

# Van Cortlandt Track Club newsletter

*This issue is dedicated to the memory of Jim Hudick 1945-2007*

## In One Spirit and in Perfect Harmony

*by Mike Hudick*

I had the opportunity to run more than 40 marathons with my twin brother Jim. Many of them were Boston and NYC. Most of them were in the three-hour range (Jim's around 2:55; mine around 3:05). All of them were in one spirit and in perfect harmony.

I would like to share with each of you the story of how Jim and I began to run together. It all started along the shores of New Jersey some twenty years ago in November of 1985. Jim had just run his first NYC Marathon two weeks prior in

3:04:08 and he called me to say he would come down to Asbury Park, N.J. to support me in my first marathon, the 1985 Jersey Shore Marathon. In 1984, Jim had run his first marathon on this course (Asbury Park to Sandy Hook and back) in 3:07:17 (see photo page 2) to qualify for the 1985 Boston Marathon. I told Jim it would mean more to me if he were actually running the race, rather than cheering me on from the sidelines. Jim said, "Really, because that's really what I want to do!" And (continued page 2)



*Jim and Mike on First Avenue in the 2001 NYC Marathon*

so that is how it all began. VCTC member Harold Kelvin joined us on that hot November afternoon. Jim ran just under 3:08 and I ran 4:25---but we ran side by side in one spirit and in perfect harmony.

In November of 1987 Jim ran the NYC marathon in 2:48:13---his personal record. He told me many times afterwards that the race really began for him at mile 16 coming onto 1<sup>st</sup> Avenue! He felt “so fresh and alive” at that point and had also just run into Ramon Ruiz. Each runner became aware that the other runner ran for VCTC! “Chariots of Fire” live on 1<sup>st</sup> Avenue! Ramon said to him “I’m going to keep this pace or drop”---they were each

doing 6:20 splits! And so, by running in perfect harmony with one another, Jim and Ramon pulled out the best in each other---both of them running a personal record on that day in under 2 hours and 50 minutes!

Another VCTC runner Jim and I would be united with “in spirit” every year during these “Fall Classics” was Ivan Mills. Ivan ran with such an easy effort and grace that was beautiful to behold! He would give me a friendly greeting every year as he passed me on 4<sup>th</sup> Avenue in Brooklyn. He and Jim would battle it out somewhere on 1<sup>st</sup> Avenue or in Central Park. Jim’s competitive nature brought out the best in all of us.

In 1990, at the age of 45, Jim and I were interviewed by the local ABC TV channel in New York for a five minute “human interest” story on identical twins running the NYC Marathon. Jim ran 3:01 and I ran 3:04. After the race, when Jim and I got on a NYC bus, people recognized the “running twins” and treated us like TV celebrities! Even months later in Madison Square

Garden during half-time at a college basketball game, some college kids seven rows in front of us turned around and said, “Hey, you’re the two twins who ran the NYC marathon together in November!” My wife Pat said to us many times afterwards, “Don’t you guys rob any banks—they’ll never forget your faces”.

In 1993 Jim and I ran our first Boston Marathon “together”---my first---his second! I ran 3:06 and Jim ran his usual 2:52! That was one of the most enjoyable running weekends Jim and I and my family ever experienced. Many VCTC members were there that year to share in the festivities---among them Tony Thoman and Billy Gaston.

Over the next few years, the Boston Marathon became our Spring Classic, just as NYC was our Fall Classic. During these races I always felt that I had a distinct advantage over other runners, since I was not alone, but had my twin brother Jim right by my side as the going got tough in Central Park or on Heartbreak Hill.

The 100<sup>th</sup> running of the Boston Marathon in 1996 was a mirror image of 1993---very festive! It was during this race that Jim passed a fellow runner from N.J. as he approached the final left hand turn onto Boylston Street for the 6/10ths of a mile sprint to the finish line.



*Jim finishes his first marathon in 1984*

The fellow runner (an orthopedic doctor who has treated both Jim and me) yelled out as Jim passed him by, "Hey, I know that guy"! Yes, Jim and I, "the running twins", are truly a part of the history and tradition of the Boston Marathon.

In the fall of 1997 Jim and I returned to Scranton, Pa. to run the 2<sup>nd</sup> annual Steamtown Marathon, a "point to point" downhill race from Forest City to midtown Scranton. I ran the best race of my life that year---2:56:23 ---just 19 seconds slower than my 2:56:04 PR of 6 years earlier at the Long Island Marathon. It was the first time I ever beat Jim in a race. I caught up to him at mile 21 and we ran together for one mile until I began to pull away. Jim said to me many times afterwards that even though he wished the best

for me, he was saying to himself "Come back here, Mike." Jim still ran 2:59:42 that year and we took 1<sup>st</sup> and 2<sup>nd</sup> in our age group! The following year we did just the opposite --Jim ran 2:56:28 and I ran 2:59:27, again taking 1<sup>st</sup> and 2<sup>nd</sup> in our age group.

During the 1997 Steamtown race the local TV station did a human interest story on the running twins. And again, a few days later, while walking in downtown Scranton, Jim was stopped by a young fellow in a passing car who yelled out to him, "Hey, you're one of the running twins I saw on television a few days ago."

