

# Van Cortlandt Track Club newsletter

## The Ramble: Hot, Humid and Hilly

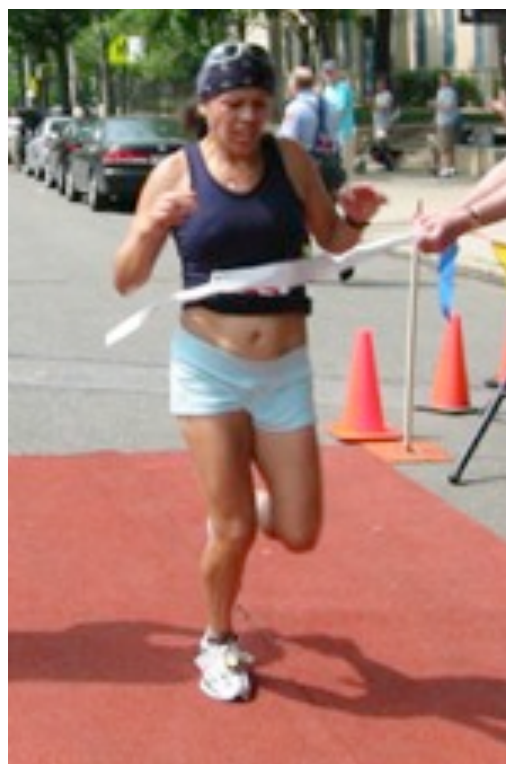
*By David King*



**Ramble winner Michael Oliva**

The morning of June 3<sup>rd</sup>, 2007 got off to an early start in the King household. After all, this was the day the Riverdale Ramble, signature race of the Van Cortlandt Track Club, was to be held and I was its fledgling director.

The race was to be run on the third different course in the last three years (though over many of the same hills), so there were more unknowns in-



**First female Carolina Cruz**

involved than I would have liked. And preparation for the race was an arduous four-month process. What had been trivial matters, I thought in years past, suddenly became points to fret over. Here I was, mixed with anticipation and fear when this day finally arrived.

Thankfully, the early morning was clear if not a bit warm and humid, unlike the torrential rains that greeted runners and volunteers at the UEC a month and a half earlier. Pre-registration for the Ramble had been very sluggish, so at least the weather was cooperating.

After checking in with Andy, the Maintenance Engineer at JHS 141, I rode over the entire course with the Sargeant-in-charge from the 50<sup>th</sup> Precinct to check potential traffic problems. Thanks to the "5-0" controlling traffic, the 29<sup>th</sup> Ramble ran smoothly through the streets of Riverdale that morning.

Coordination of post-registration, number pick-up and chip distribution were my biggest worries. If things were not recorded properly, the race could not be scored. But when I walked into the gym where registration was taking place, my mind was quickly set at ease. The VCTC volunteers had taken over, coordinating the entire pre-race process beautifully. From that moment forward, I doubted no more, and let the well-oiled

VCTC machine do its job. I spent the next 45 minutes in awe of what we, as a team, could accomplish. When 9:59 a.m. came about, I was confident we all had done everything possible to stage a successful race. And successful it was. The turnout of entrants was a little disappointing, but when the day had ended, all seemed happy with their experiences at the Ramble. The full promotional aspects of putting on a race such as this still escape me, but I think these can be addressed by a combined effort of VCTC minds.

So thanks to Andy, the 141 M.E. who would do anything I asked without a problem; and to the 50<sup>th</sup> Police Precinct which handled the course so well; and to all our sponsors: The Allen Pavilion of Presbyterian Hospital, Urban Athletics, New Balance, The Riverdale Press, Villanova Heights, Attorney Chris Finger and Susan Goldy Real Estate; and to Lisa Bruskin of the Riverdale YM/YWHA who set up a great water table (second only to Dick Conley's) and provided massages for runners at race-end.

But most of all: Thank you to all the VCTC volunteers who made the running of the 29th Ramble such a success.



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**For more info, see Club News on  
page 22.**

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

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# On the Run



*By Bette Clark*

*I*t is Sunday evening and the sun is still high in the sky—just past the summer solstice. At this time of year, many VCTCers roam farther afield to try out new places to run: races that begin and end on beaches in Connecticut, parks in New Jersey, roads in the Catskills, and trails in Pennsylvania—just to name a few places our runners have ventured since the temperatures have risen. Don't forget to tell us about any new terrain or races you have enjoyed.

This month's Riverdale Ramble, with a new course and a new venue, was a great success (see Ramble article on page 1). This is a race that has become a labor of love for many VCTCers, and its continuity not only seems important to the running community, but also reflects and inspires our club's spirit and determination.

We've had four cross-country summer series races so far, with the numbers of runners creeping up with each race: there were 132 finishers in the third race, on June 21. Race Di-

rector Fred Daley seems to have it all figured out—how to put on a seamless race with nothing more hi-tech than a megaphone, and even knows how to register people in the middle of a thunderstorm. These summer races bring kids, families and speedy runners from all over New York City—and much farther away—to our bucolic park. Imagine our surprise when an Australian racer with a hand-cycle decided to race the back hills, and then told us modestly that he had won the Boston Marathon in his division!! We have had about 10 new people join as members over the past few months. Some have even paid their fees before running with us (hint hint to those of you who still owe us membership fees for 2007). Newcomers, welcome, and please think of writing something about your running/racing/training experiences for our newsletter.

As usual, VCTC members not only know how to run in sync—but they also know how to party together. We are gearing up for two social events over the next few months: First, the end-of-the-summer-race-series party, now a tradition, to be held on August 16<sup>th</sup> at the Van Cortlandt Park Golf House immediately following the race (starting about 8:00 p.m.). Then, on **Sunday, September 30<sup>th</sup>** we will celebrate **VCTC's 30<sup>th</sup> Anniversary** with a run in Van

Cortlandt, followed by a luncheon at the Golf House with some of the club's founders and original members sharing photos and reminiscences about the good old days. Detailed invitations will be sent out but remember to save this special date.

Finally, I would like to encourage VCTC members to volunteer at one NYRR race so that we can be sure to be granted a few guaranteed entries to the NYC marathon. For those who will be in town on August 4<sup>th</sup>, the New York City Half-Marathon might be a good one (though long) for VCTC volunteers. It is a race that is bound to need many volunteers, and will give us good exposure as a club. Who wouldn't rather hand out water than run 13 miles through New York City streets in August!! Please let us know if you plan to show up (at this or any other NYRR race) as a volunteer.

In the meantime, enjoy the fine weather, keep joining us on Saturdays, on the track on Tuesdays, and keep embarking on new running adventures, wherever they may be—try a new race, or bring some new training skills to an old one. Whatever you do, and however fast or slow you do it, have fun running out there!



