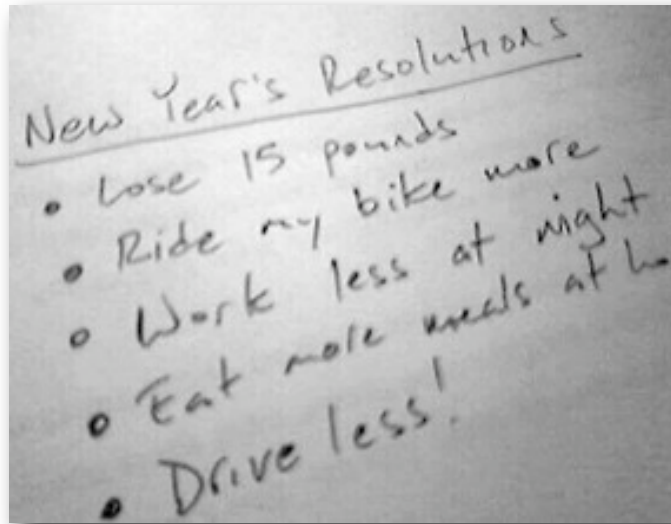


# Van Cortlandt Track Club newsletter

## New Year, New You!

*Special Awards Dinner-Dance Issue*



Welcome to the Annual Van Cortlandt Track Club Awards dinner, a time to celebrate the 2008 accomplishments of our members. In early January, the Awards committee gathered to assess which runners performed the best in their age-group categories. Tonight, we'll discover the winners.

Along with these standouts, many other members have set and accomplished big and small goals. Recently, we asked members to reflect on last year and to set new goals for 2009, which we share here with a comment about the power of goals in designing your ideal life. As educator Lawrence J. Peter once said, "If you don't know where you are going, you will probably end up somewhere else."

**Rachel Gissinger:** I ran my first half marathon last year (Bronx in 1:52). This year, I'd like to run 2 times a week with two kids.

**Lou Csak:** Run 3 days a week.

**Lou and Dawn Netter:** Train for and run a marathon.

**Larry Barazzotto:** I did do the training from 2008. I'm better and will continue.

**Diana Cecil:** Run a long run of 15 miles often.

**Gary Spalter:** Lose 40 lbs.

**Ken Rolston:** Run a competitive 1/2 marathon and 1/2 mile and take gout medicine every day.

**Jeff Powell** (new guy just joined): Run two 1/2 marathons.

**Willie Kaye:** Get back to racing.

**Ira Weiner:** Have a healthy and strong new year.

**David Isaac:** Win the Ironman Tri...now the real one: 2 marathons this year: Vermont and NYC; break 4 hrs in one of them.

**Rachel Isaac:** Keep my knees healthy.

**Kate Donovan:** Try my first tri.

**Dave King:** I accomplished my 2008 goal of not setting any personal worsts, except for one race when I was sick. This year, I'd like to lose 12 pounds and run a 1:30 half marathon.

**Vera King:** I did run more in 2008. Now, I'd like to increase my mileage even more, lose 12 pounds... and possibly run a marathon.

**Dominic Lombardo:** more racing.

**Dewey Palmieri:** nothing.

**Zafar Shahbaz:** run all the NY 1/2 marathons.

**Adrian Hunte-Smith:** Goals of putting one foot in front of the other, 5 secs faster per mile and good health. 2 out of 3 isn't bad(last years). Do 3 of 3 this year.

**Bill Smith:** a 1:55 1/2 marathon.

**Bette Clark:** train smarter, be better uphill runner.

**Sarah Baglio:** I did cut 11 mins off my marathon time(2008 resolution). Complete a tri and stay injury-free.

**Jill Staats** I did run a PR in 2008 (Boston, 4:10) This year, I'd like to break a four-hour marathon; run a sub 1:50 half and break 25 minutes for the VC xcountry race

**Dick Conley:** I missed my 5K time goal by 2 seconds, but I'm happy. This year, I'd like to break 21:30 in the Fairfiled 5K and break 3:34 in the Burlington marathon.

**Gary White:** Get back to target weight of 210 and get certified as a personal trainer; manage a gym.

**Katherine Callan:** I missed my goal to run Mt. Washington and do a proper pull-up; I was three minutes off my target marathon goal of 4:15. For 2009, I want to run 10 races, lose 8 pounds and work out with a trainer; could be Gary?!

**Susan Epstein:** Philadelphia Marathon--I did it, felt great, decent time. Maybe New York in 2009.

**Rachel Kimber:** My 2008 goal was to run my first marathon -- I did it! My 2009 goal: run NYC marathon - stay injury free through training—and maybe Boston Qualify.

