

Van Cortlandt Track Club newsletter

Hot and Cold

Our Fun Florida Adventure

by Dick Conley (Kathy's husband)



The Key West Southernmost Runners Club held their 11th annual half marathon on January 25th. This particular weekend, we had to choose between staying in New York and running the Manhattan Half or making the trip to Key West. It was

hard to pass up running in revitalizing single-digit temperatures on a very familiar and hilly Central Park course. Still, seven VCTC members, including Belle Clark, Jill Staats, Adrian Hunte-Smith, Bill Smith, Dave King, Firdaus Dotiwala and myself, opted to travel to southern Florida to compete in the event. Azita Dotiwala accompanied Firdaus from Boca Raton to give us support and encouragement. \

This race is well organized and not too crowded; about 500 people participated. The course is one big flat loop around Key West, and just north, with most running along the water. The temperature was in the high 60's, with the humidity up a bit but not too uncomfortable. At start time, 7 a.m.,

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Left Behind In the Cold

by Kathy Nolan (Dick's wife)

No, I wasn't invited to join the group for the Florida Keys Half Marathon. I originally thought it was a guy thing, but soon found out I was mistaken...While a co-ed group, including my husband was sunning themselves, reading and enjoying Happy Hour by the pool, I was stuck back here in frigid New York.

But wait a minute. I sometimes enjoy long outdoor outings in the cold, so I plotted all week about what I was going to do Saturday, while the others were in the orange (juiced) state. I first thought I might go skiing, but I knew I wouldn't make that 7:46 a.m. Thunder Ridge special out of Grand Central Station AND walk the dog. If I hiked, I could take Maggie, my dog, and she rides the train for free. I hit upon Rockefeller Preserve, walkable from the Philipse Manor station on the Hudson Line of Metro North. (City folks can access this train by taking the #1 train to 225th St.

a n d walking one block west to t h e Marble H i l l Station.

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(Our Fun...continued) the sun was not over the horizon yet, so the weather was cool. As the race progressed, however, it got warmer and heat became a factor. About one half mile into the race, a runner from New Jersey directed some friendly trash talk at Dave King, accusing him of over cutting the tangent on one of the turns, that those tactics were best left in the Bronx. Dave was in bounds, just running very efficiently. Dave dueled with him throughout the race, while I dropped back from their blazing pace, trying to bide my time for the trek ahead.

All of the VCTC runners pretty much finished where they expected. I was impressed that Firdaus' reputation as an accomplished ultra-marathoner has followed him to Florida—as he finished, the announcer acknowledged this fact about him on the Mic! The post race party rated up there with the best: great music, food, cold beer, and of course great people.

The only negative of the weekend, aside from missing the Manhattan Half, was missing our significant others. #

(Left Behind... continued) Make sure you buy your ticket, \$7.50 round-trip, from the ticket machine before you board the train, otherwise you will be charged at least \$5 extra on the train) Philipse Manor is a well-kept secret. Mansions abound with generous yards. A few short blocks take you to the Sleepy Hollow Cemetery, which is a beautiful hiking destination: rolling hills, a nice wooden bridge over the Pocantico River that ripples through the grounds, gorgeous views of the Hudson, a bathroom, and breakthroughs of the back fences so one can get onto the Old Croton Aqueduct Trail (OCA), and/or farmland that has packed trails that take you to Rockefeller. I did print out a map before I left, but the many farmland trails aren't marked. Instead, I relied on the advice of the several joggers I ran into along the way for directions. I eventually made it to Swan Lake, which is a short distance from the Visitors Center (another bathroom).

Throughout the park were cross-country ski tracks, deer, rabbit, dog and horse tracks. I also saw some pretty large cattle. Despite some sting from the wind, the high 20's weather didn't bother me. I wore fleece socks with my sneakers which were clad with yaktraks which are good on icy trails. On the way back, the sun was even stronger, and the gray striped shadows cast by the trees on the snow changed into a tinted blue. The snow sparkled like granulated sugar. I ended up on Bedford Rd., and then could not get back into the park because of fencing, but that didn't matter. I walked into Tarrytown, and turned right on the OCA, and ended up back at the cemetery. The train ride back offered outstanding views of the river---and there were swirls and chunks of ice emanating out to about 50 yards offshore. Glimmers of aquamarine water could be spotted between the floes.

This trip was awesome and definitely worth a repeat soon. You can have Florida---all you Key West sunbakers--- give me chilly Sleepy Hollow anytime! #

How much do you know about records?