## Coach's Corner

By Ken Rolston

Ok, so you've been building up your endurance with long runs on



the weekends and working on your speed at the Tuesday night track sessions. But there still seems to be something missing when race time rolls around. Every training plan I've seen lately has a mysterious third ingredient called the tempo run. As I see it, the mystery lies in figuring out what exactly a tempo run is and how best to incorporate it into your workouts.

If your name is Ryan Hall, a tempo run is done at 4:55 pace per mile for 8 to 12 miles, since he was able to average 4:35 for a half marathon. He does two types of tempo runs: a long one to gauge his energy and a shorter one for track races.

If you're a normal human being, you may prefer to stick with a comfortably hard effort for 20 to 30 minutes. For our group, it seems the right pace would be a half-marathon race-pace. Let's say that our Saturday group has just warmed up for the first mile or two around the flats. Now it's down to busi-

ness; sub-groups have formed and the shady trails beckon. Rather than run at the same old pace, now would be a good time to pick up the pace (tempo) for 20 minutes or so. It's far easier to do this with a group than alone. Suddenly you're at the turn-around point, feeling tired but under control. On the speed-endurance continuum, this is decidedly quicker than base pace but not as fast as quarter-mile repeats on the track. These runs will become an essential ingredient in your training week, no matter how many miles you're putting in.

If you're preparing for a marathon or half marathon this fall, you'll want to incorporate tempo runs once or twice a week. You may prefer to forego track work in favor of these runs, but remember, they are more easily accomplished in a group. Please be careful: if you're going to be running harder, you may need to cut your overall mileage. If you're getting older, you need to take a day or two per week to rest and recover. That said, time for a nap!

**P.S.** As usual, there's another great tip from Ed Eyestone in this month's Runners World. on how to calculate race and workout times. Better yet, you won't have to do the math. I will happily do it for you. All I can tell you is that based on this formula my half-mile time became an exact predictor for my mara-

thon time. Obviously we're better at one distance over another, but you can figure out what you need to work on with this formula. Simply stated, for each step up in a "classic" race distance the per-lap increment would be 4 seconds or 16 seconds per mile. The distances are 400, 800, mile, 2 miles, 5K, 10K, half-marathon, marathon.

As an example, Kate Donovan recently ran 1:55.03 at the Fairfield half-marathon. Her pace was 8:47 per mile. Based on that time, one could predict that Kate would run a 10K in 52:56, 8:31 per mile, and 25:38 for 5K, 8:15 per mile. If she raced as well in a marathon as she did at Fairfield, she would run 16 seconds per mile slower for her marathon pace which would be 9:03 per mile, good for a time of 3:57.18.

It was also reported that Lou Csak bribed the timekeeper at the NYRR Speed Series to stop the watch while he was rounding the last turn in a desperate effort to break 60 for the 400. If you check the NYRR listings for June 12, you'll see "unidentified runner" with a time of 59.4 seconds. The good news is there may be more swift times in Lou's future. If the formula holds, he's capable of running 800m in 2:08 and the mile in 4:32. Of course, we can ALL run 4:32 with a cooperative timekeeper!

## Runner's Profile: Dominic Lombardo

*By Bette Clark*



*This is part of a series of profiles of VCTC runners, aimed to help us get to know each other and to share running and motivational strategies.*

After this year's Riverdale Ramble, Dominic Lombardo took a poll of runners to gather ideas and feedback for future club races. It's no wonder. It turns out that he was first introduced to VCTC when he ran an early Ramble course 15 years ago. He was so impressed by the course, the organization and all the goodies that were given away (especially the ice cream and popsicles) that: "I joined VCTC right on the spot." Even though he has been a member

for many years, he is more invested than ever in helping VCTC maintain the high standards that first attracted him to the club.

Dominic started running in high school. "I used to run to stay in shape," he recalls. When he joined the club in 1992, he was busy with work and studying, and he came to Saturday runs sporadically. But last year, he made a decision to become a "real" member of the VCTC community, to run more consistently, volunteer at races and take part in a different way.

Thinking about his relationship to running and to the club, Dominic sees parallels with other aspects of his life. "I always veered away from responsibility and took the easy way out." He ran, but he rarely raced or volunteered. "I never made the effort," he recalls. Similarly, he felt as if he was on the periphery at work and in his friendships: "I never committed to anything, except my education...with everything else I was just spinning my wheels."

In 2007, Dominic decided to make some changes—he made some new resolutions in January, starting with the Midnight Run. This heralded a new year and marked the end of the "old" Dominic and the beginning of the "new." A sign of Dominic's new sense of commitment is that later that month, he went to his first club meeting.

Dominic ran the Bronx-Half Marathon this past February in 1:46:27. In late June, he completed the Fairfield Half-Marathon in 1:47:57. He's adjusted his training by doing more bodybuilding, more long runs at Rockefeller State Park, and by changing his diet, another component of his new commitment to overall health and fitness. He is now a vegetarian and makes sure to eat berries every day for their antioxidant qualities. He would like to run his first marathon, but unfortunately did not get in to the New York Marathon through the lottery.

Dominic's personal struggle with Tourette's syndrome, characterized by involuntary muscle movements that are often out of his control, "is reflected in my whole life." He has been reading books by Lance Armstrong, Dean Karnazes, Bill Rodgers, and Chris Carmichael (Lance's coach) that have made him realize that anything is possible if you put your mind to it. As Angie (sage of Short-Stop) once said to him: "Everyone's a top runner."

Dominic has realized that belonging to a club brings responsibilities as part of a community. We are privileged to have him as a member. We hope he gets a spot in NY!

# LADY LIBERTY SWIM

By *Jean Harkins*

Memorial Day is the proverbial start of summer, but for me it is also the start of fun swim events put on by Manhattan Island Foundation (MIF), best known for its swim around Manhattan. This past December, I signed up for the Lady Liberty Swim—a one-mile swim race that starts at Battery Park and finishes at North Cove near the Winter Garden. Swimming in open water is fun and challenging. It's unlike swimming in a pool: there is no bottom to stand on or wall to grab onto, the surface is rarely smooth, there are waves, you

Check in at Battery Park: Richard



Brounstein, Jean Harkins, and friends



have to breathe differently, and temperature is always a factor. When I registered, the thought of swimming a race in May sounded great. As the year progressed, though, my work schedule got crazy and I barely had time to train.

The night before the race, I stayed at my brother Brian's place in the West Village. Race morning, I entered South Cove at 6 a.m. to check in and then headed to the Staten Island Ferry Terminal to visit the only bathroom. As I walked back, people were starting to line up for a modified triathlon that was to start before The Lady Liberty Swim.