In October 2001 Jim and I and our good friend, ultra-runner and VCTC member Lanny Levit, traveled up to Providence, R.I. (where my son Bret was attending college) to run the Ocean State Marathon. Race officials were offering \$500 for the 1<sup>st</sup> runner in our age group that year and both Jim and I wanted top honors. As usual we were both having a good race, running neck-and-neck. Jim was about 300 feet ahead of me, but I closed the gap to about 30 feet at mile 23. Jim looked back,



*Jim and Mike turn onto First Avenue*

saw me coming and said to himself, "If Mike thinks he's going to pull one off and beat me at this point, he's got another thing coming." He put his body into "fast gear" on the slightly uphill grade at mile 24--- and after going over the top of the hill, pulled away from me on the following downhill. Jim ran 3:03:35, taking 1<sup>st</sup> place, and I ran 3:04:57, taking 2<sup>nd</sup>.

One month later Jim and I ran the race I truly believe we were born to run---the 2001 NYC Marathon. The race was almost cancelled that year because of September 11<sup>th</sup>, but it was not---and the "running twins" were ready. Feeling my "oats", I had a slight lead on Jim at miles 8 and 9, but he passed me out somewhere around mile 10 or 11. We finally caught up with each other again on the 59<sup>th</sup> Street Bridge.

At this point we said to each other, "Let's finish this race together." And so, coming off the 59<sup>th</sup> Street Bridge we ran side by side up First Avenue in



*Jim crosses the finish line at Boston in 1998*



*Jim and Mike after NYC 2001*

one spirit and in perfect harmony for all the world to see. Through the Bronx we ran, down Fifth Avenue, into the Park, then across 59<sup>th</sup> Street to Columbus Circle, being greeted by the cheers of thousands of onlookers wishing us well. Into the Park again and the final sprint up to the finish line in the exact same time of 3:04:58! It was the ONLY marathon we ran where we finished together!

In retrospect, I feel Jim and I were born for this “time and place” and to accomplish this feat on November 4<sup>th</sup>, 2001. I believe this is also true for the other marathons we ran together. And we did not run these races by our own might and power---but by the power of The Holy Spirit---with God “all things are possible”!

In honoring Jim, we must remember that he had a deep

love for God! “Trust in God” was what he lived by. And, as many of you VCTC members know, in many of Jim’s races he would have the insignia “Jesus Saves” on his tank top, just as he did on November 4<sup>th</sup>. Our Lord says to Jim, “He who honors Me, I will honor!” And He gives Jim the gift of Eternal Life!

I am happy for Jim, knowing that he is in “The Heart of God!”---and he lives on in my heart. Each of us, too, must “Trust in God”. If we place our trust in Him, our Creator---then we will be in one spirit and in perfect harmony WITH HIM!---and with ourselves and one another!

And in this manner we will give glory to the One who created us.

P.S. I ran the 2007 NYC Marathon---and Jim was right there by my side---as usual.



*Young Jim(left) and Mike*

## FROM THE VCTC ARCHIVES

### Boston Revisited

*by Jim Hudick*

*(This story originally ran in a 1993 VCTC newsletter)*

**I**n the summer of 1984, eager to take my running to a higher level, I decided to “go for the distance” and tackle my first marathon. Informed by the New York Road Runners Club that it was too late to apply for the New York City Marathon, I chose the Boston Marathon, the most historic marathon in the U.S. However, the Boston Athletic Association told me I could run Boston only if I ran a qualifying race. This I did with a 3:07:17 debut at the Jersey Shore Marathon in November of 1984.

On my 40<sup>th</sup> birthday, April 14, 1985, I arrived in Boston, prematurely confident. I had increased my base to 70 miles per week, but was still inexperienced and lacked interval training. The following day, frustrated by the slow, jammed-up start and the muggy, 70 degree weather, I finished in 3:08:13.

I have since run about 20 more marathons, with a personal best of 2:48:13 in New York in 1987. But none was as

slow as that personal worst (PW) in Boston in 1985.

This year, my brother Mike said he planned to run Boston. As I had to be in town on business that week to work at a human resources conference, I decided that after eight years it was time to make amends for my PW and go for a personal record (PR). Accordingly, on April 17, three days after my 48<sup>th</sup> birthday, I revisited Boston.

I spent the weekend sight-seeing with Mike and his wife Pat and son Bret. We took in some of the best Italian restaurants in the city, and really enjoyed the pasta loading and marathon specials on the menus. Sharing the experience of all this with my brother was the most enjoyable part. Meanwhile, my mind was on the 18-hour days I would have to work at the conference in the week following the marathon. I did not think very much about the race itself, except that my strategy would be to divide the race into three parts: Part 1: The first 7 miles: Hold back and look at the extra time not as “lost time” but as “invested time.”

Part 2: The middle miles: Bear down and race as if running a half-marathon.

Part 3: The last 6.2 miles: Hang on, allowing for the natural slowdown which occurs regardless of earlier pace.

On race day in Hopkinton, Mike and I learned that this was the hottest Boston Marathon in over 10 years. The temperature was about 73 degrees, and the sun’s rays were direct without any clouds.

When the gun went off, I was relieved that I was well seeded. It only took me 17 seconds to cross the starting line, and I breezed through the first mile in 6:35. I held back as planned, particularly afraid of dehydration because of the heat. I took water almost every two minutes and carried wet towels with me to wipe off the perspiration. My 5-mile split was 32:53 (6:35 pace). I began to wonder if I had the strength and motivation to change gears after 7 miles, and race according to plan.

I hit the 7-mile mark in 46:00, and decided to search for a convenient pit stop. Once

that was taken care of, I accelerated and went through mile 9 in 6:10. But the heat and danger of dehydration was too intense to continue at this pace, so I backed off. My second 5-mile split was 32:32 (6:30 pace).

At the halfway point, I was at 1:26:02. I knew then that a PR was not likely. However, I still tried, accelerating through mile 14 in 6:13. My third 5-mile split was 32:41. After mile 16, the course began to change to a series of repeating upgrades. That took its toll and I slowed to 33:21 for the fourth 5-mile split (2:11:27 for 20 miles).

