



WELCOME TO LATE SUMMER ON LONG ISLAND
4TH Edition – August 2011

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

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

**The sun may be setting a little bit earlier, but we are still in a beautiful time of year on Long Island, and the running is excellent! Welcome to the 4th edition of the LIRRC Newsletter at LIRRC.ORG!
The Wednesday Night Series is winding down, so grab your friends and join Long Island's Oldest Running Club at Eisenhower Park!**

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



FRED HASLETT
PRESIDENT OF THE LONG ISLAND ROAD RUNNERS

President's Message

Here we are with another edition of our newsletter. Jim Ferguson, our newsletter editor, is doing such a great job of writing, editing, and publishing, that it seems that when one edition is published, another edition is being made up.

It's such a big improvement from past procedures and Jim cannot be commended enough for his innovation and eagerness.

I'd also like to thank Dennis Boyd and wife Gail of Massapequa RR and also of FLRRT, for stepping in to help us with race timing while Bob Patterson's work has kept him from his timing duties.

In road racing, the general definition of a “bandit” is: any person that runs the course and makes use of the race support but has not paid for the right to be there.

Recently, we have been plagued by more bandits in our races. I have been making announcements before the start of our races that you must have a number on and be registered to participate in our races. This is not an unreasonable request.

In past weeks, not only have bandits used our races to time themselves, but that have been seen taking refreshments, oranges, etc., after the race.

Any amenities, be it water, or oranges, or whatever, are for registrants only.

The last week I would not start the race until the bandits left the start line. We waited and they did, only to jump back in again. This week I announced it again that you must have a number to run in our race, and we counted no less than 5 bandits, in which we chastised them.

There are reasons for people banditing our races.

1. They got there after registration closed 15 minutes before the race and wanted to run. If they miss registration, they can help out.
2. They just wanted to get in a workout using our race.
3. They’re too cheap to pay our very low race fees.

All three excuses don’t wash. Being a bandit is cheating and stealing. It helps drain our resources, adds to crowding conditions, and could possibly affect results. Now I know that with chip timing the latter is probably not going to happen, but without chip timing it could possibly affect results, but regardless if results are affected or not, banditing is unethical and bandits steal.

We will continue to work on purging bandits from our races for the safety of our runners and the integrity of our races, and identify them for the thieves that they are.

It's not fair to us, and certainly not fair to all of you who pay to enter the race.

We'll see you in the park,

Fred

The Phidippides Award

Bill Benson, in his contributions to "Footnotes", the GLIRC Monthly, has always pressed for Long Island Master Runners to apply for this award, given by USATF for those who qualify based on their participation. It is a nice recognition for your efforts on the road. Learn more at USATF.COM, and start documenting your race times!

Heard & Seen Around the Park

What long time couple in the running community has recently shown signs of trouble when the male partner has been recently spotted in Eisenhower spending time with a new female friend?Rumor has it that none other than Deena Kastor has registered for the Cow Harbor in Northport on Saturday, September 17th.



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.



**Trophy Time on Father's Day!
June 19th @ Father's Day Levittown Kiwanis 5K
Bill Schroeder, Ira Kaplan, Bob Monaco
& Suzanne Macaulay**

Great Job!

Welcome Members!

| | | |
|---------------------|------------------|-------------------|
| Bill Curcio | Bridget Balducci | Patrica Barragoto |
| Victoria Belegrinos | Allen Cheong | Marylou King |
| Barbara Cooper | Leigh Cursio | Matthew Dunlevy |
| Sharon Green | Linda Iadevaia | Eric Gustafson |
| James Muller | Diane Pawlowski | Carl Lorenz |
| Steven Sprague | John Wallace | Chris Monez |
| Kelly Warch | Keri Wasson | Sharon Stewart |
| Steve Snyder | Marie Achatz | Jeff Tafla |
| Jack Brolly | Richard Cameron | Gretchen Thorner |
| Tom Williams | Steven Dabundo | Barbara Wieboldt |
| Michael Del Bianco | Ann Macdougall | |
| Deepti Mahajan | Stephen Rooney | |

Why not start out your LIRRC experience by contributing to our Newsletter? We are always looking for ideas, articles, photos.....well, you get the idea! Send your submissions to Jim Ferguson at PROFFESOR4@AOL.COM.



The Long Island Road Runners mourn the passing of

Bob Lasky

1935 - 2011

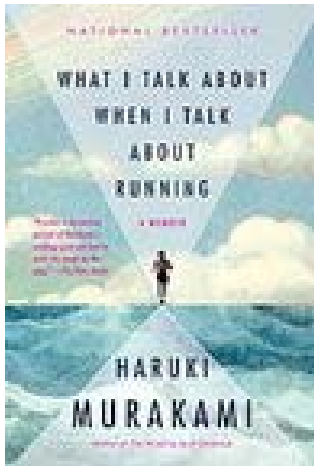
Bob had been active over the past decade as a GLIRRC volunteer. I once asked him why he came to the running events, not having been a runner. "I like the people." I can't think of a better answer either. Bob was also a golf fanatic and of course volunteered for big golf events as well. He looked forward to his Wednesday night get-togethers with Tom Caro and others. Bob would walk while others ran - then all have dinner.

