

Van Cortlandt Track Club newsletter

ROAD TRIP

Coach Ken's Diary of Three Days in Boston



BOSTON MARATHON 2008



(from top clockwise): Jill and Bette Monday morning; pre-race photo ops; U.S. Women's Olympic trials on Sunday; runners and handlers after the race. (photos courtesy Diana Cecil)

SAT-4/19- 12 PM- Our caravan departs from Yonkers with many bags, not including those under our eyes. In a show of solidarity, Bette, Jill, Kevin and I pack identical VCTC bags. Kevin also packs a cooler filled with dishes, coffee cups, and hot plates. We depart the premises just ahead of the flotilla of security protecting the “German Shepherd” Pope Benedict.

SAT-3 PM- 5 PM We're already near our destination in lovely Framingham. But we decide to go directly to the convention center to pick up numbers. Tomorrow promises to be hectic with the Women's Marathon trials sure to lure many folks to town. As we approach Boston the memories of 5 past Boston Marathons come flying into my brainpan. I see the old finish line in front of the Pru Center on Boylston St. The convention center is located at the top of the last turn, 150 yards from the *(continued page 2)*

old finish, maybe 400 yards from the new finish. Years before, at this site, as my siblings frantically screamed encouragement, I gave the fist salute and immediately spasmed in both quads, staggered down to the finish and was passed by my friend Ernie Rivas with 20 yards to go.

SAT- 5 PM "I see skinny people." And they've taken over the convention center. Kevin is on his own hunting down bargains. I spot a neighbor of mine from Mt. Vernon who's running Boston for his 15th time. He's just met with the legendary Bill Rodgers who has been signing autographs for hours.

Bette is having some blood pressure issues and checks in with the medical team. But her numbers improve with just a few minutes rest. Still...

SAT- 6 PM Kevin beams with delight at his new \$10 British Army shoes. We drive down for dinner at Leo's house 40 minutes south of Boston. Jill and Bette had met Leo at running camp in Vermont and he has invited a core of runners to his lovely 150 year old Victorian home. It turns out Leo and I both ran Boston in 1979. He ran 2:55, came in 2,220th and did not qualify for the 1980 race because the standard was set at sub 2:50 !

SAT- 9 PM We finally arrive at our hotel after several wrong turns, then meet up with Diana, Dick and Michelle to hatch plans for the trials race tomorrow.

SAT- 11 PM Lights out as Kevin and I chat until we drop off. OK, Kevin chatted and I listened until my lights went out.

SUN-4/20- 6 AM- 12 PM Kevin's cell rings at 6-WTF!

(continued page 5)



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

Coach's Corner

by Ken Rolston

Things are warming up as you can see from the schedule and now thoughts turn to becoming faster. We've done plenty of base work such as repeat miles, 1200's and 800's and we'll continue to integrate these long track workouts into a more speed-based approach to get you ready for our summer series. So feel free to share your ideas for faster repeats, hill work and intervals on the cross-country course, including the infamous Cemetery Hill repeats. For those who have just finished training for a marathon or half marathon, now is the time to reap the benefits of your distance training and convert to speedwork. You should benefit greatly in your next few races. For the rest of us laggards, we get the chance to strut our stuff in the shorter races.



UPCOMING RACES

May 17- Sat- 9 AM- Pleasantville 5K
 May 17- Sat- 9 AM- Healthy Kidney 10K- Central Park* NYRR points race
 May 18- Sun- 9 AM- Forest Park 4m- Forest Park, Queens
 May 18- Sun- 9 AM- MINT 5K- Botanical Gardens, Bx NY
 May 18- Sun- 9 AM- Gilda's Run- Saddle River Park, Paramus, NJ
May 22- Thur- 7 PM- VCTC SUMMER SERIES # 1- 5K- Van Cortlandt Park
 May 24- Sat- 9 AM- Bronxville Run for Fun, 5m/2.5m
 May 25- Sun- 8 AM- Vermont City Marathon, Burlington, Vt
 May 26- Mon- 8:15- Jim Fixx Memorial Day Run, 5m

