

Van Cortlandt Track Club newsletter

Marathon Fever



America is shaken up right now. The Bush Administration is heading out and President-elect Obama is coming in with a promise of change. Banks are merging. Stocks are dropping. Companies are tightening budgets and the United States is trying to improve its image among world nations.

People are shaken up, too, and this time demands that each of us examine our goals, relationships and priorities to ensure we are protected, content and well-positioned for the future. In such times of change and uncertainty, running can provide a sense of security and escape.

This fall, dozens of members took on the challenge of the marathon, a distance that tests one's conditioning, desire and willingness to withstand and even go past discomfort and pain. Others provided encouragement from the sidelines. Whatever the vantage point, running can provide meaning in the good times and the bad. Running is there as a spur, an anchor, to center one in the storms and to guide us forward in the journey.

For complete coverage of fall marathons, see Race Reports on page 6.

Dinner Before Another Play at the Manhattan Theatre Company

By Diana Cecil

On a recent Thursday evening, I was having a pre-theatre dinner at Rosie O'Grady's. At the table to our left were three and a half people: two women, one man and an adorable little girl who was about two. The little girl was making some noise but was not obnoxious. The woman seemed not too interested but the man and the older woman were. After the child ran around the table a few times, the man decided it was enough. He caught up with her, put on her sweater; this was all happening right next to our table. My theatre friend Michele asked the child to give

her a high five and she did so willingly. The man, obviously her father, said they'd just arrived from London and she was probably a bit tired. I asked him if he were running the Marathon. He said he'd run in the past but was not running this year – his wife was. He and the little girl left, leaving the two women behind.

Soon afterwards, the two women got up to leave. As they were passing our table I mentioned to the woman that her husband said she was running New York and I wished her well. I asked if she had run it before and she said yes in 2004 and 2007 at which point the other woman said, "She's a world class

runner." (The younger woman didn't like that and gave her a slight poke.) So I said, "Terrific - what's your name?"

The woman replied, "Paula." Mind you I was sitting down looking up at them. I said rather sheepishly, "Paula Radcliffe?"

She said yes.

After my brain stumbled around and my mouth mumbled a few unintelligible words, I was aware enough to request an autograph at which point she pulled out a signed postcard with her accomplishments on the back. I'll bring it for a *show and tell* at the next meeting.

So about the play: I fell asleep during the first act and left at intermission.

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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

Just a quick note to reflect on the experience of being at our VCTC table dur-



ing this year's New York City Marathon. Despite the slight tinge of regret I felt at not running past the table myself, being able to cheer runners from our special vantage point in the Bronx was truly exhilarating—and inspiring.

Yes, it's extraordinary to watch the elite runners whiz by, but for me it's equally exhilarating to watch the middle-of-the-pack runners struggle to get to mile 21 and beyond; the runners who run for their own time, who run to meet personal goals and challenges, many for the first time. Our VCTC runners—more than 20 strong this year—also reflected the varied ways to run a marathon, from those aiming to break 2;30 to those who are able to finish in 7 hours, from those qualifying for Boston, to those who run their personal bests or complete their first marathons. Congratulations to all of you!!

What is truly special about our club, so well suited to its

home in the Bronx, is that there is a place for everyone—and that diversity, in running speed, in age, in experience, in so many other ways is appreciated and supported, not only in our group, but in the NYC Marathon itself.

Though I have only run 4 marathons (2 NYC, 2 Boston), I know that the NYC Marathon is unique among big city marathons, just as NYC is unique among big cities. Where else do you run through such varied neighborhoods, and where else can you hear people cheer in Italian, Hebrew, Norwegian, French, Spanish, along the sidelines? And by VCTC members and friends!

Being a part of the VCTC support crew is so wonderful, not only because of the pride we all feel when a VCTC runner goes by our table, but also because of how we work as a team: from our intrepid coach who not only woke up at the crack of dawn to bring runners to the start but then fed us all with sandwiches, to “the best husband a runner could have,” (to quote from a T-shirt seen outside the marathon expo this year) who took another carload to Staten Island, to those who brought bags of left over Halloween candy, to the many who cheered until they were hoarse and stayed out there for more than 5 hours. But of course, being transported, fed, and cheered is something that our team does for us so much of the

time, not to speak of the training and encouraging that goes on in support of people who are striving to make their own personal goals, whether in a marathon, or a 5K.

