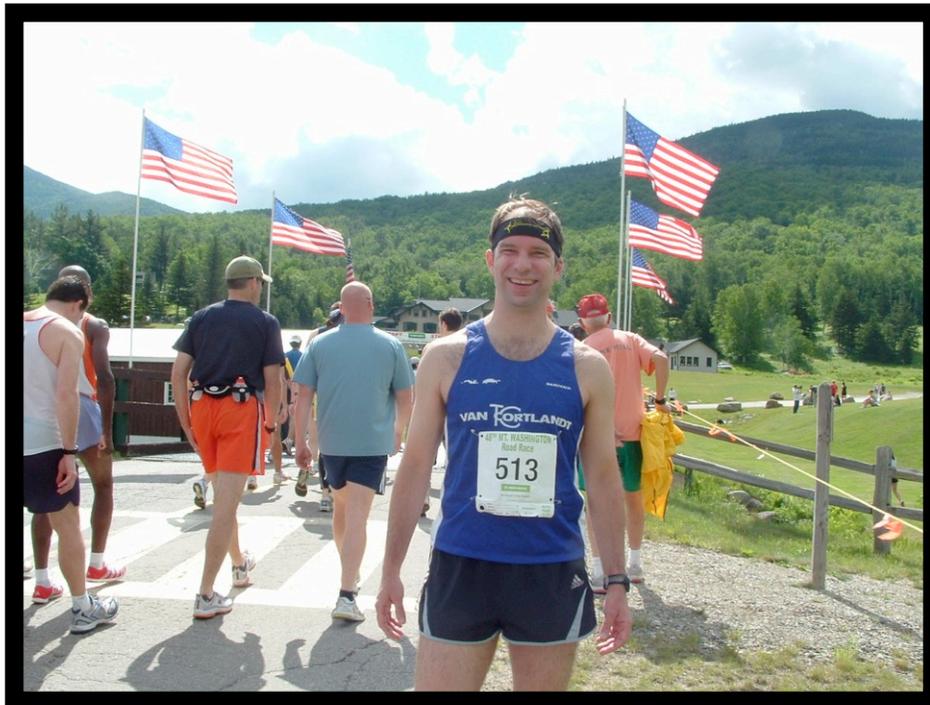

Van Cortlandt Track Club newsletter

Hills! Heat! Humidity!

Front-Line Reports on Thriving in—and Surviving—Challenging Summer Races



“Only One Hill”: My Account of the Mt. Washington Road Race by Allan Ludgate

I was lucky (?) enough to win a place in this year's Mt. Washington Road Race. I have a fair bit of trail running experience, but this would be my first true mountain race. It would also serve as a fitness/sanity check for my plan to run the Imogene Pass Run, which is a 17-mile race in Colorado, up and over a 13,000 foot mountain pass in September.

Mt. Washington has a special place in my heart. My Dad grew up at its base, and I spent many summers hiking the Presidential Range in New Hampshire with my cousins. I also spent five gloriously happy summers working at the Mt. Washington Hotel, with the big mountain's profile filling my window every morning. I have taken just about every route to the summit there is, but on principle had never set foot or tire on the Auto Road.

Mt. Washington, while small by Western standards (6,288 ft.), packs a mighty punch. Tree line is below 4,000 ft., and the summit lays claim to the highest sustained winds ever recorded (231 mph).

On a personal note, one of my dearest friends died skiing Mt. Washington in 1994, so I know to approach it with respect.

The stats for this race are daunting: 7.6 miles, 4,650 feet of vertical gain, average grade of 11.5%, final headwall of 23%. You get the idea. My first inkling of what all this really meant came at the runners' event the night before, when last year's race video was shown. I am used to seeing the elite guys in these videos fly by, looking like they are barely breaking a sweat. Here, the lead runners were GRINDING, putting maximum effort into every stride and not moving any faster than I do in a tempo run (the winning pace is generally 8:00 per mile).

The stats for this race are daunting: 7.6 miles, 4,650 feet of vertical gain, average grade of 11.5%, final headwall of 23%. You get the idea.

Race day dawned clear at the base, cloudy at the summit. At 10 a.m. sharp, the cannon sounded and we were off, 1,000 strong. I was immediately struck by the silence in the pack. In most races I run, there is a fair bit of small talk going on. Here, at the half-mile mark, ain't nobody talkin'. Just focused, determined eyes, pumping arms and working legs.

