

Van Cortlandt Track Club newsletter

Outstanding!

Members gather to toast and honor VCTC top performers



Runner-of-the-Year winners Danielle Rosario-Mullen and Kevin Shelton-Smith show off their smiles and hardware

The usual greetings of “How far are you going today?” were replaced with “You look fantastic!” as members dressed to the nines gathered at Park Hill Racquet Club in Yonkers for the VCTC Annual Awards dinner. In the cocktail area, waiters circulated with delicious appetizers such as coconut shrimp before the DJ spun some background music as a buffet dinner from Salsa Catering was served. Then, Ken Rolston and Dave King stepped up to the podium and the Awards ceremony began. As the club grows, it’s increasingly competitive to go home with some brass: For Danielle Rosario-Mullen it took a 3:16 New York City Marathon debut performance; Kevin Shelton-Smith logged blistering times in everything from 5Ks to 100 milers; most improved Tami Luhby clocked a sub 2-hour half marathon after

prior performances of 10 to 15 minutes longer, among many other amazing accomplishments. Coach Ken Rolston made the noteworthy announcement that next year's awards will likely be in five-year increments.

The night was wonderful and emotional, and while top performers were singled out, it's really the entire community of VCTC runners who deserve applause, as we motivate, inspire, and support one another, not just in January, but throughout the year.

Award Winners

Runner of the Year Male:

Kevin Shelton-Smith

Runner of the Year Female:

Danielle Rosario-Mullen

Male 70+: **Fernando Ruiz**

Male 60-69: **Mike Hudick**

Female 60-69: **Edith Jones**

Male 50-59: **Ivan Mills**

Female 50-59: **Bette Clark**

Male 40-49: **Peter Coy**

Female 40-49: **Kate Donovan**

Male 30-39: **Neil Leibowitz**

Female 30-39: **Gabrielle Popoff**

Male sub 30: **Kyle Hall**

Female sub 30: **Michelle Conley**

Most Improved: **Tami Luhby**

Ironman: **Edward James**

Service Awards:

Katherine Callan Dave King

Ken Rolston, Jill Staats and

Norris Ogard

The Jim Hudick Award: Bette Clark



Ken Rolston presents another award (top left, then clockwise); Mike Hudick presents Bette Clark with the Jim Hudick Award; Bette accepts her award; VCTC members prepare for an evening of pomp and circumstance

(Awards Night Photos courtesy Norris Ogard)

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



Top row l-r: The dance floor fills up quickly; Mike Hudick talks about late twin brother Jim; Members talk and eat
 2nd row, l-r: Rachel Gissinger and son; Margaret Nolan high-stepping; Maureen Lowney and Diana Cecil
 3rd row, l-r: Gilda Serrano and Dennis Burns prepare to eat; Rachel Kimber; Gilda Serrano and Vera King
 4th row l-r: Where are the men?; Kathy Nolan coaches Ken Rolston; UEC Director Jill Staats

On The Run

by *President Bette Clark*

Running up at the Rockefeller

Preserve the other day, I was drenched by a sudden downpour that blinded me and created rivers of mud under my feet in



minutes. I sprinted to my car for dry clothes and a rain jacket. At this time of year, especially, you can be surprised and awed by the elements, from the sleet and freezing rain hitting your face, to the snow and ice underfoot. This certainly keeps you on your toes, or watching your step. This is one of the many things I love about running; always challenged by changing conditions, finding ways to get through it when the going gets tough; trying to stay warm and dry, whether running a race like the Bronx Half Marathon, as many of us did a few weeks ago, training for a spring marathon, or just trying to keep in good running condition. This makes me feel so connected to our natural world, and so continually amazed by both its beauty and ferocity (a full moon over Van Cortlandt, a mist rising over the flats, a sudden white-out) and so grateful to be out there, running, as part of it.

VCTC began 2008 with a flourish: a phenomenal Awards Dinner at the Park Hill Racket Club. With more than 80 members and guests, this year's bash recognized members for their running accomplishments and service to the club, with great style. Thanks again to everyone who made it possible. As usual, these events take an enormous group effort, and it was so obvious this year. But also, recent feedback suggests that we plan even more social events, because we do it so well!

As our club evolves, there are some exciting new developments. First, in light of our growing emergence or re-emergence as a force to be reckoned with among local running clubs, we have established team leaders in the age-categories used in NYRR team points races. These team captains will help to motivate all of us to train and take part in team points races, and make sure that enough of us turn up so that we can actually be eligible for team points. Those who volunteered to be our team leaders: Bill Smith (men, 60-69), Susan Epstein (women, 60-69), Ken Rolston (men, 50-59), Adrian Hunte-Smith (women, 50-59), Kevin Shelton-Smith (men, 40-49, Open Division), and Margaret Nolan (women, 40-49).

