

The Van Cortlandt Track Club

BRONX, NEW YORK

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September/October 2006



Firdaus and Yayoi at Twin Lakes, PA

New Trails and Old: Jerry Gordon explores the Colonial Greenway
and Dave King returns to the Aqueduct

On Top of the World: Jill Staats in the Andes and Naomi Marcus in
the Cascades

VAN²CORTLANDT TRACK CLUB

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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 November 1. E-mail to neshama44@msn.com.

By Dennis Burns

September is upon us once again, bringing cooler temperatures, and less humidity. We find ourselves running more often in the dark, as the days get shorter.

September is also a month of transition for VCTC. We have completed our season as "Race Directors", having put on a series of 9 successful races, starting way back in April, with the Urban Environmental Challenge, through June, with the Riverdale Ramble, and concluding with a very successful X-C Summer Series. Looking back, we have done very well for ourselves. The Van Cortlandt Track Club has become synonymous with hard work and professionalism. We are known in the running community as a club, which puts on fun, but tough races. Runners come to our races from all over the area, because they know they will be challenged, but they will also be treated specially.

In an age where the local races are rapidly disappearing, we have managed to survive, because we are runners, and therefore we take care of our runners. Everything from strategically placed water stops, to cool-max singlets to unique courses to edible trophies can be expected at our races.

How does this happen? Not by itself, of course! We are successful because of our hard work and dedication, and our love of running, a love that is reflected in the quality of our races.

So, at this time, I'd like to give thanks. Thanks to you all. Thanks to our Race Directors, who have done an outstanding job, but also to our Race Committee Members, our Board Members, and to our Volunteers: Course Marshals, Course Setters, Registration, Food & Beverage people, Fundraisers, Liaisons, Race Application Designers, and those who distribute them. To all those who give their time and energy to make our races a success, I thank you all. We couldn't have done it without you.

I am proud to be a VCTC member....

Continued

Coaches' Corner, September 2006

Marathon Edition

By Ken Rolston

Hi all,

Remember the name: Bert Yasso. For those of you who attend the weekly track workouts, you've heard this name ad nauseum. For those of you who intend to run a marathon this fall, and there are many, you might need to pay attention. Several years ago Amby Burfoot, Boston Marathon champ and Runners World staff writer, penned an article about a phenomenon called Yasso 800's. Bert Yasso works with Burfoot at Runners World and described a workout that he'd been doing for 15 years.

He begins several months before by going to the track and running 4 x 800. If your marathon goal time is 4 hours then your 800 goal time is 4 minutes. A goal time of 3 hours 30 minutes = an 800 at 3 minutes, 30 seconds. To make it even easier, the recovery is the same time, which would be about a one lap recovery. Each week you up the ante by an extra 800, 5,6,7 until your last workout, 10 x 800, which should be about 2-3 weeks prior to your race. This formula seems to hold true whether you're a 2:10 marathoner or a 5 hour marathoner. Following this program will give you an honest assessment of where you stand prior to your big race.

For those who feel under-prepared for the fall marathons Bob Glover offers a condensed 10-week program that was posted in this month's issue of Esquire magazine of all places, right before an article discussing David Hasselhoff's eerie popularity in Germany. Some nuggets:

- Mix up shorter runs so distances and intensity vary.

- Find a short race to practice running in a crowd, holding a pace and navigating bathroom lines.
- Buy some lightweight shoes for the race. Put 25- 30 or so miles on them, not during one run, then save them for race day. They'll feel like a secret weapon.
- Buy some light gloves and Body Glide.
- Check the race day forecast and remember that it will feel 20 degrees warmer ! Relax-at this point, the challenge is as much mental as it is physical. Start out more slowly than you think you should or you'll pay the price later.
- Try not to sever a tendon in your arm while shaving- wait a minute that's from the Hasselhoff article !

Don Kardong, ex-Olympic medalist wrote a pamphlet a few years ago called the Marathon Survival Guide. I have copies which I'd be more than happy to mail or e-mail to anyone interested. Here are some of his tips:

- If long runs are too arduous take walking breaks- drink fluids every $\frac{1}{2}$ hour or so.
- Keep a diary, including rest days-try to gauge your progress and recovery.
- Rehearse the course - use imagery while running hills or preparing for windy sections of a course.
- Stretch after the run.
- Build up the 2nd longest run during mid-week up to about 10-12 miles.

Coach's Corner cont'd

- Make sure that the weekly mileage progression is NOT constantly upward. Build in some break weeks to allow yourself periods of recovery.
- Dress rehearsal- go through the race -day routine for a $\frac{1}{2}$ marathon several weeks prior.

Race Day

- Post splits on your hand or wristband- 5,10, $\frac{1}{2}$,20, finish
- Start at a comfortable pace
- If it's crowded at the start, don't try to make up for lost time too soon. Stay poised.

- VCTC will be there for you at the NYC marathon when you mentally need it the most, between mile 20-21.
- For those running Marine Corps, the marines will be there for you. Trust me ! They're unbelievable.

Finally, if the running gods are kind you'll have a fulfilling day. If they're less than kind you can make the best of a bad day by running some great races afterward with all that strength you've developed. Good luck !

PS- For the mere mortals that would like to run shorter race, the 5th Ave Mile is scheduled for September 30th. We will have special workout sessions for those interested.

Running the Twin Lakes Loop 10 times !

