

Van Cortlandt Track Club newsletter

Spring Thaw

A Tale of Two Trails: Mudders and Grunters and Leatherman's Loop

by Bette Clark

*Since joining VCTC 5 years ago, I had been hearing stories about **Mudders and Grunters** (5 miles) and **Leatherman's Loop** (10K), two increasingly popular local trail races. This year, I was fortunate enough to have the opportunity to try them both.*

M*udders and Grunters* took place on March 29, a cold, rainy Sunday, the “perfect” weather for a trail race that promised to be a mudfest and offered awards to the “muddiest” and “bloodiest” finishers. This race is put on by the Taconic Road Runners in FDR State Park. I knew that I would be in for something special when I received an email from the race director a few days beforehand in response to my question about whether registration was still open: “Sure,” he said, “you can still come play in the mud with us.” “But,” he added, “you better bring me a beer because I’ll need one afterwards.” So on race day, I joined 465 other runners (along with Kevin Shelton-Smith and Andy Toledo from VCTC) at the start line. I looked with some disdain at those who had duct-taped their shoes to their feet as per recommendations on the race application. Come on, I thought, is this really necessary? We started by running a loop around a meadow and quickly reached a single track trail at the edge of the woods. Suddenly the people in front of me slowed down to what felt like a very slow walk. What’s going on, I wondered, at first glad to have a moment to catch my breath. Then I saw people trying to navigate the first of several bogs the course traverses. Each step required a serious effort to extract my foot from the thickest, blackest, stickiest mud I had ever encountered. With my first step, I was stuck up to my ankles, and after almost losing my shoe, managed to get one foot out with the help of someone yanking on my leg as I lifted with all my strength. Once freed, I promptly fell forward and was now coated with clammy black slime up to my elbows—I laughed and thought, well now I might have a chance at the “muddiest” prize. For the next several miles, a young boy, maybe 9 or 10, stayed just in front of me. No fair, I thought, as he flew over the mud troughs like a gazelle and easily slid under the trees that blocked our path. Small size is a definite advantage until it comes



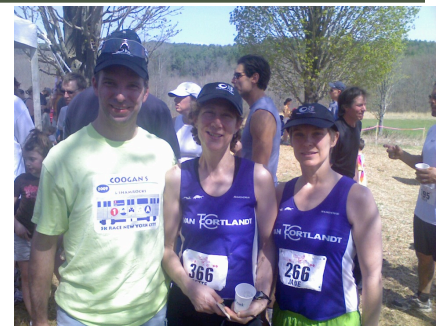
Bette loving the mud in *Mudders*

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to leaping across streams. When we reached solid ground and ran on a stable surface, I was struck by how different it felt. A marshal standing at a crossroads yelled out “mile four” and I was genuinely disappointed that there was only one mile left!! Then we got to the final and deepest stream crossing—this year it was waist high and frigid—with a rope strung across to help you stay upright. Did I mention that there is also an award for the most dramatic stream entry? The banks were lined with cheering spectators urging me to jump in!! I leapt in without any hesitation and got out as fast as I could, the cold absolutely numbing. Then up a slippery slope, out of the woods, and there was Adrian Hunte, pointing the way and cheering me on. Up another steep slope and I was finished. I didn’t win the prize for “muddiest,” which went to two young women wearing silver

tinsel wigs but I did win a pink pig cookie for a second place age-finish. This was almost withheld when I admitted to the race director that I had forgotten to bring him a beer. He handed me my prize only after I promised him a beer next year, when I know I’ll have a shot at the “muddiest” again.

Leatherman’s Loop, a 10K trail race held at the Pound Ridge Preserve in Katonah, is also a race that takes you through mud and varied terrain, but is much tougher, with serious uphill climbs, including 45 degrees up a “sand pit” (where you are greeted with the sound of bagpipes) and multiple stream crossings. It is also associated with the legend of the Leather Man, a mysterious figure dressed in a leather suit who reportedly continuously walked a 350 mile loop around the area in the mid 1800’s, lived on nuts and berries and the generosity of people he



Alan, Bette and Jane

encountered. Two other VCTCers, Jane Berger and Alan Ludgate lined up with me at the start along with about 900 others runners. For this race, the temperature at start-time was 80 degrees. I had been warned to sprint from the start across the field in order to avoid being stuck behind too many people on the single track—so I did just that, and found that I easily settled into a pace that felt comfortable, a few times passing people, a few times being passed, with ample room to find my way around someone by cutting into the woods. continued page3

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

Where *Mudders* and *Grunters* evoked the child-like pleasure and sense of wonderment you might get from a romp in the mud, *Leatherman's Loop* evoked a sense of mystery and excitement as you push yourself forward and are greeted by nature's challenges, maybe because of the aura created by the legend. While this was a more difficult race, the ground rockier and more slippery (I observed people falling many times, from graceful somersaults to painful thuds—I managed something in between), the climbs steeper and more frequent, I also ran it joyfully, with almost no sense of the distance traveled. The deep stream crossing near the end felt wonderfully refreshing in the heat, and a big contrast to the icy plunge of *Mudders*.

