

Van Cortlandt Track Club newsletter

30th Anniversary Issue

The Early Years

*By Andy Kimerling
VCTC Founder*

*I*t's my wife's fault really (or credit to her) that there is a VCTC. A little background info first: In the ancient years of running (1977), very few clubs existed in the Metro New York area. There were the Millrose AA, the New York Pioneers and the Central Park Track Club. Brooklyn had the Prospect Park TC, Queens had the Flushing Meadow TC and Westchester had the Westchester Road Runners. I was trying to

become a better runner, so I joined Westchester in 1975? (Not sure, memory sometimes fades.)

Well, I was quite a happy runner. My times were getting faster. I was going up to Rockefeller Estate Saturday and Sunday mornings to run with the Westchester Road Runners and doing their track workouts on Wednesday nights. But in June 1977, things changed when my first son was born. My wife, who had grudgingly put up with my weekend disappearances, became extremely annoyed now that our family had expanded and I was still in the mode of "nothing's changed." My previous explanation of no local clubs being available to run with now met with a frosty "so start your own club around here." Being very observant and wanting to preserve family peace and my mental and physical health, I decided to follow her idea and start our own local club.

I printed up about a hundred flyers because my daily runs around the Jerome Avenue Reservoir always led me past other pioneers out for their daily training. I soon found out that those friendly runners who would give you a runner's "hi" were less likely to accept a flyer being pressed on them by



Mary Curran, Alma Caparas, Audrey Schwab and Vera King training circa 1993

some sweaty runner, even one they had seen before. The flyer simply said words like, "If you're interested in meeting other runners and starting a running club come to Ft. Independence Park at 7 p.m. on September X." I cannot remember the exact date in September, 1977, but that was the message. On the appointed night, surprise of surprises, six people showed up. To the best of my recollection, they were Lon and Ova Wilson, Keith Maher, Peter Janosik, Michele Heller and Marion Nahoum. At this meeting, we decided to do weekend social group runs from Van Cortlandt Stadium on Saturdays. This group became the core of the club. Peter, who had run for Manhattan College, showed us his 7-mile training loop encompassing all of Palisade Avenue and its hills. Marion helped me organize most of our events the first several years. Among others who joined us early on and volunteered for all the jobs were Mitch Strong, Jack Sexton, Jack Finger and Peggy Janosik. (I apologize to all those early members I know I am forgetting.)

In the beginning, I wrote the newsletter, coached at our workouts (at Columbia's track at 215th street), and chauffeured our members to races. We had club forays to races like the West Point 10k, Cow Harbor 10k and all the Central Park races. In 1978, I had the idea that we should put on our own race, both to get some publicity and maybe make the club some money. We were sending race results to the Riverdale Press every week, but not a lot was printed. We also sent several press releases as we were trying to recruit new members. Mitch Strong felt that the race was a good idea and that I wasn't completely crazy. Within the first year, our club membership had reached about 75. Most of them probably felt staging a race was much too difficult for such a young club, but agreed to help organize the race anyway. I had been volunteering for several years for the NYRRC, so of course I thought I could do it. With everyone's help, not only did we do it, but we put on a great race. We got excellent publicity and started one of the oldest and toughest road races in the New York area, the Riverdale Ramble. Of course, that first year the course was 7 miles and started and finished behind the Burger King north of 242nd St. on Broadway. Our refreshment area was the Greeleaf Bar on 242nd St, thanks to the generosity of the owner. Everyone imbibed and had bagels while Mitch and I sat in the Burger King and tried to score the race as quickly as possible.

I am proud of the fact that the club is still strong, being run by a dedicated, caring group of people. I am also proud that the club has a membership made up of diverse groups of people who can come together and get a good workout, whether on the track, on the roads or in the hills of Van Cortlandt Park.

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

On The Run

By Bette Clark

I'm sitting on the train on my way up to Montreal thinking about how lucky we are to have Van Cortlandt Park as our home—and



Central Park, and Rockefeller, and the Croton Aqueduct Trail as near neighbors. As I travel up and alongside the Hudson, I am reminded of my favorite places to run, and realize that as runners, we have a little bit of everything in Van Cortlandt: hills, wooded trails, vistas that include urban streets and a lake. The leaves are beginning to change here, just north of Albany, and we will soon be enjoying running during crisp autumn days. But we still have a few warm days left...

During some of the steamiest summer days this year, runners in unprecedented numbers raced in our cross-country 5K series in Van Cortlandt. After 101 runners showed up for the first race of the season in May, seasoned race Director Fred Daly wondered (with some concern!!) how many more would turn up for races later in the summer. The numbers just kept going up, until we saw 211 finishers at the last race of the season, the most ever to run in one of our 5K races. Even with all these runners, and despite

some meteorological (severe thunderstorms just at race registration) and technological challenges (tape running out, megaphone break down—nothing too serious when you stage a low-tech race), Fred Daly and the amazing crew of volunteers who showed up at every race managed to stage what appeared to runners as nearly flawless, fun-filled events. It was great to see so many young racers, as the Rabbits returned to scurry up the hills and leave many of us behind. In keeping with the speedy pace, race times were posted quickly on our web site, thanks to Tony Thoman. Now it is easier than ever to see how many VCTCers took part in each race as our names have been highlighted.

As most of you know, our last summer race was followed by a bash at the Van Cortlandt Golf House. Thanks to Social Director Katherine Callan, we had a great showing of club members and guests, and we all enjoyed the food and good company. Continuing in the party mode in just a few weeks, on September 30th, we will be coming together for our 30th Anniversary celebration. That day we will join together in a commemorative run at Van Cortlandt and then share stories and reminiscences with new and old-time members alike over lunch at the Golf House.

Fall racing season is nearly upon us, and many VCTCers are gearing up for marathons. Coach Ken Rolston has been varying track workouts on Tuesday nights

to help people prepare for a variety of distances. Upcoming local races include the Harlem 5 mile race, the Yonkers marathon on September 16 (can also be run as a half-marathon), and on the same day, the Fred Lebow cross-country 5K, a club points race (do I remember a few years ago that some crazy runners dashed over to Van Cortlandt after running the Yonkers Half in time to get on the starting line for this race?). The next weekend follows with the Queens Half marathon, and on the same day, the Pfalz Point 10 mile trail race in New Paltz. There are plenty of local races throughout the fall to keep us all on our toes. (See Ken's list of races on the next page.) Recommended races will also be posted on our web site or e-mailed through the VCTC group page (email Firdaus at thinrunner@gmail.com if you want to receive group e-mails).

On November 4, we will again be setting up our Van Cortlandt table to cheer NYC Marathon runners though the Bronx. Until then, keep running strong and find ways to set new goals. Remember to share these goals—and accomplishments—with us in the newsletter. Your stories are inspiring and help to motivate all of us...

REMINDER

Our 30th anniversary party will take place on 9/30/07 at the VC Golf House. 9 a.m. group run; 1 p.m. luncheon. To reserve your space, send a check payable to VCTC to VCTC, PO Box 341, Bronx, NY 10471.

Coach's Corner

By Ken Rolston

I've spent the last week of August watching most of the coverage of the Track & Field World



Championships and can't adequately describe what an exciting time this is for running in this country. From Tyson Gay's and Allyson Felix' 3 gold-medal performances to Bernard Lagat's stunning 1500-5000 double to Kara Goucher's gutsy bronze medal effort in the 10K, it was a brilliant week. Maybe you had a chance to see Jeremy Wariner win the open 400 and then anchor the 4 x 400 in a ridiculous 43.1. Or watch Matt Tegenkamp miss a bronze medal by .03 in the 5,000. Perhaps you witnessed Reiko Tosa running the last miles of her marathon "on fumes" as the people of Japan willed her to a 3rd place finish for Japan's only medal of the 9-day meeting. Or marveled at Ken Bekele's final 1200 in 2:58, last lap of 55 seconds to win the men's 10K. But it may have been as much fun to watch Aliann Pompey of Guyana advance to the 400 semis with a 51.95. In case you don't know, she's the speed demon we see at the Tuesday night track workouts.