1. Who failed to finish his first marathon, set a world record in the next, won his third after a late-race pit stop, possessed the panache to set off with a 61:43 halfway split—still unsurpassed—while capturing a fourth, finished next-to-last in his fifth, and still came within one man of winning a remarkable quartet of marathons in Chicago, London, Boston and New York? (Thanks to Kevin Shelton-Smith for this question)

2. Who was the first person to break the 4 minute mile indoors? (Hint- it was done by a native New Yorker.) (Thanks to Ken Rolston for this question)
Answers on page 14

VCTC is hosting the Urban Environmental Challenge on APRIL 5th; volunteers to report to the tortoise and hare statue at 8 A.M. Anyone interested, please email race director Jill Staats at jdstaats@yahoo.com

Van Cortlandt Track Club 2009 Board of Directors

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

On The Run

by Bette Clark

Today was Coogan's Salsa, Blues and Shamrocks 5K, and as I reflect on the race day experience, I am once again reminded what I love about VCTC, about running in New York, and about what makes us all runners. As you know by now, 32 club members turned up on a cold, blustery day.



There were some great performances by individual runners (and by age group teams!), but I want to focus on some other aspects of the race and what got us all out there. Yes, we complained (before, during, and after): "too crowded," "too hilly," "too cold and windy." But there we were. We all have stories about what made it hard to run today: recovering from an injury or an illness (actually, one of us who ran today is recovering from double pneumonia), pain somewhere (moving down from backs to hips, hamstrings, quads to knees, calves, ankles and feet), too little sleep, too much or too little training, too much stress, too many beers the night before. But there we were, lining up at the start. And we ran the very best we could, on this day, on that course, under these conditions.

We get out there and run a race like Coogan's for many reasons. I, for one, had many "second thoughts" about getting up and joining the hoards of runners early on a frigid Sunday morning. I hadn't been racing that well, I was tired, would it matter anyway if I ran for our 50+ team (after all, we have

enough other 50+ VCTC women just as fast and faster than me). But because it was a club points race, because it was Coogan's, and because, in the end, I love running and the VCTC I was out there, too. And I had a great time...(well may be not my greatest time-- ran Coogan's in 22:56 in 2005, more than 2 minutes faster than this year).

Many of us were worried that making Coogan's a club points race would "ruin" this neighborhood race; make it too congested, take away from the spirit of the race. We also worried that it would be a difficult race to run well. But in the end, I don't think that happened. There were over 4000 runners filling the streets of Washington Heights, doing their best. Some of them were competitive local club members pushing their limits, trying to earn club points and set new PR's, others were just out there jogging and walking, to take part in a local "happening." I watched the fastest runners zoom by at less than a 5 minute pace, completing the race in 14 minutes and change, and others finishing the course in over an hour. Everyone was out there for a different reason, with different goals, spread out along one of the most varied and interesting neighborhoods of the city. The bands on the street playing music of all kinds—from klezmer and folk to blues, salsa bands, mariachis, and bagpipers—representing only *some* of the incredibly rich cultural traditions that make up this neighborhood.

I think Dick Conley summed up this race best:

"Despite that being a tough course, I have decided it is the most interesting and fun race in the city. Starting in a very urban setting, just north of the Armory and Hospital, passing the GW and the Bus Terminal (designed by Frank Lloyd Wright), through historic Fort Washington Ave (where Henry Kissinger and Dr. Ruth grew

up), into lovely Ft Tryon Park with fantastic views of the Palisades, past the internationally known Cloisters, and then back! And all of this with a great sampling of music from all over! It doesn't get any better."

VCTC is like this race: tough, varied, a great sampling of people: and I believe, in terms of running clubs "it doesn't get any better" than this. It *does* matter each time we all get out there to run together, when we can. Sometimes we run a PR or contribute to team points, sometimes we just hold on to the finish. But each time one of us runs a race like Coogan's representing VCTC, it matters.

Thank you, to all who could run Coogan's this year and to those who will run other upcoming races with VCTC spirit. And thank you to Arnie and Susan for graciously hosting a lovely brunch at their apartment after the race. VCTC has been finding more and more ways to support one another—this includes opportunities to get together and enjoy good food and company after a race or a run. What a great beginning to the spring racing season and the 2009 club points races. The next points race is the Scotland 10K in Central Park, Saturday, April 11. Those of you in age groups that don't generally have enough runners to make a team (check the NYRR website for regulations) please try to recruit VCTC members you know in your age group to join you in this and other clubs point races.