What I love about trail races is how varied the terrain is underfoot and all surrounding you. Maybe because I pay so much attention to the ground, I lose track of time more readily, but I do forget time and place and really just live in the moment in a way that feels incredibly liberating. Because people are in front and behind and sometimes out of sight, it is easy for me to forget I am in a race and I just imagine I am running through some primeval woods. This time, I won an apple strudel for a 2nd place age finish. I went home smiling. Can't wait to run another trail race. Any suggestions....?

SUGGESTED TRAIL RACES

From Allan Ludgate

* Escarpment Trail Run 30K, Windham NY; "The iconic East Coast trail race. 35 years young, still run by the founding Race Director, very intense terrain, field limited to 200 runners. This race is a bad boy but an incredible experience." JULY

* Mt. Penn Mudfest 15K, Reading, PA; "The signature event of Ron Horn, the clown prince of trail running - this race takes place the day before Easter, and features a stuffed pig fired from a cannon at the start, an in-race Easter egg hunt, and a choice of water, beer or margaritas at the last aid station." APRIL

* Half Wit Half Marathon, Reading PA; "Another Ron Horn special, the slogan for this race is 'A mind is a terrible thing...' - fantastic course, great organization, and it ends at a German beer garden." AUGUST

From Charles Brewster

* Mt Penn Mudfest 15K, Reading, PA; "The name says it all!" APRIL

From Dominic Lombardo

* Cook Your Buns 5K, Old Greenwich, CT; "Some reasons I like it: it's in Tod's Point Island in Greenwich; you can watch the sunset; there's a big barbecue afterwards, hence the name oh, and good-looking buns.."

From Katherine Callan

* Nipmuck Trail Marathon, Ashford, CT; "I read online that, due to popularity, the race director is only accepting runners who've done this one in the past. My favorite details were doilies and WWII gas masks in the port-o-john and a log trophy." JUNE

From Tony Thoman

• Triple Crown 5k, 10k and half marathon, Newark, DE; "The half marathon course runs along a rapid river full of fly fishermen. When it leaves the valley, the course alternates between woodland and pasture. Much of the footing is easy, as there are no rocks, and few roots. There are enough downed trees to keep the course challenging, but few opportunities to twist an ankle." APRIL

From Kevin Shelton-Smith

* Mudders and Grunters, FDR State Park, Yorktown, NY; "Just great fun, really muddy, easy to find, friendly and yet low key, low cost, free t-shirt and high standard of competition." MARCH

Via email from race director

* The Forest Park Classic 4 miler, Woodhaven, Queens; "4 mile modified out and back loop through and around the rails and roads of Forest Park; proceeds to benefit Memorial Sloan Kettering Cancer Center." MAY

On The Run

by President Bette Clark

As summer weather seems to have arrived abruptly and we gear up for warmer weather running, I am struck by how we adapt to our running environments, whether it be the climate or the terrain, and how versatile we can be as runners. Just two weeks ago I ran a half-marathon in Montreal in 38 degrees; this past weekend, I ran a trail race in Katonah, NY in near 80 degree weather.



Racing in Montreal, my home town, for the first time, I had a new running experience in a different city and country, yet felt connected to a group of strangers by a common running culture. Running on a loop around Isle Ste. Helene (the site of Expo 67) and Isle Notre Dame in the middle of the Ste. Lawrence River, I could have been running along the edge of the Hudson river. Logistics were easier here than in a big NYC race (“only” 1800 runners versus the 6000 plus we have become accustomed to in Central Park), people were politer, the timing chips were strapped around my ankle with velcro bands rather than attached with plastic ties to my shoe, course markers were in kilometers rather than miles, and we were cheered on with shouts of “allons-y!!” rather than “let’s go!!” Nonetheless, many things were the same: there was comraderie among runners and most certainly the fastest runners won!! Lest you think Canadians are laid back and slow (or think that all the fast ones were in Boston that weekend), the winning time for the half was 1:03!! You can strip it all down to the basics in racing: it’s about running fast, and race times don’t require translation (even when distances are measured in kilometers versus miles—we all know

what that means). This was the first time in a while I’ve run in a race where I didn’t “run into” some one I knew—and yet I felt I had so much in common with the runners and it was easy to strike up a conversation and to run with them. But it is being an integral part of a local community of runners through a club like VCTC that makes my running experience so much more meaningful and richer.

