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# Van Cortlandt Track Club **newsletter**

## GOAL-SETTING AND RACING

Reaching your goals while enjoying the journey



*by Katherine Callan*

At the end of September, I am running the Hamptons Marathon along with Jo Ann Pate, Sarah Baglio, Erick Fernandez and Kevin Shelton-Smith. My goal: to listen to my body and give 100 percent. You see, I've run too many races with a twinge of disappointment at the end, not because of the race, but because my race goal was not met. So I've shifted away from a sole focus on a number goal and toward running with an intense focus on being present every minute, making the best decisions I can and "not leaving anything on the course" as they say.

My shift away from a preoccupation with numbers-based goal setting started in early 2000 when I worked with ultradistance champion Stu Mittleman to cowrite his book, Slow Burn. As the former world record holder in the 1,000-mile distance (just over 11 days), Stu is very much a philosopher, advocating running as a path toward self-discovery. Stu never runs to a finish line. He immerses himself in the moment at every point in the race. His mantra: "Manage the moment." He does this by checking his breathing, his stride length, his arm position and his surroundings. "... It is only when you're able to live in the moment and be guided by the clues your body is giving you that you can accomplish everything you've ever imagined--and more," he writes. (continued page 2)

After watching the Olympic men's marathon, I read with interest Ryan Hall's post-race blog. He seemed to struggle through the streets of Beijing, and I was curious as to his take on why he didn't run a faster race. He described his critical decision not to run with the lead pack: "I knew that above all I had to listen to my body. The pace felt fast and my breathing felt heavy. When I finally saw the first 5k split of just over 15 minutes, I knew that I couldn't go out any harder than I was running. I also knew that if I kept running three minutes per kilometer I would win the race; however, much to my surprise three minutes per kilometer would have only earned me the silver medal. I set my mind on the only thing I could still accomplish in the race: giving 100 percent of all that I had on the day. I may not have had my 'A' game, but I was determined to give all of whatever game I brought on the day."

I love Hall's comments. He wasn't dejected at the end, just reflective and later fired up to adjust his training to better prepare him to excel in all conditions. His message is so refreshing: In a race, our job is to give 100 percent, and 100 percent can look differently on different days for different reasons.

I sometimes reflect on why I run (especially on the days I don't want to run). In high school it was about a healthy body image. In college it was about heading out with friends and exploring Boston. As an adult, running has been a source of solace and joy, of stress release, competition, adventure and rigor. It's helped shape lifelong friendships built on hours of shared silence, small talk and meaningful conversation. This summer, running and my running partners provided strength and perspective when I couldn't find it on my own. For each of us, before running was about time and distance, it was about something else. Sometimes running, even racing, should be about the run, not the result.

I'm seeing this fixation with the moment show up in many areas of life. I'm working with a life coach who advises me "to trust myself, my instincts and my ability to make good decisions." This, she says, is where real power comes from. While I still have goals, of course, I'm working on managing my moments, maybe not knowing everything I'd like to know about the future, but trusting if I make good choices, the future will take care of itself.

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

## On The Run

by President Bette Clark

Watching the summer Olympics last month was truly



inspirational—athletes of amazing ability from around the globe breaking world and Olympic records in dozens of sports. But with the difference between gold and silver being determined by 1/100<sup>th</sup> of a second in some events, and world class marathoners dropping out because of injuries or losing a medal because of “leaden” legs in the last 400 meters—we are always reminded that anything can happen on race day, no matter how talented or well-trained you happen to be.

This is a humbling message for us as we head into the fall running season, with many of us training for marathons. Even when a gold medal is not at stake (but maybe an age-group award is!!) we can be disheartened when we don’t meet our goals; and this is even more true when we think we have trained well and do all the “right” things to prepare for our races. We are lucky, though, that we don’t have to wait 4 years for another opportunity for another chance to try

to meet our goals. There are always other races to run. Setting new goals and not dwelling on past failures is what keeps us motivated, even when we struggle to keep going on a long training run. It is also having the perspective, knowledge and support of other runners, especially in a club like ours, that helps us stay on track on so many levels: from training guidance to training company, from a race start to cheers along the course, from taking part in a relay to crewing for an ultramarathon, we help each other to meet race goals. While each of us digs deep within ourselves to finish a hard race, there are many other things that can contribute to the outcomes of our races.

Van Cortlandt has been showing its team colors in so many ways—last week, in a relay across Long Island; last month in the NYRR Club Championship race in Central Park. Although there are many members of VCTC who balk at being part of other groups (we are, after all, a group of unique individuals), this is a group that does work so well together. We continue to welcome new members: there has been an influx of new runners on our Saturday runs, as well as many inquiries about the club. Despite the “loneliness of the long distance runner”, there are many of us out there who like the company of other runners, not

just for comradeship, but also for greater motivation.