*A whistle started the race and 150 swimmers were off, thrashing each other to get moving.*

After the tri-racers were off, the one-mile racers lined up and walked through an opening in the sea wall and down a small plank, before jumping into the 60-degree Hudson River. It is hard to describe the mini heart attack you feel as you jump in. After the last racer was in the water, a whistle started the race. The 150 swimmers were off, thrashing each other to get moving. The really fast swimmers were gone and the slower swimmers like me stayed back,



so as not to get kicked or pushed down by the crowd. The water was like a washing machine on this morning. It was rolling back and forth off the sea wall and I was rolling with it. I swam around Pier A, a beautiful historic pier that was a fire station back in time, before clearing the tip of the island and then reaching the wall that breaks at South Cove and at North Cove. I reached the wall smelling of oil: yuck. This is one of the bad aspects of swimming in the Hudson River.

This year the water was a little rougher than last year, and I was slower—or less trained. But I started to catch some of the tri-

racers who had a 15-minute lead. I realized the cruise ships were starting to enter the harbor when a large wave came through us. This is a good time to have someone in front of you setting a path. As we entered North Cove, I saw the finish—a metal staircase in the water that connects to a floating dock and then land. As I stepped onto the cement ground, I was handed a foil wrap. It was over, yeah!

I've already looked at the application for next year. The race will start at Pier 40 on Christopher Street and finish at North Cove but will be 1.3 miles. MIF has a lot of other great swims. The website is

[www.swimnyc.org](http://www.swimnyc.org). For a different workout or cross training, try a swim...but I highly recommend better training than I did.

*Jean Harkins has dedicated this story to the honor of Doug Stern, the man who taught her to swim and not to fear. Doug Stern passed away on June 25, 2007.*

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***Remember the 30th  
on September 30th.***





## A Lowlander Learns a Lesson

by *Gabrielle Elissa Popoff*

I love New York, but when a major organization for my profession scheduled its annual conference in Colorado Springs, I eagerly signed up to get a chance to see Colorado for the first time. An Internet search yielded a race during my visit, “Take 5 in the Garden of the Gods,” and I chose blithely to ignore the 6,000-foot plus altitude of Colorado Springs. So instead of opting to run the 5K course, I picked the 5-mile race, even though the website warned that the course was hilly and “strenuous.”

Race day, Saturday, May 5, dawned gray, cool, and cloudy. After parking my rental car, I followed a group of runners along a path leading into the Garden of the Gods Park. We walked up a small incline, then suddenly there was the park



spread out before us. Huge red rock formations, unimaginably old, reared up to the sky. A group

of women behind me was chatting merrily, and I caught the occasional fragment—“my fastest ascent of Pike’s Peak,” “my best 10K was when I mountain-biked all the time,”—I began to feel like a wimpy lowlander!

Runners and family members were milling around at the starting line, just across from the park’s visitors’ center. Everyone was friendly in a small-town way. With a blast of rock music from the local radio station, we runners lined up at the start. I wiggled my cold fingers and wished for gloves.

I pumped my legs at the speed I expected them to go—I’d run a race in Central Park the previous weekend and eked out a few 7-minute miles—but my lungs couldn’t fuel them today. The first mile was entirely uphill: I had a dreamy feeling of slow motion, not the I’m-out-of-shape-from-this-long-winter feeling, but as if the air was thicker, viscous, harder to push through. But of course the air was thin from the altitude, not thick, and the lack of oxygen was taking its toll on me. Wheezing past the one mile marker, I glanced over at my fellow runners. They were stoically grinding forward. Mercifully, a downhill stretch lay ahead and looking to my left, I saw that we had circled around to the back of the rock formations. I managed to trot downhill, still gasping,

and catch up with a few runners I remembered seeing earlier in the crowd.

As we passed the 5K turn-off, I realized that I no longer cared about speed, competition, or “racing,” now definitely in quotes. I just wanted to finish, and somehow not embarrass myself in front of the silent Westerners surrounding me as we ran along the park’s road. The course continued to twist and turn, up and down, rolling over sagebrush-covered hills. Usually, as the end of a race nears, I feel a competitive surge, or the anticipation of finishing; I check the time on my watch, and measure myself against my goals and numbers. Instead, this time, as the pine trees and bushes growing from the reddish clay soil passed by, and the road shortened, and the rocks once again loomed overhead, I felt a sense of disappointment, fine and piercing like an oxygen molecule at last reaching my red blood cells. A sharp downhill led to the finish line, and I let myself carelessly descend, obeying gravity, sprinting. Afterwards, there was a lot of free food and I met some interesting Coloradans and an Alaskan. Definitely, I was a lowlander, but the wild mountain folks were friendly to my kind!

*[Ed note: Gabrielle will run the Vermont 50 kilometer race on September 30th.]*



**A 1.2-MILE OCEAN SWIM  
FOLLOWED BY A 56-MILE  
BIKE RIDE UP AN  
IMPOSSIBLE HILL CALLED  
THE BEAST**



**FINISHING WITH A  
13.1-MILE RUN IN THE  
CARIBBEAN HEAT**

**HOW VCTC MEMBERS  
CONQUERED  
THE BEAST**

***By Wanda Bills***



Here I am with my friends Enid Burns and Diane Calderon at the St. Croix International Airport. The terminal is full of triathletes from all over the world with one goal in mind: the St. Croix Half Ironman. How did I get to this point? Am I ready for a 1.2-mile swim, a 56 mile bike ride up a tough hill called "the Beast", and a 13.1-mile run in the Caribbean heat?

After competing last year as a bodybuilder, I asked myself, "What am I going to do next?" That's what I was thinking about as I was receiving 2nd place in the Master's Body Building competition in Fort Lauderdale, Florida.

Last year, Enid and I went to St. Croix with Diane, who was trying to qualify for the Kona Ironman. We went to cheer her on, and she placed. "WOW!" I said to myself, "This is awesome! How does she train for an event like this?" Enid said, "She's a beast!" So, this is where it all started. I had to do it. I wanted to be a beast, too. Once again I had to complete this goal.

Dennis Burns helped me buy a bike. (Whatever happened to the \$300 bike?) Then came the shoes, helmet and clothes for the winter. I joined his team, the USI Cycling Club, where I met a lot of wonderfully strong riders as well as Susan Klein, a swimming instructor who took me under her wing and changed

my swimming style. With my two coaches on board, my training began. Everything I learned about swimming, I taught to Enid. She was registered for a shorter version of the tri called a Sprint. The countdown for the 2007 St. Croix Triathlon was on and nothing was going to deter us.

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*"Seven days a week  
I trained. It was hard  
at times but I had a  
goal to complete."*

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My serious training began in September of 2006. I had to learn how to ride a road bike. After many falls under my belt, I'm now one with my bike. Swimming was different: I hated it, but I love it now. Seven days a week I trained. It was hard at times but I had a goal to complete.