May 26- Mon- 8:45- Ridgewood Memorial Day races, 10K/5K,1m
 May 26- Mon- 9:30- South Salem Memorial Day races, 10K/5K/1m
June 1- Sun- 10 AM- RIVERDALE RAMBLE- 10K
 June 1- Sun- 8 AM- Tarrytown YMCA 5K run
 June 1- Sun- 9 AM- North County News 5K- Yorktown
 June 1- Sun- 9 AM- Tenafly 5K
June 5- Thur- 7 PM- VCTC SUMMER SERIES # 2- 5K- Van Cortlandt Park
 June 7- Sat- 9 AM- NY Mini-marathon, 10K Women only, Central Park
 June 8- Sun- 7:30 - Need for Speed Relay- Bear Mountain- 60 m
 June 8- Sun- 7 AM- George Washington Bridge Challenge 10K/5K- Ft. Lee
 June 8- Sun- 8:30 - Orange Classic 10K- Middletown, NY
 June 13- Fri- 6:30 PM- Cook Your Buns 3m- Greenwich, Ct.
 June 14- Sat- 8:30- George Sheehan Classic 5m
 June 15- Sun- 8:30- Father's Day Fight vs Prostate Cancer 5m, Central Park
 June 15- Sun- 9 AM- Elks Father's day Run 4m- Nanuet, NY
June 19- Thur- 7 PM- VCTC SUMMER SERIES #3-5K- Van Cortlandt Park
 June 21- Sat- 9 AM- Gay Pride Run- 5m- Central Park
 June 21- Sat- 4 PM- Shelter Island 10K- Shelter Island, NY
 June 21- Sat- 9 AM- Greenburgh Mile, Gilda's Run- 1m, Hartsdale, NY
 June 22- Sun- 8:15- NY Mets Run to Home Plate 5K- Flushing, NY
 June 22- Sun- 8:30- Fairfield ½ marathon 13.1/5K- Fairfield, Ct

On The Run

by President Bette Clark

Van Cortlandt Park is “teeming” these days as families, teams of all kinds, and lone runners enjoy the temperate weather of late spring. The weather certainly cooperated this year for the Urban Environmental Challenge, and despite the cold wind, 183 runners had a great day for running the trails. Thanks to race director Jill Staats and our intrepid team of volunteers, this year’s race was a great success.



Not only did racers enjoy the always challenging course, but overall and age-group winners once again were delighted with delicious carrot cakes from Lloyd’s. For the first time, our race was sponsored by the Vasque trail shoe company, and the Challenge’s overall winners and some lucky raffle winners were treated to new trail running shoes. We hope to continue this partnership, particularly as Vasque is launching a new line of children’s trail running shoes and will be offering shoes to our younger runners in our 5K

Summer Series, which begins this month, on May 22. In addition to gearing up for our summer races, plans are being finalized for the **Riverdale Ramble**, just a few weeks away, on June 1st. Once again, this year under the race directorship of Dave King, the Ramble will begin at MS 141 in Riverdale. Our lead sponsor this year is Capital One (former North Fork Bank), and we are hoping for a great turnout this year.

Plans are being finalized for the Riverdale Ramble, just a few weeks away, on June 1st.

Our track workouts under coach Ken’s expert guidance are getting us ready for more racing. With new members and old pushing hard in those intervals, VCTC runners are more and more visible at local races and more distant ones. From the 30 km Wurstsboro Mountain race and the North Face Endurance Challenge at Bear Mountain, to innumerable NYRR racers in Central Park, Taconic Road Runner races in FDR Park, and the Boston Marathon (5 VCTC runners, one of whom had just run the London marathon the week before, another, a marathon two weeks before, plus an

amazing support team took the road trip to Boston!!), VCTC is a definite presence. We continue to have runners competing at all distances, from 5K to 100 miles, and everything in between, and we keep attracting new members.