It is this mixture of competitive and social urges that I think draws many of us to racing and to being a part of a club like VCTC. When we put on our own races like the Urban Challenge, we are putting this all together for the benefit of others. Thanks to all the hard work of our race director, Jill, and all the people who helped out this year both on the trails and behind the scenes, we once again gave runners a great racing experience. We continue to encourage each other to set new goals and this comraderie along with the competition drives many of us to push even harder in races we take part in.

With the Summer Series beginning on May 21 and the Ramble coming up on June 7, we will again work hard as a team to support our race directors (Dave King for the Ramble, Fred Daley and David Isaac for the Summer Cross Country series) to put on the races that have become local favorites. Hope you all come out to help (and run in the series). There are so many races over the next few months—make sure you sign up for NYRR points races so we can score as a team (next is the Healthy Kidney on May 16), but also get out there and try a different race, in a different park or community. You don’t have to travel around the world to have new racing experiences (though a big congratulations to Zafar who did just this when he completed a marathon in Antarctica last month and met his goal of running a marathon in every continent). Just traveling a bit north (to Sullivan county or up the Taconic) can give you a whole new race experience. Try a trail race if you’ve never done one. Get out there and have fun...#

Coach's Corner

by Ken Rolston

Spring,
or what
passes for
it, is finally
upon us.
'Twas a
mighty
strange
April we



witnessed, with temperatures that
ranged from ice-stormin' 20's
right up to mid-summer 90's.

Along with record-breaking
weather, the running world
experienced some amazing feats.
How often is it that a runner wins
a major marathon in 2:05 and
everyone yawns? That's
precisely what happened in
London as Kenya's Sammy
Wanjiru won as predicted, but
failed to break the world record
because the rabbits went out in
sub-2 hr pace. Ooops !

Meanwhile in Paris and
Rotterdam, 13 Kenyan runners
broke 2:09, including a heart-
stopping 2-man dash in
Rotterdam with both runners
crossing the line in 2:04.27. So a
new era of fast marathoning is
upon us. Consider this: Before
April of 2008, only 5 men had
ever broken 2:06 (Khannouchi,
Tergat, Korir, Rutto and
Gebrselassie). Now in the first 4
months of 2009, 8 men have run
2:05 or better !

The real excitement occurred
in Boston with Americans Kara
Goucher and Ryan Hall poised
and hyped to become the first
American winners at Boston in a
long time. Each runner wound up
3rd with entirely different tactics.
Hall charged out front for the
first 10 miles, dropped to 10th in
Heartbreak Hills and fought his
way back to a 2:09. Someday
he'll win a major and there's no
doubt he's the best marathoner in
the US.

As for the women, I didn't
understand why the leaders went
out so slowly, but they did,
enough for Goucher to
contemplate pulling a Kevin
Shelton-Smith and go back to
back Boston-London. She
worked hard for the last 5 miles
but it wasn't enough to hold off
the top 2 who staged a
magnificent duel down Boylston
Street. It was the slowest
women's race in 20 years. But I
do believe Goucher will be a
force in London 2012.

Our own Michael Arnstein
came in 110th overall in 2:35.45.
Maybe we'll have a VCTC
contingent back next year !

Speaking of VCTC, since this
newsletter IS about us, we're
back on track Tuesday nights at
Van Cortlandt. We'll be
preparing for the summer series
races which begin on May 21st.
As the days get longer we'll
incorporate hill workouts on the
cross-country course to help us
prepare for the roller coaster ride

of the back hills. Ah, Cemetery
Hill repeats, back loop repeats,
final 800 stretch repeats. On the
track we'll vary the menu from
200 meters to 2000 meters
depending on weather and the
coach's idiosyncrasies. Please
bring your ideas to help keep the
workouts fresh and interesting.

Our astounding 50+ women
remain in the lead for the NYRR
club points series. Please note the
points races on the posted
schedule and we'll try to get a
contingent to both race and cheer
on their fellow runners.

What's the best way to run
best times, even splits. How even
is even ? For top runners the
splits should stay within 5
seconds per mile. If in doubt,
early pace should be a bit slower
than the goal pace. It's easier to
make it up later, though it's often
counterintuitive to hold back. So
we'll work on that element
during track repeats.

Upcoming Races:

May 10- Sun 8 AM Mother's
Day Races, 10m/4m Central park
May 16- Sat 9 AM Healthy
Kidney 10K- Central Park * club
points race
May 16- Sat 8 AM West Point
Races 5K/10K- West Point
May 17- Sun 9 AM MINT 5K-
Botanical Gardens- Bronx NY
May 17- Sun 9 AM New Castle
10K- Chappaqua

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Recipes

by Diana Cecil

Roasted Red Pepper Soup

- 3 pounds red bell peppers quartered lengthwise
- 4 oz shallots peeled
- 12 large cloves garlic, peeled
- ½ cup extra-virgin olive oil
- 1 Tbs. Balsamic vinegar
- 2 cups water
- ¼ cup light (low fat) sour cream
- ¾ tsp. Salt
- 1 bunch chives, chopped for garnish

Toss the peppers, shallots and garlic with the oil. Spread in a single layer on a trimmed baking sheet. Broil about 8

inches away from the element on high until the pepper skin begins to blacken and blister (about 10 minutes) Turn the shallots and garlic about halfway through and remove the garlic cloves once they are golden brown. Remove the baking sheet from the oven, cover with foil and let cool. Once cool enough to handle, remove the foil and peel the skin off the peppers.