By Firdaus Dotiwala

Ever since I started running ultras in 2002, I have always found it difficult, or should I say mentally challenging, when I have had to do multiple loops in a race. Incidentally my first ultra was a 9 hour run to celebrate the 90th birthday of Joe Kleinerman. That day I ran 363 laps on a 200 meter indoor track and maybe set myself up for this torture for the rest of my life. Since then I have done the 50 miler in Central Park twice which involves running the 4 mile loop 12.5 times. Most of us who have run in Central Park would relate to my pain, if you will, in this endeavor.

So when Yayoi and I decided to register for the inaugural Green Lakes Endurance run in Syracuse I was not exactly too thrilled and jumping for joy. There were two distances - 100K and 50K. The loop is a certified 5K course and thereby making the math relatively simple.

On Saturday, August 26, 2006 Yayoi and I headed out to Syracuse to participate in this event. In June we had done a race in PA and I had met the Race Directors wife (Laurel) and she had mentioned this race. So we decide to go for it. Yayoi was not very thrilled with the idea of me driving as I had some problems the last time we drove back from a long race. So we decided to take the train. But going to any small city can be tricky if you don't have a car. That was a cause of concern because the rental car companies in Syracuse were not open on the weekend. So how would we get to the hotel and the race site the next day without a car? This is why I feel that Ultra running is such an amazing sport. Todd the race director told me that he would not only arrange to get us to the race but would also arrange to pick us up from the station to take us to the hotel ! So we got to Syracuse on Saturday at 2.00 pm and the wonderful Margaret (another runner) was there to give us a
Continued on next page

Green Lakes cont'd
 ride. I must say what a treat it was. It almost felt like we were elite runners. She had worked all night at her job and she had chores to do all Saturday and she still squeezed in time to give us a ride from the station to our hotel. What can I say but - THANK YOU Margaret (I am sure you will be reading this and I envision you will have that big, wonderful, infectious smile on your face)! So on Sunday Todd picked us up at 5.00 am and took us to the race venue. It was a dampish morning and just a bit chilly and quite windy. The fact that we were so close to the water may have made it feel a bit colder than it actually was. There we met up with Laurel (Todd's wife) and she immediately remembered me from our meeting at the previous race in PA. This race is run exclusively in the Green Lake State Park (for details of the

race and park go to - <http://www.wny-ultra.org/gler> . The loop takes the runner around two lakes in the park. So basically you start by running on one side then the trail narrows into almost a tiny bridge type of formation and then the runner comes to the other side where one needs to do a loop of the second lake which brings you back to the other side of the big lake onto the start/finish line.... Got it? It sounds confusing but once you have done it a couple of times it is relatively simple. The bigger lake loop is approx. 2 miles and the smaller lake loop is approx. 1 mile. I must admit it was absolutely gorgeous. What is very interesting and maybe a bit different about this Ultra is that the course is flat with a couple of "speed bumps". So if you are in good physical shape, you can get a huge PR here. However, the mental part of it is a totally different ball-game. The terrain does not give you any reason or excuse to walk.



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Geren Lakes cont'd

There were 50 runners combined for both distances. The race started off at 6.30 am and off we went. I went through the first 5 loops at a very easy relaxed pace at approx. 26-27 minutes per 5K lap. The two or three lead runners had already lapped me by that time so you can imagine how fast they were going. The only thing that bothered me throughout the race was my stomach which did not quite settle down. I had to answer nature's call a few times and it kind of threw me off a bit. But this is what ultra running is all about. You take the bad with the good and hope like hell that the bad does not get worse !!

Anyway, by lap 6 I was feeling a bit fatigued and experiencing stiffness in my left leg and knee. This is all a result of not enough training. I know Yayoi is probably saying right about now, "I told you so!!" So from lap 6 onwards I tried to do the best I could but my lap times were slipping. I got lapped by the lead runners again and then sometime around lap 7 or 8 Yayoi lapped me too. Even though she is an amazing runner and trains and runs far smarter than I, I must admit that it is a bit hard to digest the fact that a girl passed me. I did find out later that she actually was the fastest woman for the 50K but because she was registered for the 100K she was not awarded the first prize. Ultra running in my opinion is one of the most unpredictable sports there is. One never knows how things will materialize and that is what makes it exciting and scary at the same time.

Well I finally came to the final lap and had set myself into a nice comfortable (slow) pace, when a mile from the finish I came to an abrupt stop. Smack in the middle of the trail there was a snake which had no intention of going anywhere. Luckily I was very close to one of the volunteers and he had a news paper and he tried to make some noise so it

would move. Finally, after almost a minute or two, it did, as if wondering to itself what the ruckus was all about.

So my final time was 5 H : 16 M : 29 S. Yayoi finished in 4 H : 20 M : 30 S. The winning time - 3 H : 40 M !! Now that is some kind of time for 31 miles, flat course or not !

After the race there was tons of food but I could not eat much. I was way too queasy to put anything in my stomach. Laurel dropped us off at the hotel where we took a shower and got to the station to get the 5.45 pm train back to NY. I finally got to bed at about 2.00 am, dog tired. But it is, in most cases, a nice kind of fatigue. It felt good to have run 31 miles, felt good to have finished in spite of not being in the best of shape.

Hopefully we can go back next year and do the 100K a mere *20 laps* of the beautiful Green Lakes !

Once again a huge THANK YOU to Todd Baum (Race Director), Laurel Baum, Margaret and all the amazing and wonderful volunteers without whose help and dedication events like this would never happen.