Take a look at the schedule and you'll see that on November 3 the US Men's Olympic Trials marathon will be taking place in Central Park, the day before the NY marathon. The race will loop 5 times around the park, giving junkies like me ample opportunities to yell my head off in support of Ryan Hall, Meb Keflezighi and everyone else. There are 6 to 8 runners with a legitimate shot at grabbing the 3 Olympic slots and they will all be competitive in the Beijing Olympics.

Watching all these runners has inspired me to watch videos of their workouts and to find new sites that will help me to do a better job of coaching you. On the web site Flocast.com there's a wonderful video of a workout coached by Alberto Salazar. It features Kara Goucher running 4 x 1200 @ 3:45-3:36 followed by 3 x 1 mile @ 5:05- 4:45! Tegenkamp has been featured in Men's Racing.com and we've used some of his favorite workouts on the track. He loves his 200's and I have proof that they work.

So, whether you're running the 5th Avenue Mile or one of the 10 marathons listed below, we will have workouts designed to help you get ready this fall.

Upcoming Races

9/9- So. Nyack 10-mile, 8:30 AM
9/9- Tuckahoe Challenge 5m/1m, 9 AM
9/15- Harlem Renaissance 5m 10 AM
9/15- Woodlawn 5K- Yonkers, 10 AM

9/16- Yonkers marathon & ½ marathon, 8:30 AM
9/16- Fred Lebow 5K- VC Park, 11:30 AM
9/23- Pfalz Point 10m- New Paltz, 9 AM
9/29- 5th Ave Mile- NYC- 10 AM
9/30- Wineglass Marathon- Corning, NY 9 AM
10/6- Grete's Gallop ½ marathon, 9:15 AM Central Park
10/7 Westchester Half&Marathon
10/7- Marathon Sunday ! Steamtown, Hudson-Mohawk, Chicago
10/7- Liberty Waterfront ½ marathon/5K 9 AM Jersey City
10/13- Hartford Marathon 8 AM
10/13- Harry Murphy XC 5K VC Park 11:30 AM
10/14- NYC Marathon tune-up 18m 7:30 AM
10/14- Atlantic City Marathon 8:30 AM
10/14- Fall Foliage 5K- Scarsdale 2:30 PM
10/20- Kurt Steiner XC 5K VC Park 11:30 AM
10/21- Staten Island ½ marathon 9:30 AM
10/21- Harry Chapin 10K, Croton 12:30 PM
10/28- Marine Corps Marathon, Washington D.C. 8:30 AM
10/28- Mystic Marathon, E Lyme Ct 9 AM
10/28- Sound Shore Med Center 5K- New Rochelle, 9 AM
10/28- Marathon Kick-off 5m- Central Park, 9 AM
11/3- USA Men's Olympic Trials Marathon, Central Park!!!
11/4- NY Marathon, 10:08 AM
11/4- I'm Not Doing NY Marathon 4m- Eisenhower Park, 9 AM
11/11- NYRR XC Champs, VC Park 10 AM



Love Connections

Membership in VCTC will help you meet your running goals—and possibly the partner of your dreams!



Bill and Adrian

by Adrian Hunte-Smith



*I*t was January of 1984, the start of my first and only year of truly competitive running. I ran a race a week, including two 10Ks back to back on a Saturday and Sunday, and won as first woman in both. My racing career ended with the New York City Marathon. The first time I saw Bill was on a very chilly Saturday morning, while I was running a 10K race in Central Park. He was calling time splits at the two-mile mark for the NY Road Runners Club. I definitely did not stop. I was on a mission—but I did say thank you. I don't think he said you're welcome; he was busy calling times. I won an award in my age group.

The next morning—a cold, beautiful, bright-blue-sky Sunday—I was running down Van Cortlandt Avenue to Van Cortlandt Park, when I heard this “swoosh swoosh” of a nylon or Gore-Tex type running suit and running footsteps behind me. I remember

saying to myself “Who is this trying to pass me? Should I speed up? I know I can run a sub-six minute mile.” Bill said good morning, and we started talking. I asked him if he had been calling mile time splits the day before in Central Park. Bill said yes. Bill adamantly refutes this, but either he must have run all night from Manhattan to the Bronx to try to catch me, or he saw me through his binoculars from his perch at Tracey Towers and rushed down the street to meet me.

Bill said he, also, was on his way to Van Cortlandt Park, to run with VCTC and asked me if I would like to run with the group. I said “OK.”

Bill was married at the time and we trained together for races and became friends. Five years later, Bill became a “free agent,” and we were married on June 17, 1989. Over 18 years later, we are still married, still friends, and still run together—the strength and beauty of our bond—at a much slower pace.

Lou and Linda

by Louis Csak



June 4, 1994, Riverdale Ramble: After the race, I noticed an exceptionally attractive lady at the Awards ceremony. I had been introduced to her in December 1993, by Audrey Schwab at the Manhattan College indoor track during our indoor workouts. Her name: Linda Filar.

I was interested in approaching Linda, but as usual, I was quite shy. I asked Audrey if Linda was single. I was informed that she was.

I decided to ask Linda for a date. Of course, I gloss over how anxious I was, and how I got a shove in the back ("go talk to her") by Audrey.

As I started talking with Linda, I was surprised at how pleasant and warm she was to me. I asked if she'd like to go out for a dance and dinner, and she agreed. I found out she was the first female overall in the Ramble! Linda thought I was snuggling up to her because I was interested in running tips!

Our first date was on the day Linda had run a 5k on St. John's University track in 100 degree heat. It was tough for Linda to dance the swing at the Continental Club, but dinner at America's Restaurant on the Lower East Side was very nice.

Soon after our first date, Dave and Vera King invited us to their house for some nice home cooking, and Linda continued to be impressed at what a nice group of people were in the Van Cortlandt Track Club. The rest is history, as Linda and I have spent just about every minute together since then!

Eddie and Sandy

by Eddie Crawford

While leaning against a lamppost and doing my leg stretches at the corner of Sedgwick Avenue and Mosh-

olu Parkway on July 7, 1981, I noticed a female runner/jogger crossing the intersection. I was struck by two things as she proceeded to the adjacent sidewalk that circumvented the 2.3 mile loop around the Jerome Reservoir. The first thing that caught my attention was her legs. They were shapely, I thought, with formed calf muscles, though not overly pronounced. Her legs had readings that she had been running for a number of years or maybe developed her lower extremities in some other related activity - perhaps dancing. (I later found out that she was an avid folk dancer.)

The second thought that registered, as I stopped my stretching and began to follow her, was her gait. Something seemed off. There was no smooth rhythm. I thought she would be someone who could

use a running coach that could guide her so that her running stride, gait, arm movements and alignment would be in sync.

As I began to approach the last 200 to 300 yards of the reservoir loop, I passed her without saying a word. Upon completing the loop, I made a half turn and started jogging in her direction. What would I say to her? Before I knew it, she was no more than 10 feet in front of me when I just simply said, "Hello, how are you doing?" She said, "Fine." Next, I said something along the lines of, "My name is Eddie and I belong to a running club called the Van Cortlandt Running Club. Have you heard of the club?" "No," was her reply. After she told me her name, which is Sandy, I then told her a little bit about the club. I invited her to our next group run,



which was the following Saturday at 9 AM. Not knowing the exact location, I said we could meet at a convenient spot and go to the handball courts where VCTC begins its group runs. She agreed.

After obtaining Sandy's phone number, I jogged back towards my Tracey Towers apartment repeating her number over and over in my head. A few days before that following Saturday, I called Sandy. The phone rang a number of times. No answer.

