

# The Van Cortlandt Track Club

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BRONX, NEW YORK

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March/April 2006

[www.vctc.org](http://www.vctc.org)



**Charles in Africa — Dick Conley in Key West  
The X-C Nationals in Vannie  
Spring is coming!  
Are you up to the Challenge?  
Are you ready for the Ramble?**

# VAN CORTLANDT TRACK CLUB

## 2006 BOARD OF DIRECTORS

# IN THE LOOP

By Dennis Burns

President: Dennis Burns

Vice Presidents: Yuen Na Chun, Diana Cecil

Secretary: Gary Spalter

Treasurer: Larry Barazzotto

### 2005 EXECUTIVE COMMITTEE

Social Directors : Linda Norton, Wanda Bills

Newsletter Editor: Naomi Marcus

Controllors: Jim, Mike, and Pat Hudick

Membership Director : Tony Thoman,

Athletic Director: Ken Rolston, Firdaus  
Dotiwala

Public Relations Arnie Gore

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 **May 1**. E-mail to neshama44@msn.com.

When I became President of the Van Cortlandt Track Club last year, I tried to instill the idea of VCTC being a "Community Based Organization". Little did I realize how much a part of our community we actually are, and how important our events are to the local runners.

When Yuen communicated to me at the beginning of the year, that she hadn't been able to find a venue for the Riverdale Ramble, and was seriously thinking of postponing it for a year, the Board had to make a tough decision. We voted to postpone the Ramble until next year, rather than hold a race of inferior quality. Our members, understandably voiced concern and disappointment. After all, the Ramble has been going on for 29 years, and had become a big part of VCTC's identity. Nevertheless, the Board agreed that the Ramble had been known throughout the running community as a quality race, and we didn't want to compromise our standards just to have a race.

Within a couple of days, I was contacted by Etanjalie Narath, of the Riverdale Press for an interview. I must admit, I was quite surprised that they would be interested in our tribulations, but I explained the situation to her, and a front-page story came out in the Riverdale press in the following issue. It seemed as though that story became a catalyst for change and a rallying point for VCTC members and other runners who had experienced the beauty and difficulty of our special race.

That very day, I received a phone call from Marty Michael of the Riverdale Y, who had read the story, and generously offered to host the Ramble at the "Y" free of charge. "After all", she said, "this is a community event, and we can't let, the Riverdale Ramble disappear".

I notified the Board members, and we had a quick meeting before one of the Saturday morning workouts, and agreed that this was too good an offer to pass up. Yuen agreed to once again take on the responsibilities of Race Director.

As of the writing of this article, Yuen has assembled a team to help her, and everyone is psyched about putting on the Best Ramble yet. It seems as though the threat of the Ramble disappearing has given the club a sense of energy and cohesion. Everyone is now extra motivated to make the Ramble a success.

Speaking of success, it was incredible to see Vannie transformed into the site of the X-C National Championships on

Continued on page 6

# Attention All VCTC Members

**8<sup>th</sup>** annual Urban Environmental Challenge will take place on Sunday April 2nd at 10 am. This unique race is getting the attention of the trail running community. This year, the Challenge has been chosen as part of the "Trail Running Series", so we will be expecting more runners than ever. As of now, our pre-registration is far ahead of the previous years'. We Need Your Help.

Come help us celebrate this beautiful "Rite of Spring". The only true trail race in a major US city. We need volunteers, in order to make this a successful race, so please contact **Enid Burns - Human Resources Coordinator**, at **718 796 9191** if you wish to offer your services, or if you know anyone who would like to be a volunteer. It's a truly unique experience. If you are planning to run the race, kindly show up early (we need you there by 8 am) to help us set up. Since this race is completely outdoors, we must set up all services. That includes the tent, check in area, water tables, registration tables etc. Then you can run the race of your life. If you are planning to run the race, please pre-register early, as our free, beautiful hats will be given to the first 150 pre-registered runners only, VCTC runners included.

Please understand that this is a true Trail Race, which means that it will take place in any weather conditions. (One year, we had a severe thunderstorm before the race start, and the setting up of the tent was crucial). The previous year, the race was held in a freak snowstorm with gusts of up to 40 mph, but those of us who worked and/or ran the race will never forget that awesome experience. People still talk about it today. This means though that you must come dressed for the weather, be it cold or wet or all of the above. Plan to be outdoors for at least 3 of the best and most exciting hours of your life.

As always, though, we need your help. VCTC always puts on the best races, because we are runners, and we know what runners want and what they need. We are very professional, and our group runs smoothly, like clockwork, because we've done it all so many times before. We will be placing the same people at the same locations as last year, because we know you have the experience at that task, and are the "expert" at whatever that may be.

Below is the Volunteers List. Please look for your name, wherever you may find it, and **call the corresponding coordinator**. Let him/her know whether or not you will be available to help.

**Coordinators**, I will be in touch with you to ascertain how many of your volunteers will be available on race day. We hope we can count on you. Remember, you can help with the race, and still race it. Where else can you get all that for the simple entry fee of \$15 (and with a free racing hat if you register on time). If you are fast enough, you will even get to eat your own trophy - a carrot cake, donated by Lloyd's Carrot Cake, - made from scratch.

Remember, with your help, we can make this a truly successful event. **We need you!!**

## Assignments for the Urban Environmental Challenge 2006

The following people have been selected as Assignment Coordinators for the 8<sup>th</sup> annual Urban Environmental Challenge Trail Race. If you see your name listed, **please call** the Coordinator(s) that you are assigned to, and let them know whether or not you are available. Assignment Coordinators, Kindly contact Enid Burns, Human Resources Coordinator, as to who will or will not be available on race day.

If you do not see your name listed, and are interested in helping on race day, please contact Enid Burns.