Enjoy this running season to its fullest—as the weather cools, we shall soon have a brisk wind at our backs, which can only make us faster. This is also a time we might show our continued appreciation of the park that serves as our home. Thanks to many of you who showed up last month to work on the cross-country trails at Van Cortlandt Park. But there has been even more erosion and damage to the trails due to all the recent heavy rains, and there are more volunteer opportunities over the next few months for those of you who can spare some time. You can meet the parks trail maintainers at the stables on the following dates (2:00-4:00): Saturdays Sept. 13, 27, Oct. 4, Nov. 1, 22; Sundays Sept. 14, 21, 28, Oct. 5, 12, 19, 26, Tuesday Sept. 30 and Wednesday Oct. 1 (call 718-430-1890 for more information). Happy trails.

### Training tips:

*“When doing hill repeats, make sure to lift your knees, pump your arms, and maintain a short quick stride”-Bernard Lagat, Runner’s World Aug. ‘08*

*“Speedwork won’t help you on the hills, but hillwork will help your speed.”-unknown running guru of the 1960’s*

## Coach's Corner

by Ken Rolston

Welcome to a season of change, as we toss away the lassitude of summer (good ride and await the crisp autumn air. First, we've moved to a new location for track workouts. While repairs are being made to the Van Cortlandt track, we'll be enjoying the solitude of workouts at Fieldston High School's 5-laps to a mile circuit. Feel free to join us as we prepare for the upcoming marathons and ½ marathons outlined in the race calendar.



For those of you who are running a marathon there's an interesting article from my guy Ed Eyestone in this month's Runners World. It details a simulated run of 26.2 K, roughly 16 miles, at marathon pace that was employed by Team Hanson at last years' Olympic Trials. The idea is to mimic the conditions you'll be facing on race day by matching terrain, start time and, most important, race pace after a heavy mileage week.

He suggests running this workout 5-6 weeks prior to the

marathon. Let me know if you're interested and we can incorporate this into your schedule.

### Olympics

I spent two weeks in a semistuporous state watching "The Games in August." From the stunning opening night ceremonies to the men's marathon, there was plenty of drama and disappointment to absorb. NBC's coverage is always a sticking point, especially with a 12-hour time difference. I ultimately understand the decision making that drives the ratings, but it was tremendously frustrating to stay up all night in hopes of seeing the steeplechase or the women's 10K. And I had to keep all family mouths quiet, turn off the radio and avoid the internet in order to keep the results fresh, whether it was gymnastics, volleyball or swimming. I'd like to see NBC honor the sports by showing them live and trust that most viewers will still watch the packaged prime-time product. Dream on ! But it is "neat" to be suddenly invested in sports that no one pays much attention to such as water polo, kayaking and fencing. My daughter was heavily invested in the gymnastics and we stayed up a few nights to watch Shawn Johnson and Nastia Lukin fling themselves all over the gym. No sleep for the weary but wonderful for fostering family ties.

As far as the track stuff, a few comments- Usain Bolt is for real

and I don't believe he's doing drugs either. His 100 was ridiculous and his 200 showed his fortitude. I feel badly for Tyson Gay: he's a great runner, but he never would have beaten Bolt.

Let's not forget Ethiopia's Kenenisa Bekele who won the 10,000 in 27:01 with a 53 sec last lap and then topped that with a final mile of 3:57 to win the 5,000 in 12:57. Both runs were Olympic records. Damn !

I also believe that Kenya's Sammy Wanjiru ran the greatest marathon of all time when he ran 2:06 in truly tough conditions without benefit of pacers. I was very disappointed that Ryan Hall didn't go with the lead pack because that's the only way to win Olympic Gold. His pre-race plan was to run 3:00 per kilometer which would have gotten him 2<sup>nd</sup> overall, but Hall didn't have the spring in his legs that we saw when he ran at Van Cortlandt Park several years ago or during the Olympic Trials last fall. Too bad for Deena Kastor; all that hard work goes up in smoke after 3 miles. That's what makes the Olympics such a fascinating event, though. Shalane Flanagan ran a great 10,000 for 3<sup>rd</sup> place and an American record by 12 seconds for a final time of 30:22. Her last 800 was run in 2:12 as she moved up from 5<sup>th</sup> to 3<sup>rd</sup>. Unfortunately, NBC didn't show the race until 1:30 a.m..

No American men ran the final in the men's 1500 or the



800 and only Shannon Rowbury made the final in the women's 1500, finishing 7<sup>th</sup>. Bernard Lagat got "toasted" in the 5,000 leading Michael Johnson to say that Lagat now runs like an American. Ouch ! Kudos to local steeplechaser Anthony Famiglietti who at least had the guts to take the lead with 3 laps to go before succumbing to the Kenyans. And Bronx cheers to NBC for not showing the men's 1500 in prime time. It was a great race with 7-8 guys in contention around the final turn. Rashid Ramzi of Bahrain won in 3:32 and places 3-7 were separated by just 6 tenths of a second. Bodies were strewn all over the track; it was beautiful !

A final non-Olympic bullet-biking is no substitute for running. There is simply nothing that matches the post-workout feeling of a good run. So I look forward to running with you all again. See you on the trails !