VCTC races will also be in full swing very soon, with the Urban Environmental Challenge on April 5, the beginning of the summer cross country series on May 21, and the Riverdale Ramble on June 7. Please make sure you make the time to volunteer for these races, even if you plan to run them (with the exception of the Ramble, of course!!—we need you all there as volunteers). Also, please

note that because of race schedules, we will be holding our members' meeting next month on April 4th (instead of the 11th). Keep it up everyone—go out there and run your best, and always remember: have fun. #

Coach's Corner

by Ken Rolston

We are off to a great start in 2009. You have put together several outstanding efforts worthy of mention. First was a turnout of 27 VCTC runners at The Bronx ½ marathon. Take a quick look at the results page. What stands out for me is how well our Open Men ran as a group. If you take a look at the NYRR archives for club standings you'll see results from 2007 and 2008. We're in the Open B group; last year we were 14th, the year before 11th, which places us in the mid-20's since the A group has another dozen teams. Anyway we came in 8th overall in The Bronx Half. Wow ! Kudos to Mike Arnstein, Kyle Hall, Kevin Shelton-Smith, Neil Liebowitz and Erick Fernandez.



Then at the first club points race of the season, Coogan's Salsa 5K, we had 32 runners turn out on a nasty day in Washington Heights. Again if you peruse the NYRR club points list you'll see other categories, 40+, 50 +, 60 +. Typically VCTC men's 40 + is about 15th, 50+ is about 10th, 60 + 7th. Women's 40 + is about 15th, and 50 + made a nice move up last year to 5th. I'm not sure if VCTC has EVER won a NYRR club race in any category. Until now. My jaw dropped as I scanned

the results page and saw that Our 50+ Women's team won the team title by a narrow 7 second margin. Yes ! Hats off to Kate Donovan, Bette Clark, Jill Staats and Shirley Middleton.

Maybe it's the lousy economy or the food at Shortstop, but something is working. So now we turn to spring and there are lots of great races for you to dig into. We'll continue to pound out long runs on Saturday mornings and we'll keep providing a mix of track and hill work on Tuesday nights. Van Cortlandt stadium has reopened but it remains to be seen when we can resume the 7 PM workouts. Hours are technically 8 AM to Dusk so it may be another month or so before we get back to the stadium.

For those of you preparing for a spring marathon, there's an article by Matt Fitzgerald in the current Runners World that dares to suggest taking 20 mile runs off the table in favor of faster, shorter long runs. One suggestion is to run 12 miles a day two days in a row rather than one 20 miler. The benefit is less anxiety build up for the "big" run and you'll get the same endurance boost. Hmmm.

Another encouraging sign has been the performance of American collegiate runners this winter. Recently Oklahoma St freshman German Fernandez set an NCAA indoor mile record with a sensational 3:55.02 breaking Tony Waldrop's record from 1974. Already 9 different American collegians have broken the 4-minute mile this winter. (See page 3 quiz). Jenny Barringer ran an astounding 15:01 5K indoors and followed that with an American collegiate record 4:25 last week.

Finally, a contingent from VCTC headed up to run the Celebrate Life ½ marathon in Rock Hill NY near Monticello in early March. The race features some great swag, a nice windbreaker and a killer lunch provided by Outback. It also features a killer start with some character building hills through miles 1, 3 and 9. The course winds around two lakes and ends with a mostly downhill finish. Yours truly decided to stretch himself a little bit

and run his longest race since outleaning Oprah Winfrey in the 1994 Marine Corps Marathon. I must say that I have a renewed appreciation for all of you who work so diligently in both the preparation for and the completion of these very long races. I'm more of a 1m/5K/5mile guy at heart and sometimes don't really understand or necessarily tolerate the vagaries of the uber distance runner. But doing the ½ allowed me the chance not merely to observe but to feel what you guys routinely experience and I hope to be doing more of these soon. But not too soon !

So let's get ready to run some good races this spring and to continue to learn from each other. See you out there !