My goal after 20 miles was to conquer “Heartbreak Hill” at sub-7 minute pace and not to falter on the homestretch. “Heartbreak” was long and seemingly unending. I lowered my head, bore down and gave



*Jim and Mike with Alberto Salazar at the 1993 Boston Marathon Expo*

it all I had. When I reached the top in a 6:56 split, I felt victorious! Now, I told myself, just maintain form and efficiency, and keep the pace. It worked. I went through the fifth 5-mile split in 33:40 (2:45:07 at mile 25).

Now I guzzled down Gatorade, looking for a last-minute source of quick energy as I prepared to “burn rubber” down Boylston Street. I felt great. I was on top of the world. Only 1.2 miles to go as I accelerated to 6:28 pace. I passed runners ahead of me as I sprinted toward the finish line! This was my last all-out effort—like my intervals at the Van Cortlandt track.

I finished in 2:52:54 (overall 6:36 pace), close to my PR of 1987. Later I would read that about 45% of all starters never finished. All-in-all I was happy. I had succeeded on the course where eight years earlier I had set my PW. I had succeeded in the most historic marathon in the U.S. There is always another year for a PR and even if one never comes, I will have succeeded. Running is not an “end” for me; it is a means to an end. It is a means to enjoy a higher quality, spiritual life enriched by family and friends. In retrospect, that is the real meaning of my 1993 return to Boston.

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## REMEMBERING JIM

*By Bette Clark*

*I* met Jim soon after I joined VCTC for my first Saturday run a little more than three years ago. I observed a tall, lanky runner, loping around the flats. Jim welcomed me with a warm smile after we were introduced, inviting me to join him for a loop. Since we met up with him towards the end of our group run, I assumed he had just begun and asked him if he was beginning his run, “Oh no,” he said, “I’ve been running for two hours.” Not even breaking a sweat or showing any signs of fatigue, he definitely impressed me, but not as much as when I had a chance to run with him on other occasions and learned more about him as a runner and as a person.

Sometimes, we ran with Harold Kelvin, a long-time running partner of Jim’s, and the two of them bantered like the “odd couple,” reciting jokes they knew so well that they could tell each other’s punch lines.

On solo runs, Jim told me details about his rather unusual marathon training methods: very long, slow, slow runs (11 minute pace). He interspersed speed work and tempo runs

that lead to countless fast marathons, most run side by side with his twin brother Mike. I learned about his running through injuries (chronic hip problems, a detached retina, and more), his changing careers, and his deep faith. He shared his views on “the marathon of life,” (a metaphor he used frequently) and we talked about everything from his favorite shoes (I was so taken by his Nike Skylon’s that I bought the exact same ones which I used to run my first marathon) to marathon training strategies; and the miles whizzed by.

Jim offered encouragement and motivation to me as a novice runner. He also gave me pointers about how to run efficiently by stroking the ground like a cat’s paw with each foot strike. Although Jim was less able to run over the past two years because of hip surgeries and chronic pain, we continued to communicate through phone calls and e-mails. To me, he always represented everything a real runner could be: full of strength and endurance, speed that erupted when needed, and, to quote Gary Spalter, “the real thing” who contributed to the heart and soul of our club. I feel privileged to have had the opportunity to know Jim and to have run with him, if only briefly.

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**Celebrate Good Times at the Annual VCTC Awards Dinner****When: Saturday, January 19, 2008 7 p.m.****Where: *Park Hill Racquet Club* in Yonkers****Cost: \$30 in advance for members; \$45 for nonmembers**

Please mail in your RSVPs with payment and membership renewal as soon as you can to VCTC, PO Box 341, Bronx, NY 10471.

***Single membership renewal: \$35; family membership renewal: \$40.***

***New membership (includes a singlet), \$50; family membership: \$55.***

Directions to the new location, the ***Park Hill Racquet Club*** in Yonkers:

**Local Directions:**

Head north on Broadway into Yonkers. Make a right at Radford (there's a "Subway" sandwich shop on the corner), next light, make a left on to Van Cortlandt Park Avenue. Continue on Van Cortlandt Park up big hill (past "Pizza Barn" on left), past 4-way intersection at Park Hill Avenue. Continue up big hill. Entrance to the Racquet Club is on the left, just before you get to Lakeside Avenue.

**Highway Directions:**

From the north: **Saw Mill Parkway South** to Rumsey Road (exit 4A) or **Cross County Parkway** to Rumsey Road (exit 1). Continue straight on Rumsey to Park Hill Avenue. Right on Park Hill, 4 blocks, right on Van Cortlandt Park Avenue. Club is on left, 2 blocks up hill.

From the south: **Saw Mill Parkway North:** Exit Palmer road, immediate left to u-turn back on to Parkway heading south. Follow above directions from Rumsey Road.

