



*WELCOME TO THE SUMMER OF 2011!*

*3<sup>rd</sup> Edition – June 2011*

*The Long Island Road Runners*

*PO Box 232*

*East Meadow, New York 11554*

*www.lirrc.org*

*Club Hotline: 516-569-4959*

**Welcome to our third edition of the LIRRC Newsletter, now part of the LIRRC Web Page! We hope this Edition finds you and your family enjoying a great Long Island summer & a terrific running season!**

**The Wednesday Night Series is in full bloom, so grab your friends and join Long Island's Oldest Running Club at Eisenhower Park!**

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

## IN THIS ISSUE – SUMMER 2011

<i>President's Statement.....</i>	<i>PAGES 3 – 5</i>
<i>Cell Phones For Soldiers.....</i>	<i>PAGE 6</i>
<i>Holly Lucian Debuts.....</i>	<i>PAGE 7</i>
<i>Around The Track.....</i>	<i>PAGES 8 &amp; 9</i>
<i>Baby Max.....</i>	<i>PAGE 10</i>
<i>We Get Letters.....</i>	<i>PAGES 11 &amp; 12</i>
<i>LIRRC Remembers.....</i>	<i>PAGES 13 &amp; 14</i>
<i>LIRRC Race Teams.....</i>	<i>PAGE 15</i>
<i>Quotable.....</i>	<i>PAGE 16</i>
<i>Injury List.....</i>	<i>PAGE 17</i>
<i>LIRRC Quiz.....</i>	<i>PAGE 18</i>
<i>Caption Contest.....</i>	<i>PAGE 19</i>
<i>LIRRC Spotlights Paul Fetscher.....</i>	<i>PAGES 20 &amp; 21</i>
<i>Heard &amp; Seen Around the Park.....</i>	<i>PAGES 21</i>
<i>Runner's Edge.....</i>	<i>PAGE 22</i>
<i>Save The Date! Eunice Harris 5K.....</i>	<i>PAGE 23</i>
<i>Member Services.....</i>	<i>PAGES 24 &amp; 25</i>
<i>LIRRC Spotlights Anna Lau.....</i>	<i>PAGES 26 &amp; 27</i>
<i>Photos.....</i>	<i>PAGES 28 to 32</i>
<i>Until Next Time.....</i>	<i>PAGE 33</i>
<i>Photo.....</i>	<i>.PAGE 34</i>
<i>Officers of the Long Island Running Club....</i>	<i>PAGE35</i>



**FRED HASLETT**  
**PRESIDENT OF THE LONG ISLAND ROAD RUNNERS**

## **President's Message**

“The report of the demise of our race teams is greatly exaggerated.”

Ok, maybe that's not exactly how the Mark Twain quote was stated, but it's close.

Late in 2010, I heard someone say that the LIRRC teams are history. Other club teams started courting our runners. Word was getting around that we were no more.

Well, nothing could have been further from the truth.

We are alive and well and running on Long Island. Juan Oliveras is doing a great job as our men's Team Captain. New Women's Co-Captains Adriana Staiano and Kathy Agricola are doing a bang up job with our women's team. Both teams are strong, building, and we have some good runners wearing the team colors. Sure we have lost some runners to other teams. This happens, and we wish them well. But we're getting new runners to replace them.

Being on a LIRRC race team is fun. There is no pressure, just run your race. And the results for both individual and team standings are done by USATF-LI, and you can look them up on their website.

All you have to do is join USATF-LI and designate LIRRC as your club.

Adriana, Kathy and Juan email team members before each Grand Prix Race to advise when and where to meet the day of the race. Just show up and run.

Before I close this message out, I would like to address an issue on our Wednesday Night 5K runs. The races are fun and have been competitive. Having day-of-race registration, we never know who or how many will show up to run. And because all signing is on race day, we must close registration at 6:45PM, 15 minutes before race time. This is not to give anyone a hard time, it is normal in other races, it is in the USATF Rule Book. And we need to give our data entry people time to enter the race information.

Please do not ask us to enter you in the race if you come late! If we enter one, we have to enter the next, and so on. This will delay the race. Get there early. If you are stuck in traffic, that is not our fault. If you get there late, volunteer. When we close registration, we must get our clocks ready and race team in place to get the race off on time. Believe it or not, we have had runners yell at our registration people because they would not register them after registration closed. We will not tolerate that type of behavior. We understand you may be frustrated, but you also must understand our side of it. Just get there early. We are there to have fun.

