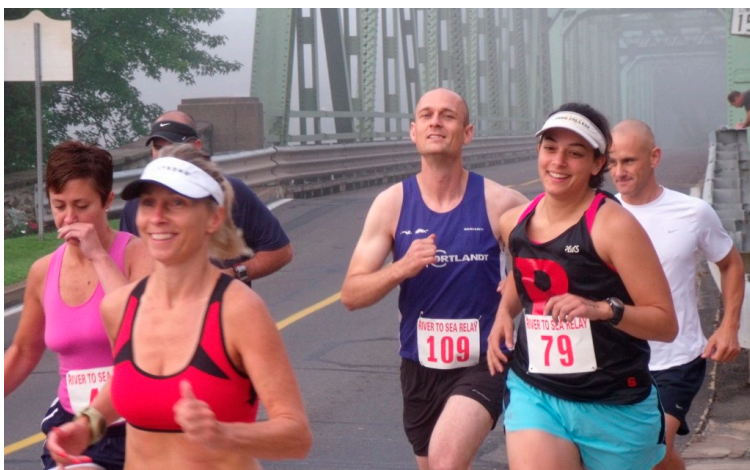

Van Cortlandt Track Club Newsletter

River To Sea Relay

by Jeff Powell



Allen Steigerwald leads off the "River to Sea" Relay

*B*ack in May, I found a web site about

New Jersey races, and saw one that piqued my interest – the River to Sea Relay – a 92 mile, 7-person race from Milford, NJ on the Delaware River to Manasquan on the Jersey Shore. The catch: it was on August 1 and mainly on routes providing little shade. It sounded crazy, but I decided to e-mail three of my Tuesday-and-Thursday-morning running partners to see what they thought – assuming they would think I was nuts.

Not only did they NOT think I was nuts, but they were ready to do it. So I signed up those three and one of their daughters. I now instantly had five

people on my team, had assigned myself captain, and then went and enlisted Matt Holzer and Allen Steigerwald from the VCTC to complete the team I named: "Washington Heights to the Jersey Shore".

So, on August 1, we were off - two vehicles (one for the lead, one for the exchanges) loaded with coolers of water, Gatorade and cold towels. We had studied and fretted over the incredibly detailed itinerary, and all that was left was to run and finish by dusk. At 6:45 a.m., we arrived near the Pennsylvania border in Milford on a foggy and unseasonably cool morning. We were lucky, since we knew at least the first few hours of the morning were ideal for running.

Allen was the first one off, leaving the starting point on Milford's Delaware River bridge at 7:30 a.m. for his 4.8 mile leg. Allen flew through his first leg and already we were on the right track.

Our next two runners, Debbie Panek and Beate Parra, had two of the most scenic routes, and continued the momentum.

So now it was up to me to continue. Early on, I had assigned myself what was called "The Beast" – labeled as long, hot, hilly and hard – and it was. But thanks to training on Van Cortlandt Park's hills, my only struggle was on the steep one mile incline at the beginning. After that I could get back to a comfortable pace and enjoy the scenery, passing farmhouses and green rolling hills for the next 7 miles.

With "The Beast" slain, I was relieved, and handed off to Matt, who, like everyone before him, sailed through his stage and kept us on track to finish well. After our other runners Clive Priddle and Vera Parra handled stages 6 and 7 respectively, Debbie was up again, to prove that the challenge of a relay is to run, recover quickly and run again. Also by that time, the heat had set in and the afternoon sun was baking us.

(continued on page 2)

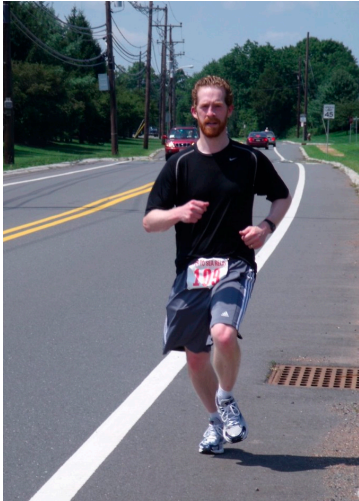
Allen had Stage 9 – a leg called “Looooooooonnnngggg and HOT”. It lived up to its name. We drove past Allen numerous times to get out and hand him water, Gatorade and constant cold towels. He was suffering through the heat but powering away with our team goal in mind.

Allen survived and he was now done for the day – he handed off the running to Matt and Vera who shared the “Wild Card”. This stage allowed the runners to switch with each other whenever they wanted. It was a perfect time to do this, since the heat was brutal and it gave each runner time to rest and cool down.

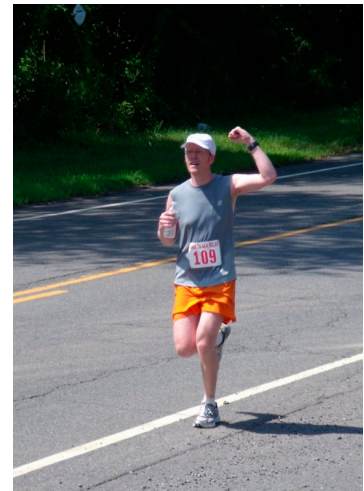
By now, it was early evening, and the sun had started to recede in the sky. It was my turn to take on my next stage, a 6.5 mile route. My legs were tired and the stretch felt long, but I knew after this stage I would be done. Thankfully, it was mainly flat, so I ran a comfortable pace and my legs seemed to accommodate.

Two more stages to go! Beate was up again and then Clive took us to the finish. His stretch was a quick 2.5 miles but you can bet he ran his stage with all the power he could summon out of his tired body.