For me, the workout of this race was much more mental than physical. There are 99 switchbacks to the summit, and around every corner there is more of the same...nothing but up, up, up. While Riverdale has plenty of steep hills, there is nothing that simulates this long, sustained climb. Having been duly warned about going out too fast, I focused on my breathing and on staying relaxed.

The winner came in at an hour, even, launching an acceleration on the final headwall that dropped his last challenger. Me? A very middle of the pack 1:52, with a 53-minute first half and a 59-minute second. I can't say the running was exactly "fun," but when I heard "Welcome Allan Ludgate from the Bronx!" at the summit, it was a sweet (sweat?) sensation.

It was about 30 degrees colder at the summit, so there was some urgency to finding my day-pack and change into dry clothes. Around me, finishers were finding their support vehicles for the ride back down the mountain. For me, the day was just beginning, as I planned to hike back down. My original plan was to climb down through Tuckermans Ravine, but the bowl was still full of snow and closed off. I hooked up with four 20-something Nordic ski racers at the trail head - one of them had run the race, the other three had hiked up to see him finish. We decided to take the longer, but more scenic Boott Spur trail, circling the lip of the Ravine and dropping down the other side. Few athletes are fitter than Nordic racers, and it took an honest effort for me to keep my 41-year-old legs moving fast enough to keep up. With a final whoop and a holler, we arrived back at the base. The final tally on my day? 13 miles (7.5 up, 5.5 down), over 9,000 ft. of vertical, and some seriously smoked quads.

For the last mile of the descent, I was fantasizing about the ice cold beer I was going to crack open to celebrate. Driving back to my uncle's house, I stopped off at a general store. Scanning the cooler, my eyes were drawn to a local Vermont ale, "Long Trail." That seemed about perfect.

If you want a true test of your glutes and of your mental tenacity, I highly recommend throwing your name into next year's race lottery. I know I will. **Race Reports continues on page 9**

Reflecting on the Ramble

by David King

This year marked the 30th running of the Riverdale Ramble. For the second year in a row the race was centered around JHS 141 on Independence Avenue and 237th St. The race was a success because of the people behind the scenes, going to extraordinary lengths to assure a smooth run for all.

So I would like to mention as many of you as possible; knowing that if I leave anyone out, it is unintentional and not for lack of gratitude.

Diana Cecil was tireless in pursuing sponsors for our race. She has a professional talent for talking to would-be sponsors, and gathering valuable contributions. Sarah Baglio got us two new sponsors, her chiropractor Dr. Eisen and physical therapist, Donald Liss, M.D.(see business cards pages 7&8)

then showed up with husband John and kids on race day despite having a birthday party to go to. UEC director Jill Staats gave good advice on issues about staging the whole event, while husband Norris course-marshaled. Tami Luhby got our ads into the Riverdale Press. Vera King supported me at home and took on the all-important task of race-day registration and number pickup. Lorena Cuevas ran the race last year, volunteered to help out this year and did a great job helping with registration. Ken Rolston did his usual outstanding work with the course marshals, timers and water stops, getting everyone to their respective stations on time. Ken also went shopping on Saturday for Gatorade and water for race day. Kevin Shelton-Smith showed up early on race day and worked tirelessly all morning on various jobs. Enid Burns kept the lines at the food tables moving swiftly and orderly. And Bill Gaston did well

Glen Shane helped me measure the course on a lovely afternoon in May, then was a course marshal at a crucial turn on race day. Dick Conley not only set up his terrific waterstop again, but also handled the kids' race; a load off my mind. Bill Smith bought water and fruit on Saturday, then set up water stations, helped set up the gym and monitored the race. Gary Spalter helped out with the 50th precinct police as did Lisa Bruskin of the Riverdale Y, who made the final arrangements.

Larry Barazzotto handled all the money involved, doing a great job of keeping track of all the dollars exchanging hands.

Arnie Gore and Susan Epstein handed out many applications at local races. UEC director Jill Staats gave good advice on issues about staging the whole event, while husband Norris course-marshaled. Tami Luhby got our ads into the Riverdale Press. Vera King supported me at home and took on the all-important task of race-day registration and number pickup. Lorena Cuevas ran the race last year, volunteered to help out this year and did a great job helping with registration. Ken Rolston did his usual outstanding work with the course marshals, timers and water stops, getting everyone to their respective stations on time. Ken also went shopping on Saturday for Gatorade and water for race day. Kevin Shelton-Smith showed up early on race day and worked tirelessly all morning on various jobs. Enid Burns kept the lines at the food tables moving swiftly and orderly. And Bill Gaston did well

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

as MC at the awards ceremony.