Put the roasted vegetables and all the other ingredients into a blender or food processor. Blend on high until smooth. Gently heat to the desired temperature in the microwave or on the stovetop. Garnish with the chives. Makes about 8 cups.---Nutrition Action Health Letter October 2008 #

Light Seafood, or Poultry, Pasta

Prep Time: 15 minutes

Cooking time: 25-30 minutes

- 8 oz. whole-wheat linguini, or angel hair pasta
- 3 tbsp. extra-virgin olive oil,
- 1 lb. uncooked rock shrimp, or uncooked chicken breast, thinly sliced
- 3 cloves garlic, minced
- 3 tomatoes, cut-up, or 8 cherry tomatoes, halved
- 1-2 fresh basil leaves, thinly sliced
- 1/8 tsp. Pepper
- Cook pasta as directed
- In a large skillet, heat 2 tbsp. olive oil.

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Add shrimp or chicken. Cook 2-3 minutes on high heat.

Add garlic. Cook 1-2 minutes more.

Add tomatoes and basil.

Cook 5 minutes longer, or until meat is done.

Remove from heat.

Toss pasta with remaining 1 tbsp. oil and with pepper.

Toss tomato-meat mixture and pasta together. Serve immediately. Makes 6 main-dish servings #

Famous Quip

"A runner plans to run aggressively, to try to hang among the contenders, hoping he will will have enough left in

his legs to make a final surge on the closing hills. This is what he loves about running. The internal challenge. His performance will be up to himself and no one else."

"Responding when you don't want to, that's when the race begins." --Unknown #

Trail cleanup

From Margot Perron
Saturday May 16 at Noon, Eric Seiff has invited the Yale Track Club to work on the trails, meeting at the Horse Stables. It'd be great if your group (VCTC) could join this gang of

volunteers to fill some ruts or clear some swales.#

Addenda

For the record, VCTC founder Andy Kimerling ran 4:26 in the 1977 NYC Marathon, then followed that with a 3:58 in the 1978 NYC Marathon. #

Training Tip

"Use a roller. I roll my muscles for 10 minutes after every run to ease muscle tightness and stay flexible."

-Fernando Cabada, *Runners' World*, May 2009

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Shoo Goo-Viscoheel-Polar HRM-Sportslick-Bodyglide-Cho-Pat-Nip Guards-Powerstep-Smart Wool-Defect

NUTRITION

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Conquering The World

by Zafar Shabbaz

Five years after he started, Zafar Shahbaz completes his amazing quest to run a marathon on every continent



StartLine: Antarctica Marathon 2009

Zafar readies for his final conquest.

On March 10th, I ran the Antarctica Marathon—the seventh and last marathon to complete as a member of the seven-continents marathon club. My first out-of-New York/overseas marathon was in Hawaii (North America) then Paris (Europe), Rio De Janeiro (South America), Sydney (Australia), Johannesburg (Africa), Tokyo & Lahore (Asia), and the last/seventh—five years later-- was Antarctica.

Of the series, Antarctica was the most expensive, had the harshest weather conditions and was the hardest to get to—it took me one week to get to the start. We broke the trip into four segments: Chile, Buenos Aires and Ushuaia in Argentina then Antarctica. Our ship left Ushuaia, Argentina on the afternoon of March 7th. All of the passengers were runners. The ship cruised through Bigle channel, between Argentina and Chile, which was the smooth part. The next morning, we woke

up in the rough and windy Drag passage. A couple of people started getting seasick. We reached Antarctica on the night of March 9th. The ship stopped in the middle of the ocean and we used inflated boats to get ashore. We then walked two miles to start line, where it was cold and windy.

When the race started, we ran through mud, streams, miles of hilly, icy glaciers, big, loose rocks, and intense cold and rain (what torture). There were no time chips, no water or medical station, no ambulance, no marshals or spectators--except for penguins, seals, birds and an occasional whale. If someone were to get injured or sick, he or she would be in God's hands. At some sections of the course, there were no flags; they may have been taken by penguins or birds. My running partner and I got lost and ran three miles extra. It was OK. We were ready for it. We were told to carry our own water during the race.



Victory at last.