***“Running is a big question mark that's there each and every day.***

***It asks you, ‘Are you going to be a wimp or are you going to be strong today?’”***

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***Peter Maher,***

-

***Canadian marathon runner***

### **Van Cortlandt Track Club 2009 Board of Directors**

President: Bette Clark

Secretary: Jill Staats(pending)

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: Tony Thoman

Riverdale Ramble Race Director: Dave King

Newsletter Editors: Dave King, Katherine Callan

Membership Director: Kevin Shelton-Smith

Athletic Director: Ken Rolston

UEC Race Director: Jill Staats

X-Country Series Race Director: 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*

This is the first newsletter of 2009, so Happy New Year everyone!! It's



hard to believe that I'm thinking about highlights of the year once again, just in time for our 2008 Awards Dinner. What a great year for the club!! We've had amazing running feats and new energy in the club as new members join (28 new members joined in 2008) and old members get renewed motivation (we had 107 paid members in 2008). Several ran first marathons, many ran several marathons, and new people have stepped into Executive positions--and by the time this is being read, a new Board member will have been elected. One of our club members came in 38<sup>th</sup> overall in this year's New York City marathon, and our 50 plus women's team placed 5<sup>th</sup> in the NYRR team placements; one club member shaved an hour off her marathon time, many others have been working hard on new goals.

Now is the time for me to review what our club members have been doing when they haven't been running, and to thank everyone for all their hard work in 2008

First, to tell you about some changes on the Board: Diana Cecil is stepping down from the Board and her position as Secretary: during the last two years in this position, she has painstakingly produced the minutes for our monthly meetings, regularly going way beyond the duties of club Secretary, trying to secure sponsorships for our races, offering to help out with everything from mailings to phone calls. I want to thank her for all her support throughout the years.

Other members of the Board (Larry Barazzotto, Treasurer), Ken Rolston (vice president), Dave King (second vice president), and yours truly, will continue on for another two-year term. When we opened up nominations for Board members at this year's Annual Membership meeting in December, we had one nominee—Jill Staats—who we expect to be elected officially into this position at our Awards Dinner!! As you know, Jill has been Race Director for the Urban Environmental Challenge for the past two years, and I know she will be a great addition to our Board.

With regard to our Executive Committee members, we have a few changes as well. Kevin Shelton-Smith has taken over from Firdaus Dotiwala to be in charge of Membership. He has been working hard to update our membership lists, make sure everyone pays their dues (!! He brings his own special interest in compiling member information, which will include PRs

and Club records based on age-graded performance. This is, of course, when he isn't trying to break them all himself in back-to-back marathons or 145-mile races!!

Also new to the Executive Committee is David Isaac, who is now in charge of club clothing. Not only has he (and his daughter, Rachel) designed a great T-shirt to give members this year, but he has designed the first VCTC socks ever. He has also designed hooded sweatshirts and will be taking orders for them at our Awards Dinner. Be sure to let him know if you would like to order one. David has also volunteered to partner with Fred Daly to be co-race director of the Summer Cross-Country Series. David did all this while training for his first marathon (Philadelphia) and he is now training for his second (Vermont). Welcome, David, we are so glad to have you on board!!

Others continue in positions from last year: Dick Conley, Social Director, who organized a great 30<sup>th</sup> Anniversary party for us, our summer party, and now, his second Awards Dinners; Dave King, as Race Director of the Ramble, who will be staging his 3<sup>rd</sup> Ramble (and they get better and better); Jill Staats, already mentioned, also taking on the Challenge for third year; Arnie Gore, our Public Relations chair who finds ways to spread the word about our races and keeps us connected to NYRR; Ken Rolston, coach extraordinaire who leads so many to their goals (and drives them to races). Tony Thoman con-

tinues to be our Webmaster, updating all of our information. Our redesigned website, thanks to Mike Arnstein, who is trying to get us on the forefront of web technology while at the same time winning races left and right. Check out some the preliminary features of this site at VCTCOnline.com. Peter Coy also continues to be our time -keeper, compiling and listing race results (if we remember to send them to him—please do!!). Mike and Pat Hudick continue as Controllers and tirelessly compile all our financial data year after year. And last but not least, our editors, Katherine Callan and Dave King who continue to produce our high-quality newsletter, which is getting better and better. This is the list of official VCTC Committee Members—many others work behind the scenes to support us. A special thanks to our resident attorney, Adrian Hunte-Smith, who helped draft our sponsorship agreements last year and is always available for consultation. Adrian also headed our 50 plus women's team this year. A big thanks to all of you—and to the many I have not named who are always there.

Welcome to our new members. You all bring new energy to our club, and I encourage all members to get more involved in our club—we come together because of our love of running, and we continue to grow by the energy and support we give each other. In this New Year, let's all try to find a way to make VCTC even better—yes, we can!!

## Coach's Corner

*by Ken Rolston.*

### Top moments from 2008

- \* Jim Hudick Award to Bette Clark at The Awards Dinner
- \* Watching Joan Benoit run in the Women's Olympic Trials Marathon in Boston.



- \* Waiting with Norris and Diana for VCTC runners at The Boston Marathon.

- \* A startled Lance Armstrong being congratulated by our own Kevin Shelton at the finish line in Boston, on TV !

- \* Various phone calls from breathless post-race runners who were willing to share a moment of glory.

- \* Riverdale Bamble Trophies—each and every one of them.

- \* Watching Fred Daly wrap up awards presentation for summer-series 5K by 8:03.

- \* 8-12 runners showing up no matter how nasty the conditions for a Tuesday night workout. I shake my head in awe.