Thank you all runners, and cheerers alike, for making this another memorable NYC Marathon weekend. Next year I hope we have even more VCTCers on both sides of the table!!

Now on to regular club business. Please mark your calendars for Saturday, December 13th when we will hold our annual Membership meeting. If you can only get to one meeting a year, this is the one to make, especially new members, as we disclose what our Executive Committee members really do and nominate new members for Committee as well as Board positions. Come and let us know what you would like to see happen in the club next year. We will make this a special breakfast meeting (details to be announced).

Also, our Annual Awards Dinner is coming up on January 17. Now is the time to volunteer to help our Social Director make this event even more successful than last year. Before this big bash, we will have a chance to assemble and eat heartily in our annual post-Pete McCardle party on November 30. In between all these social events, I hope you all have time to do some fast running as colder weather approaches!!

Coach's Corner

by Ken Rolston

Congratulations to all marathoners on their magnificent efforts in New York



and elsewhere. Mike Arnstein set a new club record with his sensational 2:31.48. That was his 2nd PR in 2 months: last month he ran 2:32.34 in Toronto! And, by the way, between the two marathons he managed to squeeze in The Hawaii Ironman.

All the work that went into preparing for a marathon should reap benefits to you in some of the races mentioned below, notably the Pete McArdle 15K scheduled for November 30th on our home turf. The race will also help those who are preparing for winter half marathons. We will be continuing track workouts throughout November at Fieldston High School. We may even continue into December if the weather holds up.

There's a very interesting article in the November 2nd issue of *Play Magazine* which is a NY Times Sunday Supplement. The article entitled, "Phys Ed: Stretching: The Truth" discusses a new way of approaching the

warm-up prior to our runs. The article trashes the regimen of pre-run stretching that many of us hold near and dear, such as the 30-second static touch-the-toes stretch. In fact such stretches may actually weaken the muscles we're trying to warm up. A better way is to jog very slowly for 5 to 10 minutes and then try some odd-looking exercises detailed in the article. I'll be happy to send along a copy to you.

The final NYRR Club race this year is the Joe Kleinerman 10K on Dec 7th. Our splendid Women of a Certain Age are currently in 5th place just a few points out of 3rd. Who knows, perhaps a trip to the podium on NYRR awards night awaits.

Speaking of splendid performances, Haile Gebrselassie set his 19th world record in September when he ran The Berlin Marathon in 2:03.59. How low can it go? There is speculation that the 2 hour mark will be broken in 2015. We shall see!

