

Van Cortlandt Track Club newsletter

Benefits of CrossTraining

Members Share their Favorite Non-running Workouts—and the Rewards they Reap

by Katherine Callan

I workout five days a week and consider myself fit, so why did I come home aching after a seven-inning softball game? That same week, my fiancé Gary White, an experienced weight trainer, complained of soreness after a night of light bowling. For both of us, the conclusion was the same: It's time to introduce more variation into our workouts. Different types of workouts challenge the body and offer a chance to beat the heat. Plus, cross training can add fun and excitement to a rote routine. It seems most runners mix it up to get better results from training. I polled a number of members to discover their favorite non-running workouts and the benefits such training provides.



John Baglio at CrossFit

Allan Ludgate: Coach Ilg's High Performance Prop Yoga DVD

Description: I've trained online with Steve Ilg for almost seven years doing what he calls Wholistic Fitness—a mix of strength training, cardio, yoga, meditation and nutrition. In a typical week, I might do 2-3 cardio workouts, 1-2 yoga sessions, and 1-2 strength training sessions. While I'd run farther faster if I did more running-specific training (I rarely run more than 20-25 miles a week), this has allowed me to be a reasonably competitive runner. I have also not had a training injury of any kind since I began Wholistic Fitness training. If I were to pick one workout to recommend to runners, it would be my Coach Ilg's High Performance Prop Yoga DVD. This is a mix of body weight strength exercises and yoga postures, using yoga blocks for extra resistance (e.g. you do crunches while squeezing one block between your ankles and another between your thighs).

Benefits: I did this workout at least weekly when I was training for the Escarpment Trail Run, and it provided the core strength to hang on the climbs and the joint flexibility to cut loose on the descents. You can order it directly from his website at www.wholisticfitness.com

Jo Anne Pate: Kettlebell class at Equinox Gym, NYC

Description: The kettlebell class helps me reap more gains in less time than traditional workouts. The classes encompass strength and cardio in one session. A kettlebell is a cast iron ball with a handle attached (picture a cannonball with a handle on the top). This design makes kettlebells different from training with dumbbells because the weight of a kettlebell is not distributed evenly, creating the need to counterbalance and stabilize during your workout, which builds core strength. Exercising with (continued page 2)

kettlebells targets major muscle groups as well as the stabilizing muscles, delivering a full body workout in an extremely efficient amount of time. The exercises are performed in a series of moves; some moves are similar to lunges, squats and others such as windmills are more complicated. The first move I tried is called the swing. I got down in a squat position, grabbed the kettlebell with both hands and pulled it up in a swinging motion. I found it both tested my coordination and strength. I moved on from there.

Benefits: The exercises are designed to tone rather than increase muscle size. Since beginning kettlebell workouts three months ago, I feel far less strain on my knees when I run. I also find my core is much more stable, alleviating the previous lower back pain I

had been experiencing. I find the kettlebell workout is both fun and challenging. I get a good combination of strength and aerobic exercise.

John Baglio: CrossFit

Description: I am a dad, a sometimes marathon widower and I spend too much time on the computer. However, yesterday I won a mile-long kayak race while carrying one of my kids on my boat. I attribute this win to CrossFit.

CrossFit was created by Greg Glassman, a retired gymnastics coach from Santa Cruz, Calif. It focuses on functional fitness that will help you face the challenges of everyday life and athletic performance and succeed without injury.

The central part of CrossFit is the workout of the day (WOD); the workouts are extremely varied. The sessions are designed to last 20-40

minutes. Crossfit is all about intensity. The plan calls for three days on followed by one rest day. What does a typical Crossfit workout look like? One of my favorites is called Helen (many of the workouts have their own names). It consists of running 400 meters followed by swinging a 35 lb. kettlebell and then 12 pull ups. Do that three times and record your time. Insane? Perhaps. Effective? Definitely.

Not every workout looks like Helen. Some days it will simply say "Run 10K". Others will be a variety of more gymnastic exercises like handstand push-ups. Some are closer to Olympic style weightlifting; technique is really important.

Benefits: I have experienced less back pain as a result of these workouts as well as recovered the strength in my

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

right arm originally weakened by nerve pain and numbness from a neck problem. The incredible variety of the workouts is part of the appeal and the design of CrossFit. As Glassman puts it, "Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist." See www.crossfit.com for the WOD and www.crosfitnyc.com if you're interested in classes.

Erick Fernandez: Spinning class at 24 Hour Fitness, NYC

Description: Twice a week, I take a spin class at the health club where I work as a trainer. I often do these classes after a long run to help break up the lactic acid in my legs. The classes are 60 minutes long. For the first 10 minutes, we build up to the lactic acid threshold and after, I'm working at my threshold. The classes incorporate sprinting on the bike and riding up hills.

Benefits: Spinning has helped me increase my lactic acid threshold, which has helped me stay strong on long runs. It increases overall fitness and makes my legs strong. For me, it's a good recovery workout.

Jane Berger: Mommy Boot Camp at Ft. Tryon Park, NYC

Description: Mommy Boot Camp is an outdoor class in Ft Tryon Park. The instructor is an exercise physiologist. There are 6 morning classes a week, open to women of all fitness levels. Classes run 5 weeks and typically people buy 10 classes. The class combines cardio and strength training and a lot of core training. The cardio workout is running on the Coogan's 5K course, as well as hill repeats, sprints and stair climbing circuits. The class makes use of Ft. Tryon's hilly terrain to add difficulty to the workout. Exercises include walking lunges, step ups, push ups and dips on park benches. Instructor Shasta Jensen emphasizes correct form and stretching.

Benefits: The strength training has really helped balance out all the aerobic workouts that I do each week and prevent injury. If interested, contacted Shasta Jensen 917-543-6938; shastajensen7@gmail.com

Michael Arnstein: PowerCranks

Description: Many people ask me about my training and there is no silver bullet. But I do have a couple tricks up my sleeve that I feel are very effective. PowerCranks are one such "trick." PowerCranks are two bicycle cranks that are completely independent, so the only way to pedal effectively is to control your pedaling in a circular motion. Very much as you run, you cycle your foot/leg in a circular motion. You have to engage and adapt all your hip, leg muscles to cycle your leg rotation correctly. Most people who ride a regular bicycle don't realize that they don't pedal in a circular motion. At first, most people can't do Powercranks for more than a few minutes without being totally fatigued. Riding a bicycle has no impact, so this is a great way to simulate running without the risk of injury. PowerCranks are similar to jogging in a pool where you have evenly distributed resistance, yet no impact.