Off The Beaten Path (But Not Really)

By Gerry Gordon

Are you looking for a little change from the track club's Saturday morning standard run? The Colonial Greenway (TCG) may be just what you are looking for. As little as 20 minutes away from Van Cortland Park's handball courts, TCG is a loop made up of several shorter trails that cut through Eastchester, New Rochelle, Mamaroneck, and Scarsdale in Westchester County. In addition to the change of scenery, the trail surface itself will keep you occupied -- soft, sandy bridle path and short grassy stretches interspersed smooth hard-pack, rocky, and wood chip lined trail; board walk (over some marshy areas); and a total of about 2 miles of asphalt, most of it winding through some very nice residential areas.

According to the official Westchester County government map one full loop of TCG is about 12.25 miles. While a number of routes exist, two smaller loops consist of a western and eastern loop of 9.25 miles and 8.3 miles, respectively. A few other sources, such as www.westchestertrails.com/colonialgreenway.php (a map with some estimated mile markers) and <http://homepage.mac.com/eturkey/WestchesterColonialTrail.htm>, offer different distances but are generally about the same. Both these web sites have pretty good narrative descriptions of the trails. Without them, I would probably have added a few miles worth of "detours." The county government's map indicated a TCG trail marker, but the trails were not well marked. However, familiarizing yourself with the various descriptions, carrying a copy of the map, sticking to the mostly well-trodden trail, and going with your gut should keep you from getting

too lost. Still, until you are more familiar with the trail itself, expect a few short detours and head-scratching moments at various intersections.

The trail can be accessed at many different points (both officially marked and not) and there are almost as many places to park (again, both officially marked and not), but to minimize my driving, I chose to access the trail from the extreme southwestern point of the loop. To get there, take the Henry Hudson/Saw Mill North to Exit 4 where you will onto the Cross County Parkway East. Follow the Cross County Parkway east to the end and then bear left onto the northbound Hutch. Take the Hutch to Exit 16 and exit onto Webster Avenue; then take Webster Ave. to Flandreau Avenue. Turn left on Flandreau to the New Rochelle High School track where you will find parking. Make sure you've packed sustenance for the trail (very few water or food stops are available). After you've stretched, head on out.

Leatherstocking Trail

Choosing to get the longest stretch of asphalt (about 1.5 miles) out of the way early, I take head northeast on the residential streets past the high school, over some rolling streets, and to the start of the Leatherstocking Trail. The Leatherstocking is immediately rocky and hilly but soon levels out a bit (it is rolling throughout) and the surface becomes a mix of hard pack (staying rocky), wood chips, and boardwalk. After you get into a rhythm, it's easy to feel as if the trail was taking you into the backcountry. The reality is that the trail cuts through woods that are generally about 25 feet wide with

Continued on Page 10

Off the Beaten Path cont'd

houses on both sides so you are never far from civilization. The Leatherstocking crosses some roads but the trail is pretty easy to pick up on the other side. After crossing over Old White Plains Road (I didn't see a street sign and it was the only crossing that didn't have a sign for the Leatherstocking Trail on the other side), head into the last stretch of trail. This will take you to a residential street near I-95. Bear left and head up Deerfield Lane. When you hit Old White Plains Road (it is windy and has no shoulder, so watch for cars), go right and follow it to the trail head for Saxon Woods.

Saxon Woods Trail

While watching for cars you may miss the first Saxon Woods trailhead (it's hard to find). No worries -- keep going past the Winged Food Country Club on your left and you'll soon come to the pretty obvious second entry point on your right. After about a quarter mile in, the access trail connects with main trail on your left, which is approximately 3 miles long. You'll soon find yourself scrambling up and down the hills and looking for stable footing on alternating hard pack and trails that are loose from the rain wash - these were both rocky. As you near the top of this section, there is a parking lot (bear left) and picnic area (water and restrooms are here), bear left at both and follow the trail back into the woods, alongside the Hutch, and soon onto the short stretch of Weinberg Nature Center trails.

Weinberg Nature Center Trails

You won't be on the Nature Center Trails long, but it will be long enough to come to one of those head-scratching, which-way-do-I-go splits in the trail. You can go right up a short, steep hill or left to a short, less steep hill. Of course, there is never an easy way to

go -- I chose the left and then noticed a sign warning of a wasp's nest. By the time the meaning of the sign registered, it is too late to turn back, so keep your head down and hope the wasps didn't build their nest on the ground (I didn't see the nest and didn't stick around long enough to look).

Hutchinson River Parkway Trails

Either path will take you to a paved access road (old house on left, older shed on right) and a parking lot which exits onto the asphalt of Mamaroneck Road (turn right). After about a quarter mile, you'll cross over the Hutch. Cross the south bound entrance ramp and turn left onto the Hutchinson River Parkway Trails. Before you make the turn though, you can stop off at the Saxon Woods County Park & Golf Course to refill your water bottle, grab a bite to eat, use the restroom. After 6 miles of challenging trails, your appearance should spook the golfers, especially if you throw in a well-placed comment along the lines of "wow, that back nine was a killer!"

The entrance to the Hutch Trails is about the halfway point of the full TCG loop. The surface at this point is sandy bridle path and packed trail with some grassy stretches. The trail isn't heavily worn in spots, so watch your footing (long grass covers uneven ground). Also, this is an active bridle path (stables are located on both ends of the trail) so watch for horses or signs of their recent passing -- if you don't know what I mean now, you will when you step in it! The trail narratives indicate that horses have right of way (probably so you don't spook the horses and get kicked) so keep a watch ahead of you and yield if necessary. At several points there are road crossings (usually at exits to the Hutch) where you may have to hunt to find where the trail picks up on the other side. As a rule of thumb, the trail parallels the southbound side Hutch, so the
Continued on next page

Off the Beaten path cont'd

entrances are usually toward the parkway not away.