Upcoming Races

Sat 11/15- 8 AM- 60K- Central Park

Sun 11/16-10 AM- 4 mile- Central Park

Sat 11/22- 1 PM- 10K- Hastings Turkey Trot

Sat 11/22- 9 AM- 10K- Nyack Hospital 10K

Sun 11/23- 8 AM- 26.2- Philadelphia Marathon

Sun 11/23- 10 AM- 5 mile- Mamaroneck Turkey Trot

Sun 11/23- 1:30 PM- 2.5 mile- Irvington Turkey Trot

Thu 11/27- 8:30 AM- 5 mile- Rockland Lake Turkey Trot

Thu 11/27- 10 AM- 4.7 mile- Manchester Road Race

Thu 11/27- 9 AM- 5 mile- Prospect Park Turkey Trot, Brooklyn

Sat 11/29- 9 AM- 5K- Bedford Turkey Trot

Sat 11/29- 10 AM- 5K- Rye Turkey Trot

Sat 11/29- 9 AM- 2.5 mile- Bronxville Turkey Trot

Sat 11/29- Noon- 3 mile- Rockland Alumni 3 m race, Bear Mountain

Sun 11/30- 11 AM- 15K- Pete McArdle XC- Van Cortlandt Park

Sat 12/6- 10 AM- 3 mile- X-C relays- Blue Mountain, Peekskill

Sun 12/7- 8:30 AM-10K- Joe Kleinerman 10K-Central Park *

Sun 12/7- 11 AM- 3 x 2 mile Couples Relay- Blue Mountain, Peekskill

Sun 12/7- 9 AM- 3 mile- Jingle Bell Jog- Greenwich, Ct

Sat 12/13- 8:30 AM- 4 mile- Holiday 4m- Central Park

Sat 12/13- 9 AM- 5K- HoHoHo Holiday run- Bethpage

Sat 12/20- 8:30 AM- 15K- Hot Chocolate 15K- Central Park

Sun 12/28- 9 AM- 5K- Run for CJ- Stamford, CT

Wed 12/31- Midnight- 4 mile- Midnight Run- Central Park

** denotes NYRR Club points race*

Important Membership Issues

by Kevin Shelton-Smith

In my new capacity as Membership Director, I've been tidying up the contact list. If you have e-mail and haven't had an e-mail from me then I don't have your details so please write to me at ksheltonsmith@msn.com. In the New Year we plan to send a directory of all members to everyone, so if your address or phone numbers have changed please let me know. I'll e-mail it to all first so that you can check your details before we publish.

At the October Club meeting questions were asked about membership benefits. It transpired that in the past some have been confused. Membership dues are payable at the beginning of the year, not the end. There are folks who paid their 2007 dues at the Jan 2008 Annual Awards Dinner. Bette and the Board were clear, this is no good. To receive a discount for the Jan 2009 Annual Awards Dinner, you

must have paid your 2009 dues in advance – how else can we budget? Currently there are nearly 40 members who have not paid this year's dues. I'll be writing to all concerned so that they know.

Finally, I'm compiling a record of members' PRs. Admittedly, these could have been many years ago for some, but that doesn't make them any less valued or interesting. I think we can appreciate someone who in youth set some lightning pace, or is running surprisingly well even now compared to yesteryear. We have folks in their 40s and 50s still setting PRs. I'd love to know how fast Arnie was in his youth. More so, how can we applaud new PRs if we can't know when records are broken? Ultimately it might be worth including Age Graded PRs, which keep life interesting for all. It would be nice to mention new PRs in the Newsletter too. Also, I'm looking for PRs on the VCP 5k and 15k courses, and these may be more recent for many of us. So don't be shy, please help me to fill our records up. I'd also like to com-

pile a list of Club Records, which we can keep on the web-site after appearing in the Newsletter. If you know of any candidates, let me know.

Dave tells me ink is money so I'll leave it there for now. Please do write back on all the above.

RENEW

**Membership dues for
2009 are now due:**

**\$35 Single
\$40 Family**

send to:

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Bronx, N.Y. 10471

SAVE THE DATE

**The Annual
Awards Dinner is
set for Saturday,
January 17th**

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Race Reports

Hamptons Marathon

September 28

Three is the Magic Number

by Sarah Baglio

This is the story of a journey of three great friends brought together by a love of running and the need for a quiet, out of the way fall marathon. The Hamptons Marathon was all that we could have hoped for.

Our journey began a little more than three years ago when JoAnn Pate talked me into running the New York City marathon with her. The Hamptons was our third marathon together and, as always, while we ran step for step; as one. When Katherine joined our training team this summer, she was another kindred spirit to share the road with and her experience, perseverance, and easy running style was invaluable to our summer of training. While I was in the Berkshires, JoAnn and Katherine ran together all over the city. We texted each other our daily distances and called each other for support.



Triumvirate Katherine, Sarah and JoAnn

(continued next page)



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Marathon eve the forecast was for rain, heavy at times, and possible thunderstorms. "It is what it is," we told ourselves. We laid out our clothes and knew there was no turning back; our bodies would know what to do. We arrived at the race at 7:15 for an 8 a.m. start. At that point, I was not sure that I could run a mile let alone a marathon but I knew with JoAnn at my side I could do anything. Our goal pace was 10:45/mile, decided by consensus. JoAnn wanted to go faster and I was terrified. We started with a 10:30 pace and continued from there. But my Garmin kept giving us readings of 9:45, 9:30 ..

