race barbeque that features burgers, footlong hot dogs, chili and salad. All this for a \$15 entry fee. Amazing.

"Pit Run" (5k, 10k), Oneonta N.Y.

The "Pit Run" is staged each year on the first Saturday in October in Oneonta, N.Y. It commemorates the life of State Trooper Ricky Parisian, who died trying to stop a grocery store robbery in Oneonta in 1992. The 10k course has a monster hill at mile 3. The 5k is more innocuous. Post-race raffles are numerous to go with a giant lunch sponsored by a Brooks' famous fried chicken.

Y The Ramble 5k and 10k, Riverdale

What can I say? A very tough course for either race, topped off by a barbeque at Mr. McGoo's. Just what the doctor ordered.#

Race Report

Boston Marathon

by Rachel Kimber

Training: I used the Pfitz 12/55 training plan (12 weeks training, peaking at 55 miles/week). My LRs were a bit faster than the schedule called for. Building on the last cycle of marathon training, my legs were better prepared for the mileage than in my NYC Marathon program, but I was still cautious as the weeks built toward peak, cutting back when I felt it was necessary (ie dropping recovery runs and easing up on speed work). I raced a poor ½ marathon (1:44) and a stellar 10k (44:48) as tune-ups.

Taper: The week leading up to the marathon I cut all strength training/ pilates/ yoga and slept tons. The Saturday before marathon weekend a 12 miler was scheduled. I dropped this down to 9 miles. Tuesday, I ran a strong final VO2 max workout (3 x1600 at 6:54, 6:44, 6:37) and Thursday a not-quite-fresh 7 with 2 at marathon pace. I managed to maintain a solid race weight through the taper by adding lots of fruit and not carb loading as heavily as I usually do.

Pre Race: Russ cooked up pasta with chicken, veggies and cheese. I went for a short

post-dinner walk and then Russ cut my hair (a pre-marathon tradition that makes me ounces lighter) and prepared my pace band. I laid out my outfit options and was in bed by 11pm.

Race Day: I was up at 6:00 a.m., had a bowl of cereal, prepared a peanut butter bagel for the bus ride and grabbed a banana for pre-race. The bus ride to the start was an hour and that made 26.2 miles seem a very long way.

After several port-a-john stops, I checked my watch 10:29. Here we go!!

The start is very narrow and I immediately found myself running along the dirt shoulder of the road. I pondered the nasty irony in the possibility of rolling my ankle at the start of the marathon and elbowed my way back into the pack. I hugged the left edge of the road and high-fived a few kids, dropped my hat and sock-gloves as we passed Mile 1 and I missed hitting my lap button. I was nervous about the slow crowded start and pushed the pace a bit on the downhill. The sun was strong, temps were climbing, and at the first water stop I grabbed a Gatorade. I planned to hydrate early to keep fresh in the later miles. At Mile 2, we were cheered on by leather-clad bikers outside TJs Food and Spirits. I was wearing a pace band and I

knew I was a little ahead of my 8:00 minute pace, but I really wanted to be certain I left it all out on the course. Better to start early and on the downhill!

Mile 1 – 7:59, Mile 2 – 7:46, Mile 3 – 7:52

The clouds rolled in and made racing a much more comfortable experience. I kept sipping water at the stops and decided to take gels early and more frequently. The first was at Mile 4.

Up to the 10k mark, I was on pace for a 3:23 marathon, but I was already starting the positive self-talk, focusing on how strong I was and not how much further I had to go. I realized it was way too early in the race to start the mental bolstering. I reminded myself to relax into a rhythm and enjoy the scenery. The hard part was yet to come.

Mile 4 – 7:49, Mile 5 – 7:55, Mile 6 – 7:49

Sometime around here I caught up to some of the BQ Babes. They had started a few corrals ahead of me and were holding steady 8:00 splits. I thought about sticking with them, but I wanted to run my own race. My legs said, go, and I pushed on saying a silent prayer to survive the Newton Hills.