As we begin to train for our spring races, VCTC is gearing up for its spring/summer races. First, the 10th running of the Urban Environmental Challenge is taking place on April 6 and plans are well-underway, thanks to the hard work of Race Director, Jill

Staats. This year, the trail shoe company, Vasque, is sponsoring UEC as one of a 15 trail-race series across North America, and is very excited to help promote the "only trail race in New York City." EMS, as a co-sponsor, will help with the logistics of awarding shoes and will donate items to our race goody bags.

Thanks to our clothing designer Firdaus Dotiwala, and graphic artist, Lou Netter, our race giveaways will be particularly classy this year. Plans for the Riverdale Ramble are also underway, with Race Director Dave King firming up plans to return to last year's venue, MS 141 on Independence Avenue. North Fork Bank (soon to be Capital One), will be our lead sponsor this year, and other local businesses (thanks to members like our Secretary Diana Cecil, who work hard to drum up new sponsorship) are planning to support the 30th running of the Ramble.

While it may seem like the Summer Cross-Country series is far away, those back hills are never too far from us. Vasque is developing a trail running shoe for kids, and is planning to donate shoes to our younger runners in this year's summer's series.

So, watch your step out there but keep running. I also recommend "Bronx Tough" at the Riverdale Y, a full body 1 1/2 hour work-out). Of course you can always join us at the track on Tuesday evenings, and, on Saturday mornings, on the trails....

Coach's Corner

by Ken Rolston

There's been a lot of chatter recently about the cost of NYRR races, so please pay attention to the following list of races taking place locally in March and April. Many of these offer



an alternative to running in Central Park. Perhaps our support of other local races will provide a return for VCTC races. For those who like to race in Central Park, I've put an asterisk on Club Points Races:

Mar 9- Sun- 9 AM- Colon Cancer Challenge 4m/15K*- Central Park- 15K is a Club points race

Mar 15-Sat- 7:30- Men's 8K Champs, Central Park

Mar 15-Sat- 9 AM- 30K Wurtsboro Mountain Run

Mar 16- Sun- 10 AM- 2m/10K- St. Patrick's Day Races, FDR Park, Yorktown

Mar 16-Sun- 11 AM- 4M St. Patrick's Day Classic Jennings Beach, Fairfield, Ct

Mar 23- Sat- 9 AM- 5K- Easter 5K- Eisenhower Park, Long Island

Mar 24- Sun- 9 AM- Various- NJ Open and masters Champs- Hackensack, NJ

Mar 30- Sun- 7:30AM- 30K- Boston Blowout- Fairfield, Ct.

Mar 30- Sun- 9AM- 4m/15K- Scarsdale races

Mar 30- Sun- 9AM- 13.1/5K- Suffolk ½ marathon, Selden NY

Mar 30- Sun-10AM- 5m- Mud- ders and Grunters- FDR Park, Yorktown

Mar 30- Sun-10AM- 10K- Scotland Run, Central Park

Apr 6- Sun- 10 AM- 6.2m- URBAN ENVIRONMENTAL CHALLENGE- VCTC

Apr 6- Sun- 8 AM- More marathon, Central Park

Apr 13- Sun- 8:30AM- Hook Mountain ½ marathon- Rockland Lake St Park

Apr 13- Sun- 9 AM- Long Island ½ marathon- Eisenhower Park

Apr 13- Sun- 9 AM- 5K- Sound Shore 5K- New Rochelle

Apr 13 -Sun-9AM 4M- RunAsOne Central Park*(pts race)

Apr 20- Sun- 9 AM- 5K- Lincoln Tunnel Challenge- Weehawken, NJ

Apr 20- Sun-10 AM- 4m- Adidas run for the Parks, Central Park

Apr 20- Sun- 1 PM- 10K- Kingston Classic, Kingston, NY

Apr 21- Mon-10:30AM- Boston Marathon,

Apr 26- Sat- 8 AM- 50 K- Sybil Ludington, Carmel, NY

Apr 26- Sat- 8:30AM- 5K-

Draft day 5K, Giants Stadium, E. Rutherford, NJ

Apr 2 Sun-8 AM- 13.1- Brooklyn Half*- Club Points Race,

Apr 26- Sat-9 AM- 10K- Leatherman's Loop, Pound Ridge, NY

Apr 27- Sun-9 AM- 5m- Alley Pond 5m Challenge

This year track workouts will align with the changeover to Daylight Savings Time so the first official outdoor workout will begin on March 11th. We meet at Van Cortlandt Stadium at 7 PM.

I'm hoping to lob a few twists into this year's sessions. Some of the recent books and articles I've read suggest it may be time to make some adjustments. Runners World issued a book called Run Less, Run Faster which, despite its gimmicky title, contains some terrific tips. The key feature of this book is the emphasis on 3 quality runs per week, including track repeats, tempo runs and the long run supplemented by 2 aerobic cross-training workouts such as swimming, biking or rowing which are designed to improve endurance while helping to avoid burnout.