A week went by before I would try again. I let the phone ring a number of times on this, the second try, and still, no answer. Two weeks would go by before I tried a third time. The phone rang one, two, three, four times. I was thinking maybe she gave me a wrong number purposely. I began to make a ball out of flat piece of paper that had her "so called number" and tossed it into my nearby trash can.

By the seventh ring, I was thinking of hanging up, when she answered. Sandy told me that she had just gotten back from a three-week vacation and walked into her apartment the moment I was calling for the final time and on the last ring. I told her that I was trying to reach her to invite her the Saturday VCTC morning runs. We met the following week for

that Saturday run and, as they say, "The rest is history."

EPILOGUE: We got married three years to the date we met; July 7, 1984. We have a daughter, Raina, 19 years old and a son Kyle, 16 years old.

Dave and Vera

by Vera King



The first time I met Dave was at a VCTC picnic in 1991 in Rockland Lake State Park. After the picnic, he gave Ramon Minaya and me a ride back to the Bronx. He sort of hinted that he was missing some sporting event on TV, so I offered for him to watch it at my house on my new TV. Oddly, he asked me what kind of TV it was and I told him it was a JVC. He watched the show and left. I didn't see him again for another year due to a series of injuries and maybe due to a lack of interest in my JVC tv. I was ready to write him off as a potential prospect.

Fast forward one year or so and he turned up again at workouts and at a few social

gatherings at the house of Steve and Alma Klein, where we chatted. Slowly the interest picked up again. Then, in March of 1993 a group went to Greentree Restaurant for Enid's 40th birthday. Dave and I ended up drinking and talking till the wee hours of the morning and then went for breakfast.

That evening was the beginning of our relationship, which moved along quite timely after that. By the end of 1993 we were engaged, and we married in June 1994. I can honestly say that if we had not been in VCTC, we probably would not have met. Although we never run together, we are a true example of how opposites do attract, even as a running couple. Dave is one of the faster runners and I am one of the more of a recreational runner, but the fact that we both love to run has been a huge asset in our relationship.

Tony and Maureen

by Maureen and Tony Thoman

When did you first notice each other?

Tony: It was at one of our awards dinners. John Kowalski had set me up with a blind date, but the sparks weren't flying. When Maureen was summoned to receive the Female Runner of the Year Award, I remember thinking to



myself: Who is she? Where did she come from? What a package: fast and so pretty! I wonder if she has a boyfriend?

Maureen: I remember noticing Tony twice, once during a club meeting. He was seated in the back of the Ecological Center in Vannie and during the meeting I noticed that he was correcting papers. I thought he must be a wonderful, dedicated teacher, but I thought he looked a little too serious for me! A few weeks later, I saw Tony on the Flats, and his eccentric clothing caught my attention; he was wearing pink shorts (that were probably once red but had been washed way too many times) and a lime green shirt, and I thought to myself, this person must be truly grounded and possess a strong personal character. I was right!

When did you first get to know each other?

Tony: It was on a camping trip in Pennsylvania to a place called the “Grand Canyon of Pennsylvania.” It wasn’t much of a canyon, but it was on this trip I met Maureen, and because of this, the canyon will always have some grandeur for me. I think we really connected. She had the ability to make me laugh.

Maureen: In May of 1999, I met Tony during a backpacking trip to Pennsylvania. I was immediately drawn to his very gentle nature. We managed a few easy conversations alone while hiking that weekend, and found that we seemed to have much in common, both of us having done some long distance cycling, and both being multi-marathoners.

What about your first date?

Tony: In Vannie of course! It took lots of courage on my part to ask her out in a formal manner. We met for one of those summer concerts on the Flats. When we both met, we were wearing almost matching outfits with Eddie Bauer khaki shorts. I made a picnic dinner composed of mango chicken and Sam Adams Cherry Ales. I do remember that Maureen ate everything I made, but also now know that she is not a fan

of mangos, mayonnaise, or cherry flavored beers.

Maureen: Our first true date was the NY Philharmonic concert at Vannie. Tony brought a blanket (which we still use for picnics, but now with our son, Colin) and he organized the entire menu which included cherry-flavored beer and mango chicken salad. It was a sultry summer evening, perfect weather for an outdoor concert.

When did the relationship become “real”?

Tony: We were both training in the summer of 1999 to run marathons. We would go up to Mohonk on Saturday mornings at 6 AM to beat the heat, and do these 17-mile runs. We really were in sync with each other. We wound up dating for two years before I popped the question, but I knew that summer that I had found someone special. Our partnership has VCTC stamped all over it. The club will always have a special place in my heart, as it provided me with the opportunity to finally meet my partner for life.

Maureen: Our friendship really took root during a series of “chaperoned” dates which were actually grueling runs on the hills of Minnewauska during the excessively hot summer of 1999. Dewey Palmieri,

Tony and I met at 6 am almost every Sunday and drove up to New Paltz for 15 plus mile runs. I remember the very first one of these runs, when Dewey proposed that we all skinny dip

in Lake Awosting to cool off. By this time, I already had quite a crush on Tony. I was wondering what he would think of me if I just stripped and jumped in. I decided on

the spot to follow my instinct, to "be myself" and I am happy to say that we've been enjoying "natural swims" in many beautiful places ever since.

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TELL THE STORY
Independent Distributor

VCTC 30th Anniversary Party

Where: Van Cortlandt Golf House

When: Sunday September 30 at 1 p.m.

Cost: \$20 per person in advance, \$30 at door for luncheon

Group run: 9 a.m. at B'way and 242nd St. at the handball courts. RSVP by 9/20/07 Checks payable to VCTC.

VCTC, P.O. Box 341

Bronx, N.Y. 10471

What a Club!

Over its 30-year history, Van Cortlandt Track Club has had a great array of members with a great array of accomplishments. For this anniversary issue, we decided to highlight some of the wonderful and weird feats of our runners.



VCTC hosts three one-of-a-kind races, all the brainchildren of members. **Bob Velez** thought up the Cross Country Summer Series, **Dennis Burns** conceived of the Urban Environmental Challenge, and founder **Andy Kimerling** brought into existence the famous Riverdale Ramble.

Club members have competed in the Manhattan-to-Peekskill 52-mile Relay, the Ocean-to-Sound Relay, Reach the Beach, Hood-to-Coast and the Need-For-Speed Relay.

The first triathlete in the club was **Eddie Crawford** in the early 1980s. **Sandy Hill** was the first female triathlete. Today, **Wanda Bills**, **Enid Burns**, **Diane Calderon**, **Tami Luhby**, **Jean Harkins** and **Linda Filar** all swim, bike and run.

Al Meehan was the first VCTCer to tackle the ultramarathon distance. These days, we have **Firdaus Dotiwala**, who has completed three 100-mile races, ten 50Ks, and 16 marathons, among other races of all distances, and **Kevin Shelton-Smith** who just ran the Vermont 100 miler.

Katherine Callan co-wrote *Slow Burn*, Stu Mittleman's program for "going the distance and feeling great doing it." Mittleman held the world record for the 1,000-mile distance, run on a track!



We've all heard of the Mount Washington Road Race with only one hill. Of course that hill is more than 7.6 miles long with nearly 5,000 feet of climb, a sadistic test of running ability. Caps off to **Anne and Mac McKeague**, **Dennis Burns**, **Bill Smith**, **Bob Velez**,

Fernando Ruiz and **Hector Santiago** for all completing this feat.

VCTC has some celebrity clientele. **Peter Coy**, *BusinessWeek*'s economics editor in New York, can frequently be seen on TV speaking about trends—that is when he's not home logging race times for the VCTC newsletter or running 6:04-minute miles in the Club Championships in Central Park. Bronx politicians **Herman Badillo** and **Jose Serrano** used to run with the club.

Is there a doctor in the house? Quite a few: **Mahesh Patel**, **Neil Leibowiz** and **Sandy Selikson** all have MDs as suffixes.