We were done at 7:44 p.m., 12 hours and 14 minutes later. We were in Manasquan early enough to watch the beautiful sunset - a fitting end to a fantastic day. #



Matt Holzer sails through his stage



Jeff Powell triumphs over fatigue

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X-Country Series Race Directors: Fred Daly, David Isaac

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

On The Run

by President Bette Clark

*I*t's Labor Day and I'm on my way back to New York from Maine where I just spent a week enjoying the last days of summer. It was perfect running weather. I explored new routes, from the first half of the Mount Desert Island Marathon route I plan to run in October, along the spectacular coastline, which includes the only natural fjord in North America, to the carriage paths of Acadia National Park (built by the Rockefellers), and to the end of Hog Bay Road where great blue herons fly overhead. One thing all these running routes have in common is hills!

I had a very different and wonderful run much closer to home on the Sunday of Hurricane Bill. The Long Island beaches had been closed the day before. My friend Alicja, an ultra distance runner, and I had decided we wanted to do a long run on the beach that weekend so we set out at 5 a.m. with the intention of arriving at Robert Moses beach by sunrise, before officials got there to close the parking lots and access to the beach.

We arrived as the sun was cresting over the Robert Moses

causeway, but cars were being not being allowed access to the parking lots. Predictions were that waves and swells would submerge the beach at high tide. After failing to convince the rangers and park officials to let us in ("we just want to start running at Robert Moses State Park--we're not going near the water..") we got back in the car and drove to Bay Shore where we knew there would be a ferry to one of the Fire Island towns. With less than 5 minutes to spare we grabbed our camel packs and some gels and just managed to catch the boat to Ocean Bay Park.

The only other people on board were two surfers hoping to catch the big waves and people delivering stacks of the Sunday New York Times to the Island towns. On route across the bay, Alicja figured out a route that would give us about a 20 mile run, mostly on the beach, taking into consideration when the tide would be at its highest and the return ferry schedule. So we ran west to Robert Moses, about 6 miles. I chose to run barefoot but there was no choice as we

approached Robert Moses because the water level was rising dramatically and the beach was disappearing fast.

We had to run the final part in shallow water right up against the dunes. But we made it to the westernmost end of Fire Island and spent a few minutes watching the spectacular waves and the Life Guards (off duty because the beach was "closed"!!) surfing. Then we ran back the 6 miles to Ocean Bay Park along the boardwalk, passing Kismet, Saltaire, Ocean Beach, Fair Harbor, Seaview, etc. stopping at a convenience store for an ice cold drink. By the time we got back to Ocean Bay Park the tide was receding so we were able to go back to the beach, this time running east about 5 miles, past the villages

of Cherry Grove, Sailer's Haven, Point O Woods, Davis Park, going as far as The Pines, and then turning to run back to Ocean Bay Park to catch the ferry back to Bay Shore. One of the highlights

of the day was running through soft sea foam, with feet cradled and massaged by tiny dense mountains of bubbles. Total mileage: 22

miles. Sights seen: sunrise, gigantic waves, nesting plovers, naked people. Fun factor: immeasurable. Next time I



Alicja and Bette



Bette and the beach

plan to run all the way from Robert Moses (when the beaches are "open") east to Smith Point but that would mean a point to point run involving a car at the other end--or running round trip as Alicja has done often, for a total of 44 miles!! Remarkably, after running all but 6 miles of the 22 barefoot on the beach (I put on my shoes on the wooden boardwalk and concrete paths) nothing hurt the next day, no muscle soreness, aches or any pain!! For me, this was running at its best!!

Speaking of running at its best, fall weather is often perfect running weather. With the cross-country season upon us and fall marathons quickly approaching, Van

Cortlandt Park is filled with runners--and many of them VCTCers!! We have had many members join us over the last few months (Kevin will have to give us an exact count!!). I welcome all of you and invite you not only to run with us whenever you can (in addition to our Saturday group runs and Tuesday night track work outs, Kevin is reinventing a Thursday night run on the flats at 7:30 pm--details to follow) but to share with us your favorite runs or races, either in our newsletter or on our new vctconline.com website. Good luck to everyone running a fall marathon: our next newsletter will be our NYC marathon issue!! #

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Coach's Corner

by Ken Rolston

What happened to summer? Just like that, the high humidity is behind us, thankfully, and we are ready to bring training to the next level. For those of you running a marathon, there are about 60 of them in the month of October! It's a good idea to get in a ½ marathon as a tune-up for the main event, ideally 4-6 weeks prior, and there are plenty to pick from, as you can see.



Track workouts will be devoted to getting you ready, so be prepared for more Yasso 800's, quarters with very short recoveries, and mile repeats. The current issue of Runners World contains some really tough workouts like Ryan Hall's hilly 18 mile tempo run at 5 minute pace. Don't worry, we won't be doing that, nor will we be doing 10 x 1 mile at tempo pace with a 1 minute jog in between. But I do like Amy Yoder Begley's descending ladder workout: 2 sets of 600-400-300-200 with 200-400 rest between. One temptation with the good weather will be to disregard rest. Please make sure that a recovery day is exactly that. Some of these marathon programs are really demanding so it's essential to take it easy a day or two each week. As the weather cools off, we'll need to pay more attention to a really good warmup prior to track repeats. That 1 mile jog may need to become 1½ or even 2 miles.

I'd like to reflect on the past month's World Champs and the other races on the European circuit. Usain Bolt is one of the most charismatic athletes I've ever watched. Not only are his times mind boggling, but his joy of running, itself, makes him the star he is. As crazy fast as his times are, he can still go faster. I don't believe for a minute that he's taking drugs, either. Tyson Gay's AR in the 100 was totally gutsy, and he believes he can go 9.5 one day.