See you in the park,

Fred Haslett

President/LIRRC

## **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.**

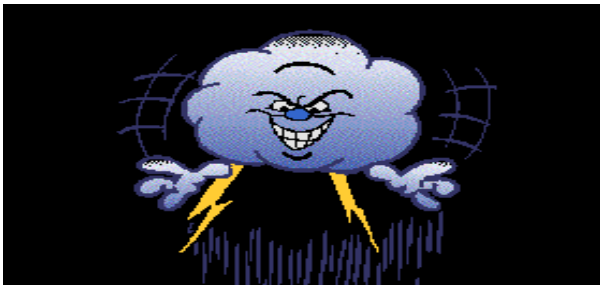
**Our soldier's calls home are not free, even from Iraq and Afghanistan, and especially from their coming and going stays in Kuwait. They can pay as much as \$5 per minute to call loved ones. Our collection helps them stay in touch with loved ones. Let's do our part.**

**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.**



**The threat of storms is always present during the summer. Be careful out there on your own workouts, and call the LIRRC Hotline at 516 569-4959 for last minute changes during our scheduled runs!**



## HOLLY LUCIAN DEBUTS AT THE EASTER BUNNY 5K

The Long Island Road Runners are always happy to see people make good decisions about their health by engaging in our great sport.. So on Easter Sunday, we were thrilled that Holly Lucian ran her



first race with us –and finished with an impressive time of 31:30. Holly comes from good running stock. Her father Richard is well known on the trails, has been running for 40 years, and is a member of our Men’s Race Team. Working in the city may make it a bit difficult for Holly to make the Wednesday Night Series, but she had a great time and we are sure to see her as the season unwinds. Congratulations, Holly! Thanks for joining us!

## Around The Track

As I write this, LIRRC has just finished up with the running of the Easter Bunny 5K. Mike Mc Quillan took first for the men with a 19:19, and Shari Klarfieldran a 20:36 to lead the women... We were blessed with great weather for LI Marathon Weekend....the logistics of that weekend will always bring out the critics, but it never seems to stop people from signing up.....



The infamous LIRRC Wednesday Night Series started on May 4<sup>th</sup>. Cris Koegel took first for the men with a 17:07 and Lisa Thomson took first for the women with a 23:12. It promises to be an exciting season at Eisenhower, so lace up those shoes and join us!...Fred Haslett mentioned in the last newsletter that there were numerous races to choose from on Long Island, and how true that is. When you add out of town races, it becomes a runner's heaven in terms of choices. Let us know what your times are for any race you do, and we will do our best to mention you in the newsletter. At the second Wednesday Night @ Eisenhower, Trent Hampton placed first for the men at 18:34. Shari Klarfeld placed first for the women @ 19:19.....Heavy skies and downpours welcomed the Wednesday crowd on May 18<sup>th</sup>, but the race still went off, adjusted for three miles even. This hearty group of 22 finishers saw Dan Mc Grath lead the men with a 15:16, while Joanne Dobkin placed first for the women with a 26:27. Seemed like the old times as we put the timing chips aside for some old fashioned bib racing..... May 15<sup>th</sup> @ Eisenhower was the running of "Miles For Melanoma", a small field that saw Sam Hodges win for the men with a 19:53, and Miriam Fein score first for the ladies with a 22:54. Our own Marty Schimmele came in second with a 20:48, and I believe a PR for him.

**Not enough is ever said about the LIRRC volunteers who sacrifice their time and labor for the benefit of the running community, and they were in force for the “Miles for Melanoma”. Thank You to Dave Phillipi, Colin Harris, Adriana Staiano, Jim Thornton, Fred Haslett, Bob Patterson, Joyce Patterson, Peter Cirona, and one of my favorite athletes, (as I’ve listed on Facebook) Mike Ogazon. You guys always make it possible for the club and our guests to run our hearts out. Thank You! .....**

