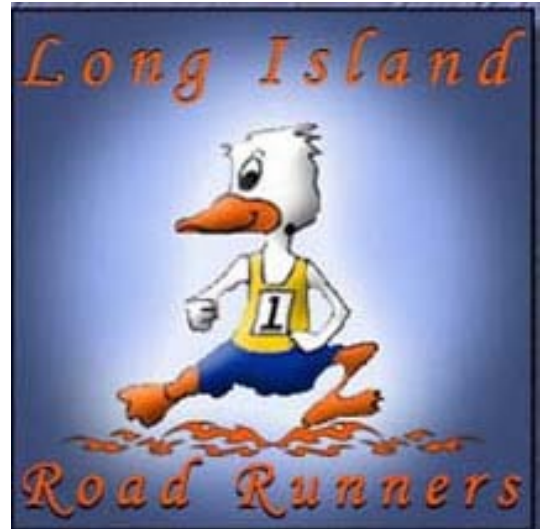


*The Long Island Road Runners
PO Box 232
East Meadow, New York 11554*

*www.lirrc.org
Club Hotline: 516-569-4959*



Welcome to our second edition of the new LIRRC Newsletter! We're moving forward all the time—some of you may be receiving this electronically as part of an e-mail attachment, or on our web page as opposed to our print edition. So we're going green, too! We hope this Edition finds you and your family enjoying the changing weather and the start of the running season!

This has been an exciting time for LIRRC, and there is no better place to run than on the paths and trails of Long Island! So enjoy this season & remember to come out and join us for our famous Wednesday Night Series, starting in May.

We are always in need of submissions for our newsletter in the form of articles, announcements, ideas, comments.....well you get the idea! Please e-mail Jim Ferguson at proffesor4@aol.com with your thoughts. This is *your* newsletter and *your* club! Let's continue to make it the best running club on Long Island!

As always, this newsletter is dedicated to the memories of Jack Dowling , Co-Founder and Past President, and Eunice Harris, Secretary/Treasurer.



President's Message

Here we are in 2011 and what a great time it is to be a runner! There certainly are more than a few choices if you want to pick a race or two to run on a weekend. I was looking at the Long Island Running website's Race Calendar administered by Robert Anastasio. (the site is one our weblinks.) On the weekend of May 21-22nd alone, there are 11 races to choose from. On June 4-5th weekend there are 10 races to choose from.

Certainly one can't run them all. How do you choose? Some stick with races that have become a tradition, some choose races that are new and seem interesting. Maybe they are closer to home, a real consideration given gas prices these days. Others are attractive because they may hit close to home due to the causes that proceeds may go to. Some you may go to because your friends are going there. Still others, though this may be hard to believe☺, may choose a race because they feel they may have a better shot at getting an award, (and you know who you are).

Either way, you have choices, and that's a good thing for you, but maybe not a good thing for race directors competing for runners.

And don't forget, you always have Eisenhower Park to run in. Although our Sunday runs end on Easter Sunday, (the only race that day), our Wednesday Night 5K races begin on May4th. This year we will extend the Wednesday into September, look at our race schedule for further information. And we don't have to mention race prices these days, leaving us still the best mile(s) for your buck. Friendly, supportive and centrally located. That's what we are.

A special mention has to go to Jim Ferguson, our new newsletter editor for the fine job he has done in stepping up our newsletter to a new level.

As the number of races increase, and the Spring/Summer running season gets into full swing, we hope you all have a safe running season.

We'll see you in the park,

Fred Haslett

“Camaraderie is just one of the many things that our club and team has and no one else comes close to. Whether it’s during a training run or battling it out in a race we always maintain a strong bond. We are tenacious yet unpretentious and that is something to be proud of.”

- Juan Oliveras

VISIT THE RUNNER’S EDGE

On Main St. in Farmingdale. LIRRC members get 15% off certain items. Get yourself a new pair of running shoes. Visit owner Bob Cook, Nancy, Bill, Al, Bob, Gary and the rest of the friendly and knowledgeable staff at the Runner’s Edge. They know their stuff! Their number is 516-420-7963.