Benefits: The real benefit of PowerCranks is in simulating speed work, but without the impact. Water running only allows for a very slow rpm (revolutions per minute), yet on PowerCranks, you can easily pedal at 100 rpms or even higher than 120 rpms when experienced. This very high rpm is fantastic for simulating speed work that you might do on a track, yet with no impact, but still a forced engagement of all the muscles that you would normally use in a full rotational running movement. I cannot stress enough the speed benefits of this device. My wife Victoria went from a 4:56 marathon to a 3:57 marathon doing nothing different in her training except that she used PowerCranks. To purchase, look on Ebay or Craigslist; see excellent and logical videos on: www.powercranks.com

On The Run

by President Bette Clark



SERIOUS FUN: Bette with her Barbie baton in the Mount Desert Island relay

This past month, I've had the good fortune to run in some extraordinary places: Verona and Venice, Italy; Rockefeller State Park, Sleepy Hollow, NY, and Mount Desert Island, Maine. In Verona I navigated city streets and found myself on a path that borders the remains of a wall that once protected the city during Roman times. I crossed city parks and rocky paths that led past an abandoned castle and as long as I kept the wall or canal in sight I didn't get **too** lost. That strategy didn't work as well in Venice where tiny, winding cobbled streets dead ended at a multitude of different canals and there I reveled in getting lost multiple times and finding myself back at St. Marc's Square where most signs eventually lead you. I carried water and a map (which was not really useful as it wasn't to scale and didn't name most of the streets) and felt like a world explorer.

The first weekend back in New York I ran in the inaugural 10K at Rockefeller (as did a number of VCTCers), a beautiful hilly course in the Rockwood section of the park along the Hudson,

which readily absorbed the 400 runners who took part. I was again reminded of how lucky we are to have such beautiful and diverse places to run.

Then, this past 4th of July, I took part in the Around Mount Desert Island Relay, which is run around the perimeter of the island, starting and ending on the outskirts of Bar Harbor for a total of about 100 k run in 8 leg segments ranging from 2.5 to 13 miles, with the average leg 6-9 miles. There was a team from Colby College who blew all other teams away, finishing a good hour before any of the others. I was included as a guest by Crow Athletics, the host club, who puts on the MDI Marathon in October (I'm hoping to run it this year: it's been voted one of the most scenic marathons in the U.S and generally only gets about 700 runners!!). This was such a beautiful and fun run, with Barbie dolls for batons and a big keg of local micro beer greeting us at a barbeque at the finish. What all these runs had in common for me was they gave me an opportunity to get to know remarkable places (all with water views of one kind or another: canals, a river, and the Atlantic Ocean) while doing what I love best!!! As usual I'm reminded of what we have close to home, between the natural beauty of our parks and the companionship of VCTC!!

Over the past month we've put on the Ramble and four of our season's XC 5K races. Ramble Race Director Dave King did an amazing job not only handling all the race logistics but also providing great technical teas and orchestrating a lively post-race barbeque at McGoo's, which we hope is now a new Ramble tradition. The only downside to this year's race was its conflict with the Mini 10k, which was made a woman's NYRR points race this year. Because our women's 50 plus team **had** to run the race (as a matter of VCTC Club honor!) some of us were late helping out at the Ramble and there were perhaps fewer racers (many came up to us in Central Park that morning expressing disappointment that they had to miss the Ramble). Hopefully next year NYRR won't

change their race schedule at the last minute. We are now midway through our summer XC 5K series, which got off to a great start with a record number turning up for our May 21 race (124), with 108 runners competing in our second race, on June 4th. There was a dip in numbers for our third race, on June 18, due to heavy rains, but many more showed up for the relay on July 2nd (58 2-person teams) despite chancy weather and the start of a holiday weekend. Thanks once again to our Race Director Fred Daly and his loyal crew who turn up every other Thursday evening to help register, marshal, work the finish line, and score (Dave King and Tony Thoman did an amazing job during Fred's absence the night of the relay). Also, a big thanks to Dave Isaac and Rachel Isaac for spearheading and designing our first ever Summer Series VCTC tee shirt, which proudly and artistically displays the tortoise and the hare.

Everywhere locally our reputation as a club that puts on well organized competitive, challenging and **fun** races continues to grow for good reason. Once again thanks to all of you for making this a club I am so proud to be part of. Get out there and explore new places on your runs, appreciate old ones anew, and tell us about your memorable running experiences. We are also now privileged to be

able to share running news on what will soon be launched as our new website, thanks to Mike Arnstein, whose running prowess may be closely matched by his technical website acumen. For now check it out at www.vctconline.com. Let us know about training methods, running routes, races, and running experiences by writing a story for the newsletter or posting something on our site. In the meantime enjoy yourself as we head into warmer weather running and stay well hydrated as many of you start fall marathon training in earnest.

Riverdale Ramble Update

by David King

The Ramble(Bamble?) was another successful race this year, thanks to the many club members who helped stage this event. Diana was tireless, canvassing would-be sponsors in a difficult economy. Tami got our ads into the Riverdale Press. I trust Ken to take care of course-marshals and timers, so I didn't have to worry about that important aspect. Fred did our timing/scoring this year saving us a gas charge from our old finish line crew. Vera, Anne M., Susan, Otis, Ivan were among finish line helpers. New members

Mike L, Jeff, Matt, Hiroshi, Allen S., Gene and Kathy and Jane all pitched in for us.

Bill S. did his usual incredible job with water, Gatorade, water tables etc. Gary, of course, was everywhere we needed help. Gilda and Hugo did a great job handing out and guarding our shirts(I would have done the same thing Hugo!). Enid and Wanda were in the gym working hard. Dennis e-mailed a week before the race to say he and an injured biking friend would be sorely-needed course-marshals on the north end of the course. Bette and Kate helped on the finish line after running in Central Park.

Carl M, who runs many races for the club, was a course-marshal. Mahesh and Vaishali monitored the course, also. Alma was welcomed back after a long absence. Ivan came from Queens to help with the finishline.

Dawn and Lou, Bill and (pregnant) Rozsa, Norris and Jill were husband-wife teams. Jason, Allan L, Naomi, my old friend Rich, Arnie John C, Allan D and Lanny all helped out in ways we could not have been without.

And of course Kevin SS did whatever I asked of him. And Larry led the race on his motorcycle.

These are all the people who signed in; there are more who helped out, so a very big thanks to all of you.

We needed many more course-marshals this year as the NYPD could only give us 4 officers to help regulate traffic. In this task, our marshals did a fantastic job!

And last but not least: a big thanks to Bob Gralia of Mr. McGoo's Pub, who put on a terrific after race party.#

Coach's Corner

by Ken Rolston



Greetings
my rain-
besotted
troops: I just
got back
from a train
trip to
beautiful
Quebec,

which was a delight save for the two hours spent with bomb and bong sniffing dogs at the Canadian border.