"Slow down JoAnn, hold back," I told her. She looked at me and said, "Are you trying to kill us? You are supposed to be keeping our pace!" I felt great and so did she. Almost all of our miles were 10:30s or below. Along the way, we ran by the ocean, farms, incredible homes, and on a dirt road. The views were spectacular. The rain did come as did the wind but still we kept it up. At mile 23 I told JoAnn to go on ahead; if she thought she could do 10 minute miles to the finish she could run a 4:45. She finished 1:30 ahead of me. We both achieved PR's. Katherine ran a great race with the mantra, "As I run, I'm getting stronger and stronger." She did and placed third in her age group. After the race I happily sat on a mountain of ice for about 20 minutes. Katherine and I went to the post race party at a tennis club in Montauk. Later we sipped wine and enjoyed a lovely dinner. The next day we got massages at a swanky spa. When you're in the Hamptons, what could be bad? [W].

We all know the marathon is not just about the finish but about the training and dedication. This year, for Katherine, JoAnn, and me it was about the support and love of a good team. A third marathon and a great friendship forged among three runners—three truly is the magic number.

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

NUTRITION

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

Chicago Marathon

October 12

by Rachel Kimber

I slept! I can't believe I slept a full 7 hours the night before my first marathon. I practically jumped into my carefully laid out marathon outfit: shorts, VCTC singlet, special socks and speedy sneakers. Because the weather was warm, I left the gloves behind and didn't need to wear an extra layer to the start line. I bounced around in my corral to dispel nervous energy. Suddenly I was moving forward with the surge of runners. I turned to the woman at my left, "So this is it?" I grinned.

The wisdom of VCTC kept me at an 8:40 pace – on an imaginary leash. I approached an under-pass and was surrounded on three sides by cheering fans. What a moment for the ego. Past the House of Blues, I went over the first bridge with carpet covering one half and metal-grate holes the size of my fist exposed on the other half! A smaller foot could fall through! The course crossed the Chicago River a couple more times before heading north through beautiful leafy neighborhoods and streets continuously lined with spectators. Around Mile 7, before the turnaround to head south, the unshaded sun was brutal. Through the glare, I got my first shout-out "Go! Rachel!" from my cheering husband, Russ, and best friend, JD.



Rachel waves near the half-way point

Joyous distraction continued into Boystown where men and 'women' wearing hula skirts and hot-pants were handing out Gatorade and water and a group of men dressed up as soldiers with fake rifles danced to "YMCA."

We crossed the Chicago River at mile 12 and headed away from whatever cool breeze may have drifted across Lake Michigan. At the half-way point, the course turned west, away from downtown – into outlying neighborhoods. I gulped water and sought out building shadows on the street. The gaps between spectators grew and, thankfully, at mile 15 Russ and JD found me and snapped a few glamour shots.

Then began the long meandering run south, which took us further away from the finish line. We knocked off a few more neighborhoods: Greektown, UIC campus, Little Italy, and Pilsen, a Mexican neighborhood thick with the smell of fried food. The mile markers seemed painfully spaced, but the aid stations came fast and furious. The water hoses, dropped cups and discarded banana peels made each water stop a broken-ankle-in-waiting. The runners slowed cautiously while gulping Gatorade.

Crossing the Dan Ryan Expressway at mile 22 was brutal: the sound of sneakers on concrete, the drip of sweat off my chin, the roar of cars, the lack of cheering.

(continued next page)

Before I got too disgruntled about the heat, we turned north on Michigan Avenue. The trees returned and I was ready for my final kick. But the final two miles were an obstacle course. The heat casualties were high. Thousands didn't finish and many more stopped to walk. My path was strewn with runners who had hoped to qualify for Boston. With dashed hopes, they slowed to a shuffle; prepared to cross the finish line, but delaying the final inevitable disappointment.

I zig-zagged around many and finally started excusing myself as I plowed through slow moving groups. At the entrance to Grant Park, runners were greeted by the only hill in the marathon. I thought about my months of training on Van Cortlandt's hills and the track work-outs and plowed up the final quarter mile. I barreled across the finish line.

With stiff legs and a bag of ice, I settled myself in a spot of shade with my Goose Island Beer. I felt a twinge of disappointment with my finishing time, but was proud to have finished. By the time I finished my beer, I was anticipating New York in 2009!

New York City Marathon

November 2

Reflections on New York City by Jill Staats



"What....only five miles to go?"