**A very interesting race was run at Jones Beach on Saturday, May 21<sup>st</sup>. The “Sounds of Silence” 5K is an event to raise awareness for postpartum depression – a great cause to support. The food is awesome (catered bagels, spreads, good coffee, fruit, lots of water and Luna Bars) and a really nice drawing for baskets provided by local merchants. The course is USATF Certified (for those Masters Runners going for the Phidippides Award). Consider this a heads up for next year. I guarantee you will have a good time – and bring your family! One of the perks of taking on the newsletter is to meet so many different people in our running community. On Sunday, May 22<sup>nd</sup> I had the pleasure to speak to John Theissen, who organized the “Strides for Students” Run in Levittown to benefit his Children’s Foundation. With awards 5 deep, even I walked away with one. I also understand that John has run in our Wednesday Night Series.....Visit his site at [JTCF.org](http://JTCF.org)....LIRRC was well represented on May 28<sup>th</sup> at Runday 5K in Hicksville. The weather was perfect, and Fred Haslett laced up the shoes to help the Men’s Race Team rack up some points.**

**Finally.....a word about the Northport Running Club - the calendar in their newsletter always mentions the Wednesday Night Series at Eisenhower Park and that is greatly appreciated. They have a great schedule of workouts listed, and you can contact them at [www.NRCRUN.org](http://www.NRCRUN.org) or find them on Facebook. The President of the Northport Running Club is Mike Roux (631-757-7689).**



### ***Baby Max!***

On May 10, 2011 Eileen & Jim Ferguson became Grandparents!

Baby Max (pictured above with parents Ray & Alyssa) weighed in at 8 lbs 15 oz. and already has running shoes! Ray & Alyssa and Max reside in Westbury.



# WE GET LETTERS.....AND E- MAILS !

BERT JABLON was very complimentary of the newsletter and told us to “keep up the good work”.

MIKE POLANSKY congratulated us on our new newsletter format, and offered to help us with any photos we may need. We applaud Mike for his continued leadership and generosity in the Long Island running community and we are grateful for the picture of George Dennis that Mike shared with us.

GREG NOLD sent us sad news from the New Hyde Park Runners Club, informing us that Lois Polesky’s mother, Lorraine Lamberson, passed away on May 25. The Long Island Road Runners send our deepest condolences to Lois & her family.

\*\*\*\*\*

“I joined the New England 65 Runners Club at the urging of Jerry Lavasseur, a runner who has organized many non-club relays at the indoor & outdoor Masters National Championship. Jerry kept recruiting me to be on him many 4X400 and 4X800 relay teams indoors and outdoors. Thanks to him I have won many gold medals and helped his team set a World and National Indoor record in the

4X800 relay for age 70-79 age group in 2008 when I turned 70. Since then I have participated in fifteen relays and got gold in 14 of 15 in the 4X400, 4X800 and this year the new 4X200 indoors.

2008 was my breakthrough year where at age 70 I won the 3000 indoors, the mile, placed 2<sup>nd</sup> in the 800, on the 4X400 winning team, and on the 4X800 world record setting team.”

“Outdoor I won the 2000 meter steeplechase for the 5<sup>th</sup> year in a row, and won the 1500, placed 3<sup>rd</sup> in the 5000 meter run and was on the winning 4X400 and the 4X800 relay teams. I got a letter dated May 12, 2011 from the New England 65 Plus Runners Club stating that I was elected into the New England 65 Plus Runners Club HALL OF FAME. I run for fun & fitness and was surprised to be elected, an honor for sure” – Joe Cordero

Editor’s Note: Joe describes himself as a proud member of the Long Island Road Runners Club, and the Bohemia Track Club, GLIRC, and Northport Running Club, but in following existing rules, can only compete for one club. LIRRC congratulates you, Joe, on your accomplishments and thanks you for your contributions to the Long Island running community!

\*\*\*\*\*

I hope you’re all doing well, and that your runners have been enjoying the weather lately. JP just finished putting the promo video together from the 5K on 5/25. It’s on YouTube now. You can see it on the following link:

<http://www.youtube.com/watch?v=xftr8wE6b1Q>

Hope you like it! We’re looking forward to another stretching event soon.