I had a chance to read three books along the way, including a must-read called Born To Run by Christopher McDougall. The inspiration for the book begins with a simple question: Why does my foot hurt? In search of an answer, the author sets off to find a tribe of the world's greatest distance runners, the Tarahumara Indians in Mexico's Copper Canyons, learns some of their secrets and in the process shows us that everything we thought we knew about running is wrong, or so the inside jacket proclaims. Tribute is paid to ultra legends Scott Jurek and Ann Trason along with Olympic legend Emil Zatopek. The book is so good I started reading it again as soon as I finished.

Here's a tidbit on trail training from the mysterious Caballo Blanco who helps to

organize a 50 mile trail race in The Canyons: Lesson 1: "Don't fight the trail. If you have a choice between 1 or 2 steps between rocks, take 3. Lesson 2: "Think Easy, Light, Smooth and Fast. You start with easy, because if that's all you got, that's not so bad. Then work on light. Make it effortless, like you don't give a sh** how high the hill is or how far you've got to go. When you've practiced that so long that you forget you're practicing, you work on making it smoooooth. You won't have to worry about the last one- you get those 3 and you'll be fast." Let me add that we hope the track work will help make you fast. The book has actually cracked the NY Times bestseller lists and stands at #15 nonfiction, which is a bit of a shame since it won't be our little secret. And I hope to find the answer to that question, why does my foot hurt? We shall see.

It may sound soon, but we're coming up on the time when those 16 to 18 week marathon programs begin. I happen to be a believer in the Run Less Run Faster Training Program from Runners World. The idea of a core of 3 specific runs per week makes sense to me and can be adapted for older runners who need the recovery time, younger runners who can add other runs to the core, and cross-trainers who prefer to mix in some biking or swimming. Whichever program you pick, it appears that

the essential ingredient is doing 5 to 6 runs that are 18 to 20 miles. I also believe that racing monthly is really beneficial. There's nothing like knowing where you stand before tackling the big race. We can tailor a 16-week program to your specific needs, not only for a marathon but for 5K, 10K or half-marathons.

Track workouts will continue throughout the summer with an emphasis on half-marathon and marathon training. Please try to make yourselves available for the Club Champs 5 miler on August 8. It's a tough race but I'd love to see a full team turnout. Finally, if anyone beside myself is interested in tackling the 5th Ave Mile in late September we'll incorporate some nasty speedwork sessions, too.

UPCOMING RACES

July 12- Sun 8 AM- Boilermaker 15 K- Utica, NY

July 12- Sun 7 AM- Marathon Training Run- Central Park 6-20 miles

July 13- Mon 7 PM- Lou's Run- 4m Mohonk, New Paltz, NY

July 14- Tue 6:30 – Westchester Twilight T & F- Various, Cortlandt, NY

July 16- Thu 7 PM- VCTC XC series 5K # 5- Bronx, NY

July 18- Sat 8:30- Run for Central Park- 4m *, club points race

July 20- Mon 7 PM- Patterson's Pellet 3m- Mohonk, New Paltz, NY

July 21- Tue 6:30- Westchester
Twilight T & F- Cortlandt, NY
July 26- Sun 9 AM-

Escarpment Trail Run- 30 K-
Windham, NY

July 27- Mon 7 PM- Blueberry
Run- 4m- Mohonk, New Paltz,
NY

July 28- Tue 6:30- Westchester
Twilight T & F- Somers, NY

July 30- Thu 7 PM- VCTC XC
series 5K # 6- Bronx, NY

Aug 1- Sat 6 AM- River To
Sea Relay- 92 m Milford to
Manasquan, NJ

Aug 1- Sat 8 AM- Jan Peek
10K- Peekskill, NY

Aug 2- Sun 8:45- Monster
Races 5K/10K- Monticello,
NY

Aug 4- Tue 6:30- Westchester
Twilight T & F- Somers, NY
Aug 8- Sat 8/9 AM- NYRRC
club champs 5m- ** Double
club points race

Aug 9- Sun 6 AM- Catskill
Mountain Road Relay- 100K-
Phoenicia, NY

Aug 11- Tue 6 30- Westchester
Twilight T & F- Somers, NY

Aug 13- Thu 7 PM- VCTC XC
series 5K # 7- Bronx, NY

Aug 16- Sun 7 AM- NYC ½
marathon- Central Park

Aug 22- Sat 8:30 – Harlem 5K
run

Aug 30- Sun 11:30- Henry
Isola 4m XC run- Van
Cortlandt Park

Sep 6- Sun 8:30- South Nyack
10m- So Nyack, NY

Sep 7- Mon 9 AM- Dobbs
Ferry 5K- Dobbs Ferry, NY

Sep 12- Sat 9 AM- Fitness 4
m- Central Park- * club points
race

Sep 12- Sat 8 AM- Ocean to
Sound Relay- 50 m- Jones
Beach, NY

Sep 13- Sun 9 AM- Tuckahoe
Challenge 1m/5m- Tuckahoe,
NY

Sep 20- Sun 8:30- Yonkers
Marathon & half- Yonkers, NY

Sep 20- Sun 7 AM- Queens ½
Marathon- Whitestone, NY

Sep 26- Sat 10 AM- 5th Ave
Mile- 80th St & 5th Ave. New
York, NY

Sep 26- Sat 8 Am- Hamptons
Marathon & half- E. Hampton,
NY



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Diana's Kitchen

by Diana Cecil

Roasted Beets

Roast golden beets at 425degrees until tender, about 45 mins. Cool, then reserve the juice, peel and slice the beets. Make a vinaigrette by whisking together 1 minced shallot, 1 Tbs Dijon mustard, 1 Tbs reed wine vinegar and 1 tsp beet juice. Season with sea salt and black pepper. Add ¼ cup olive oil in a thin stream,

whisking constantly. Drizzle over beets, sprinkle with rough chopped pistachios.

Veggies

Coat 2 cups of cut-up vegetables (broccoli, cauliflower, onion, squash) with 2 Tbs of olive oil, 1 tsp light soy sauce, 3-6 cloves chopped garlic, and sprinkle of pepper. Spread in a single layer on a baking sheet and roast at 450 degrees for 10 – 15 mins or until lightly browned.

Interesting Brown Rice

Add a handful of mixed, chopped basil, parsley, cilantro, arugula and/or spinach and some diced red and yellow tomatoes to your just cooked brown rice. Finish with a drizzle of olive oil and a touch of sea salt and freshly ground black pepper.



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Grand Union Canal 145-Mile Run

by Kevin Shelton-Smith



The New York Times says the marathon is a humbling experience, its distance unpredictably torturous on the body and mind. What then of 145 miles, I wondered?