Thank You,

Dennis

***Notice:** An updated Assignment List will be sent out via e-mail, just prior to the race. If you don't see your name on this list, and you'd like to volunteer, please contact Dennis.*

### **ALL MEMBERS - PLEASE HELP**

*If you run  
you can still  
before and  
race.*

	Assignment Coordinator		
<b>Human Resources</b>	<b><u>Enid Burns 718-796-9191</u></b>	<b><u>Publicity</u></b>	<b><u>Diana Cecil 718-549-1880</u></b>
<b><u>Sponsorship</u></b>	<b><u>Diana Cecil 718-549-1880</u></b>	<b><u>Race Start</u></b>	<b><u>Paul Sawyer 718-601-2411</u></b>
<b><u>Awnings Tables</u></b>	<b><u>Bill Smith 914-734-2636</u></b>	<b><u>Registration</u></b>	<b><u>Linda Norton 914- 668-7712</u></b>
Check in Area	Alan Dorfman, Lou Csak Firdaus Dotiwala, Peter Coy		Marysol Ruiz, Susan Ep- stein, Enid Burns, Wanda Billis, Yuen Chun
<b><u>Food &amp; Water Stop</u></b>	<b><u>Gary Spalter 914-633-7389</u></b>	<b><u>Awards Ceremony</u></b>	<b><u>Dennis Burns 718-796-9191</u></b>
	Arnie Gore, Vera King, Margaret Nolan, Daniel Flynn, Rozsa Gaston, Kate Donovan		Larry Barazzotto
<b><u>Trophies &amp; Awards</u></b>	<b><u>Adrian Hunte-Smith 914-734-2636</u></b>	<b><u>Baggage Check</u></b>	<b><u>Darryl Williams, Otis Matthews</u></b>
<b><u>Course Marshalls</u></b>	<b><u>Ken Rolston 914-6674043 / Dave King 914-337-5518</u></b> Larry Barazzotto, Arnie Gore, Ed James, Charles, Brew- ster, Alma Caparras, Lisa Fleischmann Israel Goode, Spencer Goldblatt, Fernando Ruiz, Ramon Ruiz, Lou Csak, Richard Galvin, Mack McKeague, Ann McKeague, Ivan Mills, Henry Moorhead, Gilda Serrano, Carl Morrishow, Noel Byrne, Hector Santiago, Steven Tu, Katherine Callan		
<b><u>Set-Up/Finish Line/ Tim- ing</u></b>	<b><u>Fred Daley 201-768-0202</u></b>	<b><u>Security ?????</u></b>	
	Tony Thoman, Naomi Marcus, Otis Matthews John Kowalski, Diana Cecil, Bill Gaston, Willy Kaye, Jill Staats		
<b><u>Course Marking</u></b>	<b><u>Dave King 914-337--518 / Ken Rolston 914-667-4043</u></b>		<b><u>Photographer ?????</u></b>
	Lou Csak, Firdaus Dotiwala, Steven Tu		

*the race,  
help out  
after the*

## March 3- Coaches' Corner

By Ken Rolston

Hi all,

It's approaching midnight. The mysterious wife and I are parked in the lobby of a Sheraton Hotel in Portland, Maine. We're surrounded by hundreds of tiny hockey players who are preparing for a tournament nearby. Tomorrow, we'll be visiting Dick Conley's alma mater the University of Southern Maine. Our daughter has been accepted by the University and we prepare to check out the campus, paying special attention to the theatre dept, where Emily hopes to pursue her interest in stage crew and a major in criminology. I guess this combo makes sense since Tony Shalhoub, the actor who stars in the series, Monk, graduated from Southern Maine U. They say Portland is a nice town filled with funky shops, a developing downtown and plenty of hockey rinks. We shall see.

Indoor workouts will continue for the month of March. Those who prefer a long warm-up meet at 7:30 at Manhattan College and take a 2-mile run through Fieldston. The actual track workouts begin shortly thereafter, usually about 8 PM. Outdoor workouts will resume on the first Tuesday in April. These workouts begin at 7 PM. Runners with a good base will benefit the most. Simply put, if you're running less than 20 mile a week, it's probably a better idea to get the mileage into place first. Building a base will be the cornerstone for successful racing no matter what distance you prefer. For example, if you're planning to run The Queens half-marathon and your longest run has been 9 miles then it would be better to concentrate on long easy runs with a gradual increase in time spent. If the 9-mile run takes 90 minutes then you can work your way up to a 2-hour run at a slightly slower pace. Once that strength is in place then you can throw in hill work, tempo runs or track work. Remember, do as I say, not as I do !!

There's ample time to get ready for the summer series races and the spring track sessions will be geared towards that. The New York Road Runners will soon be announcing the dates of their summer track series events at Icahn Stadium on Randall's Island, too. So those with aspirations of speedy miles and 800's can benefit from the Tuesday night workouts.

If you're new to running track workouts, one person that you may want to watch is a person you wouldn't expect to emulate. But you'll gradually appreciate the persistence of effort both in the workout and in the recovery of Arnie Gore. He has the knack for running the appropriate pace that's called for and in jogging an honest recovery. When Arnie's ready to go, everyone else is ready too.

Aw, what the heck, as long as we're busy praising Arnie some other things that he's done are worthy of mention. Who got all of us to course marshal for the X-C champs ? Who kept us up-to-date on the nominees for NYRRC runners of the year ? Who convinced us that it might be a really good idea to support Mike Arnstein, Mike Hudick and Edith Jones at the NYRRC dinner ? So thanks, Arnie, for keeping us in the loop.

### Yes, Training Works!

By Jill Staats

I would like to say a word about our Tuesday night workouts.

When I started going to workouts about a year ago, I had no idea what I was getting myself into. I did not know what "interval training" was. A friend tried to explain, but I wasn't really getting it.

One Tuesday night in February, I showed up for the indoor track workout at Manhattan College and found out what the workout was all about. At the beginning, I had a love/hate relationship with the workouts. I would look forward to them all day and then would wonder why I was torturing myself. My reward has been the progress that I have been making over the past year by being part of such a wonderful group.

Before I started I would usually start a race too fast and not have much energy left at the end. I have learned to pace myself; I now know how much energy to use at the beginning of a race so that I have a little left at the end. I remember one day at the Saturday morning group run telling Gary how happy I was at my improvement. He asked if I had ever belonged to a track club before and I said no. He replied, "It's that group mentality, it works every

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In the Loop continued from Page 2

February 18<sup>th</sup> & 19<sup>th</sup>, as hordes of national class runners tore up the "trails" of Vannie. NYRRC did a spectacular job of organization, and John Herrold and his NYC Department of Parks Crew must be commended on plowing the snow and cleaning and grooming the trails.

It was inspiring to see the VCTC volunteers, proudly displaying their colors, and working out there in the cold, windy, and snowy conditions, shouting words of encouragement to the runners. As I passed by I was encouraged to hear my teammates shouting "Hey, the guy in front of you is 75 years old. How are you going to let him get in front of you"!

Congratulations to all the VCTC runners who ran in the "Neighborhood Race" especially those who placed in their age group. We certainly represented on our home turf.

Excitement is building for the 8th edition of the Urban Environmental Challenge. The Vice President of North Fork Bank, David Isaac, a runner himself, contacted me from out of nowhere, offering to sponsor our race. Coincidentally, this was the very same day that I found out that ConEd would no longer sponsor us. In addition, David and his daughter both plan to run the Challenge.