- \* Bill Smith yelling “next” at a club meeting.

- \* Seeing Mike Arnstein in the first wave of runners after the elites in The NY Marathon. What a thrill !

- \* The black and white photo of Firdaus and Azita at the end of his Vermont 100.

- \* Video footage of the men's Olympic Trials 800 in Eugene, Oregon.

- \* Staring down the track as the backlit runners make the final turn at Fieldston.

- \* Riding together to the starts of Boston and New York.

- \* Running 9 miles in mid-December and feeling strong doing it. Hope for 2009 ?

### Resolutions for 2009

- Half and Half- Run a respectable ½ marathon this year and then return to The Empire Games to run and win the ½ mile.
- Take my gout meds !!

### Upcoming Races

Jan 22- Thursday night at The Races- 7 PM The Armory- 3K, 800, 1500

Jan 25- NYC ½ marathon- 8 AM  
Feb 1- Gridiron Classic 4 mile- 9 AM Central Park

Feb 8- Bronx ½ marathon- 8 AM- Lehman College

Feb 12- Thursday Night at The Races- 7 PM The Armory- Mile, 800, 2 mile

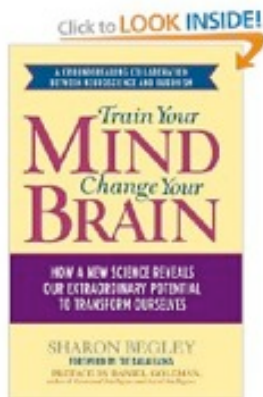
Feb 21- Al Gordon 4 mile- Time TBD- Central park

Feb 26- Thursday night at The Races- 7 PM The Armory- 1500, 8 x 200, 800, 10,000 meter relay- 10 runners, 200m x 5.

Mar 1- Coogan's 5K- 9 Am- The Armory\*- Club points race



## Book Review



By Bette Clark

***Train your Mind, Change your Brain*** by Sharon Begley explores parallels between how neuroscience and Buddhism understand the mind, and tries to demonstrate how neuroscience “reveals our extraordinary potential to transform ourselves.” There’s one section of particular interest to us runners, about recent research into neurogenesis (the capacity of the brain to grow new brain cells,) and how physical exercise can cause new neurons to develop in adult brains, something that was only thought to happen in infant brains.

The book describes a series of experiments comparing mice housed in standard cages and others housed in cages equipped with a running wheel. It turns out mice like to run, and in the cages with running wheels, they ran as much as five kilometers each night. By allowing the animals voluntary access to a running wheel, they ran four or five hours a day, and this activity almost doubled the number of cells in their brains. These adult mice produced twice as many new cells in their brain’s hippocampus (where learning and memory take place) as sedentary mice did. Other experiments actually showed that the running mice learned faster and got smarter (could figure out where a hidden platform was hidden under water) than the other mice. Forced exercise (like plopping them in a water tank where they had to sink or swim) did not have this effect. This was tested further by putting the mice on a wheel they couldn’t get off—their brains actually lost neurons rather than gained them, compared to the ones who could chose when to run, when to stop.

So it’s not just the exercise, but the volitional nature of it that seems

to make a difference. “Running voluntarily increases neurogenesis and increases learning even in very, very old animals...if you put them in a learning test, they’re smarter.” More experiments showed that not only were there more brain cells in the brains of wheel running mice, but their brain cells have more dendrites, that is, the parts of a neuron that allow neurons to receive signals from other neurons—this means there were better connections to retrieve memories, etc. These connections usually deteriorate with age—but here, new connections were being made.

These experiments suggest that there are structural changes in the brain that enhance learning and memory in animals that exercise and suggest that exercise can combat the deleterious effects aging. This means that running is good for the brain as well as the body. Making people go to the gym and run 2 miles on a treadmill might not do it—but running for the joy of it in Van Cortlandt Park just might make us all smarter and younger!!.

<p>REHABILITATION MEDICINE      PHYSICAL THERAPY</p> <p>OCCUPATIONAL THERAPY</p> <p><b>Rehabilitation Associates</b> of RIVERDALE MEDICINE, LLP 3736 Henry Hudson Parkway East Riverdale, NY 10463 Telephone (718) 548-1800 Fax (718) 548-0080</p> <p>DONALD LISS, M.D. - Consultant</p>	<p>Riverdale Medicine, LLP      Telephone (718) 549-6268</p> <p>Martin M. Grajower, M.D., F.A.C.P., F.A.C.E. Internal Medicine Endocrinology &amp; Diabetes</p> <p>Office Hours      3736 HENRY HUDSON PARKWAY EAST By Appointment      RIVERDALE, NEW YORK 10463-1502</p>
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# Race Report

## Philadelphia Marathon

November 23, 2008

by David Isaac

*I*t was colder than I wanted it to be when I left the hotel at 6 a.m.: below 20 degrees. Despite the cold, at least I knew my pre-race routine would remain intact. As I stood in my corral awaiting the start of my first marathon, I realized that most of my obsessing during the past week had been around the weather, rather than the miles ahead of me. Only now, on this freezing Philadelphia morning, did my thoughts turn to the race, and all the solicited and unsolicited advice I'd gotten during my training. As the 8,000 runners surged forward I had two thoughts in my head: don't go out too fast, and take one mile at a time.