I and 85 other hopefuls set off from Birmingham, England at 6AM on Memorial Weekend Saturday. The race followed the Grand Union Canal towpath to London. I lead through the first checkpoint at Mile 11, picking up gels and Accelerade from my wife, Trina, without breaking stride. Next meeting, above a tunnel, I downed a bottle of Ensure on the spot. Half a tin of rice pudding, Snickers bar, Balance Bar, gels, Accelerade and banana were taken on the hoof, hat and SPF 40 applied

And so it went. The support plan was detailed. The research and training was thorough, the body was the uncertain factor. Mile 23, still leading.

Over time my body rejected the idea of food, but I forced down what I could. After six hours,

my Saucony Jazz were replaced with Rides as my big toe began to rub. My parents took over from Trina, suitably briefed that finishing was my only option – suggestions to the contrary were not to be made. The countryside was stunning. Lush rolling green hills, bright yellow canola fields, meadows of buttercups and wall to wall blue skies. A glorious weekend! Maybe too glorious. The canal, locks and the narrow boats were picture-perfect. Support crews and other folk stood on bridges cheering everyone by name. Fellow runners were friendly and we chatted with the boaters we met. As the day drew to a close, heat and fatigue saw many drop out at Mile 70. My daughter Vicky and her boyfriend were now in support. The surface changed from packed soil to cycle path for 20 miles. Making good progress, I reached 85 miles in 16 hours - then suddenly at 11PM, I ran out of gas. Brother Paul brought me a gel while nephew James heated soup and hot

chocolate up ahead. Low on calories and slowing, my body temperature crashed and Paul sorted me three layers of clothes, Ron Hill tracksters, a hat and gloves. Press on. I switched to bigger shoes to avert another sore spot. Groin strain! I don't recall pain but I recall taking Tylenol, which is unusual for me. Day-break, 4AM, mile 92. A sip of red Bull sent me into instant convulsions and oral rejection, bringing Paul and James running (a rare sight). They stayed close for a while. Soon I found myself falling sideways uncontrollably into the canal. As luck would have it, there was a boat moored right there and I fell onto it, apologising profusely to the lady inside. Speed was down to half a mile an hour. I could keep going but beating the time cut-off was highly unlikely. Game Over? Questions and mind games but I voiced none of them. James later confided that he never thought I would stop, but my advance warnings about bad patches, prevented him calling an ambulance. It was 7AM and the sun was hot already. Press on, small steps, until ... I suddenly recovered. Game On! A toilet stop and a chicken sandwich later, I was safe to go alone and I was running. I mean really running. I stormed through the next 10 miles past castles and village churches, dogs walkers and Sunday joggers, knowing I'd make it.

By 11AM, I relented to the heat and I took 10 mins in Paul's van with the AC on. Trina and my parents returned from home for more duties. More Tylenol, more caffeine tablets. At 115 Miles, Trina surprised me with my favourite drink. I doubted the wisdom of a McDonalds vanilla milkshake but I drained the cup and the body loved it. Perpetuem went down much better than Accelerade by now. I was getting sick of vanilla Power Gels though. The raspberry Hammer gels and orange Gus were pretty awful by then too, but you have to do what you have to do. More Tylenol, more caffeine. The groin strain was now refusing to let me run, no matter how much I tried. The miles that followed were all about getting each one mile behind me and having one less to do. Just had to press on, left heel

aching. 6PM, during another minimalist but essential pub toilet pit-stop, Bette broke the international dialling code and called. Great to hear her voice and shortly, my phone was alive with texts from the club. Wonderful and up-lifting, willed along from so far away. Paul rejoined me for a while and returned texts so I could focus on moving forward. A most unwelcome one mile detour around bridgeworks near Heathrow saw the sun finally go down at 10PM, a second time. My family never let on how they fared; they just focused on supporting my endeavour. Ten miles to go. Five hours available. Caffeine couldn't stop the tiredness that swept through me. Paul, 50 miles away, rushed back. I was too close to lose it now. Then Jill called and picked me up enormously until Paul arrived, and then James, interrupting a student party to get me through to the finish (Wow), and we stormed (sort of) all the way in. The Tylenol must have worn off but the body was coping fine without it. With 72 minutes to spare, I reached Little Venice, London, at 2AM Monday morning in 43 hours 48 minutes. 86 starters, 34 finishers. I was happy to have earned my brass medal and let no-one down. I felt much closer to all that helped, on the race, and during my months of training.

Rations consumed: 8 bananas, rice pudding, 24 gels, 6 Bars (various), Tomato Soup, Hot Chocolate, Chicken sandwich, Milkshake, 2 bottles of Ensure, 6 pints of Accelerade and 26 pints of Perpetuem – weight loss – nil.

Feet were fully intact with some severe heel soreness and stiff legs but rigor mortis had set in when I tried to get out of the car at 5AM. Tuesday morning, all seemed well and I got on with fixing the cars and a leaking shower. Thursday's run went really well with some pick-ups and striders.

I saw no reason to repeat the GUCR, mission accomplished, and why do 100 milers after doing this? But now, I'm feeling I could do this better a second time.

You Just Don't Listen!

Despite his Nonresponsive Audience, RN Norris Ogard Dispenses Sound Medical Advice

After having pored over injury-related blogs, and articles, there remains no doubt in my mind that runners are the sports physician's worst patients and their own worst enemies. There isn't a runner alive who understands the term "no running" for whatever period of time; runners tend to prefer approaches such as the "I'll just run slower" or "run-through-the-pain" or my personal favorite, the "I'll-get-another-opinion-until-I-find-one-I-like." The eternal question put to the sports practitioner is, "Do I have to stop running?" I have decided to try the pasta al dente approach to advice on medical issues: I'll throw them against the wall of single-mindedness and see if they stick.

On Pain

Bear in mind, pain is a symptom of something that is not right. Further, where you feel the pain is not always where the injury is located. Many types of pain have their origins remote to the manifestation of the pain. Take your ITB syndrome. Stretching, icing, rolling, injections, and the pain-to-gain crowd favorite, myofascial release, are all used for ITB syndrome with varying degrees of relief. The ITB is a long, wide and tough band of fibrous connective tissue that extends from a tiny muscle attached to the crest of your pelvis all the way to the lateral tibial tubercle **below** the knee. That little muscle—tensor fascia lata—often is fraught with trigger points that inhibit the free movement of the ITB, and you feel the pain where? In your knee or lateral thigh.

Not all pain indicates an end to your running career, but running through persistent pain may indeed terminate your jaunts; you can't run when you're lame.