Registration for the Challenge so far has exceeded last year's. Since we are a part of the "Trail Runner's Trophy Series" this year, I'm expecting more runners, especially serious trail runners, at the 2006 Challenge. We will be giving out free copies of the "TrailRunner 2006 Trophy Series Race Edition" Magazine (the Challenge is listed in this magazine) to the first 200 runners.

In addition, runners (the first 150 pre-registered) will be given special white micro fiber race hats, with the UEC logo, sponsors' logos, and in the back "In The Wilds of the Bronx" embroidered on them. So, don't wait until it's too late, register for the UEC as soon as you can. You can volunteer and still run the Challenge. We need as many volunteers as we can get.

In closing, please look for your name on the assignment sheet for the UEC. If you don't see it, contact me and we will give you an assignment. If you are a photographer, and would like to take photos, especially on the worst parts of the course, please contact me, we could use you.

See you on the roads and trails...

## Will There Be a 2006 Riverdale Ramble? (See page 8)

### VCTC Board Meeting and General Meeting 1/14/06

#### Board Meeting:

**Present:** Dennis Burns, Diana Cecil, Yuen Chun, Gary Spalter, Larry Barazzotto, Linda Norton, Naomi Marcus, Fred Daly, and Bette Clark (minutes)

**Riverdale Ramble:** Dennis opened the Board meeting with the pressing issue of the Riverdale Ramble. As Yuen reported, there is still no venue and there are no committed sponsors at this time. Members reported on status of options that had been discussed at last meeting: Fieldston: Out because there is an alumni event scheduled for race day (unless date of race is changed. Manhattan College: Engineering building not a possibility its cafeteria cannot accommodate the expected @300 runners. Middle

School (Independence Avenue): ruled out because it is thought to be too far from convenient public transportation and there is no parking. Horace Mann: Out due to their insurance policy that permits only two community events per year and Horace Mann has already committed to these on a regular basis. Van Cortlandt: Ruled out due to logistical difficulty of having race route cross a major intersection (Broadway) twice. Riverdale Country: Discussed possibility that it would be a difficult location due to proximity to the Fieldston Property Association border, parking and transportation difficulties. However, with a new race route (beginning and ending on "snake hill") these issues may not preclude this location (not actually on the border, public transportation and parking not too far)—Fred Daley  
continued on next page

## January minutes cont'd

will continue to pursue this option for either this year or next.

Dennis proposed not holding the Ramble this year due to late date, the amount of work involved for the Race Directors (Yuen, Gary) with regard to re-doing graphics for the applications if there is a new venue, acquiring sponsorship, etc. Instead, he suggested waiting until next year to assure putting on a good race, with enough time to line up a new venue, make a new course, etc.

Fred asked whether the race could be held without sponsor, assuming a venue (such as Riverdale Country) could be found immediately. Review of finances made and conclusion drawn that race would be run at a loss without sponsors.

Vote taken by the Board: Majority voted not to hold the Ramble this year but to work hard to stage a new race next year. Fred will follow up with Riverdale Country. Gary proposed that race should be a Club effort, and would benefit from the support of the whole Club community. Suggestions offered from Members who joined meeting with regard to ways to help (with venue, graphics, etc.).

Meeting continued with arrival of other members: Jill, Bill, Steve, Arnie, Susan, Enid.

**Awards Dinner:** Linda reported that so far only about 12 people have responded to the postcard and sent in their payment. Suggestion made but declined to set up a "phone tree" to remind people. Linda noted that it is the normal pattern for people to wait until the last minute to pay, and there are always a number (about 10) who pay at the door. Some may respond to announcement in today's newsletter. She will review in a week to see where things stand. 70 members are expected; final count does not have to be given until a day or two before the event.

Dennis suggested that financial report, which is to be completed by Jim Hudick, should not be read at the party. Instead, it will be reviewed at the next Board meeting in February.

Some special guests have been invited to attend the dinner: these include Lloyd (of Lloyd's Carrot Cakes) and Paul Sawyer (Manhattan College). Dennis asked if there are other sponsors who should be invited (i.e. Susan Goldy: follow-up?). Other suggestions made:

Angie from Short-Stop, Rosco Brown (follow-up?). State Assemblyman Dinowitz (Gary to follow-up)

**Membership:** Reminders should be made to everyone to pay their 2006 dues. Checks for dues should be separate from those for the dinner. There will be a table set up at the Dinner for membership payments. Gary will bring copies of membership applications to the dinner.

**Newsletter:** Dennis raised question of how much to charge advertisers for the newsletter (past advertisers, such as Andy for the Westchester Roadrunner, have not been charged). Gary will assist Naomi in determining rates, which can be posted in the next newsletter.

**Urban Environmental Challenge:** Dennis is working on getting out the applications at the end of the month. Diana discussed efforts to arrange new sponsorships with connections to the Bronx (Physical Therapy group, Bank of New York). Dennis reported that former contact at Con Edison has been replaced by Jeffrey Sato, who did not know anything about the Challenge. Dennis has sent him information/news items from the VCTC website that highlight the environmental aspects of the race that would be of interest to Con Edison. Diana will also use some of these materials for her efforts. Gary offered banner with Con Edison logo—suggested sending a photo of it to them. However, Dennis noted decision to use smaller pendants this year and wants to avoid expectation of banner.

**Summer Cross-Country Series:** Fred Daley is still working on assembling a team to help him. He has e-mailed Andy (Westchester Road Runners) with information to be posted. He is concerned that these races would get too big to handle well as community races if more broadly publicized—would prefer not use a larger data base for mailings. Reminder that new race fee has been established at \$5:00.

**Track Work-Outs:** Jill reported in Ken's absence. Tuesday night work-outs have continued as hill repeats. Work-outs will move into the Manhattan College track at the end of the month, but as Ken reports in this month's newsletter, track work-outs may begin and/or alternate with hill work, depending on the weather.

Continued on next page

January minutes cont'd

**Consolidated Database:** Yuen to continue to coordinate a unified data base, to support mailings of Challenge applications at the end of this month.

**Cross-Country Championships at Van Cortlandt:**

Arnie reported that he had been in contact with NYRR with regard to VCTC volunteers for this event on February 18<sup>th</sup> and 19<sup>th</sup>, and they were interested in knowing how many volunteers could be available. Dennis took a poll of people willing to volunteer: all 14 people present would be willing to help out on one of the two days. More information is required with regard to the race schedule for community/master's races, which would be of interest to some VCTC members. Suggestion was made to have a volunteer sign-up sheet at the Awards Dinner.

**Clothing:** Bill reported availability of singlets for sale (\$15:00). Enid reported new membership hat still pending: will be fleece but a different design than prior hat. Most likely will not be ready for the Awards Dinner.