### ***Upcoming Races***

Sep 14- Queens ½ 7 AM  
 Sep 20- 5<sup>th</sup> Ave Mile 10 AM  
 Sep 21- Philadelphia ½ 7:45 AM  
 Sep 21- Yonkers Marathon/ ½ 8:30 AM  
 Sep 21- Fred Lebow 5K- Van Cortlandt Park 11:30  
 Sep 27- Front Runner's 5K, Van Cortlandt Park 11 AM  
 Sep 27- Hampton's Marathon/ ½ 8 AM  
 Sep 28- Pfalz Point Trail Challenge 10m 9 AM

Oct 4- Grete's Gallop ½ 9 AM \* Club Points Race

Oct 5- Ridgefield ½ 8:30 AM

Oct 11- Greater Hartford Marathon/1/2 9 AM

Oct 12- Chicago Marathon 8 AM

Oct 12- Staten Island ½ 9:45 AM

Oct 12- Harry Murphy 5K- Van Cortlandt 11:30 AM

Oct 12- Hudson Mohawk Marathon, Schenectady, NY 8:30 AM

Oct 12- Susannah's Run 5K- Greenwich 9 AM

Oct 12- Race for Rehab 5/10K- Valhalla 11 AM

Oct 12- Newburgh-Beacon Bridge Run 5m 11 AM

Oct 18- Pelham 5K Race 8 AM

Oct 18- Kurt Steiner 5K Van Cortlandt 11:30 AM

Oct 19- Atlantic City Marathon/ 1/2/10K 8:30 AM

Oct 19- Harry Chapin 10K Croton 12:30 PM

Oct 19- Fall Foliage Run 5K Scarsdale 2:30 PM

Oct 25- Denver Gorilla Run, 5.6 K \*\*\*

Oct 26- Marine Corps Marathon D.C 8:30 AM

Oct 26- Poland Spring 5m Central Park 8:30 AM

Nov 2- NY Marathon 10:08 AM \* Club Points Race

\*\*\* Please note, the Denver Gorilla Run will get you a full-body gorilla suit just in time for Halloween as long as you wear it in the race listed above. It just might be worth the trip! I wore one in the fall of '74 and have

since regretted not paying the \$50 to keep it.

Great for hailing cabs, too.



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## **Running, Kissing and Quaffing in Budapest**

*by Bill and Rozsa Gaston*

Rozsa and I recently returned from a pleasurable stay in Budapest, Hungary where daughter Ava attended a four-week physical therapy program at the Peto Institute.

Ava's daytime regimen allowed time for Rozsa and me to get out and see the sights of the city as well as run through some

of its delightful parks and neighborhoods. Perhaps the most scenic place to run in Budapest is on an island located smack in the middle of the river Danube, which bisects the two parts of the city (once known separately as Buda and Pest).

Margit Island -- so named after the sainted daughter of King Bela IV, the ruler of Hungary in the 13<sup>th</sup> Century -- is a car-free oasis with public gardens, pools, clay tennis courts, a small petting zoo, the ruins of St. Margit's



convent, and best yet -- a fantastic 5K running path that circles the island. Forms of transportation include bicycle carriages, golf carts and electric cars, every one of which we used when Ava accompanied us, as she is not overly fond of walking long distances. Noteworthy about the path is that it

features a single-lane, soft Mondo track surface that almost entirely ribbons the island.

After dropping Ava off at school in the mornings, Rozsa and I would head off on a fast, clean and reliable public tram (our MTA could take a few lessons) to the middle of Margit Bridge, hop off and walk over to our island paradise for a half hour run around the island, sometimes in different directions on our running path. Points of interest along the way included a children's zoo, with deer, peacocks and ponies lazily eyeballing the runners passing only three feet from their wire mesh fence. Sunbathers dotted the landscape near the head of the island and the start of the 5,000-meter path. Some of the sunbathers wore a minimum of clothing, in keeping with modern European tradition. It seemed the older the sunbather, the more likely they were to go the naturalist route, reinforcing our resolve not to take up public nude sunbathing in this lifetime. We were pleasantly surprised to see senior citizen couples nuzzling and kissing on park benches, a sight we hope to introduce soon to Van Cortlandt Park. A European tradition we



did enjoy after our runs was choosing one of several outdoor cafes at which to quaff our thirst with half liter steins of Sopron, the local brew, similar to Pilsner Urquell.




Numerous thermal springs exist under the city of Budapest, including one of which heats Margit Island's enormous pool complex, the Palatinus Strand. Bathing there is unlike a visit to any public pool in the United States. It was akin to lounging at the summer palace of one of the Hapsburg emperors of the 19<sup>th</sup> century, replete with hot and warm pools, fountains and Renaissance statues under stately cypress trees, water slides, outdoor massage facilities and delicious sausages and palacinta (thin, rolled pancakes stuffed with various sweet or savory surprises).

In 1251 Margit herself was only nine years old when her fa-

ther, King Bela IV, consecrated her to the convent on the island, known at that time as Rabbit's Island, due to their abundance. Her father had sworn he would give his daughter to God's service in return for the Turks withdrawing from Hungary. It didn't happen until one hundred fifty years later, but Margit grew up to become an accomplished archi-

vist and one of the first Hungarians to form a library. She died on the island at the age of 29 from tuberculosis and was recommended for sainthood shortly thereafter. We can say with certainty that she deserves sainthood for leaving the world with such a lovely park. We plan to be back there again next summer, running, kissing and quaffing

cold drinks while enjoying the peaceful pleasures of one of Budapest's most delightful spots.