Not only did David Isaac support the race through our Capital One Bank sponsorship, but he ran it, too, and daughter Rachel took several hundred wonderful pictures of finishers and goings-on. Fred Daly showed up with his megaphone even though he had a school graduation on the same day.

And, of course, I can't forget Bette Clark, whose tireless work all year round has benefitted our races and inspired all of us. The Ramble could not have been successful had it not been for all of you. So thank you.

On The Run

*by President
Bette Clark*



A I sit here on a sultry summer evening in early July, it is hard to imagine that we are almost midway through the summer, with half our XC summer series already run. With over 70 teams running our relay last Thursday, we have had a growing turnout with each race. While the races are as popular as ever, one new twist is being able to offer a free pair of Vasque trail running

shoes to our youngest runners. I hope that they will continue to join us in greater numbers. It is wonderful to see the Rabbits again this year, along with a new host of family runners.

Our warmer weather running season was inaugurated with the 30th running of the Riverdale Ramble. It was a very successful race this year, under the watchful eye of second-time race director, Dave King, with over 200 runners, new sponsorship by Capital One Bank, and a revived kid's run. We've been asked to initiate a 2-mile (or 5K) race next year to accommodate our younger runners, and Dave may consider this possibility for next year (note that I am assuming that he will return as Race Director—sorry Vera!!).

VCTC continues to be a growing presence in NYRR races, with our women's 50 plus promising to be a strong contender for a Club Team award (we have several new additions to the 50 plus team, making it even stronger!). We've also run in races all over Westchester and Fairfield counties, in distances from 5Ks to half marathons, with a few hearty souls running 50K to 50-mile races—and one running up Mount Washington. Next newsletter, stay tuned for reports about the Vermont 100-mile race. If you're up for a shorter distance, remember to run 5 miles for club team points in Central Park on Saturday, August 16.

It turns out that a few VCTCers have talents outside of running. Last month, Adrian Hunte-Smith and Bill Smith launched the first (ever?) VCTC golf outing and over 25 of us (almost a marathon) braved the 9 holes of the Mosholu Golf Course (did we leave any of the grass intact with our wild swings?). Next on the agenda is a bowling bash? How about a beach party before Labor Day?

Actually, our next major club social event will be our end of the summer series party at the Van Cortlandt Golf Club—mark your calendars for August 14th. Speaking of Van Cortlandt Park, it's time to do our bit for the park by volunteering on park clean-up day, Saturday, August 9th.

Until then, enjoy the trails and keep cool and well hydrated. Find your way to interesting new running routes and let us know about them.

Party!

Don't forget the annual party after the last Summer Series race on August 14. Come and run, then enjoy a barbecue at the VC Golf House.

Coach's Corner

by Ken
Rolston



I was glued to the TV during the Olympic Trials. It's tough enough to compete for the top three spots that normally provide a ticket to the Olympics, but this year there was added pressure in having to meet the A-standard for each event. In theory, an athlete could win the trials and not go to the Olympics; in fact it happened in the men's javelin, which was held on a very windy day. The winner threw 248 feet, the standard is 268.

Having watched Tyson Gay run the fastest 100 ever, though wind-aided, and subsequently strain his hamstring during the M200 heats, I have a new respect for the preparation required to succeed at the sprints. The line between success and failure is truly fine. Marshevet Hooker came in 4th in the W100 by .01 seconds to Lauren Williams. But in the W200 the roles were reversed as Hooker tripped near the finish, dove for the line and beat Williams by .01.

The women's 10,000 was run on a warm humid night. Only 4 of the 25 runners had met the A-standard so when the pace started out slowly, it appeared that only

those 4 runners would have a shot at making the team. But the pace began to accelerate and a little-known runner named Amy Begley-Yoder ran 65 seconds for her last lap, came in 3rd and broke the standard by 2 seconds. The men's 10,000 saw a 3-man breakaway with Abdi Abdiraham, Galen Rupp and Jorge Torres running strong splits throughout. Mysteriously, Adam Goucher and Josh Rohatinsky didn't go with them, didn't make the A-standard and didn't make the team despite running sub-28.