There are some exciting new developments for the club, with major revamping of our website underway, we should have an upgraded site that will allow us to keep up-to-date with club news, personal race times, and running events in a way that keeps us all more involved. In the upcoming months, we will need even more help with club matters, such as clothing and membership. Please come to our membership meetings, the second Saturday of every month, and find out the latest club news and where we could use some help. Or email me or anyone on the Board to let us know any ways you might be able to pitch in. Remember that the more you can do, the more we can get done as a club...

Go out there and get ready for warm weather running—this is the time of year where it’s hard to choose which race to run, which trails to enjoy first. Just get out there and have great times and tell us about new or favorite runs, races or memorable running experiences, we’re always interested!!

SUN-4/20 6 AM- 12 PM *(continued from page 2)*: It's Dick Conley wondering if we're up for a jog! Kevin politely begs off and by 7 he's hosting breakfast for everyone in the room: bowls of cereal and fruit, hot tea and coffee. We try to catch the start of the trials on TV but miss it. We head into the Quincy Market area, take the train to the convention center, step out onto the street and there are THROGS of fans yelling their heads off for the best female runners in America. The numbers are staggering compared with the turnout for the men's trials in NYC. We find a spot at Commonwealth Ave and Mass Ave. We've missed half the race but still get to see the runners 4 times because of the loop design of the trials course. Everyone saves the most noise for Joan Benoit Samuelson who has qualified at the age of 50. It's her last competitive marathon and we all want to give her a royal send-off. When we arrived Deena Kastor the overwhelming favorite, was 2 minutes back but now we see that she's running stronger than the leader, Magdalena Lewy. Third place is up for grabs. On the final loop Kastor has overcome Lewy and Blake Russell takes 3rd after placing 4th in 2004. Samuelson runs a stunning American age-group record 2:49. What a great day. Afterward we head to the convention center for lunch and bump into Mike Hudick who has

decided to enjoy his Boston experience as a spectator this year.

SUN 2 PM We exit the garage outside the Quincy market. The pre-race tension is growing. We return to the hotel, and after another missed turn I know my driving is getting on Bette's nerves. The runners decide it's nap time.

SUN 5 PM Kevin, Jill and Bette join me for a drive over the race course. We find Hopkinton High School, after driving through a "Do Not Enter" sign and off we go onto the course. The first 13 miles are long, downhill and pleasant. After another missed turn we find our way onto Heartbreak Hills, to confront the stairstep configuration of hills which greet the runners from miles 16 through 21. Jill is on edge. Off to dinner.

SUN 7 PM Finally meet with Norris and Jill's boys- it's been a long weekend for them, no toga party at home, too much time spent in a strange town surrounded by people with weird accents. We have a decent meal but it takes a long time to serve it. The runners are ready to leap out of their skins. Norris, Diana and I practically throw them out so that WE can relax. Who do they think this race is for, anyway?

SUN 10 PM Kevin discusses strategy in our room. He's not sure how his ankle will hold up after the pounding it endured a week earlier in London. He's de-

termined to break 3 hours, however. I feel that Jill is ready for a breakthrough race. Her running over the past few months has shown remarkable improvement and I tell her not to be surprised by a ½ marathon PR because the first half is downhill. I believe she has the strength to run well in the hills, but can her quads survive the last 5 downhill miles? She's given herself a goal of 4:10 which I believe is too timid. Bette is a wild card; she's been struggling ever since the 30K in Wurtsboro but she's so mentally tough. Will she break 4 hours tomorrow? The weather today was sensational: cool and in the low 50's. They're talking about rain tomorrow, though.

MON 4/21 7 AM We're up and ready to go. Thank God for Dick Conley. He knows exactly where we need to go for the runner drop-off. He'll be fine for the race and hopes to qualify for 2009. We'll be meeting his family at Fenway Park for the annual Red Sox 11 AM home game on Patriots' Day. There should be no problem wearing a Bronx NY VCTC jacket into the home of the Sox!