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# The Powerbar 3-Peaks Yacht Race

by Kevin Shelton-Smith



*Just* how do yachts race up peaks? I've explained this to several people, and by the time folks get interested, they are confused because they didn't pay attention early on. So please pay attention:

The Powerbar 3 Peaks Yacht Race starts in Barmouth, Wales with a yacht and a team of 5. The team has to sail round the northwest tip of Wales-to-Caernarvon. Regardless of what time you arrive, 2 of the team with full rucsacs then run inland and up Mt. Snowdon, Wales' highest mountain, and back to the boat. Next, they sail on to Whitehaven, England, where 2 of the team bicycle inland for 18 miles, dump the bikes, run over a mountain ridge to the next valley and then up Scafell Pike, England's highest mountain. They then run and bicycle back to the boat. The last leg is to sail to Fort William in Scotland, then dump 2 runners who run up Ben Nevis, Scotland's highest mountain. The first team back to the harbor is the winner. Now for some rules: no engines (row if there's no wind); if the tide is out and you can't get into harbor, too bad; yachts can send any 2 of the team up the mountains (my team decided Mervyn and I should do them all); the clock never stops; sleep when you

can, if you can. All told, this race of 389 miles of sailing, 36 miles of cycling and 72 miles of running with 14,000' of climb was going to take four to seven days.

Our boat, the 35 foot Whisky Galore, didn't promise great sailing speeds. We set off at 4pm on Saturday, June 28th; Welsh crowds gathered



**The race begins**

to see the flotilla of 23 boats away. After 11 hours on turbulent seas, we reached Caernarvon, where we jumped onto the jetty in the dark and headed towards Mt. Snowdon. After running nine miles the wrong way, we crossed a ridge and found ourselves where we should have been. Then the push up 3400-plus feet began. The checkpoint was an electronic punch we had to swipe with our chips. We'd raced up the mountainside in 1:35 and come down in just 40 minutes, but having already run more than a marathon (on an empty stomach due to seasickness), all speed ended as we gutted out the last 8 miles. It was now 10:30 Sunday.

We jumped aboard and almost immediately the sun came out for our trip through the Menai Straits. My wife Trina called to say she was tracking our progress on the internet and gave us the positions of our competition. I'd gotten my sea legs by now and we raced through stormy waters to England's Lake District. We arrived at



**Rounding the tip of Wales**





**The early leader**

Whitehaven at 1am, just too late for the tide to let us into the harbor. Stuck on the sand, the boat gently settled on its side and with no other option, we got 4 hours rest.

Friends had brought our bicycles, and as when got ashore we rode off towards the Lakes. We dumped the bikes at a youth hostel and ran through the forest, up 1800' to the next checkpoint and then up the fern-sided slopes to 3210' Scafell Pike. Again the summit was cold, windy, cloudy and quite treacherous. We swiped in and my eyes were a watery blur as we made our way back down the trail. Overall, we set the second fastest time for this stage, finishing in 8 hrs 55 mins. It was now 3pm Monday.



**Racing on the Irish Sea**

Despite our efforts, we didn't make the tide and the teams behind us soon ran in, to sail out later alongside us, which set up an interesting final leg as 4 boats jostled for position to Scotland. Tuesday became a long day, mostly sailing in view of Ireland, Scotland and the Isle of Mann with the boat surfing and submarining. Four yachts docked by the Caledonian Canal entrance almost together. We weren't going to damage Whisky Galore in a fight and set-

tled for last with the crew happy to leave it up to Merv and me to overhaul the others on the mountain. After several miles, we hit the mountain proper and stormed up, catching those ahead before the main climb. As we crested to the plateau at 4300', we entered the cloud again. The wind chill was freezing my face as we crossed the ever-



**Merv running up Ben Nevis**

present snowfields. This was the last summit, the highest mountain in the British Isles. We got off quickly, to stay alive. We ran vertically down off the edge, rocks sliding as we went. Suddenly, the 2 teams just behind flashed by and were gone. Amazing! We got back to the boat in 3 hrs 59 mins on this shorter leg, ecstatic not to have finished in last place. Now we could just sit back and enjoy the scenery and the gentility of boats at their best – moored to land!



**Finally done**

# Race Reports

## Timberman Half-Ironman Tri

by Tami Lubby

*I*t's amazing how well you can do if you just listen to the coaches.

I was not feeling sparkly going into Timberman 2008. I was not able to devote as much time to training this summer as last, when I did this tri for the first time.

When I told my coach, Earl, the Friday before the race that I didn't feel any stronger than last year, he said I'm certainly smarter this year (and he'd bet I was stronger too). So we agreed on a race plan that would aim to correct the mistakes that slowed me down last year.

On race morning, we woke up early so we could park on site. Got there in plenty of time. Ate my bagel with peanut butter and a banana and set up my transition area..