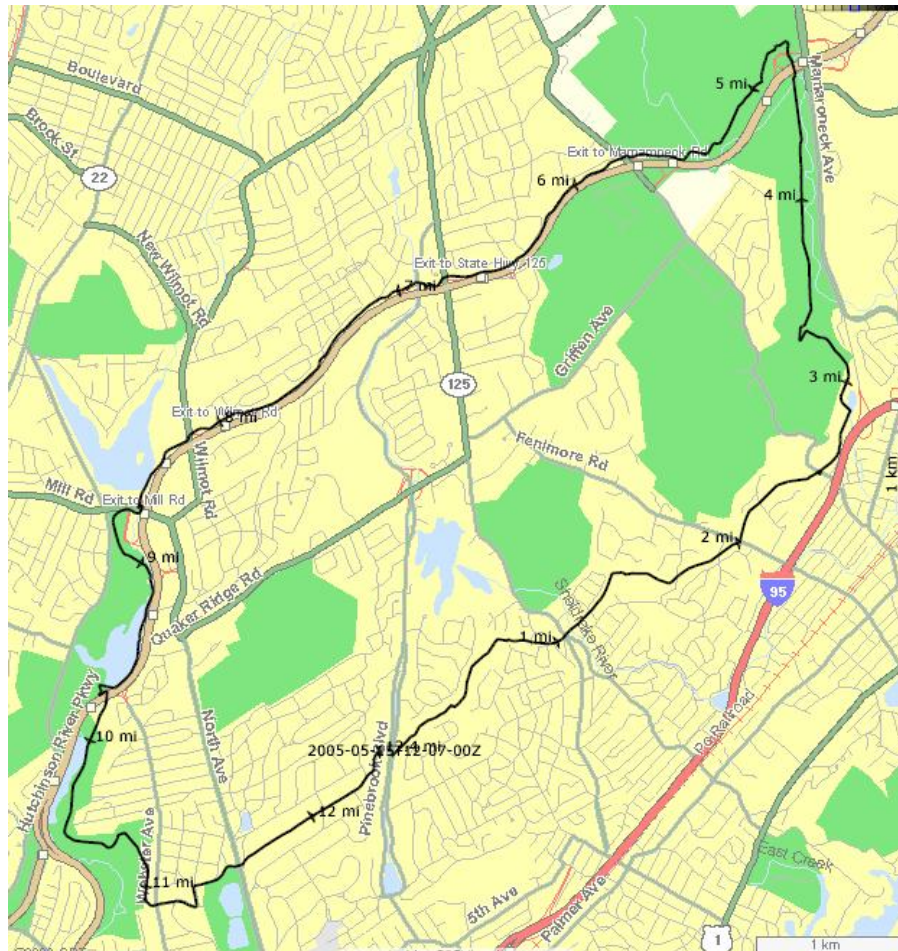
Twin Lakes County Park

After about 3 miles on the Hutch Trails, you'll come to a switchback crossing the trail over the Hutch and Mill Road and into the Twin Lakes County Park. You can continue to follow the Hutch Trail or bear right and away. One map indicates that TCG goes left (shorter) another right (longer), but you can't go wrong either way. If you choose to go right you'll head towards a parking lot and stables (maybe another water spot, but I didn't see any) and around a lake. Either way will take you over another elevated switchback crossing over the Hutch and through a tunnel. The tunnel is dark (especially after being in the bright

light) and damp (the footing is drier and more even toward the left wall of the tunnel wall). Once through the tunnel, it's a pretty level (some rollers) 1.5 miles back to the high school parking lot where the adventure began.

Overall, I thought the trail was a great run with plenty of new scenery and challenging terrain. And if you are looking for seclusion, even with running through the residential areas, I only came across about a dozen people (only 2 other runners), 1 dog, 2 horses, countless birds and squirrels, one woodchuck-like animal, and, along the Hutch, some roadkill (a skunk that you'll smell before you see it). While it may not beat the ease and familiarity of Van Cortlandt Park, and the company will surely be missed, the occasional outing to TCG is well worth the trip.

A map of the Colonial Greenway Trail.



4-Jul Tuesday, am
Glen Rock Road Race
3.1 Miles, 5.0 Kilometers
Glen Rock, NJ

18:15 Peter Coy M48 **1st 40-49**

9-Jul Sunday, 8:00 am
NYRR Half-Marathon Grand Prix:
13.1 Miles, 21.1 Kilometers
Bronx, NYC

1:33:47	Neil Leibowitz	M31	
1:38:19	Richard P Conley	M51	
1:41:31	Neil Ghezzar	M35	
1:42:42	Paulino Santana	M45	
1:50:42	Blas Abadia Jr	M51	
1:52:06	Horace Grant	M26	
1:54:39	Ramon Ruiz	M66	
1:57:48	Edward James	M59	
1:58:34	Ivan Ragoonanan	M60	
2:06:06	Jill Staats	F54	
2:05:42	Arnold L Gore	M65	
2:16:15	Edith Jones	F66	2nd 65-69
2:20:08	Rozsa Gaston	F48	
2:20:28	Susan R Epstein	F63	
2:21:27	Michael J Yorio	M59	
2:22:32	Ira A. Weiner	M47	
2:23:32	Gilda L Serrano	F57	
2:23:11	Jose D Cooper	M56	
2:17:40	Dennis J Brooks	M53	
2:24:23	Tami Luhby	F35	
2:28:03	Lisa E Fleischmann	F42	
2:26:20	Carl Morrishow	M49	
2:42:25	Ramon Minaya	M66	
3:04:50	Fernando Ruiz	M74	