Later in my training I did combinations called "brick workouts," where I would bike, run or swim, run and sometimes all three. The winter cold reduced my outside bike riding, but I did the best I could with an indoor bike trainer. When spring came, I surprised myself. I was able to swim the required distance in 45 minutes and I was biking regularly and able to do the 56 mile bike ride with

the USI team and Dennis. This was becoming a common bike ride for me. My running increased and I was getting stronger. I felt that I was ready to race.

The race in St. Croix began for us with a 4 a.m. wake up call. We gathered our equipment and placed it in the transition area the morning of the race. I was off to a short swim to “the Cay,” and the starting line.

The starting gun went off at 7:30. After jockeying for position, I settled into the pack for my swim. My training experience told me to stay with the other swimmers, but I drifted and ended up swimming about an extra hundred meters. A race official in a kayak had to redirect me back to the course. I finished with a time of 59:02, only 58 seconds before the swim cut-off time. Whew, that was close, but I made it. Two race volunteers picked me up out of the water and onto the platform, which led me to the transition.

Relieved that my swim was over and because I was wearing a tri suit that allowed me to swim, bike and run in the same outfit, I put on my helmet, got my bike and quickly exited the transition area. Off I went on the bike leg and immediately started hydrating and eating some of the Powerbar that Diane had placed on the frame of the bike. Every ten minutes, I ate some food to keep my energy

level up. The heat was really beating on me and I was fast approaching the hills of St. Croix; the rolling hills rose higher and higher. I reached the 20-mile mark. As I arrived at the Beast, where the locals were yelling, “It’s not so bad. Just go up!” I smiled at them and up I went: 8% grade, then 10%, 12% oh my Lord I need an extra gear, 14%. My chest was on my handlebars; I couldn’t go anymore! The hill was attacking my legs. I tried to get out of my pedals, but I was locked in. Then, BAM—”The Beast” took me down. “OK, Wanda, focus,” I thought to myself. “The race is not over.” When I got to the top, the beautiful site of the valley below was waiting for me. I had a 13.1-mile run to do after this ride. As I approached the 50 -mile mark I was thinking, “Wow, six more miles to go.”

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*“My legs felt like a  
ton of bricks.  
Up the hill I went.”*

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I could see a runner ahead and then I heard Enid, yelling, “Come on Wanda. You can do it!” That was music to my ears. Diane was yelling, “You go girl!” I crossed the finish line at 4:11. Lord, here comes the run.

“Go, go Wanda,” they yelled, but my legs were not moving. I stretched for a second and started the run. My legs felt like a ton of bricks. Up the hill I went. I had to stop for two minutes and then started running again. The spectators were cheering all the way. One loop down, one more to go. This time I did not stop. As I was approaching the end of my run, I saw from far away someone waving and running towards me. It was Enid who came to meet me. She was so excited and encouraged me to keep my pace and continue to the finish. I was able to push myself on pace toward the finish line. Of course they placed one more hill to climb toward the finish, but at this point, I didn’t let it get to me. As I approached the finish, Diane was there as well. I was so happy; what a wonderful sight to see the finish line at 7:56:02.

We did it! The VCTC tri girls did it! Does anyone want to join us next year?



Wanda, Enid and Diane

**For information on next  
year’s race, go to  
[www.stcroixtriathlon.com](http://www.stcroixtriathlon.com)**



## A Road Race of Yesteryear

*by David King*

Nowadays road racers are used to chip-timing, crowded starts, multiple water-stops and a heavy police presence on the race course, not to mention an array of goods and services post-race. But what were road races like in the mid-1960's when these events were in their early days? Here is what I can remember:

This race was the Schaefer Beer Run, a 20-kilometer road race held in August of 1967 in New London, Connecticut. The race is long gone from the racing schedules; not surprising since Schaefer Beer is long gone from your local grocer's shelves.

On a hot, August morning, about 40 runners lined up to run 12.4 miles through the roads of New London. There was no start-line music, no festivities, not even a megaphone for the

start (though with only 40 runners, everybody could hear the shout of "GO"). And when that shout was heard, we were off on our own, trying to figure out the course, which was marked by arrows painted on the streets. There were no police controlling traffic, no timers calling out splits, no course marshals. There weren't even any mile markers. By mile 3, I could see no runners ahead of me, and I could hear no footsteps behind. I was all alone. At least there was a water-stop, at about 6-miles: a small table with a few cups of water on it, but with nobody to hand them out. I was wearing my new Adidas road-running shoes that were a size too big for me (Carlson Imports in lower Manhattan was the only place on the East Coast where you could buy decent road racing shoes, but it had limited inventory), so I got bad blisters about 2 miles from the finish. Did I get first aid from the ambulance on the course? No way. It didn't exist.

I finished mid-pack somewhere, hot, sore and thirsty.

There were no bottles of water waiting for me at the end, just the water fountain at the beach. The awards ceremony took place in an open hall near the beach. First, second and third in the open division (20-39 years old) and masters division (over 40) got small trophies, while there were also medals for 19 years old and under. There were no women in the race. In conjunction with the awards ceremony, however, was a full dinner of chicken, mashed potatoes, corn-on-the-cob and, of course, all the Schaefer Beer

you could drink. That is, if you were over 21 and had a taste for it.



These races were the building blocks of today's high-tech events. They were unglamorous and for a special breed of runner.

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### STRANGE BUT TRUE OCCURRENCES IN THE OUTER REACHES OF VAN CORTLANDT PARK....

You are about to meet Bette Clark and Katherine Callan, two runners who once a week set out for a run on a familiar trail known simply as "the Railroad Path". On a particular Saturday, they decide to go a little farther

than usual and come across a small park north of Tibbetts Brook Park. This park seems a perfect place for dog-walking, a favorite pastime of Clark's. Both women are unusually excited about their discovery, having believed that

they knew every open space of the vast park. But in just a moment, an innocent man will have an encounter with Ms. Clark and Ms. Callan that is one part wondrous and one part seemingly the weird planetary travel that can only be

found in and around Van Cortlandt Park. So prepare for a journey of fear and intrigue....your next stop: The Putnam Zone.

## “A Walk In The Park”

Opening shot: A young man walking his dog in the park north of Tibbetts Brook Park on a glorious, sunny day.

Suddenly a strange whirling sound, such as a flying saucer makes when landing, becomes audible.

Zoom out to: Two runners emerging from behind some trees, waving their hands excitedly at the man.

Runner #1: “Where are we?”

The man turns around to answer, but the runners don’t seem to be able to hear or understand him.

Runner #1 repeats: “Where are we?”

Once again the man provides the name of the park, but his voice is drowned out by the wind. He doesn’t know this, however.

Runners #1&2: “WHERE ARE WE?”