For me, the highlight of the meet was the men's 800. The race serves as the intersection of quarter-mile speed and miler tactics, though decisions have to be made while running nearly all-out. Go out too fast and pay the lactic acid price. Wait too long to make a move and you'll find yourself boxed-in. The favorite, Khadevis Robinson, subscribes to the Johnny Gray school of going out fast. This time he went in 24.1 for 200 and 50.3 for 400. That's too fast. Nick Symmonds sat back and got himself boxed in through the last turn. What was he doing? Ultimately he found a seam, slipped through and sprinted to victory, with a last 200 of 26.1. His Oregon mates, Andrew Wheating and Christian Smith made the team as Smith and Robinson both dove for the line and completely face-planted. Now that's Olympian!

As for our summer workouts, we'll concentrate on trying to keep sharp and fast, maybe not as fast as Olympians, but enough to feel really satisfied. We will continue to alternate between the track and the hills. Once renovations begin at Van Cortlandt's track we will explore other options such as The Fieldston School. Just three more 5K cross-country races and then we turn to the longer races for the fall. Marathon training will take shape toward the end of the summer series. We'll be doing more mile repeats, 1200's and ladder work as the weather begins to cool off.

Summer Race Schedule

7/17-Thu- 7 PM- VCTC Summer Series 5K, race #5
 7/19- Sat- 5 AM- Vermont 100
 7/24- 7/25 Empire State Games, Binghamton, NY
 7/26-Sat- 8:00- Lightfoot Summer Series 9m, Norwalk, Ct.
 7/27-Sun-7:30- NYC ½ Marathon, Central Park/Battery Park
 7/27-Sun-9:00- Escarpment Trail Run 30K, Wyndham NY
 7/31-Thu- 7 PM- VCTC Summer Series 5K, race #6
 8/2- Sat- 8:00- Jan Peek 10K, Peekskill
 8/9- Sat- 9:00- Pawling Lakeside 5K Cross-Country
 8/14-Th-7PM- VCTC Summer Series 5K, #7 and last of the series for 2008
 8/16-Sat- 8/9 AM- Club Champs 5m, Central Park
 8/17-Sun- 6:00- Catskill Mountain Road Relay, 100K, Phoenicia, NY
 8/23-Sat- 7:00- Queens ½ marathon,
 8/31-Sun-11:30- Henry Isola X-country classic,4m, Van Cortlandt
 9/1- Mon- 9:00- Dobbs Ferry 5K

My Declaration of Swim-dependance

By Anne Marie Petroff

Running: It's a passion, a way of life, an addiction, a therapy for anyone who puts on cushioned shoes and is temporarily transferred to another place.

It's also part of a triathlon, the third sport in succession to swimming and cycling. Triathlons had been an aspiration of mine for several years, but I didn't know how to break into the sport.

Then I heard about a class at Lehman College called "Swimming for Beginners." Day one we discussed theory and were given an assignment: "Why do I want to learn to swim?" Suddenly this swim lesson became a "Declaration of Swim-dependance" and I couldn't turn back. The triathlon I had in mind began with a beast of a swim: 1500 meters...in open water. I remained a faithful student at Lehman, but by the end of the eight-week course I still couldn't even swim one length of the pool. I delved back into running and managed to win a carrot cake muffin or two during the Summer Series.

That Fall, I moved from Yonkers to a new home, Wilmington, NC, to be with my then fiancé, Jeff. Thanks to Ken Rolston, I had a new friend in Wilmington, his sister Eileen, who

reinforced the words Jeff had told me from the time we met: "Wilmington has a great tri community."

The weekend after I moved, Jeff and I went to the triathlon with the 1500-meter open water swim. More than 1,000 athletes plus family and friends had descended on our little town. I learned that this race is one of the oldest triathlons on the east coast and one of the largest in the state. Jeff and I cheered for everyone who passed by and we talked about how cool it was, how strong everyone looked, how

cool that this was in our town, and how awesome it'd be if we were that cool.

The following spring I joined the YMCA Tri Club. The first question I was asked was "What swim slot would you like?" "What *what* would I like?" I asked. The coordinator informed me that the best part of my Tri Club membership was that it included two coached group swim practices a week. On arrival to my first practice, I was directed to lane D which I soon realized was categorized like grades in school.



Anne Marie (bottom row, second from right) and friends at the White Lake Sprint Tri held in N.C. She was the 27th woman to finish, in 1:25:15

That was more than two years ago and some time between then and now I got it...I got it! Swimming feels smooth, powerful, and efficient. After months of struggling like a toddler on all fours I am walking! I am gliding down the lane in fewer than twenty strokes and I even flip-turn like a racer.