It was nice to see Sonya Richards win gold in the 400 at World's and then go sub 49 to secure her Golden League jackpot. Allyson Felix and Jeremy Wariner ran outrageous 400 splits on their respective relays to secure 1st for the U.S. One enjoyable sidebar- Aliann Pompeii set a national record in the 400, 50.8, for her native Guyana. She trains at Van Cortlandt.

US middle distance runners are really improving, too. Four women broke 2:00 for the 800 and 3 broke 4:00 for the 1500. I believe that Bernard Lagat has really helped the men's team to reach higher. He almost won the 5000 at World's again, and now Matt Tegenkamp and Dathan Ritzenhein are sub-13:00 5K runners training under different coaches in Oregon. The dams are breaking! If you watch video of Lagat's losses to El-Guerrouj in the Olympics and Bekele in the World's, you'll note how deep each of the champions had to dig, and how gracious Lagat was to the victors. By the way, Bekele now has 24 world and Olympic titles, and has set 6 world records. We are witness to the greatest runners ever in Bolt, Bekele, Radcliffe and Gebrselassie.

This summer has really opened my eyes to your capabilities. I'm awed by what you've been doing at the track workouts, on the Saturday long runs and in competition. I hope you'll be able to enjoy your Bolt/Radcliffe moment in the sun sometime this autumn.

Upcoming Races:

9/20- Sun- Yonkers Marathon & ½ marathon- 8:30 AM

9/20- Sun- Queens ½ marathon- 7 AM

9/20- Sun- Philadelphia ½ marathon- 7:45 AM

9/20- Sun- Dutchess County Classic ½ marathon, 5K- Wappinger Falls- 8:30 AM

9/26- Sat- 5th Avenue Mile- 10 AM

9/26- Sat- Hampton's Marathon & ½- 8 AM- East Hampton

9/27- Sun- Pfalz Point Trail Challenge 10 mile- 9 AM- Mohonk Preserve, New Paltz

9/27- Sun- Tunnel to Towers Run 5 K- Brooklyn Battery Tunnel- 9:30 AM

(continued page 6)

UPCOMING RACES(continued)

9/27- Sun- Marathon Tune-up 18 m- 7 AM

10/3- Sat- Grete's Gallop ½ marathon- 8:30 AM

* Club Points Race

10/4- Sun- Ridgefield ½ marathon- 8:30 AM-
Ridgefield, Ct.10/4- Sun- Pain to Paine Trail ½ marathon- 9
AM- New Rochelle10/4- Sun- Fred Lebow XC 5K- 11:30 AM- Van
Cortlandt Park10/10- Sat- Greater Hartford Marathon- 8 AM-
Hartford, Ct.

10/10- Sat- Baltimore Marathon- 8 AM

10/11- Sun- Chicago Marathon

10/11- Sun- Steamtown Marathon- 8 AM-
Scranton, Pa10/11- Sun- Westchester Running Festival ½
marathon- 8:30 AM- White Plains10/11- Sun- Hudson Mohawk Marathon- 8:30
AM- Schenectady, NY10/11- Sun- Staten Island ½ marathon- 9:30 AM-
Staten Island

10/11- Sun- BAA ½ marathon- 10 AM- Boston

10/11- Sun- Harry Murphy XC 5K- 11:30 AM-
Van Cortlandt Park10/18- Sun- Atlantic City Marathon- 8:30 AM-
Atlantic City, NJ10/18- Sun- Paramus Run 10K/5K- 9 AM-
Paramus, NJ10/18- Sun- Kurt Steiner XC 5K- 11:30 AM- Van
Cortlandt Park10/18- Sun- Harry Chapin 10K- 12:30 PM-
Croton, NY10/18- Sun- Fall Foliage Run 5K- 2:30 PM-
Scarsdale, NY10/25- Sun- Poland Spring 5 mile- 8:30 AM-
Central Park10/25- Sun- Marine Corps Marathon- 8:30 AM-
Washington, DC10/25- Sun- Hairy Gorilla ½ marathon and
Squirrely 6 mile- Voorheesville, NY11/1- Sun- NYC Marathon- 9:40 AM- * Club
Points Race. Good luck to all !

Adrian C. Hunte
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Former General Counsel
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New Membership

by Kevin Shelton-Smith

2009 has been a good year for new members with membership in good standing up to 125 by the end of August. With a few folk moving away we are bound to say goodbye to a few folk but we have the pleasure of saying hello and welcome to all the following, many of whom have become familiar faces:

Alexandra Hernandez
Ana Marin
Andy Toledo
Carla Fabiani
Carol Kraves and Michael Collier
Catherine Schwarz and Kenn Sapeta
David Drucker
Elizabeth Weaver
Eugene Westling & Catherine Gasteyer
Hiroshi Kitada
Horace Grant
Hubert Dyasi
Irene Fleming and Tonoe? Iriza
Jane Berger
Jeff Powell
John Campbell
John & Joanne Martin
Laura Cassino
Linda Evangelou
Mandi Susman
Mary Curran
Marybeth Gallagher
Matthew Holzer
Melissa Filut
Melvin Rosario
Michael Lee
Milinda Abbott
Perry King
Ramon Minaya
Robert, Jackie, Robert & Kevin Klein / Mejia
Salvatore Carretta
Sandra Teague
Scott Hines
Sherry Fraser
Steve Klein
Susan Donovan
Victor Ramos
Yomara Hernandez

Welcome to all. #

New Website Needs

by Mike Arnstein

Here are the following sections of the new website that need volunteers to manage. For some of these sections, the needs are very simple and little time would be required. Other sections may require a lot more time to set up initially, but then little time to maintain. Other sections will require a substantial amount of time as ongoing updates will be needed. I will try to give some summary of needs and approx. time commitments.