**Treasurer's Report:** Larry reported that \$6000.00 CD will be coming due this month—can be rolled over. Reported @\$7000.00 in bank with all bills paid. He will remind Jim Hudick to submit a written report in time for the next meeting.

**Secretary:** Diana to discuss with Yuen (who had left meeting) ways to divide responsibilities of Club secretary which they will assume when Gary steps down.

**Other Business:** Susan announced that NYRR will be holding their annual Awards Dinner on Thursday, Mar 2, at a cost of \$65:00 if reserved before February 1. She encouraged members to attend to honor any VCTC members who may be nominated.

Susan also recommended that a Club race be held prior to a picnic/get-together as a way of bringing people from the Club together. People voiced their opinions that a picnic was no longer a successful way to do this. The suggestion was made to make the **Riverdale Ramble a Club race** this year, as it will not be held officially. With everyone wearing their VCTC singlets or a special Ramble shirt. Dennis suggested making this a "handicap" race to bring runners even closer together—to be discussed with Ken. Dennis and Enid volunteered to have refreshments in their garden following the race (to be held on a Saturday in June?), which is just a few blocks from the course.

Dennis adjourned the race, thanking everyone for attending and welcoming them all the Awards Dinner in two weeks.

# You Bet!

## VCTC Minutes: Board Meeting and General Members' Meeting 2/11/06

Present: Dennis Burns, Larry Barazzotto, Diana Cecil, Yuen Chun, Naomi Marcus, Ken Rolston, Gary Spalter, Bette Clark

**Financial Report:** Mike Hudick presented a summary of 2005 income and expenses based on the year's bank statements, with details of the Ramble and the Urban Challenge, broken down into monthly receipts and disbursements, as well as specific expenditures. Overall, 18,000 dollars was deposited, with 20,000 dollars dispersed, expenses exceeding revenues by about 2000 dollars, leaving a balance of 7000 dollars. Mike is to provide copies of financial statements to club members who are interested in keeping a record.

who are interested in keeping a record.

**Ramble Update:** Dennis acknowledged that he has learned how important the Ramble is to the community, reporting that after the story of the Ramble's demise was printed in The Riverdale Press, the Riverdale YMHA (Mary Michael) has offered their facility free of charge for the use of the Ramble. After meeting with Yuen, the Board has elected to reinstate the Ramble now that there is a definite venue available. Dennis and Gary mapped out a loop course incorporating the best of the two former Ramble courses. Gary met with the police in order to get their approval for this course. He estimated needing @ 17 police to

Continued on next page-

February Minutes continued  
monitor the course. He was told that only 7 could be spared and that they would have to get back to him about the availability of so many police for this particular course. Gary noted that often the police do not grant a permit until the very last minute.

Meeting now joined by Fred Daley, who commented on the need to also get the MTA on board to get approval for the course.

Bill Gaston, Arnie Gore, Jill Staat, and Katherine also joined the meeting. Dennis suggested mapping out a back-up course in case this one would not be approved due to the need for so many police.

Vote was taken as to whether race should be held even if this course could not be approved, taking into account possibility of need to modify the course depending on police presence. Majority voted to hold the race even if another course had to be established.

Need for sponsorships to be actively pursued at this point was discussed, as well as need for support and help of all VCTC members.

**Cross-Country Championship Races in Van Cortlandt:** Arnie announced that NYRR would be holding a meeting on Wednesday ((2/15) from 6-8pm to orient volunteers for this event. Alternatively, volunteers could turn up at 7:30 am on Saturday. Dennis suggested that VCTC members wear their VCTC fleece hats and possibly set up a table with race and membership information/applications, maybe even give-away carrot cake. Bette to provide a folding table.

**Urban Challenge:** Dennis thanked Yuen for providing a comprehensive, unified list with over 750 names. With regard to sponsors, Con Edison has backed out, but Northfork Bank has agreed to provide \$1500 in sponsorship. Dennis announced that the Challenge has been listed as a part of a national Trail Running series. Applications will be sent out ASAP. Wheel will be used to measure course. Ken noted that he has about 800 flags for the Challenge course but needs some police tape—suggestions were offered as to where he could purchase it. Dennis suggested that VCTC members run the Challenge course the first week in March, to clear blow-downs, etc.

**Track Work-Outs:** Ken reported on work-outs—Manhattan College track has been used since January 24<sup>th</sup>. Work-outs have included 2-mile loops on the

streets, with some hill repeats: some of this is now being incorporated into the track work-out as a warm-up. Group is meeting in the parking lot at 7:30 for a 2-mile warm-up before heading indoors for the track at 8:00 pm. Ken also reported that a few VCTR's took part in an Armory Thursday night event, with Ken running the 800 meter, Arnie the 1500, and Chris the ?. Jill has offered to write a piece for the newsletter about the track workouts and their effect on race times.

**Treasurer's Report:** Larry reported that there is about 6800 dollars in the bank.

**Summer Series XC:** Fred announced that the VCTC summer series races will be listed in a number of publications and websites. The first in the series will be on the last Thursday in May (May 27).

**Miscellaneous: Positions:** Dennis announced the need for a new Social Director/Coordinator to assist with the end-of-the-year party and other events. Anyone interested in this position or in filling the position of Secretary, please speak to Dennis.

**Clothing:** Blue fleece hats for new/renewing members have been ordered and will be available soon.

Dennis concluded with a plea for help from everyone to make the Ramble a success, encouraging people to contact Yuen to offer help.

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# My Travels to Africa

## (with a Stopover in Amsterdam)

I'm willing to travel, and want to learn as much as is humanly possible about societies outside of our little world in Riverdale and the United States. My Aunt Dorothy, who works for the Catholic Relief Services, offered me the opportunity to travel to 3 different countries in Africa: Ethiopia, Kenya, and Tanzania.

Catholic Relief Services (CRS), which has offices in 96 different countries, is undertaking a massive anti-AIDS effort in 5 different countries in Africa (the 3 that I traveled to as well as Uganda and Rwanda). Working in conjunction with the Catholic church and various community groups, CRS focuses on preventing AIDS by stressing that individuals must change their behavior by adopting abstinence and being faithful. Being faithful is important for building and maintaining strong families and communities. Many anti HIV programs in Africa and in other places in the world stress the "ABC" concept (Abstinence, Be faithful, and Condoms), but forget to emphasize that the strength of any society is with its families.