Upcoming races (and lots of 'em)

Sat Mar 15- 10 AM- St. Patrick's Day 10K, FDR Park, Yorktown Hts

Sun Mar 22- 9 AM- Colon Cancer Challenge 15K/4m, Central Park

Sat Mar 28- 9 AM- Wurtsboro Mountain Run 30K, Wurtsboro NY

Sun Mar 29- 7:30- Boston Blowout 30K, Fairfield, Ct

Sun Mar 29- 9 AM- Scarsdale Races 15K/4m, Scarsdale, NY

Sun Mar 29- 10 AM- Mudders and Grunters 5m, FDR Park, Yorktown Hts

Sun Apr 5- 10 AM- URBAN ENVIRONMENTAL CHALLENGE, VANCORTLANDT

Sun Apr 5- 9 AM- Run for the Parks 4m, Central Park

Sat Apr 11- 8 AM- Scotland Run 10K, Central Park * Club Points Race

Mon Apr 20- 10:30 AM- Boston Marathon

Sat Apr 25- 8 AM- Sybil Ludington 50K, Carmel NY

Sun Apr 26- 8 AM- More Marathon, Women Only, Central Park

Sun Apr 26- 8:30 - George Wodicka Hook Mt. half, Rockland Lake Park

Sun Apr 26- 9 AM- Leatherman's Loop 10 K,
Ward Pound Ridge

Sun Apr 26- 1 PM- Rye Derby 5 mile, Rye NY

Sat May 1- 10 AM- Bx Comm.College Hall of
Fame Race 10K, Bronx

Sun May 3- 7:15 AM- New Jersey Marathon/1/2
marathon, Long Branch NJ

Sun May 3- 8 AM- Long Island Marathon/ 1/2
marathon, E. Meadow NY

Sun May 3- 11 AM- Cinco de Mayo 5K,
Prospect Park, Brooklyn

Sat May 9- 10 AM- Yonkers Firefighters 5K-
Tibbets Brook Park

Sun May 10- 8 AM- Mothers' Day Races 10m/
4m, Central Park

Sat May 16- 9 AM- Healthy Kidney 10K,
Central Park* Club Points Race

Sideline Running Injuries

by Dr. Mark Eisen

Running is a phenomenal health-boosting activity—until you get injured. Running injuries are primarily caused by overuse due to training errors, such as running too far and too fast. Running injuries can result in restricted spinal movement and misalignment of spinal bones or vertebrae—a condition known as **vertebral subluxation**. Vertebral subluxations are linked to backaches, headaches and other health concerns. Here are descriptions of common running injuries and what you can do to treat/prevent them:

Sacroiliac Joint Dysfunction The sacroiliac (SI) joints connect the sacrum (the triangular bone at the base of the spine) with the pelvic bones (iliac bones). If movement within the joint becomes restricted – or too loose – it can result in sacroiliac joint dysfunction, a painful condition.

Shin Splints & Stress Fractures Shin splints, characterized by pain along the front

or either side of the lower leg, are caused by inflammation of the sheath-like covering surrounding the tibia--the leg bone connecting the ankle to the knee. Shin splints can be sparked by running on hard surfaces, running on tip toes and jumping sports. Prevent shin splints stretching techniques, shin supports and appropriate footwear. Stress fractures can mimic shin-splint symptoms. Long-term disability may occur if stress fractures are not diagnosed and addressed. This is particularly true for women, who are more frequently affected by stress fractures than men.

Osteoarthritis (OA) Hip osteoarthritis may produce persistent pain that worsens with running. A recent study found that chiropractic—particularly when combined with heat—is a truly winning formula for treating OA-related discomfort.

Running Injury Prevention Tips

Stretch Perform stretching exercises for the lower extremities on a regular basis – as well as just prior to and following a run.

Strengthen Strengthening the muscles in the front of the calf and hamstrings to counteract tight calves and quadriceps prevents shin splints by reducing tension on the tibial bone.

Be Aware of Posture and Foot Position When running, concentrate on your posture. The idea is to keep your center of gravity in *front* of your foot strike – not behind it. Also, avoid landing on the heel or ball of your foot.

Finally, any plan that involves “running through the pain” often escalates a minor injury into a major catastrophe. If you are in pain, stop and make adjustments to your gait and posture before proceeding. If these adjustments don’t help, get a full chiropractic evaluation. In short, the entire functional kinetic chain must be considered and weak links identified.