Please reply back with your interest level and any questions for each section.

The board can discuss how and to whom the responsibilities will be divided up, and I will be happy to train people with remote web connection while on the phone.

So please include your phone number where you put your name.

Keep in mind: In most cases your time will only be required in initially setting up these pages - think of how much positive influence your time will have on club members today and for the countless ones in the future. We all love running so much, look at what it has done for us, so here's a great chance to give back. I'm looking for you guys to take over.

Home Page:

This requires little time, but could be an important (and powerful) responsibility. The home page can have important updates and 'news' that we want our visitors to see when they come to the website. There are some advanced functions/options that I can show this person on how to not only edit the text, but add functions that show 'news' and other important updates.

Calendar:

Just about all admin level participants of the website will need/want to post updates on the club calendar. This is very easy to do and I feel many people should/could have the ability to add things to the calendar. I suggest color coding events so visitors can easily pick out interested upcoming events. This is not a complicated function, most anyone can learn to post updates to the calendar.

X-C Summer Series:

This can be an involved page to maintain. The person needs to eventually do many things on this section. I think more than one person should admin this as there are many potential functions: Online sign up and payment, Posting Race Results, Posting Pictures, Posting Entry Forms and text detail about all of these various needs. (this is a summer only position!) (continued page 8)

Riverdale Ramble:

(Same as above X-C Series)

Urban Environmental**Challenge:**

(Same as above X-C Series)

Race Results (Non-Club Race Results): (for NYRRC races, team results in races, etc)

Peter Coy is our race results manager; he could be shown how to post people's results (not too much time if it's done once a month or so. This could also be a more involved page with lots of random details on what our members are doing all around the world racing...so a few people can work on this page?

Tuesday Night Speed Workouts:

Looks like Ken should take this up and post a simple text and some images about our weekly workout, shouldn't take much time to maintain after it's set up

Saturday Morning Group Runs and Breakfast:

Again, not much time is needed to maintain this page after it is set up initially.

\Coaching (Ken) Section:

Ken, I don't know if you want a section all devoted to you as the club coach... I need some input on how/what you want to do with all of this? You could quit your job and update these pages full time or not have a section to yourself all together... let me know what you have in mind?

Speed Workouts, Training, Recommended Reading, Other:**Club Member PR's:**

Currently I have posted a spread sheet that Kevin provided to me. This page can continue to be updated when people send new times/PR's to Kevin(?).I would suggest an improved looking format to the current page which I threw together just to get some content up to see. I don't believe much work is required to admin this page at all....but the person who needs to tally the records might have a steady stream of emails from members to take care of.

Club Records / Club Race Records:

I think this page is about equal to above description (but even less time needed to update it as this is only for club race records)

About Us/Club History:

This page could be a quite a bit of work if someone is to pull together lots of history, pictures and note worthy details about the club. It wouldn't take much time to maintain once the main content is completed.

Membership:

This page should eventually have advanced functions, like an online dues payment link, maybe our club member (paid) list and lots of descriptive text on the great benefits of being a vctc member! Standard application for people to mail in dues is

currently on this page, yet I don't know if it is current?

Newsletter:

The project of archiving all our past newsletters could take some time. I would like to research some options to show all the newsletters on this page as 'pages' not a document download as it is now. I think advanced (hyper motivated vctc website worker) option of having a section within this page/section of 'the best of vctc.org' or something could be done as well.

Annual Awards Dinner

This is a major event each year and showing all the pictures, video and details of each dinner from year to year would be great - and of course all the info on the upcoming dinner. I would think many people would like to see online payment options as well for this event.

Volunteer Opportunities:

One person could admin this page, from soliciting various other admin/board sending requests to post volunteer needs, such as club races etc etc

Discounts and Sponsors:

Same as above. It would be good for us to offer companies/professionals to post paid ads on this page for services/discounts etc. We should seriously consider the revenue we could make on the site if we eventually have a lot of users. This page

can also be used to motivate club race sponsors.

Make a Donation/Sponsor a Race:

Hey, why can't we give all those generous people out there the option to give us some money! We can have some details on how we promote xyz in our local community and etc etc

VCTC Board of Directors:

This page would only require small updates as people change.

Contact Us:

I don't even know if we need to change anything here? maybe list some phone numbers?

Member Auditing/Review:

Some designated 'web masters' who will learn how to do pretty much all the admin level work so they can help out with training other people in the future.

If anyone has additional subject/category types that they think should be added or deleted or edited please let us all know.

I'll start getting back to people who want to take on certain sections by email to set up a training time via the web/phone.

-Mike Arnstein

"Don't train too hard for the marathon that you feel tired on the starting line."-Fernando Cabada, U.S. Marathon Champion.

Dick Conley's N.J. Shore Boot Camp

by Kathy Nolan Conley

I thought it was going to be a nice romantic weekend. You know, just the two of us....at the Grenville Inn in Bayhead, NJ. We had booked a room at the inn for a wedding last October. After the reception, we just decided to drive back to New York, and received a voucher, good for a year. Dick found out about the July Belmar (NJ) 5 mile race when he was with his running buddies (you know, wife excluded) on his January Florida Key Half Marathon weekend. (Yeah, that one, where I was left behind in the NY cold with the dog.)