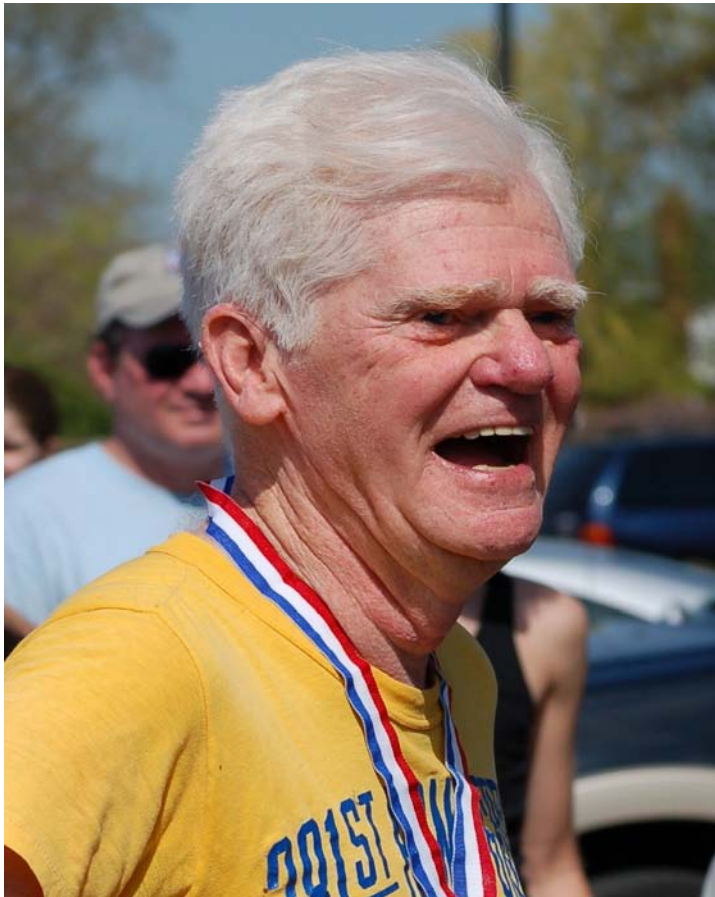
Take care,

Danielle Poupore

PR & Marketing Assistant – Panetta Physical Therapy

Panetta.com 516-484-9775

## The Long Island Road Runners Remember



GEORGE DENNIS

1923 – 2011

George was an exceptional person and a fine runner, completing 10 Marathons in New York City, Long Island, &

Philadelphia. The Long Island running community has lost a great friend.

## The Long Island Road Runners

### Remember



SAMMY WANJIRU

1986 – 2011

Sammy won the 2010 Chicago Marathon, and set an Olympic record for a Marathon run in 86 degree weather with a time of 02:06:32. May he rest in peace.

# LI RRC RACE TEAMS



## WOMENS TEAM

**Kathy Agricola (Co-Captain)**

**Adriana Staiano (Co-Captain)**

<b>Mary Kroebel-Smith</b>	<b>Debra Savarese</b>	<b>Susan Schmuck</b>
<b>Eileen Hession</b>	<b>Paula Groothuis</b>	<b>Yuwanna Landau</b>
<b>Emily Bloomfield</b>		

## MENS MASTERS

**Juan Oliveras (Captain)**

<b>Robert Monaco</b>	<b>Richard Lucian</b>	<b>Ben Murolo</b>
<b>Peter Klann</b>	<b>John Cronin</b>	<b>Ray Nieves</b>
<b>Ira Kaplan</b>	<b>Michael Hunter</b>	<b>Grant Radtke</b>
<b>Fred Haslett</b>	<b>James Ferguson</b>	<b>Bill Schroeder</b>
<b>Kurt LaForest</b>	<b>Dean Hutchinson</b>	<b>George Shiling</b>
<b>John Reilly</b>	<b>Alexander Israel</b>	<b>Jason Israel</b>

Peter Cirona      Rick Lucian      Joseph Mainente  
Bob Patterson      Michael Ogazon

## QUOTABLE

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

-Jesse Owens

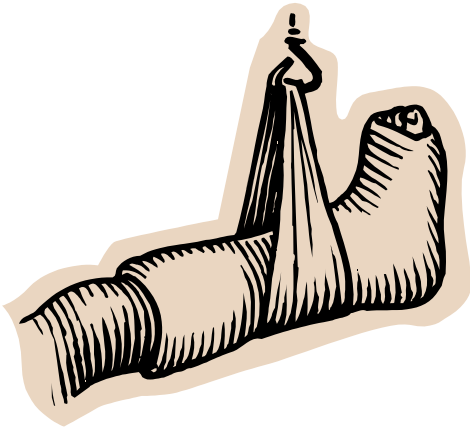
## A QUICK WORD ABOUT YOUR NEWSLETTER.....



