

The Van Cortlandt Track Club

BRONX, NEW YORK

Volume # 40 Issue #1 www.vctc.org
January/February 2006



**The Pete McArdle 15K Cross-Country: Reports from an
Old-Timer and a First-Timer**

**Going the Distance and Winning!: Olga Varlamova at San
Diego and Mike Arnstein in Central Park**

VAN CORTLANDT TRACK CLUB

P.O. Box 341, Bronx, NY 10471

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VCTC membership meetings are held on the second Saturday of every month at 10:30 am. Club workouts are Tuesdays at 7:00 pm (track), Thursdays at 7:00 pm (trails), and Saturdays at 8:00 am (roads/trails).

The VCTC newsletter is published bimonthly. For changes of address or missed copies, please notify us at 212 795-6460. We welcome all contributions.

Call race times to Jim Hudick:

201 816-8359 or e-mail:to

jhudick@optonline.net or use snail mail,

U. S. Postal Service. When submitting times, please let us know the date, name, distance, and location of the race; your time; age group award (if any); and other club members who ran.

Articles and times for the next newsletter are due **March 4**. E-mail to

IN THE LOOP

By Dennis Burns

The beginning of a New Year, and the cycle repeats itself once again, closing out the old year, and bringing in the New Year. This month, the Van Cortlandt Track Club will celebrate its best, fastest, and hardest working athletes of 2005 at our own VCTC Awards Dinner on Saturday, January 28th at the Eastwood Manor. For those of you who are new to the club, our Annual Awards Dinner is guaranteed to be a joyful experience, with good food, good friends, and good music provided by DJ Dwayne Howz. Come and join us for a celebration of running and friendship, and dance till you drop! If you haven't already sent in your check, please do so now. The information should have been sent to you, and there is an ad in this newsletter.

VCTC is already planning for 2006 with a series of 9 races, starting with the Urban Environmental Challenge on April 2nd. This year, the Challenge has been chosen by Trail Runner Magazine as a "Trail Runner Trophy Series" race. That means that the UEC will be one of a series 100 specially selected trail races in a North American Points Series between March 1st - September 30th. Runners who run these races accumulate points towards an overall title. Therefore the UEC should attract a large group of serious trail runners. Of course the Challenge will still be open to all runners, but we are finally getting some serious recognition. We are still looking for sponsors for the UEC, so if anyone has any contacts, who may be interested in sponsorship, please don't hesitate to contact me.

The Riverdale Ramble is being planned as you read this. We are looking for an alternate location to stage the Race, but Race Director Yuen Chen and Gary Spalter are working diligently to put on the best Ramble yet. The course might have to be modified slightly, as we will no longer be staging the race from JFK High School, but the hilliest part of the race, Palisades Ave. and Wave Hill, will remain.

Our Cross Country Series has become so successful, that Race Director Fred Daley is seriously considering hiring a race-scoring service to handle the large fields. Fred is in the process of choosing a Race Committee to help with the demands of this successful series.

Don't forget to renew your membership for 2006. Family membership is just \$35 and single membership is \$30.

In the Loop continued

The cost of membership has not increased in the last couple of years, so these prices are a real bargain. Don't forget to start the year off on the right foot. A membership application is enclosed in this newsletter. Please send separate checks for the 2006 membership and the Awards Dinner, as they have to be sent to different locations.

The world will be coming to Vannie this winter. That's right, the Cross Country World Championship Qualifiers will be held in Van Cortland Park on February 18th and 19th. The best X-C runners in the US will be here in our own back yard, slugging it out in the hills of Vannie. The winners will represent the US in the World Championships. We would like to make a presence in our own back yard, so we will be setting up our VCTC banner, and perhaps a table with refreshments for the runners. So come out and represent. I hear that there will be a Master's race as well, and from what I've heard, you won't need to qualify, so stay in good form, this will definitely be an experience to remember.

In closing, I'd like to remind everyone that we now have a permanent and indoor location for our monthly Club Meetings. We will meet at 10 am on Saturday January 14th in room 238 of the Leo Engineering Building, located on Corlear Ave. and 240th Street. It is very close to Vannie, and there is ample parking. I hope to see you all there.

Coach's Corner- January

By Ken Rolston

Happy New Year everyone !

For those of you who would like to get a fast start on the New Year, Tuesday night track workouts will resume on January 24 at Manhattan College. We have been running hill-repeat workouts since December and will continue for several more weeks. Since the track isn't available until 8 PM what we may do is combine the hill runs as a warm-up along with some sprints to get the turnover needed to cope with the rigors of indoor racing. Since the track is rather unforgiving, I will probably limit interval distances to 400 meters. Let me know what you think.

Speaking of indoor races, Thursday Night at The Races will feature runs of 800, 1500 or 1600 and

3000 or 3200 meters every other Thursday night at The Armory beginning on January 12. Entry fee is \$12 and you can run as many events as you wish. The final night, February 23, will feature several relay races. Our favorite is the 10-person 10K relay in which each runner dashes 200 meters, waits for 9 teammates to run 200 meters and repeats the process 5 times. Multiply that times 12 teams and you've got utter mayhem. Three years ago VCTC shattered the 10K world record with a time of 25:43. Our runners averaged 31 seconds per lap, well ahead of the pace of that well-known piker Kenesisa Bekele of Ethiopia. OK so he's one guy against ten! I think we would have lapped him maybe once if I didn't cramp... Anyway, check out nyrrc.org for more details.

Track aficionados will return to Madison Square Garden on February 3rd to watch the aforementioned Mr. Bekele and other Track aficionados will return to Madison Square Garden on February 3rd to watch the aforementioned Mr. Bekele and other world-record holders scamper around the decidedly slow old track for the 99th running of The Millrose Games. More importantly, my nephew Paul, representing Clarkstown South, will be running in the suburban high school mile relay for his 2nd straight year. His P.R. is an impressive 51.2. Preliminary reports indicate that his coach has requested a gag order on a certain very loud "Uncle Ken".