Need legal counsel? Go ask **Chris Finger**, **Adrian Hunte-Smith**, **Mike Yorio**, **Diane Calderon** or former member **Frank Torres** about your rights.

It's nice to know you're safe running in the woods of Van Cortlandt, especially with such members as Riker's Island

security guards **Jimmy Atkins** and **Luis Alvelo**, NYPD detective **Fayon Kellum**, NYPD officer **Elsa Gonzales** and **Darryl Williams**, one of New York's Bravest. While in its 29 years as a maximum-security prison, no one ever escaped from Alcatraz, **Jean Harkins** completed the Alcatraz Triathlon, a 1.5-mile swim, an 18-mile bike race, and an 8-mile run. (Jean also ran the Antarctic Half Marathon, with snow and ice underfoot—but no penguins. It's too far inland for them.) Blonde bruiser Jo Ann Pate, currently training for her second New York Marathon, takes weekly boxing lessons. **Wanda Bills** holds several weight-lifting titles. Lost in the woods? Not to worry. **Sarah Baglio** is a trained Outward Bound instructor. In fact, that's where she met husband **John**.

On a warm spring night in his freshman year in college, **Dave King** and teammates ran an 880 workout wearing only jockstraps and spikes (no picture available).



Dick Conley has run 30 marathons, including 10 Boston Marathons. Amazing!

Fred Daly is a member of the elite 50 States Marathon Club.

Family man **James Harkins** ran his first marathon in 2:50—at age 15!



Delroy Lewis rescued a flailing **Vera Quinn (King)** on a VCTC whitewater rafting trip in the spring of 1991. Their canoe had tipped over in rampaging rapids while the 6 occupants were trying to splash **Victor Carr**, in another canoe.

Coach **Ken Rolston** holds the mile record—4:21—for Lehman College, and has run a 2:26 marathon. How's that for diverse talent! He just won the 800 meter race at the Empire State Games in a time of 2:33. Way to go, Coach! New member and NY area legend **Glen Shane** ran a :46.5 quarter-mile off a stick running for St. Johns in the early 1960's. And that was on cinders! **Dave King** ran a 31:33 for a 10K road race and a 15:06 for a 5K in a VC X-Country race.

Recent grandparents in the club include **Ken Rolston**, **Gary**

Spalter and **Linda Norton**. Of course, they need to stay in shape chasing those kids around.

Frequent flyer around the VC track and youth coach **Ivan Mills** is originally from St. Kitts. Wouldn't that be a nice place for the January Awards dinner? Twenty-year member **Bill Gaston** was born in Morocco. So THAT'S where he got his erstwhile speed!



Prior to her career as a runner (and mom), **Rachel Gissinger** was a water polo champion at Queens College.

On any given Sunday, you can likely find **Ed James** racing in Central Park. He's run some 445 road races run since 1987.



Youngest member: **Steven Csak** (July 19, 2007).

Editor's note: If we left you off any list or you have a feat not listed, please send an email to kingkvd@optonline.net.

Bronx Globetrotter

Zafar Shahbaz aspires to see the world, one marathon at a time

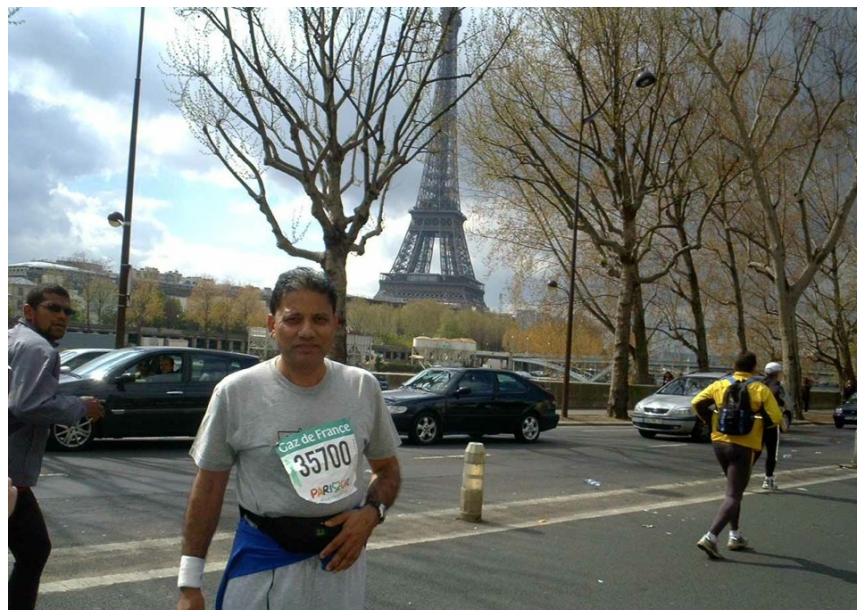
by Zafar Shahbaz

I enjoy living next to beautiful Van Cortlandt Park, with its variety of running paths: flat fields, soft and shady trails, hills and pavement. I enjoy running with friendly professional runners of all paces, especially under the well-organized leadership of Bette Clark. I also enjoy running with a specific project in mind.

These days, my project is completing a marathon on every continent. So far, so good. I've completed races on six continents—North and South America, Africa, Australia, Asia and Europe—and am looking forward to covering the seventh continent, Antarctica.

My running project gives me the opportunity to run with people of different cultures and different goals. During my marathon trips, I've run with people with bare and bloody feet in Brazil. I ran with a monk in Japan and with a man in wooden shoes in Honolulu, Hawaii. In South Africa, I ran with a man completing his 150th marathon, and in Mexico there were people running topless and bottomless.

I've experienced amazing things during my trips: running



ZAFAR SHAHBABZ READIES TO RUN THE PARIS MARATHON

alone, with no runner in front of me or behind me for miles in Lahore, Pakistan, my first marathon. I ran in huge crowds in Paris, where in some sections it was even hard to make the way to walk. In Johannesburg, South Africa I ran with more than 4,000 runners, all without a timing chip. The race officials used old manual time checking.

During my trips, I've experienced world famous start and finish lines and courses that passed by famous landmarks. The start lines included the Verrazano-Narrows Bridge in New York, the Champs Elysées in Paris, Sydney Harbor Bridge,

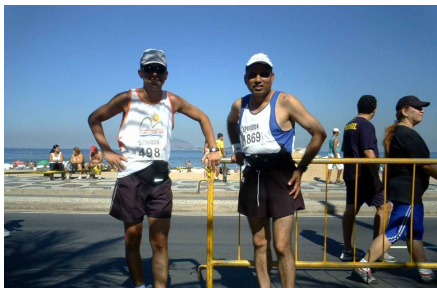
Alamona Park in Honolulu, Nelson Mandela Library in Johannesburg Botanical Garden, Ipanema beach in Rio De Janeiro, Brazil and Bhutto Stadium in Lahore, Pakistan. I ran by views of New York City, the United Nations and Central Park. I've run by Diamond Head Mountain and Waikiki beaches in Honolulu and the Eiffel Tower in Paris. Twenty three miles of my marathon in Brazil passed by famous beaches, including Copacabana and Ipanema. My favorite finish lines include Central Park in New York, Kaplan Park in Honolulu, the Arc de Triomphe in Paris, Sugarloaf



RIO DE JANEIRO



JO'BERG



COPACABANA BEACH



LAHORE

Mountain Park in Rio, Johannesburg Botanical Garden and the Sydney Opera House.

I also remember some wonderful sections of marathons. In Lahore, Pakistan, runners were cheered by school students with rose petals and in Sydney, Australia, I passed through a section of the Sydney Zoo, where runners seemed to be cheered by kangaroos. Timewise, my best marathon was Sydney, which I finished in 4:02. Coursewise, my best marathon was Paris because I got to run past the historical landmarks of the city.