Today, summer is my favorite time because it's triathlon season. Just as the southern heat and humidity begin their long visit to Wilmington, the intercoastal waters warm up and open-water swimming begins. Much like running, swimming has become a therapy. Early morning swimming in the channel reminds me

of a visit to a mineral bath, affording rejuvenation and life. As my friends and I set off for a 2,000-meter morning swim, we enjoy the buoyant salt water and often stop to take in the sunrise. During those moments, I say a quick prayer and offer a smiling thanks for my experiences and path in life.

VCTC member Anne Marie Petroff is married to Jeff Petroff and lives in Wilmington, N.C.



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A Cautionary Tale for Gentlemen

by Kevin Shelton-Smith

In my roles as a United Nations executive, I've been attacked in the desert and over and in the ocean. I've run like crazy in the Caucasus, been arrested by rebels in the Congo, been given the once-over by child-soldiers, had no cigarettes to give Congolese

set off across Vanny, pausing for breath and to look around in the calm. Then up the Old Put to the north end of the park before climbing up the trail.

I was halfway up, just passed the OCA(Old Croton Aqueduct) when the winds started. It was unreal. The trees were in full blow, swaying violently. The noise was incredible. but there was no wind on the ground. All the noise was 50 feet away, in every direction. The air was full of particles, everything organic, falling down.

I've been in sandstorms but this was new and had the potential to become suddenly life threatening. It was no time to hang around. I was making urgent efforts to leave the woods.

Next, branches were beginning to break and fall. Whole trees were coming

down. I was running with every sense heightened and on full alert, straining for any clues that would see me safely

through. With a crack behind, I was in full sprint – Coach Ken would have been proud. A crack ahead, brakes full on, just for a moment till I was sure the track was clear, then forward again. I was near home! I got to safety under the I-87 bridge. Now the dust was making me choke and filling my eyes with grit. Press on. Back into the woods. The heavens opened and the rains came. I made it to Katonah Ave, so relieved. Not a shaking kind of relieved, just thankful to be unscathed.

Subsequent runs showed just how much fell to the floor on June, 10, 2008. A thought occurred to me: At the time of the storm, it was 1 a.m. in England. My Silver Wedding Anniversary had begun, and I wasn't there. I sent peace offerings to my wife in England the next day in the form of cards and flowers.

The weather has improved. The gods are appeased – but I have been warned—and so now have you!

Member recommendation: Friend and fitness expert Lonnie Walton just opened an incredible personalized training facility in Bronxville. Stop by! —Katherine Callan



Lonnie Walton
Owner/Manager

24 Palmer Avenue
Bronxville, NY 10708
Lonniewalton@fitnesstogether.com

Phone 914-771-5999
Fax 914-771-5990
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sentries, and chased by vicious dogs in... well everywhere. But my scariest run ever happened in Van Cortlandt Park.

On a particular Tuesday, after a hill workout, I popped over to Firdaus'. By the time I left, a storm was looking possible. I

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Race Reports

(continued from page 2)

20 Miles in 100 Degrees

by Kyle Hall

In 15 years of serious running I've learned a lot of things, but I think I missed the lesson on why not to run 20 miles in 100 degree weather. On June 10th, I arrived in Valley Stream, New York with a busload of law enforcement officers, including a friend from the Nassau County SWAT team. Our objective was to run the 20 miles to SUNY Farmingdale's campus and raise money for the Nassau County Special Olympics. The only catch was that it was 90+ degrees at 9:30 a.m.

As we ran down the Sunrise Highway, the sun beat down on us mercilessly. I felt great for a while, downing a fresh, cold bottle of Poland Springs water every few miles. A support group of SWAT members supplied the much-needed water. Meanwhile, a new group of runners joined us at various locations, expanding the size of our group: MTA Police, NYPD officers, IRS agents, FBI folks, and Police Academy cadets.

The camaraderie was fantastic. I was impressed when several bearded, burly men passed the 10-mile mark. Granted, they had taken a couple of short breaks—but everyone had taken a rest at

one time or another. Everyone except me. My friend Hector was hardcore, running at least 10 miles on a recently rehabilitated foot. And the heat wasn't affecting me much. That is, until mile 15.

About the time a Sheriff's Deputy, and veteran marathoner, joined the pack, the heat began to feel increasingly smothering. I had already downed four bottles of water, but pushing into those last few miles was becoming a turbulent ride. The Deputy and I managed to press down to about 8:15 pace at some points without getting reprimanded, but my head began feeling very hot and my balance was becoming tenuous.