Recently, Firdaus was kind enough to send a video of Roger Bannister racing against John Landy in the first battle of the sub-4 minute milers. Bannister prevailed in a race that's as thrilling to watch now as it must have been 50 years ago. I have memories of great races that I watched as a youngster such as Bob Hayes' ridiculous anchor leg in Tokyo when he took the US from 5th to 1st or Bob Beamon's long jump in Mexico City that surpassed the world record by nearly 2 feet.

One of my favorite web-sites is called Dyestat.com. A husband and wife team, John and Pat Dye are huge fans of high-school running and provide constant updates on races from Van Cortlandt and The Armory.

They also have a video vault and I was delighted to discover footage of the last Americans to win an Olympic Gold at track events longer than a mile; in 1964, Billy Mills won the 10,000 and Bob Schul won the 5,000. You'll be amazed at how fast they ran their final laps. It's great stuff.

Coach's Corner continued

Finally, take a peek at the results from The McArdle 15K. VCTC had 18 finishers and the women came in 3rd as a team. We had 2 runners under 60 minutes. I think this bodes well for the New Year. I feel really optimistic about where the club is heading in 2006.

Ultrarunning - Getting to That Insane Mental Dimension

By Michael Arnstein

My running career began in my Junior High School. During physical education class, we used to run around the duck pond. It was one of the few things that I did well. At the age of 11, I entered my first 5K race and won my age group. That first win was enough to keep me going. When I ran high school track, my speed never increased above a certain level, but I liked the long haul races, the pain tolerance races, that most other kids in school couldn't handle. I loved the blood and guts that went into the slow killing pain of the 3200 m (2 mile) distance. From there, I progressed to the 5K/10K distance. Then in my senior year, I ran a marathon that my coach said I was "nuts" to do.

By the time I was in my early 20's I was subscribing to *Ultra Running*. The sheer guts of people who put themselves through these unimaginable distances was more impressive to me than any baseball statistic or golf records. These runners were taking themselves to another dimension of reality through physical exhaustion. I wanted to run Ultra distances for a long time, but you can't go out and run anything over a half-marathon seriously unless you do some kind of regular training. Using your body to the fullest first requires using your mind to know the difference between smart training and trying something stupid that will just get you injured.

So at 28 years old, having completed almost 20 marathons, a few Ironman races, and a lot of shorter distance races, I felt it was time to move on to the next level. This November, I completed the NYC marathon on a moderate training schedule. Too many bad luck

small injuries kept me from following a regular training schedule, but I did get in a good number of regular 15 mile runs. This I found was the 'secret' to my ease at running longer distances.

Between working too much and my nagging injuries, I averaged only 3 days a week of training, but when I trained, I ran at least 15 miles at a time. This I found really made all the difference in hardening my body to put up with the stress of long distance. I highly recommend concentrating on longer distances rather than doing many shorter runs. The long-distance runs did a lot for me mentally, physically, and emotionally. My self-confidence increased tremendously as running 15 miles became easy for me. Training at that distance allowed me to do well in a half marathon or even a marathon.

So 3 weeks after the NYC marathon I said to myself, "OK, this is it. Now or never." So I signed up for the 60K (37.2miles) race in Central Park. I went out way too fast, I thought for sure I was doomed, but even at 3:04 for the marathon split I felt almost too good. I just kept going and started to feel like I was itching for the finish line only in the last 5 miles. I was almost shocked to take the lead at the 32-mile mark, but just kept going. I was there to push myself and see what I could do.

The Ultra distance was not so bad, really! I urge everyone to try it; do some good 15-mile runs and some doubles (25-30miles in one day) and you will be able to cover the distance comfortably and reach that insane mental dimension that long distance running

takes us into. The best part about doing an ultra distance race in Central park is that the bikers, roller-bladers, and joggers ask you what distance everyone is running. Then you can watch them almost trip over themselves when you tell them "37 miles." Their eyes and mouths kind of freak out. Those reactions alone are worth the effort.



Mike Arnstein shows off his first-place trophy after winning the Knickerbocker 60K.

To me, running is about using the body and mind to push ourselves to our fullest potential. If we are freely given the blessing of good health, it is our utmost responsibility to maintain it, utilize it, and embrace it as much as possible. We all have our God-given potential, and every day we can make the choice to cultivate it.

What I learned in my first Ultra was that I must never stop testing myself and pushing myself. I now have that principle engrained in my mind after taking on a new challenge that used to scare and fascinate me. The ultra distance is worth the effort. The pain feels great!

VCTC Runner Saves Van Cortlandt Park

By Bette Clark

One night in early December, while walking along Broadway from the subway at 242nd street on his way home from work, Firdaus Dotiwala looked across the street to Van Cortlandt Park and noticed a red glow over the back hills. It was a very cold, pitch black night, and he was struck by how dramatic it was to see a glowing ball that appeared to be waxing and waning. Then he noticed the smell of smoke.

Firdaus immediately called Gary to ask him what he should do (always call a VCTC member first to the rescue) who advised him to call 911. In less than five minutes, a fire truck arrived at the corner of 251st and Broadway, carrying five firefighters. Firdaus had told them to meet him at the Tortoise and the Hare, but they didn't know where that was (clearly they were not runners). Firdaus pointed out the fire, which the firemen could see, but none knew the park well enough to be able to identify the exact location, or how to get there. They asked Firdaus, who realized it was at Vault (Cemetery) Hill and he volunteered to take them to the fire.

Climbing onto the truck, Firdaus told the firemen to cut across the field (the Parade Ground). Once they came to the fire-road leading to the Vault (where runners usually enter the back hills), they couldn't drive any further. Led by flashlights and with Firdaus's guidance, they hiked up the hill with fire extinguishers. When they arrived at the top of the hill, they could see the glow, but it took a few minutes to locate the fire in a clearing where dry leaves had accumulated. It seemed as if some kids may have thrown a live cigarette. The fire was substantial, but luckily was not burning close to any trees, and was in a depression, which helped to contain the blaze.

The firemen used the extinguishers to put out the fire, then they all hiked down, and got back into the fire truck, giving Firdaus a lift back to Broadway. They thanked him for calling and for leading them to the site, which only a Van Cortlandt runner could have done so quickly and efficiently.