Running is an important part of my daily life. It's the first thing I do in the day. I finish five miles before 5:30 a.m., even in dark Van Cortlandt, because I don't want to take the chance to miss my run and have to think of running after work. I have to report to work in Coney Island at 8 a.m., and it takes two hours to get there and two hours to return. I think because of my morning run, I stay energized the whole day instead of feeling tired due to four hours of travel.

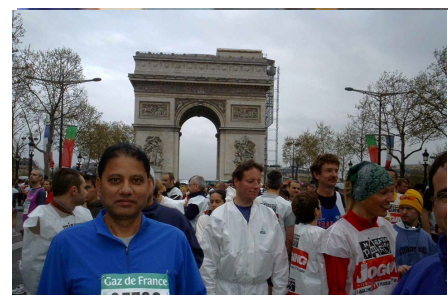
Running gives me discipline, punctuality, socialization, and energy. It gives me the motivation to follow a healthy diet, a good sleep and good reasons to travel around.



PARIS



NEW YORK CITY



PARIS



NEW YORK CITY

Fast Times at Running Camp

by Bette Clark

After driving for more than six hours on highways, and then winding through quaint country villages and rural farmland on dirt roads for an hour more. Jill and I arrived at the Craftsbury Outdoor Center in a region of Vermont known as the “North-east Kingdom.”

Craftsbury Center is housed on the grounds of an former boy’s boarding school. In the summer months, there are organized camps (running, skulling) and in the winter, opportunities for cross-country skiing. The rest of the time, it is open for guests to enjoy the great hiking, running, swimming and kayaking. We had been told by fellow VCTC members who had been to Craftsbury repeatedly (Arnie Gore, Susan Epstein, and Yuen Chun) that the food was amazing, and that descriptor doesn’t even do it justice. Three times a day you walk over to a cafeteria style dining hall next to the lake and are treated to choices of delicious and healthy foods: home baked breads and desserts, salad bars, always both a vegetarian and a non-vegetarian main dish. And did we eat—after all the hard training we did, we felt fully justified in loading up our trays. Just after arriving in the mid after-



BETTE CLARK. LYNN JENNINGS AND JILL STAATS

noon, we settled into our room. Somewhat spartan but very comfortable, our room was in the main dorm. Aside from the amusing challenge of adjusting to each other as roommates (Jill is a morning person who leaps out of bed raring to go, while I get hyped up at night instead and have a hard time getting up in the morning), we both enjoyed the camaraderie of dorm living.

After a quick briefing by the head coach, Greg, we went out for a short run “to stretch out your legs” after a long car ride. I began to take in my surroundings, which of course included checking over the other runners (how would we rate here? Fast group, mid pack, slow?). I saw this very fit-looking woman charging up the hills, talking about a tri she had just done, and I thought: “What kind of running camp is this? I’m in trouble. This is supposed to be a “Master’s

Week” after all.” Okay, I thought, I’ll give it what I’ve got—and pushing as hard as I could there was no way I could catch this woman. What was going on here?

Feeling a bit out of my league, I lined up for the videotaping that we were going to review the next day that was supposed to make us all better runners. I got disoriented. I think I’m the only runner ever to get lost while running around a parking lot. Jill felt dizzy and had to stop running before this point (boy was VCTC headed for a bad reputation, between the two of us). We had a bit of time to shower and rest before dinner and a meeting afterwards to look over the week’s schedule and meet our coaches. It was at this meeting that I learned who “that woman” was. As she was being introduced as one of the coaches, Jill and I looked at each other

and then laughed—and it only got better. She was Lynn Jennings, the 1992 Olympic Bronze medalist in the 10,000 meters, a former world record holder and cross-country champion.

The second evening Jennings gave an inspirational talk about the challenges she faced to reach her Olympic goal, and we had the opportunity to watch some footage of her critical races and then actually to handle her Bronze Medal!

The week was filled with great training tips (which Jill outlines here), getting to know the 30 runners and the 6 coaches, a variety of training runs (hills, track, tempo, “easy” long runs, and an “endurathon” that included a 14-mile bike ride, a 3 hour hike in the pouring rain, and then a 7-mile run), individual coaching sessions, workshops on nutrition, strength training and general running tips, swimming and relaxing around the lake, a massage, lots of laughs, and tons of eating. Highlights included a scenic 10-mile “Ridge Run” and trying to play badminton in the dark with our headlamps on.

We both loved the experience so much that we signed up again for next year before checking out. This was a camp for grown-ups who love running. If only the rest of our lives could be like this—running, eating, good company.

Five things I learned at Running Camp

by Jill Staats

1. Strength training is hill repeats, fartlek, tempo runs and stride outs, supplemented by stretching and lifting light weights.
2. Do strength-building in the beginning of your training program and save the track workouts for speed beginning six weeks before the marathon.
3. Vary the program of strength-building. Do three weeks of hills and then three weeks of tempo run. Do two strength workouts per week, then easy runs for recovery.
4. Long runs should be at conversational pace. As you near the end of your marathon training session, start doing the last 5 miles at marathon pace.
5. Do a half-marathon about mid-way through your training period to get a sense of where you're at.

After a week of being immersed in the program at this running camp, it all began to make sense. I feel very confident going into my training routine for the next year.

RACE REPORT

Boilermaker 15K Utica, N.Y. July 8

by Sarah Baglio



Husband John and I got to Utica on Saturday just in time to watch John's stepfather ride a motorcycle in the Mills Bell Festival parade. There were lots of American flags, local politicians kissing babies, a Banda Rossa Italian marching band and old fire engines, not to mention carnival rides for the kids. All the festivities surrounded a famous 15 kilometer road race the next day (that we had entered), and we were trying to stay hydrated while chasing after our children.

The evening before the race, we ate Hoffman hotdogs and put scoring chips on our shoes. I called JoAnn Pate for last-minute encouragement. She told me I WAS going to carry water during the 9.3 mile race. She also told me to bring my phone so I could

call her if I had to stop because of the predicted heat. As always, I listened to JoAnn.

By 7:15 race morning, we were on our way to the start. Not too hot yet. John was nervous; his first hometown race and first BIG race. I, being the veteran, was cool, calm and collected as we waited for the gun to fire.

When the race did start, it took us 6 minutes to cross the starting line. I was a bit nervous about my shin splints that had been bothering me for a while, so I told John to go ahead if he felt good.

I started at a nice slow pace, content to enjoy the crowds and bands that had come out to cheer this popular event. By the time I hit Utica's version of Heartbreak Hill at mile 4, I was feeling great. The next mile (uphill) seemed to fly by. I was passing runners who had started out ahead of me, cruising to the hilltop with no problem. In my mind the race was over. I flew on past the next mile downhill and by the time I got to mile 6, I was two minutes ahead of my best projected time—I was psyched. I passed John's family and friends beaming.

By mile 7, the heat began to take its toll. I slowed down, drank more water and hit every sprinkler I could find. Kids shot me with water guns as I tried to stay on pace. A lot of people

were dropping out by now. So I slowed down some more.

By mile 8, I was really feeling the heat. I ran for a bit with a woman from the NY Flyers, but she had to stop. I was feeling sick to my stomach, but I wasn't going to stop because I knew our kids were at the 9-mile mark and I was going to be running when I passed them. As I saw the kids, I got an energy surge that gave me a final push to the finish line. Thanks for the speed workouts Ken (Rolston).

I finished, faster than last year, at a 10:36/mile pace. I had been hoping for 11 mins/mile, so I was ecstatic. I walked after finishing, looking for water. Amazingly, I found everything: popsicles, beer, cookies, even McDonalds hamburgers...but no water. Luckily I had followed JoAnn's advice and had carried water during the race.

When I found John, He didn't look so good. Plus, his iPod had died during the race. But he had run a very good race—30 seconds faster than his McArdle 15K in November.