Did they speak a different language, he wondered.

Runner #2 switches tactics: “What town are we in?” she demands.

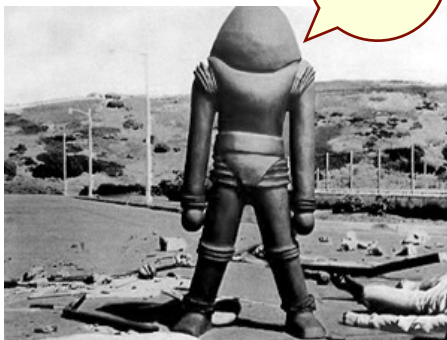
Very perplexed, the man answers, “Yonkers.”

“How did you get here?” asks Runner #1.

The man replies, beginning to believe something is terribly wrong: “The road,” as he starts to steer his dog in the opposite direction.

Runner #1 again seems not to understand the response and asks, “What road?”

Now the young dogwalker begins to run himself, though in the opposite direction from the women, certain he’d encountered... runners from another planet.



**UPCOMING RACES**

July 15- Sun-Best Dam Race-  
10K- Croton Gorge Park

**July 19- Thu-VCTC 5K- 7PM-  
Bronx, NY**

July 21- Sat-Run for Central Park-  
4m- 8:30 AM-

Central Park

July 22- Sun-  
Run to Home  
Plate- 5K-

8:30 AM- Shea

July 22- NYC  
Triathlon

1.5K/40K/10K

8 AM, Hudson River, Central Park

July 22- Ironman USA

2.4m/112m/26.2m – 7 AM – Lake  
Placid, NY

July 27- Fri- Empire State Games  
Day 1, Byram Hills, Armonk, NY-  
Masters Division Track & Field

July 28- Sat-Empire State Games  
Day 2, Byram Hills, Armonk, NY-  
Masters Division Track & Field

July 29- Sun-Empire State Games  
10K Road Race- 8 AM- Purchase  
NY

July 29- Sun-Escarpment Trail  
Run- 30K- 9AM- Windham, NY

**Aug 2- Th-VCTC 5K- 7 PM-  
Bronx, NY**

Aug 4- Sat-Jan Peek 10K- 8 AM-  
Peekskill, NY

Aug 5- Sun-NYC ½ marathon-  
8:30 AM- Central Park

**Aug 16-Thur- VCTC 5K-7PM-  
Bronx, NY- VCTC Post Party!**

Aug 18-Sat- NYRR Club

Champs- 5M- 8/9 AM- CP Aug

19-Sun- Catskill Mountain Road  
Relay 100 K- 6 AM- Phoenicia  
NY

**RACE REPORT****Rhulen Rock Hill 5K**

Rock Hill, N.Y.

June 16th

*By Charles Brewster*

The angst leading up to a race can be mind numbing, especially after not participating in one in well over a year after being diagnosed with plantar fasciitis. I decided to put my feet (and mind) to the test by signing up for the Rock Hill 5K held on June 16<sup>th</sup>.

Rock Hill is located in Orange County off exit 109 of Route 17, about 15 miles or so from Monticello, N.Y. This race is for a great cause: to raise money for the Lymphoma and Leukemia Society of America. After reading Ken's article on running 5k's, I knew that I had to come up with a strategy. Would it be go out hard and pray that I could hold on? Maintain the same pace the entire race? Run the second half faster than the first? As these thoughts crossed my mind on the drive up to Rock Hill and realizing that I hadn't done any speed work in about a year and a half, I decided to stay safe and maintain the same pace throughout.

The race was run around Lake Louise Marie, and the beautiful surroundings helped keep my mind off the other runners around me, allowing me to concentrate even more on my own pace. In addition, it always helps to see fellow VCTC members (Bette Clark, Susan Epstein, and

Arnie Gore) at the start. After reaching mile 1 in 7:20 and mile 2 in 14:40 I didn't feel as bad I thought I would. I reached mile 3 at the 22 minute mark, and finished in 23:20. Not a spectacular time by any stretch of the imagination, but I was satisfied with the feeling of finally being fully back and happy to be racing (and running) again. After the finish, the race sponsors treated the participants to a pasta plate, fruit, bagels, free massages, music, great age group awards, and a coterie of excellent other giveaways (including pens, frisbees, magnets, nutrition bars, hats, and raffles).

I would definitely recommend this race to folks next year. It's for a great cause, not too large a field (even though they had the most runners ever this year), excellent giveaways, and extremely cordial hosts. One of the giveaways was a sports bag for pre-registered runners (which I was), but when I arrived they were out. The race director took my name down and mailed me one, which I received four days after the race.



Aerial of Lake Louise Marie



## COOK YOUR BUNS 3 MILER

Greenwich, CT  
June 15th

*By Dick Conley*

With summer in the air on the evening of Friday, June 15, in somewhat spontaneous fashion, nine VCTC members headed to Greenwich in rush-hour traffic to run in the Cook Your Buns 3 miler. The race is held annually on Tods Point in Greenwich Point Park, a peninsula jutting out from Old Greenwich onto the Long Island Sound. There is also a 1-mile fun run. The location is a beautiful spot, including a beach, park area with picnic grounds, and trails through woods and marshland.

Lou Csak, a VCTC member who lives in Greenwich and runs the race every year, provided us with pre-race tips and encouragement. The course is a loop around the park and is flat, except for a short hill at the start. Near the end of the race there's about a half-mile stretch where you run on the beach, which is an added challenge and experience.

There were about 250 runners, which made for a much easier flow than your typical run in Central Park races, giving you elbow room to concentrate on the race while taking in the view.

VCTC runners did well, many finishing high in their age groups. Kevin Shelton-Smith, who has been showing up in Van Cortlandt

Park at our runs, formally joined VCTC after finishing second in the race. Welcome!

Best of all, following the race the organizers put on a great barbecue!

*By Lou Csak*

On June 15, we had a beautiful summer day in Greenwich, and nine Van Cortlandt TC members turned out to run the Cook Your Buns 5k race. This race offers fantastic scenery, with water views of Manhattan, and the North Shore of Long Island. If that wasn't enough, the \$20 entry fee allows entry to the beach, and a gourmet BBQ sponsored by Whole Foods after the race.

And unlike the standard fare at the end of most races, this BBQ included all you can eat gourmet hot dogs, hamburgers, veggie burgers, vegetable salad, green salad, pasta salad and potato salad!

What could be better than that? (Next year, we'll bring some cold ones and discuss...)

**St. Croix Half Ironman**  
May 7

*by Mike Arnstein*

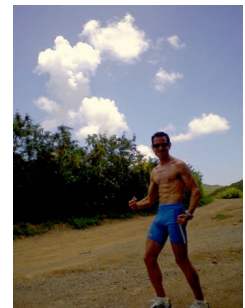
Although I had missed a lot of training due to injury, the night before this race I felt I was ready to go, just hoping my tibia wouldn't break.