In the Sunday March 2nd N.Y. Times Supplement, there's an article about overtraining called "Crash and Burnout." With the Boston Marathon rapidly approaching, participating club members will want to make sure that they're not fatigued before they *begin* the race. Some signs of overtraining are on the following page.

10 SIGNS THAT YOU ARE OVER-TRAINED

- 1) Fatigue that persists for more than 72 hours after a workout, often accompanied by insomnia
- 2) Muscle pain and weakness that persist for more than 3 days
- 3) Irritability, anxiety, depression. If you're not sure, check with your significant other
- 4) A rise in resting heart rate. You can track it by wearing a heart monitor to bed. Coach Ken has no

further comment on electronics in the bedroom

- 5) A dramatic drop-off in performance—ummm running, that is—for no obvious reason
- 6) Heavy legs or the feeling that your lower limbs, once springy and quick, have turned to stone
- 7) A loss of appetite which exacerbates fatigue by sapping the body's fuel stores
- 8) Disruptions in the menstrual cycle
- 9) Cuts and bruises that heal slowly; overtraining can suppress the immune system

- 10) Falling levels of ferritin, a protein complex that stores iron.

So the emphasis this spring will be on 3 solid days of running as the core and a sensible supplemental plan. Can't wait!

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My Prescription for Good Health

By Arnie Gore

*R*unning has that encouraging benefit of always presenting you with the opportunity to move into a new age group and get that fresh marginal advantage of being a rookie again. I have been fortunate in not getting much slower with age. I think good nutrition was a big factor. It is too often taken as a given and therefore slighted.

Nutrition played a large part in my life when I started running in 1978. I had become sedentary after developing epilepsy when I was 13 years old. Medication controlled my seizures.

My first introduction to the possibility of a more natural approach to health, came when a friend gave me a copy of Adelle Davis' Let's Eat Right to Keep Fit. I didn't believe that anything this simple could solve my serious medical condition, but I wanted to show that at least I tried.

Davis recommended Vitamin B6 and Magnesium for epilepsy. I tried substituting Vitamin B6 and Magnesium for my anticonvulsant drug. It didn't work and I had a seizure. After a little disappointment, I concluded that vitamins wouldn't solve the problem, so I decided to go back on my

prescription drug, a combination of Dilantin and Phenobarbital.

In 1978 my prescription drug was taken off the market. My doctor switched me to straight Dilantin, which caused me to lose weight. After a series of tests, my doctor told me I had high cholesterol. He put me on a low cholesterol diet, eliminating meat, milk, eggs, cheese and everything that tasted good and nourished the body. Shortly thereafter I hit rock bottom, and could not lift a container of orange juice.

My brother took me to the emergency room. I was told to start eating high cholesterol foods again. When I got home I read that Adelle Davis book on Nutrition again. It was an eye opener to see how many conditions including weakness, irritability, bad skin and poor digestion can all be symptoms of B vitamin deficiencies. Finally it said that individual members of the B-complex vitamins, such as B1, B2 and B6 do NOT work individually, but need the whole B-complex to work. She also emphasized the common foods that are high in the B-complex vitamins, such as liver, whole wheat bread, brown rice and blackstrap molasses. I immediately started eating these foods.

I quickly felt the increase in my energy level, alertness and vitality. I began looking for things to do with my newfound energy. I was intrigued by the many people running. I bought Joe Henderson's Jog, Run, Race and started to follow his slow, progressive buildup. I attended the NYRRC Saturday morning workouts and entered races, finishing in the middle of the pack near the midpoint of my age group. As I got older, I became more and more competitive, not because I got any faster, but because everyone else got slower. After I met Susan in 1982, I stretched my running distances up to the half marathon. My maximum mileage was about 35-40 miles/week, including one speed workout per week before age 60, then 30-35/week after age 60, including one speed workout. This does seem to reinforce the recent exercise physiology studies emphasizing shorter strenuous quality workouts over longer distance workouts.



Running Sense (or Dollars)

by David King



Some original VCTC uniforms

It wasn't that long ago that the sport of running was about as basic as anything could get. All you needed to go out for a run was a pair of shoes, shorts and a tee-shirt (okay, a sweatshirt in the winter). If a path through the wilderness wasn't available, you could always run through the streets. And the only companion you needed was, well....yourself. Not so in baseball, where you need a bat, a ball, gloves and at least several other people, not to mention a field. Not so in basketball where you need a ball, but most of all a court to play on along with some other kids. And so on.

Then came the "running-boom" of the 1970's, started by Frank Shorter and Bill Rodgers. For fear of ridicule, you couldn't be seen in a pair of worn shorts and

a tattered tee anymore. Although you could still run alone through the streets or trails, the fashion of the sport went through a major revolution.