Our 4<sup>th</sup> edition will be posted in August. We would really love to hear from all LIRRC members! Let us know the races and times you have run, or keep us informed on what's going on in your life – birthdays, anniversaries, special announcements....whatever! Maybe you would like to interview a fellow member, write a column, or just want to share an idea we could use. Contact Jim Ferguson at [PROFFESOR4@AOL.COM](mailto:PROFFESOR4@AOL.COM) with your submissions & photos. No comments? Send those too.

## **THE INJURY LIST**

**Kurt LaForest, a member of our Men's Race Team, is sidelined with injuries to his left leg. He is undergoing PT and**



**expects to be back at the Thunder Run in July. We think Kurt will be back as strong as ever, and wish him well during his recovery!**

**Ira Kaplan, another member of our Men's Race Team, recently had some knee problems but thankfully returned on Saturday, May 28<sup>th</sup> for Runday in Hicksville and finished with a 23:45 & I just saw him at the New Hyde Park 8K. Ira is not pressing for times right now, but working on getting the knee where it should be. It's good to see him running, and we know he will be back to form soon!**

# THE LIRRC QUIZ!



## Last Edition'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.

**Bill Betancourt** from Orange, Connecticut e-mailed me with the winning answer.....Johnny Kelly!

Ok.....here we go.....This should be easy...

Most everyone knows that Usain Bolt is the fastest man in the world.

But.....He was beat in Stockholm in August 2010 in a 100 meter race. Who beat him, and what country did the winner come from?

E-mail Jim Ferguson @ [proffesor4@aol.com](mailto:proffesor4@aol.com) with the

**answer!**

**OUR LATEST NEW FEATURE....**



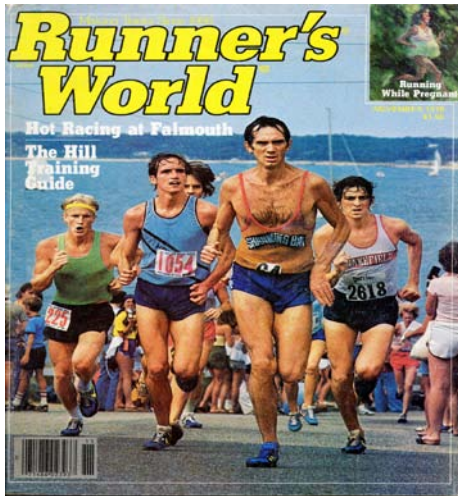
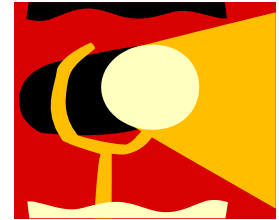
This photogenic fellow is our Vice President/Technology Bob Patterson, who was photographed during Opening Night of the Wednesday Night Series a few weeks ago. This gave rise to the idea that we should have a contest for the best caption for a photo that we will post in the newsletter each month. So.....send your entries in, preferably by e-mail, to any of the following:

[MIKDOR@AOL.COM](mailto:MIKDOR@AOL.COM) (MIKE OZAZON)

[FREDHAUS@VERIZON.NET](mailto:FREDHAUS@VERIZON.NET) (FRED HASLETT)

[PROFFESOR4@AOL.COM](mailto:PROFFESOR4@AOL.COM) (JIM FERGUSON)

LIRRC SPOTLIGHTS.....