9-Jul Sunday, am
Boilermaker
9.3 Miles, 15.0 Kilometers
Utica, NY

1:41:31 Sarah Baglio F33

13-Jul Thursday, pm
Media Challenge
3.5 Miles, 5.6 Kilometers
Central Park, NYC

20:53 Peter Coy M48 **1st master**

15-Jul Saturday, 8:30 am
NYRR Dash and Splash
5.0 Miles, 8.0 Kilometers
Central Park, NYC

32:33	Edward James	M60
43:53	Ivan Ragoonanan	M60
48:48	Dennis J Brooks	M53
50:01	Gilda L Serrano	F57
50:21	Ira A. Weiner	M47

20-Jul Thursday, 7:00 pm
Cross Country Speed Series
3.1 Miles, 5.0 Kilometers
Van Cortlandt Park, Bronx, NY

19:29	Lou Csak	M40	3rd 40-49
21:30	Neil Leibowitz	M31	
21:51	Tony Thoman	M43	
22:47	Firdaus Dotiwala	M37	
25:48	Arnold Gore	M65	2nd 60-69
26:05	Jill Staats	F54	2nd 50-59
26:27	Kate Donovan	F48	3rd 40-49
26:42	Bill Gaston	M48	
27:50	Eddie Crawford	M62	3rd 60-69
29:02	Margaret Nolan	F46	
30:28	Enid Burns	F53	3rd 50-59
34:10	Naomi Marcus	F60	1st 60-69
34:39	Susan Epstein	F63	2nd 60-69

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13-Jul Thursday, pm
Media Challenge
3.5 Miles, 5.6 Kilometers
Central Park, NYC

20:53 Peter Coy M48 **1st master**

15-Jul Saturday, 8:30 am
NYRR Dash and Splash
5.0 Miles, 8.0 Kilometers
Central Park, NYC

32:33 Edward James M60
 43:53 Ivan Ragoonanan M60
 48:48 Dennis J Brooks M53
 50:01 Gilda L Serrano F57
 50:21 Ira A. Weiner M47

20-Jul Thursday, 7:00 pm
Cross Country Speed Series
3.1 Miles, 5.0 Kilometers
Van Cortlandt Park, Bronx, NY

19:29 Lou Csak M40 **3rd 40-49**
 21:30 Neil Leibowitz M31
 21:51 Tony Thoman M43
 22:47 Firdaus Dotiwala M37
 25:48 Arnold Gore M65 **2nd 60-69**
 26:05 Jill Staats F54 **2nd 50-59**
 26:27 Kate Donovan F48 **3rd 40-49**
 26:42 Bill Gaston M48
 27"50 Eddie Crawford M62 **3rd 60-69**
 29:02 Margaret Nolan F46
 30:28 Enid Burns F53 **3rd 50-59**
 34:10 Naomi Marcus F60 **1st 60-69**
 34:39 Susan Epstein F63 **2nd 60-69**

22-Jul Saturday, 8:30 am
Run for Central Park
4.0 Miles, 6.4 Kilometers
Central Park, NYC

29:39 Firdaus Dotiwala M37
 32:48 Edward James M60
 37:57 Edith Jones F66
 39:24 Gilda L Serrano F57
 40:58 Tami Luhby F35
 50:59 Carl Morrishow M50

29-Jul Saturday, 8:30 am
NY Mets Run to Home Plate
3.1 Miles, 5.0 Kilometers
Shea Stadium, Queens, NYC

32:33 Paulino Santana M45

30-Jul Sunday, pm
Twilight Trot
3.1 Miles, 5.0 Kilometers
Patchogue, Long Island, NY

23:27 Spencer Goldblatt M56

3-Aug Thursday, 7:00 pm
Cross Country Speed Series
3.1 Miles, 5.0 Kilometers
Van Cortlandt Park, Bronx, NY

21:56 Firdaus Dotiwala M37
 28:31 Margaret Nolan F46 **1st 40-49**

9-Aug Wednesday, pm
Media Challenge
3.5 Miles, 5.6 Kilometers
Central Park, NYC

20:37 Peter Coy M48 **1st master**

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17-Aug Thursday, 7:00 pm
Cross Country Speed Series
3.1 Miles, 5.0 Kilometers
Van Cortlandt Park, Bronx, NY

20:54	Neil Leibowitz	M31	
21:10	Firdaus Dotiwala	M37	
23:34	Ken Rolston	M54	3rd 50-59
24:11	Spencer Goldblatt	M55	
24:40	Hector Santiago	M69	2nd 60-69
26:31	Kate Donovan	F48	2nd 40-49
26:56	Katherine Callan	F44	3rd 40-49
30:22	Sarah Baglio	F34	
34:24	Naomi Marcus	F60	1st 60-69
34:58	Susan Epstein	F63	2nd 60-69

19-Aug Saturday, 8/9:00 am
NYRR Team Championships
5.0 Miles, 8.0 Kilometers
Central Park, NYC