### The Swim: 1.2 miles

2008 actual: 46:30

2008 goal: 50

2007 actual: 50:23

I was in a late wave. My main flaw last year was stopping constantly to sight so I wouldn't go off-course. Earl told me to sight only every 15-20 strokes and try to pay more attention to the crowd, which would keep me on course. I kept that in mind as I swam so I probably sighted every 10 or so strokes. I felt slow and felt the boys in the next wave pass me, but just kept telling myself to stretch out in the water. I was stunned when my watch read 46:30 as I exited the water.

Transition time :4:13

### The Bike: 56 miles

2008 actual: 3:35:26

2008 goal: 3:45

2007 actual: 3:43:39

This was my downfall last year. I was so obsessed with time last year and really wanted to do 3:30. I made it to the halfway mark in 1:45 but then collapsed. I had terrible back pain and wanted to quit when I got back to transition.

This year, I have a new bike with a better fit that addressed last year's back problems. I also got race tires. Earl told me to focus on keeping a 90+ cadence, so that's what I did. I once again made it to Mile 28 in 1:45. On my way back, I didn't look at time or speed, just kept up my cadence. I felt really slow but

didn't care. When I got to the hills, I was actually happy since it meant I was near the end of the course. On my way back to transition, I felt strong and actually passed a few people in those final three miles. Still, I was amazed that it took me only 3:35.



Transition time: 3:41

### The Run: 13.1 miles

2008 actual: 2:11:47

2008 goal: 2:10-2:15

2007 actual: 2:16:30

This is the one area where I felt I could improve over last year. For the first few miles, I focused on keeping a 9:30 pace, though Earl had told me I should aim for 10. Unfortunately, at about mile 5, my back stiffened and I was in a lot of pain.

The final three miles were pretty tough but I stayed focused on a runner ahead of me who had encouraged me up the final hill. I saw Cliff (my brick run partner during Jersey practices) ahead of me with about a mile to go. I told him we should run in together as we had in training. I was surprised that my overall pace was 10:04 since I'd been way below 10 for the first loop, but I



couldn't complain too much since 2:11 is only 13 min off my half-marathon PR.

## Ocean To Sound Relay

Sunday Sept 7  
Long Island

*by David King*

**I** wasn't looking forward to running the Ocean to Sound Relay, mainly because I had badly twisted my left ankle on a run in June, missed 5 weeks of running and had only done one workout in two and a half months longer than the leg I was to run. That idea was reinforced as I awoke at 4 a.m. on a Sunday, a day that I normally "sleep-in." But I had volunteered and the seven other VCTC members were counting on me to show and run.

The team was composed of (in order of running) Tami Luhby, Steve Park, Kyle Hall, myself, David Isaac, Michelle Conley, Dick Conley and Susan Epstein. We met at the VC tennis courts at 6:15 a.m. and were off to the races.

At 8 o'clock sharp, Tami set off on her journey of 6.4 miles on a fairly flat bike path in Seaford, L.I. She ran much faster than she had expected, so our team got off on the "right foot." At 57:43 into

the race, she handed off to Steve Park.

Steve ran 6 miles through the streets of southern L.I., just as the sun was getting strong and the temperature was rising. He handed off to Kyle in a small park somewhere north of Sunrise Highway, racing through in 45:23. It was impossible to tell where we were team-wise, because a large number of slower teams had started an hour early, so as not to be forgotten at the finish, many hours in the future.

Kyle ran a leg that wound through local streets and along another bike path, with several rolling hills. He handed off to me at a local school parking lot, having run 38:37 for 6.4 miles. Both Kyle and Steve had passed numerous teams in their journeys.

My leg was described as "rolling hills with a steep down at the end." It should be mandatory that anyone describing these courses run what they are detailing. After a short downhill and flat, my course turned up and didn't relent for 2 miles. It just kept going up. After another long incline, I finally reached that down section. I did get a second wind, but it was too late in the race. I handed off to David Isaac at yet another school parking lot, having run a mediocre 41:36 for 5.7 miles.

David's leg started with a steep uphill, then long downhill, followed by ups and downs most of the way. The sun was hot by now,

and our support team tried to supply liquids when needed. When David handed off to Michelle Conley, he had run 49:56 for 6.4 miles.

Michelle had a winding, hilly (I never knew Long Island had so many hills) course that seemed never-ending, finally finishing up near Oyster Bay. She ran a fantastic 51:14 for 5.7 miles. She handed off to dad, Dick, who had a tough 6.8 mile leg. The roads were narrow and hilly (of course) and traffic was building in the now-Sunday afternoon.

Dick handed off to Susan Epstein, after running 52:16, just north of Syosset High. He continued his marathon training, running most of the next leg with Susan. The final leg was the flattest since Tami's opener, but it was 6.8 miles long and the roads were tight and well-travelled.

Susan came through for us in 69:39, for a total time of 6 hours, 46 minutes, 20 seconds. That was good for 44<sup>th</sup> place in the mens' division (since we only had three women, we were not allowed to be a coed team) out of 119 teams. We were all famished at race-end. so thoroughly enjoyed a very pleasant post-race cookout: burgers, hot dogs, fruit, veggies soda and a locally-brewed beer.