On Diagnosis

Who diagnoses your injury? In most cases **you** do: "I read about this in Runners World" or "so-and-so had this and did that for it." A podiatrist will tell you it all comes from the feet, and in many cases foot anomalies lead to aches and pains elsewhere. Chiropractors- alignment, orthopedist and osteopaths –bone structure, 5 blind guys and an elephant- you get the picture. One salient point here: sharp pain means **STOP** and get it checked out by a sports physician or someone who treats athletes and is licensed to order imaging studies.

On Injury Prevention

An ounce of prevention is worth a pound of cure. Cross-training, strengthening, stretching, proper body mechanics and cryotherapy are the mainstays of longevity as an athlete. If you **don't** stretch, shame on you. Flexibility wanes with age and, to my knowledge, the clock only goes one way. Strengthening complementary muscle groups will ameliorate imbalances and help you maintain good body mechanics through your entire run. If you haven't yet experienced the thrill of the ice bath, try it after your next long race. The muscle tissues passively contract and squeeze out built-up lactic acid and the pain-inflammation response cycle is shut down, allowing your tissues to reach a stasis. As your muscles warm up, circulation brings the good stuff back into the tissues and, voilà; you have improved your recovery time significantly. Periodic trips to your chiropractor, massage therapist, PT, and perhaps a head-shrinker will maintain your ability to get out and stride.

Let me know if any of this stuck to the wall.#



Club Website Update



By Michael Arnstein

In mid 2008 I offered to initiate the development of updating our club website. A meeting took place with Tony Thoman, Firdaus Dotiwala, Bette Clark and myself to discuss some of the major components that we wanted to include in the website.

Being in the web/software business I spent quite a bit of time researching and experimenting with different programs to use. I made a few test websites trying many different systems over the last year, but wasn't quite satisfied to release the beta version until now. The new trial website is www.VctcOnline.com

The site is still under development. Many areas still need content and input from

various club department heads. Still, there is a vast amount of information and entertaining media to check out. Most importantly our club member profile pages! I felt that each club member having a page about themselves would be a great benefit. I personally don't get the time to meet at many of the regular club workout and events, but I still want to feel part of

the local club community. I think there are many club members that fall into this same category.

The new club member profile pages are a great way for us all to learn more about each other.

The new website is a great place to get motivated about running. Sure we can go to RunnersWorld.com or any of the hundreds of other running websites online, but VctcOnline.com is better – better because it's all about us and our local club.

I invite and encourage you all to please log on, check it out, and most importantly take the time to make your own profile page. The more people that are involved the better the club website will be! You don't want to miss all the exciting pictures, video and editorials posted by our members. See pictures and read

about exciting events of our club members. Check out Kevin Shelton-Smith on his Canal ultra run, Firdaus in the VT100, club members on a team trip to Florida, NYC Marathon club pictures, club records and member PR's, and dozens of motivational video clips. Of course all the details about club races, results, calendar and club events can be found there too. Paying online for membership, races, merchandise and more will be implemented as we continue to develop the site.

A quick note about privacy and security: The main response I have heard from some members thus far are concerns on privacy and their profile page. Please note, if you do not want anyone to see your personal page on the new website, you can set your page to 'Private' this will block anyone from seeing your detailed information. You can then grant individual member's access to your personal page one by one. This should solve any concerns about privacy.

If you have comments (good and bad), please email me at marnstein@hotmail.com. I will continue to work with the Board on implementing anything on the website. I encourage everyone to spend a little time to improve our local running community and sign up on the new website.

Thank you for your patience in the long delays in putting this together. #

How Our New Parents Find the Time and Discipline to Run

Steven Y. Park

We just celebrated the 10th birthday for our oldest son Jonas. We're now just getting used to the fact that we also have in our family Brennan, a five month old, along with Devin, our 6 year old. One thing that my wife Kathy and I are more focused on these days is to eat healthy and make regular exercise a priority. With such a wide spread in our boys' ages, it's important to stay fit and healthy so that we both have the energy to keep up with each of our boys' talents and interests.

One of the challenges that I face as a

father is to be able to spend consistent time, especially with my older boys, teaching them basic sports skills. Living in an apartment co-op complex, there's no open space to play ball or ride a bike. Although it's not too much trouble going to Van Cortlandt or to another area park, it's easier said than done. Teaching basic baseball skills, throwing a football, riding a bike, or learning golf requires regular practice, more than once every 1-2 weeks that we're doing now. My goal this summer is to work my schedule around their needs, and committing to regular practice sessions at least 2 times every week.



Neil Leibowitz

When Sophia was born in October 2006, the Philadelphia Marathon was just 4 weeks away. Despite the adjustment of late night wake-ups and running to buy diapers at all hours, I was able to finish training and run a solid 3:06. A year later, I placed my daughter in the jogging stroller and logged 60-75 mile weeks. I was fortunate to PR in NY that fall with my wife and Sophia cheering me on in Central Park. Today, I am lucky to have two girls, (we welcomed Ava 11 months ago). Two children under 3, a career and a training schedule, can it work? For me, the jury is out. I thought even though Ava was born this past July, I would still log 70+ mile per week. However, I quickly realized how difficult it would be. Often exhausted, when I was faced with the choice between running, sleeping and spending time with my family, running became the odd man out. I lost motivation and for the first time in the past several years, opted not to run a fall marathon. So here I am again trying to find the motivation to train through what promises to be another hot summer for a fall marathon. What lies ahead is starting my long runs early in the morning and then no matter how fatigued returning to a day of chasing the kids around. I am still shooting for that elusive sub-3 hour run. I signed up for Philadelphia. I will let you know how it goes.



Rosza Gaston

Running is essential to maintaining our sanity now that a newborn has entered our household. Those few moments of freedom at Tuesday night track workouts or Saturday morning runs give us respite from the sacred screaming charge waiting back at the house for us. Newborns apparently live the lives of vampires—sleeping all day and staying up all night—screaming for milk or being fed it. As for me, I am under total house arrest while nursing—a sacred duty made only slightly easier by the release of prolactin and oxytocin into my bloodstream while Grey and I are at it. I am looking forward to running endorphins being added to the mix as soon as I get the green light from my doc. Watch for me toward the end of July. Bill Smith will have to make room for me to pass him by Labor Day. Got that, Dude?



Race Report

New Jersey Marathon

by Rachel Kimber

The weather forecast said 50-55 degrees and a possibility of rain. Pretty much exactly what I had wished for after the 80 degree heat in Chicago 2008.

The rain didn't start until about 15 minutes into the race, and I was thankful I had worn my VCTC windbreaker. It was in the low 50's for the entire race, and the rain started so gradually, as a misting drizzle, I barely noticed it until around mile 18 when I felt like I was drowning in it!