The first half of the marathon was great. I really made an effort to enjoy my surroundings. There were many spectators cheering and holding signs as we ran through the historic sections of Philadelphia. I had no trouble taking in the experience and enjoying the miles. I had several runners come up to me with "shout outs" for Van Cortlandt Park. There were the usual maneuvering difficulties at the start, a fairly substantial hill around mile 8, and an abundance of ice at the water stops. All in all, it was a comfort-

able, easy, first half. I was just over two hours in, on target for my four hour goal, and ready to start a gradual increase of my pace.

As I passed the half marathon finish, I saw my family. My son was holding his "Pump your legs, Fatso" sign that he had made. They looked really cold as they cheered me on. At mile 15, I saw the leaders coming in the other direction. Usually I get a lift from that, but today it made me think about how much farther I had to run. As I ran the "out" portion of the out and back along the Schuylkill River, my feet were hurting a bit, I was a little tired, but more than anything I felt really alone. There were very few spectators, and without the half marathoners, the road felt wide open. My focus became Jill Staats and husband Norris, who had prom-

ised to be at mile 20. Counting down the miles and minutes until I saw a friendly face pulled me through this difficult portion of my day. I got a huge lift when I saw them and their "Go Dave" sign, but I think Jill was looking at someone else when she told me I looked strong. The next 2 miles were pretty easy. I had started to pick up my pace, and was thinking about how the remaining miles weren't much more than a 5K. That was when I found out what hitting the wall means. My legs felt like someone had punched me. I came to a dead stop. It was probably only 5 or 10 seconds, but it felt like an eternity before I could even get myself walking, then jogging, then running again. I knew the last few miles would be tough, and had strategized on how I would handle them. I was sure that if anything would give me the strength to finish, it would be mentally to go through the journey to Philadelphia.

I had strictly adhered to my 18 week training program, but my road to the marathon really began 18 months ago. It was May of 2007, and I was in the middle of the physical that I had put off for several years. My weight had risen to just shy of 280 pounds. I was listening to my doctor describe the blood pressure and cholesterol medications he was prescribing. But I was actually too busy focusing on



David Isaac blazes a trail in Philly

the word “obese” that he had written on my chart to hear him. For the first time in my life I was really scared. I started a hardcore diet. I had oatmeal and fruit for breakfast, vegetable soup for lunch, normal dinner. No deserts. No more than two servings of caffeine a day. I’d been running for years, but I was only able to run 10 or 12 miles a week without pain in my feet. I was rarely ever able to run two days in a row. I remembered the NYRR 48<sup>th</sup> Anniversary race. I’d worked as hard as I could to run the 4.8 miles in 48 minutes. Since then I’d lost 70 pounds. My blood pressure and cholesterol were fine without medication. I had run 8 half marathons, more than 50 10Ks, 5Ks, and other races, and logged over 2000 miles. I knew there was nothing that was going to keep me from a respectable finish here in Philadelphia, my first marathon. Somehow I convinced myself I was fine. I barely remember running the last portion of the race until I heard the noise approaching the finish.

My last mile was sub 8:00, and I crossed the finish line in 4:02:24. My first, and lingering thoughts were over that 2:24 that separated me from my goal. My next thoughts were of New York next year. It took a little while before I was able to enjoy the accomplishment, and the 26.2 magnet that my daughter bought at the expo. Next year promises to be busy, with Vermont in May and NYC in November. After all, I’m a marathoner now.

## Defying Big Birthdays... With A Marathon For My 65<sup>th</sup>

*by Susan Epstein*

On November 23, at 5:30 am, husband Arnie and I left our hotel and walked a mile to the start of the Philadelphia Marathon. As we walked, people stepped out of other doorways and from side streets, making a silent procession in sweats, jackets, and mufflers against the 25 degree cold. We converged on a wide parkway to a place near the Art Museum called Eakins Oval.

A marathon is a culmination of five months of process, each piece of which feels like an achievement. Running short races to get sharper, and half marathons for endurance. As the weather gets hotter, lengthening the long runs from 12 miles to 14, then 16. Pushing to 18 miles on a hot, humid day at the beginning of August. Then the 20 milers, two or three weeks apart, through the warm days of September and October. Each run, upon completion, seems a little easier.

I was preparing for a marathon to celebrate my 65<sup>th</sup> birthday (May). My endurance was there, but not the speed I had had even two or three years ago. The 20 milers took an incredible length of time. Would I need 7 hours to do this marathon? It wouldn’t matter. I had mostly trained alone, running down Riverside Drive to Central Park, to do loops around a course with water, bathrooms, and lots of other runners for inspiration.

I applied for the Philadelphia Marathon in July. I wanted to do a marathon outside of New York, one without much hassle at the start – but I didn’t want to travel far. Philadelphia seemed perfect.

On Saturday of NYC marathon weekend, I did my last 20 miler, celebrating that run at Bette’s pasta party. Three weeks later, on a Friday night, Arnie and I left for Philadelphia.