The Pete McArdle 15K

Eighteen Years and Counting

By Spencer Goldblatt

In looking back on my running history, I have always gravitated to those race courses that were especially hilly because they offered more of a challenge. The Yonkers Marathon (old course), The Pete McArdle Cross Country Classic, and the The Riverdale Ramble (old course) became my favorites. Because I no longer run marathons, even easy ones, and have only run the Ramble as a training run, the McArdle 15K has become my favorite race of all. Over the last 22 years, I have run this race 18 times.

Held every year on the Sunday following Thanksgiving, this is a gut-buster of a race, consisting of 3 loops of Van Cortlandt Park's famed cross-country course. Unlike our own Riverdale Ramble or the races held in Central Park, this race is strictly no frills and definitely not for the faint of heart. There are no water stations. In fact, I am told that the Van Cortlandt Track Club was prohibited by the New York Road Runners Club race directors from distributing water to the runners. In this race you are out there on your own for the entire 9/3 grueling miles, and unless you make prior arrangements with a friend or relative, or carry your own water bottle, you will not drink during the race. According to the NYRRRC, this year's 15K was the 46th running of the race, so if my calculations are correct, the race was first held in 1960, making it one of the longest "running" traditions in New York City's running community. Prior to 1990, the race was often designated as the Veterans' (runners over 40 years of age) TAC 15K National Championship, and in alternate years, no one under the age of 40 was permitted entry.

The race is now named in memory of Peter McArdle who competed in the marathon for the United States Olympic team. He was a running champion at all distance from 2 miles to the marathon. McArdle, born in 1929, lived and worked in our neighborhood, and must have logged countless miles in Van Cortlandt Park. In 1985, Pete collapsed and died near the Van Cortlandt finish line, following an especially hard workout with one of our own VCTC members. Ever since the 15 K was named in his honor, Pete's widow, as well as his

My First Race

By Steve Tu

It started my senior year in high school. One day, my friend invited me to run on Fieldston Road. After 30 minutes of running, I felt great. Since then, I have run consistently three to four times a week and running has become an important activity in my life. During four years of college and employment in Connecticut and Indiana, running has always been a part of my life.

About a month ago, my co-worker Bob, who is also a runner and has participated in many major races, suggested that I join a running club. He said the club would provide different training programs, support, and camaraderie. We searched the internet for local clubs and found that VCTC works out near my home. After I read the information online, I contacted Ken Rolston, who warmly invited me to join the Saturday morning run, so that Saturday morning, I joined a friendly group of runners to run on the trails in the park. It was first time I had run for 7 miles on the trails; I had never run more than 5 miles before. Since then, I have been going to speed training on Tuesdays and trail runs on Saturday.

As I continued to run with VCTC, I began to think of competing in a race. At around this time, I learned that the Pete McArdle 15K would be coming up soon. Since I had never run in any race, I really did not know what to expect. Coach Ken Rolston suggested that I complete one lap of this race and my running mates in the Van Cortland Track Club suggested that I keep the pace slow at the beginning. So my strategy was simple: keep the pace slow, relax and have fun.

On the morning of the race (November 26), I got up earlier than usual feeling restless and nervous. I had a light breakfast in the morning, but remembered Bob's advice never to eat too much before the race.

Before the race started, I warmed up by running around the finish line. I felt great after warm up. At about 12 PM, all the runners walked across the flats towards the starting line. I was very nervous. I had a feeling of unknown about the race and how far I could run. Fortunately, my teammate Arnold was next to me and calmed my nerves. After the starting gun went off, we moved slowly and I paced myself behind Arnold. We ran

Spencer continued

daughter, attend the race and offer encouragement to the runners and they don't leave immediately after the gun goes off. They brave the often harsh weather conditions and will not depart until the last runner has crossed the finish line and the awards have been distributed

The memory of this great long-distance runner has not been obscured by the passing of time.

Highlights Through the Years

1984 - Quit while you're ahead! My first McArdle (it wasn't actually called the McArdle yet) is also my fastest: 1:05:38, and that was after completing 2 marathons, all within a period of 8 weeks.

1990 - Severely injured in a car wreck, this is the only year to date that I have missed running the race. Ironically, this was also the year I would have become eligible to run as a Veteran.

1991 - Recuperating from surgery, I finished 14th in my age group (40 - 44), but I was awarded a medal by the late Kurt Steiner, may he rest in peace.

1992 - This year the race was once again designated as the TAC 15K National Championship. I finished 50th in my age group (40 - 44) in a time of 1:07:57.

1993 - Due to a severe rainstorm, the race directors deemed the course unsafe and despite a protest from yours truly, the race was shortened to 10 kilometers and run entirely on the flats. Boohoo!

1995 - I recall Enid Burns saying to me at the awards ceremony, "Spence, I was right up your ---" or something to that effect. Way to go, Enid!

1997 - The entire cross-country course was reconditions, covering over the existing ruts, rocks, and roots with fine gravel and a length of lumber every few yards. Many of us prefer the challenge of the old course. In any case, this year stands out in my mind as the year I duked it out with longtime VCTC member Bob Velez. I caught Bob in the hills of the third loop and passed him, opening up a small lead. But Bob hung on and by the time we reached the flats, we were running shoulder to shoulder and pushing the pace. Then with 400 meters to go, Bob unleashed a tremendous kick, beating me by 5 seconds.

Continued on next page

Steve continued

one lap on the track in the park, and then entered the cross country trails and up a hill. I felt great. As we ran across the bridge, I could see some spectators, some of whom were cheering, and some of whom were taking pictures. Ken was there giving advice on our time and pace.

As I ran through the course, I noticed the many bridges, highways, hills and trees in the park. Although I grew up in Riverdale, I never thought that Van Cortland Park had so many beautiful nature sites.