Mile 7 – 7:52, Mile 8 – 7:51, Mile 9 – 7:44

My legs felt much heavier than they should have at Mile 9

as we came into a desolate stretch of the race along Lake Cochituate. I had started questioning my desire to race marathons when I came up behind a blind runner with two guides. He was also holding a strong 8:00 pace. I was awed at the ease with which he moved. I knew that he could sense/smell/hear me coming up behind him and gradually passing on the left. I sent some positive vibes his way and took a moment to appreciate my own and my fellow racers' journey to Boston. I reminded myself that this was a RACE and at no point should this feel comfortable or easy.

Mile 10 – 7:51, Mile 11 – 7:49, Mile 12 – 7:50

I wanted to make it to the halfway point before having another gel, so I dug a caramel candy out of my waist pack. My heart rate rose as I dug around and I realized I was wasting energy trying to pull out gels. I pulled my next gel on a slight downhill and ran with it in my hand until I needed it. A marathon is a constant learning experience!

The Wellesley College scream tunnel provided a much-needed mental boost. I grinned at the girls and laughed to myself as sweaty dudes went in for their hard-earned kisses. At the finish line, I saw someone's husband rubbing red lipstick off his cheek after a volunteer alerted him to the tell-tale mark!

I crossed the halfway mark in 1:42:04. That was faster than I had finished the Las Vegas Half Marathon back in December. I was on pace for a 3:24 marathon! I started sucking down a highly caffeinated gel. I wanted to bound up the Newton Hills.

Mile 13 – 7:49, Mile 14 – 7:56, Mile 15 – 8:05

The climb over Route 128 alerted me to the fact that this was where the hills began. I knew the elevation chart showed 4 humps starting around Mile 16 but the first two humps were barely countable. There was an incline, but if that was Hill #1, I was doing okay!

Mile 16 – 7:46, Mile 17 – 8:17, Mile 18 – 8:15

Counting hills, I lost track of mile numbers and received a bonus when I hit Mile 17 and couldn't recall passing Mile 16! At Mile 17, I grabbed gel #4 from the volunteers and held onto it for the final hills. I only had to hold on for 2 miles before Cousin Janet would join me to run Heartbreak Hill.

Mile 19 – 7:49

My cousin Janet was waiting right at the Mile 19 marker. She looked surprised to see me so soon but quickly fell into stride next to me gushing encouraging words and astonishment at the killer pace I was maintaining. In my excitement, I accidentally stopped my watch for the next 56 minutes! I finally noticed and restarted it at Mile 26. I was

attacking those miles. I was in the zone!

Janet was carrying a red jacket and I imagined I was a bull tearing up the terrain in pursuit of her red jacket. Heartbreak Hill has two humps, I needed the imagery to stay mentally strong. In my experience, as soon as the mental strength starts to falter the legs get very heavy very quickly. The crowd was screaming support, drums were thudding a tribal beat and I maintained a steady, slightly slower pace. I'd like to think I didn't hit any 9:00 miles even though I walked a couple of water stops to get my heart rate and breathing back under control.

The most frustrating part of the hills was the wafting scent of BBQ. Patriot's Day is a state wide holiday and those not actively spectating were drinking beer and grilling meat on their front lawns. The smell spurred me up those hills. With each step I was closer to my own Victory Burger.

**30k-35k (18.6 – 21.7 miles):
25:46 split (8:18 pace)**

**35k-40k (21.7 – 24.8 miles):
24:22 split (7:51 pace)**

It was rough going on my own after my cousin the matador peeled off just passed Boston College. I had visited Boston in January and completed a practice run of the last 15 miles. I knew what to expect from the final descent to the finish line and I had landmarks to look forward

to: the giant cemetery, the crazy lady's tree, the Quizno's where we stopped to use the bathroom. I prayed that my quads would stay strong and paid close attention to how much I leaned into the downhill.

The Citgo sign loomed into view and I forced myself not to look at it, but I felt like I was running up the incline over I-90 before I glanced at the sign twice.

On Beacon Street and Commonwealth Ave., I focused on drawing energy from the crowd and reeling in female runners ahead of me. I overtook every woman I set out to pass. My mantra became, "no faster, no slower, just right here." I kept focused on my goal and a spectator holding a sign that read "1.48 miles to the finish" reminded me of the 1.48 miles I run home from Van Cortlandt Park, uphill, after some pretty tough work outs. I only had to hang on for a few more minutes.