I found this year's New York City Marathon to be more crowded than last year's, even with the wave starts. I ran from the Green Start which takes runners over the lower level of the Verrazano Bridge. It was an interesting point of view, but I think I like running on the top level better. The only advantage to running in the Green for me, was that a friend was on the east side of the street in Brooklyn and I got to see her. Finally, my sister and brother-in-law got to see me at the 24th mile in CP. Husband Norris had made them a sign and it really made it easy to spot them.

I noticed more runners on cell phones and taking pictures. One guy gave his camera to a spectator for a photo op. I guess running a marathon is one way to go sightseeing.

I ran a strong first half but was afraid to push myself in the second half. My legs felt tired, though they were still moving. I didn't feel like walking. I just wasn't going as fast. At mile 24, I knew if I didn't pick the pace up, I would end up with a slower time than last year. Suddenly, my legs were moving and I made up for some lost time. I was passing people and finished strong. Now, I understand "running through the pain."

Overall, I think this year was my best marathon. Not in time running, but in strength. I didn't lose my running form and I didn't "die." Too bad there is so much time between marathons; it's too easy to forget what you have learned.

Track Team Dream

by Kyle Hall

Not all neighborhoods in the Bronx are hospitable to runners. And not all schools in the Bronx have sports programs for students who would like to run. Thankfully, there is the NYRR Foundation and its Team for Kids charity runners who raise money for the Young Runners program. This fall the small high school I teach at, Peace & Diversity Academy, became an official affiliate of the Young Runners program and it's making all the difference for my dedicated band of student athletes.

Some of you may have met two of my runners at the weekly track workouts. These two young men have so far proven that they are both committed to becoming distance runners and have some speed locked up in their adolescent legs. They attend every practice we have after school (on Mondays and Wednesdays) and run on their own, as well. One of the young men has even taken to running the Aqueduct Trail with some VCTC folks on those early Saturday morning team runs.

Presently, we have a running team: neither cross country--since grass is nowhere to be found in our school's

neighborhood in the eastern Bronx--nor track, since having a true track is a fantasy for us. We make do, however, by having devised a convoluted route within our school's inner courtyard area that loops around outside the school, down a sidewalk, and then through a gritty staff parking lot and down around an old warehouse-like elementary school building next door. We'll run this relatively large loop several times during a practice. Recently, we've also ventured out into the neighborhood a bit, as it becomes safer the farther one gets away from the vicinity of our school. Our team element seems to be coalescing, as kids become familiar with all the stretching I've taught them. Various students are called upon to lead stretches, as well as warm-up runs. We even have a huddle-up/cheering tradition at the conclusion of every practice, although we all believe this needs some refinement from its present cheesy-like nature.

A few weeks ago our team traveled to Central Park for the Norway Run. We had most of our core runners with us, six in all that day, and most had never competed in a sporting event in their lives. It was a beautiful, crisp morning and they all loved the run, shirts, and the festival. Afterwards, we collected Clif Bars from Fairway Market.

The team participated in two other events in late October and early November. Our long term goal right now is to complete a four-mile race, in particular the Holiday 4 Miler in December. Wish us luck!

WAY TO GO! NYC Marathon '08





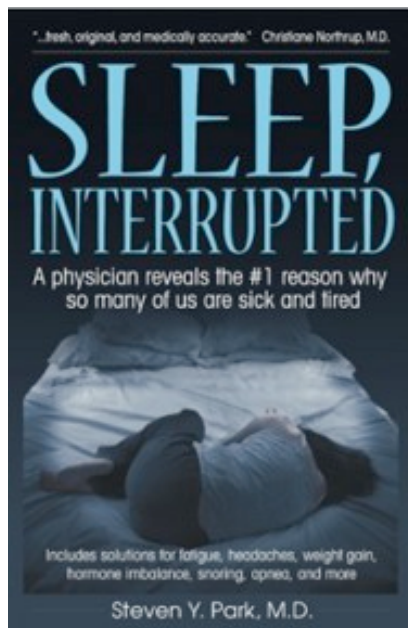
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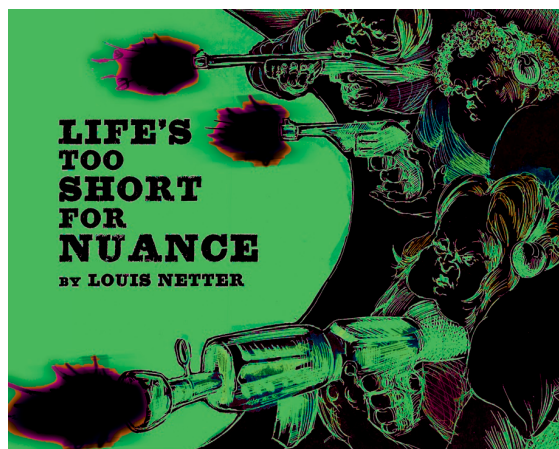
by Steven Y. Park, M.D.