Miles 1-13

I needed an 8:24 average pace to BQ (Boston qualifier) and I had placed my hopes entirely on a short middle-aged Indian man the leader of the 3:40 a pace group. He didn't talk much and ran the first 3 miles quicker than the group expected. Our pace group turned bewildered to each other wondering if he was really going That Fast.

I was feeling confident and ran a few strides in front of the pacer with a slim male runner. At the end of the first loop, I had to focus to keep my pace steady as the Half Marathoners surged to

the finish. I was only half way there.

Miles 13-16

Around mile 15, I started tagging along with Blue and Orange – a muscle-y guy and a petite girl in complimentary Under Armour t-shirts. He chatted away, pacing her as I eavesdropped. They calculated pace/splits over and over again – or at least that's all I can recall. I clung to my mantra, "I AM doing this."

Miles 17-23

I remember ridiculously large houses, steady rain, watching the front-runners race north as I trudged south at mile 21 and the tiny loop at mile 23 with the timing chip mats that seemed to be nestled in the woods – so wet and muddy was the road it looked like a trail.

The train station with the candy aid station became my holy grail. I was out of Gu and I was hungry. Shortly before I reached the train station at mile 22, dear sweet Sophie from the 3:40 pace group came to my rescue. She jogged up beside me and asked, "Are you coming to Boston with me?" I grunted out a few words in the affirmative. She continued to ask questions and I puffed out one-syllable replies, "How many marathons have you run?" I replied, "One You?" She chatted about her previous marathon experiences and asked where I had raced before and what my finish time had been. I

replied, "Chicago ... Three Fi'ty Three. When our 'conversation' ended her first question rang in my head. At the train station, I grabbed a cup of gummy bears and re-affirmed that I was certainly going to Boston with Sophie.

Miles 24-26.2

Here begins my tunnel vision death march – or at least that's how it felt. Blue and Orange were still within sight, slim male runner had taken off, and with Sophie a few paces ahead, I stuck to the pacer like glue. The rain was coming down harder, the wind was blowing off the ocean, and I begged my legs to get me up Ocean Avenue, a long straight haul. I was reduced to whimpering, "help" to my pacer. He said, "use your arms." More than he had said the entire race. When we reached the boardwalk I was pumping my arms for all I was worth, but my legs would not move any faster. My hamstring sent out a little warming reminding me that it was not in the mood to be goaded into over-striding.

In the last 400 meters, a man from the sidelines yelled (at me!?), "Do you want Boston!" I surged from a 12:00 pace to a 10:00 pace to cross the finish line in 3:40:30.

Across the line, I stumbled into the supportive embrace of an EMS worker who escorted me into the medical tent where I

gulped down 2 bottles of water. My proud camera-toting husband arrived a few minutes later and took charge of the situation; force-feeding me tomato soup and helping me change out of my sopping wet clothes.

Rain continued to drizzle as Russ and I walked hand-in-hand to the shuttle bus, pausing on a few front stoops to rest my legs. Despite the rain, he set a "viewing PR," snapping photos of me 6 times through out the race. I was proud of our accomplishments and content for the moment that the BQ challenge had been met.

(ed note: Rachel BQ'ed)

Rock' n' roll San Diego Marathon- May 31st

By Jill Staats

My sister and brother live in San Diego, so I decided to enter the San Diego Marathon. It seemed like a good idea at the time. The people out there refer to the month of May as "Gray May" and they were right. The sky was gray the whole time I was there. I realized that San Diego is only beautiful when the sun is shining. The catch is, you don't want a sunny day for the marathon, but it would be nice to appreciate the beauty if the sun was out. I got a nice gray day to run in the 60's but the humidity was 78%. Fortunately, humidity out there isn't as oppressive as it is here.

My brother drove the course with me and I did not expect to be running on a major highway, but there it was. There were some pretty good size hills as well. I went to the expo with my sister and I thought I had walked into a surfing shop. Everything was light blue and very "wavy" looking. I finally found a nice black t-shirt with San Diego Marathon, which is now my favorite.

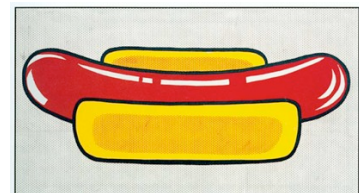
My sister drove me at 5:30am to the start at Balboa Park; at 6:30am we started running. The first 8 miles were through downtown San Diego (there were cobblestones to run on), the bands were great and so were the cheerleaders. Then we left town and started toward the highway and a long 2 mile uphill. I was following a pacer. I was between the 4 hour and 4:15 pacers. I didn't look at my watch very often. I figured they knew what they were doing. I felt I was running a comfortable pace. At the half marathon mark I was at 1:59; I had no idea I was moving that fast. At mile 16 my hips got stiff and I found it difficult to move faster. The pounding (knew I should have trained more) and the humidity were factors in my slowing down. It was a slow downward spiral after that. We left the highway and went through Mission Bay, which was beautiful. I missed seeing my sister-in-law and my sister and her family; parking was

impossible and they got there after I finished.

Overall, the marathon was an okay experience, but I wouldn't recommend it. I'd rather run in cold weather. I think the humidity was a big factor in my slowing down at the end. It is not an easy course for spectators, and the finish is at the Marine Corp Recruiting Center where you have to go through security to get in and parking is not easy. Still, I finished and it made me appreciate the NYC marathon. I was really down on NYC last year because of all the tourists, but what a party it is. I like being a part of it and seeing my club at mile 21. If I survive the training, I will see you guys at mile 21 on Nov. 1st.

Cook Your Buns 3-miler June 12, Tod Point, CT

This race started and ended in a different place this year, but the course was much the same: flat and fairly fast. VCTC had a large contingent, as usual, for a twilight race, then pleasant, tasty barbecue. Despite a bumpy start on an uneven field, all seemed satisfied with the new course. Much of the sandy finish remained to challenge everybody as the finish line approached.