Dr. Mark Eisen is with the RiverdaleWellness Group; www.RiverdaleWellness.com

Exploring Sonoma on the Run

by Bette Clark

I sit at my conference in Sonoma, California, managing the monotony of being indoors on a beautiful sunny day; it's 68 degrees, positively balmy compared to the 14 degrees I'd left behind in New York. When we are released from the last presentation, I walk with some people one mile to the town square, but then I take off by myself, running up the road to the cemetery that I'd found on a run the day before. I keep going until I find a trailhead with a sign for the Overlook Trail. I see it is about a 3-mile loop, short enough for me to complete before dark. I head up the clay-colored trails and suddenly there is lush, tall green grass around me, in stark contrast to the crumbly reddish earth underfoot. I keep climbing, pass a walker, and then a runner on her way down; good, I'm not the only one up here. The foothills are all around me, the town is receding, and I am breathing harder as I keep heading uphill. The view of the Sonoma Valley below unfolds. It is magical—hills, vineyards, a town square in the distance. But I don't linger because dusk is approaching quickly and the air is cooling. I don't relish running downhill on a rocky trail in the dark. I see two people at the top who point me to a different way down, but as I start out, I see I am on a fire break path rather than a real trail and it is much more rocky and overgrown than the main trail, so I turn back and find the trail and begin my descent. I love running down hill and I fly. I keep running down, feeling full of energy, watching the sun sinking below the hills, an evening chill in the air, along with the scent of eucalyptus, bay and lemon, and I reach the trailhead. Then I notice

the sign that I had not seen on the way up. It warns of mountain lions, rattlesnakes, and poison oak!! I ask a woman I see at the edge of the cemetery: "Is it true?" Are there really mountain lions here?"

"Oh yes," she says, "but I've only seen one." I smile and run back to the hotel, invigorated the excitement of my run, ready for a good dinner and wondering what adventure I'll have the next day... The next day, on my run, I find several different wineries, do some wine tasting, and then top it off with some chocolate tasting in a store in the town square. The day after, I find more wineries but miscalculate distance and run back in the dark in a ditch along a busy road.

This is what I love about running--what better way to explore new places on foot, all the while putting in the miles doing what you love. As Albert Camus stated, "In the depths of winter, I finally learned that within me there lay an invincible summer."#

When the Old Were Young

VCTC's inaugural year of 1978 saw its first NYC Marathon with 7 members competing. Does anyone remember any of them? Can you believe that Eric, at age 31, was the eldest. With Mitch's time of 3:43 being the fastest, age hasn't slowed the Club. Far fewer runners in those days, too. The following year VCTC had 33 runners in the marathon, including Jack Finger and Ramon Ruiz who was 2nd for the team in 2:56.26. Mark Gronner brought the team home in 2:49.29.

Mitch Strong	M30	3729 th	3:43:34
Daniel Cordova	M23	4169 th	3:49:24
Keith Maier	M22	4612 th	3:54:22
Marion Nahoum	F30	4613 th	3:54:22
Eric Siegeltuch	M31	6589 th	4:23:46
Thomas Kennedy	M28	6756 th	4:26:42
Ovadine Wilson	F27	7370 th	4:39:39

Meeting Olympians Kara Goucher and Bernard Lagat

by Rachel Isaac

Thursday started off like any normal winter school day: waking up to my father talking about his next marathon, my brother playing Metal at 6:30 AM, school, just the regular stuff. At 2:30 that afternoon however, this all changed. I hopped into the car with my father and we drove to Manhattan.

Upon reaching the New York Running Company, a running store in midtown,

we met up with Rachel 2 (Kimber) who had, to my excitement, decided to join our little escapade. We ran a lovely three and a half mile loop on the Queensboro bridge. (I always find it exciting “knocking” people out of the way as a large pack of runners monopolizes the sidewalk.) We eventually returned to the New York Running Company store. Bagels, water, and fruit were handed out to us and then we waited rather impatiently to meet Kara Goucher and Bernard Lagat.

After a short period of time, Kara and Bernard came out to be interviewed. The crowd got to ask questions. The audience had some very interesting questions for the

two. “How do you get used to the dryness of the indoor air?” was a question that really hit home for me as I continually struggle with the air quality when running at my indoor races. Bernard responded by saying that he pushed himself extra hard outside and would generally try to train in bad or worse conditions then the ones he would be running in on race day. Some other questions were about diet. Kara said she has a very balanced diet, and doesn’t “carbo-load”. Bernard informed us that he likes to grill steaks, but he won’t eat a whole porterhouse the night before a race, maybe only half. Wow! That really got me to cut down my steak intake in my pre-race diet. One other quote that really got to me was from Kara. She said, “Running hurts, no matter how fast you are.”