RACE FEES

MEMBERS	NON-MEMBERS	MEMBERS OVER 60	FIRST FAMILY MEMBER (SAME HOUSEHOLD)	EACH ADDITIONAL FAMILY MEMBER
\$5.00	\$10.00	\$4.00	\$5.00	\$3.00

RACE INFORMATION

Our races are always subject to change due to park activities. Our schedule is made up a year in advance, and sometimes events in the park, or even severe weather, impact our races. When this happens, we try to get the information out there to runners by email blasts, or even newsletters if there's time. The best thing to do is check our website, or the club hotline for the latest race information. If the schedule changes, it will be on there. And remember, Registration closes 15 minutes prior to each event!

To keep with the USATF Registration Rules, we must close registration 15 minutes before race time. That means that for Sunday races starting at 9AM, registration will close at 8:45AM. For the Summer Wednesday Night Series races that start at 7PM, registration will close at 6:45PM. There are NO EXCEPTIONS! These registration rules are common at other races, so please plan to get to the race early and leave time to register. Your cooperation is appreciated!

CELL PHONES FOR SOLDIERS

Throughout our country's history, there have been selfless people who have stepped up to answer America's call. Let us not forget our men and women in uniform, and let us always let them know that they are appreciated for the sacrifices they and their families make for us. What can we do to show our support our men and women in uniform?

There are many ways. We have decided to partner with State Senator Dean Skelos in the "Cell Phones for Soldiers" program. Each week at our races, a collection box will be available to collect old cell phones.

Our soldier's calls home are not free, even from Iraq and Afghanistan, and especially from their coming and going stays in Kuwait. They can pay as much as \$5 per minute to call loved ones. Our collection helps them stay in touch with loved ones. Let's do our part.

God Bless our troops!

For more information, visit the Cell Phones for Soldiers website at

<http://www.cellphonesforsoldiers.com/>

The story of these two youths who started this program is inspiring.



DON'T FORGET!

*THE LONG ISLAND MARATHON BBQ
IS MAY 1ST!!!!*

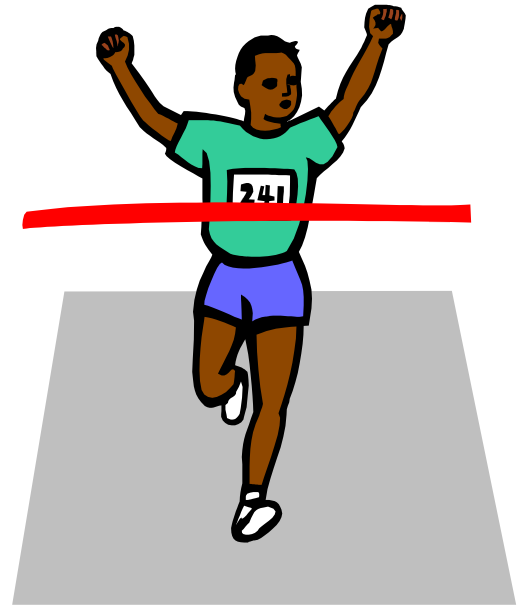
We reminded you in our last issue—but it's worth mentioning again! On May 1st we will once again hold our LI Half-Marathon post race BBQ for members with our “partners in crime,” the Nassau Police Running Club. Join us in parking field #3 after the race. We'll supply the hot dogs and some “liquid refreshments.” Feel free to bring your own foods to be put on a community food table for all to enjoy. It's always a good time, bring down the family and enjoy the day!

We'll be there early, so stop and say hello before the race. We expect to again be in parking field #3. If that field is full, you can park in Field #2 or #4, they're close by the party. Parking there will put you in a good position to be close to the action after you finish. Look for our banner and join in the fun! Family and friends welcome!