The drive home was a heavy anti-climax after a long day of pleasant surprises. But the seed of doing other road relays had been planted in our minds.



## Revisiting The Vermont 100

by Firdaus Dotiwala

In preparation for my return to the Vermont 100 Mile Race, I had asked my fiancée Azita, Bette Clark and Gary Spalter to crew for me. Friend Mike Oliva had agreed to pace me for the last 30 miles of the race. So my 'Dream Team' was ready for the journey. On July 18, Gary, Azita, Mike and I drove to Windsor, Vermont. We met Bette there. The forecast for the race was temperatures in the high 90's, with very high humidity. The next morning we awoke at 3 am, dressed and got to the start line for a last minute briefing. At 4 am the race director sent me on my way. I asked God for a little help and a little luck and off I went.

Part-I – Start to mile 21, where I was to meet up with the crew for the first time. I started off very cold. Even though the temperature was in the 70's, the humidity was high and there was a mist in the air. No matter how hard I tried I could not get my core temperature to a comfortable level. At about mile 4 I stepped on a rock and my left heel slipped backwards while I was in a forward motion and my knee just locked in that position

sending this sharp pain through my leg. This would continue to bother me throughout the race. When I reached mile 15, I started to feel a bit better and knew I was a short distance from the aid station. Once I met my crew, I would be ok.

Part-II – Mile 21 to Mile 70. After I left the aid station I finally started to get my rhythm going. I felt better and better and as I passed aid stations and ate more and hydrated more. During the latter part of the evening it started to rain. This helped with the humidity but proved to be a double edge sword. I got chafing, and it was bad. When I reached the 47-mile aid station, the lead runners passed by, 23 miles ahead of me. Though a bit demoralized, I continued on. My legs were getting painful and felt heavy but I was making decent time. I ran into the mile 70 aid station and just flopped into the chair. I knew it was going to be a struggle to the finish.

Part-III – Mile 70 to Finish. Mike joined me and stayed with me all the way to the finish. He tried very hard to get me to run, but my body just would not respond. Bette joined Mike at a certain point of the race and she kept me entertained all the way. Eleven miles from the finish Bette gave way to Azita who had decided she would like to start her running career at mile 89 of the Vermont 100! But by that time I was relegated to a walk.

So Azita joined Mike and me and we started the last push to the finish. Once I realized that I would not make the sub-24 hour cutoff, my body was done. We got to mile 99 and someone had sketched out '1 mile to go' on one of the trail markers. I looked at my watch and saw that I was at 28 hours and 48 minutes and I decided to push to finish under 29 hours. I came to the last turn and saw the beautiful sight of the finish line and just practically lunged for it. My final finish time 28:59:14! A small victory emotionally in an otherwise disappointing finish time.

As I write this, I have two very bad blisters, sore legs, a painful knee and yet I am extremely happy. As many of you know, I am now living in Florida. I came to NY with one suitcase and \$100 in my pocket and today I am blessed with so much more in every way imaginable. One thing is for sure: no matter where I go, this club and its memories will go with me forever.

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### **Marathon race-day tips:**

*"For the first ten miles hold back. Feel like someone has a leash on you. If you still feel good at 10, pick it up a bit."*-Ramon Bermo, Team In Training coach.

*"Don't fall victim to all the 'hype' on race-day. Relax, do a good warm-up and don't decide to run faster than your original race plans."*-David King, VCTC

# RACE RESULTS

Event/Time	Name	Age	Award
[F=female M=male]			
<b>Summer Speed Series 5K #1</b>			
May 22, 2008			
Van Cortlandt Park			
20:03	Neil Leibowitz	33	
21:37	Firdaus Dotiwala	39	
22:09	Tony Thoman	45	
24:08	Allan Ludgate	41	
24:13	Rachel Gissinger	32	
25:35	Jill Staats	56	1st F 50-59
25:39	Andrea Farrell	37	3rd F 30-39
25:42	Iman Re	26	1st F 20-29
25:44	Shelly Ann Stewart	33	
26:05	Kate Donovan	49	2nd F 40-49
26:27	Katherine Callan	46	3rd F 40-49
27:04	Margaret Nolan	48	
28:12	Jean Harkins	37	
29:00	Rozsa Gaston	50	
30:00	Bill Smith	63	3rd M 60-69
32:21	Ira Bowles	53	
35:21	Susan Epstein	65	2nd F 60-69

## Summer Speed Series 5K #2

June 5, 2008

Van Cortlandt Park

18:43	Kevin Shelton-Smith	48	1st M 40-49
20:00	Neil Leibowitz	33	
20:59	James Harkins	43	
21:54	Tony Thoman	45	
23:52	Rachel Gissinger	32	1st F 30-39
24:23	Dominc Lombardo	42	
24:58	Shirley Middleton	54	1st F 50-59
25:16	Michael Holmes	33	
25:50	Arnold Gore	67	2nd M 60-69
26:09	Shelly-Ann Stewart	33	
26:47	Margaret Nolan	48	3rd F 40-49
26:55	Katherine Callan	46	
27:01	Jean Harkins	37	3rd F 30-39
27:42	Kate Donovan	49	
28:15	Michelle Conley	20	
28:25	:Lou Netter	33	
29:28	Rozsa Gaston	50	3rd F 50-59
29:49	Bill Smith	63	