About two thirds of the way through the first lap, there were many steep downhill and I felt a lot of pounding on my knees, as I was not used to running downhill. In my training, I had concentrated more on uphill. I tried to slow down my pace to avoid pressure building up on my knees. So far, everything felt just right. Just as first lap was about to finish, I saw the spectators standing on the side of finish line. They were cheering and shouting and I heard some people saying "Go Steven! Go!" I realized that I just finished the first lap in the race and remembered Ken's advice not to aim for a longer distance, but I was really feeling good. Without thinking twice, I

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Spencer—continued

2000 - Finished fourth in my age group (50 - 54).

2004 - Karl Vamos, in only his second McArdle, finished first for VCTC.

2005 - Finished fifth in my age group (55 - 59).

Miscellaneous Memories

Registration is normally held outdoors adjacent to the finish line, except during inclement weather, at which time it has been held at Burger King. One particular year, I can't recall which, the race directors made arrangements to hold registration at a tavern on Broadway across the street from the finish line. For reasons unknown, all registration materials were left at the tavern on the Saturday preceding the race. Everything would have been fine except for one thing. The person who was to open the tavern for our use was, at race time, sprawled out on the floor of the bar and was not going to budge. Needless to say the race did not start on time. You can't make this stuff up!

If any of you have your own memories of this race, please share them with us. In the meantime, I'll see you next year on the flats...or in the hills.

Steve -continued

decided to run the second lap and finally the third lap in the race.

Throughout the entire race, I followed Arnold. During the third lap of the race, I saw some runners struggling, some were walking, and others were gripping their bodies. I began to feel thirsty and my legs began to feel tired as I ran up and down hills. The last mile was the longest mile that I had ever run, I kept telling myself "Don't quit. You're almost at the finish line."

Finally, I finished the race. Wow, I actually finished my first race! I felt great, and my legs were only a little sore. Thank you, Ken, Arnold, Bob, and all runners of VCTC. Without your support and encouragement, I would never have finished this race. I accomplished my goals to complete the race, gain experience, and set a benchmark time for the future races. I also found my weakness: I need more training running down steep hills and more strength training for my legs.

Comeback (or Redemption) at the San Diego 100 Mile Endurance Run

By Olga Varlamova

My DNF at the Leadville Trail 100 put my Grand Slam "down the toilet." These were the words of Mike Burke and I guess I needed to hear them. Then came the Wasatch Front 100 Mile Endurance Run in September, which was insanely disappointing emotionally. Thanks to Mike, who didn't let me quit at the last aid station, I dragged my ass to the finish. I needed to pick a race where I could recoup and run from the heart so I could retire for off-season with good thoughts. I found the San Diego 100 Mile Endurance Run (October 22-23).

My friend Andy Kumeda arranged for me to stay there and relayed the details about the race to me. I started to train -- really train, as I did before Western States, not just get by on accumulated fitness. I felt an urge to find my boundaries. I went back to my

schedule, got into speed work and long runs and had that twitch in my butt. I couldn't wait!

Last-but-not-least, I had find a pacer. Unfortunately, the season was over, and all the responses I got said, "I wish I could help." Then along came Gail! Who would be a better pacer than a running partner with whom I had run for hundreds miles on the gorgeous Gorge trails and with whom I had spent uncounted hours discussing life and running matters? Who knew inside and out what it was like to run 100 miles and had the same attitude as me toward racing? Who would be simply the best crew I could ever imagine? Then Gail talked our friend David into coming to support me as well (this was also a plot to suck this wonderful trail runner into "official" trail ultra racing). I was set!

. Olga continued -

The Friday before the race was hectic. We drove out of our way and wasted some time, but we made it to the pasta dinner (which I couldn't eat anyway with all my intolerance to food) and met the organizers and the other runners. I saw many friends, whom I was happy to see. Great people...fun talks...time for bed.

Morning was nice and calm. I had heard horror stories about the last year's chill and winds, but this year, we had perfect weather. I was too lazy to carry my flashlight in the early morning dark so I had to follow the front pack which was lighted. They went out too fast for me. I am a slow starter, and I got out of breath in a couple of miles. They actually ran on an uphill. I made myself to back off from their pace and settled in.

A new addition for me was my iPod. I figured after reading Matt Carpenter's report that it might help me to get in tune with myself instead of racing stupidly. I also expected that since the field was small, I would be lonely for most of the race (although I wasn't during the first half). I couldn't figure out how to play all the CDs I downloaded from my son and had to return to the same playlist over and over again. By the end of 10 hours, I had memorized the lyrics. I'm glad it was a good selection. One song was by Queen - "Death on Two Legs" -- perfect words for kicking some butt.

Anyway, with my meticulous preparation, I studied the course and the chart provided on the website and decided to aim for a time of 22:30. It seemed right. I settled in, ran the downhills, hiked the uphill -- nothing new. There was a long section covered with rocks, some of which were loose, which I knew would be treacherous on the way back, when I would be going downhill in the dark and on tired legs. That was underestimating the difficulty.

I had picked up about 45 minutes on my time by mile 38. Thanks to Gail and David, I spent almost no time at the aid station -- come in, switch bottles, leave. Somewhere around 20 miles I started to have stomach problems, but Gail quickly put me on iced water, and I recovered. After 38 miles I didn't see Gail and David until the turn-around at the Banner store. Here is where I hit a bad spot. I am not sure what I was drinking when I made up my pace chart. How could I have planned to run 6.2 miles on trail in 45 minutes after already having run 50 miles when my

I had written down, and when I wasn't able to keep that pace, my mood hit bottom. I wondered if I had gotten lost. Luckily, I saw Karl Meltzer (the eventual winner) on his way back and continued on. It was hot. I didn't want Gail to wait and worry and worked hard to get there on time, slowly eating up all my accumulated extra time.

I hit the 50 mile turn-around in 9:56. I had wasted too much energy. I picked up Gail as my first pacer and headed back. I was in no rush, and was trying to regroup. I saw Tracy Bahr (last year's winner and the course record holder) and we exchanged high-fives and encouraging words. I respect her a great deal. Before the race I had introduced myself to her; as we had never met before. It was great to run in the same race as Tracy. Finally, this was a real race with equal competition. I heard later that Tracy also was having stomach problems.