Are you always tired in the morning, no matter how long you sleep? Do you prefer to sleep on your side or stomach or keep waking up in the middle of the night? Poor sleep can not only affect your race times, but your health and your quality of life as well. Many people assume that they are breathing normally while sleeping at night, but this is not always the case. All modern humans are susceptible to breathing problems at night to various degrees, which can significantly impact the quality of your sleep. In the recently released book, *Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired*, Park explains why and how this happens and what you can do to get the deeper, more restorative sleep that you want. For more information, visit doctorstevenpark.com, and sleepinterrupted.com.

Life's Too Short For Nuance

by Louis Netter

Accomplished illustrator and artist Louis Netter has created a new American benchmark for political cartooning with his strange and wonderful book, *Life's Too Short For Nuance* (96 pp., New York Etchers Press). This collection of etchings, drawings and digital artwork pushes the envelope of political cartooning in two distinct ways: First, the artwork is exceptional. Through sinuous line work and gestural draftsmanship, he playfully (and often cruelly) draws out American archetypes in a manner that recalls Weimer-era artists such as Grosz, and Dix. Second, the subject matter is dark and sometimes startling. When Americans open up their newspapers, it is not uncommon to see a political cartoon that provokes mild chuckles, or even a "My...how clever". Netter's artwork is arresting and funny, never mild or neutral. The strength of the work lies in Netter's ability to demonstrate his perspective through the power and directness of his drawing. Netter believes in the elevation of the political cartoon to an art, and in *Life's Too Short For Nuance*, he has certainly achieved that objective. *Life's Too Short for Nuance* can be purchased on Amazon.com and at www.louisnetter.com.



TAKE A LOOK AT WWW.LOUISNETTER.COM

Life's Too Short For Nuance is a visual feast for those who are starved for powerful, no-holds-barred social and political cartoons. Through the poisoned etching needle of a desperate artist, we are shown a world where business is hell bent on world domination, political leaders manipulate the poor and uneducated, recklessly stuff themselves full of cake, and self righteous religious nut cases push people into causes that argue the legitimacy of science.

Race Results

Please email race times to petercoy@verizon.net

Fred LeBow XC 5K

Sept. 21, 2008

Van Cortlandt Park

| | | | |
|-------|---------------------|-----|---|
| 19:44 | Kevin Shelton-Smith | M48 | 2 |
|-------|---------------------|-----|---|

| | | | |
|-----------|------|---------|----|
| Race/time | Name | Sex/Age | PI |
|-----------|------|---------|----|

Las Americas 5M

Bronx, N.Y.

Aug. 17, 2008

| | | | |
|-------|---------------|--------|---|
| 53:20 | Fernando Ruiz | M75-79 | 2 |
|-------|---------------|--------|---|

New Haven 20K

New Haven, Conn.

Sept. 1, 2008

| | | | |
|---------|---------------|--------|---|
| 2:24:00 | Fernando Ruiz | M75-79 | 3 |
|---------|---------------|--------|---|

South Nyack 10M

South Nyack, N.Y.

Sept. 7, 2008

| | | | |
|---------|---------------|--------|---|
| 1:52:52 | Fernando Ruiz | M75-79 | 3 |
|---------|---------------|--------|---|

NYRR Grand Prix: Queens Half

Sept. 14, 2008

Queens, N.Y.