What I found remarkable about the Philadelphia experience was the race itself. It passed through quiet neighborhoods, parks, waterfront. There were a few hills, which added variety to the course. I appreciated the quiet, feeling annoyed the few times we encountered screaming people.

As for my run... well, throughout I worried that I would lose it in the next mile, but that didn’t happen. After mile 18 I felt as good as new, and I told myself I’m “in the zone,” where the marathon really starts. Soon after, I saw Dave Isaac looking strong, running the other way on the out-and-back loop. Just before mile 20 I saw the 5 hour pace group going by, way ahead of me. I got worried, sped up a little. I missed the 25 mile marker. “We passed it half a mile ago,” someone said. Joyously I pushed toward the end – then lost it. My legs felt like iron bars. As I struggled to keep a running gait, I saw the finish. Done. I collected my medal, then met Arnie, who had run the half marathon. What a way to celebrate number 65!





**Kate with cheering section**

## Sacramento Marathon

December 7, 2008

*by Kate Donovan*

After reaching my most desired running goal of a marathon in less than the time it would take to drive a horse-drawn buggy to Bufalo, have tea and return, I have been thinking about shelving my anti-chafing cream in exchange for more dignified competitions.

Here is my marathon story: In early December, I caught a Jet Blue flight to my hometown, Sacramento, Mecca for the BQ (Boston Qualifier) seeker. For those who want to be able to run without clipping a pedestrian with a dream, the California International Marathon (distinguished from the more aptly named Cowtown Marathon) is small enough to let a runner stretch her legs. I finished in a 3:50:49, the last 5K I swear on a stack of

in Chicago (don't ask), my dazzling 4:55:51 in the Marine Corps and my lickety-split 4:56 in my first official marathon in New York in 2004.

Best known as the city where V8 is brewed, the Gubernator reigns, and a respectable NBA team, Suckatomato, as we natives call it, hosts a 26.2 mile course starting at the base of the Folsom Dam (down the hill from Folsom Prison), and drooping through the semi rural and suburban outskirts of the city, with the last five k in the downtown, finishing at the steps of the State Capitol. With a net drop of 300 feet, the course is mostly downhill, with some nice gentle uphill. "Quad crusher" is the operative term.

The race started pre-dawn at 7:00 a.m.. Two minutes before the gun, I joined the riot of runners gathered around the two (!) equipment transportation trucks, hurling

the ten lbs. of gear I had decided to shed. It was warmer than it had been in previous days, about 34 F. I had spent the three hours before the race eating: two bananas, 2 power bars, one gel, half litre of water. There were plenty of portable johns, although they all seemed a bit unstable, tapping one of my favorite fantasies - the tipped over portapoopie. Yuk. I should mention, in this context, that I had arrived on the night of the Wednesday before, and ate only fruit on Thursday and relatively lightly on Friday, although very nutritiously. Saturday I chowed, but no pasta.

5:05:00

That first mile is pretty much downhill, and I passed mile two at 17:55, so I slowed down a bit, looking out for my sister Mari, who lives very close to this part of the course. Missed her, of course. The first high point was finding my ex-sister in law with my two nieces. I had asked her to have Kleenex. She did, but they were still sealed in the pack. She tore at them to open the pack as I circled her, once. Then the 15 year old Maura started: "Nice job, Mom." Anyway, I get my Kleenex, head off. The halfway mark is ahead just a few miles. I pass it at 1:55 on my watch, and I feel a bump of excitement. If I can do a negative split I could have a really good time (for me) I do a scan, the "pain check" similar to the price check, without the hand-held scanner. Cardio is holding up, I feel uplifted psychologically, which makes the pain seem less important, as my right knee is





**Kate "flying" through the course**

cranky, my hips achy. But the prospect of feeling strong at mile 20 is enough to make me think I can stand it all.

The next high points were my other sister, (mile 20 my nephew (21), my brother (22), more nephews and great nephews and nieces (23) and a sprint to the finish, sharply aware that I might want those last few seconds.

Along with thousands, I qualified for Boston, and placed 25<sup>th</sup> out of 158 in my age group. The finishing rate is high, about 95 per cent.

Some of you have asked about my training. Extra workouts that were more intensive and paying attention to NOT eating sugar caused my weight to drop sharply. I went from a steady 130 lbs. to about 118 lb.. I also did a course of acupuncture, which concentrated on my neck and shoulders. As they

relaxed, my stride opened up and I felt faster and lighter on my feet.

And clearly, conditions were in my favor: the weather (39 degrees). Not sure whether another marathon is in my future, but Boston is very tempting. Seems kind of a shame to train all this time and then just sit back and watch my waistline thicken. And 49 seconds faster and I would have gone to a 3:49. Hmmm. **Stats:** Age division finish 25/189 Gender place: 573/2180 Overall ranking: 2109/5193

## Quito (Ecuador) Half-Marathon

*by Alexandra Loewe*

Getting up at 5:30am is no fun! But for the Quito Half-Marathon it was necessary. After leaving the Van Cortland Track Club and New York, I haven't been running really

a lot: once in a while a loop in the park, with my dog for a jog....and at 9200 feet above sea level, it was very difficult getting used to.