Suddenly, the masses were spending money on running. And where there is money to be made, things happen. It is how our system works, good and bad together. There have been many terrific advancements in our sport since: excellent, supportive shoes, light, warm, flexible, synthetic materials for shirts, windbreakers and shorts and therapy and cures for running injuries, to name a few. Necessity may be the mother of invention, but mother is driven by the Almighty Dollar.

So, fast-forward to February, 2008. I was at Westchester Road Runners, where there was a winter-clearance sale going on. Cold-weather items were 30-50% off regular prices. There was that *New Balance* waterproof outer shell for \$75, half-price. Then the *Helly-Hansen* undergarment, the newest thing in warmth and comfort on cold winter days, for \$30, marked down 30%. Add to these a *Sugoi* hooded shirt (a Jill Staats-special), good for wearing under the VCTC singlet in winter races, off 30% to \$63. Plus, a must-needed *IllumiNite* wind-breaker so drivers will see me during



Today's VCTC undergarment (and physique)

those dark Tuesday night workouts on the Riverdale Roads: \$42.50 down from \$85. Finally a pair of racing socks: \$5. No discount here. Added up in my head, it came to about \$215.

So did it make sense for me to spend all those dollars on "stuff" for a sport that I once wore heavy, water-absorbing, hot-in-summer-cold-in-winter cotton everything, along with thin unsupportive shoes? You bet! Out came the "green" without a second thought.

Ah, the Almighty Dollar!

Sunday, April 6, 2008

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needs
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***Call race director
Jill Staats at
917-602-4289***

Travel

In the Foothills of the Aconcagua

by Kate Donovan

MENDOZA, Argentina,

10 February 2008 - Note to self: Please don't do that again. Still feeling pretty cocky from my fall/winter running season - hadn't I survived Chicago (yes, you heard about that but I am still trying to let it go), what about my



Not even low O2 levels could suppress Kate's radiant smile

fabulous 10-K in early December and didn't I have to make a special space in my office for the statuette? Right, there was a clumsy little tumble down a hill in Tibbetts Brook that has given me a more shapely ankle than I really want to have (still). Okay, I had not run since my plane touched down in BA two weeks before. You can understand. Buenos Aires probably refers to the wafting smells coming from the succulent grilled steak, surely not from the air quality. You'd get a better shot of CO2 in the women's toilet at Shortstop than you would on a Sunday morning

in Recoleta Cemetery, just to give you an idea. What was I saying? Right, so I thought I should get off my sedentary self and show the natives how to hustle up a mountain. The trekking company I consulted patiently explained to me that scaling the Aconcagua, at 6962 meters, (22,841 ft.) would require a 17-day hike, hauling a pack with 16 kilos (nearly 40 lbs., chicos) the last 1,000 metres with pickaxes and snow boots, etc. etc. and pack mules. Cost: \$3,000. More reasonable options included a three-day hike to 4,100 meters,

two nights in a well organized base camp with warm food, beds (sleeping bags essential). So it was the three-day option for me. Well, to get back to what I was saying, 4,100 meters is no hilarious knee slapper of a cake walk. I had a head ache the whole time (aspirin helped), insomnia, feelings of loss (of oxygen). The camp doctor was thrilled with my resting heart rate of 95 (mind you, it is normally 45). I watched the rescue helicopter flutter up-and-back from the base camp carrying the less genetically blessed and physically fortified (usually young guys) who

could not take the altitude. As for the food, well, they served me, the queen of Lasagna, a "lasagna" made out of corn and ham. Food aside, I did not shower the whole time, and the water had an extra dose of magnesium, which can cause the runs, and I don't mean the ones that start with Willie's whistle. I came off that hill with a renewed respect for those of the clomper shoe variety. And there was a little part of me, way deep down inside, that said, "Hey that was kind of fun. The landscape was enchanting, all these young dudes fainting and yet, I survived, I bet I can do more." In other words, a lot like the feeling you get at the end of a really grueling race when the endorphins



Kate ponders her latest "conquest"

set in. So, if you hear me making plans and I try to rope you in, remind me: don't.

Post-Race Germany

by Dominic Lombardo

My story begins at the recovery stage after running the Baden Marathon last September:

Baden-Baden:

This elegant, Parisian-like city is known for its classy, high-rolling casino and springs. As I strolled through the casino, which requires formal dress (no Bermuda shorts here) I felt like I was on a set of a classic James Bond movie. I didn't play, as I'm not a gambler – though I do “day-trade.”

