

# Van Cortlandt Track Club Newsletter

## Marathon Madness

*33 VCTC members traverse the five Boroughs for 26.2 miles of fun and accomplishment.*



*Let's get ready to Rumble*

*by Kyle Hall*

"I wish I were him." "I want to drop out." "I wish I could walk." I would give anything right now to be able to walk." I want to lie down in that field." I told myself such things in the final 1.2 miles of that November 1st adventure. I had a wonderful trek-like Ulysses, an odyssey for the ages - and I was nearly home. But by that stage I was a broken man.

For the first sixteen miles, I was fresh. I held back deliberately and cruised through mile after mile, faster than my projected pace. I felt like a rock star. I'd never seen so many people in a race or out to watch a race. The Brooklyn half in the spring was the largest race I had been in before, and the eighteen mile Tune-Up in September had been the longest race I'd run. However, my training was paying off as I charged through Sunset Park. I was inspired by the church choir on the sidewalk and the multitudes of diverse fans packing the streets.

I began giving high-fives to kids and adults alike and pumping my arm in the air to the delight of the roaring spectators. (continued page 3)

*by Lou Netter*

After the 18 mile Tune-Up in Central Park I was cranky, exhausted and a little perplexed as to why anyone, let alone ME, would want to go 8 miles more and complete a marathon. My legs felt like they were filled with concrete and my wife, Dawn's, natural perkiness just made me seethe. I couldn't even walk to the car. Instead I waited on Fifth Ave for Dawn to pick me up. What had I gotten myself into?

On the day before the marathon, Dawn and I were nervous and excited, and just wanted to rest in anticipation of the big day. Besides a stop at our local pub for some particularly tasty pints, we did nothing but watch mindless TV and eat pierogies. We went to bed early and on the morning of the big day, I was in good spirits and even excited, despite the early hour.

While running the marathon, I couldn't help but think about the truth of all the advice I had received. My name was on my shirt, and despite warning about pacing myself through the early part of the race, I couldn't help giving a thumbs-up or glancing smile to every man and woman telling me I was looking good, or as one fine Brooklyn fan said, "Lou, you make it look easy. (She should have seen me at mile 23.) JoAnn Pate thought my showboating was ridiculous and pointed out my somewhat pathetic need for attention from the sidelines.

The first half of the marathon was great. The miles flew by comfortably and my legs felt about as good as they have on any occasion. By the entrance to the Queensboro Bridge, a little fatigue was starting to set in. The bridge was brutal! The dark grey hell that is the Queensboro Bridge was a real low point in the race for me. Fortunately, salvation was right around the corner and the crowds on First Av recharged my batteries somewhat. (continued page 3)

### COMMENTS FROM THE MARATHONERS



#### Firdaus Dotiwala:

- \* Marathon Edition 40th
- \* My Age 40 years
- \* Number of NYC Marathon completions - 10
- \* Feeling the pure thrill of finishing another NYC Marathon - **PRICELESS**

A BIG 'THANK YOU' to all who have made this possible for me over the years.



#### Rachel Kimber:

Up and down the Verrazano, faster than I meant to go out. 4th Ave never ending. So many faces, outfits, music. So many cheers! Still in Brooklyn. Still in Brooklyn. Looking forward to Queens. Gorgeous view over the Pulaski. Potholes and running clubs: slowing us down, picking us up. The Queensborough is not a beast, 1st Avenue is. Clawing my way up to the Bronx. Nice padded mats and a Dutchman handing out tulips on the Willis Avenue Bridge. Here I come VCTC! So high and then so low on the Madison Ave Bridge. 2 miles to go. I got this. Head down and grind it out. Central Park South already, and uphill! Finish line, sweet! Yikes I hurt.



#### Kyle Hall:

Please don't have me relive that final mile...My pace dropped off about two minutes in the 26th compared to the first 24. Overall, however, I'm happy with my debut marathon. It was a great adventure, just as everyone had told me. I have to say, though, that 1st Avenue was quieter than expected. My favorite spectators were in the environs of Sunset Park. The bridges were indeed challenging, but I felt good on all but Madison Ave. Bridge, when fatigue began hitting me. I'd also never before seen so many flying clothes and people urinating and defecating in public as I did at the start (not to mention a guy in eating a plate of hot potatoes).

Comments continue on page 5

### Van Cortlandt Track Club 2009 Board of Directors

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

(Kyle Hall continued from page 1)

A lot of this was new to me. I'd also never seen a runner eat a plate of potatoes while in a corral before a race start. I'd never run a race with bands playing along the course. I'd never seen two female spectators with a sign reading "Free Kisses for Runners" (around nineteen miles of First Ave. - regrettably, I couldn't stop at that point) I had never seen a bridge covered with orange carpet.

When I hit the Bronx I felt like it was a homecoming. I looked right and saw cheering crowds, left and heard Reggaeton. Up ahead was the Jumbotron screen. I picked up some hope from fellow VCTC'ers at mile 20.8 and made my way to the Madison Ave bridge. Around this time, fatigue began to set in. I knew then that it would be a tough trip back down to midtown. I saw Dawn in Harlem and that was a little pick-me-up. I knew that now I just had to hold on. I'd done this before, I told myself. Just a month before, Kevin Shelton-Smith and I charged through the conclusion of a 22 miler - my second ever. But in this race I was extending a run farther than I ever had. I saw my mom and dad at mile 23 and still felt tough as I witnessed their screaming Kentucky enthusiasm. Soon after this, however, my quads gained fifty pounds of lead and my mind began to shatter. My engine was still mostly in good shape, but my legs could hardly take it. My feet shuffled a few times and I would most likely have fallen if there had been the slightest bump on the pavement. My faith in my training propelled me forward.

Columbus Circle was insanely congested. If only I had been stronger at that point, I could have passed hundreds. Guys were dropping out with a half-mile to go! Oxygen had been replaced by pain for nearly everyone. The final 400 yards felt like miles, but I held on and pumped my arms one last time as I crossed the finish line. I'd actually made it. I still can hardly believe it- the New York City Marathon!

I am taking off a week from running, but I miss it. Boston is April 18th, 2010. #

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The  
**VCTC Annual Awards Dinner**  
will take place January 23,  
2010.

Please contact Dick Conley for  
more information.

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(Lou Netter continued from page 1)

I picked up a Gatorade® from my brother-in-law, Dave, and after quickly consuming it, cast it into the sidelines, spraying spectators with the remnants. Then, I hit mile 20 and my transmission was slipping.