All in all it was a great race. I was shocked that I was able to beat my own expectations to run much faster than last year. Anyone who wants to run this race next year is cordially invited for a post-race party. As for me, next stop: the NYC Marathon. See you at mile 20!

Vermont 100 Rutland, VT July 21

by Kevin Shelton-Smith

Kate Donovan and my daughter Vicky had kindly agreed to be my support crew for the Vermont 100, a one hundred mile road/trail race. Bette Clark and Jill Staats were in Vermont at a running camp that finished the



day we had to arrive so they joined us on a beautiful hill side camp-site for registration and a pasta party on Friday night. Rain had been present all week and it sprinkle several times in the evening.

The race started at 4 a.m., making for an eerie scene with folk waking to the sound of "Chariots of Fire" at 3:15. I barely made the start of the race, but thanks to my wonderful VCTC crew, I crossed the line just after the official start. The early pace was comfortable but not till daylight broke and we reached Checkpoint (CP)-1, did I have an idea of speed. Eight minute miles was quicker than I'd planned. I ran with the lead pair until CP-5 at

**LOTS OF GOODIES AT CP'S**

21 miles—much later on, that would all change.

Kate and Vicky had gone back to sleep after the start, so when I got to CP-5, I was alone. Not to worry. Plans had been made for me to pick up my own “goody” bag in this case, so I did. I was feeling a bit deflated at not seeing my crew watch me blast through in third place, but I collected enough gels, cashews, Snickers, some HEED energy drink and I was off.

I let the pack go ahead. Continuing the pace would have been suicidal and I guess it was just about ‘wall-time’ anyway. The fast road-like tracks soon turned into trails with running water and mud that were too steep to run. It got hard. I overshot CP6 by a few minutes. By CP7, Kate and Vicky were there and they were great. So organised. Rice pudding was put in my hand with a spoon, drinks bottle swapped for fresh Accelerade, a liter taken away, new bags of gels, nuts candy

etc handed over, sun hat ready, sun lotion offered. Wow! I just couldn’t rush and go. I had to find a Port-a-San again. Soon off though. Straight up some more winding muddy steep brook-laden tracks through the trees. Where’d they get this route?

Eventually up over the top to CP10 and I’m feeling better and I’m pushing again. I catch up to some guys that passed me earlier. After about 40 miles, the first horses begin to pass. Yes, horses. They were also doing the route and had started one hour after us.

Soon after, I stopped to take early prevention against a sore toe becoming a blistered toe (successful!) and the press grabbed me for questions and quoted me in the Rutland paper. I wish I’d had my brain turned on and had said something wise and sage-like, but instead I just said it was hot and hilly or something equally sad.

At CP Big 10 Bear!, 47 miles, I was so pleased to see Kate and Vicky again. I was all overcome with emotion and welled up for a moment. Vicky was waiting for me ahead of the weighing-in station with liquids. I’d been worried about losing too

much weight and having to stop to recover or worse, being pulled out. You’re out if you lose or gain 7% body weight. My last 100 miler, I lost 6% and placed 2nd overall.

The roads ahead were fair and I made good progress but some of the hills that you had to walk went on forever. Somehow I kept good time in the heat coming into “Margaritaville” CP, so named because if you ask you can have a margarita, apparently. I hadn’t realized this was a support crew stop. This meant I didn’t get a goody bag. . C’est la vie! The CPs had plenty of home cooked snacks and Heed to keep one going. Shortly after came one of those moments in an ultra which defies reason. I began to pick up considerable speed. I’d been doing 12 minute miles of late, but suddenly, I was racing up gentle slopes in the woody shade. The following long gradual descent kept me doing 7 minute miles and passing a

**CHECK POINT MARGUARITAVILLE**

group of horses. Over several miles I made up an hour but when I hit the bottom, my quads were shot.

I got back into CP Big 10 Bear, now 70 miles, weight still unchanged. Suitably fueled by the team, I left and immediately hit Cardiac Hill and I forced my way up and around the next several miles, but without the pace I wanted for a sub-20 hour run. At "CP Spirit of Mile 76"(actually 76.9 miles), I met my crew for the last time and was duly handed my head lamp for the night ahead. I'd actually just hit a really good spell, but with all the rough trails and climbs through the woods, I couldn't make much time. When I hit the road again, I ran as hard as my tired body would allow, with short walk breaks.

The next CP, just a table with water on it, was Mile 81. I couldn't believe I'd only gone 4 miles. With all my effort I made up only 3 minutes. Finishing before midnight wasn't going to happen for me.

I reached the CP at 83 miles forcing out 15-minute miles. Vicky had been dropped off at the tent and Kate was waiting to run the last 17 miles through the night with me. We set off down a good road and I talked about previous runs where the unlikely was achieved, and embarrassing hotel moments. Then suddenly a banana must have kicked in and we did some very good miles.

My spirits lifted for a while. Big Barn CP at Mile 87 was reached in complete exhaustion. It was dark now. I was totally wiped. However, I'd gone 6 miles since feeling low at Mile 81, so just had to keep going. I was still going up hills slowly, but the miles were passing quickly.

Into the 90s and all was well. Down hills were being run at a good clip. A mile to go, and we climbed the last hill on another bad trail. It was now time for the VCTC vest to come out. Kate swapped the numbers so I didn't have to stop and before reaching the top. We were running hard. We passed the couple ahead of us, then two horses as we dropped into the final valley. I was gone. Kate, thinking I was now in solo mode (and mad) eased off. But I couldn't finish without her and so together we crossed that line in 17th place at 12:30. (Official time: 20 hours, 30 minutes, 26 seconds).

I was so pleased. I'd run a good time and smashed the 24 hours target that earns a belt buckle. My support team was

great! Thanks guys. What a great club this is!

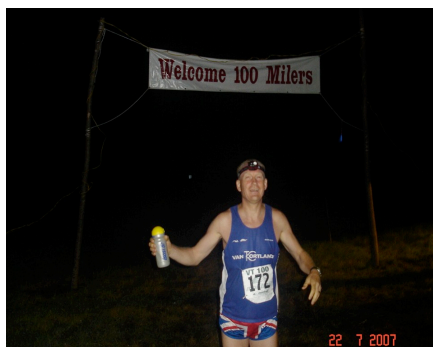
Empire State Games 800 Valhalla, NY July 27

by Ken Rolston

This past July, I had the opportunity to run in The Empire State Games. Typically this meet is held upstate but this year it was held for the first time in Westchester.

I regard the 800 as the most difficult race. Certainly that was the case in college. Everything hurts. To me it's a desperate sprint that's too long to be a sprint. I've always found it to be the intersection of speed and strength. So why the hell was I running this? Who knows, but I did have a simple plan. Based on the previous month's workouts I guessed I could run somewhere around 2:40. Get to the 200 in 40, the 400 in 80 and hold on!

I was in the first of 3 sections of the 800, the 55+ group, with 10-12 other runners. It was hot, so I curtailed my warmup to 2 laps plus 2 strideouts, the last one as the runners were being positioned! I was in Lane 2 and there were 3 runners up ahead for a "California start." I decided at the last second to wear my yellow VCTC hat and sunglasses because it was hot and as a salute to Dave Wottle's 800 meter



**KEVIN SHELTON-SMITH
FINISHES**

Olympic win in 1972, the most exciting race I've ever seen. Who knows, maybe it would bring me luck.

The gun went off and I got out nicely and hit the first 100 in 19 seconds, 4th place. One of the guys was far ahead but he looked catchable to me. The other two boxed me in as we passed the 200 in 39. I was annoyed and worked my way to the outside. We hit the 400 in 79. I felt confident, floated the turn and moved into 3rd. At the 600 I passed the early leader in 1:57. I told myself to run the final 200 like the last one in a workout. The new leader looked fresh and was about 10 yards ahead as we reached the final straightaway. My son David was there about 60 yards from the finish and he shouted "You're a sprinter. You can catch this guy!" So I sprinted- for a moment one of my hamstrings twinged slightly but held together- I made up the gap,



leaned and caught him right at the finish. He could feel me coming on so he lunged for the line, pitched forward, fell to the track, clipped my heel and I fell, too.