But a few weeks back, after talking with a friend, I had the registration and chip for the Quito Half Marathon in my hands. Luckily, I had a handful of friends, who supported me and also left bed early that Sunday Morning. When I was dropped off at " Plaza de Torros" at 6:30 a.m., I doubted I would finish it. There was no Gary Spalter, who helped me through my first half-marathon, there was no large group like VCTC as in New York, just some faces I had seen before in the park.

The first part of the race was a long distance straight ahead, which was fairly easy, then a long stretch down-hill, even easier. I thought, I will be okay, I can do this!

At the middle of the run, I saw my friends cheering for me, which also lifted my spirits.

Then I got to the last 2 miles and the course went up, up, up! Luckily, a friend on his bicycle helped me mentally from kilometer 17 on. Most of the last part, I just walked. But when I crossed the Equator, which was the finish line, I was running, with a time of 2:14:09!

This race got me back into competition. Next weekend it's going to be a 10K!

## RECIPES FOR RUNNERS, BY RUNNERS



***Diana Cecil enjoys this healthy vegetable casserole after a workout.***

Coat 4 cups of just about any cut up vegetables (broccoli, cauliflower, onion, squash, asparagus, you name it) with 2 Tbs of olive oil, 1 tsp of light soy sauce, 5-6 cloves of chopped garlic, and a sprinkle of pepper. Spread in a single layer on a baking sheet and roast in a pre-heated 450 degree oven for 10 - 15 minutes or until lightly browned.

***World traveler Kate Donovan serves up pasta fagioli when company comes.***

The Beans: Forget the white beans, that is an American confection, my mother did it too, it is another recipe. For this one, I used the Goya Romani beans, they are striped and reddish, 1.80 for a one lb bag. I used two and they fed 16 people with seconds for the carbohydrate freaks.

Rinse the beans in cold water and soak them overnight. The next morning, rinse them again. In a gigantic pot, throw in olive oil and saute the onion, and then add the cold water, and the bean, well covered with water. Add celery and carrot. I made a

vegetarian/kosher version like that and for the carnivours I added the smoked ham shank. Also added the heel of the parmiggiano reggiano cheese for flavour.

Cook that for about 6 hours at a low temperature (in the beginning, scrape off the stuff that floats to the top, it will help the digestion later). You may cook it longer, anyway, until the beans mash easily under a fork or a potatoe masher. You don't want to mash the thing to a puree, just mash about half the beans. but make sure the beans are cooked (and not overdone) before you go on to the next step.

For the pasta: Only the best for my team: I went to Borgatti's (E. 187th Street off Arthur Avenue to get the fresh egg pasta. I told the signora what I was doing, and she gave me a about 1.5 lbs of the thickest noodles, which we cut up into little pieces, just long enough to fit on a soup spoon. BTW, Borgatti's is super expensive, about 3.00 for two pounds of fresh pasta! The pasta goes in at the very end, as your guests are streaming in

your house, when it is fresh egg pasta like this. Now you will see the volume of your dish increase greatly, so when you drop in the pasta, make sure there is enough water to cook the pasta and it does not become a mass of pasta mud.

If you choose to use dried pasta, you will need at least 15 or 20 minutes for the pasta to cook, depending on what kind you choose.

Prepare each dish with a ladle helping, then sprinkly the parmeggiano on top, and a dollop of your very best olive oil.

For the bread: I want only Arthur Avenue to the two bakeries. I did not know which one was better, but I saw one was more crowded than the other. So I went to both. Madonia's was far better, get the bread made with Semolina. Tastes like sour dough.

I love sharing this experience.

***Jill Staats discovered this delicious recipe for salmon while on a trip to Mexico.***

Ingredients-

Enough salmon for four people  
4 tlbs. Olive oil

2 tlbs. Sesame seeds- put on a plate and toast them in the oven or do what I do and buy them toasted

2 tlbs. Of crushed cashews

2 tlbs. Of Dijon mustard with seeds  
¼ of honey

1 cup of chopped onions (white)  
 2 cloves of garlic  
 3 tlbs. Of soy sauce  
 1 tlbs. Of rice vinegar  
 1 tsp. of tarragon  
 1 tsp. of parsley  
 2 tlbs. of chicken broth  
 1 orange

1. Put about 2tlbs. of the olive oil with one crushed garlic, salt, pepper, parsley and tarragon on the salmon to marinade about 1 hour.
2. Brown the onions and other clove of garlic which is crushed in the remaining olive oil. Add chicken broth after browning.
3. Turn of heat, put in honey, soy sauce, rice vinegar and mustard.
4. At the bottom of casserole place sliced onion and orange
5. Place salmon on top of onion and orange, then put sauce on top of salmon
6. Mix sesame seeds and cashews together and put on top of salmon.
7. Cook for 25 minutes at 350.