I was to visit with many church officials, including bishops, community groups, and schoolchildren, some of whom had been orphaned because their parents died from AIDS. I was also looking forward to seeing indescribable scenery and exotic animals and to eating cuisine that I had never tried before. This all sounded very exciting and intriguing. At the same time there was a lot of work to do before the trip -- getting the proper immunizations, booking flights, and worrying about the proverbial jetlag (I would be 8 hrs ahead of the time in the United States), but these things were minor in comparison to the experience that I would be in store for me!

Our first stop was Ethiopia. Ethiopia is among the poorest countries in the world, and the capital, Addis Ababa, is typical of the country. Unlike Nairobi, Kenya, which is an industrialized city, Addis has goats, horses, mules, and cows roaming its streets. This definitely surprised me, but it's what the locals are used to. Ethiopians take pride in the fact that their country is one of the few that was never colonized by anyone. The currency in Ethiopia is called the Burr, and the conversion rate is about 9br = \$1. Many of the

people in the countryside live on \$2 a month. People in the States spend \$8 a day on lunch -- can you imagine trying to subsist on \$2 a month? It makes one appreciate how lucky we are to have what we have.

In Ethiopia, we visited the Ethiopian Catholic Society and tried to establish some programs to help take care of many of the orphaned children. We tried to get the people there to understand that it's the community's responsibility to take care of these orphans. We also visited a Catholic school and saw students who were learning about AIDS/HIV and abstinence/AIDS prevention. I had the opportunity to have a traditional Ethiopian meal, which consisted of Injera (bread), fish goulash (which was made with a tomato sauce and looked a little like sardines), and tibs (cut up lamb pieces). Even though I am not a coffee drinker, I was told that I had to try Ethiopian coffee. All I can say is, it's strong!

We left Addis on the morning of Sunday, January 15, and took a 45-minute flight to Nairobi, Kenya. We were in Kenya for only a day. Because I didn't go to any meetings with my aunt, I had the opportunity to hire a guide in Nairobi. He showed me many of the sights around the city, including the old site of the US embassy which was bombed [by Al Qaeda] in 1997, a statue of Jomo Kenyatta who became the first president of Kenya after the country became independent from Britain in 1963, and the first university in Nairobi, which was built that same year. I found out that Kenya has 43 different tribes, and the conversion rate for their currency is 70 Kenyan Shillings = \$1. I also had the opportunity to visit an animal orphanage, as well as a giraffe park. At the giraffe park I had the chance to feed and pet giraffes. They have skin that feels very emollient to the touch, and some extremely long tongues! At the animal orphanage I had the chance to view warthogs, hyenas, lions, monkeys, and cheetahs. I also had the chance to pet baby cheetahs. Like the giraffes, cheetahs also have very soft skin and are among the most beautiful animals that I have ever seen.

After such a busy day, I was hungry, so I asked my  
Continued on the next page

Charles in Africa continued

guide to take me to a place where I could try traditional Kenyan food. He took me to Hooters. I don't even go to Hooters in the states! That really had me laughing. However, the Hooters there didn't have the same food that we have here. I had a creole fish dish, which was very good.

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We left Kenya on Monday morning and took a 2-hour flight to Dar Es Salaam, Tanzania. From Dar, we took a 2-hour flight into a Tanzanian province called Songea on a single propeller plane that seated about 14, including the pilot. The flight was surprisingly smooth and it was apparent that the pilot had extensive experience. During this flight I had the opportunity to view the snow-capped top of Mt. Kilimanjaro.

The weather in Songea was very different from that in Ethiopia and Kenya. It was a tad bit warmer there during the day, but became very cool in the evening. The currency in Tanzania was \$1 = 1000 Tanzania Shillings. Many of the people here live on the equivalent of \$5 a month. Many do not have running water and electricity in their homes, and live in houses with straw roofs. The economic basis of most African societies is agriculture. At the time of my visit, many parts of Ethiopia, Kenya, and Tanzania were experiencing a drought, so the locals were praying for rain. A couple of the evenings that I was in Songea it rained so hard that our hotel lost power.

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On Tuesday morning, we drove over some very rough roads to a province outside of Songea called Namtumbo. While in Namtumbo, we met with representatives of the Diocese and community leaders and spoke with orphaned children. At the vocational training center in Namtumbo, the orphans were learning

trades that they could use to make a living. We also spoke with a women's group which has developed a savings program with the help of a diocese employee. The thing that stuck with me the most that day was sitting down with the orphans and hearing their views on how they are treated in the community. My aunt asked them how they felt and how their lives could improve. One of the orphans stood up and gave her a one word answer: "Love."

On Wednesday, we took a 3-hour car ride to another province in the middle of Tanzania called Njombe. The road leading there was very smooth, because this is one of the main roads that the truckers use for the transportation of food. We stayed in Njombe for a couple of days, and while there had the opportunity to visit a school in which the Diocese of Njombe is sponsoring 6 orphaned vulnerable children (OVC). We also met 3 families participating in an animal husbandry sustainable program, and went to various meetings with the OVC team and the bishop of the Njombe parish. In comparison with our visit with the Dioceses of Songea and Namtumbo, the Njombe parish seemed to have a very detailed plan for dealing with the AIDS/HIV problem, and a dedicated group of priests, volunteers, and clergy willing to work to make better lives not only for the orphaned children but for all of the children and adults. The staff in Njombe were responsive and open to all the ideas presented to them by the employees of CRS. We flew out of Njombe on Friday morning and headed back to Dar. My aunt had more meetings in Dar that day, but I decided to take a trip to visit a town called Bagamoyo, which is in the eastern part of Dar. Bagamoyo was an old British/German slave port in the late 1800's and early 1900's which won its independence in 1933.

On Saturday we flew from Dar back to the United States. I had a 5-hour layover in Amsterdam, and decided to tour the city. Since my aunt was flying back to Washington DO, we said our goodbyes in Amsterdam.

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Amsterdam has over 83 miles of canals. Two-thirds of the Netherlands is below sea level. I found out during the tour that the famous windmills of Amsterdam

Continued on page 19

## From the NYRRC Awards Dinner

By Arnie Gore

On Thursday March 2,,2006 the New York Road Runners Club presented awards for 2005 at the New York Hilton Hotel. We were well represented at the awards banquet with 2 tables. Our award winners were **Michael Arnstein** for Male Ultramarathoner and **Edith Jones** for top woman age 65-69. **Mike Hudick** was one of the nominees for male age 60-64. The food was not as plentiful as at our VCTC awards dinner, and makes me appreciate got the great deal **Linda and Wanda** got for us. At the Hilton, the asparagus, carrots, and roast potatoes were very well prepared as was the chicken. The ceremonies were shorter than last year and we were able to dance earlier.