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**Van Cortland Track Club 2008 Board of Directors**

President: Bette Clark

Secretary: Diana Cecil

Vice Presidents: Ken Rolston, Dave King

Treasurer: Larry Barazzotto

**2008 Executive Committee**

Social Director: Dick Conley

Controllors: Mike and Pat Hudick

Public Relations: Arnie Gore

Web Design: Tony Thoman

Riverdale Ramble Race Director: Dave King

Newsletter Editors: Dave King, Katherine Callan

Membership Director: Firdaus Dotiwala

Athletic Directors: Ken Rolston, Firdaus Dotiwala

UEC Race Director: Jill Staats

X-Country Series Race Director: Fred Daly

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

## On The Run

*by VCTC  
President  
Bette  
Clark*



As I write this on the cusp of the New Year, I think about what we have accomplished as a club this year and what we look forward to in the coming year. This has been a wonderful year of growth for the club, with new members joining, new PR's set, debut marathon performances, and great turn outs for our club races, culminating in the highest number of entries ever for our summer series. Our team has placed in the top ten in certain divisions for NYRR club-points event, and we are becoming more and more visible in local races. But it has also been the year we mourn the loss of our long-time member, Jim Hudick, who passed away on October 19. Jim's running accomplishments have been well recognized in the VCTC newsletter over the years, and so it seems appropriate that we pay tribute to him and dedicate the first issue of 2008 to him. I am sure we will all learn from Jim and continue to be inspired by his accomplishments.

Coming up next week (January 19) is our Awards Dinner, to be held at the Park Hill Racquet Club in Yonkers (directions are printed in this newsletter), where we recognize the accomplishments of many of our runners. We will also celebrate in style, thanks to interim Social Directors Gary Spalter and Dick Conley, who took over from Katherine Callan midstream. Dick has agreed to take over as Social Director for the New Year, and we welcome him to his new role on the Executive Committee.

There are a few other changes to let you know about. One is that this year, we will not be holding elections, as all members of the Board were newly elected for two-year terms during last year's election. Since this represented a diversion from our club By-Laws, which state that elections are to be held annually for 2 or 3 Board positions on alternate years, the Board legitimized the change this year by amending the By-Laws though a unanimous vote to hold elections every two years instead of every year. This means that next December, we will be holding elections for all five Board positions, and from this point forward (pending any other change to the By-Laws) we will hold elections on even numbered years.

Another noteworthy change is that Gary Spalter is stepping down from the Board where he has served as Vice President for the past year. Replacing him as interim Vice President to complete the term is Dave King, 2<sup>nd</sup> year Race Director for the Riverdale Ramble, and co-editor, with Katherine Callan, of this newsletter. I know we all thank Gary for everything he has done for VCTC (and we hope will continue to do), and welcome Dave in his new temporary position on the Board.

Plus ca change, plus ca le meme chose. This year, we continue to hold our signature races: The Urban Environmental Challenge (April 6), The Riverdale Ramble (June 1), and the 5K Summer Series, on alternate Thursdays beginning on May 22. We have some exciting new sponsor possibilities we will let you know about as they develop. Please make an effort to come to club meetings, the second Saturday of every month, to keep informed about club business, contribute your ideas, and be an even more integral part of VCTC..

In the meantime, hope to see you all at our Awards Dinner January 19. Best wishes to all of you for a happy and healthy New Year. Keep setting new goals and running strong.

## Coach's Corner

*by Ken Rolston*

Upcoming races:

**Thursday Night at the races:**

The Armory, 168<sup>th</sup> St and Ft. Washington Ave. First race at 7 PM- \$10 fee for as many races as you wish to run that night.

**Jan 10- Mile, 800, 2 mile**

**Jan 24- 3,000, 800, 1500**

**Feb 14- Mile, 800, 2 mile**

**Feb 28- 1500, 8 x 200 relay, 800, 10,000 relay \***

\* 10 person relay, 200m legs only, each athlete runs 5 x 200. VCTC did this relay 4-5 years ago and we had a blast doing it. It's a chaotic affair; you really need to pay attention, keeping the runners in order, since there are about 10-12 teams competing. You need to be attuned to your inner hamstring. It's not easy to rest properly after tough 200's.

Here are some road races for those who prefer running outside:

**Jan 12- Fred Lebow 5 mile, 9 AM Central Park**

**Jan 27- NY ½ marathon, 8:30 AM Central Park**

**Feb 3- Gridiron Classic 4 mile, 9 AM, Central Park**



**Feb 10- Bronx ½ marathon, 8 AM, Lehman College**

**Feb 23- Al Gordon 4 mile, 8 AM men, 9 AM women, CP**

Happy New Year!

I was looking at the NYRR web site and saw the listings for club standings and thought you'd be interested to know where VCTC stands:

	Men	Women
Open	11 <sup>th</sup> ( B )	19 <sup>th</sup>
40 +	18 <sup>th</sup>	19 <sup>th</sup>
50 +	11 <sup>th</sup>	15 <sup>th</sup>
60 +	6 <sup>th</sup>	

I feel optimistic about 2008. There are signs that we can have a bust-out year. The women's team won the McArdle race by 2 points, which may be the first time VCTC has ever won a NYRR team race. We're becoming more competitive in a good way among more age groups. I think we can be top 10 in several categories this year. Adrian and Bill had a good idea: to appoint a leader for each age group category who would alert the others to participate in a points race.

As far as workouts are concerned we've been negotiating the hills of Riverdale every Tuesday night. We run a 2-mile loop and then a mixed bag of uphill repeats. The turnouts have been encouraging. I believe the hill work will set a nice foundation for the speed

work to follow in the spring. We may also get the opportunity to run as a relay team on Feb 28<sup>th</sup> at the final Thursday Night at the Races if anyone is interested.

With the new year underway, it's nice to set some goals, too, as many of you have. Try to start a running diary if you don't already have one. It's useful for goal-setting and it's fun to track your progress throughout the year. You can review it in 10 or 20 years; you'll be amazed at what you accomplished in the good old days. Here are some of my goals for 2008.

- 1) Minimize injuries; go to the Riverdale Y
- 2) Defend 800 meter title in the Empire State Games
- 3) Win age group award at NYRR race
- 4) Top 3 showing for VCTC team in NYRR
- 5) Participate in team road relay
- 6) Attend running camp
- 7) Coach 3-4 runners to sub-3 marathon
- 8) Become taller
- 9) Read more books on running and keep learning
- 10) ?