***Naomi Marcus got rave reviews for the Pecan Bars she made she served at a post-Pete McArdle party.***

shortbread

1 1/2 sticks of unsalted butter (3/4 cup)

2 cups all purpose flour  
 1/2 cup packed light brown sugar  
 1/2 tsp salt

Preheat oven to 350 degrees  
 Cut butter into 1/2 in pieces. In a food processor process all ingredients until mixture begins to form small lumps. (Note: If you don't have a food processor, you could probably use a pastry cutter as for a pie crust.) Sprinkle mixture into 13x9x2 inch baking pan and press evenly onto bottom of pan with a metal spatula. Bake shortbread in middle of oven until golden, about 20 minutes. while shortbread is baking, prepare topping.

8 oz pecans (about 2 cups)  
 1 stick unsalted butter (1/2 cup)  
 1 cup light brown sugar  
 1/3 cup honey  
 2 tbsp heavy cream  
 Shortbread base (see above)

Preheat oven to 350 degrees. In a food processor, coarsely chop pecans.  
 In a heavy saucepan, melt butter and stir in brown sugar, honey, and cream. Simmer mixture, stirring occasionally, for 1 minute and stir in pecans. Pour pecan mixture over hot shortbread and spread evenly.

Bake in middle of oven until bubbling, about 10 minutes.

Cool completely in pan and cut into 24 bars. Keep bars covered for 5 days at room temperature (That is what the recipe says. I think

that means "bars will keep covered for 5 days at room temperature.")

### ***Another post-Pete McArdle favorite: Bette's Dream Bars***

1 stick butter or margarine

1 can sweetened condensed milk

1 cup crushed graham crackers (can use plain, cinnamon, chocolate, whatever you like--this is about the amount that one of the sealed packages that comes in a box makes)

1 cup chocolate chips (or butter-scotch, or white chocolate, or a combination of whatever you like)

1 cup chopped walnuts (or pecans or whatever you like)

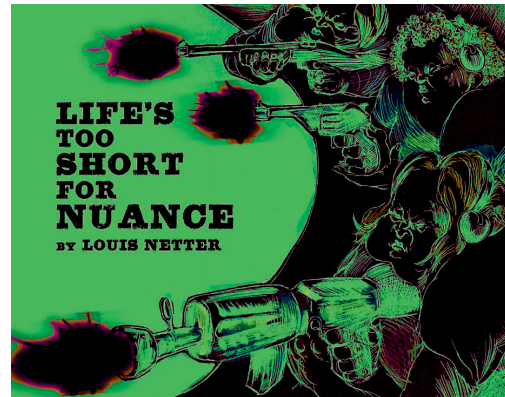
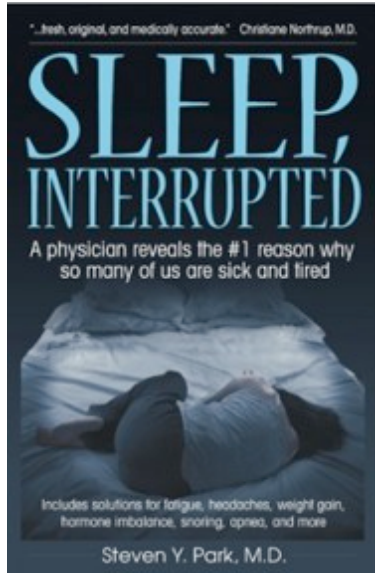
1 1/4 cups coconut

These amounts (except for butter) can be modified according to taste and what you have at home!!

Preheat oven to 375. Melt one stick butter in a 9x13 baking dish in oven. When butter is melted, remove pan, mix graham cracker crumbs with the butter and press evenly into the pan. Pour condensed milk evenly over the top of the crumbs. In a bowl, mix together chocolate chips, coconut, and walnuts, then dump on top of condensed milk and crumbs. Spread evenly over the top and press down lightly. Bake 20-25 minutes or until lightly browned. Let cool in pan before cutting into squares



On a wintry evening, as you hunker down in front of a roaring fire, consider paging through one of these recently published books by members Steve Park and Lou Netter.



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# Race Results

Race/time Name Sex/Age PI

Rockie Benefit 5K  
Rockefeller State  
Park  
Nov. 8, 2008

36:03 Fernando Ruiz M70+

NYRR Cross Country  
Champs 3M  
Van Cortlandt Park  
Nov. 9, 2008

26:16 Edward James M62  
27:23 Ramon Ruiz M68  
29:57 Edith Jones F69 2

NYRR Knickerbocker  
60K  
Nov. 15, 2008

4:32:07 Michael Arnstein M31 1  
7:58:48 Edward James M62 3

Race to Deliver 4M  
Nov. 16, 2008

27:00 Eric Nolan M30  
28:54 Jason Krasner M35  
34:31 Jo Ann Pate F34  
37:38 Carl Morrishow M52  
39:01 Paulino Santana M47