I finally noticed my stopped watch and restarted it. I shook my head wondering how long it had been stopped for; 26.2 mile of stats ... incomplete.

I wanted to make certain I left everything on the course and I found another gear. I pushed up Mount Hereford (the short incline before the final straightaway) where I knew Russ would be watching for me. I saw my cheer signs and the back of his head. I raced passed ahead of

schedule as he did a split-pace consult with Cousin Garret in the bar behind him. I sprinted the final half mile down Boylston Street. I was uncertain about my finish time and I didn't want to come in with a 3:30:01 if I could help it!

Mile 26 – 7:35

.26 – 1:38 (6:30 pace)

Finish time 3:27:23

I was stunned. I had consulted my pace band pretty consistently the first half of the race and I knew I had banked one minute for a 3:30 finish time by the half, but I had no idea I was moving so fast!

I wonder if the ease of this race exists in the fact that for me the half-way point was at mile 19. I knew I had two big hills to conquer and then I would be able to race into the finish. I trusted that if I made it through the Newton Hills, I could hang on through the final pounding.

I have never felt better at the end of a marathon, which, of course makes me wonder if I could have run it faster. Marathoning is a dance on the razor's edge. 26.2 miles is a long way to go and walking/gimping/crawling to the finish, due to some faulty calculations, is long, slow and painful (mostly for the ego). I beat my projected goal of 3:30 and had a 10 minute PR. That was good enough for Boston 2010.#

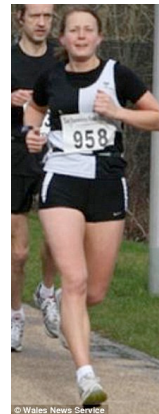
Why Run?

A teenage criminal was caught short after a mile-long chase through woods - when he was collared by a woman police officer who also happens to be a champion marathon runner.

PC Kelly Morgan successfully chased down the youngster even though she had run a 20-mile race just hours earlier.

The teenager kept looking over his shoulder as he ran in bid to get away from speedy PC Morgan. But every time he turned around the 31-year-old police officer was hot on his heels, forcing him to eventually concede: 'You're quick. Fair enough, you've got me.'

It was only then that he found out that PC Morgan is a top marathon runner who is one of five fastest policewomen in Britain. PC Morgan said: 'I came in for my 3pm shift and almost immediately a call came over the radio that a man had been threatening violence outside



a house. We drove up and I spotted him running into woods.

'He vanished but then I saw a head pop up in the trees - so I grabbed my handcuffs and set off after him.'

The teenager was bigger than 5ft 5ins Kelly, who weighs less than 9st and had to give chase in her heavy, size 6 police-issue boots.

But there was no way he could out-run the fast policewoman in the village of Ynysybwl, near Pontypridd, South Wales.

'It eventually dawned on him that I wouldn't give up. I caught up with him and he turned round to say he was giving up. He was very tired.

She usually runs the seven miles to work from her home to Pontypridd police station and competes in races most weekends.

She will represent the UK Police Team at the European Marathon Championships in Prague next month.

PC Morgan, who finished last year's London Marathon in 3 hours 11 minutes, added: 'Running is something I do for pleasure, but it also benefits me in my work.'

She was the toast of the station after catching the youth following the hot pursuit. PC Morgan admitted: 'It was good fun and I slept well that night! Fair play to the lad, he had a

chuckle about it when he was told.'

Magistrates ordered the teenager, 17, to carry out 80 hours of unpaid work after he admitted carrying an offensive weapon.

A HUGE THANKS
to all the VCTC
members who helped
make "YThe
Ramble" a success

Odds and Ends

Training advice: "The most common mistake runners make is going too fast on easy days. When you back off on recovery days, you'll run faster during quality workouts." --- Bart Yasso, ***Runner's World***

Our good friend Angie has been fired from the Shortstop Restaurant, a favorite hangout for VCTC Saturday morning runners. We will certainly miss her vibrant personality as well as the spilled coffee and mixed up orders.