## Corporate Challenge 3.5M

June 18, 2008

Central Park

25:26 Dick Conley M53

## Summer Speed Series 5K #3

June 19, 2008

Van Cortlandt Park

18:28	Kyle M. Hall	30	1st M 30-39
18:45	Kevin Shelton-Smith	48	1st M 40-49
20:19	Neil Leibowitz	33	3rd M 30-39
21:37	Tony Thoman	45	
21:44	Firdaus Dotiwala	39	
23:39	Rachel Gissinger	32	1st F 30-39
25:08	Jill Staats	56	1st F 50-59
25:37	Shelly-Ann Stewart	33	
25:46	Kate Donovan	50	2nd F 50-59
25:57	Michael Holmes	33	
26:00	Katherine Callan	46	3rd F 40-49
29:04	Bill Smith	63	
36:05	Susan Epstein	65	1st F 60-69

## Sunset Classic 5M

June 26, 2008

Bloomfield, N.J.

37:47 Tony Thoman M45

## Martin Delvin 5K

July 4, 2008

Poultney, Vt.

21:13 Dick Conley 53 2nd M 50-59

## Media Challenge 3.5M

July 10, 2008

Central Park

21:49 Peter Coy M50 2nd M 50-59

## Naples-New York Park to Park 10K

July 13, 2008

51:05	David Isaac	M45
52:46	Margaret R Nolan	F48
56:08	Edward James	M61
58:42	Ivan Ragoonanan	M62
1:01:47	Edith Jones	F68
1:23:54	Ramon Minaya	M68
1:24:50	Luis Colon	M53

## Prospect Park 5K

July 16, 2008

24:02	Arnie Gore	67	1st M 60-69
31:54	Susan Epstein	65	1st F 60-69

**Summer Speed Series 5K #5**

July 17, 2008

Van Cortlandt Park

19:07	Chris Eckstrom	42	2nd M 40-49
20:37	Lou Csak	42	3rd M 40-49
20:44	James Harkins	44	
21:22	Neil Leibowitz	33	3rd M 30-39
22:21	Tony Thoman	45	
23:19	Rachel Kimber	27	
24:13	Rachel Gissinger	32	2nd F 30-39
25:27	Michael Holmes	33	
26:05	Kate Donovan	50	1st F 50-59
27:26	Margaret Nolan	48	2nd F 40-49
27:48	Rachel Isaac	15	3rd F 15-19
27:49	David Isaac	45	
31:38	Eddie Crawford	64	2nd M 60-69
36:51	Susan Epstein	65	2nd F 60-69

**Run for Central Park 4M**

July 19, 2008

31:03	Arnold L Gore	M67
33:03	Shirley Middleton	F54
33:06	James Moloney Jr	M45
34:07	Edward James	M62
37:48	Adrian Hunte Smith	F54
39:24	Josephine King	F53
40:17	Leo Chun	M52
41:08	Gilda L Serrano	F59
48:18	Ramon Minaya	M68

**NYC Half-Marathon**

July 27, 2008

Central Park to Battery Park

1:56:25	David Isaac	M45
1:58:07	Tami Luhby	F37
1:58:17	Dawn Netter	F37
2:04:54	Ivan Ragoonanan	M62
2:16:13	Louis Netter	M33

**Strong Island Rookie Triathlon**

July 27, 2008

Old Westbury, N.Y.

1:10:04	Elsa Rojas	1st F 55-59
6:14	300Y swim	
42:27	8M bike	
17:43	2M run	

**Summer Speed Series 5K #6**

July 31, 2008

Van Cortlandt Park

18:46	Chris Eckstrom	42	2nd M 40-49
18:55	Kyle Hall	30	1st M 30-39
21:19	Neil Leibowitz	33	3rd M 30-39
21:53	Firdaus Dotiwala	39	
22:00	Tony Thoman	45	
25:59	Jill Staats	56	1st F 50-59
26:46	Margaret Nolan	48	2nd F 40-49
26:59	Bette Clark	52	3rd F 50-59
27:43	Rachel Isaac	15	
28:39	Jean Harkins	37	
29:28	Harrison Isaac	10	
29:30	David Isaac	45	
34:53	Gary Spalter	55	

**NYRRC Club Team Championship 5M, Men**

Aug. 16, 2008

29:20	Kevin Shelton-Smith	M48
29:26	Kyle Hall	M30
29:41	Chris Ekstrom	M42
35:26	Steven Park	M41
35:56	David C King	M58
37:11	Richard P Conley	M53
39:11	Zafar Shahbaz	M51
48:12	Bill Smith	M63
1:02:10	Ramon Minaya	M68

**NYRRC Club Team Championship 5M, Women**

Aug. 16, 2008

37:30	Rachel Kimber	F27
39:17	Kathryn A Donovan	F50
40:14	Shirley Middleton	F54
40:28	Shelly-Ann Stewart	F34
40:42	Jill Staats	F56
41:08	Elsa M. Rojas	F56
41:16	Margaret R Nolan	F48
41:42	Bette Clark	F52
45:23	Adrian Hunte Smith	F54
46:01	Josephine King	F53
46:42	Wanda Bills	F47
50:29	Edith Jones	F68