For a complete list of winners click on <http://www.nyrr.org/clubnight06/winners.php>

The team awards are determined by the club's performance in the designated club points races. The first next one is the Brooklyn Half Marathon Saturday March 18. For each of these races there will be a preferred start for runners who have scored in the 74th percentile their age-adjusted times for 2005. Members meeting this requirement are: **Mike Hudick, Edith Jones, Chris Malynowski, Ivan Mills, Ramon Ruiz.**

Qualifying runners should ask for a special sticker before these club points races to be allowed onto the preferred start Stickers were distributed at the starting line at the last club race. [The schedule of points races is given on the next page.]At the dinner we met Herbie Medina, a former Van Cortlandt member who still holds some records for the club. Back in the mid nineties I recall that we received the Team trophy for the masters B division, which no longer exists.

For a relatively small club without a time qualifying requirement, we are doing very well. Some of our best runners are in the older age groups and injuries have limited many of our members. A number of alternative medical treatments have been shown to help with wound healing and muscle tissue regeneration. If any of you are interested in these therapies, please contact me about them.

Training Works! continued from page 5

time." He is right. There is something inspiring in working out with a group. I am not the fastest one there and that is no longer important to me (at my age it can't be). The important thing is that I am out there improving myself and enjoying the company of my fellow team members.

I looked up my race results from the NYRRC 1989 L'Eggs mini marathon. I was 37 at the time. I finished the 10K in 55:31 with a mile/pace was 8:57. I remember really pushing myself in that race. Last summer I did the Healthy Kidney 10K in 54:27, mile/pace 8:46. I didn't push myself in that race, because I was afraid of injuring myself before my first half marathon. It may not seem like much of a difference, but I am 54 now and to be able to do even slightly better than I did when I was 37, is such a miracle! It has taken me years to get myself to this level of running again.

I don't think I would be running as well or as efficiently if I had not been doing the workouts on Tuesday. I seldom miss a workout -- it has become such a part of my weekly routine. Ken is a great coach and motivator, I appreciate the time and energy he puts into the workouts. I would urge everyone to come out and see what they are all about.

See you at the track!

Awards Dinner cont'd

Mary Wittenburg, president of the NYRRC expressed her appreciation for the good turnout of volunteers for the National Cross Country Championships held in February at Van Cortlandt Park.

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Half page \$50/\$175

Full page \$65/\$300

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Quarter page \$40/\$150

Half page \$50/\$175

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Female Runner of  
the Year — Edith  
Jones



**Runner of the Year:** Ramon Ruiz and Edith Jones

**Age Group Awards**

**20-29 years:** Chris Malynowski, Annemarie Krothe

**30-39 years:** Chris Ekstrom, Selma Sequeira-Raven

**40-49 years:** Dick Conley, Bette Clark

**50-59 years:** Blas Abadia, Jill Staats

**60-69 years:** Mike Hudick, Susan Epstein

**70-79 years:** Fernando Ruiz

**Ironman:** Diane Calderon

**Energizer Award:** Ed James

**Service awards:**

Larry Barazzotto, Tony Thoman, Naomi Marcus



Male Runner of the  
Year — Ramon Ruiz

## Champions in our Backyard

### The National Cross-Country Championships at Van Cortlandt Park

By Bette Clark

On the weekend of February 18 and 19<sup>th</sup>, the National Cross-Country Championships were held at Van Cortlandt Park. VCTC members were out in full force, as volunteers, runners, and spectators. Speaking as one of several VCTC'ers who marshaled the course and ran in the community race (some members ran the race both days, some volunteered both days, and one brave soul ran in the men's masters championship race) it was an exciting opportunity to take part in a major cross-country event and to see some of the most talented cross-country runners in the U.S. run our trails (albeit on a rather tame course that only included one of Van Cortlandt's notorious hills).

New York Road Runners, who hosted the event, spent days getting Van Cortlandt Park ready, clearing snow from the major storm the weekend before into the wee hours of the night, for several days, preparing the course, setting up tents, and organizing vast numbers of staff and volunteers. According to a news telecast, NYRRC spent around \$200,000 to stage this event. Our coach Ken Rolston spoke to the man responsible for creating and measuring the course (hired independently by USATF) who told him that many kids were hired to shovel and clear the pathway across the flats. He also explained that the original course was designed to include Cemetery Hill, but this plan was shelved due to the need to design a circuit course that met the criterion of the cross-country championships, and one that was spectator-friendly. As Ken noted, it was probably a good thing that more hills were not incorporated into the course, given the two feet of snow that fell the weekend before. He also pointed out that the 2K loop course design, which in-

cluded a jug-handle on the flats, allowed for a separation between the loop and the finish chute, which made race logistics run more smoothly, allowing the speedy ones to lap their competitors without too much confusion and congestion.

While the weather leading up to the races had been uncharacteristically mild for February in New York, this weekend brought more typical cold and windy conditions (in the low 30's on Saturday with a biting wind, and a much more frigid 18 degrees on Sunday), and even a brief and picturesque snow shower that landed frosty flakes on the reddened arms and legs of runners clad scantily in racing shorts and racing singlets.

Thanks to Arnie Gore, who coordinated volunteer activities with VCTC, we had a great showing of volunteers on both days, about 15-20 each day. Most of us were course marshals, armed with walkie-talkies, bracing against the frigid wind (Gary Spalter accurately expressed the sentiment shared by many others when he reported "I froze my ass off") as we kept an eye on the safety of racers, clearing the course of joggers and stray runners, and cheering racers on. Ken said that he sometimes "had to play cop" on the course, especially with the male runners who were warming up on the course in the middle of women's races. As cold as it was, course marshals reported having a great time. As Diana commented, "the sun was shining and it was glorious, and fabulous to watch." One of us (Firdaus Dotiwala, who actually made an Academy Award-Winning appearance on ESPN) stood at the entrance to the Athlete's Tent, holding open the tent flap, warning people to duck their heads, announcing

Champions cont'd

race beginnings, and even helping with lost contact lenses.

Then there was the volunteer job assigned to Larry Barrazzoto. After having a leisurely Sunday breakfast with Patricia at Dr. Gilbert's, he meandered over to Van Cortlandt Park on Sunday, expecting to be made a course marshal, as he had been the day before. Despite how cold he had been marshaling during three races on Saturday, he was actually looking forward to doing it again because he had come equipped with a flask of Johnny Walker to help him stay warm. But because he arrived late at the volunteer tent, course marshals had already been dispatched to their locations (teaches you to have a late breakfast, Larry), and he was given a different assignment: "anti-doping." His job was to escort the 2<sup>nd</sup> place finisher of the women's 8k race (each of the top 6 finishers for every race who would be going to Japan for the international Cross-Country Championships were assigned a "shadow," like Larry) from the finish line to the "doping tent." After meeting his mark at the finish line, he followed her as she made her way from the Awards Ceremony, to media interviews, the refreshment area (keeping a close eye on her to make sure she did not drink any beverage that was not in an official, sealed container), through "National Processing" (registration for the next level on the way to Japan), finally leaving her as she entered the "anti-doping" testing tent. Alas, Larry had to give up his dreams of Johnny Walker on the trails that day, having been given such a sobering assignment. As he commented in concluding his story, "this is yet another example of how no good deed ever goes unpunished."