VCTC's May meeting was held on Tuesday night after the track workout at Mr. McGoo's pub. Kate Donovan provided hors d'oeuvres for the famished telarians. Loud music and big screen sports action

provided enough distractions to limit attention spans of most attendees.

Thursday night workouts are going strong. Runners meet at the Tortoise and Hare for some speed-play or endurance work. Contact Kevin Shelton-Smith for more information.

A hearty group of VCTC runners recently competed in the Ragnar Relay. The race started in the Catskill Mountains and finished in lower Westchester. After 25 hours of relay running, early reports told of tired but exuberant competitors. "They had a great time," said an observer close to the group.

Don't forget "Cook Your Buns", a 3 mile road race in Greenwich, Ct. on June 11th. The race starts at 7 p.m., followed by a nice cookout.

**VCTC Summer
Series needs
volunteers. Race
Dates: May 27,
June 10, June 24,
July 8, July 22,
August 5, August 19
Races start at 7
p.m. at the
Tortoise and Hare
in VCP**

RACE RESULTS

TIME	RACE NAME	AGE	PL
NYRR Armory Races Feb. 11, 2010 Washington Heights 800M			
2:26.6	Michael Lee		
2:34.1	Kevin Shelton-Smith		
	Mile		
5:12	Kevin Shelton-Smith		
5:18	Michael Lee		
2 Mile			
11:06	Kevin Shelton-Smith		Club record, PR
Cherry Tree 10m Feb. 21, 2010 Brooklyn, N.Y.			
1:51:08	Susan Epstein	F65-69	2
Boston Build-up 25K Feb. 28, 2010 Silvermine, Conn.			
1:36:56	Kevin Shelton-Smith	M49	2 club record, PR
Nyrr 8000 Mar. 13, 2010			
31:46	Perry King	M52	3
33:19	Jeff Powell	M38	
40:18	Salvatore Carretta Jr	M53	
42:54	Shirley Middleton	F55	1
42:59	Edward James	M63	
Celebrate Life Half Marathon Mar. 14, 2010			
1:56:35	Bette Clark	2nd cancer survivor	
2:04:19	Arnold Gore		
2:31:19	Susan Epstein		
(Please let us know if you ran this race and aren't listed)			
FR Armory Races Mar. 19, 2010 2 Mile			
10:51	Kevin Shelton-Smith		Club record, PR
Prospect Park Duathlon 5K run, 14M bike, 5K run Mar. 20, 2010 Brooklyn, N.Y.			
2:03	Wanda Bills	F45-49	1
2:05	Enid Burns	F55-59	1
City College Colon Cancer 3K Mar. 20, 2010			
14:20	Arnold Gore		

17:20 Susan Epstein

NYC Half Marathon Mar. 21, 2010

1:38:32 Richard Conley M55
1:52:31 Salvatore Carretta Jr M53
(Please let us know if you ran this race and aren't listed)

Mudders and Grunters 5 Mile March 28

55:01 Bette Clark F54 2nd

Oakley 20M Mar. 28, 2010

2:04:53 Kevin Shelton-Smith M50 1, 50V
club record

Colon Cancer 4M Challenge Mar. 28, 2010

34:02 Ramon Ruiz M70 2
34:15 Shirley Middleton F55 2
39:26 Edith Jones F70 2
55:53 Ramon Minaya M70

Arizona Distance Classic Run for the Sun Half Marathon Mar. 28, 2010 Oro Valley, Ariz.

1:54:39 Jane Berger

Colon Cancer 15K Challenge Mar. 28, 2010

50:29 Michael Arnstein M33 2
1:04:03 Erick Fernandez M28
1:19:20 Edward James M63
1:25:09 Robert Branch M32
1:42:35 Salvatore Carretta Jr M53

Papa John's 10M Apr. 3, 2010 Louisville, Ky.