After the marathon, the good part of the trip started. We had four days to explore the white continent. The ship crew was very cooperative and friendly and the food was excellent. During the ride, we learned about the continents and its wildlife through the onboard lectures and movies arranged by the crew. We visited different beautiful

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parts of the continent. The ship cruised through icebergs, glaciers, snow-covered mountains and by penguins, seals and whales. It was also an academic trip; we visited research bases (Russian, Chilean and Argentinean). Antarctica is under the Antarctic International Treaty, signed by 15 countries, which established the rules and regulations to preserve the natural beauty of the continent and keep it pollution free, especially from humans. There are no houses, roads or air or seaports. The continent is used only for research purposes. The Treaty allowed the marathon only after a continuous struggle by the race director, who convinced the treaty's members that running is a prestigious sport and runners are cooperative, disciplined and non-polluting.

After my seven-continents project, I am thinking what next project will keep me running regularly for the next couple years. Running with purpose, I think, gives me discipline, punctuality, motivation to follow a healthy diet, good sleep and a good reason to see the world. I think runners are especially blessed people. #

The Ramble needs you-June 7

(see Club News page 16)

Zafar's Marathon Journey



Honolulu Marathon 2004



Paris Marathon 2005



Sydney Marathon 2006



Rio De Janeiro Marathon 2006



Johannesburg Marathon 2007



New York City Marathon 2007



Tokyo Marathon 2008

Donating My Body To Science

by Kevin Shelton-Smith

After entering the 145 mile Grand Union Canal Run (GUCR) on 25 May, I was asked to take part in some medical research at Birmingham University, England. This study was related to Leukemia and Alzheimer's treatment. So in January, I travelled to Birmingham for the first lab tests. This was a $\text{VO}_{2\text{max}}$ test to record my fitness. With heart rate monitor and nose clip in place, and with mouth pipe with laser devices in place to measure CO_2 out, the treadmill started. Speed began at 10 min/mile, increasing every 4 mins until after 16 minutes I was running at 6 min/mile. A 5 minute break was followed by running at 7:30 per mile, with the speed and gradient increasing every 2 minutes.

Once the gradient reached 10°, the speed rose until after 27 minutes I simply couldn't get enough air in for the work my legs wanted to do. Treadmills don't mimic racing, and I couldn't help feeling that in a race, with a finishing line ahead or someone to beat, I could have held on longer. But the test administrator, James, assured me that my oxygen consumption would have already peaked.

My result was 64ml of oxygen per kg of body mass per minute, which turned out to be better than they had seen previously. James reckoned that one loses 10% every decade, so I spent the next few weeks trying to work out what I would have achieved when younger and if I'd eaten fewer fish and chips, and done

some track work. Even at 49, at least in theory, the result showed that my cardio system isn't stopping me from running a 2:32 marathon, so I guess I'm just lazy.

In February I returned for the main study. Precise details of my food were taken over the preceding 72 hours, with no caffeine, alcohol or exercise allowed the

day before. I flew in just over 24 hrs before so I was able to drink all the free liquor on the British Airways flight. The meals tasted good too but getting the ingredients details wasn't easy. Having fasted overnight I arrived at 6AM. With my fitness level known, the treadmill speed was calculated to be set at 8:30 per mile pace to achieve an 80% effort for one hour. James thought that might be high but being over 2 mins/mile off my current half marathon pace, I was happy. Off I went, with monitors and a cannula in my arm, duly in place, with the gradient set to 3°, although with the huge cooling fans blowing, it felt faster. Blood samples were taken just before the start and every

15 minutes. After an hour, which seemed to take forever on a treadmill I had to run to exhaustion once more at the gradient and speed achieved previously. Then it was time for a 2 hour rest followed by more samples. I returned in April to replicate the whole thing exactly, including meals in the days before, but without the running.

So what's it for? James explained that chemotherapy destroys cancer cells but also the stem cells needed to repair the body. We release stem cells into our blood stream when we exercise and then develop some more. These could be taken from patients during exercise before they get radiation treatment, then could be put back into the blood stream later on to help restore good health.

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Kevin on a different kind of training run.

Plus after 40 minutes, the body releases cortisol into the blood, so the study checks to see what effect that has too. This is thought to peak 2 hours after completing exercise but no-one has checked to see what happens if you just keep running on and on. Also, it is thought that exercise helps to stimulate the brain cells. If so, in conjunction with other medicine, exercise could be used to help Alzheimer sufferers. So the idea is to see how our bodies react and additionally to the GUCR itself, to determine how much exercise is too much exercise. I apologise for being simplistic and if I got any of that wrong. The final phase of the tests will be blood samples taken before and at intervals from one hour up to one month after the race in May. In any event, I find myself being part of something really useful and not simply running for purely selfish reasons. If nothing else, this will increase my resolve to get to the finish line. Having the study depend on me may help me through those difficult hours of the race and inspire me to the finish line.