Two hours later, I got my perkiness back. As we entered the trail section (there was a long stretch on a fire road to from the turn-around) I started running again. I was making up for lost time and having a blast chatting with volunteers and enjoying the views. This was quite difficult due to the dangerous footing. Take your eyes off the trail and make a face plant? Not good...

I continued until mile 74, right on pace, almost easy. And then it hit hard. As I later explained to David, who had switched pacing duties with Gail at mile 76, I encounter "bonks" at a regular intervals, but they were becoming deeper and the recovery was shallower. When David joined me, I was at the bottom and was even *walking* slowly. My old injuries of anterior tibialis tendinitis and hip flexor strain came back in full strength. We were entering that rocky stretch that I had anticipated with fear in the morning. I have a badhabit of giving up my plan when my blood sugar level sinks. I couldn't drink from the stupid bottle anymoreI couldn't eat those nasty gels. I no longer cared what my finish time was, where I placed, and why I was there. This lasted for 15 miles. At mile 90 we met Gail again, and she said Tracy is a couple of hours behind. Did I still stand a chance? Well, then I had to break 24. I picked up my pace. 6 miles to go - 21:46. Hell! And suddenly I wanted to run! I don't think I ever ran that fast at the end of a trail ultra. Even

Continued on next page

Olga continued

with a long rocky 2 mile uphill, 2 creek crossings after which I had to stop to get wet sand out of my shoes. Gail said that she heard voices behind her. I was not going to give up my position when I was so close to the finish. I looked at the watch and tried to remember what the course record was. It was either 23:13 or 23:31. Why didn't I pay attention? I was at 23:06 when I approached the turn, so I blasted like in a 5k. I screamed, I jumped in the air, I finished in 23:08. Mission accomplished. I felt good.

About the race. Paul, the race director, is one of the best out there. His volunteers are absolutely top notch -- knowledgeable and friendly. They did an amazing job with aid stations and support. Soup was offered at every night stop. The course marking deserves special attention. I had never seen anything better than that. I am a master of getting lost no matter what, but here it was just impossible. Every

turn, every crossing was marked with flour, every stretch had confidence spotting on trail, there were glow sticks aplenty. The views are gorgeous (that is if you dare to look while running or stop to enjoy). The course is open to the sun 90% of the time, so plan accordingly. Even though I love trees, I had to admit that the course was beautiful. The rocks are relentless, which makes for slow running at night. Some ledges are pretty dangerous, so don't fall asleep on your feet. I loved every minute of this race and am glad I went. Thanks to all who were involved in making this race possible, and my personal thanks to Gail and David for coming out and supporting me. It was a great pleasure seeing them both and I am glad I didn't disappoint you. Thanks to all who make the ultrarunning world the most beautiful place on earth.

Note from the Editor: Olga won the the women's race, breaking the course record, and placing 7th overall. She came in more than 2 hours ahead of the second woman, Tracy Bahr.

HUNTE

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9-Oct Sunday, am
Bedford-Stuyvesant 10K (6.2 M)
Brooklyn, NY

1:00:41 Susan R Epstein F62 **1st 60-69**

22-Oct Saturday (AM)
100 Miler (100.0 M)
San Diego, CA

23:08:27 OlgaVarlamova F35

Nov. 13 Sunday, 8:00 am
Battleship N. Carolina 1/2 Mar (13.1 M)
Wilmington, NC

1:58:10 Annemarie Krothe **F27**

Nov. 13 Sunday, 10:00 am
NYRR Cross Country Champs.
3.1 Miles, 5.0 Kilometers
Van Cortlandt Park, Bronx, NYC

19:05 Chris Ekstrom M39
 24:58 Ken Rolston M53
 25:41 Arnold L Gore M64
 27:09 Jill Staats F54

Nov. 20 Sunday, am
Seaside Shuffle 5K (3.1 M) Wrightsville
Beach, NC

2:21 Annemarie Krothe F27 **3rd Female**
1st 20-29

Nov. 20 Sunday, 10:00 am
Race To Deliver
4.0 Miles, 6.4 Kilometers
Central Park, NYC

29:56 Paulino Santana M44
 30:21 Arnold L Gore M64
 35:12 Yuen Na Chun F48
 39:24 Selma Seq. Raven F39
 35:07 Carl Morrishow M49
 39:06 Gilda L Serrano F57
 38:23 Susan R Epstein F62
 38:48 Ira A. Weiner M46
 39:05 Luis Colon M51
 40:23 John Arbucci M48

Nov. 20 Sunday, am
Turkey Trot 5 Miler (5.0 M)
Mamaroneck, NY

33:18 Blas Abadia Jr M50 **2nd 50-59**
 46:04 Fernando Ruiz M73 **2nd 70-79**

Nov. 24 Thursday, am
Turkey Trot 5 Miler (5.0 M)
Rockland, NY

34:47 Blas Abadia Jr M50
 50:36 Fernando Ruiz M73 **3rd 70-79**

Nov. 26 Saturday, 7:00 am
NYRR Knickerbocker 60K
37.2 Miles, 60.0 Kilometers
Central Park, NYC

4:34:28 Michael Arnstein M28 **1st Overall**

Nov. 26 Saturday, am
Carolina Beach State Park Turkey Trot,
Trail Run (4.0 M)
Wilmington, NC

31:35 Annemarie Krothe F27 **2nd 25-30**

Nov. 27 Sunday, 11:30 am
NYRR Pete McArdle XC Classic
9.3 Miles, 15.0 Kilometers
Van Cortlandt Park, Bronx, NYC

58:23 Chris Malynowski M29 **1st 20-29**
 59:54 Chris Ekstrom M39
 1:12:45 Richard P Conley M50
 1:15:02 Rachel Gissinger F29
 1:16:46 Spencer Goldblatt M55
 1:19:38 Bette Clark F50 **2nd 50-54**
 1:29:12 Kate Donovan F47
 1:29:37 Margaret R Nolan F45
 1:30:15 Arnold L Gore M64
 1:30:16 Steven Tu M39
 1:30:21 Dennis Burns M58
 1:30:31 Katherine Callan F43
 1:30:56 Yuen Na Chun F48
 1:33:07 Jill Staats F54
 1:34:55 Noel Bryne M71 **1st 70-74**
 1:42:40 Susan R Epstein F62 **2nd 60-64**
 1:51:41 Rozsa Gaston F47
 1:55:34 Robert L Cain M54