The Nassau County Police Commissioner jumped in that last mile and we tightened the pack in preparation for photo-ops ahead. Through the sweaty haze of my glasses and stinging eyes, I spotted SUNY in the distance. By now I had run three and a half hours, an hour longer than I had ever run before. I staggered in next to a torch-bearing Special Olympian and we all finished on a red carpet with bagpipers on either side.

Over the next half hour, my body—now fully depleted of electrolytes (big mistake: no Gatorade or other sodium on the run)—stopped sweating completely and a couple of Police Academy paramedics put me into

an ice bath to cool down. I then got shipped off in an ambulance to the hospital. I was not allowed to leave until three bags of saline solution were pumped into me intravenously. Lesson learned: Think twice before deciding to run 20 miles in 100 degree temperatures.

Training Tip

According to an article titled "To Beat the Heat, Learn to Sweat it Out" by Gina Kolata (The New York Times, 7/3/08), it's possible to run well in the summer heat and humidity. The key is acclimation. Exercise in the heat daily and be sure you are sweating profusely. "Given a choice between spending more time in the heat but exercising less intensely, or less time and exercising more intensely," Kolata writes, "it is safer to choose to go longer and work less intensely."

Loving the Fairfield Half

By Rachel Kimber

"Love one another and you will be happy. It is as simple and as difficult as that."

~ Michael Leunig

I love the Fairfield Half. Runner's World Magazine voted

it THE Race of the Month for June, 2008. It is the only race I've done outside New York City's Central and Van Cortlandt Park, so I may be a bit naïve to heap all these accolades on the race, but it was awesome.

Sunday June 22, I arrived at Jennings Beach, the race staging area, with husband, mother and brother in tow. We drove up from Westchester with plenty of time to spare—enough for mom to decide to join the racers and register for the 5K.

By the power of VCTC magnetism, I found Dave, Vera, Dick, Jill, Susan and Kate in the midst of the 3.000 gathering rac-

ers. Jill and I went to the starting line, wished each other a PR, and took off... but not too fast. Coach Ken's words were echoing in our heads: "Go out at a fairly easy pace ... and then pick things up in the last 5K."

An easy pace meant I was really able to savor the experience. The fresh humid sea air, the overcast sky, the toddlers with "Go Mommy!" signs.

Emotions in check and legs drumming across the pavement, we ran past a series of rolling hills and beautiful houses. Cresting the last hill at mile 10 was a lovely view of the harbor and then I was into the last 5K. Now

was the time to really dig in. Sightseeing was over.

The course ducked under I-95 and I passed a few racers out of steam. I missed mile-marker 12. Unsure of the distance left in the race, my tempo started to lag. A racer pulled up next to me – and grunted "Come on!"

I stepped up my pace and we ran shoulder to shoulder for about 1200m. The scent of salt in the air became more pungent. My legs took off for the finish line on the beach and a well-earned dip in the chilly water.

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Race Results

Alley Pond Striders 5M				
Alley Pond, Queens, Apr. 27, 2008				
Time	Name		Age	Age Group
33:20	Ivan Mills		M52	4
Bronx Community College 10K				
May 3, 2008				
42:10	Ivan Mills		M52	1
Long Branch Half Marathon				
Long Branch, N.J., May 4, 2008				
1:59:22	Arnie Gore			2
2:16:39	Susan Epstein			
NYJL Mother's Day 10M				
May 11, 2008				
1:20:12	Shirley Middleton		F54	
1:23:46	Kathryn A Donovan		F49	
1:42:48	Marysol Ruiz-Zapata		F41	
1:43:10	Susan R Epstein		F64	
1:43:30	Gilda L Serrano		F59	
NYJL Mother's Day 4M				
May 11, 2008				
30:23	Arnold L Gore		M67	
32:06	Carl Morrishow		M51	
Healthy Kidney 10K				
May 17, 2008				
43:17	Firdaus Dotiwala		M39	
45:06	David C King		M57	
47:32	Rachel Kimber		F27	
47:47	Richard P Conley		M52	
48:22	Arnold L Gore		M67	
49:19	Shirley Middleton		F54	