When I hit the VCTC table in the Bronx, I could have burst into tears. I was alone at this point and feeling no discernible difference between my physical and mental exhaustion. By that point, I was not sad, or even overjoyed, but, rather, overwhelmed. The rest of the race is a bit of a blur. At the finish line, I decided to do my customary sprint, which in my mind, is the running equivalent of the last soldier on the field declaring that he is not dead yet.

Ambling along with all of my fellow marathon finishers for an inordinate amount of time, I started to get a little stir crazy. Then I saw a little smoke. A woman was smoking a cigarette. People yelled at her to put out her cigarette, I envisioning a 70's commercial with a French starlet post-race, about to light up, saying "After a marathon, I find there is nothing like lighting up a smooth, satisfying Chesterfield."

Stumbling out of the park, (finally!) I could barely walk, let alone make it the 2 blocks to my rendezvous point on 79th St. So I hailed a rickshaw. The fear of cars whizzing by didn't interrupt my pleasure at the absurdity of the scene. I was overjoyed to get to the apartment and see Dave Isaac, Jill and Dawn.

The New York Marathon was an amazing journey. Beyond the obvious physical excursion, it was a surprisingly intimate way to see the city and its people. By the end of the race, I was proud to be a New Yorker and a NY Runner - and to be a member of VCTC. As I have often told Dawn, our running club is full of so many nice people that it should be studied by anthropologists and sociologists so that our formula, whatever it may be, could be replicated and used to bring world peace. I am still hallucinating but happy as ever. #



# On The Run

*by President Bette Clark*

In this past week following the 40<sup>th</sup> running of the NYC marathon, I have had some time to reflect on all the many ways that VCTC has taken part in this year's NYC marathon. A record number of VCTC'ers ran (29 official VCTC finishers, plus one new member not yet running under the VCTC team name, and 3 of us running as Achilles guides) some for their first marathon, some for their first NYC, some running PR's (and Boston qualifiers) and all with smiling faces as they passed the Bronx table, cheered on by many other VCTC'ers who stayed out on the course for many hours, handing out drinks, candy and encouragement to all, hoping to catch every VCTC'er on the way to the finish. What a team!! I hope many of you have or will contribute to VCTC stories about the NYC marathon. It is truly an amazing experience, running through the boroughs of New York—especially running by the VCTC table the Bronx. My only dilemma is that it is as much fun watching from our spot in the Bronx as it is running by it, and I



hope all of you one day have the opportunity to experience it in both ways.

During these autumn months, many of us have downshifted from a summer of intensive training to marathon tapers. Along the way, as they have prepared for their goal marathons, many VCTC'ers had great performances in local races (check our results pages). But after all this peak running and hard training and excitement leading up to a marathon, there can often be a let-down after completing one, whether or not you have met your goals. What next? As all of you who have run your first or your 25th marathon, there are always new things to learn, new challenges to master. So we start training again. I think there is also always some adaptive amnesia for the worst of our struggles, because after a difficult race, we often start planning for our next. We want to do better, whether that means run faster or feel stronger as we cross the finish line. Even if we have entertained the thought of never running another marathon again, we are likely to forget those moments when we wondered what on earth motivated us to run 26.2 miles to begin with, and look forward to the next time. We all run for different reasons, but those of us who love to race, are always looking for new goals to master—and this keeps us moving

forward. I hope you all look for new running adventures as you run to set new PR's at whatever distance. And then tell us all about them. Also, I hope that many of you, especially new VCTC members, will find ways to take part in our wonderful club—through joining a committee, forming a new one, contributing to the website, newsletter. Please come to our important annual membership meeting (where we nominate people for new committee positions and get ready for our Board elections held in January) Saturday, December 12 after our group run. Details of meeting time and place will be emailed and posted on our website. This is a great opportunity to learn about what we all do to support our running in every way (from races to parties!!) so please make an effort to come. Soon after that meeting, we will have our annual Awards Dinner, on Saturday, January 23, where we celebrated the running (and other) accomplishments of our runners over the past year. It is also a wonderful occasion to socialize with elegantly dressed (and often unrecognizable) VCTC'ers. Until then, enjoy these marvelous crisp autumn running days. #

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**VCTC Team Meeting**  
**December 12th**  
**Manhattan College Eng. Bldg.**  
**Come one, come all**

## Coach's Corner

by Ken Rolston

Now that the NY Marathon has passed, and congratulations to all, we look forward what's upcoming. As Bill Smith would say, "Next"! Well there are plenty of options. Check the race calendar and you'll find some events which will allow you to take advantage of all the strength you've built up from marathon training. You can continue to run some road races or throw in some cross-country since we're in the prime fall running season. In January there will be some indoor races at The Armory that you may consider for a change of pace and venue. For \$10 you can run as many races as you'd like on a given Thursday night. A few years ago a group of us ran a 10 person 10K relay which was insane. Maybe we can do it again this winter! We'll continue track workouts at Van Cortlandt until we encounter some nasty weather then we'll begin a blend of track and hill work in Fieldston sometime in December.

The 4-second rule: I found an old article by Ed Eyestone which lets you know how to predict times for a variety of events and, more important, how to determine proper pacing for your workouts. This rule was developed by Frank Horwill, the British distance coach who



observed that most runners' paces will increase by about 4 seconds per 400, or about 16 seconds per mile, as they move from one classic distance to another. Here's a chart for a 40- minute and a 50-minute 10K runner:

<u>Distance</u>	<u>Time</u>	<u>Pace per 1/4</u>	<u>Workout Pace</u>
400	1:16	1:16	38/200
800	2:40	1:20	1:20/400
Mile	5:36	1:24	5:36/mile
2-mile	11:44	1:28	5:52/mile
5 K	19:10	1:32	6:08/mile
10 K	40:00	1:36	6:24/mile
½ marathon	1:27:30	1:40	6:40/mile
Marathon	3:02:00	1:44	6:56/mile
400	1:40	1:40	50/200
800	3:28	1:44	1:44/400
Mile	7:12	1:48	7:12/mile
2-mile	14:56	1:52	7:28/mile
5 K	24:00	1:56	7:44/mile
10 K	49:43	2:00	8:00/mile
½ marathon	1:48:18	2:04	8:16/mile
Marathon	3:43:45	2:08	8:32/mile

Here's how to work some of these paces into your training:

- ★ Marathon training- Take predicted marathon pace and do an 8-12 miler every 2-3 weeks to become comfortable running at that pace.
- ★ Tempo runs- Use ½ marathon race pace for the comfortably hard tempo effort. Try to do this once a week for 20-30 minutes.
- ★ Long intervals- Use 5K race pace for long intervals from 800 up to 2000.
- ★ Short intervals- To build speed run ¼ miles at mile race pace with 90 second recovery.
- ★ Super-short intervals- run 8-10 x 200 at 400-800 race pace. Take a relatively long rest between each.
- ★ On the track we'll go with mostly long intervals since we're essentially a distance team. But we'll incorporate short and super-short intervals for those that are interested in racing indoors this winter. #

## Race Calendar

**Nov 15-** Sun- X-C champs Van Cortlandt Park- 11:30 AM

**Nov 21-** Sat- NYRR Knickerbocker 60 K, Central Park- 8 AM

**Nov 21-** Sat- Nyack Hospital 10 K, Nyack, NY- 9 AM

**Nov 22-** Sun- Philadelphia Marathon- 7 AM

**Nov 22-** Sun- Race to Deliver- 4 m, Central Park- 10 AM

**Nov 22-** Sun- Mamaroneck Turkey Trot- 5m/1m- 10 AM

**Nov 22-** Sun- Irvington Turkey Trot- 2.5m- 1:30 PM

**Nov 26-** Thur- Rockland Lake Turkey Trot- 5m- 8:30 AM

**Nov 26-** Thur- Prospect Park Turkey Trot- 5m- 9 AM

**Nov 28-** Sat- Rye Turkey Trot- 5K/ 5.2m- 10 AM

**Nov 28-** Sat- Bedford Turkey Trot 5K- 9 AM

**Nov 28-** Sat- Bronxville Turkey Run- 2.5m- 9 AM

**Dec 6-** Sun- Joe Kleinerman 10 K- Central Park- 8 AM

**Dec 12-** Sat- Holiday 5K- Prospect Park- 9 AM

**Dec 12-** Sat- X-Country Relays -3m- Blue Mountain Res, Peekskill- 10 AM

**Dec 13-** Sun- Couples Relay- 3 x 2m- Blue Mountain Res, Peekskill- 11 AM

**Dec 13-** Sun- Pete McArdle X-C 15 K- Van Cortlandt Park- 11:30 AM

**Dec 19-** Sat- Ted Corbitt 15 K- Central Park- 8 AM

**Dec 31-** Thur- Midnight Run- 4m- Central Park- Midnight

## Marathoners' Comments continued from page 2



### Kevin Shelton-Smith:

It took me 4 miles to settle down but then I had a fantastic race, although I'd just thrown down the hammer at Mile 17 for a negative split but was sent flying and rolling down the road at Mile 18 as my I was tripped from behind. It was hard to get smooth again but I finished really strong, moving from 509th to 414th over the last 7km, ie passing 20% of the people ahead of me. Great meeting with Dick and Kyle in the post-race pub.#

### Dick Conley:

Despite my being a year older, the race has not gotten old for me. It was as exciting as last year! The participants, the spectators, the city—all make for such a positive experience. The neighborhoods, the electricity of the people, the bands, the vistas, are all incredible. My favorite music was the Hip Hop coming into the Bronx---definitely got the legs going a bit faster, right

up to the VCTC table, where the encouragement sent you on to the finish!



## Diana's Quick Tip

Work more vegs into your diet.....Toss a bag of baby spinach into your pasta sauce. Or add a handful of broccoli florets or frozen peas or edamame to your brown rice or other whole grain a few minutes before it's done....

-Nutrition Action Healthletter

**Please Help:** Planning leading up to the Awards Dinner in January 2009 was a big improvement, but with people paying dues last minute, budgeting was tricky. **Please pay your dues for 2010 before the end of 2009.** New membership forms for 2010 are now in effect. Single rates remain at \$35. The family rate is now \$45. You can use the attached, or to be legible, type one out or even pay on line. If you have no changes, just renew on line by paying through PayPal at [www.vctc.org](http://www.vctc.org) Thanks. Kevin S-S



## Running the NYC Marathon

by Bette Clark

This was my 3<sup>rd</sup> NYC marathon, but my first running as an Achilles guide for a disabled athlete, Hjofre. It was truly a remarkable experience, so different from the others. I ran as a guide (along with fellow VCTC member Katherine Callan) for an Ecuadorian athlete who was the victim of a land mine in 1996 while patrolling the Ecuadorian/Peruvian border. His leg had been so severely shattered that it was almost amputated, but finally saved through a series of surgeries. He attributes his healing to becoming a runner, and has now run 10 marathons, all in Ecuador, until NYC 2009. However, he walks (and runs) with a limp and is almost always in chronic pain. He arrived from Quito the day before the marathon so I didn't have a chance to meet him until 5 o'clock marathon morning as we were waiting to board the Achilles buses on Fifth and 37<sup>th</sup> to head to Staten Island. We got to know each other a bit waiting for the race to start, and I learned some things about his life in Ecuador (the garden and cafeteria he is building, his 4-year-old daughter, an insider's view of the Galapagos). He asked me questions about my life and about NYC, and he predicted that he would run 4:40 to 4:50. As he stood shivering in a his racing singlet (with "Ecuador" on the front and back), he took in all the sights. When we finally started running, I could share his excitement coming off the Verrazano bridge—and at each stage of the race. Of course,

like many others, he started out a bit too fast, and he did not take any water until mile 8, despite offers at every mile. While I was worried about his strategy, I could do no more than offer advice and run his pace. I thought that this would be the most difficult thing—to match another person's pace for 26.2 miles—but this became a rhythm that I just joined. As he slowed, I

struggle, but he beamed in Central Park (which he had seen in movies), captivated by the cheering crowds. He hugged us as he crossed the finish line (5:50) and we made it to the Achilles meeting area at 72<sup>nd</sup> and Central Park. This was a race to remember: I learned more about humble persistence, determination, and true grit in those hours on the course with Hjofre than in all the years of my running. I learned more about the grandeur, humanity and *joi de vivre* of the "city that never sleeps" as I experienced it with Hjofre, than in all my years of living here. And if anything else could make this experience even more meaningful, the thank-you email he sent me (which I offer in part in translation below), made me want to do it all over again—today.