The swim was tough in open water, but I didn't do so badly considering the wave starts (no

mass athlete start), so no drafting possibilities with fewer competitors swimming together. 1.24miles: 35 minutes total (with no wet suit,).

The bike leg was very difficult. There were 10mph headwinds for at least 30 of the 56 mile distance. The hill climbing was brutal. 'The Beast' is a 600 vertical ft climb in 0.7 miles! there are parts of the road that measure 27% grade. I averaged 20.9 mph, not bad for all those uphill.

When I got off the bike, I realized I needed to catch four runners in my age-group in order to qualify for the Ironman in Hawaii. So here I was, throwing down mile after mile in the road-melting heat, but I had less than 2 miles to go and I was now in 3rd place....still not good enough for achieving the ultimate goal of 1st or 2nd in my age group. So I poured it on, and caught 2nd place with a mile to go. I crossed the finish line in a blaze of glory, 24th overall in the race, and NOW a 3rd time Hawaii Ironman World Championship qualifier! Honolulu here I come.



# RACE RESULTS

## UEC 6.2 miles

VCP April 15

Age Place

1:04:40 Dennis Burns M60 2nd

## Delaware Triple Crown 1/2 marathon Newark, Delaware April 28

2:03:00 Tony Thoman M44

## Bronx Bi-athlon 3mi-19mi-3mi Orchard Beach April 29

1:52:23 Dennis Burns M60 2nd

## Westport Minute Man 5K Westport, Ct April 29

18:54 Louis Csak M41 1st

## Take 5 in The Garden of the Gods Colo. Springs, Co. May 5

40:22 Gabrielle Elissa Popoff F30 3rd

## Bronx Community 10K May 5

37:22	Chris Eckstrom	M41	1st
42:19	Ivan Mills	M50	1st
42:41	Alan Brandstaedter	M31	
49:53	Hector Santiago	M69	
50:31	Arnie Gore	M66	
57:46	Jose Cooper	M51	
60:21	Dennis Burns	M61	
60:37	Edith Jones	F67	1st
64:51	Susan Epstein	F63	3rd

## Bronx Historical 10K May 5

60:17 Dennis Burns M61

## Rubin Run 10K Teaneck NJ May

40:23 Neil Liebowitz M32 1st

## NYJL Mother's Day 10M

Central Park

May 13

		<u>Age</u>	<u>Place</u>
1:23:35	Shirley Middleton	F53	6th
1:32:16	Leoni Parker	F42	
1:41:02	Selma Sequiera Raven	F41	
1:44:41	Jo Ann Pate	F32	
1:44:49	Sarah Baglio	F34	
1:50:44	Susan Epstein	F63	9th

## NYJL Mother's Day 4 m

30:48	Arnie Gore	M66	2nd
32:54	Margaret Nolan	F47	
37:30	Edith Jones	F67	3rd
41:14	Michael O'Brien	M43	
41:16	Roxanne O'Brien	F40	
46:43	Ann McKeague	F65	

## Healthy Kidney 10K

Central Pk

May 19

37:25	Kevin Shelton-Smith	M47	7th
47:05	Blas Abadia	M52	
47:43	Gabrielle Popoff	F30	
48:34	Arnie Gore	M66	2nd
52:10	Louis Netter	M32	
53:19	Margaret Nolan	F47	
53:38	Dawn Netter	F36	
53:42	Ivan Ragoonanan	M61	
54:23	Leoni Parker	F42	
60:01	Edith Jones	F67	7th
68:27	Gilda Serrano	F58	

## Gilda's Run 15K

Paramus, N.J.

May 20

1:16:07	Bette Clark	F51	3rd
1:36:01	Susan Epstein	F63	2nd
1:36:01	Arnie Gore	M67	

## Forest Park Classic 4M

May 20

25:52 Ivan Mills M51 1st

## AHA Wall St Run 3M

Wall St NYC

May 22

17:22 Kevin Shelton-Smith M47 8th

23:59 Louis Netter M32  
 24:40 Dawn Netter F36  
 27:44 Ivan Ragoonanan M61  
 27:48 Gabrielle Popoff F30  
 35:13 Ann McKeague F65

**VCTC Summer Series 5K  
 May 24**

18:44 Chris Eckstrom M41 4 OV  
 20:27 James Harkins M43  
 21:39 Firdaus Dotiwala M39  
 22:45 Tony Thoman M44  
 23:15 Dick Conley M51  
 24:44 Bob Browne M61 2nd  
 25:13 Bette Clark F51 1st  
 25:13 Steven Park M39  
 Louis Netter M32  
 26:14 Kate Donovan F48 2nd  
 26:34 Rachel Gissinger F31  
 26:38 Jill Staats F55 2nd  
 28:17 Michelle Conley F18 2nd  
 28:44 Selma Sequeira-Raven F41  
 29:10 Jean Harkins F36  
 29:28 Jo Ann Pate F32

**Yai 5K  
 Central Pk  
 June 2**

24:18 Bette Clark F51 2nd

**Japan Day 4M  
 Central Park  
 June 3**

35:02 Ivan Ragoonanan M61  
 35:57 Margaret Nolan F47  
 37:21 Dennis Brooks M54  
 39:32 Gilda Serrano F58  
 47:13 Ramon Minaya M67

**VCTC Summer Series 5K  
 June 7**

18:50 Chris Eckstrom M41 6th OV  
 19:23 Louis Csak M41 9th OV  
 20:15 James Harkins M43  
 21:29 Firdaus Dotiwala M38  
 21:57 Tony Thoman M44  
 23:51 Dick Conley M51  
 24:01 Steven Park M39

24:16 Bob Browne M61 1st  
 25:00 John Baglio M37  
 25:38 Gerard Hanrahan M39  
 25:40 Adriano Guzman M54  
 25:51 Rachel Gissinger F31 3rd  
 25:57 Bette Clark F51 1st  
 26:06 Hector Santiago M67 3rd  
 26:12 Jill Staats F55 2nd  
 26:24 Shelly-Ann Stewart F32  
 26:51 Kate Donovan F49 2nd  
 26:55 Jean Harkins F36  
 27:39 Leoni Parker F42 3rd  
 27:43 Michelle Conley F19 2nd  
 28:14 Conor O'Brien M12  
 28:29 Aidan O'Brien M12  
 30:08 Brendan O'Brien M14  
 30:23 Roxanne O'Brien F40  
 31:07 Selma Sequeira-Raven F41