To tie up an already fantastic evening, I got to meet Kara and Bernard. They handed out autographed photos and I got my picture taken with Kara. All in all, it was a fabulous evening. The only disappointing thing-having to explain to my friends at school who Kara Goucher and Bernard Lagat are and what the Millrose Games are. #



Rachel and Kara share stories at the New York Running Company

2008 Awards Dinner Celebration

January 18, 2009



***VCTC's star-studded Women's 50+ team with benefactor Inger-Johanne Berger
(l to r) Bette Clark, Kate Donovan, Rosza Gaston, Berger, Jill Staats, Shirley
Middleton, Vera King, Adrian Hunte-Smith***



***Female Runner of the Year
Shirley Middleton***



***F50-59 Winner
Jill Staats***



***Male Runner of the Year
Mike Arnstein***

Drills for Runners

by Olympian Lynn Jennings

Each of the following running drills should be done once or twice a week in the middle or at the end of a short to medium distance run. **Do each drill twice, covering between 20 and 30 meters for each one.**

Walking on the Balls of Feet: Walk forward with a steady movement rising markedly onto the balls of your foot each step. Arms and hands held in normal fashion. Keep your heels off the ground.

Stretching Hip Joint: With hands clasped behind your head, elbows straight out, walk forward, aiming to step on the balls of your feet and allowing for a very brief pause before each step. Feel the stretch of your hip joint in the trailing leg. You are extending and thereby stretching the hip joint. If you do not feel a stretch, try reaching a bit further with your steps.

Stretch Hip Joint—Hands High: Using the same technique as in the previous drill, with hips high and forward, walk with your hands held straight up overhead. With each step,

reach with your fingers as high as possible to feel the hip joint stretch.

Jogging Elastically: Jog forward slowly, staying entirely on the balls of your feet, heels not touching the ground at all. Try to feel as if you are supporting your weight “elastically” on the balls of your feet.

Extensions of the Ankle Joint (Side to Side): Exaggerating the form of jogging elastically (above), jog forward and forcefully push off by flexing the calf muscle and extending the ankle joint. You achieve a motion of short bounds, forcefully propelling yourself via extensions of the ankle joint.

Heeling: Run forward with the intent of lightly kicking your buttocks. There is no appreciable knee lift here. Arms and hands held in a normal fashion.

High Knee Lift: With quick steps, lift the knee as high as possible with each step. Move forward slowly. There is no

extension of the stride here as the objective is height. Arms held in normal running style. Forceful action with the arms aids in lifting the knees.

Skipping: Skip in normal way. Feel smooth, relaxed, and effortless.

High Skipping: With skipping rhythm, drive up one knee and opposite arm, pushing off vigorously. Equal emphasis is given here to push off and drive off free leg.

Prancing: Jog as you did jogging elastically (above), staying on the balls of your feet, but incorporate more knee lift. Achieve a prancing effect. #



Riverdale Y
Riverdale YM-YWHA
Invites you to run

The Riverdale 5K

Sunday, May 3, 2009

8:30 am

Start/Finish:
Riverdale Y
5625 Arlington Avenue
Bronx, NY 10471

Age Group Awards
Post-race refreshments
Live music
Sports bags & giveaways
Raffle drawings

For more information
Race Director Lisa Bruskin
(718) 548-8200, ext. 241 LBruskin@RiverdaleY.org

Online registration: www.databarevents.com/rivery5K.asp
Entry fee: \$20

Run the lovely leafy streets of Riverdale!





Race Report

Caumsett 50k USATF Nat'l Champs Lloyd Harbor, L.I. March 1, 2009

by Kevin Shelton-Smith

The forecast was for snow and wind, and so it was, on and off throughout the morning. While the Club was putting a great effort together at Coogans Salsa 5k, I was on Long Island for the 50k National Championships. I was using the race as a training run for the Grand Union Canal Run 145 mile race in the UK in May.

The route consisted of just over thirteen 2.35 mile loops of undulating parkland on a surface of asphalted concrete. This hard surface began to hurt my feet, so much that I eventually used the shoulder whenever I could. For the first few loops, I settled into a pack of 3 ladies who were all chatting about their races around the world for .0the US Team. We started out at just over 7 min/mile pace but by Mile 23 I began to slow considerably, going through the 26.2 in about 3:20 and then slowing a lot, finishing

the 50k/31.2M in 4:10:48. At some point I looped past Lanny Levitt only with time for the shortest of chats. He went on to finish 76th OA in 6:06:19. I felt pretty much wrecked by the end. I worry that in May at the Canal Run, with another 114 miles to go, I feel a lot better after the first 31. It wasn't my best 50k, but it turned out to be enough for 16th OA and 3rd in class, but as a non-citizen I wasn't entitled to an award. I was just happy to have been able to take part. Now I've got some serious distance training to do! #

Lost in the Bronx Bronx Half-Marathon Feb. 8, 2009

Bill Rodgers once said that he had never met a long-distance runner he didn't like. VCTC member Rachel Kimber embodies that sentiment. This e-mail received after the Bronx Half tells the story:

"Today I ran the Bronx 1/2 marathon, being from upstate NY and not knowing the Bronx and finding parking very difficult I ended up a lot farther away from the start and had no idea where I was or

how to get to the start. I ended up on Bainbridge Avenue, I know, how did I end up there, I wish I knew. Feeling like I would miss the start and be miles behind in the race was a bit upsetting, as I was about to make a decision as to which way I should head. I looked up the street and saw a runner and noticed a bib; to my luck it was a member of your club. We jogged to the start and she was my saving grace today. When we got to the start I thanked her and told her to have a great race and she in turn replied the same, but before we parted we also exchanged names and her name was Rachel. Looking at the race results tonight and looking at the names in the Van Cortlandt Track Club, the only Rachel there is Rachel Kimber. I would like to thank her for helping me find my way to the start; getting back to the car was easy-just a long walk. If you could pass this on to her I would really appreciate it. If anyone from the Van Cortlandt Track Club is ever lost at a race up here in Orange or Sullivan Counties they will also have a guide to help them find their way."

—Joseph Marchesano

ed note: Rachel also did a PR in the race. Way to go Rachel. It pays to be nice!

Race Results

Race/
time Name Sex/Age PI

NYRR Fred Lebow Classic 5M Jan. 10, 2009

30:30	Kevin Shelton-Smith	M48	4
35:31	Jeff Powell	M37	
35:34	Erick Fernandez	M27	
42:26	Edward James	M62	
44:31	Ramon Ruiz	M69	
49:45	Marysol Ruiz-Zapata	F42	
50:33	Edith Jones	F69	
51:46	Roxanne O'Brien	F42	
56:49	Michael O'Brien	M45	

Key West Half Marathon Key West, Fla. Jan. 25, 2009

1:39:28	Dave King	M58	4
1:39:59	Dick Conley	M54	1
1:51:57	Firdaus Dotiwala	M40	
1:53:36	Bette Clark	F53	3
2:02:40	Jill Staats	F57	5
2:11:09	Adrian Hunte-Smith	F55	
2:22:10	Bill Smith	M64	

NYRR Manhattan Half Marathon Jan. 25, 2009

1:18:23	Michael Arnstein	M32	
1:33:50	Eric Nolan	M30	
1:39:01	Erick Fernandez	M27	
1:41:35	Neil Leibowitz	M33	
1:50:19	Rachel Kimber	F27	
1:50:35	David Isaac	M46	
1:51:43	Shirley Middleton	F54	
1:56:34	Dominic Lombardo	M41	
1:56:45	Jason Krasner	M35	
1:59:09	Edward James	M62	
2:01:18	Zafar Shahbaz	M51	
2:03:03	Arnold L Gore	M68	
2:16:13	Jo Ann Pate	F34	
2:17:37	Tami Luhby	F38	
2:18:35	Gilda L Serrano	F60	
2:19:44	Marysol Ruiz-Zapata	F42	
2:21:15	Susan R Epstein	F65	4
2:40:44	Gail Marquez	F30	

Colworth 4M XC Britain Jan. 27, 2009

29:29 Kevin Shelton-Smith 1 OV

Race for the Cure 5K Jan. 31, 2009

22:45 Firdaus Dotiwala M40

NYRR Gridiron Classic 4M Feb. 1, 2009

27:02	Jeff Powell	M37	
31:41	Kathryn A Donovan	F50	
32:52	Arnold L Gore	M68	3
33:34	Edward James	M62	
34:53	Ramon Ruiz	M69	
38:50	Gilda L Serrano	F60	
40:06	Marysol Ruiz-Zapata	F42	
40:12	Edith Jones	F69	
42:22	Roxanne O'Brien	F42	
43:57	Fernando Ruiz	M77	
45:49	Michael O'Brien	M45	
58:05	Ramon Minaya	M69	

San Blas Half Marathon Coamo, P.R. Feb. 8, 2009

2:22:09 Michael Yorio M62

NYRR Bronx Half Marathon Feb. 8, 2009

1:15:21	Michael Arnstein	M32	3
1:22:53	Kyle Hall	M30	
1:23:51	Kevin Shelton-Smith	M48	4
1:32:16	Neil Leibowitz	M34	
1:36:25	Erick Fernandez	M27	
1:38:56	Eric Nolan	M30	
1:40:01	Richard P Conley	M53	
1:41:35	Rachel Kimber	F27	
1:44:52	Anthony C Thoman	M46	
1:46:06	Dominic Lombardo	M41	
1:46:45	Jason Krasner	M35	
1:50:55	Shirley Middleton	F54	
1:53:41	Kathryn A Donovan	F50	
1:53:45	Victoria Arnstein	F38	
1:55:27	Bette Clark	F53	
1:56:50	Emily Wasserberg	F43	
1:57:12	Edward James	M62	
1:59:51	Michelle Conley	F20	