"Please receive many very kind regards from myself and my family hoping that you are doing well in the company of your family and friends. I am very thankful for all the help that you Bette and the other Lady gave me during the NYC Marathon. For me, it was the most marvelous experience that I could have in my sport life. I am so touch that for me it will unforgettable.

For me too!! ###

**TO ALL VCTC MEMBERS:  
PLEASE ATTEND THE  
DECEMBER 12TH TEAM  
MEETING AT THE  
MANHATTAN ENGINEERING  
BUILDING. WE WILL BE  
TAKING NOMINATIONS FOR  
VARIOUS ELECTED OFFICES  
AND DISCUSSING  
UPCOMING EVENTS FOR  
2010.**



*Bette, Hjofre, Debbie and Katherine in the Bronx*

slowed, as he picked up the pace (every time spectators cheered for him: "vamos, Ecuador!!), and when he had to stop, I matched him, step by step. At mile, 10 he began to cramp up and had to slow and rub his legs; by mile 13, his overall pace had slowed, and he was clearly running in pain. He said he had never had cramps before, but what mattered now was doing whatever we could for him to get him to the finish. We got salt, Gatorade, Tylenol, gels, pretzels, anything and everything that we thought might help. All along the way he continued to smile at people cheering him on. We made it to the Bronx (I had been telling him he would see VCTC there) after many short stops, and he clearly was revived by the support (and Coke) he got there—then a brief stop at a medical tent to have his legs massaged. The last 6 miles were a

**WAITING ..... for ..... Go ... GO!***by Norris Ogard*

It is said... somewhere... that good things come to those who wait. And didn't Milton say something like "They also serve who only stand and wait"? While 43,741 athletes of widely varying abilities assembled on the southern side of a couple islands and a couple of rivers and one very long bridge, united in their determination, at mile 20.8, in the gasp of daylight between overpasses, a small cadre of equally determined VCTC supporters began to congregate to wait. Waiting for the anticipation to mount. Waiting for the announcement that the race had begun. Waiting for GO ... GO.

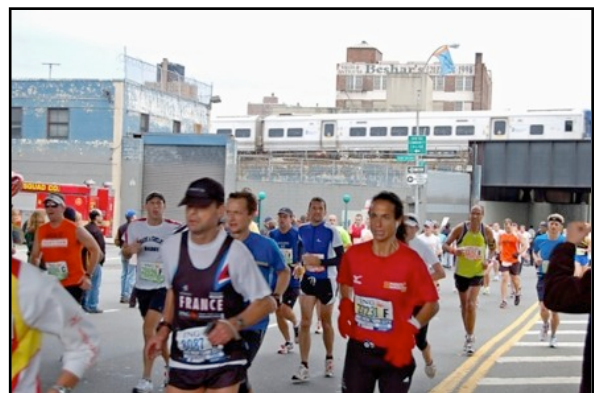
One by two by three, our numbers grew; three by two by one the donuts disappeared. Hot coffee didn't quite counter the brisk breeze and creeping cold. NYPD cordially invited us to maintain our distance from the marathoners, the harbinger of impending action. A Japanese drum band set up a block east, providing persistent rhythm. The first two wheelchairs whizzed by, quickly followed by 3,4,5

and 6. GO...GO! The word came: the lead women were on their way. Finally, the helicopter hovered overhead, and Paula Radcliffe's blond head rounded the corner leading a tight pack of 4. GO...GO! The runners had reached the Bronx! Then the lead men flashed by. GO ...GO! Imperceptibly, inexorably, the flow of runners grew denser, entirely filling the available roadway. GO ...GO! The clapping, cheering, whistling, and din-making became incessant. We onlookers became caught-up in the flow of runners, calling out encouragement. GO..GO! After 7 1/2 hours, as the pace of the passing runners became a walk, by ones and twos and threes, we packed up, hoarsely bid each other farewell, and with aching hands, went, went.



### OBSERVATIONS/REACTIONS/COMMENTS FROM THE PEANUT GALLERY

*As a "newbie" to VCTC and a first-time participant offering encouragement to runners at our table location, I found the marathon to be inspirational. I've read about what an international marathon it is, but didn't realize just how many international runners make up this race. Runners seemed proud to represent their countries as I'd call out Denmark or Estonia and generate a smile and acknowledgment from a runner. It was truly inspirational to see how the NYC marathon transcends cultural, geographical, and language barriers through a common purpose of finishing the race.*



-Gene Westling



# New York City Marathon 2009

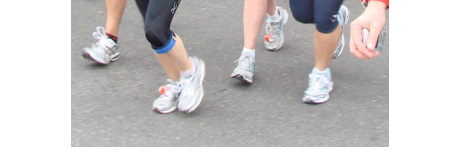
Mike Arnstein	2:35:34
Kevin Shelton-Smith	2:51:00
Kyle Hall	2:58:19
Sean Mah	3:28:50
David Drucker	3:29:31
Dick Conley	3:34:04
Rachel Kimber	3:37:41
Hiroshi Kitada	3:39:23
Jason Krasner	3:42:58
Victoria Arnstein	3:54:10
Erick Fernandez	3:55:55
Dawn Netter	4:08:23
David Isaac	4:11:47
Shirley Middleton	4:21:50
Firdaus Dotiwala	4:22:18
Edward James	4:25:46
Jill Staats	4:26:13
Salvatore Carretta Jr.	4:33:06
Adrian Hunte-Smith	4:33:12
Alexandra Hernandez	4:36:10
JoAnn Pate	4:44:47
Lanny Levit	4:46:42
Louis Netter	4:49:00
Zafar Shahbaz	4:49:19
Lisa Bruskin	5:05:27
Ivan Ragoonanan	5:10:12
Andy Toledo	5:31:40
Bill Smith	5:50:51
Carl Morrishow	5:58:01
Luis Colon	6:01:07
Bette Clark (Achilles)	5:50:00
Katherine Callan (Achilles)	5:50:00

**Congratulations  
to all**



Top 1 to r: Mike Arnstein, Hiroshi Kitada, Dick Conley, Jason Krasner, Erick Fernandez, Victoria Arnstein, Dawn Netter, Jill Staats, David Isaac, Adrian Hunte-Smith





# Tackling the Ultra-5K

by Peter Coy

Each year, millions of people run 5Ks. But how many do you know who have taken on the 6K? Or, as it's known among the running cognoscenti, the Ultra-5K? Fully 1,000 meters longer than the 5K, the Ultra-5K is a race that pushes competitors to the very limits of their endurance. In that, it resembles other famous "ultras" such as the Western States, the Badwater, and the Grand Union Canal. Regardless of their precise distances, all "ultra" races force runners to reach deep within themselves, drawing on resources of strength and willpower that they never knew they had. The Ultra-5K, because it is so rarely run, presents unique challenges. This Q&A is intended to help you prepare for the rigors of a race that you won't forget for the rest of your life.