As my aching legs demanded instant-therapy, I shuffled in a Jerry Lewis-like manner to the famous Roman-Irish bath-house whose waters first treated Emperor Caracalla 1800 years ago. I wandered towards the sign-up for the thermal baths. The whole 17-step procedure would incur precisely 3 hours. Like the casino, it too had a dress code: “Naked”. The entrance led to a group of what looked like bathroom stalls. I opened the door, but this stall was different, as it had a secret back-door entrance to the main room. There, men-in-white directed me to disrobe and enter Room 1 – for shower. After showering, they pointed to Room 2, for 100 degree lounging. Room 4 – surreal waterfalls of salty vapor. Then came Room 12 – a coed pool, which was empty

(with my luck). As I stood there contemplating what I had gotten myself into, a young, voluptuous gal strolled down the stairs into the pool. Not realizing that it was coed, she flustered; running up the stairs out of the room. I thought, “Ah, these prudish Americans!” Hmm, I was beginning to enjoy this!

I was later given moisturizers, wrapped up like a mummy and placed on a cot alongside several others, forming a circle. It was supposed to be relaxing, but felt more like a Sci-Fi operating room. When I was “done” I lazily strolled back to my locker. Upon exiting, I ran into a person that reminded me of a friend back home. As we were both traveling alone, I suggested we have dinner together. I relaxed to a nice Italian dinner.

Munich:

On the 7th day, I went to Munich. It goes without saying that the Bavarians contributed greatly to the production, and formulations of modern beer. So I did like the Romans when in Rome, signing up for a “Bier tour” in which our guide educated us on the many health benefits (i.e, vitamins) of beer consumption, and the brewery process. The tour ended on a drunken note, with huge beer mugs at Hofbrauhaus – my beloved beer hall.

Strasbourg:

I was off to France by the 11th day via my Rail-pass. Strasbourg's a very beautiful, old city.

What resonated most were its beautiful parks – the kind one prances around with a large, fanciful umbrella! One comical highlight was when I was day-dreaming at a plaza in front of this grand cathedral. There, kneeling on the ground was a young serf gently playing her harp. Beside her was a container for collecting tips from well wishers. However, this heavenly music abruptly ended when a bumbling fool of a tourist accidentally kicked the container, sending the coins flying in all directions. Boy was he embarrassed!

Bacharach:

By my trip's closing days, I went to a small, quaint, gentle hamlet with a harsh name – Bacharach, located on the river Rhine. The town was a good way to mellow-out after all that hectic travel. If you appreciate wine-country and New York's Hudson Valley, then you sure would have liked this region because that's what it resembled, plus a tad here and there of ghostly churches, medieval castles and half-timbered houses. Up until this time, I was still recuperating from my Marathon and hadn't run much. But one night just after a soothing rain, and as dusk was near-approaching, I ran eight miles on the banks of the Rhine, racing barges as they fought their way upstream. It was a very peaceful end to a great adventure!

Race Report

Knickerbocker 60K

Nov 17, 2007

Central Park, N.Y.

Two hundred fifty runners participated this year in the Knickerbocker 60 km (37.5 miles). The race begins with 1.5 miles out and back, run from the Engineer's Gate and then continues for nine 4-mile clockwise laps of the inner loop.

The weather, calm at 40F, was pretty good for the middle of November. The race went brilliantly—if a pain-enduring event can be described in such a way.

Looking back over past results, I found that my time of 4:26 in 2001 was still the fastest this millennium. I was feeling fairly fit and sufficiently rested though there would be some tiredness in the legs. But not enough to make a big difference. I'd won this race in 2001 and 2002 and having done the NYC marathon 2 weeks earlier, I was hopeful I'd do reasonably well.

One hundred mile off-road ultras start out like pleasant training runs and slowly deteriorate into mind-bending death-march trudges on the hills. Being 60 km, the Knickerbocker could just about be treated like a long marathon, and dress and aid stations can be used accordingly. Hence I started out at a steady clip. The

legs were fine for the first 27 miles, and then the gradually increasing need for effort translated into having to force the legs to turn over at a decent speed. Being 9 loops, it wasn't long before I was lapping folks, if not once then twice or more. It was nice to see the other runners and they would shout encouragement, at least early-on while they were still fresh. I felt guilty later, knowing that they were still giving me encouragement when they had so much further to go. How long before their support would turn into resentment? That never happened.

Only 131 out of 250 runners finished. Lanny Levit and Edward James were there. It was great to see their VCTC tops every so often. Lanny finished 90th and 2nd in his age group in 6:52:15, and Edward finished 103rd and 2nd in his age group in 7:22:18.

Mixing with slower runners, I couldn't tell how close the competition around me was, and neither could anyone else very easily. I asked a friend to count places for me, and on the next lap, he told me one guy was ahead of me.

He'd gone off very fast at the start. I reckoned he was either stupid, smart or super-human. If he was stupid I'd pass him later.

If he was smart, he was not planning to run the whole route.

If he was super-human then the race was his and there was no

point chasing him. So my strategy evolved into ignoring him and just running my own race.