Anyway, we coupled the stay at the inn with the Belmar Saturday race, and Dick even suggested that we stay two nights, so we could leave early Friday morning to get in some extra beach time. He said we could take our bikes to get his number the night before and go to Belmar on race day and back---only four miles away. So, at around 5 P.M. on Friday we set off on the bikes to go to Belmar

to get the number and T-shirt, etc. which was the beginning of the boot camp experience. After getting lost a couple of times (despite explicit written directions supposedly), we got on the right track to Belmar. We did pass some lovely-looking restaurants on the water and ice cream shops, but, no time to stop (groan!). It turned out that the four miles was actually ten miles away. I was getting crankier by the moment, not having had a nice solid meal in me before attempting this 8 mile-turned-into-20 mile athletic feat. Dick picked up the goodie bag, T-shirt and number, and I said, "No time to hang around, Buster---don't you see the sun slipping down??"

And, of course, on the return ride, I caught my shoelace in my chain, which came off, which derailed me

further away from that promised meal at the inn when we returned. Made it back okay----traffic was brutal also, so we decided to take the car instead the next morning.

Saturday dawned clear and sunny---a perfect race day. Even though I was forced to have coffee from Dunkin' Donuts (we turned in the wrong direction on the boardwalk---I would have



Belmar Beach, N.J.

preferred the local coffee shop instead of the mega chain), we were able to stroll along the boardwalk for a bit before Dick's warm-up. While Dick was racing, I walked over to Avon-by-the-Sea to check out a flea market along the boardwalk. Dick did fine during the race; then it was off to one of the Key West guy's house for the post-race party. Planted right in front of the potato salad was a fellow who said he had lost 30 pounds. Taking the hint, I stuck to the fruit salad and a little ham sandwich and a seltzer. Next, we made our way back to the inn, and had our beach time. Dick made no mention of lunch (he DID eat plenty of potato salad, which he downed with a couple of beers), and I thought, "I'll fix him---I will go longer than my usual three hours without food---we jokingly call them my "feeding times.""

When it was time to look for the evening restaurant, we decided not to eat at the inn again and went out "foraging" for a little variety. It was too early anyway, around 4:30 or so, for eating, so we decided to go to a 5 P.M. Mass. Then we walked and walked, south past mansion after mansion, but there were no restaurants in sight. Finally, Dick was the one who caved and said, "If I don't get something in me, I'll faint!" You see, it is usually

the other way around---I looked at him, totally nonplussed and said, "Gee, what's your problem-- I haven't thought about food all day!" As we turned to walk back in the direction of the inn, we came across Theresa's, which had been recommended. Unfortunately, we ate inside because, since it was on the main drag, there was a lot of noise from traffic that we wanted to escape. However, the atmosphere and the food were both terrific.

The next morning found Dick running along some of the side streets, and I picked a walk on the beach (walking in the sand produces more resistance, and hence, more of a calorie-burn, right?) It was another hot day, so we headed for the beach. I was allowed a shot at the inn buffet around noon (and even passed up the cheesecake for dessert) and then we returned home a little early to beat the traffic. Well the reward the next day was great---after this (for me) boot camp-type weekend---a five-pound weight loss!! #

BXM 18 Miler

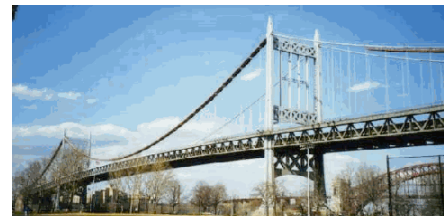
by Jill Staats

This is a route that was written up in the Summer 2009 issue of NYRR magazine. It goes over twelve bridges

between the Bronx and Manhattan, and it seemed like an intriguing training run. So, when JoAnn Pate sent me an email organizing this run, I signed up for it. What a great way to make a long run seem short: run with your friends and complain about it the whole way.

On August 22nd we started the adventure. The previous night, there had been a thunderstorm and the thought crossed my mind that we could be rained out. At 5:00 am it was overcast but not raining- so we were going. Husband Norris drove JoAnn, Erick Fernandez, Dave Isaac, Katherine Callan and me to Gracie Mansion and dropped us off. There we met with Vanessa, Kyle Hall and two friends of Erick, Charles and Vera.

At 7:10 we began the run in a light rain, which, thankfully, only lasted 20 minutes. From the description, I thought the most challenging part of this run would be getting onto the Triboro Bridge. It was not clear how we would do this. We ran north along the Greenway to Ward's Island Bridge and crossed it, then ran across an unnamed wooden bridge towards the Triborough.



Robert F. Kennedy(Triborough) Bridge

We went under the bridge and along some baseball fields hoping to find a way onto the bridge. There, under the Bruckner Expressway, was a ramp with a sign saying "To the Bronx." Up the ramp we ran, and onward into the Bronx. It was wild!

It was a fairly easy route to follow, and was interesting running back and forth between the Bronx and Manhattan. I like being entertained when I run, and it was full of sights that you would not necessarily be exposed to.

When we hit Macombs Bridge it was 9:10, and we realized we had arrived at the start of the Harlem 5K. If we had been 10 minutes earlier, we could have cheered our teammates at the start of the race or we could have jumped in and run it. Instead we filled up on the left-over water and went on our way.

When we got to the 225th Street, Broadway Bridge, there was a strong temptation to bail and run to Short Stop, hang out with everyone and have breakfast, but we continued on with our mission.