R A C E R E S U L T S

2 0 0 5

Dec. 03 Saturday, am
Lakeside Classic 8K (5.7 M)
Wilmington, NC

37:17 Annemarie Krothe F27 **1st 25-29**

Dec. 3 Saturday, 9:30 am
NYRR Holiday 4-Mile
4.0 Miles, 6.4 Kilometers
Central Park, NYC

26:27 Michael P Hudick M60 **2nd 60-64**
 29:21 Ivan S Mills M49
 34:56 Luis Colon M51
 35:22 Yuen Na Chun F48
 37:00 Tami Luhby F35
 37:05 Selma Seq. Raven F39
 36:57 Fernando Ruiz M73
 39:03 Gilda L Serrano F57
 38:05 Ira A. Weiner M46
 40:48 Lisa E Fleischmann F42
 39:26 Robert L Cain M54
 46:09 Marysol Ruiz-Zapata F39
 47:58 Blas Abadia Jr M50
 49:44 Heidi Pabon F32

Dec. 10 Saturday, am
Kiawah Island Half Marathon (13.1 M)
Kiawah Island, SC

1:48:50 Annemarie Krothe F28

Dec. 10 Saturday, am
Wantagh Snowball Run (5.0 M)
Port Washington, NY

46:52 Fernando Ruiz M73

Dec. 11 Sunday, 9:30 am
NYRR Joe Kleinerman 10K
6.2 Miles, 10.0 Kilometers
Central Park, NYC

47:47 Blas Abadia Jr M50
 46:23 Nitin Manchanda M38
 57:03 Luis Colon M51
 57:07 Carl Morrishow M49
 58:10 Dennis J Brooks M53
 59:23 Selma Seq. Raven F39
 1:02:19 Gilda L Serrano F57
 1:01:27 Fernando Ruiz M73
 1:04:45 Ramon Minaya M65

R A C E R E S U L T S 2 0 0 5

Dec. 17 Saturday, 9:30 am
NYRR Hot Chocolate 15K
9.3 Miles, 15.0 Kilometers
Central Park, NYC

56:17 Christ Malynowski M29
 1:05:55 Michael P Hudick M60 **2nd 60-64**
 1:10:18 Ivan S Mills M50
 1:15:29 Firdaus Dotiwala M36
 1:28:24 Dennis J Brooks M53
 1:36:56 Gilda L Serrano F57
 1:36:34 Rozsa Gaston F47
 1:44:17 Ramon Minaya M65
 1:46:14 Robert L Cain M54

Dec. 18 Sunday, am
Ho-Ho-HO Holiday 5k (3.1 M)
Wilmington, NC

21:31 Annemarie Krothe F28 **1st Female**

Jan. 8 Sunday, 9:30 am
NYRR Fred Lebow Classic
5.0 Miles, 8.0 Kilometers
Central Park, NYC

27:47 Chris Malynowski M29 **2nd 20-29**
 39:05 Arnold L Gore M65 **3rd 65-69**
 39:44 Edward James M59
 40:33 Ramon Ruiz M66
 43:13 Edith Jones F66 **1st 65-69**
 48:13 Luis Colon M51
 48:05 Susan R Epstein F62
 50:29 Gilda L Serrano F57
 55:37 Ramon Minaya M65

VCTC Meeting Minutes

VCTC Meeting Minutes—Nov. 12, 2005

Things in VCTC usually get done by default. We need to be more organized. Dennis explained that he felt swamped by the amount of work he has to do, because there is no one else to do the work. The Board decided to look over the By-Laws, and first establish the responsibilities of each Board Position. In the future, responsibilities of Secretary could be shared by the Vice Presidents.

Looking for a Meeting Place.

Dennis is still looking for Contact Person from Manhattan College. Bette said she would check on the Fieldston School. Diana brought up asking for a room at the Car Dealership. Diana volunteered to ask them. Dennis asked the Club to brainstorm on looking for a possible meeting site in the area. It was voted to change the starting time of ALL meetings to 10 am.

December Elections Meeting

Meeting will start at 10 am. Location to be announced by flyer. Nominations open for all Board and Executive Committee positions. Nominate yourself, your friend, or your enemy. We need new ideas, new blood. Enid suggested to hand pick people you think would be good for a position and nominate them.

Dennis is looking for a new **Race Director for the Challenge**. He said he would work with a new person this year, to groom him/her to be Race Director. Challenge will start at 10am this year, since it's on Daylight Savings Time, the extra hour would be helpful to set up. Looking for a set of pennants, as opposed to Race Banner. Pennants could hold up better in the wind, without becoming a parachute.

Looking for Van Cortlandt Banner.

Gary doesn't have it, but he will look for it. Gary volunteered to send out an e-mail to locate our VCTC Banner.

Summer X-C Races – Fred Daly not present.

Pete McArdle Post-race Party

Firdaus has offered his apartment once again for post-race festivities. Gary will make soup. Diana will make Brownies. Others volunteered to bring food.

Yuen has volunteered to be **Data Base Coordinator**. She will cull out returned addresses and repetitive names & addresses. She will update new data from all races to a central database.

X-C World Qualifiers Feb 18-19

VCTC should have a showing. A table with refreshments and hot drinks might be helpful, with apps for VCTC and Challenge available. Dennis will look into

the possibility of a Master's Team Qualifying Times?

Present: Dennis, Naomi, Diana, Arnie, Gary, Larry, Ken, Fred, Bill Smith, Steve, Jill, Katherine, Linda, Bette

Place: Manhattan College Leo Building/Engineering, Room 238

Dennis opened the meeting suggesting a **gift of a fruit basket to thank Manhattan College** for use of room for meetings, which has been reserved for 1/14. 2/11. 2/11. 4/8 (will change to 4/1 because of Urban Challenge), 5/6

Nominations for Executive and Board positions:

Gary would like to step down as Secretary. Executive members polled to see if any would be willing to take over this position: Diana offered to share it with Yuen. Gary will remain in position until they take over. Other positions will remain the same—no need for votes at this time.