Running on the course's 2k loop that included some of the flats and Freshman Hill, racers over the two days ran a variety of events in blistering times. For complete results, check out NYRR or USATF websites. Highlights on Saturday, Masters Women 8k (Sarah Krakoff,

41, of Boulder, Colorado winning in 31:27), Masters Men 8k, (Patrick Fuller, 40, of Eugene, Oregon, winning in 24:52; our very own Dennis Burns, 59, ran this race in 45:25) Junior Women 6k (Nicole Blood, 17, of Gansevoort New York, winning in 20:45), Open Men 4k (Adam Goucher, 31, of Portland, Oregon, winning in 10:50) Open Women 8k (Blake Russell, 30, of Marina, California winning in 26:47) and on Sunday, Junior Men 8k (Kiel Uhl, 18, of Ames, Iowa, winning in 23:50), Open Women 4k (Carrie Tollefson, 29, of St. Paul, Minnesota, winning in 12:32), and Open Men 12k (Ryan Hall, 23, of Woodside, California, winning in 34:38). Each day concluded with a 4k Community Race. On Saturday, the overall female winner was Loretta Kilmer, 23, in 14:16, overall male winner was Patrick Doolley, 20, in 11:56. On Sunday, the overall female winner was Kristina Maletz, 22 (CPTC) in 15:15 and overall male winner was Jeremy Adler (GNY), 25, in 12:16.

Taking part in one of the community runs, I attest to the energy and enthusiasm of VCTC's course marshals who cheered us on. I also heard from many runners in the Championship races how much they appreciated our help and presence on the course. Many VCTC volunteers had such a good time that they returned for a second day: all those I spoke to described with pleasure their experiences volunteering. Although Jill Staats felt she could have run the community race in 19:00 flat if she hadn't stood on her feet volunteering all day, she "loved volunteering" as well as running. We even got Buffs (odd hats with appendages) as gifts for volunteering (Diana Cecil said she loves her "tchotchke") VCTC should feel proud to have been part of this special running event and to have been able to share some of Van Cortland Park's grandeur with so many great runners.

Editor's Note: Finishing times for VCTC members are included in the Race Times.

## Running on the Half-Shell

Half Shell Half Marathon—Key West, Florida

By Dick Conley

Over the last five years I have traveled with a group of 10 to 14, all residents of Maine, including a couple of my brothers, to a chosen race location to run either a marathon or half marathon. This year we chose the 8<sup>th</sup> Annual Half Shell Half Marathon, in Key West Florida. I was very excited about going to Key West, never having been there before. In addition to the race, I intended to try some snorkeling around the coral reef down there.

Some of us elected to drive to Key West from Miami, to see the sights. We went through Key Largo, Marathon Key, and stopped in a few places to look around. It was a beautiful drive and, after about four hours on the road, we pulled into Key West just after sunset that Thursday night.

With the race on Sunday morning, we had Friday and Saturday to explore our surroundings. Key West is a very laid back town and easy to get around. If you go there, try to stay on or near Duval Street, where most of the hotels, restaurants and bars are located. It is a little like Bourbon Street, but relaxed, not intense—lots of very talented bands playing from noontime on, blues, rock, jazz and folk music, something for everyone. On Duval Street you can also hook up with snorkeling or diving tours, or fishing, if that interests you.

Key West is about 5 by 2 miles. We jogged around to explore both Friday and Saturday morning. Some of the sites include Earnest Hemingway's old digs, Harry Truman's residence, which is now a museum, and the southernmost tip of the eastern US, which is 90 miles from Cuba. You come upon some pristine beaches running along the shore, accessible to the public. The ocean vistas are beautiful. Another means of moving about is with

mopeds which you can rent at numerous locations.

The Key West Southernmost Runners' Club organizes the Half Shell Half Marathon. This is a pretty active club, which sponsors lots of races and swimming events. The Half Shell race attracts about 400 runners. Saturday evening, at registration, the club put on a pasta dinner on the patio outside of the Half Shell Raw Bar, one of the key race sponsors. It was a nice setting overlooking the water, and a great spot to meet other runners.

At around 11:45 PM on Saturday night, I had just fallen off to sleep after retiring early to get rested for the 7 AM start the following morning when my cell phone awakened me. When I answered it, I expected to hear one of my fellow travelers encouraging me to return to the nightlife. Instead I heard Coach Ken Rolston's voice calling me from the VCTC Annual Awards Dinner at Eastwood Manor in the Bronx, advising me that I had been awarded the 40-to-49 year old age group award. Half awake, I heard Ken's news and was totally surprised, and of course certain an error had been made in choosing me. Ken told me the party was going great, telling me that Kathy, my wife, was having a wonderful time. I then went back to sleep feeling a bit more confident about running ability, but wondering if I'd have a wife when I got back!

The race started near the Half Shell Raw Bar at 7 AM, which was just about sunrise. The first few miles were run along the northern shore, heading southwest, then headed northeast along beautiful beaches and sea walls on the southern shore. The course was for the most part flat, but the wind was gusty heading north, and as the sun came out, the tempera

Continued on page 21

**Nov. 20**      **Sunday, am**  
**Philadelphia Marathon**  
**26.2 Miles**  
**Philadelphia, PA**

3:38:00      Richard P Conley      M51

**Jan. 07**      **Saturday, am**  
**Walt Disney 1/2 Marathon**  
**13.1 Miles**  
**Orlando, FL**

2:07:00      Ivan Ragoonanan      M60

**Jan. 22**      **Sunday, 9:30 am**  
**NYRR Frostbite 10-Miler**  
**10 Miles, 16.0 Kilometers**  
**Central Park, NYC**

1:09:26	Blas Abadia Jr	M50
1:14:00	Ivan S Mills	M50
1:17:25	Rachel Gissinger	F29
1:22:51	Bette Clark	F50
1:24:15	Edward James	M59
1:30:41	Ramon Ruiz	M66
1:30:41	Edith Jones	F66
1:30:44	Arnold L Gore	M65
1:36:43	Rozsa Gaston	F47
1:38:26	Luis Colon	M51
1:40:05	Susan R Epstein	F62
1:40:39	Fernando Ruiz	M74
1:44:31	Gilda L Serrano	F57
1:45:24	Ramon Minaya	M66