As I lay there on my back, I jubilantly thrust my arms skyward, proud of my effort, reasonably sure I had won and feeling like, well, Dave Wottle! In that moment the time didn't matter. In fact we didn't know who won the race for a good half-hour. My opponent's first question was "How old are you"? It turns out he was 60, so we had each won our age group. But we each wanted to know... They announced the age group awards and I was given the gold in a time of 2:33.41. When they announced his award, the time was 2:33.43 ! I won by .02 seconds. Splits of 39, 40, 38, 36. Not bad, not bad at all.

It's been a month since the race and I still

replay it over and over. How often does it happen in a race or in life that things fall into place exactly as you planned ? I hope that each of you can experience a moment like this just one time.

Balboa Park 8 Miler San Diego August 4th, 2007

by Jill Staats

While vacationing in San Diego visiting family, I decided to run the Balboa Park 8-Miler. The race is sponsored by the San Diego Track Club and is run through Balboa Park, where the San Diego Zoo, the Aerospace Museum and many other sites are located. I had assumed the course would be flat, but that was not the case.

As I started the race, I cursed myself. After being on vacation for a week and a half, I was not inspired to move very fast. It was hard to get the motor started. The course was run over dusty trails, up and down some brutal hills. After miles of breathing in dry, dusty air, my throat was parched. Unfortunately, the last water station had run out of water—plenty of energy drink, but no water. I just kept running.

Yes, Firdaus, I did wear my singlet in the race. One of the course marshals along the route yelled to me, "The Bronx?! You came a long way for an 8-mile race!" That's our club: Find race, will travel.



KEN ROLSTON WINS AT THE TAPE

When I did finish, I didn't think I had done a great time, but I placed second in my age group. The age place winners received beautiful, handcrafted medallions made by a member of the club. I am happy that I placed and that I got such a great memento from this fun race. If I am back there next year, I plan on running it again.

**Timberman Half-Ironman
Triathlon
New Hampshire August 19**

by Tami Lubby

A friend and I drove up to Gilford, N.H. on Friday, August 17th to race on Sunday. I was nervous for this race since I'd trained really hard all season and was obsessing about my time.

On Saturday, I rode my bike over the running part of the course, drove over the bike course and swam for a bit in the lake where the swim would be. It was windy and that worried me.

Race day. Luckily the wind had died down somewhat overnight. I was Wave 8 so I had plenty of time to set up my transition area and prepare. My goal for the swim was 50 minutes. When we got in the water, I went a little wide and had to swim back. I made the first turn and couldn't see. I didn't want to risk going wide again so

I tried to sight and ended up having to follow alongside the pack. I felt I wasn't swimming that fast and was getting frustrated by not being able to see the next buoy. Finally, I reached it, made the turn and swam for shore. Didn't want to step on those painful rocks so I swam in until I was scraping the bottom. Got up and ran for the beach...no rocks! Time: :50:23.

I was pretty nervous about the bike. Heading out, I knew I had to conserve for the return home since the hills came in the first 10 miles and the LAST 10 miles. Going out I felt relatively strong. I sneaked a peak at my pace after the hills and saw I had only done 14.6 mph so I knew I had to pick it up on Route 106 to have any chance of achieving 3:30 for the bike leg. Got to the halfway mark at 1:46 -- YES!

Then, it all started to fall apart. Hit the headwind on the way back and felt like I was crawling home. I tried to go into my aerobars as much as I could, but just kept getting crankier and crankier. When I got to the hills, I figured I would be lucky if I got back within 4 hrs. ARGH!!! My left calf was tightening, my back was stiffening. I started wondering how I'd ever run a half-marathon after this horrible bike ride and considered quitting. The hills just kept coming and coming. Finally, I was almost back at transition. Time: 3:43:39, within my goal of 3:30-3:45.

Okay, I can't quit this race. I've trained too long and too hard. I'm a runner so I can get through this. I headed out for the run. My lower back felt like someone had nailed a board to it and I felt a bit sick. But the TriLife support team was GREAT. Everyone was cheering me at the first turn onto the course. I can do this! My attitude totally changed during the run. I was having FUN! The locals who came out to volunteer and cheer were amazing. I actually got a group of elderly women to do the wave when I came back for my second loop. I stopped three times during the run to stretch. At mile 12, I looked at my watch and saw that I had a shot of finishing the run in less than 2:20. So I picked it up. As I approached the finish line, I could see the time on the race clock was 7 hrs 32 min -- but my swim wave started 40 minutes into the race...could I have broken 7 hrs? My goal for the run was 2:15-2:20 and I had a goal of under 7 hours for the entire event.

I crossed the finish line and started wheezing pretty badly. Slowly, I got my breath back. I waited for the sheet with the finish times to come out. I had done 2:16:30 for the run, finishing in 6 hrs 58 min!!! I rewarded myself with a big cheeseburger after the race.

Race Results

Charlie Horse Half
Marathon

Trail Race

Reading, Pa.

May 27, 2007

2:26:09

Allan Ludgate M40

Power Bar Mayor's
Trophy 5K

Rahway, N.J.

May 28, 2007

19:12

Ivan Mills

M51

2

VCTC Summer

Speed Series 5K

Van Cortlandt Park

June 21, 2007

18:33

Kevin
Shelton-Smith47

1st male 40-
49

18:40

Chris Eck-
strom 41

2nd male
40-49

19:53

Neil Leibowitz 32

20:08

James Hark-
ins 43

21:10

Firdaus Doti-
wala 38

22:58

Dominic
Lombardo 40

23:02

Steven Park 39

24:44

John Baglio 37

25:30

Kate Dono-
van 49

2nd female
40-49

25:32

Jill Staats 55

1st female
50-59

25:48

Bette Clark 51

2nd female
50-59

25:49

Margaret No-
lan 47

3rd female
40-49

26:20

Katherine
Callan 45

28:57

Selma
Sequiera-
Raven 41

35:35

Susan Ep-
stein 64

1st female
60-69

Corporate Chal-
lenge 3.5M

Central Park

June 21, 2007

24:22

Michael Hu-
dick

M62

Double Trouble

30K Trail Race

French Creek State

Park, Pa.