Dennis brought up need to find **new sponsorships** for VCTC, independent of particular races. Suggestion raised of instituting a “development” person to cultivate corporate sponsors to ensure they are in place for races, and for general fund-raising. Arnie explained how NYRR corporate sponsorship is down, and the organization is trying to build up their sponsorship as well.

Gary volunteered to act as a corporate liaison and coordinate efforts to build relations with sponsors, making use of known resources and support others who have already build connections.

VCTC Board majority voted to create a **new Executive Board position: “Director of Development,”** to be filled by Gary.

Membership update

Cards sent to people who had not yet paid their 2005 dues. Larry suggested mailing post card reminders—will follow up.

Urban Environmental Challenge

Dennis announced he will remain director of the race this year and will prepared Ken and Dave King to be co-directors for next year. Race is to be held on Sunday, April 2nd at 10:00 am, with a \$15 advanced/\$20 race day fee. Give-away will be an orange micro-fiber cap with “in the wilds of the Bronx” imprinted on it. Lloyd Carrot Cakes will continue to be sponsor (will remind them to have cakes ready early). Plans to invited Lloyd to the Awards Dinner.

November Membership Meeting cont'd

Clothing

It was decided that the remaining singlets of our stock will be sold for \$15 to get rid of our excess of 7 L and 7 XL men's as well as a few S women's. We need to decide on where to get some more singlets of the same style, for future use.

Dennis volunteered to send out an e-mail to ask people what size singlet they prefer, in order to find the ratio of sizes for the next order of singlets. It was voted that new members will receive fleece winter hats as part of their 2006 renewal.

Public Relations

Arnie had nothing to report, but he was thanked for his influence in getting our runners to the "Green" start for the NYC Marathon.

Newsletter

Naomi was thanked for her contributions to the Newsletter. Bette was thanked also, but she stated that Naomi did most of the work.

Awards Dinner

Linda volunteered to collect the checks for this year's Awards Dinner. Dennis made her aware that she had resigned, but she stated that she'd like to finish her year by collecting the checks.

The cost per person to the Club this year will be \$33 per person at the Eastview Manor.

- VCTC members will pay \$25 for 1 ticket.
- Each additional ticket will be \$35. Family Memberships will get 2 tickets for \$25.
- Each additional ticket will be \$35.
- Non-members, including those who have not paid 2005 dues, will pay \$35 for each ticket, including their own.

Board

We are trying to find ways to juggle the responsibilities of the Secretary's Position. Yuen reported that she has too many responsibilities now, with the Ramble coming up, to assume the Secretary's functions. Diana stated that she also feels that it would be an exhausting task. The Board discussed the issue, and decided to have a good look at the By-Laws, in order to find out just exactly what the responsibilities of the Secretary are, then we can meet again, and divide these responsibilities. Dennis pointed out that one of the responsibilities of the Secretary is to send out cards for the December Election Meeting, and keep track of the voting.

Yuen wondered if we can form an "Elections Committee" to monitor the nominations of voting and voting for various Executive and Board positions. Dennis stated that these people must be members of the Board. In viewing the minutes, Dennis discovered that the

December Membership Meeting cont'd

Newsletter

Naomi will continue as editor for one more year

Tuesday Night Work-outs

Ken reported that Tuesday night work-outs will be hill work-outs until the indoor track at Manhattan College is available in late January. Group will meet at Waldo and 244th/Manhattan College Parkway or the lot at Manhattan College. Ken will send a group E-mail to update.

Summer Cross-Country Series

Fred reported that 650 runners are currently on the mailing list for the series, compiled from previous years and other races. Will coordinate with Yuen who is creating/unifying a master list/data base, clearing up repetitions, returns, etc.

Dennis reminded people of the **Cross-Country National Championships** in Van Cortlandt February 18th and 19th and would like to encourage people to volunteer and represent VCTC with their presence at the event (possibly participate in races). Gary announced he has located the old VCTC banner which he can provide. Will find out need for volunteers, etc.

Clothing Up-Date

Bill Smith reported that he still has odd-size VCTC singlets (Men's large and extra-large, Women's small) available for \$15.00; also maroon t-shirts for \$5.00, and a few VCTC warm-up jackets (extra large) for \$15.00. He is working on getting polar-fleece hats for this year's new members; Enid will order through Philadelphia Rapid Transit. Will also look into getting sports bags again.

Public Relations

Arnie will contact Mary at NYRRC to see what volunteers are needed for upcoming XC championship races in February.

Awards Dinner

Event to take place at Eastwood Manor (Eastchester and Boston Post Road) on Saturday, January 28. DJ in place. Discussion of give-aways: 50/50 raffle. Board members to decide.

The question was raised about how award recipients are chosen: Ken explained that he and Bill Gaston meet to review race results, etc. Suggestion was made to add other types of awards such as an improvement award, or fun categories like "most enthusiastic" to offer opportunities to more members to win an award.

11. Riverdale Ramble

Gary discussed need for place and for sponsorships. Possibility of staging race at Fieldston School or Horace Mann raised—ongoing problem with running through Fieldston due to the Fieldston Property Association. Linda and Bette to get in touch with contacts at Horace Mann (and Fieldston) to review possibility if course is re-

November Membership Meeting cont'd

Committee" Must consist of 2 board members, and 1 other member of Organization.

Ramble

Yuen stated that we must look for another venue for the Ramble. We all agreed that JFK High School was no longer a viable venue. Naomi stated that we stopped using the Fieldston school when it became too expensive. We will be looking into Horace Mann, as well as Manhattan College. Ken said that he has a connection with Manhattan College.

We still have to work out a course which avoids Fieldston Road. Dennis has one in mind, but has to check on it. It was mentioned that Bill Gaston had written a letter to the Fieldston Property Owners Association, but has not heard from them. Dennis reported having met with the FPOA on many occasions, none of which seemed friendly.