MON 11 AM We hear the crowds cheering for the wheelchair athletes as they approach the finish and we approach Fenway. The ball park is only one block from the marathon course at the 25 mile point right by the gigantic CITGO sign. We can watch a few innings and then go

outside and wait for the runners. Diana and I are sitting in the stands when the first call comes. It's Sarah with updates. She tells us that Firdaus has been sending e-mails with the progress of all the VCTC runners, Kevin, Dick, Bette, Jill and Mike Arnstein. Thank you Firdaus!

MON-12:15 PM We head out of the stadium to find a suitable site for setting up shop along the



course. We find 3 police barriers stacked on top of each other, straddle them and can see a good 100 yards ahead of us up Commonwealth Ave. A fan unfurls a banner which reads: "You're beatin' Lance." Within minutes we spot a familiar blue/purple jersey. It's Mike Arnstein and he looks great. We scream his name out, he acknowledges and flies past. Later we find out that he has run 2:35 and come in 102nd. Damn!

MON-12:30 PM Here comes Lance and, look, there's Kevin just in front of him. Kevin is

grimacing, clearly "working his butt off." We yell his name but the crowds are really boisterous; Kevin is so focused he never hears us. Looks like he'll run close to his London time. It turns out he beats it by 1 second!

MON-1:15 PM We've gotten more phone calls with updates on Dick, Bette and Jill. They're all running really well. A runner right in front of us has just hit the wall. Both of his quads are blown. Others help him up and support him toward the finish line. Diana has set up her camera for a shot of our remaining runners. Norris and the lads are encouraging everyone and nervously

awaiting Jill. Kate calls with an update of Dick's 35K time, he's on 3:34 pace. There he is. Diana gets his picture; he looks happy. Dick finishes in 3:34.59 and qualifies. Kate calls again to say that Bette and Jill have slowed significantly in Heartbreak Hills. I try to re-assure her and myself that it's normal to slow down; maybe they will recover for the downhills. A guy dressed in full Yankee pinstripes and Jeter's # 2 happily runs past us. The crowd boos lustily and he smiles broadly.

MON-2:15 PM There's Bette looking haggard but happy. She finishes in 4:07. Not her best but a good effort. A few minutes later we see Jill who's looking at the other side of the road for us. We yell loudly and she wearily acknowledges us and plows ahead. Jill runs a PR, 4:10, but I know she's disappointed.

MON-5 PM We finally meet up at Durgin Park Restaurant in the Quincy Market and re-cap the day's run. Dick's family is there and gives us abuse for wasting perfectly good tickets on only 2 innings of the Red Sox game. On TV, we watch Lance cross the finish line and gasp in astonishment at the first man to shake Lance's hand, Kevin, with his Union Jack shorts (very popular in Boston) and his VCTC singlet. We meet runners from Canada who exchange stories with Bette and Kevin about life in Alberta Province. Jill gets hugs from her sons and life is good.

MON-6 PM We head to the cars, homeward bound. Bette and Kevin are riding with me and we spend time on the phone with Gary, Firdaus and Mike Arnstein. I listen to the pride and joy in their voices as they recap the race. Each one of us brings a different perspective to an emotional, draining and enjoyable weekend.

—Ken Rolston

Running Boston

by Jill Staats

Running the Boston Marathon was one of those high points in life. It was not just running it but the camaraderie of traveling with VCTC club members. It was a very intense weekend and I thought we all survived it very well.

These are some of my favorite moments:

The car going up with Ken, Bette and Kevin, you don't get much more entertaining than that.

Stopping at the expo together. Kevin and Bette shopping and Bette saying "I think I've met my match".

The four of us stopping at Leon's house for dinner (friend of Bette and mine from running camp). Great food, great company.

Breakfast in Kevin and Ken's room Sunday morning, because the restaurant was not fully open. Kevin is a true camper, he brought everything and fed us.

The women's Olympic Trails. One of the coaches from camp was running and it was fun cheering for someone we knew.

Diana our photographer capturing all the memories.

Ken driving us over the course to see what we were up against.

Having my family with me, even though they didn't see me much.

Rooming with Bette, it was like being at running camp again.