Being a somewhat charitable person but preferring deeds to sponsorship or coins in a charity bucket, I'm delighted to discover that I am able to make a significant contribution that very few are able to do. The study didn't simply need some folk, but

folk exactly like us. The problem is that there are few like us around; runners on the fringe of lunacy like me. In the next Newsletter I'll let you know how the race went. #

The Efficacy of a Good Warmup

by David King

*I*t was the first day of x-country, my sophomore year in high school. I had not yet taken a step in a training run let alone a competitive race. But before I ran any steps at all, my coach gave my team a lecture on the importance of a good warm-up. Back in those days(1965), a good warm-up consisted of jumping jacks, trunk twistlers,



spine stretchers and hurdlers' exercises. There was not all the information that one has today. Just do what works to loosen one's muscles, etc. I quickly found out by trial and error that a good warm up REALLY helped me in a race. As an example, later that season, our bus transporting the team to a far-off championship race got lost and we arrived at the

starting line just as the gun was fired. Without a decent warm-up, I was sluggish and tight, and runners I had beaten earlier in the year got away from me.

I was a good student, adhering strictly to what I had been taught. For the next four decades, I made sure I was "well-oiled" before going into a speed workout or a race. It always benefitted me.

Then came my knee injury in early 2004 and operation in 2005. I missed 2 years of running, having to start from scratch again in January 2006. In the process, I had to go through all those aches and pains of start-up running. And I did not always do what I had been taught so long ago.

But recently, as I was running a speed workout, I realized I felt SO much looser and stronger at the end, than I had at the start. Flashback to that first day in 1965. And my recent half-marathon in Key West was also an indicator. I got a good warm-up before and cruised effortlessly through the first miles. It's great to feel strong in a race.

So get a good warm-up before your speed sessions and races, even longer races. It will make those runs so much more pleasurable.#

The Summer Series needs you- Thursday May 21

(see Club News page 16)

Race Report

*Celebrate Life Half-Marathon,
Rock Hill, N.Y. March 8*

by Susan Epstein

With our current economic crisis, we hear of folks who have done everything right, but end up in hardship. If a person has cancer, he or she may have to choose between medications, or food to put on the table. That person may not be able to afford transportation to a treatment facility. The Celebrate Life Half Marathon in Rock Hill which several of us ran on Sunday, March 8, was a fundraiser to assist people with cancer who have these issues.

But more than that, it was a beautiful, challenging, hilly race in the country with a warm, indoor staging area in a hotel. Finishers returned to the hotel for a hearty meat, chicken and pasta dinner, with an awards ceremony for dessert. Our folks expressed frustration that we copped only one award—Bette Clark, as a survivor. The problem wasn't that we didn't run fast enough; others just ran faster. According to Kate Donovan: "We wuz robbed!" (she was passed at the finish by two buddies who tied for the 3rd age place). Jill Staats observed that the age winners were mountain goats, and

without a life. But remember, folks, we have the Ramble route and the back hills. And I have Fort Tryon Park (remember Coogan's? Not quite flat). No excuses. We trained hard, we ran well, and maybe we can train to beat some of them, sometime. I improved 6 minutes over the dismal 2:29 I ran last year at this race. Then I placed first, 60-69. This year with my 2:23 (on this difficult course I was pleased) I was fifth.

We didn't come home empty-handed, however. Every runner got a windbreaker and a goody bag. The road trip was fun, despite the loss of an hour of sleep due to the "spring ahead"

clock change. Thanks to Ken Rolston who came to drive and cheer, but then jumped into the race. Also, thanks to Bill Smith and Adrian Hunte-Smith for coming to support us. I appreciate Bill running with me in the last mile, motivating me to maintain my pace.

On our return, a planned stop at Woodbury Commons was canceled because everyone (except one) was tired. So this challenging, hilly race saved us money. Kevin Shelton-Smith, however, was dropped off in Peekskill to do a mammoth training run. We think he got home by 10 pm.

Go figure.#



On April 5th, more than 165 runners turned out in glorious weather (finally) to tackle the trails at the UEC Challenge.

Race Results

Time Name Sex/Age Place

NYRR 8k March 14, 2009

38:38	David Isaac	M46	
39:09	Shirley Middleton	F54	5
46:15	Gilda L Serrano	F60	3
47:10	Edith Jones	F69	5
58:11	Fernando Ruiz	M77	5
58:26	Roxanne O'Brien	F42	
58:27	Michael O'Brien	M45	
1:06:00	Marysol Ruiz-Zapata	F42	

Interclub Challenge 5K

March 15, 2009, Rockland State Park, Congers, N.Y.