Of course, I reserved the right to change my mind if he looked like he was slowing enough to be caught. After running the first 15 miles at about 6:38 pace, and the next 8 averaging 7 min pace, the average for the last 10 miles was down to 7:50s. Laps were getting progressively slower and pushing hard on the last 4 mile loop; it was only enough to hold the pace of the previous lap, apart from the unaccountable but predictable surge for the finish line.

I covered the marathon distance in 2:58:00 but the guy leading had been 12 minutes clear.

By the next lap he was still running a minute a mile faster than I, so he won in a phenomenal time of 4:01. Hats off to his brilliant run. I came in 2nd in a time of 4:24:30, normally enough for a win. 3rd place was some 20 minutes or so further back. I was thrilled with a PR but a little disappointed in such a good year that a true athlete appeared and made a worthy victory his own. But with uncertainty comes the challenge. -Kevin Shelton-Smith

Bronx Half Marathon Feb. 10, 2008

The Bronx Half was potentially full of possibilities, but the sudden start didn't help. Just walking up, knowing there would

always be the anthem and Mary's speech etc, so I wasn't rushing. But suddenly the gun went off. I rushed in near the front but was still a long way back. So I lost a few seconds going slow with the crowd over the start-line. I passed Firdaus and took till Mile 1 to get close to Kyle. The number of VCTC runners cheering us all on every time we passed in the opposite directions was great. This made the course quite special. The uniforms really stood out. Thanks everyone, including our cheer-leaders Ken, Larry and Dave (who would look great in skirts I reckon). The wind from Mile 7-9 was a battle leaving no choice but to draft in a group. My 5-man contingent was really supportive with everyone taking a turn to lead. Coming up to mile 12, the legs had no power left in them and wobbled a couple of times, but I kept the 6 min pace up, until the wind for the last mile killed my chance of breaking 6 min average, which resulted in 6:01. So close. I had not broken 1:20 in the last 9 years but was well under that today. My 1998 PR of 1:18:36 beckoned, but with the wind, I had to settle for a bitter-sweet 1:18:53. That is a fantastic time giving me 1st in my age-group by 6 minutes over 2nd place and a big step towards a PR later in the year. If I'm lucky. Good to see Mike Arnstein there. He, Kyle and I managed to do a VCTC joint interview for the tv

reporter on the scene. Thanks for the party Bette!--**Kevin Shelton-Smith.**

The Bronx Half was a great race and I am thrilled to have broken two hours. I do want to thank all the VCTCers who ran it and/or cheered runners on. I don't know that I would have reached my goal without you. It seemed that every time my mind started to wander, I would see a blue-and-white singlet up ahead or coming at me from the opposite direction and be reminded that I was in a race and had a goal to achieve. And Ken seemed to be everywhere! **-James Moloney**

Cherry Tree 10-miler; Celebrate Life Half Marathon

Are you weary of the hordes in New York Road Runner races? Try an independent race in the city, or close by. VCTC has a tradition of going to these road and trail races. Here are two favorites:

The Cherry Tree 10M and 3 person relay in February, is a race for the hard core sponsored by the Prospect Park Track Club. There is a cozy, indoor staging area in a school cafeteria, where returning racers are fed and offered massages. Race goodies include a long sleeve technical shirt. Since the race start is

about half-mile away from the school, there are indoor and outdoor baggage checks. After running in a manageable 300+ field, you hear a finish line volunteer yelling, "And the crowd goes wild!" Best of all, you have the rolling hills of the wintry landscape of Prospect Park. The ten mile course, three loops, has a rhythm that reminds one of the Pete McArdle race.

On March 2, Bette, Arnie, Firdaus, Kevin, and I did the Celebrate Life Half Marathon in Rock Hill, NY. A benefit for services for people with cancer, this race is staged from a large, very cozy restaurant situated next to the start and finish line. Runners are fed bagels and bananas before the race, and a pasta-and-pizza meal afterward. There is an early start for runners and walkers who do over 2:30 to encourage their participation. The course is amazing: winding coun-



try roads with rolling hills – some quite steep—in a snowy, winter landscape. Lots of volunteers are out there with water, Gatorade, and good cheer. The ample goodies, all donated, include a long-sleeve technical shirt. We are informed that all the proceeds of our entry fees are used to provide desperately needed services to cancer survivors.—**Susan Epstein.**

Hudson-Mohawk Marathon Albany, N.Y. Feb 24, 2008

This is the race Mike Arnstein won last year. No T-shirts, medals or trophies, but Hudson-Mohawk RRC did give out reflective vests. The weather was

similar to NYC and it warmed nicely as the morning went on. But gloves, long sleeves and Ron Hills (tracksters) were needed early on. Mile markers were only at Mile 1 and every 5 so judging pace wasn't easy. I went out faster than planned but within the realms of possibility, so kept it up as an experiment, even though the effort did seem a bit high. The experiment didn't work and after 15 miles I had to ease up considerably and let third place go. I was soon passed by a 23 year old, but with one of the two young leaders wasted at the side of the road, I managed to come in 4th overall and also to win my age group. With it only being planned



as a training run, I must admit to pushing fairly hard for the last few miles. My final time was 2:53:07. **-Kevin Shelton-Smith**

RUNNING, SWIMMING, CYCLING, WALKING AND FITNESS. WE FIT YOUR STYLE.