The day of the marathon, we had to take a shuttle bus to the start and we got in a traffic jam. There must have been 20 buses trying to get off the highway at the exit we needed. People were getting off the buses to go to the bathroom, what a sight. Our bus driver wouldn't pass because her boss was behind her. Finally, she passed the other buses to the intense cheers of the people in our bus. One guy started yelling "Bus Power".

Starting the race, you still believed you could pull off this insanity. Some guy yelled out "Let the course be with you".

The half-way mark was a truly touching experience for me. For those of you who don't know, I work for **EILEEN FISHER** which is a clothing company that has stores that go by that name. One of the stores is in Wellesley which is half way thru the marathon. There on the left to my surprise was a big sign with my name on it. The people at the store came out to cheer me. It was a very emotional moment for me.

Heartbreak hill, bring it on. The ball of my right foot was burning by the time mile 16 came, my leg started to hurt from compensating. I think it was from all the downhills. I was so glad to see a hill, what a relief.

Mile 25, the CITGO sign, there they were, our support team,

Ken, Diana, Norris and my sons. One more gruesome mile to go.

The end, yeah, the shiny blanket, the medal, the food bag, my clothes and the feeling of "I never want to do this again". But, like childbirth, you so quickly forget the pain and start plotting for the next one. Did I mention that I qualified with my time for this crazy race next year.

Realizing I was physically alright, no damage.

Kevin shaking Lance's hand after coming in before Lance.

Another wonderful moment, my son, Jake, picking me up and carrying me when he finally saw me after the race.

Dinner together before heading home. The cost of being a member of VCTC, absolutely priceless.



Record Numbers at the Urban Environmental Challenge

What a great turnout this year—a record 183 runners. This is my second year as race director and it was less stressful. Firdaus and Lou did a wonderful job on the bags that were given out. Bette is fabulous at getting sponsors on board for our races. It was a coup to have Vasque sponsor us. Ken and Dave did a great job along with Kate, Firdaus and Alan marking the course. We had plenty of marshals on the course. The ham radio guys were helpful as ever; it was an added bonus having them out there with their on their radios. Norris, the other half of “Team Staats,” was on the job, doing the application, printing labels and then out course marshaling.

The weather held up yet was more overcast than originally predicted, but then our race is known for bad weather. We did something different this year and held the start at the Tortoise and Hare instead of across the park by the trees. I think this



made it easier to get things set up at the start. The whole event seemed effortless because the members of the club work well as a team in getting these events off the ground. I want to thank everyone in the club who turned out to make this a successful VCTC event.

By Jill Staats

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***The Summer Series
needs you to volunteer:
May 22, 2008***

***The Ramble needs
you to volunteer:
June 1, 2008***

To Run or Not to Run?

That's the question on the eve of a difficult trail race when the forecast is for rain

By Sarah Baglio

We plan, we train, we carbo load, we run it over and over again in our minds, we pick out clothes, we watch the weather, and we call each other incessantly. We mull it over at breakfast at the "Short Stop" gourmet, we get opinions, and in the end the question remains: Yes or No?

Diana and I planned on running the Northface Endurance Challenge at Bear Mountain April 14th. I was nursing a sprained ankle and Diana was nursing tender knees. So we figured we would walk. We heard how hard the trail was and decided we were going to be Outward Bound about it...bring sandwiches, maybe a tent. We got our swag from the Northface store and the map. The map also had a pretty clear graph of the elevation, (not funny) and rain was predicted. The phone calls and emails between us were endless always asking the same question – To run or not to run.

Here is a brief look into the minds of these two runners –

Diana: Let's just go and see if it is bad we just won't do it.

Sarah: OK.

Diana: What do you really think?

Sarah: I am watching the weather and it looks bad, I am nervous, but hey it is only a 70% chance of showers. Let's do it.

Diana: Ok let's check back tonight but if it's raining, the rocks will be slippery.