35:45	Fernando Ruiz	M77	
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Colon Cancer 4M Challenge March 22, 2009

32:18	Shirley Middleton	F54	4
37:14	Gilda L Serrano	F60	4
37:47	Marysol Ruiz-Zapata	F42	
53:18	Ramon Minaya	M69	

Colon Cancer 15K Challenge March 22, 2009

1:17:35	Edward James	M62	
1:45:55	Fernando Ruiz	M77	3

Wurtsboro Mountain 30K March 28, 2009, Wurtsboro, N.Y.

2:04:42	Kevin Shelton-Smith	M49	3
2:29:41	Dick Conley	M53	
2:55:45	David Isaac	M46	
3:01:00	Jill Staats	F57	
3:38:03	Susan Epstein	F65	
3:56:09	Carl Morrishow	M52	

Mudders and Grunters 5M Trail Race FDR State Park, Yorktown, N.Y.

52:01	Bette Clark	F53	2
1:01:52	Andy Toledo	M29	

Run for the Parks 4M April 5, 2009

25:41	Eric Nolan	M30	
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31:36	Paulino Santana	M48	
32:24	Shirley Middleton	F54	
32:29	Edward James	M62	
34:28	Andy Toledo	M29	
37:22	Edith Jones	F69	2
37:23	Ramon Ruiz	M69	
37:37	Salvatore Carretta Jr	M52	
37:44	Gilda L Serrano	F60	
38:06	Roxanne O'Brien	F42	
39:37	Marysol Ruiz-Zapata	F42	
47:40	Michael O'Brien	M45	
51:22	Ramon Minaya	M69	

Homecoming Scotland Run 10K April 11, 2009

36:57	Kyle Hall	M30	
43:35	Jeff Powell	M37	
46:12	Erick Fernandez	M27	
47:45	Allen Steigerwald	M35	
48:13	Rachel Kimber	F28	
49:10	Bette Clark	F53	
49:48	Horace Grant	M29	
50:12	David Isaac	M46	
50:23	Shirley Middleton	F54	
50:26	Salvatore Carretta Jr	M52	
51:20	Jane Berger	F41	
51:24	Jill Staats	F57	1
52:53	Edward James	M62	
55:47	Dawn Netter	F38	
56:21	Adrian Hunte Smith	F55	
56:25	Louis Netter	M34	
56:57	Carl Morrishow	M52	
57:22	Jo Ann Pate	F34	
58:13	Tom Cleary	M60	
59:52	Jose D Cooper	M59	
1:00:48	Gilda L Serrano	F60	
1:01:37	Edith Jones	F69	5
1:02:58	Bill Smith	M64	
1:03:18	Sherry Fraser	F53	
1:05:12	Dominic Lombardo	M42	

Run as One 4M April 19, 2009

28:55	Allen Steigerwald	M35	
30:53	Paulino Santana	M48	
32:21	Edward James	M62	
33:42	Ramon Ruiz	M69	
37:07	Edith Jones	F69	5
37:24	Tom Cleary	M60	
37:25	Gilda L Serrano	F60	5

37:52	Roxanne O'Brien	F42
38:06	Salvatore Carretta Jr	M52
38:39	Andy Toledo	M29
44:07	Fernando Ruiz	M77
58:17	Ramon Minaya	M69

Boston Marathon April 20, 2009

:2:35:45	Mike Arnstein	M32
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Scotia Bank 21K (Half-Marathon)**Parc Jean Drapeau, Montreal**

1:47:12	Bette Clark	F53
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Leatherman's Loop 10K Trail Race**Ward Pound Ridge Reservation, Cross River, N.Y.**

1:07	Bette Clark	F53
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Delayed Results**San Blas Half Marathon****February 8, 2009, Coamo, P.R.**

2:48:53	Fernando Ruiz	M77
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Kings Park 15K**March 15, 2009, Kings Park, N.Y.**

2:00:36	Fernando Ruiz	M77
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RMHA**April 26, 2009 VCP**

24:10	Kate Donovan	F50
26:51	Arnie Gore	M68

Hall Of Fame 5k & 10k**May 2, 2009, Bronx N.Y.**

22:27.	Dave King	5k	M58
23:06.	Dick Conley	5k	M53
26:40	Kate Donovan	5k	F50
30:19	Vera King	5k	F54
.51:56	Arnie Gore	10k	M68
59:30	Jose Cooper	10k	M54
:1:02:53	Susan Epstein	10k	F65
:1:07:00	Fernando Ruiz	10k	M77

YM-YWHA 5k**May 3, 2009, Riverdale**

:18:37	Kevin Shelton-Smith	M48
27:14	Arnie Gore	M68
34:10	Susan Epstein	F65

Jersey Shore Marathon**May 3, 2009**

:2:38:00	Mike Arnstein	M32
:3:40:32	Rachel Kimber	F27

Send race times to Peter Coy via e-mail (petercoy@verizon.net) 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.