Coaching

Ken reported that he is looking for a indoor track location. Fordham looks good, but is expensive and far away. Workouts will be held outdoors in the Fieldston Streets until further notice (after the outdoor track workouts are over). Ken mentioned that we need more planning to focus on races and target them.

Susan asked that we get more exposure by doing more NYRRC races.

Dennis brought up the idea that we need a specific "Athletic Director" to function a racing captain. To Target races, take times, communicate with Coach as to workouts etc.

Treasurer

Larry reported that we have \$8,000 in Checking Account, and \$6,000 in CD's. Larry collected \$25 apiece from the people who will be attending the dinner for Roscoe Brown Jr. on Nov 15th. VCTC has purchased a table at the function, sponsored by the KINGSBRIDGE-RIVERDALE-VAN CORTLANDT DEVELOPMENT CORPORATION

December Membership Meeting cont'd

Mann (and Fieldston) to review possibility if course is re-routed. Dennis suggested need for contingency plans: Jill to contact PS 41 as possible new venue; Ken to contact Manhattan College and Friends of Van Cortlandt Park. VCTC expecting to pay @\$300-400 for use of space (could be twice amount at private school locations).

Meeting was adjourned by Dennis who thanked everyone for attending.

best previous 10K time was slower than that? But that was what

Van Cortlandt Track Club Awards Dinner Party 2006

**Come! Join us in Celebrating
The Best VCTC Runners for 2005**

Eastwood Manor
3371 Eastchester Rd.
Bronx, NY
(718) 654-4200

Saturday, January 28, 2006
Cocktails 7:00 P
Tickets: (\$5.00 extra at the door)
Single Membership \$25- ea.
Family Membership (Max 2) \$25-ea.
Non Members \$35.00 ea.

**Don't Forget
Renew your
2006 Membership**

SINGLE MEMBERSHIP...\$30
FAMILY MEMBERSHIP ...\$35

Check Payable to: VCTC

Send to: Linda Norton
93 Frederick Pl.
Mt. Vernon, NY 10552

Contacts: Linda: 914 668-7712

Wanda: 718 678-8077

Van Cortlandt Track Club Inc.

P.O. BOX 341, BRONX, NY 10471

Membership Application 2006

www.vctc.org

SINGLE MEMBERSHIP ...\$30.00

FAMILY MEMBERSHIP ...\$35.00

RENEWAL _____ NEW MEMBER _____ BIRTH DATE ____/____/____ AGE _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE: _____ OCCUPATION _____ OWN A VAN OR TRUCK? _____

e-mail Address _____

RACING

- | | |
|---|---|
| 1. How many races do you run per year? _____ | 3. Preferred Distance 5K____ 10K____ 13Mi____ 26.2____ |
| 2. Are you available to run as part of a VCTC team at designated races? Yes __ No __ How often? _____ | 4. Do you enter road races? ____ Cross Ctry? ____
How Often? _____ |

TRAINING

- | | |
|---|---|
| 1. How many days a week do you run ? AM _____ PM _____ | 4. Which days of the week? Sat ____ Sun ____ Mon ____
Tues ____ Wed ____ Thu ____ Fri ____ |
| 2. Do you train alone or with a group? _____ | 5. Average weekly miles? 0-20 mi. ____ 20-40 mi. ____
60mi. ____ 60mi. & above ____ |
| 3. What time of day are you available for group runs? _____ | |

SIGNATURE _____ DATE _____

All Members are entitled to participate in group runs, interval training, coaching sessions, etc., as well as receive the club's newsletter.

Van Cortlandt Track Club is a USA Track & Field (formerly TAC/USA) affiliated club. However, any VCTC member who wishes to compete in TAC sanctioned events (e.g., the NYC Marathon) or qualify for the TAC Championship, must join the TAC as an individual.

Meetings are held on the 2nd Saturday of every at 10:00 AM. The Leo Engineering Building-Manhattan College.

We welcome your active participation in running with us and in our club activities.

PLEASE MAIL COMPLETED APPLICATION WITH CHECK OR MONEY ORDER
(PAYABLE TO VCTC)

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

WANTED!!

A NEW Race Director for the Urban Environmental Challenge 2006

All you need are the following:

- A computer
 - Good organizational skills
 - Good communication skills
 - A love for running
 - A desire to see the first Urban Trail race continue
- Any new ideas which you may wish to incorporate.

Dennis will be happy to give you:

- All of our records
 - Our race database
 - Our mailing lists
- Our maps and our contact people.

No Race Director experience necessary.

**Dennis will be happy to coach you, and walk you through the race directorship step by step.
If interested call Dennis Burns at 718)796-9191.**

Running, Swimming, Cycling, Walking and Fitness, We Fit Your Style

The Westchester Road Runner

179 E. Post Road

White Plains, New York, 10601

(914) 682-0637

Fax (914) 949-4166

Email wrrunner@aol.com



RUNNING/WALKING/FITNESS/CYCLING SHOES

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

RUNNING AND FITNESS WEAR

RONO - Nike - Moving Comfort - BOA
New Balance - Asics - Hind - Dolfin Barracuda - Dolfin - Ironman - US Divers
Helly Hansen - Sugoi - Insport - Sporthill
Pearl Izumi - Hot Chillys - Duofold - DeSoto
Discipline Marketing - Brooks - Race Ready
Champion - Danskin - Sporteze

SWIM WEAR & TRIATHLON GEAR

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

CYCLING WEAR

Hind- Giordana - Pearl Izumi - Sugoi

ACCESSORIES

Baby Jogger - Free Style - Sorbothane - Spenco - Thorio - Ogio - Jog-a-Lite - TuneBelt - Wigwam - Tulis - Croakies - Second Wind -
Shoe Goo - Viscoheel - Polar HRM - Sportslick - Bodyglide - Cho-Pat - Nip Guards - Powerstep - Smart Wool - Defeat

NUTRITION

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

EYEWEAR

Oakley - Rudy Project

Van Cortland Track Club
Box 341
Bronx, NY 10471