Check the club hotline for last minute location changes.

Around The Track

In an article in the Wall Street Journal, Kevin Helliker writes about the newest craze in running..... indoor marathons. Geared for the winter months, more than a half a dozen were staged in locales from Arlington, Virginia to Ontario, Canada. There are still lotteries and qualifying standards, since tracks can accommodate only a limited field....



On Sunday, February 13, a number of us braved the early cold again to do a seven miler @ TR's home at Sagamore Hill in Oyster Bay. Good Workout! When I got back, there were two turkeys at the finish line. I thought it was a joke about my pace. Thanks to Scott Fairgrieve, who organized the morning.....You may already know the *National Distance Running Hall of Fame* is located upstate in Utica, but if you have not been there, I highly recommend it. Although you could take in the whole place in an hour or two, you'll be awe-struck by everything you see. Hall of Fame inductions coincide with the Boilermaker on July 10th this year.....Our long awaited Wednesday Night Series debuts on May 4th. This year look for these great 5K's to extend into the first two weeks in September. Remember! - we will change to a 6PM start time for those two September weeks..... This is the first reminder to be seen on these pages about the Eunice Harris 5K on August 3rd. Her tremendous spirit lives on and the proceeds from this race support the ALS Gift Fund. Colin Harris has worked long and hard to support this project in memory of Eunice, and our club's continued involvement is something to be proud of.....Lots of rain on some real dedicated runners for the USATF Long Island Championships at Caumsett Park in Lloyd Harbor on March 6th. Mike Ogazon was 1st in his age group with a 2:56:59 in the 25K. Nice Job, Mike!.....

We heard from Ray Nieves, who finished in fine form at The World's Best 10K in San Juan, Puerto Rico on February 27th. Ray finished in 51:23, an impressive 8:17 pace.....way to go, Ray!.....Great article in *ESPN MAGAZINE* entitled "Slow and Steady Wins the Planet" examines *persistence hunting*—man's extraordinary success as an endurance predator. It's a great piece with a good deal of information tied together by author David Fleming, who also touches on the Running Man Theory, and general running physiology..... Anyone thinking about the day when you may have to stop running should see some results reported in *Running Times*—for the women in the AG 90-94, we have Evelyn Tripp, 94, with a 5K time of 46:38 (Reedy River Run), and Henry Sypniewski, 92, with a 40:13 in the Bob Ivory 5K.....Happy Running!

....
THE LI RRC RACE TEAM REVISED!

Women's Team

Adriana Staiano (Co-Captain)
 Kathy Agricola (Co-Captain)
 Mary Kroebel-Smith
 Debra Savarese
 Yuwana Landau
 Susan Schmuck
 Eileen Hession
 Paula Groothuis
 Emily Bloomfield

Men's Masters

Robert Monaco Richard Lucian Ben Murolo
 Peter Klann John Cronin Ray Nieves
 Ira Kaplan Michael Hunter Grant Radtke
 Fred Haslett James Ferguson Bill Schroeder
 Kurt LaForest Dean Hutchinson George Shiling
 John Reilly Alexander Israel Jason Israel
 Peter Cirona Rick Lucian Joseph Mainente
 Bob Patterson Michael Ogazon

Juan Oliveras (Captain)

THE LIRRC QUIZ!

A Special Thank You for a job well done to Michelle & Michael Albrecht from Randallstown, Maryland. They were the first to respond with the correct answers to the Spring Quiz. They sent the following e-mail to me on February 11th:

To The Professor: Cool Quiz.....1(E) Gary Muhrche – Winner of the NYC Marathon 1970 in a time of 2:31:38 2(G) Dean Karnazes – 50 Marathons in 50 Days – FYI the record for consecutive marathons is Belgian runner Stefaan Engels who finished 365 marathons in 365 days. 3(C) Katherine Switzer – 1st Woman to run the Boston Marathon in 1967 4:20 or so 4(D) Kurt Fearnley – Champion Wheelchair Racer from Australia - He won gold in the 5000m and marathon at the 2004 Summer Paralympics in Athens 5(B) Mary Wittenberg – President and CEO of the New York Road Runners - She won the 1987 Marine Corps Marathon in a time of 2:44:34 6(H) Zola Budd – 1984 Olympics Collision with Mary Decker – an IAAF jury found that she was not responsible for the collision. 7(F) Steve Prefontaine – Hayward Field Legend – The movie “Prefontaine” is a must for any running fan 8(A) Meb Keflezighi – A Won the 2009 NYC Marathon after a Fractured Hip healed - In 2007, Keflezighi suffered from dehydration and broke his hip during the 2008 U.S. Olympic Marathon trials in Central Park. We look forward to the new design of the Newsletter. See you at the Park.

Michelle and Michael Albrecht
Randallstown, MD

This Month's Quiz: Who was the U.S National Marathon Champion eight straight times, from 1956 to 1963? He won Boston in 1957, and was inducted into the National Distance Running Hall of Fame in 2002. Know the answer? E-mail Jim at proffesor4@aol.com!

LIRRC SPOTLIGHTS.....

BARBARA CRONIN-STAGNARI

Barbara Cronin-Stagnari is the LIRRC Women's Master Champion, having won a five-miler on December 5th, 2010. She is well known in the Long Island running community, and has run 25 Marathons, 9 Ironman events, and 2 Ultras in the last 10 years. She is a gifted athlete who started doing triathlons in 1983. Barbara believes that cross-training keeps you healthier, more fit, and injury free—and credits swimming for keeping her strong and flexible. She was more than gracious in agreeing to be interviewed for this edition of the LIRRC Newsletter.



Q. What was your favorite race?

A. Tough question....I have a few...Ironman Lake Placid, Ironman Hawaii, LI Marathon...but my absolute favorite is the Ocean to Sound Relay.

Q. Is there a particular runner you admire?

A. Grete Weitz, Chrissi Wellinton (triathlete), Ryan Hall (very cute). I really admire Kathy Martin from Northport. She started running in her 30's, has a job and a family. She is so nice, friendly, and not full of herself at all.

Q. Is there a race you haven't done yet that you want to do soon?

A. The RFK 50 Mile Run, the Ultraman in Hawaii, the swim around Manhattan (which I am doing as a relay in July.)

Q. Favorite running shoes?

A. I run in Nike Pegasus.

Barbara's children have all participated in triathlons. Her boys are in SUNY Oswego and the University of Tampa, and her girls both run for Wheatley High School. Jackie is captain of both the winter & spring track teams as a junior, and Katie is learning the hurdles and the high jump. When asked to share her favorite story, Barbara recounted a Monday night 5 miler @ Jones Beach: "In 1996 I was pregnant with my 4th child, and running with Walter Kueffner. It was hot, and I was running 11 minute miles. I went home, and gave birth to Katie a couple of hours later! Ha! No better race than that!" LIRRC is proud of Barbara and her accomplishments. She is a strong positive force and a great role model for our sport. We wish her the best of luck in all her endeavors!

Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired morning, noon & night. But the body is never tired if the mind is not tired. When you were younger the mind could make you dance all night, and the body was never tired....You've always got to make the mind take over and keep going.

George S. Patton, U.S. Army General and 1912 Olympian

MEMBER SERVICES

REAL ESTATE NEEDS

Garden City Properties Inc. Club member Mike Ogazon, GRI, CBR. Residential and Comm'l brokerage, appraisals and building management. Call Mike at 516 746-1563

TUTORING

NYS Certified Elementary teacher will tutor your child or give homework help in your home. K-6th grade. Reasonable rates. Call Fred at 516 569-4196 or email fredhas@verizon.net

MATTEO'S in BELLMORE

Visit Matteo's at 416 Bedford Ave in Bellmore for fine Family Style Italian food. Catering available too! Club member Giovanni Annunziata proprietor. Call 516 409-1779 for info.