49:32	Kathryn A Donovan		F49	
49:53	Michael Holmes		M33	
50:07	Jill Staats		F56	
50:26	David Isaac		M45	
50:32	Zafar Shahbaz		M51	
51:56	Bette Clark		F52	
51:59	Edward James		M61	
52:57	Margaret R Nolan		F48	
55:09	Rozsa Gaston		F50	
55:39	Ivan Ragoonanan		M62	
56:07	Michelle Conley		F20	
56:54	James Moloney Jr		M45	
57:17	Louis Netter		M33	
57:38	Josephine King		F53	
57:38	Adrian Hunte Smith		F54	
1:02:07	Susan R Epstein		F65	
1:05:34	Bill Smith		M63	
1:23:44	Ramon Minaya		M68	
Aha Start! Wall Street Run 3M				
Wall Street, May 20, 2008				
19:24	Firdaus Dotiwala		M39	
19:40	Erick Fernandez		M26	
25:10	Jo Ann Pate		F33	
25:34	Carl Morrishow		M51	
25:38	Michael Holmes		M33	
Media Challenge 3.5M				
Central Park, May 21, 2008				
21:33	Peter Coy		M50	1
Jim Kearney 2.5 mile Memorial run				
Saturday May 24, 2008				
14:48	Kyle Hall		M30	4OV
17:26	David King		M57	2
20:55	Vera King		F54	2
Front Runners 5K				
Van Cortlandt Park, May 25, 2008				
25:23	Arnie Gore			

35:56	Susan Epstein				
Rahway Mayor's Trophy 5K Rahway, N.J., May 26, 2008					
19:15	Ivan Mills			M52	3
YAI Central Park Run 5K May 31, 2008					
22:20	Dom Lombardo			M41	
23:33	Arnie Gore				1
24:16	Zafar Shabazz				
25:23	Bette Clark				1
30:35	Susan Epstein				1
New Hyde Park 8K New Hyde Park, L.I., June 1, 2008					
50:15	Fernando Ruiz			M76	2
Japan Day 4M June 1, 2008					
30:49	Shirley Middleton			F54	
39:58	Marysol Ruiz-Zapata			F41	
40:15	Gilda L Serrano			F59	
NYRR 50th Anniversary Run 5M June 4, 2008					
39:??	Dom Lombardo			M41	
39:43	Rachel Kimber			F27	
40:04	Shirley Middleton			F54	
40:34	Jill Staats			F56	
45:28	David Isaac			M45	
45:28	Rachel Isaac			F15	
45:39	Carl Morrishow			M51	
48:35	Kathryn A Donovan			F49	

June 7, 2008 NYRR New York Mini 10K					
47:10	Rachel Kimber			F27	
50:07	Kathryn A Donovan			F50	
50:57	Shirley Middleton			F54	
52:33	Jill Staats			F56	
53:52	Margaret R Nolan			F48	
54:55	Dawn Netter			F37	
57:38	Bette Clark			F52	
58:40	J Vera King			F53	
1:00:16	Adrian Hunte Smith			F54	
1:04:09	Tania Castro			F29	
1:05:29	Gilda L Serrano			F59	
1:12:11	Jennifer Hickey			F31	
College Point 5K College Point, Queens, June 7, 2008					
32:45	Fernando Ruiz			M76	2
WABC Fight/Prostate Cancer 5M June 15, 2008					
29:17	Kevin Shelton-Smith			M48	
35:31	Jason Krasner			M34	
35:38	Erick Fernandez			M26	
40:06	Zafar Shahbaz			M51	
41:58	Sydney Chun			F17	
43:35	James Moloney Jr			M45	
43:53	Arnold L Gore			M67	
44:09	Edward James			M61	
46:48	Adrian Hunte Smith			F54	
47:16	Leo Chun			M52	
48:07	Bill Smith			M63	
48:43	Louis Netter			M33	
51:55	Gilda L Serrano			F59	
52:11	Luis Colon			M53	
52:31	Marysol Ruiz-Zapata			F42	
53:26	Leoni Parker			F43	
53:54	Fernando Ruiz			M76	
1:08:45	Ramon Minaya			M68	
Mt Washington Road Race June 21 New Hampshire					
1:52:25	Allan Ludgate				