The last bridge was the George Washington. As we were running over it, Charles commented on the beautiful view. The railing is not that high and I caught a glimpse of the view out of the corner of my eye, but realized if I really looked I

would probably freeze, and not be able move until I was blindfolded to be taken off the bridge. So, I kept my eyes pointed straight forward with the goal of finishing the task at hand. I made it across and back and then ran to JoAnn's car which she had parked in the neighborhood the night before. I ran up and down the street until I hit 20 miles. Chalk off another long run in a series of many marathon preps. This is one of my favorite long runs. The weather held out, it was entertaining and the company was great. I highly recommend this as a group run. #

Sunset and Suds

by Michael Lee

I joined a whole crew of VCTC runners and a rainbow of other club singlets at a particularly beautiful stretch of Riverside Park on a perfect Thursday evening for "Sunset and Suds", a race put on by the New York Harriers. It was advertised as "flat" (true), "fast" (also true), "out-and-back" (well, double-loop, but we'll give it to them) "5K" (yeah, about that ...). A race in the spirit of the Wall Street "not quite" 5K and the Cook Your Buns "almost" 3 miler ...

I think many of us were excited to trade in the hills of

Van Cortlandt for a pancake flat course and find out how strong and fast Coach Ken had really made us. I personally felt the need to sort-out the discrepancy between my 5K race times and my track workout speeds. To that end, instead of going out at a "safe" 6:15/mile or so around my old PR time, my "strategy" was to run something sub-6 in the first mile and just hang on for dear life after that. The "go big or go home" view of things ... I do seem to remember reading some study where a starting-out-fast strategy worked better for non-elite 5K runners than even or negative splits?

I was entirely on target to crush my personal best of 19:35 and possibly to hit my goal of sub-19 ... when suddenly the finish line appeared 0.3 miles early. A quorum of Garmins at the finish seemed all to agree that it was right about 2.8 miles. Ah, well, so it goes.

I had gone out in 5:53 (trying hard to keep within a sprint of Kevin Shelton-Smith), then a 6:06 (giving up on Kevin and pacing off the lead woman instead), then collapsed to 6:18 over the last 0.8 miles. Intriguingly, this is almost an exact reverse of the numbers I had at my last set of track mile repeats. But here, the last half mile or so I was nursing a side stitch/cramp that was threatening to go from merely kind-of-painful to truly-debilitating. This

seems to be a problem for me only in night races ... maybe hydration issues? In the end, it would have been awfully close to 19, but I (of course) think I had one more push left in me that could have taken me under. Especially if I had realized how rapidly Neil Leibowitz was closing in on me ... not at all unlike the last XC race!

And maybe it was just a figment of my hypoxia-addled brain, but I also swear that when the second place woman caught up to the pack I was in at around mile one, she actually chastised us: “Two women now! You men really need to step it up!” I didn't have enough extra energy to point out that she had caught us because she was going, well ... really fast! Anyway, verbal shaming: a first for me in a race. But, I suppose we all did speed up a bit as a result.

Now I really need to find a fast true 5K and get my sub-19 in 2009! Given an upcoming vacation in September, this might be an October project. #

(ed note: The race was run around sunset and suds(beer) was served afterwards: thus “Sunset and Suds”).

OCCAM'S RAZOR

“The simplest explanation is usually the correct one when solving a problem.” -14th century Franciscan friar William of Ockham. (e.g. when diagnosing injuries).

Raw Power: Fruits and Vegetables

by Mike Arnstein

*M*ost people find it fascinating (or peculiar) that my diet only consists of raw fruits and raw vegetables.

For the last 6 years, I have been a

strict “vegan”.

Then, about 18 months ago, I decided to change my diet to

only low fat 'raw', or what some people call a 'Fruitarian'.

It's actually extremely simple to explain: I only eat whole, raw fruit and vegetables. The food I eat must be raw and unprocessed as nature created it. No dairy, nothing ever from a can or box, nothing in a plastic bag.

To make it simple, I only buy what is in the produce department. At most I might juice some oranges or use a knife to cut up the fruit or vegetables. I almost never combine 2 foods either. If I am eating honeydew, I only eat honeydew. I try to eat one thing at a time as an entire meal.

This sounds insane to most people, and very unpleasant. Yet I have learned to enjoy this extremely simplified and satisfying way of eating.

I don't ever have digestive issues, my weight of course is optimally maintained, and I never have to count calories. I eat as much as I want and never gain excess body fat.

I don't take any supplements at all. I don't even drink much water, as everything I eat is 90% + made of pure filtered water, the water that's in the fruit and vegetables.

People seem to be very strongly opinionated about what a 'healthy diet' consists of. For me I want to share an alternative diet that works exceptionally well for me.

I feel criticism should be held off until someone actually tries a diet for themselves for at least 30 days before they pass judgement. I have tried all diets from Atkins (yes for many years I was a meat eater and runner), to vegetarian, “vegan” and beyond. Yet up to this date, my most success has been with my fruitarian diet.

Many people ask where do I get my protein, or where do I get my B12, or where do I get my calcium and other nutrients? My reply is that I get these things from the same place a horse, a cow, a monkey or gorilla gets it: from raw fruit and vegetables. Humans are the only animal on the earth that cook their food. Humans are



also the only animal that mix foods when they eat. Cows and horses eat grass all day, and they are all muscle. Do they take B12 supplements? Gorilla's are extremely powerful and strong animals and they just eat raw plants all day.

I have run my fastest times in my 30's, faster than when I was in high school, in fact. I have had no bone issues or B12 deficiencies as proven in the frequent blood tests that I have taken.

So consider eating more raw fruit and vegetables in your diet. They really are the magical fuel that mother nature intended.