How should I prepare for the Ultra-5K?

Much the way you would prepare for any feat of endurance, such as climbing Mount Everest or doing your own tax return—with careful planning and patient training. Don't assume that just because you've competed in races of other lengths that you can handle this one. Remember, an "ultra" is unlike any other sporting competition.

What about mental preparation?

Don't be daunted by thoughts of running the entire 6K. Instead, think of it as 6,000 consecutive races of one meter apiece. That way after you've run, say, 5,500 meters and you're starting to lose hope, you can say to yourself, "No problem! Only 500 races to go!"

Do I need a support crew?

Definitely. It's wise to have two or three people trailing you in a van that's equipped with food, beverages, medical supplies, and of course, a cot, in case you need a brief nap. Tip: A turkey sandwich with extra mayo, washed down with one or two beers, is a great energy booster around the halfway point.

Will I experience a dark night of the soul?

Yes. In the Badwater Ultra, the darkest hour

comes when runners realize that all their toenails have fallen off, they're lost, a grizzly bear is sniffing around, and they are retching up substances they never knew existed. For you, as an Ultra-5K runner, the dark night of the soul may come when you realize that the finish line is still seven driveways ahead, not the six you once thought. No matter—the spiritual crisis of the "ultra" runner is invariably a period of trial and testing. You must persevere.

How should I deal with the news media?

Sadly, being hounded by reporters is a necessary evil for "ultra" competitors. Just grit your teeth and be prepared for their inane questions, such as, "Isn't this race kind of short for an ultra?" A good brush-off for that particular question is, "Scusi, ma non capisco inglese." Next issue: Tackling the Ultra-100-Meter Dash—105 meters of pure hell.

## The top 5 things NOT to say to a runner dropping out of a race

by Kevin Shelton-Smith

(with a runner's snappy retort in parentheses)

5. "Yes, walk it off" (walk what off, what?)
4. "You're looking great" (thanks, but that's not the point)
3. "Don't stop" (give me one reason to go on)
2. "You can do it" (but not today)
1. "Congratulations" (in the Starbucks at 58&Lex just after quitting)

OR

Norris' and Dave's version.

5. Want my crutches? (Yeah, to hit you with)
4. Go home, take 2 aspirin and sleep it off (Sleep THIS off)
3. Go! My great-grandmother is just behind you (At least SHE'S out there running)
2. Don't worry there's another NYC Marathon a year from now (And you might be dead by then)
1. Is that a leg cramp or are you just glad to see me? (So massage it and find out)



## Double Fun: Double Run

by Mike Arnstein

Over the last 8 weeks, I have experimented with doing "Doubles" and I have really grown to like the training principle.

Many people hear about the elite professionals running twice a day and running crazy weekly mileage (over 120 miles a week!)

The idea of doing 2 runs in a single day seems like a crazy idea to most of us weekend warriors - yet it might not be such a bad idea!

Here's why:

Doubles are good for: **Putting in more miles with less stress.**

If you are trying to increase your mileage to gain more endurance or lose more weight, you can keep your risk of injury much lower by breaking up your runs.

Running 10 miles at one time can make any runner pretty tired, but 2 runs of 5 miles each is far more manageable - mentally and physically.

Doubles are good for: **Getting in your hard workouts when you feel freshest.** (AM or PM.)

Sometimes I wake up in the morning and I am mentally or physically tired and not ready to do a hard workout (speed

workout, tempo run etc).

I always start out my runs slow and easy, and if, after a few miles, I still don't feel ready to run fast, I just turn the morning run into a very easy relaxed run.

Then I have all day to "wake up" and get "fresh" for the evening run, when I'll try to get in my hard workout.

You'd be surprised at how much better you can feel at the end of your work day, IF you put in an easy 'circulatory' run in the morning.

Some of my best track workouts have been at 7pm!

Doubles are good for: **Stress relief, relaxation and meditation.**

An easy relaxed jog at night is a great way to wrap up your day. You can think about all the things you have done for the day and what you want to do tomorrow.

You'd also be surprised that an easy run at night actually can calm you down and get you more ready for sleep. I even find a slow easy evening run lowers my appetite.

Doubles are good for: **Injury prevention and/or rehab.**

If you are nursing an injury, trying to avoid one, or just returning to training, *Doubles* are a great way to build back.

I had an achilles tendon tear that became very painful after I would run more than 3 miles at a time. So I would run 3 miles 3

times a day, whereas running 9 miles at one time wasn't possible. Soon enough the easy slow running 3 times a day was a great rehab benefit and got me back in shape much faster.

Try it!

The best way to run a *Double* is to try to fit it conveniently into your day.

Try to make your run part of your commute to work, or run during your lunch break.

I get off my daily commute from the train 3 stops early and then run the rest of the way home.

With cooler temperatures in the fall an easy run sometimes doesn't even make you sweat - so no excuses!

If you run 5 miles a day, then consider running two 3.5mile runs - I bet you'll feel better and become a better runner.

Just think, you can eat that extra cookie with no guilt or weight gain with that extra mileage you'll be putting in...but I recommend oranges instead!

I believe the long term benefits are much stronger, injury resistant legs, and getting 2 endorphin high's a day for mental bliss!

Now don't just think about trying a *Double* - really really go for it - try it don't just think about it! :)

Doubles Rock!

# PFALZ POINT TRAIL RACE NEW PALTZ, N.Y.



**Bette Clark, Jill Staats, Tony Thoman**



**Tony Thoman on the run**



**Bette Clark flies by**



**Tony in good form**





## Paine To Pain Trail Half-Marathon

*by Kevin Shelton-Smith*

*We* set off from Thomas

Paine's cottage opposite New Rochelle HS and after 400m I started to pull through the field as we ran up the road on start of the Paine to Pain Trail half. Eighty runners last year, its inaugural race, 200 this year. The organization and 13.1 mile course were great.