PAUL FETSCHER



**Before I knew anyone in the running community, Paul Fetscher stood out. I saw him at most of the events I ran, but I just thought he was a guy who liked to keep in shape. Little did I know the extent of his passion for the sport, or his history in it. My wife & I were seated at the same table with Paul at the All Clubs Party in December 2010, and after a few glasses of wine, not only did I decide to get involved with the LIRRC Newsletter, but I knew I had my first fascinating subject to interview.**

**Paul starting running when he went out for the first cross-country team at H. Frank Carey High School in 1959. “My coach for 12 seasons was Ron Lane, who later had the Ron Lane Relays named for him.” Paul became the third person in the state to break the sub 10 minute 2 mile, and has gone on to other firsts—including being the first American to run a Marathon in Russia in 1982.**

**Paul also took to the streets in East Germany for a Marathon that finished in the heart of Berlin—and the next NY Marathon he runs will be his 41st! He has also run in Paris, Rome, Los Angeles, Miami, Atlantic City, Rochester, Albany, Hartford, Stamford—well, you get the idea. Right now, Paul’s specific goal is to have no zero mileage weeks while continuing to enjoy the camaraderie he has with the fine people of our running community. I dug up an old quote from Paul that will move toward explaining his drive: “Five minutes of discipline – that’s all it takes. When you get up in the morning, hit the head, pull on your stuff and get out the door. Everything else just falls into place.”**

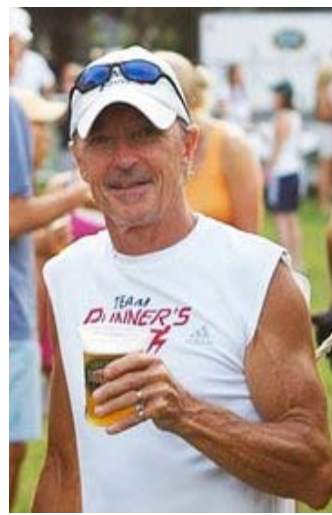
**If you should ever have the opportunity to run with Paul (and I daresay you will), take a deep breath, listen well, and learn from a local legend.**

\*\*\*\*\*

### *Heard and Seen Around the Park*

*What veteran runner, who was once a force to be reckoned with in his healthy glory years, was spotted having coffee near Eisenhower Park with someone who looked a lot like his old training partner who moved out of town years ago?*

*Rumor has it she has relocated back to our area. Seems like it’s now more than a rumor. Here we go again.*



**BOB COOK**

**VISIT THE RUNNER'S EDGE**

**The Runner's Edge is located on Main St. in Farmingdale. LIRRC members get 15% off certain items. So 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.**



SAVE THE DATE!

THE EUNICE HARRIS 5K  
AUGUST 3, 2011

**The Eunice Harris 5K is scheduled for August 3<sup>rd</sup>. Her contribution to the running community and our club in particular is unmatched to this day. Colin Harris has raised awareness for ALS and with the help of Fred Haslett and LIRRC, we have raised much needed funding to fight this disease.**



**COLIN HARRIS**

**Join us as we continue the battle with Colin and run with us on August 3<sup>rd</sup>. It's a tremendous tribute to Eunice, who is always with us in spirit!**

## **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-6<sup>th</sup> grade. Reasonable rates. Call Fred at 516 569-4196 or email [fredhas@verizon.net](mailto: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.shafrancollectibles.com](http://www.shafrancollectibles.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](mailto:Peraltafit2run@yahoo.com).**

**Margaret also teaches ZUMBA in East Meadow. Classes are only \$10.**

**Meet every Tuesday @ 7PM and Saturday @ 11AM. E-mail Margaret and go see what all the fuss is about!**

### **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](mailto: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**

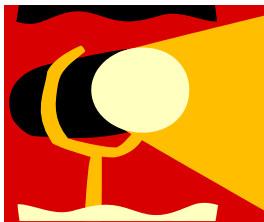
**If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.**

**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.**

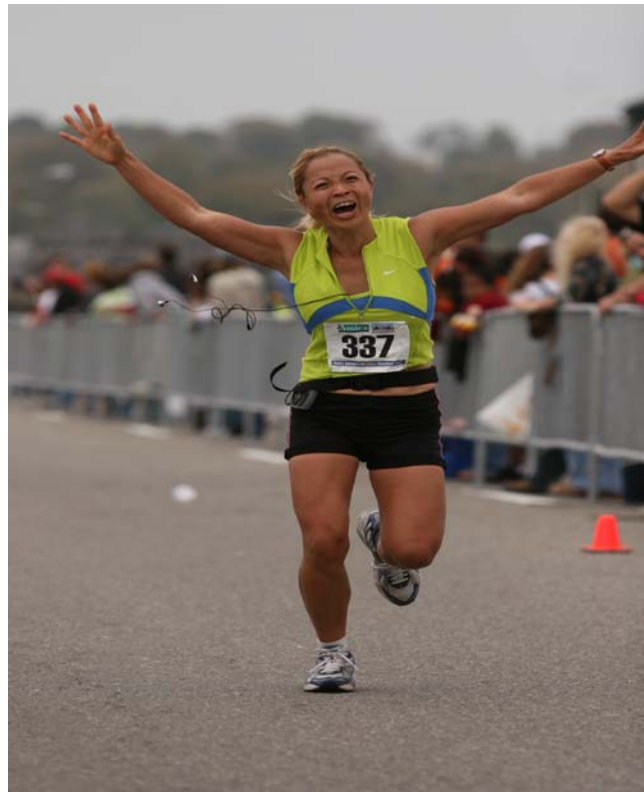
**Call: Jane Vongvorachoti-516-263-5369**