Hawthorne Run against Domestic Violence 5K				
Hawthorne, N.J June 22				
6:43 PM	Peter Coy		M50	1
June 22, 2008 Hope&Possibility 5M				
52:51	Fernando Ruiz		M76	
1:08:32	Ramon Minaya		M68	
Westchester Medical Center Biathlon				
June 22, 2008				
2-mile run/16-mile bike/2-mile run				
1:37:23	Bill Smith			3
Fairfield 5K				
Fairfield, Conn., June 22, 2008				
20:25	Dave King		M57	1
21:26	Dick Conley		M52	
22:45	David Isaac		M45	PB
23:21	Kate Donovan		F50	1, PB
26:09	Vera King		F53	4
Fairfield Half-Marathon				
Fairfield, Conn., June 22, 2008				
1:40:04	Firdaus Dotiwala			
1:48:13	Rachel Kimber			
1:56:04	Shirley Middleton			
1:56:38	Shelly Ann Stewart			
2:00:58	Jill Staats			2
2:01:56	Arnie Gore			
2:17:53	Mike Yorio			
2:24:59	Susan R Epstein			3
FRNY Lesbian & Gay Pride Run 5M				
June 28,				
35:44	Erick Fernandez		M26	
40:51	Kathryn A Donovan		F50	
40:57	Arnold L Gore		M67	
45:08	Jo Ann Pate		F33	
45:59	Ivan Ragoonanan		M62	
52:57	Susan R Epstein		F65	
53:25	Leoni Parker		F43	
58:22	Fernando Ruiz		M76	

Riverdale Ramble 2008

photos by Rachel Isaac, Tony Thoman and Sarah Baglio



Breast Cancer Awareness Adventure

by *Bette Clark*

In the Spring, I decided to run the last 22 miles of a 120-mile run across Long Island, from JFK to Montauk Point, with ultramarathoner Alicja Barahona, who has become a friend and a regular running partner at Rockefeller. We met one day almost two years ago around the lake at Rockefeller, when I was walking with Gary Spalter.

Alicja was doing this Long Island run for the second time; last year, she ran it in the reverse direction. Both of these runs were to raise awareness and funds for breast cancer services in Long Island, a cause Alicja supported on behalf of friends and family members. But this is not all. Just the month before, Alicja had run more than 200 miles across the Arctic Circle in the Yukon (with temperatures of 40 below zero) to raise money for the Alzheimer's Foundation.

To those of you familiar with the ultramarathoning world, Alicja is a legend: her past runs include the 350 miles Niger desert race (overall winner), 350 miles on the Alaska Iditerod Trail, 210 miles across the Sahara in Egypt (1st woman), 400 mile desert race from Bima to Agadez, Niger (1st woman), 145 mile Birmingham to London race (3rd woman). Even when she runs a marathon, she does it big—last year, she ran the inaugural Hampton's Marathon as a double marathon, doing a full marathon before beginning the race.

While often doing her ultraruns solo, on this run across Long Island Alicja invited people, particularly breast cancer survivors, to join her along the route. I arranged to meet her in East Hampton to run the final stretch with her out to Montauk Point. Staying in cell phone contact with her crew, I found her on the highway outside of East Hampton at 6:00 am on Sunday morning: she had started running at 8:00 am the day before and had been

running pretty much non-stop, except for some breaks to eat, change shoes.

While I was a bit tired from running Boston six days earlier, I was able to stay with Alicja because she had already run 100 miles and had slowed down somewhat from her pace the day before. At times we joked and danced, at others, just dug in and ran. Running through towns like East Hampton, we (or I should say the support crew) stopped at delis and got tea, soup, a bagel, whatever our fancy. While Alicja was a bit tired, had some stomach upset, and felt her feet burning, she ran strong the whole way, chatting with bikers and passers-by at every opportunity. As we ran the six final hilly miles from Montauk to Montauk Point, the rain began and by the time we reached the Point (at noon), it was pouring. We crested the last hill and saw the lighthouse ahead, some pink balloons, and a small group of women, dressed in pink (now very wet), holding a pink ribbon across the road for us. One of them came running towards us, saying "I'm a survivor, I'm so glad you're here!" I was so glad to be there too—to have had the privilege of running with Alicja, to have experienced the beauty of Montauk Point in the rain, to have had the opportunity to take part in what was more than just a run for me and for all the women who greeted us at the finish line.



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; Sept 13, Oct 11, Nov 8, Dec 13.

Upcoming Club Races: Summer Series 5k: July 17, July 31, Aug 14.

The newsletter is published bi-monthly. We welcome all contributions. Deadline for the September/October issue is August 25th. 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. (A gentle reminder: Please include all the necessary information when submitting race results. Required: name of race, date, location, finishing time, your name, age. Optional: place, age-group, personal best.)***

THE SUMMER SERIES NEEDS VOLUNTEERS:

July 17, July 31 and August 14.

Just show up at the Tortoise and Hare Statue at 6:30 p.m.

Van Cortlandt Track Club

P. O. Box 341

Bronx, N.Y. 10471

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