**3rd 65-69**

**Jan. 22**      **Sunday, am**  
**Daily News Half Marathon**  
**13.1 Miles**  
**Naples, FL**

1:49:00      Hector Santiago      M68

# R A C E R E S U L T S 2 0 0 6

**Jan. 28**      **Saturday, 9:30 am**  
**NYRR Half-Marathon Grand Prix**  
**13.1 Miles**  
**Central Park, NYC**

1:39:55	Zafar Shahbaz	M48
1:41:43	Ivan S Mills	M50
1:49:36	Edward James	M59
1:53:45	Neil Ghezzar	M34
2:01:12	Arnold L Gore	M65
2:06:49	Ramon Ruiz	M66
2:07:33	Edith Jones	F66
2:08:43	Luis Colon	M51
2:12:25	Carl Morrishow	M49
2:14:56	Susan R Epstein	F62
2:22:00	Gilda L Serrano	F57
2:27:33	Ramon Minaya	M66

**2nd 65-69**

**Jan. 29**      **Sunday, am**  
**Key West Oyster Shell Half Marathon**  
**13.1 Miles**  
**Key West, FL**

1:38:10      Richard P Conley      M51

**Feb. 05**      **Sunday, 9:30 am**  
**NYRR Gridiron Classic**  
**4 Miles, 6.4 Kilometers**  
**Central Park, NYC**

22:27	Chris Malynowski	M29
28:07	Ivan S Mills	M50
29:05	Danielle Rosario-Mullen	F25
30:24	Bette Clark	F50
31:44	Ramon Ruiz	M66
34:03	Jill Staats	F54
36:26	Edith Jones	F66
35:32	Rozsa Gaston	F47
37:03	Carl Morrishow	M49
47:16	Ramon Minaya	M66

**3rd 50-54**

**2nd 65-69**

## Charles in Africa cont'd

did not originate in Amsterdam. They were Amsterdam has over 83 miles of canals. Two-thirds of the Netherlands is below sea level. I found out during the tour that the famous windmills of Amsterdam did not originate in Amsterdam. They were brought there from the Middle East in the early 1600's, and somehow became synonymous with Holland. Amsterdam has a very extensive cycling network (you would love it Dennis!) and is very flat (the central train station had bike parking for over 3,000 bikes!), but it is overcast and rainy an average of 270 out of 360 days of the year. The ideal time to go is April/May. I visited a clog-making factory and watched one gentleman who could make a pair of wooden clogs in less than one minute!

My trip to Africa and the tour of Amsterdam were experiences that I will never forget. The sights, sounds, smells, and reality of how people really live

(and what the media doesn't show) are the reason to take the opportunity to travel.

A couple of comparisons of costs in Africa compared to New York:

Global Hotel (Ethiopia) - \$58 a night  
 Holiday Inn (Nairobi) - \$119 a night  
 Heritage Inn (Songea) - 30,000 Tanzania Shillings a night  
 Chani Hotel (Njombe) - 8,500 Tanzania Shillings a night  
 1 bottle of water (Njombe) - 300 Tanzania Shillings  
 Dinner in Njombe (Steak, rice, vegs) - 500 Tanzania Shillings  
 Plaza Hotel (NY) - \$350 a night  
 Steak Dinner (NY) - \$50  
 1 bottle of water - \$1.50

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## EYEWEAR

Oakley - Rudy Project

**Feb. 18 Saturday, 12:50 pm**  
**NYRR 4K Community XC #1**  
**2.5 Miles, 4 Kilometers**  
**Van Cortlandt Park, Bronx, NY**

12:57	Christopher Malynowski	M29	
17:10	Danielle Rosario-Mullen	F25	
19:24	Arnold L Gore	M65	<b>1st 65-69</b>
20:04	Jill Staats	F54	<b>2nd 50-54</b>
21:40	Ivan Ragoonanan	M60	
21:46	James Moloney	M43	
21:58	Yuen Na Chun	F48	
25:56	Tami Luhby	F35	
25:57	Lisa E Fleischmann	F42	
26:01	Ramon Minaya	M66	

**Feb. 19 Sunday, 10:45 am**  
**NYRR 4K Community XC #2**  
**2.5 Miles, 4 Kilometers**  
**Van Cortlandt Park, Bronx, NY**

18:11	Bette Clark	F50	<b>1st 50-54</b>
18:18	Neil Ghezzar	M34	
19:01	Jill Staats	F54	<b>2nd 50-54</b>
19:53	Ramon Ruiz	M66	<b>2nd 65-69</b>
21:40	Rozsa Gaston	F48	
22:04	Yuen Na Chun	F48	
22:13	Edith Jones	F66	<b>1st 65-69</b>

**Feb. 25 Saturday**  
**8:30 am (men) / 9:30 am (women)**  
**NYRR Al Gordon Snowflake 4-Miler**  
**4 Miles, 6.4 Kilometers**  
**Central Park, NYC**

21:03	Chris Malynowski	M29
31:09	Edward James	M59
31:04	Blas Abadia Jr	M50
34:25	Rozsa Gaston	F48
36:34	Ivan Ragoonanan	M60
39:04	Fernando Ruiz	M74
37:16	Carl Morrishow	M49
42:12	Ramon Minaya	M66

# RACE RESULTS 2006

## Half-Shell Marathon cont'd

ture and humidity climbed. Despite these distractions, the surrounding beauty provided some comfort. At around Mile 6, still heading north, we left Key West and went onto the next Key, looped around three miles and then headed back onto Key West for the last four miles, which were along the water with the wind at our backs. Traffic control was excellent and water stops were plentiful at every two miles. Some of the pavement was in poor condition, though, and some was actually concrete.

I pulled in at the finish with a 1:38, slower than my goal. My brother Jerry, who seems to keep putting more distance between the two of us in these events, ran a 1:30, first in our age group! Our friend, David Weatherbie, won the race with a 1:13—quite impressive for a Maine resident running in the heat.

The post race party was lots of fun--plenty of bagels, fruit and yogurt and other munchies and sports drinks. Of course for those interested, Michelob Ultra Light provided six kegs of beer, which, despite the hour, was very popular.

Following the race we all boarded a catamaran and went snorkeling off shore, seeing some interesting coral reef and numerous fish species. The captain told me that the US is doing a lot of work to protect the coral reefs, unlike many of the Caribbean nations. He indicated that Cuba, however, has had an active program to preserve the reefs, and suggested that, if you can get there, it is a wonderful place to dive and snorkel--maybe next year's race?

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