32:33	Chris Ekstrom	M40	
32:33	Mustafa Hilmi	M41	
32:33	James Itarkins	M42	
32:33	Ivan S Mills	M50	
32:33	Louis Csak	M40	
32:33	Michael P Hudick	M61	2nd 60-64
32:33	Firdaus Dotiwala	M37	
32:33	Richard P Conley	M51	
32:33	Horace Grant	M26	
32:33	Blas Abadia Jr	M51	
32:33	Edward James	M60	
32:33	Ken Rolston	M54	
32:33	Arnold L Gore	M65	2nd 65-69
32:33	Jose D Cooper	M57	
32:33	Adrigil Hunte-Smith	F52	
32:33	Edith Jones	F66	2nd 65-69
32:33	Bill Smith	M35	
32:33	Susan R Epstein	F63	

19-Aug Saturday, am
Johnny Keunel Memorial Run
42.8 Miles, 68.5 Kilometers
Crocheron Park, Bayside, NY

8:00:00	Lanny Levit	M55	
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27-Aug Sunday, 7:00 am
NYC Half-Marathon Presented by NIKE
13.1 Miles, 21.1 Kilometers
Central Park to Battery Park, NYC

1:17:20	Michael Arnstein	M29	
1:33:29	Michael P Hudick	M61	3rd 60-64
1:37:48	Paulino Santana	M45	
1:54:05	Allan Ludgate	M40	
2:00:45	Rafael Salaberrios	M51	
2:09:27	Carl Morrishow	M50	
2:13:38	John Arbucci	M48	
2:52:53	Ramon Minaya	M66	

27-Aug Sunday, am
Quebec Half Marathon
13.1 Miles, 21.1 Kilometers
Quebec, Canada

2:07:45	Arnold L Gore	M65	
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27-Aug Sunday, am
Vermont Sun Ironman Triathlon
1.2 mile swim, 56 mile bike, 13.1 mile run.
Salisbury Vermont

7:44:58	Tami Luhby	F35	
59:30	1.2 mile swim		
3:50:59	56.0 mile bike		
2:38:12	13.1 mile run		

3-Sep Tuesday, am
Closter Road Race
3.1 Miles, 5.0 Kilometers
Closter, NJ

18:11	Peter Coy	M48	1st 40-49, 3rd OV
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Wet and Wild in Washington

By Naomi Marcus

I had wanted to explore the North Cascades since 1975 when I first visited Mount Rainier. Mount Rainier was beautiful, especially on clear days when the mountain emerged from the clouds, but the park was too crowded with tour buses and cars and the trails were too crowded with other hikers to get a feeling of "wilderness." North Cascades, it was rumored, was even more beautiful than Rainier, but less traveled. In the intervening years, the trips to North Cascades that I saw advertised always seemed to a bit intimidating - the kind of trip where I was expected to hike 15 miles over nose-bleed-inspiring elevation each day carrying a 50-pound pack. (They don't have sherpas in Washington.) So when the Appalachian Mountain Club (AMC), the organization that I hike with in the Metropolitan area, planned its August Camp in the North Cascades I signed up immediately.

August Camp is essentially summer camp for adults. The AMC arranged to set up a campsite on private land in the Skagit River valley. The nearest town, about 5 miles away, was Concrete. We were provided with 12x12 tents and cots for sleeping, a water tank for cooking water, the Skagit River for washing, and port-o-sans for sanitary needs. Our meals were prepared by a staff of high school and college students and eaten communally. Each day, we could choose from a selection of hikes at different levels of difficulty and at night, we got together after dinner for a campfire where we reviewed the day's hikes, found out about the next day's activities, and sang campfire songs. Over 80 people participated in the camp in the 2 weeks that I was there; many were regulars who return every year. .

Western Washington was overcast as I flew into Seattle on July 29, but I could see the tallest peaks in the Cascades - Rainier and Baker -- protruding through the clouds. Not good, I thought, hoping that the clouds would clear so I could see the tops of the highest mountains from the ground. We drove north for 2 hours from Seattle to the Skagit Valley. Our tents had been pitched in an oval around a long field, giving us plenty of space to spread out. I had arranged to share my tent with Anita, a friend from New York and we spent Saturday afternoon unpacking and preparing for the next day's hike.

Early the next morning, July 30, we were awakened by a steady rain on the roof of our tent - not good hiking weather. Western Washington has a high level of rainfall throughout the year, so much of the low elevation area is temperate rainforest. Hikes were hastily rearranged to explore the local forest.

I'd hiked in the temperate rain forest many years before, but I had forgotten how deliciously green it was - like the Emerald City in the Wizard of Oz. Every inch of surface area is covered with some kind of vegetation; even the branches of the trees wear thick sleeves of moss. A fallen tree soon becomes a new growing space -- seedlings sprout along the length of the trunk and grow into colonnades of new trees. I joined a short hike (less than 5 miles) along the Baker River, while Anita chose to hike along the rim of Baker Lake.

Luckily the rain ended and the next day was clear and sunny. I selected a difficult hike to Sahale Glacier via Cascade Pass. This involved an 11-mile walk with 3500 feet of elevation. The lower slopes of the mountain were dark with old-growth evergreen forest. Unlike the
Continued on next page

Washington continued

trails in the east, which are marked mostly by blazes (colored symbols painted on trees and rocks), this trail was clearly cut into the mountain. An infinite number of switchbacks (actually 32, I was told later) brought us above the forest into a meadow. Across a snowfield, up a ridge, and we were at Cascade Pass. Trees were sparse now and we could gaze out across the valleys and see snow-covered peaks. A few hundred feet below us, lay a deep cirque containing the teal-green water of Doubtful Lake. The intense green color is typical of a glacial lake and comes from the reflection of light by fine sediment scraped by the glacier from the underlying rock and deposited in the lake.