Learn more about my diet and the books supporting this way of eating on my blog on vctconline.com #####

Good News for Runners

A longer version of this article ran in the New York Times in August, 2009.

A well-respected European journal has reported that researchers in Austria examined the knees of marathoners using M. R. I imaging, before and after the 1997 Vienna Marathon. Ten years later, the knees of the runners were scanned again. "No major new internal damage in the knee joints of the marathon

runners was found after a 10-year interval," the researchers reported. Only one participant in the study had increased knee damage, but he had quit running BEFORE the '97 marathon (and didn't run the race, but took part in the study anyway). This prompted researchers to speculate that "continuous exercise is protective, rather than destructive," to knees.

A British study of former elite soccer players found that nearly half had crippling bone-to-bone arthritis in at least one knee. Former weight lifters and retired N.F.L. players also have a high incidence of this condition.

But a study at Stanford University released in 2008, followed middle-aged longtime distance runners for nearly 20 years beginning in 1984, when most were in their 50's or 60's. At that time (1984) 6.7 percent of the runners had mildly arthritic knees, while none of the age-matched control group did. However, after 20 years, the



runners' knees were healthier; only 20 percent showed arthritic changes vs. 32 percent for the non-runners' group. Barely 2 percent of the runners'

knees were severely arthritic, while 10 percent of the control group's were.

Eliza Chakravarty, lead author of the study, expressed surprise. "Our hypothesis going in had been that runners, because of the repetitive pounding, would develop more frequent and more severe arthritis." Instead, recent evidence suggests that running may actually shield somewhat against arthritis, in part because the knee develops a kind of motion groove.

Another Stanford study showed that by moving and loading your knee joint, as when walking or running, you "condition" your cartilage to the load. It grows accustomed to these movements. You can run for decades without harming it. But if this balance is disturbed by an injury, the loading mechanism shifts, causing a "degenerative path" to open. The cartilage then can wear away. Tissue disintegration and arthritis can follow.

So the best way to protect your knees is not to hurt them in the first place. One of the best deterrents against a first injury is targeted strength training: hips, quads hamstrings and core must all be strong. Injuries occur when there is weakness.

So go out for a run and enjoy it with your mind at ease. Chances are you'll have many more to enjoy, if you stay injury-free. #

Race Results

Time	Name	Age	Age/Place
Media Challenge 3.5M Central Park July 8, 2009			
21:59	Peter Coy		1st M50-59

VCTC Summer Speed Series 5K #5 July 16, 2009			
17:29	Mike Arnstein		1st M30-39
19:00	Kyle Hall		2nd M30-39
20:06	Perry King		1st M50-59
20:14	Kevin Shelton-Smith		1st M40-49
20:39	Michael Lee		
21:13	Neil Leibowitz		
22:07	Steven Park		
24:43	Jason Krasner		
25:06	Dom Lombardo		
26:08	Sal Caretta		
26:36	Bette Clark		1st F50-59
26:46	Dave Isaac		
27:20	Kimberly Isaac		3rd F15-19
27:40	Rachel Gissinger		

Run for Central Park 4M July 18, 2009			
24:26	Perry King	M52	
26:14	Louis Csak	M43	
31:50	Edward James	M63	
31:51	David Isaac	M46	
32:03	Bette Clark	F53	
32:33	Salvatore Carretta Jr	M53	
32:40	Arnold L Gore	M68	
32:53	Jill Staats	F57	4
32:57	Jane Berger	F41	
33:01	Elsa M. Rojas	F57	5
33:14	Shirley Middleton	F55	
35:24	Catherine Schwarz	F46	
35:43	Adrian Hunte Smith	F55	
37:04	Rachel Isaac	F16	
37:50	J. Vera King	F54	
39:28	Tom Cleary	M60	
40:24	Gilda L Serrano	F60	
40:42	Susan R Epstein	F66	
45:16	Michael O'Brien	M45	
45:17	Roxanne O'Brien	F42	
1:01:45	Ramon Minaya	M69	

U.S. Corporate Nationals LaJolla, Ca 5K & 10 K July 18-19, 2009			
20:42	David King	M59	3rd M55-59
45:06	David King	M59	2nd M55-59

Hudson Valley Biathlon 1M run, 18M bike, 5K run July 19, 2009			
2:13:07	Margaret Nolan		2nd 40-49

VCTC Summer Speed Series 5K #6 July 30, 2009

19:21	Chris Eckstrom	1st M40-49
19:42	Kevin Shelton-Smith	2nd M40-49
19:45	Perry King	2nd M50-59
20:13	Michael Lee	3rd M30-39
	Steven Park	
22:50	Tony Thoman	
23:29	Dom Lombardo	
	Sal Caretta	
25:30	Jill Staats	1st F50-59
	Bette Clark	2nd F50-59
	Kate Donovan	
27:19	Scott Hines	
36:15	Susan Epstein	2nd F60-69

NYRR Team Championships 5M-Men Aug. 8, 2009

31:56	Louis Csak	M43
34:23	Perry King	M52
34:34	Horace Grant	M29
35:21	David C King	M59
36:00	Anthony C Thoman	M46
36:11	Dominic Lombardo	M42
36:47	Richard P Conley	M54
38:27	Salvatore Carretta Jr	M53
38:46	Ken Rolston	M57
39:15	Zafar Shahbaz	M52
40:20	Arnold L Gore	M68
56:33	Michael O'Brien	M45