While Diana is carbo loading at Dom and Vinnie's, I am obsessively refreshing the weather channel website...looks like rain. I ask John, my lead Outward Bound instructor, what he would do. "Bring trekking poles," he says. "You are going to be sliding." "Do we have any for Diana?" I ask. And then the phone calls to the rest of the team.

Jill: (I need more opinions of course) She and Bette are going to volunteer regardless but Dave has dropped out because of possible bad weather.

JoAnn: I am driving past Harriman right now and it is pouring.

John: Why put an entire season at risk for one race – (true voice of reason here).

Sarah: – But ... it could be fun if we take it slowly.

John: So the trails are going to be the most slippery for you.

Sarah calls Diana, who is driving home from the carbo loading experience and is still worried

about slippery rocks but...

Armed with John's sage advice, the rain report from JoAnn, the lack of trekking poles (missing one pair), the elevation, the mountain and we could go on....

Diana: OK that's fine with me. Let's forget it....

Diana calls Sarah back: No, really I am fine with it. See you tomorrow at 8:15 at our favorite place.

JoAnn tells me on the way down to run that it continued to pour all night at Harriman. It turned out to be a beautiful day to run in our lovely park. Diana and I were both thrilled not to have run or rather slipped and we remain injury free to run all season... knock on wood! ☺



Sarah and Diana contentedly choose breakfast at "Short Stop" over the trails of Bear Mountain.

RACE REPORT

Agrigento, Sicily 7K March 2008

by Danielle Rosario-Mullen.

I ran a 7k (4.34 mi) in Agrigento, Sicily in early March and



was the first woman to cross the finish line--there really weren't that many women runningmaybe 30 at most. Of course I proudly wore my VCTC singlet as you can see from the two pho-



tos. I also got a huge trophy with a box of cookies inside. Now that's a prize!

ed note: A Lloyd's carrot cake ain't bad either!

St. Patrick's Day 4-miler

Fairfield, CT,
March 16th

by David King

Cool temperatures, cloudy skies and gusting winds greeted runners to this flat, fast 4 miler. Vera and I had run this race last year and we decided to return again in 2008. With us was Rozsa Gaston, lured north from her new home in Greenwich by rumors of a good race (Hubby Bill was nursing a sore ankle).

The gun went off a few minutes late, and off we went, winding through the streets near Fairfield's beach area. There were sparse crowds and few course marshals along the way. But it was not hard to find my way through the course as there were always runners ahead.

The last half-mile was into a strong headwind, the finish line in the beach parking lot. There was a white line painted on the ground 5 yards in front of the real finish line, and I stopped at the faux-finish instead of running through. That is my only complaint about the race this year. Even with that, I finished 2 seconds ahead of last year's time, so avoided a PW. Rozsa finished in 34:31, Vera in 36:03.

Wurtsboro 30K Wurtsboro, N.Y.

March 16th

by Dick Conley

Have you ever heard of Wurtsboro, New York? Most haven't. It's a small town located in the Catskill Mountains, about 70 miles from the Bronx.



The Sullivan Striders held its seventh annual Wurtsboro Mountain 30 Km Run on March 15th and seven VCTC members made the trek there to compete. There were about 170 runners.

The course was both challenging and beautiful. It looped over Wurtsboro Mountain and back to the start at the local school. The first 4.5 miles climbed about 1000 feet in elevation, some of this section of the course being fairly steep. The balance of the course gave back the 1000 feet in elevation, with some rolling hills along the way. Aside from the first 1.5 miles, the course went over pretty, quiet, winding roads through woods, with streams and brooks throughout.

It was a natural course to run a negative split. The first section certainly had to be slower, and if

you could get your rhythm going down hill you were more than able to make up lost time in the second 15 km.

Kevin Shelton-Smith, who started a couple minutes late, managed a third place overall finish in an official time of 1:59:03, not factoring the 2 lost minutes. A 6:16 pace! Great job! The other club members all finished strong.

The post race festivities in the school were welcomed. Pizza, yogurt, fruit, power bars and plenty of hydration helped everyone restore what was lost on the course. Runners came from all over the state and New England, and as usual, it was a great group of people who were fun to be with and share the sense of accomplishment in having conquered Wurtsboro Mountain. Definitely a race we in VCTC should make a return trip to.