FOOT PROBLEMS?

Dr. D.T. Peterson (triathlete), DPM, MS, 8029 Jericho Tpke, Woodbury. Call 516 496-0900.

AUTOGRAPH COLLECTIBLES

Shafran Collectibles, Inc. specializes in buying & selling autographs in variety of fields-Presidential, Sports, Historical&Entertainment. Please visit us at www.shafrancolectibles.com or call Brad at (516) 978-0094 - special pricing available for LIRRC members!

FEMALE PERSONAL TRAINER

Need a personal trainer? Call Hofstra Certified Trainer Margaret Peralta at 516 319-4993, or email her at Peraltafit2run@yahoo.com.

REAL ESTATE NEEDS

Call member Kathleen Agricola, Licensed Real Estate Associate at Prudential in East Meadow, NY at 516 796-4000 or email her at Kathleen.Agricola@prudentialelliman.com

COMPUTER PROBLEMS?

PCAid to the rescue! Over 25 years in the computer industry, I'll revitalize your slow PC back to its original speedy self. Upgrades, rebuilds, networking, etc. Call Wing at 516 620-4136.

JDI MORTGAGE CORPORATION

Registered Mortgage Broker –NYS Banking Dep't. Ben Murolo, CPA, MBA Tel# 516 316-2733.

PERSONAL TRAINING

If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.

Running class: Running classes are group workouts designed to help you run farther and faster. I coach different ability levels, from beginner to competitive running, ensuring that you'll find the right fit. You'll do a variety of coached workouts depending on your level, classes include steady-paced runs, speed training, intervals, hills, fartlek, and tempo runs.

Call: Jane Vongvorachoti-516-263-5369

Certifications :NCSF National Certified Personal Trainer, Equinox Tier 2 Trainer, CPR/AED Certified, Pre and Post Natal Certified, USSF D License Soccer Certification

LIRRC SPOTLIGHTS...

TERRY BISOGNO



Most know Terry Bisogno as “The Voice of the Long Island Marathon”. He started his own serious running after viewing the last part of the field finishing the 1981 New York City Marathon. Two years later, Terry was in the race himself and accomplished his Marathon PR of 3:28. By just spending a few minutes with him, you can tell he has a passion for both the sport and the running community. John Hanc featured Terry in a piece for Newsday in May 2010. This time LIRRC had a chance to ask Terry a few questions when he recently returned from running the R&R Mardi Gras Marathon.

Q. Terry, do you have any specific goal for this year?

A. I’d like to run more than forty races, stay healthy, and announce 50 or more events. I’m always striving to get better at both.

Q. To what do you attribute your continued ability to run today?

A. I love running, announcing races, and the New York running community.

Q. Is there a particular runner you admire?

A. There are so many I admire; I couldn’t possibly pick one.

Q. Are there any races you haven’t done that you want to do soon?

A. The RnR Las Vegas Marathon, Houston Marathon, and the Boston Marathon.

Q. What are your favorite pre-race and post-race foods?
A. Pasta or pizza the night before. On race day, an energy bar, banana , bagel or pancakes will do depending on the race distance.

With great running weather just arriving, all the Long Island road running clubs and the entire running community look forward to hearing Terry at the microphone—and seeing him on the trails!

THE LIRRC NEWSLETTER 2011

Compiling this newsletter doesn't even begin to compare to the work done by the many volunteers who make our club what it is. But in order to make it a *good* newsletter, I need your input. Please share any stories, announcements, achievements, personal bests, race plans, trips out of state, questions or ideas with us for inclusion in a future newsletter. Sends us clips, photos, jokes, links, well....you get the idea. You can reach me on Facebook or send text files and photos to my personal e-mail at **PROFFESOR4@AOL.COM. Please consider:**

- 1) writing a column every month**
- 2) being a club photographer**
- 3) interviewing club members**

**We are currently considering publishing more than the usual 4X a year....without input and participation, it just doesn't make sense. Please join us to make our newsletter representative of our efforts on the track and as a club!
Contact us now!**



The Long Island Road Runners Club
Remembers

GRETE WAITZ

1953 – 2011

A true champion in every respect, Grete changed the sport forever, winning nine New York City Marathons from 1978 through 1988. May she rest in peace.