Thanks for a great season in 2007. This year promises to be even better!

*(ed note: While running on recent ice, Coach Ken slid and pulled his hamstring, so #1 may have to wait until 2009.)*

# Resolution: the act of resolving or determining upon a course of action, method or procedure

by *Katherine Callan*

As we herald the start of a new year, it is time to celebrate our accomplishments of 2007 (coming up at the VCTC Awards Dinner) and then consider how we'll take our running to the next level in 2008. Some basic pointers for goal setting:

🍎 Increase motivation and avoid injuries by keeping a training log to record mileage, minutes, where you went and how you felt.

🍎 Set goals in areas in different areas of your training: weight training, stretching or cross training.

🍎 Share your goals with others to increase motivation and accountability.

To these points, we recently asked club members to declare their 2008 running goals, and then we decided to take it one step further. We suggest that each person get a partner to help motivate and keep on track. It could be a simple, "How's it going?" on a Saturday

morning run or something more structured. But now that you've declared your goals to the group, there's no turning back! If you decide to follow through by working with a partner and want to report on your progress in an upcoming newsletter, we'd love to hear from you. To all, Godspeed!



**Selma Raven:** Run 5 days a week; do a 4-hour marathon.

**Leoni J. Parker:** New York City Marathon.

**Rachel Kimber:** Chicago Marathon.

**Kate Donovan:** Rejoice, rejoice--June 6th, new age group!

**Vera King:** Increase weekly miles.

**Diana Cecil:** Get the hell back!

**Jill Staats:** Run the Boston marathon.

**Joanne Pate:** Run a spring marathon.

**Dave King:** Run faster than my personal worsts!

**Sarah Baglio:** Get stronger and keep cutting my time.

**Allan Dorfman:** Have a more productive running year than last year.

**Charles Brewster:** Concentrate on the K's (5K, 10K, and 15K) and run them like I've never run them before, while never looking back and hearing the approaching footsteps behind me.

**Dennis Burns:** Stay injury free.

**Bette Clark:** Run faster.

**Katherine Callan:** To run three times a week and gym 2x a week, sub 4:15 marathon; Mount Washington road race; do a pull-up.

**Fred Daly:** Run a trail marathon.

**Eddie Crawford:** Keep my same pace; run, bike, swim.

**Enid Lopez Burns:** Tobay triathlon.

**Arnold Gore:** Keep doing 30 - 35 miles per week.

**Susan Epstein:** Train for Philadelphia marathon without getting injured.

**Adrian C. Hunte-Smith:** Keep putting one foot in front of the other on the roads; 5 seconds faster per mile; good health.

**Linda Norton:** Run even when I don't feel like it.

**Firdaus Dotiwala:** Run Vermont 100 in under 24 hours.

**Kevin Shelton-Smith:** PR London Marathon; 3 Peaks Race.

**Bill Gaston:** Resume 4 days a week running.

**Dick Conley:** Break 23 minutes for the 5K at Van Cortlandt.

**Danielle Rosario-Mullen:** Break 1:30 in the half; eat fruits and vegetables every day.

**Larry Barazzoto:** Begin working with a personal trainer to restore my back strength.

**Michelle Conley:** Break 24 minutes for the 5K at Van Cortlandt.

**Tami Luhby:** Do another half marathon in under 2 hours.

**James Moloney, Jr.:**

Two years ago during this time of resolution-making, I decided to re-commit myself to running. I renewed my NYRRC membership and joined the VCTC. I enjoyed a number of Saturday morning group runs, ran a couple of club races, and even attended a couple of membership meetings. Then I got a new job and running in general and the VCTC in particular fell by the wayside. I never got around to renewing my membership last year, although I have been running regularly

again since last summer. I've also kept-up with club goings-on by lurking on this list.

This all brings me to the present. **I am making two simple resolutions for 2008:**

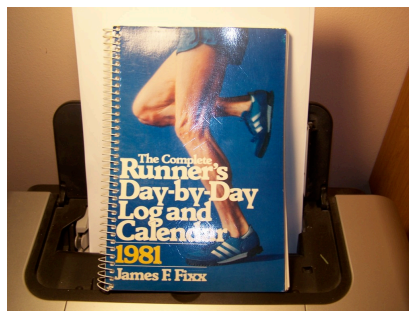
I will be an active member of the VCTC.

## I will run 2008 miles.

I look forward to seeing you all on the trails and roads.

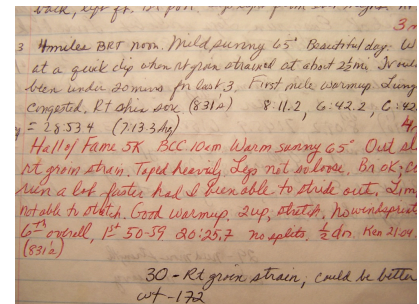
## Keeping Track

by David King



For thirty years and counting, I have kept a running log to record the workouts I have been doing on a day-to-day basis. In this log, I document weather conditions, time, where I ran, intensity of individual workouts (times of distance runs or repeats on the

track as well as rest intervals) and warmups and warm-downs. I record distances on a daily basis and cumulative for a year's time. Included are cross-training workouts such as biking, swimming and weight-training. I also write about how I feel during the workout: what bothers me, what feels good about the workout and how I feel afterward.