59:23 Kyle Hall 5 PR

Scotland Run 10k Apr. 3, 2010

32:55 Michael Arnstein M33 4
38:46 Michael Lee M33
39:46 Perry King M52
40:55 Jeff Powell M38
42:10 Erick Fernandez M28
44:48 Rachel Kimber F28
47:01 Hiroshi Kitada M44
47:40 Dominic Lombardo M43
48:54 Bette Clark F54
49:57 Jamie Kyei-Frimpong F28
50:10 David Isaac M47
50:58 Ken Rolston M58
51:09 John Martin M43
51:19 Jason Krasner M36

51:51	Edward James	M63							Luv2Run 3M			
55:06	Jo Ann Pate	F35							Apr. 18, 2010			
55:43	Rachel Isaac	F17							Brighton, Mass.			
56:17	Erica Hubbard	F30			17:54	Michael Lee	M30-39	1				
56:36	Adrian Hunte Smith	F56										
57:01	Jill Staats	F58							Hook Mountain Half Marathon			
57:43	Robert Branch	M32							Apr. 18, 2010			
58:43	Tami Luhby	F39							Rockland, N.Y.			
59:02	Melinda Abbott	F34			2:16:10	Michael Yorio						
59:02	Alexandra Hernandez	F29										
59:20	Joanne Martin	F43							Boston Marathon			
1:00:05	Jose D Cooper	M60							Apr. 19, 2010			
1:01:06	Sherry Fraser	F54							Boston, Mass.			
1:03:48	Edith Jones	F70	3		2:28:00	Mike Arnstein						
1:03:52	Catherine Schwarz	F46			3:27:00	Rachel Kimber						
1:04:17	Kenn Sapeta	M55			3:43:57	Richard Conley						
1:05:45	Bill Smith	M65			3:47:00	Bette Clark						
1:09:01	Salvatore Carretta Jr	M53										
1:27:57	Ramon Minaya	M70							Sybil Ludington 50K			
?????	Gene Westling	M55							Apr. 24, 2010			
									Carmel, N.Y.			
	Run As One 4M				3:30:52	Michael Arnstein					1 OV	
	Apr. 11, 2010										club record	
30:16	John Martin	M43			6:05:13	Hal Carretta						
30:28	Salvatore Carretta Jr	M53										
32:27	Edward James	M63							Alley Pond Challenge 5M			
33:34	Ramon Ruiz	M70	1						Apr. 25, 2010			
35:59	Joanne Martin	F43							Queens, N.Y.			
39:05	Edith Jones	F70	1		32:01	Jeff Powell	M38	1, 5OV				
									MORE/Fitness Half Marathon			
	Danbury Half Marathon								Apr. 25, 2010			
	Apr. 11, 2010				2:23:42	Susan R Epstein	F66	3				
2:12:20	Mike Yorio											
	Sandy 10 Miles								Bronx Community College 10K			
	Apr. 11, 2010								May 1, 2010			
	Brighton, England				50:02	Bette Clark	F54	1				
59:37	Kevin Shelton-Smith	M50	1		53:40	Arnold Gore	M69					
					1:06:29	Susan R Epstein	F66	1				
	Run for the Parks 4M								Long Island Half Marathon			
	Apr. 18, 2010								May 2, 2010			
22:40	Kevin Shelton-Smith	M50	1		2:24:24	Mike Yorio	M62					
24:48	Perry King	M52										
30:26	John Martin	M43							New Jersey Marathon			
31:27	Jason Krasner	M36							May 2, 2010			
31:58	Edward James	M63							Long Branch, N.J.			
33:12	Robert Branch	M33			2:37:53	Michael Arnstein		1 OV				
33:44	Ramon Ruiz	M70	2		3:02:17	Kevin Shelton-Smith		1, 6 OV				
35:33	Joanne Martin	F43			3:15:06	Harald Lixenfeld		4				
37:24	Catherine Schwarz	F46			5:10:36	David Isaac						
39:25	Edith Jones	F70	2		DNF	Hiroshi Kitada						
39:44	Melinda Abbott	F34										
41:02	Salvatore Carretta Jr	M53							New Jersey Half Marathon			
41:47	Kenn Sapeta	M55							May 2, 2010			
46:45	James Moloney Jr	M47							Long Branch, N.J.			
					2:13:36	Christina Cordaro						

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: **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 July/August 2010 issue is June 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

P.O. Box 341

Bronx, N.Y. 10471