54.18. Okay, he just turned 48, but hey, look around you.

March 30 was a Bronx kind of day in Westchester, as Van Cortlandt hauled off a cache of medals, trophies and PRs in the 15K and 4 mile races. In the four miler, Neil Liebowitz, Vera King and Susan Epstein won their age groups. Jill Staats,



Margaret Nolan and Susan brought home the women's team trophy. More stellar results.

Cold in the morning, the day stayed chilly, perfect for a slightly hilly run though a soon-to-be leafy suburb. We crunched around the course with no timing chips, few spectators, the occasional SUV taking back its street. The lack of timing chips came back to haunt us, when the awards ceremony turned the victors into a bunch of whiney

three-year-olds (if you are 3 and reading this, no offense meant, you are supposed to be whiney) who interrupted the officials' attempt to hand out awards. Objections rained in on placements, times, ages, etc. One wag noted that several of us went into new age groups while waiting. Race was over at 10:30, awards ceremony at 12:45.



But as you can see from our shining faces, and gleaming awards, it was a question of delayed gratification

Scarsdale Gold Rush for VCTC
Scarsdale, N.Y.
March 30th

by Kate Donovan

At an age when most people are browsing the aisles of Duane Reade for arthritis relief, or consulting their physicians for other forms of assistance, Kevin Shelton-Smith walloped the field on the 15K course in a time of

Riverdale Wellness Group
Deborah Eisen, MD
Family Medicine
Mark Eisen, DC
Chiropractor
Teresa Berger, Dip LAc MS
Acupuncturist
Licensed Massage Therapy
3701 Henry Hudson Parkway
Suite 1E
Riverdale, NY 10463
(718) 601-1540
www.RiverdaleWellness.com

Favorite Track Workouts

Coach Ken: About 6 years ago, the club sent out requests for help conducting the Tuesday night track sessions. Would someone volunteer for a month of Tuesdays? Why not, I thought. I'll take May, 4 sessions, over and over. Hmm, what to do with these VCTC slowpokes who are so afraid of the track? 12 x 800 with 200 rest? Let me check with my old friend Ernie who's been working with elite athletes out west. I received a note back from Ernie who brought me crashing to reality with an outline that flew in the face of what I thought workouts should be:

"Coach Ken, These are your first installment workouts/sessions. Use the pace suggestions I have posted within each session block. All out sprinting will not add to this. The purpose of these sessions is to develop one's overall capacity to run fast in a race over the 5K and 10K distances. Any type of all out sprinting could defeat the purpose, cause injury, setbacks etc. Fast times and PR's will come to those who are patient.

The first workout was 1-1.5 mile warmup, 4 x 800 at 10K pace with 1-2 laps recovery, 1-1.5 mile warmdown. I was incredulous. That's it? Are you kidding? No Sprinting? 10K

pace for an 800? And what's with the "Coach Ken" nonsense. I'm only doing this for 4 weeks, Okay?

So 250 workouts later, here we are. I've got some favorites:

1) Pre 5K race step-down ladder: 1 x 1600, 4 min rest, 1 x 1200, 3 min rest, 1 x 800, 2 min rest, 1 x 400.

2) Classic pace workout- 1 x 400, zippy like, 3 x 1200 maintaining 5K pace w 1 lap recovery, 1 x 400 fast but under control.

3) Yasso 800's- named after Bert Yasso from Runners World who believes that the ability ultimately to run 10 x 800 at a given speed will directly correlate to a specific marathon time. So 10 x 800 @ 4:00 will equal a 4:00.00 marathon. We've tried this the last 2 summers with mixed success but more importantly, the team totally bonded during and at the end of these workouts. The runners encouraged each other, even those who weren't in shape to run the workout. It was a huge stretch but all the marathoners did it.

4) Inclement weather workouts- Some days the weather is so miserable that I can't conceive of anyone being out there, yet... I trudge over to the stadium or Manhattan College and there they are huddled and waiting expectantly. Their dedication inspires me, how could I NOT show up tonight?