Race Results

Bronx Community College 10K

May 2, 2009

Time	Name	Sex/Age	Place
51:56	Arnold Gore		
1:02:53	Susan Epstein		1
1:09:45	Fernando Ruiz	M77	

Bronx Community College 5K

May 2, 2009

23:06	Dick Conley		
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Riverdale Y 5K

May 3, 2009

18:36	Kevin Shelton-Smith		1 OV
24:37	Dominic Lombardo		
27:14	Arnold Gore		1
34:15	Susan Epstein		1

Long Island Half Marathon

May 3, 2009

2:10:50	Mike Yorio		
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North Face Endurance Challenge Half-Marathon

Bear Mountain, N.Y., May 9, 2009

2:19:46	Tony Thoman		
2:42:00	Allan Ludgate		
3:22:00	Andy Toledo		

North Face Endurance Challenge 10K

Bear Mountain, N.Y., May 9, 2009

1:11:14	Dennis Burns		
1:12:49	Wanda Bills		
1:18:30	Enid Burns		

Cinco de Mayo 5K

Prospect Park, Brooklyn, May 10, 2009

24:50	Arnie Gore		2
31:20	Susan Epstein		1

R Baby Mother's Day 4M

May 10, 2009

31:23	Salvatore Carretta Jr	M52	
36:47	Tom Cleary	M60	
37:54	Edith Jones	F69	5
41:41	Marysol Ruiz-Zapata	F42	

46:03	Fernando Ruiz	M77	4
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Healthy Kidney 10K

May 16, 2009

43:02	Erick Fernandez	M27	
45:39	Allen Steigerwald	M35	
47:02	Rachel Kimber	F28	
47:48	Horace Grant	M29	
50:09	Kathryn A Donovan	F50	
50:42	Arnold L Gore	M68	
50:43	Bette Clark	F53	
50:59	Edward James	M62	
51:05	David Isaac	M46	
51:20	Jill Staats	F57	2
51:48	Salvatore Carretta Jr	M52	
52:43	Shirley Middleton	F55	5
53:13	Susan Donovan	F29	
53:47	Dawn Netter	F38	
54:56	Adrian Hunte Smith	F55	
56:15	Marie Reyes-Matute	F33	
56:22	Louis Netter	M34	
57:10	Jo Ann Pate	F34	
57:13	Jose D Cooper	M59	
57:17	Ivan Ragoonanan	M63	
58:01	Bill Smith	M64	
1:00:19	Gilda L Serrano	F60	
1:02:41	Sherry Fraser	F54	
1:03:21	Susan R Epstein	F66	
1:12:12	Carl Morrishow	M52	
1:15:50	Fernando Ruiz	M77	
1:18:25	Frank J Lindsay	M52	
1:25:19	Ramon Minaya	M69	

American Heart Association Start! Wall Street Run 3M

May 19, 2009

18:58	Eric Nolan	M30	
19:59	Jeff Powell	M37	
24:28	Salvatore Carretta Jr	M52	

VCTC Cross Country Speed Series 5K #1

May 21, 2009

20:22	Eric Nolan	3rd male 30-39	
20:30	Michael Lee		
20:50	Neil Leibowitz		
21:49	Tony Thoman		
22:00	Jeff Powell		
22:26	Steven Park		
22:34	Rachel Kimber	1st female 20-29	
25:17	Jason Krasner		
25:41	Gene Westling		

25:52	Bette Clark	1st female 50-59		Japan Day 4M		
25:57	Elizabeth Weaver			May 31, 2009		
26:11	Marybeth Gallagher		31:16	Edward James	M62	
26:15	Kate Donovan	2nd female 50-59	33:12	Shirley Middleton	F55	3
26:35	Sal Carretta		36:53	Catherine Schwarz	F46	
26:37	Bill Gaston		37:01	Roxanne O'Brien	F42	
27:14	Susan Donovan		38:30	Gilda L Serrano	F60	3
27:36	Louis Netter		39:17	Edith Jones	F69	5
27:51	Willie Kaye	1st male 70-79	40:22	Salvatore Carretta Jr	M52	
28:50	Margaret Nolan					
29:40	Scott Hines			VCTC Cross Country Speed Series #2		
29:55	Rachel Isaac			June 4, 2009		
30:42	Sherry Fraser		19:24	Kevin Shelton-Smith	2nd male 40-49	
33:12	Sarah Baglio		20:04	Perry King	1st male 50-59	
33:14	Wanda Bills		20:20	Eric Nolan		
35:24	Susan Epstein	1st female 60-69	20:44	Michael Lee		
36:46	Linda Evangelou		20:54	Neil Leibowitz		
			21:18	Jeff Powell		
	Grand Union Canal Run		22:20	Tony Thoman		
	U.K., May 23-25, 2009		22:46	Allen Steigerwalu		
43:48:00	Kevin Shelton-Smith		24:24	Jason Krasner		
			25:23	Elizabeth Weaver		
	Vermont City Marathon		25:30	Gene Westling		
	Burlington, Vt., May 25, 2009		26:09	Shirley Middleton	1st female 50-59	
3:29:55	Dick Conley		26:23	Sal Carretta		
			27:27	Steve Klein	3rd male 60-69	
			28:20	Scott Hines		
	NYRR Half-Marathon Grand Prix Presented by Continental Airlines: Brooklyn					
	May 30, 2009			NYRR New York Mini 10K		
1:11:47	Michael Arnstein	M32	1	June 7, 2009		
1:23:18	Kyle Hall	M31		47:06	Rachel Kimber	F28
1:32:59	Erick Fernandez	M27		49:36	Bette Clark	F53
1:37:43	Eric Nolan	M30		49:59	Kathryn A Donovan	F51
1:46:32	Allen Steigerwald	M35		52:49	Jill Staats	F57
1:48:00	Rachel Kimber	F28		53:10	Shirley Middleton	F55
1:48:00	Jason Krasner	M35		54:55	Adrian Hunte Smith	F55
1:51:03	Edward James	M62		1:00:42	Marie Reyes-Matute	F33
1:54:00	Zafar Shahbaz	M52		1:01:53	Edith Jones	F69
1:54:01	Allan Ludgate	M42		1:04:59	Tania Castro	F30
1:56:43	Shirley Middleton	F55	4	1:05:19	Sherry Fraser	F54
1:59:39	Susan Donovan	F29				
2:00:36	Arnold L Gore	M68				
2:09:19	Horace Grant	M29		JPMorgan Chase Corporate Challenge 3.5M		
2:12:17	Jo Ann Pate	F34		June 10, 2009		
2:13:02	Carl Morrishow	M52	20:45	Kevin Shelton-Smith		
2:13:28	Catherine Schwarz	F46				
2:15:47	Andy Toledo	M29		Prospect Park Summer Speed 5K		
2:18:42	Susan R Epstein	F66	4	Brooklyn, N.Y., June 10, 2009		
2:30:45	Salvatore Carretta Jr	M52		24:35	Arnie Gore	1
				31:35	Susan Epstein	1

Cook Your Buns 2.9MOld Greenwich, Conn.,
June 12, 2009

17:04	Kevin Shelton-Smith	M48
17:31	Louis Csak	M43
18:10	Mike Lee	M29
19:32	Dave King	M59
21:10	Gene Westling	
22:32	Kate Donovan	F51
22:37	Jill Staats	F57
22:55	Arnie Gore	M68
26:50	Vera King	F54
26:55	Kathy Westling	
30:27	Susan Epstein	F66