**NYRR mini 10K  
 Central Park  
 June 9**

65:19 Edith Jones F67 8th  
 65:29 Gilda Serrano F58  
 68:27 Alta Dustin F44

**Mem. Sloane Kettering 5K  
 Rock&Roll on the River  
 June 10**

24:06 Bette Clark F51

**Need For Speed Relay  
 Westchester Cty.  
 June 10**

Kevin Shelton-Smith; M47  
 Leg 1 8.4 miles 52:41  
 Leg 2 7.5 miles 55:34

**NY Bi-athlon series  
 Harriman State Park  
 June 10**

1:50:11 Dennis Burns M61 1st

**Summer Speed  
 Icahn Stadium  
 June 12**

**400 meters**  
 59.4 Louis Csak M41



**Cook Your Buns 3 M**  
**Greenwich CT**  
**June 15**

16:40	Kevin Shelton-Smith	M47	2 OV
21:03	Dick Conley	M51	3rd
22:14	Bette Clark	F51	1st
22:53	Katherine Callan	F45	
23:14	Margaret Nolan	F47	
23:24	Jill Staats	F55	2nd
23:25	Kate Donovan	F49	
23:26	Louis Csak	M41	
25:20	Michelle Conley	F18	
25:26	Kathy Conley	F50	

**Rhulen Rock Hill 5K**  
**Rock Hill, NY**  
**June 16**

23:23	Charles Brewster	M39	
23:51	Bette Clark	F51	1st
23:59	Arnie Gore	M66	
31:11	Susan Epstein	F64	1st

**Fight Against Prostate Cancer 5M**  
**Central Park**  
**June 17**

29:32	Kevin Shelton-Smith	M47	5th
32:31	Ivan Mills	M51	
38:16	Blas Abadia	M52	
38:39	Ed James	M60	
39:10	Arnie Gore	M66	4th
41:24	Dawn Netter	F36	
41:24	Louis Netter	M32	
49:17	Edith Jones	F67	2nd
52:43	Gilda Serrano	F58	
53:00	Fernando Ruiz	M75	2nd
60:46	Ramon Minaya	M67	

**Corp Challenge 3.5 M**  
**Central Park**  
**June 20**

28:32	Arnie Gore	M67	
35:12	Susan Epstein	F63	

**FRNY Gay and Lesbian 5M**  
**Central Park**  
**June 23**

39:00	Arnie Gore	M67	2nd
42:14	Ivan Ragoonanan	M61	

44:52	Leoni Parker	F42	
48:00	Selma Sequeira Raven	F41	
50:03	Susan Epstein	F64	8th

**Hope and Possibility 5M**  
**Central Park**  
**June 24**

36:28	Paulino Santana	M46	
52:01	Gilda Serrano	F58	9th

**Fairfield Half-Marathon**  
**Fairfield, Ct.**  
**June 24**

1:22:31	Kevin Shelton-Smith	M47	2nd
1:39:53	Firdaus Dotiwala	M39	
1:47:57	Dom Lombardo	M	
1:55:03	Kate Donovan	F49	
1:56:43	Shelly Ann Stewart	F	
2:01:28	Jill Staats	F55	4th
2:01:30	Arnie Gore	M66	3rd
2:03:50	Mike Yorio	M	
2:13:38	Frank Lindsey	M	
2:23:46	Susan Epstein	F63	

**Double Trouble 15K**  
**Morgantown, Pa**  
**June 24**

1:35:27	Charles Brewster	M39	
1:53:43	Yuen Chun	F50	

**4 On The Fourth**  
**New Cannan, CT**  
**July 4th**

29:21	Dominic Lombardo	M	
30:39	Zafar Shahbaz	M	



## TRAINING: 6 EXERCISES FOR SIX-PACK ABS

**By Wanda Bills**

*I* have been a runner as well as a body builder for many years. I've noticed was that you must have a strong back to have great abs. Here are some tips for strengthening and defining your core muscles:

Start with bent-over rows, using a straight bar with weights that you can handle. Do not bend your legs; keep them together. Grab the bar and come up straight, holding it for the time it takes to spell H-O-L-D. Do 3 sets of 12. After that, complete the following in 3 sets of 20 each.

\* Crunch/ leg raises. Lie on your back, hands behind your neck, legs raised and bring you shoulders to meet knees, *Always exhale when crunching.*

\* Hanging knee raises. At your gym, using elbow straps, hang and bring your knees up.

\* Toe touches while lying on the floor. With your legs straight up, reach to touch your right finger tips to left foot and then switch.

\* Reverse crunch. Lie on floor, hand under your but-

tocks with bent knees. Bring both knees over your chest and crunch.

\* Side twist using a straight bar. With feet shoulder-width apart, twist as many times as you can. Finish with a great stretch.

Having a good healthy diet is, of course, the most important thing of all. Make sure to eat complex carbs, (brown rice, grains) low-fat, protein, plenty of veggies and water.

**Those  
VCTC  
runners sure  
have great  
abs**



## On Training and Racing

**By David King**

*L*ate winter in 2003, I approached Coach Ken Rolston,

asking if he would be willing to set up a training program designed so I could maximize my performance. I was running in the Corporate National Championships in San Ramon, California in late July of that year and wanted to enter my event (the 400 meters) in the best possible condition. I would be running three 400's there, as well as a 5K, so training would require strength as well as speed. But I was more interested in running a fast 400. Ken agreed and

plunged headfirst into figuring out my workout schedule.

Luckily for me, I was able to train on the track with a group of VCTC members, which made the speedwork so much more bearable. I had trained for this event in years past mostly on my own. As a result, I never felt I was approaching this track meet in my best form (I had been participating in this since 1990). So for 12 weeks that spring, I followed Ken's program. (continued next page)

The results were superb. I was able to run under 60 seconds for each 400 at age 53. I felt strong and swift. My 5K time was not great though, mainly because I had not put in enough longer tempo runs. Training routines to excel in the 400 and the 5K are mutually exclusive ("stay away from the distance geeks" was the sprinters' quote in college). My point here is that if you want to run faster in your races (from

400's to marathons), include tempo running and interval track training in your routine.

Here are a few of the workouts we did:

Good warmup: 1-2 mile jog;  
6x100 strides with 100 jog;  
stretching.

2 sets of (800, 600, 400) with 400 jog. 6x100 strides with 100 jog. 1-2 miles warmdown.

Warmup; 6x600 with 400 jog; strides and warmdown.

Warmup; 2x200, 400, 800, 1200, 400, 800 with jog equal to distance run; strides and warm down.

Warmup; 12x300 with 200 jog; strides, warmdown.

Coach Ken holds track workouts on Tuesday evenings at 7 p.m. at the Van Cortlandt track. See you there.