THE WESTCHESTER ROAD RUNNER

179 E. POST ROAD WHITE PLAINS, N.Y. 10601

914-682-0637

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NUTRITION

Champion Nutirtion-Revenge-Metabolol-Ultimate Meal-Power Bar-Power Gel-Ultima-Herbasway-The Perfect Remedy-GU

Race Results

Emerald Nuts Midnight Run 4M Dec. 31, 2007			
Time	Name	Age	Age Place
29:00	Dominic Lombardo		
Fred Lebow Classic 5M Central Park, Jan. 12, 2008			
28:40	Kevin Shelton-Smith	M47	1
34:29	Firdaus Dotiwala	M39	
34:36	Steven Park	M40	
38:26	Michael Holmes	M32	
41:11	James Moloney Jr	M45	
46:04	Ivan Ragoonanan	M62	
46:08	Edith Jones	F68	2
52:47	Fernando Ruiz	M75	4
58:31	Ramon Minaya	M68	

Thursday Night at the Races Armory, Jan. 24, 2008

3000M	
13:13	Arnie Gore
800M	
2:31.8	Alan Brandstadter

Manhattan Half-Marathon Jan. 27, 2008			
1:21:23	Kyle Hall	M29	
1:40:41	Firdaus Dotiwala	M39	
1:46:34	Erick Fernandez	M26	
1:48:16	Bette Clark	F52	
1:50:25	Edward James	M61	
1:50:57	Jason Krasner	M34	
1:56:24	Zafar Shahbaz	M50	
1:58:19	Rachel Kimber	F26	
1:59:24	Arnold L Gore	M67	
2:02:32	Margaret R Nolan	F47	
2:02:59	Jill Staats	F56	
2:03:02	Ivan Ragoonanan	M62	
2:04:14	Jo Ann Pate	F33	
2:10:59	Ramon Ruiz	M68	
2:11:03	Wanda Bills	F46	
2:11:46	Carl Morrishow	M51	

2:11:47	Edith Jones	F68	4
2:17:24	Dennis J Brooks	M55	
2:18:16	Blas Abadia Jr	M52	
2:23:41	Susan R Epstein	F64	
2:25:34	Gilda L Serrano	F59	
2:45:26	Fernando Ruiz	M76	4
2:45:50	Ramon Minaya	M68	

Gridiron Classic 4M Feb. 3, 2008			
25:24	Danielle Rosario-Mullen	F27	
27:18	Ivan S Mills	M52	
27:18	Firdaus Dotiwala	M39	
30:43	Arnold L Gore	M67	2
31:32	Edward James	M61	
34:39	Carl Morrishow	M51	
36:21	Dennis J Brooks	M55	
38:10	Bill Smith	M63	
41:06	Ira A. Weiner	M49	
47:06	Ramon Minaya	M68	

Freezer 5K FDR Park, Feb. 3, 2008			
25:25	Bette Clark	F52	1

Bronx Half-Marathon Feb. 10, 2008			
1:17:29	Michael Arnstein	M31	5
1:18:53	Kevin Shelton-Smith	M47	1
1:22:19	Kyle Hall	M29	
1:28:52	Danielle Rosario-Mullen	F27	
1:39:45	Firdaus Dotiwala	M39	
1:39:53	Steven Park	M40	
1:40:34	Richard P Conley	M52	
1:41:56	Erick Fernandez	M26	
1:49:48	Bette Clark	F52	4
1:51:43	Jason Krasner	M34	
1:52:13	Allan Ludgate	M41	
1:52:20	Rachel Gissinger	F31	
1:54:06	Edward James	M61	
1:56:58	Zafar Shahbaz	M51	
1:59:25	James Moloney Jr	M45	
1:59:26	Arnold L Gore	M67	
2:00:16	Jill Staats	F56	5
2:02:08	Ivan Ragoonanan	M62	
2:03:39	Margaret R Nolan	F47	
2:03:52	Shirley Middleton	F53	
2:05:39	Adrian Hunte Smith	F54	
2:06:40	Reina Espallat	F43	