INFORMATIVE LIRRC MEETING ON MARCH 1ST FEATURED RAFFLES, PASTRIES, AND BOB COOK!

When President Fred Haslett called the meeting to order along with Joyce & Bob Patterson, Juan Oliveras, Colin Harris, and Peter Cirona, we were treated to an informative evening. Fred outlined plans that included extending our Wednesday Night Series into September with a 6PM start (but no Fun Run). The prospect of 2 more races after the unofficial end of summer is an exciting one that we can all look forward to! Bob Cook from The Runners Edge took the stage with an entertaining and eye-opening talk about the newest craze in the running world - “Natural Running” - a form that emphasizes less heel striking and more mid-foot landing. Bob passed around samples of the shoes and explained that although he is fully aware of the reluctance of older runners to change their style, the technology is available and the adjustment in form might just be a good idea to strengthen the foot. He did caution that the process to make such a change should be gradual. Bob peppered his presentation with stories of his own running career, the friends he has made, and the shifts he has seen in the running community over the years. He answered a ton of questions and I’m sure I speak for all in attendance that Bob is one of the most knowledgeable lovers of the sport on Long Island. We ended by eating more muffins and pastries (thanks to Glen Wolther) than runners should, but, hey. I’ve been a member of LIRRC for years, and I must admit, this is the first meeting I’ve attended. I won’t miss another.

Letters, We Get Letters!

Fred,

I need to share a story.

Last week, (4/10/11), my son (14 years old) and I showed up at the park to run your 10 miler. While 10 miles is relatively easy for me, my son is not an endurance runner yet. He is on the track and field team at Clarke High School and is the youngest runner. I had taken him out with me during some long runs but this was his first long run official race. I was quite nervous, and anxious for him. I tried to give him all my tips but still it was a race he had to run without me alongside him.

At the line up for the brace I saw Bob McVetty. I know Bob is a much faster runner than I am. I looked at Bob and said, "Bob, this is my kid, take him with you and help him." And with that, I let go. Bob, without hesitation, took my son under his wing. During the race, I would catch a glimpse of my son briefly on the turnarounds, smiling and with my faster running friends alongside him, and he in the middle.

When you called him up to receive his medal, a tear suddenly came out from the corner of my eye. Yes, I beamed with pride. But it wasn't about his receiving the medal, it was about the runners and how they embraced him that day.

Thank you all for all you have done for us runners throughout the years and thank you for continuing to do this so that the next generation of runners can come in and run with their family of runners.

Margaret Peralta

Heard and Seen around the Park...

What veteran runner, on and off the injury list many times in his long career, was seen recently attempting to cajole one of our female runners into becoming his daily workout partner?

When last seen, it looks like he has succeeded!

We hope you have enjoyed this edition of the LIRRC Newsletter! Let us know what you think! In the meantime, check our website frequently, access our Facebook page, and enjoy being part of the best running club on Long Island!

Happy Running!

*The Long Island Road Runners
PO Box 232
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www.lirrc.org
Club Hotline: 516-569-4959*

OFFICERS

**President—Fred Haslett
Vice President/Technology—Bob Patterson
Vice President/Assistant Race Director—Peter Cirona
Secretary-Treasurer—Colin Harris
Club Counsel—Jim Thornton
Public Relations—Mike Ogazon
USATF-Long Island Rep.—Jill Skelly**

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Sgt. At Arms—Richie Delorantis**

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Masters Men—Juan Oliveras
Senior Masters Men—Jim Thornton
Masters Women— Co-Captains- Adriana Staiano and Kathy Agricola**

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