Trails oblige you to push to get through gaps before others get there and then it just keep going. For me it was push push push - little surges all the time, monster efforts up hills to avoid being caught, striding out down hills to put a gap on folk behind and to close up on those ahead. No clock watching - Just pure RACING! The route followed the new Colonial Trail, along the Leather Stocking Trail through Mamaroneck and Larchmont, on into Saxon Woods and up through Scarsdale, along the Hutch' to Twin Lakes, the Nature Reserve and back to finish on the HS track.

Entering Saxon Woods, I found myself leading a group with others out of sight ahead. I was being pursued hard by a chap who I quickly glimpsed wore in a yellow singlet. One small wrong turn cost me 4 places and the need to really fight back. The climb that followed was too

much for the group which began to break-up. I pumped my arms and passed folk trying not to lose touch with yellow singlet, 25m ahead.

From Weaver St it was flat or down - my forte. Out of the main woods, the trail became faster and I sought every advantage, avoiding soft ground, pushing down switch-backs, striding beyond stony ground. A mindless surge across a shallow stream at Mile 9 finally closed the gap to yellow singlet man and I kept the overtaking speed on to put enough space between us to avoid any fight back. I chased down another runner 50m ahead and with 2 miles to go pulled in another, but saw yellow singlet man was making a come back, still 200m back. I just kept pushing to keep him at bay. Had to avoid him getting close enough to latch on. Finished really strong, still 150m clear, 5th Overall and 1st over 40. Not bad for someone almost 50, the day after running Greta's Gallop in 1:23:00.

It left me all psyched up. I was all the more surprised and pleased to find that yellow singlet man had been my old friend and supreme athlete Steve Marsales! Winner of so many races. CP hadn't caused me any ill-effect. Despite the trails, hills and sharp turns I ran 1.28.32, just 3 mins behind the winner, and took 25 minutes off my previous year's effort! Nice T-shirts and

medals. Nice glass tankard for prizes! Brilliant all round!#

## Mount Desert Island Marathon

*by Bette Clark*

On October 18th, I ran the Mount Desert Island (MDI) Marathon in Maine, a point-to-point course that skirts the boundaries of Acadia National Park and follows the hilly and spectacular coastline between Bar Harbor and Southwest Harbor. I chose this marathon because I love Maine, particularly this part of northeastern coastal Maine. I spent many childhood summers with my grandmother in St. Andrews, New Brunswick, just across the border in Canada.

But I chose this marathon because of its challenge: it is a very hilly course. I had always thought of myself as a weak uphill runner and if anything would get me to be a better uphill runner, training for this marathon might do it

I chose a 12-week intermediate marathon training program for this race that had been given to me at the Craftsbury Running camp in Vermont this past July. This program builds up to 45-50 weekly miles. I looked at the course elevation profile and knew that not only where there



hills all the way through the course, but also that the worst of them came late in the race (miles 16-18 and 22-24). So in my training I made sure that hills were almost always there, not only in the specific "strength" building weeks, but throughout: during tempo runs, fartleks, and long runs. Most importantly, I worked the hills with a new strategy and form that I had learned at the running camp: up higher on my toes, even cadence, quicker turn over (imagining I was on hot coals), "chunking" the hill (breaking the hill into segments and setting smaller goals on the rise), and "getting up and OVER, instead of just trying to get the top (this from Lynn Jennings). Whether these tips helped my head or my legs (or both) the affect on my training was very clear to me: I began to approach hills in a new way, and I soon found a new spring in my step as I ran uphill. So, when I ran the MDI marathon, I felt prepared for the hills. While I had some problems with my right Achilles tendon and sciatic nerve during training, I was starting this marathon relatively unscathed. I followed the alternating hard-easy formula and made sure to give myself two full rest days a week. I also gave myself enough time to recover from races, and I listened more carefully to my body. I now know that I had over-trained for my last marathon, going in completely exhausted from too much running (or the wrong kind) and not enough recovery days. But as we all know, you can train well, do all the right things to get ready for a race, but something (and sometimes more than one thing) can go wrong on race day. And it's usually something unpredictable, of course.

Most things went very well for me this race day. Even though I had a stressful week leading up to the marathon, once I left for Maine some of that stress (but not the pre-race jitters) was left behind, in large part because my VCTC team mates, Jill and Kate kept me company and well-entertained on the car ride north. Marathon eve we went to the official pasta dinner (where I ate too much I believe, especially of the creamy shrimp sauce!!) and then tried to go to bed early. I was so restless that night that my dog Oscar finally gave up and went to sleep with Kate for the night.

Race day we were up by 5 and out the door by 6:15, still unsure of how to dress given the uncertain weather conditions. Initial predictions of snow were replaced with vague statements about rain developing. But we were so lucky: while the sky was overcast and the wind picked up, there was no precipitation of any kind until late in the afternoon when the race was long over. We got to the start line well before the race began, with Jill and Kate making final preps for their marathon relay. All I focused on was making sure I didn't go out too fast (actually easier to do on a course where the hills begin in earnest before the second mile) and remembering to eat (one gel every 45-60 minutes) and drink regularly (every 2 miles a swallow or two). I took an E(electrolyte) cap about 1 hour in to try to prevent the leg cramps that had slowed me down in the last half-marathon and that plagued me after mile 20 in Boston (it worked). The first 14 miles went very smoothly and I chatted with a woman from New Hampshire most of the time. When I passed the halfway mark in 1:52 I was remembering that Ken had told me I should get there about 1:55-57 to be on pace for a sub-4 hour marathon. I had run two NYC and two Boston marathons in the past, and even though I had qualified for Boston with my NYC marathons I had never broken 4:00 and this was not the course to do it on. So I just ran according to how I felt. I felt strong at mile 14 and was confident I could hold close to this pace. But then, just before the turn that takes you to the edge of Sommes Sound (the only natural fjord in North America), I started to get sharp stomach cramps and knew I had to get to a port-a-potty. I asked an energetic teen handing out gels where the next one was and he shrugged and said "a few miles?" A runner next to me who overheard my question saw me clutching my belly and said "wrong answer!" So I headed for the woods, and all I could think of as I realized that my plastic bag with a carefully packed toilet paper was no longer in my pocket was the tidbit in Stephen King's memoir, about what happened to him when he

tried to rough it and accidentally grabbed some poison ivy leaves ...I'll spare you the details but I was careful to avoid any leaves growing in clumps of three...I ran down the embankment and got back on the course—I had lost about 3-4 minutes. Ah well, I thought, there goes any hope of breaking 4 hours, so I just decided to enjoy the rest of the course and didn't even look at my watch again until I reached the big hills at mile 22. I knew that if I could get to mile 24 I would finish easily because most of the last 2 miles (except for a slight rise to the finish in Southwest Harbor) would be downhill. When I finally looked at my watch as I reached mile 23 I was pleased to realize that even if I ran 11 minute-miles (or even slower) I could still make it to the finish in under 4 hours. So I did my best to power up the last hill, reaching a well-named restaurant, "Top of the Hill," then letting gravity help take me down those descents, powering through until I reached the finish in 3:51:19!! Kate was chasing me at the rear—coming in from her half-marathon relay, and Jill was there at the finish, cheering me on!!