NYRR Team Championships 5M-Women Aug. 8, 2009

38:22	Rachel Kimber	F28	
39:01	Bette Clark	F53	
40:38	Jane Berger	F41	
41:09	Jill Staats	F57	4
41:38	Elsa M. Rojas	F57	5
41:53	Kathryn A Donovan	F51	
42:42	Dawn Netter	F38	
43:37	Katherine Callan	F47	
46:02	Roxanne O'Brien	F42	
46:10	J. Vera King	F54	
50:36	Gilda L Serrano	F60	
50:38	Susan R Epstein	F66	

VCTC Summer Speed Series 5K #7 Aug. 13, 2009

19:35	Kevin Shelton-Smith	1st M40-49
19:38	Robert Klein	2nd M14U
20:19	Michael Lee	2nd M30-39
20:20	Neil Leibowitz	3rd M30-39
21:00	James Harkins	
21:35	Steven Park	
23:24	Dick Conley	
23:29	Allen Steigerwald	
23:38	Patrick Thompson	
24:48	Jill Staats	1st F50-59
25:12	Bette Clark	2nd F50-59
25:21	Sal Caretta	

25:34	Ed James	1st M60-69	19:00+	Michael Lee	M32	
25:39	Kimberly Isaac			Henry Isola XC 4M Van Cortlandt Park		
25:39	Jane M. Berger	1st F40-49		Aug. 30, 2009		
26:21	Rachel Gissinger		29:13	Erick Fernandez	M28	
26:44	Kevin Klein		33:21	Salvatore Carretta Jr	M53	5
26:57	Shirley Middleton	3rd F50-59	34:22	Jane Berger	F41	2
27:02	Arnie Gore	2nd M60-69	34:35	Edward James	M63	
27:15	Zafar Shahbaz		35:23	Kathryn A Donovan	F51	3
27:29	Margaret Nolan	3rd F40-49	39:26	Ramon Ruiz	M69	2
28:17	Katherine Callan		45:28	Edith Jones	F69	1
28:39	Cathy Schwarz			Long Beach 5M Long Beach, N.Y.		
29:11	Jo Ann Pate			Sept. 6, 2009		
35:58	Ira Weiner		36:24	Richard Conley	M54	
36:52	Susan Epstein	2nd F60-69		Dom Mircovich Memorial 5K (short course)		
42:09	Sandra Teague			Closter, N.J.		
	NYC Half-Marathon			Sept. 6, 2009		
1:38:38	Erick Fernandez	M28	150	17:44	Peter Coy	M51 5th OV
1:44:20	Horace Grant	M29	219		Town of Hempstead Triathlon 3/4M ocean swim,	
1:53:23	Ramon Ciprian	M45	160		Hempstead, N.Y.	
1:54:59	Zafar Shahbaz	M52	86		Sept. 12, 2009	
1:58:29	Salvatore Carretta Jr	M53	98	1:45:00	Elsa Rojas	F55 1
2:03:17	Dominic Lombardo	M42	429	1:55:14	Wanda Bills	F45 5
2:03:19	Susan Murray Donovan	F29	512		Fitness Mind, Body, Spirit Games 4M	
2:16:23	Joann Pate	F35	401		Sept. 12, 2009	
2:16:57	Carl Morrishow	M53	188	25:37	Eric Nolan	M31
2:20:33	Scott Hines	M27	720	26:42	Horace Grant	M29
	Percy Sutton Harlem 5K Run			28:58	Hiroshi Kitada	M43
	Aug. 22, 2009			30:04	Bette Clark	F53
22:17	Dominic Lombardo	M42	30	30:05	John Martin	M43
23:44	Bette Clark	F53	1	31:18	Salvatore Carretta Jr	M53
24:01	Salvatore Carretta Jr	M53	14	31:30	Ken Rolston	M57
24:59	Jane Berger	F41	5	31:48	Arnold L Gore	M68 4
25:11	Arnold L Gore	M68	4	31:49	Edward James	M63
25:11	Susan Donovan	F30	21	32:02	Jane Berger	F41
25:19	Paulino Santana	M48	43	32:04	Jill Staats	F57 4
25:26	Scott Hines	M27	106	32:45	Kathryn A Donovan	F51
26:32	Andy Toledo	M29	123	34:39	Adrian Hunte Smith	F55
27:20	Carl Morrishow	M53	27	37:07	Ivan Ragoonanan	M64
27:40	Tom Cleary	M60	9	40:52	Susan R Epstein	F66
27:58	Ramon Ruiz	M69	6	43:59	Michael O'Brien	M46
31:30	Edith Jones	F69	3		Centrum 5K (long course)	
32:20	Gilda L Serrano	F60	4		Pearl River, N.Y.	
32:51	Susan R Epstein	F66	5		Sept. 13, 2009	
36:39	Roxanne O'Brien	F42	68	19:25	Peter Coy	M51 3rd OV
36:40	Michael O'Brien	M45	89		Delayed Results	
	Media Challenge 3.5M Central Park				Fairfield Half-Marathon Fairfield, Ct.	
	Aug. 25, 2009				Jun 28, 2009	
21:55	Peter Coy	1st M50-59		2:35:54	Rachel Kimber	F29
	Sunset & Suds 5K Riverside Park			2:35:56	Sherry Fraser	F54
	Aug. 27, 2009					
16:28	Kevin Shelton-Smith	M49	5			

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, Saturdays at 8 a.m. (we meet at handball courts at 242nd St and Broadway) and Thursday evening group runs meeting at the Tortoise and Hare Statue on the VC Park flats at 7:30 p.m.

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the November/December issue is October 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.

Website Visit us on our new website: vctconline.com

Van Cortlandt Track Club

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