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## Best Web Sites for Running Gear

*By Jill Staats*

Over the years, I have become a big Internet shopper. I love comparison shopping and trying to get the best deal. The first site is my favorite because of the consistent discounts on so many brands. The others I've come across after much research and discussions with like-minded running friends who also love to find deals. If anyone knows of other great Web sites, please email me at [jdstaats@yahoo.com](mailto:jdstaats@yahoo.com).

<http://www.holabirdsports.com>

I love this site for almost all my running needs. It has many top brand names and popular styles offered at a discount. If an item isn't discounted, you can get a gift certificate to use on your next order.

<http://www.sierratradingpost.com>

This site carries many end-of-season items at a great discount. Quite a few of us at the club get our CW-X running pants at almost half off the price offered at retail stores.

<http://www.backcountry.com> and <http://www.backcountryoutlet.com>

Here I got a Montbell ultralight down jacket, fabulous for traveling and throwing on after a run on a chilly day.

<http://www.campmor.com>

Campmor also has great end-of-season sales on outdoor stuff. I got my Camelback from this site.

<http://www.kellysrunningwarehouse.com>

Discount running shoes; keep checking back for great discounts.

<http://www.eastbay.com>

Discounts on running shoes and gear; keep checking to get the discounts.

<http://amazon.com/>" <http://amazon.com/>

You can often get deals on running gear through this site.

<http://nashbar.com/>

I get my GU gel thru Nashbar. So far it is the cheapest I have found. You can also get GU through Bike Performance, but you have to join to get free shipping.



## Biking Through Israel Part II

*by Naomi Marcus*

When I wrote my last article, I had biked from Jerusalem to Mitzpe Ramon and had stopped to rest for Shabat (the Jewish Sabbath). The ride out of Jerusalem started with a 20-mile downhill (approximately 4000 feet decrease in elevation) down to the Dead Sea. Our second day began with an ascent of 2400 feet in 14 miles from the Dead Sea basin to the Judean desert. We spent that night at a youth hostel in Yerucham. On Day 3, we continued our ascent through the Negev to reach Mitzpe Ramon, on the edge of the Makhtesh Ramon. A makhtesh is a giant depression in the earth's surface caused by erosion of underlying sediment (think of how the top crust of a pie collapses inward when the filling oozes out).

After Shabat services, we had the opportunity to listen to a panel discussion by students and alumni from the Arava Institute. One mission of the Arava Institute is to build a network of environmental scientists across the Middle East who can work together on problems that affect several countries. To this end, the Institute enrolls Arab students from Israel, the Palestinian Authority, and Jordan as well as Jews from Israel and the diaspora. Students are required to participate in a seminar in which they discuss their personal experiences and explore their differences. In the end, this results in greater respect and understanding among the students. Arab students, who attended the Institute because no equivalent programs exist in their universities, had taken criticism from their friends and family for studying with the "enemy." Their experience with real Israelis proved to be a revelation. One Palestinian from Amman found that some of the friends who had criticized him before he left became interested in studying at the Institute after he shared his experiences with them. One Palestinian alumna is working for a organization that develops collaborative projects between Palestinians and Israelis.

The next day's ride began with a descent into the Makhtesh, with 5 miles of switchbacks. I was enjoying the rolling straightaway at the bottom when pop! My rear tire began to wobble and drag. The rest of the riders had moved on by the time my tire was replaced, but I pedaled hard and caught up with everyone at the next rest stop. In the afternoon, the temperature was well over 100 degrees and several riders succumbed to the heat, not because of dehydration, but because they were taking in too little salt. The last part of the ride was another steep descent into the Arava Valley to reach Kibbutz Ketura, the location of the Arava Institute, as well as a working collective.. Ketura grows Mahjoul date palms and algae for coloring farmed salmon, but it also has an experimental arboretum where desert trees with commercial potential are cultivated. That night, many of us chose to spend the night in Bedouin tents that were set up to extend the limited sleeping capacities of the kibbutz guest house. My bed was surprisingly comfortable and the night breezes through the open sides of the tent kept the temperature pleasantly cool.

On Monday, the final day of riding, we took a bus up from the Arava Valley and then biked along a hilly road next to the Egyptian border, finally reaching the summit of Har Hizqiyahu. From there, we could see 4 different countries (Israel, Egypt, Jordan, and Saudi Arabia) as well as the Red Sea. A few miles further, and I was coasting the final 5-mile downhill into Eilat with Jordan on my left, Egypt on my right, and the blue waters of the Red Sea ahead..

Riding so close to the borders of the neighboring countries brought home to me that the condition of the land and water in Israel depends upon building a cooperative relationship with the neighboring countries. As one of the Arab students said, "Both sides are losing if we fight."



## CLUB NEWS FROM THE EXECUTIVE COMMITTEE

### Membership

- Membership dues for 2007 are past due for members to be eligible for 2007 awards and discounted prices for the Awards Dinner, which will be held in January 2008, (i.e. if the club decides to subsidize the dinner). Rates are: Single - \$35 ; Family - \$40. PLEASE SEND CHECKS MADE OUT 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 Firdaus Dotiwala at [thinrunner@gmail.com](mailto:thinrunner@gmail.com) with any changes of address, phone, e-mail, etc. and whether you would like to be added to the group mail.
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### Clothing

- Please wear club apparel before, during and after races as this is the best way to publicize our club. Members of our club get many benefits for dues paid(discounted apparel, etc.) and the club **STRONGLY REQUESTS** you show off its colors. While we are reluctant to make this a club rule, we are asking that you represent the club.
- New singlets are available for the discounted price of \$15 for all paid members.

### Summer Series Post-Race Party-Thursday Evening, 8/16

- All members are cordially invited to the post-race party for the Summer Series, August 16th at the Van Cortlandt Golf House. Head over immediately after the awards for a barbecue, soft-drinks, cold beer and good conversation.

### VCTC 30th Anniversary-Sunday, 9/30

- Bill Smith and Gary Spalter are in charge of festivities for the VCTC 30th Anniversary Party. There will be a group run followed by a luncheon at the Van Cortlandt Golf House. Save the date; details to follow.

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**VCTC membership meetings** are held on the second Saturday of each month at 10 a.m. **Club workouts** are Tuesdays at 7 p.m. (meet at Van Cortlandt Park track). Saturdays at 8 a.m. (meet at handball courts at 242nd St and Broadway).

The Newsletter is published bi-monthly. We welcome all contributions. Deadline for the Sept/Oct issue is August 20th. Maximum length is 600 words. Please e-mail to: [kingkvd@optonline.net](mailto:kingkvd@optonline.net)

Please try to include a photo.

Please send all race times to: [petercoy@verizon.net](mailto:petercoy@verizon.net)  
Demarest, N.J. 07627. **Please do not phone in results.**

or mail to: Peter Coy 52 Stelfox St.,

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# Van Cortlandt Track Club Newsletter

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