| | | | |
|---------|-------------------|-----|---|
| 1:24:00 | Kyle Hall | M30 | |
| 1:42:24 | Richard P Conley | M53 | |
| 1:47:28 | Neil Leibowitz | M33 | |
| 1:48:36 | Erick Fernandez | M27 | |
| 1:53:17 | Kathryn A Donovan | F50 | 5 |
| 1:55:44 | Allen Steigerwald | M34 | |
| 1:56:59 | David Isaac | M45 | |
| 1:58:51 | Zafar Shahbaz | M51 | |
| 2:01:35 | Margaret R Nolan | F48 | |
| 2:04:56 | Jill Staats | F56 | 4 |
| 2:07:58 | Edward James | M62 | |
| 2:34:48 | Fernando Ruiz | M76 | 5 |

Harlem 5M

Sept. 20, 2008

| | | | |
|-------|---------------|--------|---|
| 50:05 | Fernando Ruiz | M75-79 | 2 |
|-------|---------------|--------|---|

Continental Airlines Fifth Avenue Mile

Sept. 21, 2008

| | | |
|------|-----------------|-----|
| 5:39 | Steven Park | M41 |
| 7:14 | Jo Ann Pate | F34 |
| 7:29 | Erick Fernandez | M27 |
| 9:39 | Edith Jones | F68 |

ING NYC Marathon Tune-Up 18M

Sept. 28, 2008

| | | | |
|---------|-------------------|-----|---|
| 2:21:18 | Neil Ghezzer | M37 | |
| 2:24:30 | Neil Leibowitz | M33 | |
| 2:31:04 | Jason Krasner | M34 | |
| 2:36:17 | Shirley Middleton | F54 | |
| 2:37:45 | Erick Fernandez | M27 | |
| 2:57:26 | Ivan Ragoonanan | M63 | |
| 2:57:37 | Edward James | M62 | |
| 3:03:19 | Jill Staats | F57 | |
| 3:09:13 | Carl Morrishow | M52 | |
| 3:40:13 | Fernando Ruiz | M76 | 4 |
| 0 | Ramon Minaya | M68 | |

Hamptons Marathon

Long Island

Sept 28, 2008

| | | | |
|-----------|------------------|-----|----|
| 4:18:49.0 | Katherine Callan | F46 | |
| 4:47:38.0 | JoAnn Pate | F34 | PR |
| 4:49:09.0 | Sarah Baglio | F34 | PR |

Grete's Great Gallop Half-Marathon

Oct. 4, 2008

| | | | |
|---------|---------------------|-----|----|
| 1:34:56 | Neil Ghezzer | M37 | |
| 1:36:59 | Kevin Shelton-Smith | M48 | |
| 1:41:58 | Erick Fernandez | M27 | |
| 1:48:44 | Kathryn A Donovan | F50 | PR |
| 1:50:06 | Bette Clark | F52 | |
| 1:52:56 | Jill Staats | F57 | 4 |
| 1:59:43 | Edward James | M62 | |
| 2:01:02 | Ivan Ragoonanan | M63 | |
| 2:04:22 | Jo Ann Pate | F34 | |
| 2:13:29 | Gilda L Serrano | F60 | |
| 2:17:16 | Susan R Epstein | F65 | 5 |
| 3:01:38 | Ramon Minaya | M68 | |

Pit Run 5K

Oneonta, N.Y.

Oct 5, 2008

| | | | |
|---------|------------|--------|---|
| 20:23.0 | David King | M50-59 | 1 |
| 29:20.0 | Vera King | F50-59 | 4 |

Ridgefield Ct Half-Marathon

Oct. 5, 2008

| | | |
|-----------|----------|-----|
| 1:37:35.0 | Lou Csak | M42 |
|-----------|----------|-----|

NYRR Grand Prix Staten Island Half-Marathon

Oct. 12, 2008

Staten Island, N.Y.

| | | |
|---------|-------------------|-----|
| 1:22:11 | Kyle Hall | M30 |
| 1:32:12 | Neil Leibowitz | M33 |
| 1:43:37 | Erick Fernandez | M27 |
| 1:50:22 | Zafar Shahbaz | M51 |
| 1:50:31 | Kathryn A Donovan | F50 |
| 1:51:08 | David Isaac | M45 |
| 1:54:31 | Edward James | M62 |
| 2:00:46 | Margaret R Nolan | F48 |
| 2:02:25 | Katherine Callan | F46 |
| 2:07:09 | Randy Price | M31 |
| 2:08:55 | Fred Daly | M50 |
| 2:13:23 | Ivan Ragoonanan | M63 |
| 2:26:32 | Fernando Ruiz | M76 |
| 2:37:05 | Tania Castro | F30 |
| 3:08:08 | Ramon Minaya | M68 |