Why bother, one might ask? I have found these logs very useful for training methods; i.e. what has worked in the past, what hasn't worked. What was I doing when I got injured? What was I doing when I had my personal best? And, yes, with whom was I training? I keep a detailed record of my races, for similar reasons. If I am successful, I want to know why.

So whether you buy a preprinted log or just use a spiral-bound notebook (as I do), I would recommend that everyone keep a running log to track progress.

# FANTASTIC FAILURES

With egos in check, members share stories of their worst races ever

*Who among us has never experienced a bad race? The humiliating Personal Worst. Those are the races that test our resolve and our identities as runners. After such debacles, the weak-willed might give up, but the strong endeavor to persevere. This issue, we decided to acknowledge those character-building worst races ever. Remember, tragedy plus time equals comedy!*



**Despite the heat, Kate was way ahead of these slow-pokes.**

## **Kate Donovan: Chicago Marathon 2007**

I am writing this four weeks after the Chicago Marathon melted down at approximately 11:30 a.m. due to the suffocating early October heat wave. I had just passed mile 23 (24?) at a tortoise's pace when a young woman with a bullhorn announced the race had been cancelled and race

officials were asking runners to walk to the end. Race organizers had grossly underestimated the impact the nearly 90F temperature would have on athletes. A runner had already died and legions were dropping out or passing out.

Ambulances were being brought in from the suburbs and the medical personnel were overwhelmed. The water on the course had run out as water meant to be drunk was showered on overheated bodies.

My grand plans had liquefied at about Mile 7 when the first wall told my legs the day would be about survival, not racing. Good thing I had hopped over a chain link fence at the start and joined the 7 minute corral. I found plenty of water and Gatorade on the course, but my buddy, Liz Kramer, who had driven up from Louisville, was met with water at the first station, no Gatorade. By the second, there was no water or Gatorade, and she dropped out by Mile 10.

I kept pushing, hoping for a magical reprieve. Maybe something would kick in and my legs would come back from their vacation in the Mo-

jave or wherever they had gone. Twas' not to be, my legs had gone South and my pace took the form of a vertical crawl.

The usual coincidences and encouragements floated around me: "Hey, I'm from the Bronx!" or "Hey, I ran in the summer series." One fellow sufferer, Gerry Gordon, who runs with the VCTC, caught up to me and listened to me complain and symptom check for heat exhaustion before he got worn down and walked. I kept on trucking until I met the girl with the bullhorn.

So yeah, I walked. I kept looking in vain for shade in the bare cityscape. There were those heat-resistant souls who jogged on by. But there were others, trim types with technical running gear on, who stayed at my crawl. As the finish line got closer, more police officials insisted that runners walk. In the last 500 yards a fire truck parked on the course, and sent a jet of water on passing walkers who danced in the spray.

The last 300 yards, pride overcame exhaustion and I started jogging, together with a fellow who had finished the

course in 2006 in 3:35. As we came around the curve to the finish line, I was astonished to see the clock running. Seems the organizers had cancelled the race but not stopped the clock.

I wrote the organizers for explanation, but have received none. So I guess the time stands. Look it up.

I met a Chicago race official in New York who listened to my vent and told me to find another marathon next year. Good idea.

### ***Glen Shane: New York Marathon 1998***

My worst race came in the NYC Marathon 1998. I had trained diligently for the race and had many long runs leading up to the event. I put in 1,500 miles and felt secure in running a good race. The weather was fairly cool at race time. As the race got under way the weather got warmer and I realized that I was overdressed. I paid a price for the temperature going up. My goal was to run 3:45 (8 mins 35 secs/mile pace). I finished in 4:15 my worst marathon (9:44 pace).

### ***Dave King: New Jersey All-Comers Track Meet 1968***

It was the spring of 1968. I was a senior in high school, having a poor track season, running events that just weren't suited for me. My

coach brought the team to Englewood, N.J. to the Northern New Jersey All-Comers Track Meet. The weather was hot, humid, hazy sunshine; the very worst of conditions for me and my asthma. Somehow my coach got me into the fast heat of the high school mile: stacked with seven of the area's fastest milers, and me. I should have protested but didn't.

The gun went off and I settled into last place, gasping for air, watching seventh place get farther and farther away.

By the end, I was 150 yards behind NEXT TO LAST place, 220 yards behind the leader. As I stumbled down the final straightaway (I should have dropped out), several hundred spectators gave me a round of applause: "Nice try, kid". So embarrassing. Now you know why I HATE THE MILE.

### ***Bill Gaston: Boston Marathon 1982***



**While Bill was in the first-aid tent, someone else was winning Boston**

Looking back over 35 years of racing, and a whole lot of "worst" races, it is hard for me

to pinpoint one truly disastrous effort. But if I had to select just one, I think I'd pick, drum roll please, the 1982 Boston Marathon. A race of totemic failure, marked by immense hubris and poor planning.

Boston '82 was run on a hot day. At noon, the race-day temps had climbed to 68 degrees. Now this may sound perfectly pleasant to the uninitiated, but to this heat-sensitive marathoner, it was a harbinger of doom.

I was approaching Boston '82 on a roll: I'd set PRs at a variety of distances (from the 3,000 Meters up to the marathon) in the preceding six months, and everything was looking up. And being on a roll does lead you to expect, alas, that the road ahead will be festooned with roses.

My coach at the time counseled that with some patient planning, I was capable of running a time in the 2:27-2:29 range. Achieving this time would be no small feat for me as my PR to that point was 2:38, set in October '81. But, bottom line: running a sub-2:30 marathon would mean slicing off ten minutes from my previous best marathon time. Hubris alert!