**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.....



ANNA LAU.....



**Anna Lau walked with her friends and the local beaches and parks. “I noticed the runners and admired them and their graceful movements. I wanted to be like them. I started running in the streets by myself**

and one of my neighbors told me there was a group that met once a week. The rest is history.” Anna’s favorite single race is the Long Island Marathon, which she refers to as her first running accomplishment. “Every year I run it, it reminds me of why I got into running, all the goals I’ve achieved, and all the friends I’ve made.....right in my own backyard!” We contacted Anna and she agreed to be interviewed for this edition.

**Q. What are your favorite pre-race and post-race foods?**

“Before I race in the morning I eat oatmeal with cocoa powder for breakfast – I like chocolate & oatmeal is good for me. After the race I drink chocolate milk because I like chocolate and milk is good for me. Did I mention I like chocolate?”

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

“I don’t care about PR’s or racing against others. I just enjoy running and that allows me to not injure myself.”

**Q. Do you have a particular running story you would like to share?**

“When I ran the Rhode Island Marathon (to qualify for the Boston Marathon) I had to run a sub 4 for my age group. I ran so hard, my legs cramped up and I finished half running, half limping with a time of 3:59:02. I had such an expression on my face when I crossed the finish line, race officials used my picture as the poster child on their web page for three years! It showed pain and elation at the same time.”

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

“My goal is to run the five majors. I did two out of five and will run the last three as time permits and my family time is not as demanding.”

The Lau family is active & supportive. Anna’s daughter and son both run for their school, and Anna’s daughter ran her first half marathon

when she was 16 years old! The family coach is Anna's husband, who doesn't run, but who is out there all the time. Yoga, swimming and lifting weights is also a part of Anna's regimen, all toward her goal this year of staying healthy and continuing her running. The Long Island Road Runners wish both Anna & her family continued good luck in all her endeavors!