2:00:51	Jill Staats	F57	3
2:01:01	Arnold L Gore	M68	
2:04:21	Zafar Shahbaz	M52	
2:11:29	Katherine Callan	F46	
2:14:43	Jo Ann Pate	F34	
2:15:43	Adrian Hunte Smith	F55	
2:20:53	Susan R Epstein	F65	3
2:27:06	Marysol Ruiz-Zapata	F42	
2:33:53	Tami Luhby	F38	
3:22:02	Ramon Minaya	M69	
NYRR Al Gordon Snowflake 5K Feb. 21, 2009			
25:04	Edward James	M62	
26:08	Ramon Ruiz	M69	4
26:42	Miles Moloney	M19	
26:58	James Moloney Jr	M46	
30:36	Edith Jones	F69	4
Cherry Tree 10M Brooklyn Feb. 22, 2009			
1:29:06	Arnold L Gore	M68	1
1:46:29	Susan R Epstein	F65	2
Fort Lauderdale Half Marathon Fort Lauderdale, Fla. Feb. 22, 2009			
1:47:24	Firdaus Dotiwala	M40	
Caumsett 50k USATF National Championships Mar. 1, 2009			
4:10:48	Kevin Shelton-Smith	M48	3
6:06:19	Lanny Levitt		
Coogan's Salsa, Blues & Shamrocks 5K Washington Heights Mar. 1, 2009			
16:04	Michael Arnstein	M32	4
19:21	Peter H Coy	M51	
20:34	Jeff Powell	M37	
20:47	Erick Fernandez	M27	
22:15	David C King	M58	
22:26	Richard P Conley	M53	
22:46	Ken Rolston	M57	
23:23	Allen Steigerwald	M35	
23:40	David Isaac	M46	
23:58	Dominic Lombardo	M41	
24:06	Kathryn A Donovan	F50	
24:14	Jane Berger	F41	
24:20	Bette Clark		
24:34	Jill Staats	F57	4
24:35	Shirley Middleton	F54	
24:55	Edward James	M62	
25:56	Arnold L Gore	M68	
26:19	Katherine Callan	F46	
27:23	Lucas Ludgate	M 8	0
27:24	Allan Ludgate	M42	
27:45	Tami Luhby	F38	
28:01	Adrian Hunte Smith	F55	
28:30	Bill Smith	M64	
28:34	Gilda L Serrano	F60	
28:39	Jo Ann Pate	F34	
28:57	J. Vera King	F54	
29:32	Marysol Ruiz-Zapata	F42	
31:57	Roxanne O'Brien	F42	
32:11	Susan R Epstein	F65	
34:22	Fernando Ruiz	M77	4
34:43	Michael O'Brien	M45	
38:05	Ramon Minaya	M69	
Celebrate Life Half-Marathon Rock Hill, NY, March 8,2009			
1:25:12	Kevin Shelton-Smith	M48	
1:40:19	Dick Conley	M54	
1:51:49	David Isaac	M46	
1:54:05	Kate Donovan	F50	
1:54:12	Rachel Kimber	F27	
1:54:31	Ken Rolston	M57	
1:56:20	Bette Clark	F53	
1:57:48	Jill Staats	F57	
2:03:59	Arnie Gore	M68	
2:23:22	Susan Epstein	F65	
Add:	Freezer 5M		
	FDR Park, Feb. 15,2009		
39:45	David Isaac	M46	
<hr/>			
<u>Page 3 Quiz answers</u>			
1. Welshman Steve Jones, occasional training partner of Kevin Shelton-Smith.			
2. 27 year old Manhattan-born Jim Beatty became the first person to break the 4 minute barrier indoors, running 3:58.9 in Los Angeles in 1962.			

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. 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 May/June issue is April 20th. 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.

Urban Environmental Challenge We need volunteers for the following jobs: **Course Marshalls**-Ken and Dave will lead. **Registration**- Need a lead volunteer and helpers. **Baggage**-several people needed. **Set-up**- Jill will be leading that. **Interested volunteers should email Jill Staats at jdstaats@yahoo.com to be assigned**

Everyone should meet at the Tortoise and Hare the day of the race April 5th at 8:00am.

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