Turkey Trot 5M  
Mamaroneck, N.Y.  
Nov. 23, 2008

54:05 Fernando Ruiz M70+

Philadelphia Mara-  
thon  
Nov. 23, 2008

4:02:24 David Isaac M45-49  
5:02:51 Susan Epstein F65-69 4

Philadelphia Half-  
Marathon  
Nov. 23, 2008

2:12:33 Arnie Gore M65-69 4

Turkey Trot 5M

Rockland Lake, Con-  
gers, N.Y.  
Nov. 27, 2008

53:30 Fernando Ruiz M70+ 1

Historic Turkey Trot  
5K  
Bethlehem, Pa.  
Nov. 29, 2008

21:40 Gabrielle Popoff F30-39

Pete McArdle XC  
Classic 15K  
Van Cortlandt Park  
Nov. 30, 2008

56:03 Michael Arnstein M31 1  
1:01:23 Kyle Hall M30 5  
Kevin Shelton-Smith M48 2  
1:05:21 Louis Csak M42  
1:06:41 Eric Nolan M30  
1:08:24 Erick Fernandez M27  
1:12:20 Richard P Conley M53 4  
1:14:16 Anthony C Thoman M46  
1:16:28 Rachel Kimber F27 5  
1:20:31 Kathryn A Donovan F50 1  
1:22:26 Michelle Conley F20  
1:23:40 Bette Clark F53 2  
1:24:50 Spencer Goldblatt M58  
1:30:53 Margaret R Nolan F48  
1:32:36 Katherine Callan F46  
1:33:28 Edward James M62  
1:34:49 Arnold L Gore M67 2  
1:36:01 Susan R Epstein F65 1  
1:53:32

Joe Kleinerman 10K  
Dec. 7, 2008

45:21 Anthony C Thoman M46  
46:36 Jason Krasner M35  
Shirley Middleton F54  
50:35 Bette Clark F53  
51:46 Edward James M62  
52:30 Jill Staats F57  
54:06 Adrian Hunte Smith F54  
56:14 Josephine King F54  
59:42 Bill Smith M64  
1:03:33

1:10:26 Fernando Ruiz M76

**NYRR Holiday 4-Mile**  
**Dec. 13, 2008**

Shirley Middleton F54 5  
 31:56 ton  
 33:13 Arnold L Gore M67 5  
 34:00 Edward James M62  
 39:56 Susan R Epstein F65 5  
 1:07:20 Ramon Minaya M68

**Snowball 5M**  
**Wantagh, N.Y.**  
**Dec. 13, 2008**

56:08 Fernando Ruiz M70+ 2

**Santa Claus Run 5K**  
**Orangeburg, N.Y.**  
**Dec. 14, 2008**

33:08 Fernando Ruiz M70+ 1

## LATE RESULTS

**San Blas Half-**  
**Marathon**  
**Coamo, P.R.**  
**Feb. 7, 2008**

2:17:00 Edith Jones F65-69 1

**Staten Island Ad-**  
**vance**  
**Memorial Day 4M**  
**May 26, 2008**

36:45 Edith Jones F65-69 2

**Coney Island, N.Y.**  
**June 29, 2008**

29:37 Edith Jones F65-69 3

**Al Ronaldson Memo-**  
**rial 5K**  
**Staten Island, N.Y.**  
**June 15, 2008**

31:50 Edith Jones F65-69 3

**Pepper Martin Memo-**  
**rial 5M**  
**Staten Island, N.Y.**  
**July 5, 2008**

49:11 Edith Jones F65-69 2

**Bedford Stuyvesant**  
**10K**  
**Brooklyn, N.Y.**  
**Oct. 12, 2008**

1:01:01 Susan Epstein F65-69

**Please send ALL race results to**  
**Peter Coy via e-mail at:****petercoy@verizon.net****Recommended**  
**Resolutions***by David King*

•**GET A MASSAGE-** After running a track workout in December, I was bothered by what felt like a hip-pointer on my right outside leg. It hampered my running for several weeks. Then I went for a massage at a local spa, where the masseuse told me I had a “knot” in my right hamstring. She worked on it, and I subsequently used fingers, roller bar and tennis ball to smooth it out. Once I did that, my hip pain disappeared.

•**EMBRACE WINTER RUNNING-** For Christmas, wife Vera gave me a pair of “Yak Trax” she had bought via QVC(I would never admit to shopping there). I have used them on the recent ice and snow, and they work! I am able to get my run in despite adverse conditions.

•**ADD FISH OIL TO YOUR SUPPLEMENT ROUTINE-** I mentioned to Dick Conley on a run in November, that my right knee had been bothering me a bit(I had arthroscopic surgery on it in 2005). He told me his brother had similar symptoms and had started taking a good brand of fish oil. I started taking the oil. Result: My knee has felt significantly better.



## CLUB NEWS

**Membership** Please **RENEW** your membership which was due 1/1/09 (If you haven't already). Membership rates are: single, \$35; family, \$40. 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](http://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** Meetings are held on the second Saturday of each month at 10 a.m. Club workouts are Tuesdays at 7 p.m. at the Fieldston School track at 238th St and Riverdale Ave. and Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway).

**Newsletter stories** The newsletter is published bi-monthly. We welcome all contributions. Deadline for the March/April issue is February 26th. ***Maximum length is 600 words.*** Please e-mail to Dave King via the group page and try to include a photo.

**Race times** Remember to send race times to Peter Coy via e-mail 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.

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