5

Chicago Marathon

Oct 12, 2008

| | | | |
|-----------|---------------|-----|----|
| 3:53:25.0 | Rachel Kimber | F26 | PR |
|-----------|---------------|-----|----|

Kurt Steiner XC 5K

Oct. 19, 2008

Van Cortlandt Park

| | | |
|-------|--------------|-----|
| 25:47 | Edward James | M62 |
|-------|--------------|-----|

Run Against Hunger 10K

Croton on Hudson, N.Y.

Oct. 19, 2008

| | | | |
|---------|---------------|--------|---|
| 50:03 | Blas Abadia | M50-59 | |
| 1:07:15 | Fernando Ruiz | M70+ | 1 |

Poland Spring Marathon Kickoff 5M

Oct. 26, 2008

| | | |
|---------|-------------------|-----|
| 37:10 | Steven Park | M41 |
| 37:49 | Jason Krasner | M34 |
| 38:36 | Erick Fernandez | M27 |
| 38:38 | Zafar Shahbaz | M51 |
| 39:02 | David Isaac | M45 |
| 39:47 | Paulino Santana | M47 |
| 40:10 | Shirley Middleton | F54 |
| 40:49 | Carl Morrishow | M52 |
| 47:21 | Jo Ann Pate | F34 |
| 48:22 | Gilda L Serrano | F60 |
| 51:55 | Carrie Torres | F30 |
| 1:12:37 | Ramon Minaya | M68 |

5

New York City Marathon

Nov. 2, 2008

| | | | |
|-----------|----------------------|-----|----|
| 2:31:49 | Michael Arnstein | 31M | PR |
| 3:25:52 | Kevin Shelton-Smith | 48M | |
| 3:36:51 | Jason Krasner | 34M | |
| 3:37:22 | Richard Conley | 53M | |
| 3:56:32.0 | Victoria Arnstein | 30F | PR |
| 4:05:48 | Shirley Middleton | 54F | |
| 4:09:36.0 | Shelley-Anne Stewart | 29F | |
| 4:14:01 | Jill Staats | 57F | |
| 4:27:12 | Blas Abadia | 53M | |
| 4:29:42 | Firdaus Dotiwala | 39M | |
| 4:31:45 | Ivan Ragoonanan | 63M | |
| 4:36:39 | Edward James | 62M | |
| 4:37:02 | Lanny Levit | 57M | |
| 4:45:50 | Joann Pate | 34F | |
| 4:45:51 | Carl Morrishow | 52M | |
| 4:50:13 | Gilda Serrano | 60F | |
| 4:51:20 | Tami Luhby | 38F | |
| 5:20:02 | Marysol Ruiz-Zapata | 42F | |
| 5:22:20 | Luis Cruz | 45M | |
| 5:35:11 | Leoni Parker | 44F | |
| 5:52:35 | Ann Mckeague | 67F | |
| 7:12:50 | Ramon Minaya | 68M | |

**Sarah and Bette calculate times****"Go VCTC!"**

CLUB NEWS

Membership Renew your membership before 1/1/09. Membership rates are: single, \$35; family, \$40. New membership add \$15 to pay for team singlet; additional singlets cost \$15. Please send checks payable to VCTC to: VCTC P.O. Box 341, Bronx, N.Y. 10471. Applications are online at www.vctc.org. Please e-mail Kevin Shelton-Smith with any changes of address, phone, email and whether you would like to be added to the group email.

Meetings 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 at 238th St and Riverdale Ave. and Saturdays at 8 a.m. (meet at handball courts at 242nd St and Broadway).

Newsletter stories The newsletter is published bi-monthly. We welcome all contributions. Deadline for the January/February issue is December 26th. *Maximum length is 600 words.* Please e-mail to Dave King via the group page and try to include a photo.

Race times Remember to send race times to Peter Coy, 52 Stelfox St., Demarest, N.J. 07627. Please include name of race, date, location, finishing time, your name, age. Optional: place, age-group, personal best.

Van Cortlandt Track Club
P.O. Box 341
Bronx, N.Y. 10471