What felt so different about this marathon was that even though I slowed down a bit the second half, I never felt I couldn't keep going. In fact, I actually felt strong at the finish. For once, I felt I had trained well, fueled well, and held back in the beginning (easier to do on a hilly course!!). Once again, I know what also got me through was all the support I had in my training (from Ken, VCTC running partners) and in Maine (from Kate and Jill, who have their own stories to tell about Maine!!). The day was topped off by sitting in the frigid ocean for 15 minutes with a steaming mug of apple cider beside me (brought down to me by Kate), a post-race party in Bar Harbor, and a lively drive back to NY with a shopping spree in Freeport on the way. I hope others will venture on a VCTC road trip to Maine one day—and try this spectacular marathon. #



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# Race Results

time event age place

## Nyack 10-Miler Sept. 13, 2009

1:39:59 Mike Yorio

## Round Norfolk Relay, 20M leg Sept. 19, 2009 Norfolk, U.K.

2:14:58 Kevin Shelton-Smith

## Yonkers Half Mara. Sept. 20, 2008

2:12:08 Mike Yorio

## NYRR Grand Prix: Queens Half Marathon Sept. 20, 2009

1:31:11	Eric Nolan	M31
1:35:41	Horace Grant	M29
1:39:11	Jason Krasner	M35
1:40:23	Rachel Kimber	F28
1:40:59	Erick Fernandez	M28
1:50:40	Alexandra Hernandez	F28
1:53:11	Zafar Shahbaz	M52
2:01:11	Salvatore Carretta Jr	M53
2:03:41	Jo Ann Pate	F35
2:08:45	Derek Jones	M45
2:08:47	Ivan Ragoonanan	M64
2:16:01	Sandra Teague	F51
2:16:12	Carl Morrishow	M53
2:23:00	Andy Toledo	M29

## Continental Airlines Fifth Avenue Mile Sept. 26, 2009

5:02	Louis Csak	M43
5:09	Kevin Shelton-Smith	M49
5:19	Steven Park	M42
5:21	Eric Nolan	M31
5:31	Horace Grant	M29
6:23	John Martin	M43
6:30	Salvatore Carretta Jr	M53
6:42	Paulino Santana	M48
7:11	Louis Netter	M34
7:11	Kathryn A Donovan	F51
7:50	Tom Cleary	M60
MQ	Dawn Netter	F38

## ING NYC Marathon Tune-Up 18M Sept. 27, 2009

1:57:56	Kyle M Hall	M31
2:21:21	Neil Leibowitz	M34
2:33:06	Hiroshi Kitada	M43
2:46:06	Dawn Netter	F38
2:46:07	Edward James	M63
2:47:52	Salvatore Carretta Jr	M53

5

3:07:15	Louis Netter	M34
3:08:21	Ivan Ragoonanan	M64
3:15:34	Derek Jones	M45
3:21:24	Rafael Salaberrios	M54
3:24:21	Carl Morrishow	M53
4:27:23	Ramon Minaya	M69
MQ	Jason Krasner	M35

## Grete's Great Gallop Half Marathon Oct. 3, 2009

1:23:39	Kevin Shelton-Smith	M49
1:39:18	Eric Nolan	M31
1:40:00	Jason Krasner	M35
1:43:03	Richard P Conley	M54
1:46:15	Bette Clark	F53
1:49:08	Hiroshi Kitada	M43
1:51:59	Erick Fernandez	M28
1:52:28	Kathryn A Donovan	F51
1:53:44	Edward James	M63
1:57:28	Arnold L Gore	M68
1:58:34	David Isaac	M46
2:00:09	Jane Berger	F41
2:01:36	Shirley Middleton	F55
2:02:00	Jill Staats	F58
2:04:29	Jo Ann Pate	F35
2:06:57	Dawn Netter	F38
2:09:18	Louis Netter	M34
2:12:29	Zafar Shahbaz	M52
2:13:33	Ivan Ragoonanan	M64
2:13:35	Adrian Hunte Smith	F55
2:14:02	Carl Morrishow	M53
2:21:54	Salvatore Carretta Jr	M53
2:38:21	Bill Smith	M65

3

## Norway Run 1.7M Oct. 3, 2009

14:48 Christina Cordaro F30

## Hands-on House Children's Museum Half Mara. Oct. 4, 2009 Lancaster, PA.

2:11:53 Mike Yorio

## Paine to Pain Trail Half Mar. Oct. 4, 2009 New Rochelle NY

1:28:32 Kevin Shelton-Smith

## Fred Lebow Cross Country 5K VCP Oct. 4, 2009

25:19	Salvatore Carretta Jr	M53
29:05	Ramon Ruiz	M69
35:46	Edith Jones	F70

2

1

## NYRR Grand Prix: Staten Island Half Marathon Oct. 11, 2009

1:32:27	Victor Ramos	M44
1:41:03	Rachel Kimber	F28
1:46:17	Edward James	M63
1:53:38	Zafar Shahbaz	M52



1:55:47 Susan Donovan F30  
 2:12:46 Ivan Ragoonanan M64  
 2:17:47 Katherine Callan F47  
 2:19:52 Andy Toledo M30  
 2:31:10 Salvatore Carretta Jr M53

**HRA XC Relay 5K Van Cortlandt Park****Oct. 25, 2009**

18:10 Kevin Shelton Smith 1st OV  
 25:10 Kate Donovan 2nd OV  
 27:40 Arnold Gore

**Bedford-Stuyvesant 10K****Oct. 11, 2009**

52:53 Arnold Gore

**Harry Murphy Cross Country 5K VCP****Oct. 11, 2009**

21:39 Alex Hill M23  
 28:21 Ramon Ruiz M69  
 33:14 Edith Jones F70

**Kurt Steiner Cross Country 5K VCP****Oct. 18, 2009**

20:00 Bob Rooney M53  
 24:53 Salvatore Carretta Jr M53  
 26:15 Edward James M63  
 29:50 Ramon Ruiz M69  
 35:18 Edith Jones F70