Upcoming races continued from page 5:

May 21- Thur 7 PM VCTC X-C series- 5K- Bronx

May 24- Sun 8 AM Vermont City Marathon- Burlington, Vt

2 May 25- Mon 8:15 AM Jim Fixx Run- 5m- Greenwich, Ct

2 May 25- Mon 8:30 AM Briarcliff Has Heart 5K- Briarcliff Manor

May 30- Sat 8 AM Brooklyn Half Marathon- Brooklyn

June 4- Thur 7 PM VCTC X-C series 5K- Bronx

June 7- Sun 9 AM NY Mini Marathon 10K- Central Park * club points race

June 7- Sun 10 AM Riverdale Ramble 10 K- Riverdale*** VCTC event

June 12- Fri 6:30 PM Cook Your Buns 3m- Greenwich, Ct.

2 June 14- Sun 8:30 AM George Sheehan Classic 5m- Red bank, NJ

1 June 18- Thur 7 PM VCTC X-C series 5K- Bronx
June 20- Sat 9 AM Greenburgh Mile- Gilda's Run 1m- Hartsdale, NY

2 June 20- Sat 4 PM Shelter Island 10 K- Shelter Island, NY

2 June 21- Sun 8:30 AM Father's Day Race 5m- Central Park* club points race

1 June 24- Wed 7 PM Solstice Trail Run 15K- Mohonk Preserve, New Paltz, NY

2 June 28- Sun 8:30 AM Fairfield Half Marathon & 5K- Fairfield, Ct.

10V July 2- Thur 7PM VCTC X-C series 2 x 2 person relay, Bronx

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

10V July 12- Sun 8 Am Utica Boilermaker 15K/5K, Utica, NY #

Ramble Assignments

**The Ramble takes place on
June 7, 2009**

Registration:

Coordinator: Vera King

Katherine Callan
Susan Epstein
Rozsa Gaston
Tami Luhby
Ann McKeague
Shirley Middleton
Dawn Netter
Linda Norton
Sandra Selikson

Shirt Distribution:

Coordinator: Bette Clark

Gilda Serrano
Hugo
Shelly Ann Stewart

Food and Drink Saturday:

Dave King
Ken Rolston
Bill Smith
Gary Spalter

Food and Drink Sunday:

Coordinator: Diana Cecil

Wanda Bills
Enid Burns
Alma Caparas
Adrian Hunte-Smith
Naomi Marcus
Kathy Nolan
Gary Spalter
Maureen Thoman

Water Stop #1:

Charles Brewster
James Harkins
Ed James
Danielle Rosario-Mullen

Fernando Ruiz
Hector Santiago

Water Stop #2:

Ed Crawford
Dan Flynn
Jean Harkins
Carl Morrishow
Ivan Raganonnan
Selma Sequiera-Raven

Water Stop #3:

Dick Conley
Frank Lindsay
Rafael Morales
Marisol Ruiz

Photographs:

Rachel Isaac
Tony Thoman

Start Line/Finish Line:

Coordinator: Fred Daly

Peter Coy
Jane Berger
Bill Gaston
Rachel Gissinger
Matt Holzer
David Isaac
Willie Kaye
Rachel Kimber
Neil Liebowitz
Dominic Lombardo
James Moloney Jr.
Louis Netter
Norris Ogaard
Mahesh Patel
Steve Park
Jeff Powell
Zafar Shahbaz
Jill Staats
Allen Steigerwald

Andy Toledo
Steve Tu

Split Timers:

Alan Dorfman
Chris Ekstrom
Alan Ludgate
Otis Matthews
Earline Smith

Course Marshals:

Coordinator: Ken Rolston

Larry Barazzotto
Blas Abadia
Dennis Burns
Miguel Cabrera
Luis Colon
Jose Cooper
Kate Donovan
Israel Good
Arnie Gore
Mike Hudick
Ramon Minaya
Henry Moorehead
Eric Nolan
Richard Ortiz
Ramon Ruiz
Paulino Santana
Gary White

Traffic and Parking:

Coordinator: Mac McKeague

Hubert Dyasi
Elsa Gonzales
Steve Klein
Dewey Palmieri

**Please be at JHS 141 at 7 a.m.
If your name is not on this list,
please show up anyway. There
will be something for you to do.**

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 Van Cortlandt Stadium track at 242nd St and Broadway, 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 July/August issue is June 25th. Maximum length is 600 words. Please e-mail to Dave King via the Yahoo group page and try to include a photo.

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

Summer Series The *Summer Series* begins Thursday evening May 21st, 7 p.m. Volunteers are needed. Show up at the Tortoise and Hare in VCP at 6 p.m.

Riverdale Ramble The *Ramble* takes place on June 7 at JHS 141, Independence Ave and 237th St. This year more than ever we need many volunteers for the finish line(Fred Daly is doing our timing). Race time is 10 a.m. Volunteers should show up at 7 a.m.

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471