5) 200's- There's a simplicity and beauty in watching the group

from across the field as the lead runner pulls down his arm so I can start my watch. The runners hit the far turn, their arms pumping upward synchronously as their legs negotiate the curve and just like that they're on the straightaway headed home. They accelerate toward the finish line as I frantically wave away the stragglers who are unaware of the freight train roaring down on them and I focus on the watch 27,28,29 shouting words of encouragement, "keep your form, don't strain Kevin, way to go Firdaus, good job Neil, looking strong Dave, that-a-way Rach, nice work Jill, way to be Arnie." That's why I coach.

Firdaus: 16x400 w/1min rest.

Kevin Shelton-Smith: Yasso 800s. These are great for pre-marathon training. On the track, you run 800m hard, then 400m for the same time it took to run 800. You do this 4 times, 6 times, 8 times and finally 10 times, all 2 weeks apart. Each 800 in a sequence is to be the same constant speed, finishing feeling that you could just about do one more. The time for each 800 in minutes and seconds is the time you should run the marathon, in hours and minutes.

Dave King: 10-20x400 w/lively 200 jog(1:30-2:00). Run 10-15 secs faster than 5k pace.



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NUTRITION

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, email, etc. and whether you would like to be added to the group email.

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.
- 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; 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 July/August issue is June 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 SUMMER SERIES NEEDS VOLUNTEERS. MAY 22
THE RAMBLE NEEDS VOLUNTEERS. SUNDAY, JUNE 1**

Ramble Assignments

Please arrive at MS 141 at 7 a.m. on June 1, 2008

Registration: Coordinator: Vera King

Alma Caparas	Tami Luhby
Katherine Callan	Shirley Middleton
Susan Epstein	Linda Norton
Rachel Gissinger	Jill Staats

Start Line/Finish Line: Fred Daly

Peter Coy	James Moloney Jr.
Willie Kaye	Mahesh Patel
Neil Liebowitz	Steve Park
Naomi Marcus	Chris Robinson
Ivan Mills	Steve Tu

Shirt Distribution: Bette Clark

Edith Jones
Gilda Serrano
Shelly Ann Stewart

Split Timers: Ken Rolston

Firdaus Dotiwala	Alan Ludgate
Alan Dorfman	Otis Matthews
Chris Ekstrom	Earline Smith

Food and Drink Saturday: Bill Smith

Dave King
Ken Rolston
Gary Spalter

Course Marshals: Larry Barazzotto

Blas Abadia	Arnie Gore
Dennis Burns	Mike Hudick
Miguel Cabrera	Ramon Minaya
Luis Colon	Henry Moorehead
Jose Cooper	Eric Nolan
Kate Donovan	Richard Ortiz
Bill Gaston	Ramon Ruiz
Israel Good	Paulino Santana
Jason Krasner	Kevin Shelton Smith

Food and Drink Sunday: Diana Cecil

Wanda Bills	Rachel Kimber
Enid Burns	Kathy Nolan
Rozsa Gaston	Gary Spalter
Adrian Hunte-Smith	Maureen Thoman

Water Stop #1&4: Hector Santiago

Harold Benitez	James Harkins
Ed James	Danielle Rosario-
Fernando Ruiz	Mullen

Traffic and Parking: Mac McKeague

Hubert Dyasi
Elsa Gonzales
Dewey Palmieri

Water Stop #2&5: Ed Crawford

Dan Flynn	Ivan Raganooan
Carl Morrishow	Selma Sequiera-
Jean Harkins	Raven

Kid's Run: Dick Conley

Ed James
Margaret Nolan
JoAnn Pate
Zafar Shabaz
Tony Thoman

Water Stop #6: Dick Conley

Michelle Conley
Frank Lindsay
Rafael Morales
Marisol Ruiz

If you don't see your name, call Dave King at (914)-274-8621 to get an assignment

Van Cortlandt Track Club

P.O. Box 341

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