2:08:35	Wanda Bills	F46
2:11:53	Josephine King	F53
2:14:23	Michael J Yorio	M60
2:14:34	Bill Smith	M63
2:15:20	Elizabeth Castro	F42
2:17:06	Edith Jones	F68
2:17:07	Ramon Ruiz	M68
2:24:42	Susan R Epstein	F64
2:41:42	Ramon Minaya	M68

5

33:04	Ramon Minaya	M68
42:18	Alicia Brown	F39

Celebrate Life Half Marathon
Rock Hill, N. Y. March 2

1:23:42	Kevin Shelton-Smith	M47	2 OV
1:42:37	Firdaus Dotiwala	M39	
1:55:03	Bette Clark	F52	3rd
2:00:02	Arnie Gore	M67	
2:29:09	Susan Epstein	F64	1st

Addenda

Freezer 5k FDR Park Feb 3

26:35	Enid Burns	F54	2nd
27:40	Wanda Bills	F46	
28:31	Lou Netter	M32	
40:44	Diana Cecil		

Freezer 5-miler FDR Park Feb 17

33:14	Neil Leibowitz	M33	2nd
43:40	Wanda Bills	F46	
44:40	Dennis Burns	M61	
45:25	Enid Burns	F54	
47:01	Jose Cooper	M58	
48:39	Bill Smith	M63	

Thursday Night at the Races
Armory, Feb. 14, 2008

1-Mile

7:17	Arnie Gore	
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Cherry Tree 10M
Prospect Park, Feb. 16, 2008

1:28:47	Arnie Gore	1
1:45:58	Susan Epstein	1

Freezer 5M
FDR Park, Feb. 17, 2008

41:26	Bette Clark	F52	1
42:29	Jill Staats		2

Hudson-Mohawk River Running Club Winter Marathon
Albany, N.Y., Feb. 24, 2008

2:53:07	Kevin Shelton-Smith	M47	1 (4th OV)
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Salsa, Blues & Shamrocks 5K
Mar. 2, 2008

20:35	Eric Nolan	M29	
21:03	David C King	M57	4
21:41	Steven Park	M40	
22:38	Richard P Conley	M52	
23:09	Ken Rolston	M56	
24:32	Edward James	M61	
25:31	Jill Staats	F56	2
25:43	Blas Abadia Jr	M53	
26:25	Ramon Ruiz	M68	
27:09	Carl Morrishow	M51	
28:08	Michael Holmes	M33	
28:30	Josephine King	F53	
28:36	Allan Ludgate	M41	
30:21	Ira A. Weiner	M49	
30:22	Edith Jones	F68	1
31:45	Tami Luhby	F37	
32:45	Fernando Ruiz	M76	3



Kevin Shelton-Smith finishes second in the Celebrate Life Half



Jill Staats and Dennis Burns thaw out in the Freezer 5-miler at FDR Park on Feb. 17.

Urban Environmental Challenge Volunteer Assignments Sunday April 6, 2008

Registration-Enid Burns (718-796-9191)-Linda Norton, Susan Epstein, Wanda Bills

Course Marshalls-Ken Rolston(914-772-7382)-Dave King (914-274-8621) Charles Brewster, Arnie Gore, Eric Nolan, Norris Ogard, Tami Luhby, Larry Barrazzotto, Kate Donovan, Alan Dorfman, Dick Conley, Vera King

Baggage-Katherine Callan (917-488-7203) Sarah Baglio, JoAnn Pate

Start/Finish-Fred Daley(201-768-0202) Diana Cecil, Bill Gaston, Willy Kaye

Setup-Jill Staats(917-602-4289) Dennis Burns, Firdaus Dotiwala, Diana Cecil

Food and Water-Gary Spalter(917-882-4641)-Bill Smith

***The gun goes off at 10 a.m.
Please show up at 7 a.m. to
ensure ample time for set
up.***

***Any VCTC members who
would like to volunteer, please
contact Jill Staats at 917-602-
4289.***

**Vasque is proud to
sponsor the 2008
Urban Environ-
mental Challenge**



CLUB NEWS FROM THE EXECUTIVE COMMITTEE

Membership

- Membership rates are: Single—\$35 ; Family—\$40. New membership add \$15 (includes one 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
- Please e-mail Firdaus Dotiwala at thinrunner@gmail.com with any changes of address, phone, e-mail, etc. and whether you would like to be added to the group e-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 \$15 for all paid members.

VCTC membership 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 track; Saturdays at 8 a.m. (meet at handball courts at 242nd St and Broadway).

Dates for club meetings are: Saturdays; 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 May/June issue is April 25, 2008. Maximum length is 600 words. Please e-mail to: kingkvd@optonline.net. Please try to include a photo.

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

**THE UEC (APRIL 6TH) NEEDS VOLUNTEERS. PLEASE
CONTACT JILL STAATS TO SIGN UP.**

Van Cortlandt Track Club

P.O. Box 341

Bronx, N.Y. 10471

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