Was it the altitude, the time difference, or the stress of travel? It was obvious that this was not my day to hike to Sahale Glacier, so I sat down on some rocks and waited until

the rest of the hikers returned. A clear whistle -was it the other hikers signaling to me? It was, in fact, a golden marmot, secure enough in his territory to allow me to get a picture of him. Not far away, a mother ptarmigan, chubby and brown, danced up and down in front of me, trying to distract my attention from her chicks, who scurried away frantically.

After awhile, the rest of my group returned, and we hiked down the mountain past Doubtful Lake and the 32 switchbacks. Only a few had made it all the way to the Sahale Glacier. The next day (August 1), several of us made an overnight trip north to the the Nooksack River. We took two hikes there, one to the Skyline Divide, a narrow ridge with views in all directions, and another along the Ptarmigan Ridge Trail which was still largely covered with snow. We got good views of Mount Shuksan (9,131 feet), but Baker was too coy



Naomi on Skyline Divide in the North Cascades

to emerge from its veil of clouds. I did see Mt Baker (10,781 feet) the next day on an easy hike to Anderson Butte.

One of the leaders told me that there were 4 must-do hikes: Easy Pass, Heather Pass to Maple Pass, Hidden Lakes, and Railroad Grade. A hike to Easy Pass was planned for Saturday, August 5, and one to Maple Pass/Heather Pass on Sunday, August 6. The Maple Pass/Heather Pass hike featured views of 2 glacial lakes, each set like an emerald in the floor of a valley.

Monday, August 7, I took the day off from hiking; my workout for the day consisted of laundry and the mile and a half walk to Cascadia Farm for a scoop of THE BEST EVER home-made raspberry ice cream. On Tuesday, I joined an excursion to Vancouver, British Columbia. Vancouver is truly a beautiful city with a natural harbor surrounded by dark green mountains. The high point of the day was a visit to the anthropology museum at University of British Columbia, which is dedicated to the culture and crafts of the Indian tribes of the Northwest. The exhibit has been set up in close consultation with the Indians, or the First Nations, as they are called in Canada, and was intended to serve as a cultural catalyst for their artists and artisans.

Perhaps we brought the rain back with us from Vancouver, or perhaps our luck just ran out. When we awoke on the morning of August 9, it was raining, so I spent the day on an undemanding, but peaceful hike in the fog-shrouded rain forest by Baker Lake.

With only 2 more days to hike, many of us were itching to take on Hidden Lakes, one of the more demanding and scenic hikes, and we weren't going to let the continuing rain stop us! We ascended through the evergreen forest in a fog which made the black trunks of the spruce trees appear

sinister and ghostly. When we reached the meadows, a light rain began to fall. Forget the views. The fog was too dense to see more than a few yards ahead. The rain became heavier as the meadows gave way to heather and scrub. I got a bit ahead of the group and stopped by a snowfield to wait for the others to catch up with me. I could hear their voices through the rain, and then I heard Jon, the leader, calling me, "Naomi! Naomi!"


"I'm here," I called back, and soon saw him emerge from the fog.

"Is anyone ahead of you?" he asked.

One man, Jerry, had continued on ahead of me. Jon went on to find Jerry and told the rest of us to return to the van. The rain had become too heavy, the rocks were slippery, and the trail was too dangerous for us to continue. In any case, the low clouds obscured any views.

By Friday, August 11, it was clear that we couldn't fight the rain. We took a short hike up Sauk Mountain, near the camp, where the wildflowers were magnificent. No doubt the view would have been beautiful, had we been able to see it.

Saturday, the sun came out, but by then, it was time to fly back to New York.

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Running at Altitude

by Jill Staats

This is how I spent part of my summer vacation.

On July 29th I went to Bolivia with my family stopping first in Cochabamba where we stayed with my husband's relatives. Cochabamba is a little higher than Denver, and I did not run for two days so that I could adjust to the altitude. I found a stadium with a track and my husband Norris took me over there on Tuesday night to run. This was the same day that Ken cancelled the workout due to a heat and ozone alert.

I ran 4 x 400's, but it was a tough workout for me. My usual pace would be 2:00 per 400, but I did the first one in 2:20. Now that was depressing! I finished my last lap in 2:10 and that was really pushing myself. My heart was pounding so hard that I thought it would come out of

my chest.

While we were there, Norris and I met a track coach who was working with his team. He had done the Boston Marathon years ago and in 2:22. After watching me, he said it would probably take me five hours or more to finish the NYC marathon. I almost cried, but then I realized he was basing it on the running I was doing at the track which for me was a lot slower than sea level.

The coach was trying to promote running in Cochabamba. He had organized a 10k race through the town, but we were leaving to come home that day, so I could not participate. The picture is of myself with his team.

On Thursday of the same week, I ran for 30 minutes on the grassy median in the streets.



Jill with the Track Team in Cochabamba

Running at Altitude cont'd

August it is winter in South America, so it is cool. I went out in a tee shirt because it didn't feel cold, but the altitude made a difference. The sweat wicks off so fast, you don't feel like you are sweating. I felt like I was freezing and it wasn't that cold. It was strange not to be soaked in sweat after a run. Once again, I felt like a beginner at running.

We went on to Sucre and I managed to get a few runs in there. It was all pavement, so I kept my running time down to one hour. It still felt tough and it is discouraging to not be able to run at my usual level.