Scott & Linda Fairgrieve



Jon Soldo



George Brown



Frederick Smith



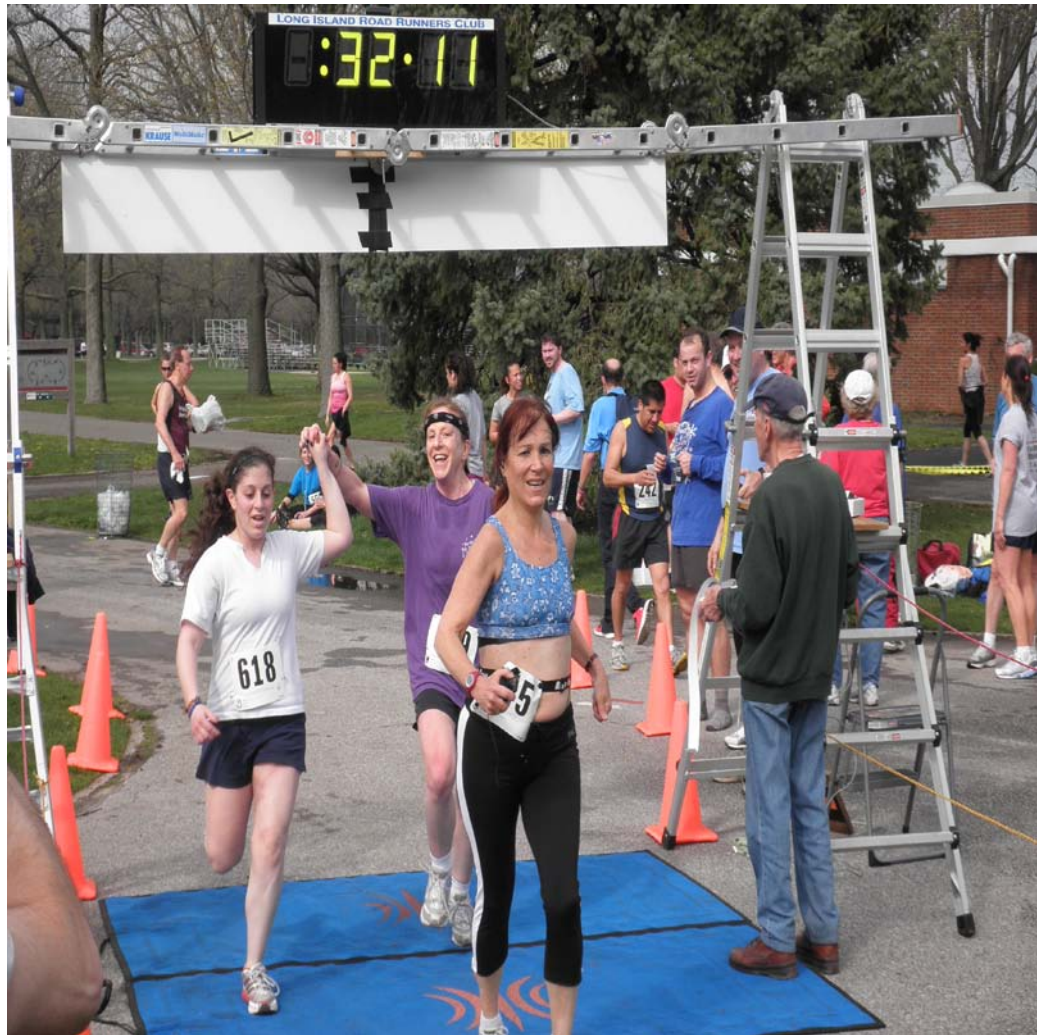
Mike Ozazon & Peter Cirona



Hanna Peterson



Joe Cordero



*Gabrielle Schnitzel / Rochelle Holden*



Megan & Terrence Abramowski  
Vincent Aiello / Maryann Gross



UNTIL NEXT TIME.....

**Michael Johnson**, the Olympic gold medal runner, was on his way to a club with some friends. At the door, the bouncer turned to him and said: "Sorry, mate, you can't come in here - no denim". Michael was quite annoyed at this and retorted: "Don't you know who I am? I'm Michael Johnson". "Then it won't take you long to run home and change, will it?" replied the bouncer.



The marathon is like a bullfight. There are two ways to kill a bull, for instance. There is the easy way, for one. But all the great matadors end up either dead or mauled because for them killing the bull is not nearly as important as how they kill the bull. They always approach the bull at the greatest risk to themselves, and I admire that. In the marathon, likewise, there are two ways to win. There's the easy way if all you care about is winning. You hang back and risk nothing. Then kick and try to nip the leaders at the end. Or you can push, challenge the others, make it an exciting race, risking everything. Maybe you lose, but as for me, I'd rather run a gutsy race, pushing all the way and lose, then run a conservative, easy race only for a win.

**Alberto Salazar**



*Joe Guardino*

**The Long Island Road Runners**

*PO Box 232*

*East Meadow, New York 11554*

*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.—Kathy Agricola**

**BOARD OF DIRECTORS**

**Juan Oliveras**

**Kathy Agricola**

**David Philippi**

**Sgt. At Arms—Richie Delorantis**

**THE RACE TEAM CAPTAINS**

**Masters Men—Juan Oliveras**

**Senior Masters Men—Jim Thornton**

**RACE OFFICIALS**

**Fred Haslett**

**Bob Patterson**

**Colin Harris**

**David Philippi**

**Peter Cirona**

**Juan Oliveras**

**Joyce Patterson**

**Sally Robson**

**Kathy Agricola**

**BOARD EMERITI**

**Jim Murphy**

**Herb Waldren**

**ADVISORY BOARD**

**Jim Thornton**

**Michael Ogazon**

**Kathy Agricola**

**Juan Oliveras**

**NEWSLETTER EDITOR – Jim Ferguson**