NYRR Dash 10K

June 13, 2009

32:48	Michael Arnstein	M32
41:53	Erick Fernandez	M27
42:56	Jeff Powell	M37
50:00	Edward James	M62
50:46	Salvatore Carretta Jr	M52
57:39	Catherine Schwarz	F46
58:55	Ivan Ragoonanan	M63

VCTC Cross Country Speed Series 5K

19:01	Kevin Shelton-Smith	1st male 40-49
20:32	Perry King	1st male 50-59
		1st male 14 and under
20:36	Robert Klein	
20:47	Michael Lee	3rd male 30-39
21:31	Neil Leibowitz	
22:24	Tony Thoman	
22:38	Steven Park	
22:40	Allen Steigerwald	
32:01	Margaret Nolan	

NYRR's Annual Father's Day Race Against Prostate Cancer 5M

June 21, 2009

34:30	Erick Fernandez	M27
36:42	Horace Grant	M29
39:27	Edward James	M62
40:16	Arnold L Gore	M68
40:34	Salvatore Carretta Jr	M52
43:20	Andy Toledo	M29
45:27	Catherine Schwarz	F46

Sunset Classic 5M

Bloomfield, N.Y., June 25, 2009

37:18	Tony Thoman	
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Front Runners New York Lesbian and Gay Pride Run 5M

June 27, 2009

33:56	Erick Fernandez	M27	
36:27	Allen Steigerwald	M35	
40:55	Arnold L Gore	M68	3
46:00	Catherine Schwarz	F46	
46:50	Ivan Ragoonanan	M63	
46:59	Jo Ann Pate	F34	
50:36	Susan R Epstein	F66	3

Sleepy Hollow Tri (.5m swim, 10m bike, 5K run)

Sleepy Hollow, N.Y., June 28, 2009

1:12:53	Tony Thoman		3
1:34:27	Elsa Rojas		2
1:38:59	Wanda Bills		1

Achilles Hope and Possibility 5M

June 28, 2009

27:31	Michael Arnstein	M32	1
29:40	Kyle M Hall	M31	5
31:41	Perry King	M52	1
34:18	Jeff Powell	M37	
39:32	Edward James	M62	
39:44	Salvatore Carretta Jr	M53	
1:30:06	Ramon Minaya	M69	

Fairfield Half Marathon

Fairfield, Conn., June 28, 2009

1:58:59	Arnold Gore		2
2:15:02	Mike Yorio		
2:22:45	Susan Epstein		1

Putnam County Classic

Mahopac, N.Y., July 4, 2009

1:10:26	Arnold Gore	
1:23:14	Susan Epstein	

DELAYED RESULTS**Celebrate Life Half Marathon**

Rock Hill, N.Y., March 8, 2009

1:54:12	Rachel Michelle	F27
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Wurtsboro Mountain 30K

Wurtsboro, N.Y., March 30, 2009

2:04:42	Kevin Shelton-Smith		3
2:29:41	Dick Conley		
2:55:45	David Isaac		
3:01:00	Jill Staats		
3:38:03	Susan Epstein		
3:58:09	Carl Morrishon		

				Week #	Key Run #1-Track	Key Run #2-Tempo	Key Run #3-Long
Aspire 10K							
Plainview, N.Y., April 4, 2009							
1:10:15	Fernando Ruiz	M77	3	11	10-20 min warmup 2 x 1200 4 x 800	6 miles- 1 easy 5m @ MP - 30 sec	20 miles @MP + 8:45 pace 45
Oakley 20M							
U.K., Apr. 5, 2009							
2:11:27	Kevin Shelton-Smith		4	10	10-20 min warmup 6 x 800 10-20 min warmup 12 x 400 1 lap recovery	8 miles- 1 easy 6 m @ MP - 15 sec 6 miles- 2 easy 3 m @ MP - 45 1 m easy	13 miles @ MP + 15 18 miles @ MP 8:30 pace + 30
Urban Challenge							
Van Cortlandt Park, Apr. 5, 2009							
1:34	Fernando Ruiz	M77		9			
Triple Crown Trail Half Marathon							
Newark, Del., Apr. 25, 2009							
2:02	Tony Thoman			8	10-20 min warmup 1 x 1600 1 x 3200 2 x 800	6 miles- 1 easy 4 @ MP - 30 1 easy	20 miles @ MP 8:30 pace + 30
Hook Mountain Half Marathon							
Congers, N.Y., Apr. 26, 2009							
2:19:23	Mike Yorio						
2:49:09	Fernando Ruiz	M77		7	10-20 min warmup 6 x 1200 10 min cool down	11 miles- 1 easy 10 @ MP	15 miles @ MP 8:20 pace + 20

Coach Ken's Run Less Marathon Program

Week #	Key Run #1-Track	Key Run #2- Tempo	Key Run #3-Long				
				6	1000, 2000, 1000, 1000 w 400 rest	6 miles- 1 easy 5m @ MP -30	20 miles @ MP 8:30 pace + 30
16	10-20 minute warmup 3 x 1600 10 min cool down	6 mile run- 2 miles easy 2 @ easy tempo pace 2 miles easy	13 miles @ MP +30 sec/m pace	5	10-20 min warmup 3 x 1600 10 min cool down	11 miles-1 easy 10 m@ MP	15 miles @ MP 8:10 pace + 10
15	1 mile warmup 4 x 800 10 min cool down	7 miles- 1 mile easy 5 miles @ MP 1 mile easy	15 miles @ MP + 45	4	2 mile warmup 10 x 400 1 mile cool down	8 miles- 1 easy 7m @ MP	20 miles @ MP 8:15 pace + 15
14	10-20 min warmup 1200,1000,800, 600,400 w 200 rest	7 miles- 1 mile easy 5 m @ MP - 15 sec 1 mile easy	17 miles @ MP + 45	3	2 mile warmup 8 x 800 1 mile warmdown	6 miles- 1 easy 5m @ MP -30	13 miles @ 8:00 pace MP
13	10-20 min warmup 5 x 1000	6 miles- 1 m easy 4 m @ MP - 30 sec 1 m easy	20 miles @ MP + 1 9:00 pace min	2	10-20 min warmup 5 x 1000 1 mile warm down	6 miles- 2 easy 3 m @ MP - 45 1 easy	10 miles @ 8:00 pace MP
12	10-20 min warmup 3 x 1600 10 min cool down	6 miles- 2 m easy 3 m @ MP - 45 sec 1 m easy	18 miles @MP 8:45 pace + 45	1	2 mile warmup 6 x 400	3 miles- 1 easy 2 m @ MP	Marathon Day 26.2 m @ 8:00 pace MP

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 September/October issue is August 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* continues every other Thursday evening 7 p.m. Volunteers are needed. Show up at the Tortoise and Hare in VCP at 6 p.m. A post-series party will take place after the final race (August 13th).

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471