Then we went to LaPaz. We were now at one of the highest points of our journey, about 12,000 feet above sea level. There was no way I was going to attempt running there. We took altitude sickness pills a day before we got there and they really helped. I stopped taking the pills the second day and got altitude sickness after walking (and I mean slow motion) up six flights of stairs. It was no fun. I didn't know that I should walk around and keep the blood moving. The worst thing to do is lie down when the splitting headache comes on, but I didn't know that and took to the bed.

Three days later we were at Lake Titicaca and a little higher up. I was starting to adjust. We did a four-and-a-half-hour hike across the Island of the Sun and we all felt fine, it was great to do something so rigorous. My son said, "This isn't a vacation. It's boot camp."

As we left Bolivia for Peru, we went to lower altitudes. Our first stop was Cuzco and then on to Oytatambo (not far from Machu Picchu), where some friends of Norris own a hotel. Finally, there was dirt to run on. I got my two-hour run in and the best part was that I ran like I was at sea level, after two weeks of being in the altitude, I was finally adjusting.

The last leg of the journey was back to Cuzco, where once again I was running on what was even worse than pavement -- concrete and cobblestones. My breathing was good, but my legs were sore after that. I kept that run to an hour.

On the 19th of August we returned home. I ran a strong 3-hour run the following day. For me, rest and nutrition are the biggest challenges facing me for training for the NYC marathon. Taking that three-week vacation and not obsessively pursuing running has allowed my body to rest and I feel stronger than before; the trick is to remember that going forward.

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The Reunion

by David King

[This is a remake of a story I wrote for the VCTC Newsletter about fifteen years ago. Times and situations have changed a little, but the theme is the same.]

It was a reunion of sorts. Not the kind where the curious go to inspect the ravages of time on classmates of yesteryear. No, this was the reuniting of a long-distance runner and the old Croton Aqueduct trail that has been such a good friend for the past forty years.

This reunion could only have happened on a perfect day in May: cool, dry, sunny. Coach Ken, Bill G. and I had decided it was time we moved our long runs up in distance, so we found ourselves that day gliding along the dirt and grass trail (at least as close to gliding as the three of us could get these days).

We had all recently emerged from New York's repetitious, lousy winter, burning up with cabin fever. The dreary days of March and April were finally gone. I was in the "catbird seat" now, as the days were getting longer, warmer and brighter. And I was getting back into decent shape after a year of no running at all and six months of starting all over again!

The Croton Aqueduct was where I wanted to be now. It is easy on the legs, unlike the paved bike path I had been training on since my return to running. I had been moving

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my mileage up ever so carefully following arthroscopic knee surgery to repair my torn right lateral meniscus in March of last year. The long run had been taken away from me by my injury/recovery. But I knew when the time came to start again, I wanted to do my distance runs on the Aqueduct.

The conversation that May morning was brisker than our pace. A lot of trivia filled the air. Then, for me, it started fading into the background. It wasn't the content of our chatter, but my drifting mind. I tried to regain my consciousness.... BUT WAIT... I am lost in my past. I am dizzy with nostalgia. The exuberance I feel has for a brief moment thrown me back into a different time. I am alone and on a run I have done countless times in years past. The legs are limber and pain-free. I hope I feel like this from now on. I have my old speed and strength renewed. If only I could truly go back in time.... but I can't. I wish this run, this illusion, would last forever.

So, some history here, if I may. On a Sunday morning early in the summer of 1967, Barry Geisler, coach of a fledgling AAU team I had just joined, introduced me to Joe Kleinerman and Kurt Steiner at the VC stadium track. These guys were all instrumental in making the New York Road Runners' Club what it is today. They invited me to go on an 8-mile run with them into Van Cortlandt Park. I agreed, expecting to circle the college x-country course. Instead, they proceeded to run past the golf house, up to the Major Deegan Expressway then down to Mosholu Parkway. From there we entered uncharted territory. Up, up we went into a deep, dark forest where we entered a long, straight trail bursting with heavy underbrush. Joe explained to me that this was a path over the old Croton Aqueduct, which brought water to New York City.

As the run progressed, I remember being

astounded by three thoughts: the first being that this was actually part of New York City! No one from Des Moines would ever have believed it. The second thought was that until we came to McLean Avenue, there was not a hint of civilization on the entire expanse of the trail (once the road disappeared from view, so did any contact with the outside world). That enforced my theory that if you want to get away from the madding crowd, all you have to do is go to a place that you have to reach by foot. Most people are too lazy to bother. My third observation was that, except for the chant of a distant songbird, it was deathly quiet up there.

So that was my first of many runs I have taken on this secret training gem. The rest is history, so to speak. It is, arguably, the best place to run in New York City. I consider myself fortunate still to be running 41 years after my first high school x-country season. I attribute my longevity in this sport to training on the soft surface of the Aqueduct. I have trained for all my marathons there. It is a leg-saving trail. And it is still nearly as pristine and deserted as when I first stepped there so long ago.

Unfortunately, but not surprisingly, that run in May did end. Ken, Bill and I have run there several times since. Perhaps I will be able to run the Aqueduct trail for many years hence. I hope so. And maybe in the near future, just maybe, some young runner will discover this trail and begin his 40-years-plus journey of such joy and good health as I did in 1967.

Editor's note: Excerpt from the *New York Times*, September 7, 2006

Trails are the No. 1 amenity potential homeowners cite when asked what they would like to see in a new community, ahead of public parks and outdoor pools...

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