**Don Chadash 5K****Oct. 18, 2009**

Riverside Park  
 ?? Kyle Hall 1st OV

**Scarsdale Fall Foliage 5K****Oct. 18, 2009**

17:57 Kevin Shelton-Smith 1st OV  
 19:36 Mike Lee 2

**Poland Spring Marathon Kickoff 5M CPark****Oct. 25, 2009**

36:05 Hiroshi Kitada M44  
 37:28 Allen Steigerwald M35  
 38:41 David Isaac M46  
 38:41 Edward James M63  
 40:08 Dawn Netter F38  
 40:46 Alexandra Hernandez F28  
 41:21 Louis Netter M34  
 41:48 Jo Ann Pate F35  
 42:37 Shirley Middleton F55  
 46:14 Joanne Martin F42  
 46:34 Tom Cleary M60  
 48:01 Ivan Ragoonanan M64  
 49:24 Edith Jones F70  
 51:55 Marysol Ruiz-Zapata F43  
 53:10 Salvatore Carretta Jr M53

**HRA XC Relay 1.4M Van Cortlandt Park****Oct. 25, 2009**

7:32 Kevin Shelton-Smith 1st OV  
 10:57 Kate Donovan  
 11:17 Arnold Gore

**New York City Marathon****Nov. 1, 2009**

2:35:34 Michael Arnstein 32M  
 2:51:00 Kevin Shelton-Smith 49M  
 2:58:19 Kyle Hall 31M  
 3:29:31 David Drucker 59M  
 3:34:04 Richard Conley 54M  
 3:37:41 Rachel Kimber 28F  
 3:39:23 Hiroshi Kitada 44M  
 3:42:58 Jason Krasner 35M  
 3:54:10 Victoria Arnstein 39F  
 3:55:55 Erick Fernandez 28M  
 4:08:23 Dawn Netter 38F  
 4:11:47 David Isaac 46M  
 4:21:50 Shirley Middleton 55F  
 4:22:18 Firdaus Dotiwala 40M  
 4:25:46 Edward James 63M  
 4:26:13 Jill Staats 58F  
 4:33:06 Salvatore Carretta Jr 53M  
 4:33:12 Adrian Hunte Smith 55F  
 4:36:10 Alexandra Hernandez 28F  
 4:44:47 Joann Pate 35F  
 4:46:42 Lanny Levit 58M  
 4:49:00 Louis Netter 34M  
 4:49:19 Zafar Shahbaz 52M  
 5:05:27 Lisa Bruskin 43F  
 5:10:12 Ivan Ragoonanan 64M  
 5:31:40 Andy Toledo 30M  
 5:50:51 Bill Smith 65M  
 5:58:01 Carl Morrishow 53M  
 6:01:07 Luis Colon 55M

**Addenda:****Harrisburg Marathon****November 8, 2009**

2:32:00 Mike Arnstein M32 1st OV  
 4:10:00 Victoria Arnstein F39

**Thursday Night Runs.** *by Kevin Shelton-Smith*

5 Thursday night runs are back! Meeting at the Tortoise and Hare at 7.30 we set off for a tempo run of anything from 4 miles and up. Headlamps and hand carried flash-lights are useful over the winter months. On the second Thursday of every month we run a 1 Time Trial to see how folk are improving. This is 3 laps of the Flats (4.5 miles) with a handicap system based on the last run or a 5k time. The fastest go last and try to catch those ahead. If all goes well we all finish together. Points are awarded based on the most improvement. So far: Eric Nolan- 16 pts, Hiroshi Kitada-14, Kevin Shelton-Smith-13, Matthew Holzer-10, Alexandra Hernandez-9, Allen Steigerwald-9, Kyle Hall-8, Rachel Kimber-6, Mike Lee-5, Arnie Gore-4. NEXT TIME TRIAL DATES: NOV 12 & DEC 10.

# Van Cortlandt Track Club

**P.O. BOX 341, BRONX, NY 10471**

## Membership Application 2010

[www.vctc.org](http://www.vctc.org)

Please Circle one:

**Renewal only** – **Single: \$35**

**Family: \$45**

**New Members** – **Single: \$50** *includes one team singlet.*

**Family: \$60** *includes one team singlet, extras \$15 each*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Male/Female e-mail: \_\_\_\_\_  
Cell: \_\_\_\_\_ Work Tel: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Male/Female e-mail: \_\_\_\_\_  
Cell: \_\_\_\_\_ Work Tel: \_\_\_\_\_

Address \_\_\_\_\_ Apt# \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Home Tel: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Van Cortlandt Track Club is a USA Track & Field affiliated club. Any VCTC member wishing to compete in TAC sanctioned events as a TAC member must join TAC as an individual. Runners are responsible for their own condition and suitability to run. VCTC accepts no responsibility for injuries and illness attributed to running with the Club.

Club runs are Saturdays 8am. Track/hill workouts are Tuesdays 7pm. Other runs as advised. Club Meetings are 2<sup>nd</sup> Saturday of every month at 10am. Details on [www.vctc.org](http://www.vctc.org) and Yahoo Groups emails, which you will be invited to join by email. Membership good till **December 31<sup>st</sup>, 2010**.

Please mail this application with check or money order (payable to **VCTC**) to:

**Van Cortlandt Track Club, P.O. Box 341, Bronx, NY 10471**

Or save a stamp and renew online.

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## **CLUB NEWS**

**Membership** Please renew your membership which is due 1/1/10 (If you haven't already). Membership rates are: single, \$35; family, \$45. New membership add \$15 to pay for team singlet; additional singlets cost \$15. Please send checks payable to VCTC to: **VCTC P.O. Box 341, Bronx, N.Y. 10471**. Applications are online at [www.vctc.org](http://www.vctc.org). Please e-mail Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

**Meetings** Meetings are held on the second Saturday of each month at 10 a.m. Club workouts are Tuesdays at 7 p.m. at the 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 January/February 2010 issue is December 28th. 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](http://vctconline.com)

**Please attend the December 12th meeting held at Manhattan College Engineering Building when we will hold nominations for VCTC positions and discuss the 2010 running year.**

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*Van Cortlandt Track Club*

*P.O. Box 341*

*Bronx, N.Y. 10471*