June 24, 2007

3:30:46

Allan Ludgate M40

Around MDI Relay

8.45-mile leg

Mount Desert Is-
land, Maine

July 4, 2007

1:13:13

Bette Clark

F51

VCTC Summer Speed Series

2x2-mile relay

Van Cortlandt Park

July 5, 2007

combined age

Liebowitz

69

Harkins

79

Conley

71

Gore

113

Callan

100

1st coed

100 & over

1st female

100 & over

Media Challenge

3.5M

Central Park

July 12, 2007

21:39

Peter Coy

M49

1

Naples-New York Park to Park

10K

Central Park

July 14, 2007

43:44

Danielle
Rosario-

Mullen

F26

14

43:48

Margaret R

Nolan

F47

6

39:34

Edward

James

M60

8

46:25

Kathryn A

Donovan

F49

15

43:53

Jill Staats

F55

1

41:34

Edith Jones

F67

2

48:39

Gilda L Ser-

rano

F58

9

46:53

Fernando

Ruiz

M75

2

59:49

Ramon Mi-
naya

M67

20

VCTC Summer Speed Series 5K Van Cortlandt Park July 19, 2007				USCAA 5K San Diego Ca July 21 20:14	Dave King	M57	3
18:24	Kevin Shelton-Smith	47	1st male 40-49	USCAA 10K San Diego Ca July 22 46:34	Dave King	M57	5
19:34	James Hark- ins	43	2nd male 40-49	Media Challenge 3.5M Central Park July 24, 2007 21:17	Peter Coy	M49	1
21:37	Tony Thoman	44					
21:41	Firdaus Doti- wala	38					
22:58	Steven Park	40					
23:10	Patrick Par- retti	47					
23:24	Dick Conley	52	3rd male 50-59	Empire State Games Westchester County, N.Y. July 25-29, 2007 800 meters	Ken Rolston	M55-59	1 gold
25:31	Michelle Con- ley	19	3rd female 15-19	400 meters	Bette Clark	F51	3 (bronze)
25:53	Rachel Gissinger	0		86 seconds	Bette Clark	F51	1 (gold)
26:18	Margaret No- lan	47	1st female 40-49	10K 51:00	Eddie Craw- ford	M60-64	3 (bronze)
26:43	Kate Dono- van	49	2nd female 40-49				
26:59	Katherine Callan	45	3rd female 40-49				
28:39	Jean Harkins	36					
29:03	Eddie Craw- ford	63					
29:10	Selma Sequira- Raven	41		Escarpment Trail Run 30K Catskills July 29, 2007 4:58:04	Allan Ludgate	M40	
NA	Ira Bowles	52					
NA	Lucas Lud- gate	7					
NA	Allan Ludgate	40					
Run for Central Park 4-miler Central Park July 21, 2007				San Francisco Marathon San Francisco July 29, 2007	Gabrielle Elissa Popoff	F30	
24:59	Edward James	M61	7	3:56:25			
27:27	Edith Jones	F67	4	VCTC Summer Speed Series 5K Van Cortlandt Park August 2, 2007			
37:15	Lisa E Fleischmann	F44	110				
29:53	Fernando Ruiz	M75	2		Kevin Shelton-Smith	47	2nd male 40-49
35:48	Ramon Mi- naya	M67	23	18:56			3rd male 20-29
				19:09	Kyle Hall	29	3rd male 40-49
Rockville Twilight RunFest 5-Miler Baltimore, Md. July 21, 2007				19:21	Chris Eck- strom	41	
32:13	Ivan Mills	M51		19:54	James Hark- ins	43	
				20:02	Lou Csak	41	

21:17	Tony Thoman	44					Roxanne O'Brien	F40	295
21:21	Neil Leibowitz	32			2:13:58				
21:58	Firdaus Doti-wala	38				Westerly Track Club 3-Miler			
23:07	Steve Park	40				Westerly, R.I.			
23:07	Dick Conley	52				Aug. 15, 2007			
24:27	Barbara Kloppenburn	44	2nd female 40-49		17:54		Peter Coy	M49	1
25:30	Kate Donovan	49	3rd female 40-49			VCTC Summer Speed Series 5K			
25:56	Michelle Conley	19				Van Cortlandt Park			
26:26	Rachel Gissinger	31	3rd female 30-39			August 16, 2007			
26:31	Katherine Callan	45			18:55		Kevin Shelton-Smith	47	1st male 40-49
27:47	Margaret Nolan	47			18:59		Chris Eckstrom	41	2nd male 40-49
					19:54		James Harkins	43	
Balboa Park 8-miler							Firdaus Doti-wala	38	
San Francisco					21:51		Tony Thoman	44	
Aug. 4, 2007					22:06		Steven Park	40	
1:11:50	Jill Staats	F55	2nd		22:30		Zafar Shahbaz	50	
Beach to Beacon 10K					25:18		Kate Donovan	49	3rd female 40-49
Cape Elizabeth, Maine					25:21		Michelle Conley	19	
Aug. 4, 2007					25:23				1st female 50-59
45:57	Dick Conley	M52			25:29		Bette Clark	51	2nd female 50-59
BMW Greenwich Cup Triathlon (.5M swim, 15M bike, 3M run)					25:34		Jill Staats	55	3rd female 30-39
Greenwich, Conn.					26:01		Rachel Gissinger	31	
Aug. 5, 2007					26:51		Katherine Callan	45	
2:05:32	Eddie Crawford	M60-64			27:59		Margaret Nolan	47	
NYC Half Marathon Manhattan							Selma Sequira-Raven	41	
Aug. 5, 2007					29:17		Lucas Ludgate	7	
1:30:32	Michael Hurdick	M62	3		30:39		Allan Ludgate	41	
1:53:13	Zafar Shahbaz	M50	143		30:39		Bill Smith	62	
1:55:10	Ivan Ragoonanan	M61	31		39:21				
1:56:53	Dawn Netter	F36	492			NYRR Club Team Championship			
1:58:25	Tami Luhby	F37	543			5-miler, Men			
2:02:44	Louis Netter	M32	1481			Central Park			
2:06:33	Carl Morris-how	M51	261			Aug. 18, 2007			
2:11:38	Joann Pate	F32	1075		30:20		Peter H Coy	M49	15
					30:51		Chris Ekstrom	M41	36

31:05	Hilme Mustafa	M41	38	NYRR Club Team Championship			
32:09	Louis Csak	M41	55	5-miler, Women			
32:52	Ivan S Mills	M51	19	Central Park			
	Michael P			Aug. 18, 2007			
33:19	Hudick	M62	3	41:13	Dawn Netter	F36	87
	Firdaus Doti-wala	M38	161	41:19	Katherine Callan	F45	27
34:36	David C King	M57	9	42:15	Jean Harkins	F36	94
34:43	Steven Park	M40	85	42:37	Enid Burns	F54	17
35:28	Ken Rolston	M55	16	42:39	Wanda Bills	F46	30
36:13	Edward				Adrian		
38:34	James	M61	18	43:23	Hunter-Smith	F53	20
41:43	Louis Netter	M32	221		Gilda L Ser-rano	F58	14
44:25	Lanny E Levit	M56	32	52:02	Ann Mckea-gue	F66	10
47:06	Bill Smith	M62	31	1:02:47			
	Fernando						
50:53	Ruiz	M75	2				
	Ramon Mi-naya	M67	14				
1:02:45				Mossman Triathlon (1.5K swim, 40K bike, 10K run)			
				Bridgeport, Conn.			
				Aug. 26			
				3:39:42	Eddie Crawford	M60-64	5

Add: Yuen Chun finished 2nd in her age-group at the Double-Trouble Trail Race on June 24th.
 Peter Coy finished an Olympic-distance triathlon(1.5K swim, 40K bike, 10K run) in 2:56:00.

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CLUB NEWS FROM THE EXECUTIVE COMMITTEE

Membership

- Membership rates are: Single - \$35 ; Family - \$40. New membership add \$15 (includes one official team singlet). Additional singlets cost \$15. Please send checks payable to VCTC to: VCTC P.O. Box 341, Bronx, N.Y. 10471. Applications are available at www.vctc.org
- Please e-mail Firdaus Dotiwala at thinrunner@gmail.com with any changes of address, phone, e-mail, etc. and whether you would like to be added to the group mail.

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.

VCTC 30th Anniversary-Sunday, 9/30

- Bill Smith and Gary Spalter are in charge of festivities for the VCTC 30th Anniversary Party.
- 9 a.m. group run starting at handball courts at 242nd St. and Broadway. Please wear old or new VCTC T-shirts on the run.
- 1 p.m. luncheon at Van Cortlandt Golf House. Varied menu. \$20/person in advance. \$30 at door. Please send payment by September 20th (made out to VCTC) to: VCTC, P.O. Box 341, Bronx, N.Y. 10471. Questions? email Bill Smith at: ab44@optonline.net

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 next club meeting is Saturday, October 13th.

The Newsletter is published bi-monthly. We welcome all contributions. Deadline for the Nov/Dec issue is October 20th. Maximum length is 600 words. Please e-mail to: kingkvd@optonline.net
Please try to include a photo.

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

Van Cortlandt Track Club Newsletter

VCTC

P.O.Box 341

Bronx, N.Y. 10471