Starting out in Hopkinton that afternoon, I remember the sweaty feel of the first few miles, but sensed that things were more or less under con-

trol. I had made no concessions to the effects of the oncoming heat. I plowed through the first five (downhill) miles in 27:02, a bit quick, but not too rash. Around eight miles, as the heat began to soar, I noticed a teammate of mine ahead of me, a fading Paul Schwartz, who, as I passed him, remarked "I'm losing it."

As fate would have it, around mile ten a blister on my right foot popped. Curses! I kept plugging away, chugging through the half marathon in 1:12 and change, still on target for my sub-2:30, but knowing in my heart of hearts the air was seeping out of the balloon. My pace began to slow—dramatically—as I approached Heartbreak Hill and Newton.

By the time I landed in the neighborhood of Boston College, miles 20-21, I was not only spent, but utterly dehydrated. And frustrated. Among many of the walking wounded.

I found a Red Cross station, and all I can remember from that point on is lying down inside the ambulance, and falling into a deep sleep, of some undetermined length. When I awoke, my race was shot. To this day, I cannot remember how I got back to the finish line at the Pru.

Several of my teammates who ran the race that day— and ended up dropping out or recording "personal worsts" —

accurately termed it the "Boston Massacre." No more painful words were spoken.



**These two women fared better in this race than Jill and Katherine did in theirs.**

### ***Jill Staats: Leathermen's Loop 2006***

It was the end of April on a cold and rainy Sunday that Katherine Callan and I set off for Pound Ridge and the trail race known as Leathermen's Loop. I had never done this race before, but Katherine had and knew what we were in for.

The race started out with a stream crossing and I was expecting an ankle-high run through; forget it, it was more like waist high. At this point I knew it was not a normal run. The trail was a soggy mess and my running shoes were like lead weights. There was one stretch that was ankle deep mud and then I knew why

some runners had taped their shoes on. The mud was trying to suction my running shoe off.

We get through all of that and the last tough part was another stream crossing. This one was deeper and stronger. Katherine suggested holding hands so we could support each other across the stream. We took one step forward and into the stream we fell. I was laughing so hard, it was difficult to regain footing. We had 1/8 of a mile to go and we were finished. Bill Smith was there at the end to cheer us on; it was nice to see a familiar face at the end of such a horrific run.

### ***Lou Csak: College Track Meet 1988***

It was the first hot day of the year. I was scheduled to run a 10k at 3:00pm. on the track. I sat in the sun from 9:00 to 3:00. I was dehydrated when I stepped to the starting line. I finished next to last! My entire team was on the bus ready to go home, waiting for me to finish the last event of the day.

I was embarrassed I had run so poorly, and expected to get "booed" on the bus. I held my breath, bit my lip and stepped in the bus. Rather than get booed, I was applauded and cheered for "gritting" it out. My worst race, but one of my nicest experiences!



**Fortunately for Dominic, this is not what knocked him down that fateful day.**

### **Dominic Lombardo: VCP XC 1983**

I suppose my worst racing experience was way back in 1983 when I was a member of St. Raymond High School for Boys' track team. Back in the

mid-20<sup>th</sup> century, St. Ray's was a traditionally (i.e., God-fearing) run institution of the Lasallian Christian Brothers, which emphasized a core religious education, making gentlemen out of innocent boys.

As a bespectacled, pretzel of a lad, I felt uncomfortable having to race. First of all, I was slower and less coordinated than others. Secondly, the race was at some far distant place called Van Cortlandt Park! Before the start, I was ill-prepared and trembling from the damp, cold and anxiety.

As the gun went off, this Green Giant of a kid accidentally

bumped his shoulder against my head, sending my glasses flying onto the muddy earth. I had to go on all-fours blindly feeling for my specs. Thankfully I had cheap plastic frames, as they remained in one piece! By the time I gathered myself together, I realized the race was a 'lost cause', but I managed to finish it, and actually beat some kids who had run out too fast.

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***VCTC Awards Dinner  
Park Hill Tennis Club  
January 19, 2008  
(see page 7 for details)***

## **Hunte** **LAW GROUP, P.C.**

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Member

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### **Mary Anne Harkins**

Of Counsel

Former Westchester County  
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## RACE RESULTS

### St. Kitts Independence 10K

St. Kitts, West Indies, Sept. 16, 2007

Time	Name	Age	Place
40:20	Ivan Mills	M51	1

### Scotiabank Toronto Waterfront Marathon

Toronto, Sept. 28, 2007

3:19:58	Ivan Mills	M51
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### Knickerbocker 60K

Central Park, Nov. 17, 2007

		1st (2 <sup>nd</sup> OV)
4:24:30	Kevin Shelton-Smith	M47
6:52:15	Lanny E Levit	M56
7:22:18	Edward James	M61

### Mamaroneck Turkey Trot 5M

Mamaroneck, N.Y.

52:42	Fernando Ruiz	M75
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### Race To Deliver 4M

Central Park, Nov. 18, 2007

26:27	Ivan S Mills	M51
30:19	Gabrielle Popoff	F30
	Kathryn A	
31:55	Donovan	F49
32:49	Ramon Ruiz	M67
33:39	Jill Staats	F56
35:27	Dawn Netter	F36
35:46	Carl Morrishow	M51
37:41	Edith Jones	F68
37:56	Jo Ann Pate	F33
37:59	Sarah Baglio	F35
39:04	Tami Luhby	F37

### McArdle 15K

VCP November 25, 2007

57:28	Kevin Shelton-Smith	M47	2
58:49	Kyle Hall	M29	
59:15	Chris Ekstrom	M41	
1:01:57	Peter H Coy	M49	
	Anthony C		
1:10:05	Thoman	M45	