**Beach to Beacon 10K**

Aug. 2, 2008

Cape Elizabeth, Maine

45:38	Dick Conley	M53
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**Corporate Challenge 3.5M**

Aug. 6, 2008

Central Park

21:29 Peter Coy M501

**Summer Speed Series 5K #7**

Aug. 14, 2008

Van Cortlandt Park

18:45	Chris Ekstrom	42	3rd M 40-49
20:24	Neil Leibowitz	33	3rd M 30-39
22:43	Steve Park	41	
23:04	Dick Conley	53	2nd M 50-59
24:05	Dominic Lombardo	41	
24:39	Rachel Gissinger	32	3rd F 30-39
24:43	Michael Holmes	33	
25:31	Shirley Middleton	54	1st F 50-59
25:31	Zafar Shahbaz	51	
25:39	Kate Donovan	50	
26:21	Arnold Gore	67	1st F 60-69
26:57	Jill Staats	56	2nd F 50-59
26:58	Katherine Callan	46	3rd F 40-49
27:26	Margaret Nolan	48	
27:56	Jean Harkins	37	
36:36	Ann McKeague	67	2nd F 60-69
36:55	Susan Epstein	65	3rd F 60-69

**Henry Isola XC Classic 4M**

Aug. 31, 2008

Van Cortlandt Park

32:31	Kathryn A Donovan	F50 1st F 50-59
36:49	Edward James	M62
37:40	Frank J Lindsay	M51

**Fitness Games 4M, Men**

Sept. 6, 2008

34:48	Edward James	M62
36:42	Ivan Ragoonanan	M62

**Fitness Games 4M, Women**

Sept. 6, 2008

31:01	Kathryn A Donovan	F50
32:27	Shirley Middleton	F54
32:49	Rachel Kimber	F27
33:37	Jill Staats	F56
41:50	Susan R Epstein	F65
44:50	Edith Jones	F68

**Ocean to Sound 50M Relay**

Sept. 7, 2008

Seaside to Oyster Bay, N.Y.

57:43 Tami Luhby 6.4 miles

45:23	Steve Park	6 miles
38:37	Kyle Hall	6.4 miles
41:36	David King	5.7 miles
49:56	David Isaac	6.4 miles
51:14	Michelle Conley	5.7 miles
52:16	Dick Conley	6.8 miles
69:39	Susan Epstein	6.8 miles
6hrs 46 mins 20 secs		44th of 119 teams

**CORRECTION****Hawthorne Run Against Domestic Violence 5K**

Hawthorne, N.J., June 22

18:43 Peter Coy M501st M 50-59

**Club-Team Championship, Aug 16**

## 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](http://www.vctc.org)
- Please e-mail Kevin Shelton-Smith 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 Fieldston School track; Saturdays at 8 a.m. (meet at handball courts at 242nd St and Broadway).**

**Dates for club meetings are: Saturdays; Oct 11, Nov 8, Dec 13.**

The newsletter is published bi-monthly. We welcome all contributions. Deadline for the November/December issue is October 25th. ***Maximum length is 600 words.*** Please e-mail to: [kingkvd@optonline.net](mailto:kingkvd@optonline.net). Please try to include a photo.

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

***★ While the track at Van Cortlandt Stadium is being resurfaced, our Tuesday night track workouts are being held at The Fieldston School track at 238th St and Riverdale Ave. 7p.m.***

***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

e-mail [wrrunner@aol.com](mailto:wrrunner@aol.com)

fax: 914-949-4166

**RUNNING/WALKING/FITNESS/CYCLING SHOES**

New Balance-Saucony-Nike-Brooks-Mizuno-Asics-Teva-Adidas-Puma-Montrail-Rebok-Avia-K-Swiss-Dansko

**RUNNING AND FITNESS WEAR**

RONO-Nike-Moving Comfort-BOA

New Balance-Asics-Hind-Dolfin

Helly Hansen-Sugoi-Insport-Sporthill

Pearl Izuma-Hot Chillys-Duofold-deSoto

Hind-Giordana-Pearl Izuma-Sugio

Champion-Danskin-Sporteze

**SWIM WEAR & TRIATHLON GEAR**

TYR-Speedo-Hind-O'Neill-Ultra Swim

Barracuda-Dolphin-Ironman-US Divers

**CYCLING WEAR**

Discipline Marketing-Brooks-Race-Ready

**EYEWEAR**

Oakley-Rudy Project

**ACCESSORIES**

Baby Jogger-Free Style-Sorbothane-Spenco-Thorio-Ogio-Jog-a-lite-TuneBelt-Wigwam-Tulis-Croakies-Sedcond  
Wind-

Shoo Goo-Viscoheel-Polar HRM-Sportslick-Bodyglide-Cho-Pat-Nip Guards-Powerstep-Smart Wool-Defect

**NUTRITION**

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



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*Van Cortlandt Track Club*

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