Richard P Con-  
1:10:34 ley M52

1:12:41 Steven Park M40

Michelle Con-  
1:19:01 ley F19 2

Rachel  
1:19:16 Gissinger F31

1:21:18 Bette Clark F52

1:22:33 Rachel Kimber F26

Kathryn A

1:23:47 Donovan F49

1:24:39 Arnold L Gore M66

Katherine Cal-

1:26:41 Ian F45

1:26:42 Edward James M61

1:27:04 Jill Staats F56 1

1:29:25 John Baglio M38

1:30:56 Jean Harkins F37

1:30:59 Wanda Bills F46

1:33:31 Dennis Burns M60

1:38:06 Bill Smith M63

Susan R Ep-

1:51:00 stein F64 2

1:54:28 Fernando Ruiz M75 1

### Rockland Turkey Trot 5M

Rockland Lake, N.Y., Nov. 22, 2007

53:06 Fernando Ruiz M75

### Hot Chocolate 15K

Central Park, Dec. 1, 2007

Kevin Shelton-  
54:18 Smith M47 2

Danielle

1:05:01 Rosario-Mullen F27

1:05:20 Ivan S Mills M51

Firdaus Doti-

1:08:14 wala M38

1:20:02 Edward James M61

1:21:15 Arnold L Gore M66 3

1:30:31 Leoni Parker F43

1:30:56 Edith Jones F68

Susan R Ep-

1:35:29 stein F64

1:39:03 Fernando Ruiz M75 3

1:51:34 Ramon Minaya M67

### Joe Kleinerman 10K

Central Park, Dec. 9, 2007

Kevin

35:25 Shelton-Smith M47

35:43 Kyle Hall M29

Danielle  
Rosario-

42:09 Mullen F27

Paulino San-

47:40 tana M46

48:23 Heidi Pabon F34

Kathryn A

49:24 Donovan F49

49:26 Arnold L Gore M66

49:28 Blas Abadia Jr M52

49:57 Bette Clark F52

Edward

50:33 James M61

Gabrielle Po-

51:13 poff F30

Shirley Mid-

51:35 dleton F53

51:48 Jill Staats F56

56:31 Tami Luhby F37

56:36 Bill Smith M63

Adrian Hunte

57:22 Smith F53

Elizabeth

58:57 Castro F42

59:15 Edith Jones F68 3

Selma Se-

1:00:43 queira Raven F41

Susan R Ep-

1:01:14 stein F64

Fernando

1:03:44 Ruiz M75 3

1:04:21 Luis Cruz M44

Ramon Mi-

1:07:41 naya M67

### Holiday 4M

Central Park, Dec. 15, 2007

Kevin Shelton-  
22:34 Smith M47 3

23:01 Kyle Hall M29

Danielle

26:06 Rosario-Mullen F27

27:24 Ivan S Mills M51

Anthony C

28:25 Thoman M45

Michael P Hu-

29:02 dick M62

29:27 Paulino Santana M46

31:14 Blas Abadia Jr M52

31:20 Arnold L Gore M66

31:21 Michael Holmes M32

31:56 Edward James M61

38:11 Edith Jones F68

42:06 Fernando Ruiz M75 3

45:02 Ramon Minaya M67

## CLUB NEWS FROM THE EXECUTIVE COMMITTEE

### Membership

- Membership rates are: Single - \$35 ; Family - \$40. New membership add \$15 (includes one official team singlet). Additional singlets cost \$15. Please send checks payable to VCTC to: VCTC P.O. Box 341, Bronx, N.Y. 10471. Applications are available at [www.vctc.org](http://www.vctc.org)
- Please e-mail Firdaus Dotiwala at [thinrunner@gmail.com](mailto:thinrunner@gmail.com) with any changes of address, phone, e-mail, etc. and whether you would like to be added to the group mail.

### Clothing

- Please wear club apparel before, during and after races as this is the best way to publicize our club. Members of our club get many benefits for dues paid (discounted apparel, etc.) and the club **strongly requests** you show off its colors. While we are reluctant to make this a club rule, we are asking that you represent the club.
- New singlets are available for the discounted price of \$15 for all paid members.

### VCTC Annual Awards Dinner/Party

Park Hill Racquet Club, January 19, 2008 (see page 7)

***HELP NEEDED: EDITING PHOTOS FOR THE VCTC WEB PAGE. PLEASE CONTACT TONY THOMAN AT: [tonythoman@optonline.net](mailto:tonythoman@optonline.net)***

**VCTC membership meetings are held on the second Saturday of each month at 10 a.m. Club workouts are Tuesdays at 7 p.m. (meet at Manhattan College gym parking lot for winter months). Saturdays at 8 a.m. (meet at handball courts at 242nd St and Broadway).**

**Dates for club meetings are: Saturdays, January 12, Feb 9, March 8, Apr 12, May 10, June 14, July 12, Sept 13, Oct 11, Nov 8, Dec 13, 2008.**

**2008 Club Races: UEC: April 6, Ramble June 1, Summer Series 5k: May 22, June 5, June 19, July 3, July 17, July 31, Aug 14.**

The Newsletter is published bi-monthly. We welcome all contributions. Deadline for the March/April issue is February 25th, 2008. Maximum length is 600 words. Please e-mail to: [kingkvd@optonline.net](mailto:kingkvd@optonline.net)

Please try to include a photo.

Please send race times to: [petercoy@verizon.net](mailto:petercoy@verizon.net) or mail to: Peter Coy, 52 Stelfox St., Demarest, N.J. 07627. **Please do not phone in results.**

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**Bronx, N.Y. 10471**

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