He lost his wife several years ago to Lupus. His other great passion in life was his position as a season ticket holder for the NY Islanders. He will be sorely missed by his daughter and two lovely grandchildren....and the running community!

- Paul Fetscher



**The Post-Race Party after the Utica Boilermaker 15K
July 10, 2011**



This Month's Pick:

What I Talk About When I Talk About Running

-Haruki Murakami

“A brilliant meditation on how his running and writing nurture and sustain each other.....With spare, encouraging prose....Murakami shares his runner's high.”

- Sports Illustrated



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

“What a great newsletter. Job well done. I truly enjoyed reading it. Looking forward to the next one. Thanks!”

Joan Ackerman



“Outta Town” Report
34th Annual
Utica Boilermaker 15K
Sunday, July 10, 2011

The Boilermaker was everything you could want in a race. From the Expo on Saturday right through to the post race party, it was a real runners event. Race time temperature was 58 degrees, a real blessing since the temperature and humidity rose as quickly as the hills on the course. The tricky part about those hills is that they start right at the beginning of the race for three miles. It's up again at Miles 6 & 8, and it can take a toll. I might have taken this race too casually, since I was wiped out for 2 days after. Next year its core and hill work! Morocco's Ridouane Harroufi (43:30) won it for the men, and coming in first for the women was Alice Timbilili of Kenya with a time of 48:41. The *Observer-Dispatch* listed results for 11,043 runners of the 15K, and Utica as well as surrounding towns came out in full support of the race. The post race party was held on the grounds of the F.X. Matt Brewery, who served keg after keg of Saranac Beer. Joined by Chobani Yogurt, and more than a thousand volunteers, they really put on a great show. There is 5K event also, and for anyone wanting to try something different and challenging, I urge you to check this out next year.

Around The Track

How do you report on a ton of races? Well here goes!.....The Long Island Police Appreciation Run was held on June 9th. Anthony Galven (17:32) and Jessica Petermann (19:06) took first place in their divisions in Richard Brodsky's Aids/Cancer 5K in Seaford On June 12th. Deer Park hosted the D.C. Raymond M. Downey Memorial 5K on June 19th with a huge crowd on a warm morning, Kyle Merber came through with a 16:17, and Una Broderick paced the women with a 19:24. On Sunday Evening, June 26th, Massapequa streets were again lined with runners for the Massapequa Firecracker 5K. Overall, Joseph Grieco led the male division with a 15:39, and Jessica Petermann came through for the ladies with an 18:49. For the Masters, Carlos Castro posted a 16:57, while Jill Skelly scored a 20:17. Yours truly headed up to Connecticut to run with my sons in the Stratton-Faxon 5K in Fairfield. Well supported by the town, the race was flat & fast. A Half Marathon on Sunday capped off the weekend events too. This is a good group of races to look into for next year for those who want to mix up the scenery a bit. The *Renegade Runners* have been making their way to the Wednesday Night Series, and it's always good to see them out there. It's a true sign that summer is here! Based in Jamaica, Queens, you can reach them on their website at RenegadeRunners.com...The Bellmore Striders hosted a Forth of July 4 miler, part of the USATF-LI Grand Prix Series, and it was well attended on the humid holiday morning. The LIRRC Men's Race Team was in full force, with our own Fred Haslett running with us!



What can you say about the Rolling Thunder Run? It's simply a great run for a great cause with a bunch of true athletes that give it their all. It was a warm morning in Hauppauge for their 13th Annual event on July 17th, and if you have forgotten for even one moment about the human side of our sport you will see it all when the Rolling Thunder Team hits the trail. There are many good professional people and dedicated volunteers involved with this team, and our thanks to all of them including Steve Cuomo, Rolling Thunder's Head Coach. You can find out more at www.RTSNP.org.....I realize that this report is not all inclusive – I urge someone to step forward to write about their experiences at different races – your input would be valuable and most welcome! As we moved toward press time, the Massapequa Merchants Mile was held on Saturday, August 06th. A great field of runners in all age groups participated, and as I posted on my Facebook page, there are some fast people out there! Dominick Dematteo (who is also mentioned in this newsletter as the winner of the Eunice Harris 5k) took first with a smokin' 4:23....First female was Lianne Farber from Northport with a 5:08. Rumors abound about a photo finish between LIRRC Race Team Captain Juan Oliveras (7:10) and yours truly (7:11). Suffice it to say we had a great run and a great time.....It was an absolute pleasure speaking with Gary Klein (1st place M 55-59 5:40), a real gentleman who is tearing up the roads this year and currently leading his age group in the USATF Grand Prix Series. Good job, Gary! See you on the trails!

The Long Island Road Runners mourn the passing of

Frank Clinton

We recently found out that original LIRRC member Frank Clinton passed away on April 29, 2011. Frank was a lifetime club member.

CLINTON - Frank R. (Bunky), 89, of Westbury, NY, on April 29, 2011. Beloved husband of the late Doris (nee Thomas). Loving father of Brian (Georgann) and the late Cindy and Timmy. Cherished grandfather of B.J., Nick and Tom. Frank was a lifetime resident of Westbury and member of St. Brigid's Parish. Decorated WWII Army Veteran (Pacific). Land Surveyor for 58 years. Former Assistant Scoutmaster Troop 233, Equestrian, E.M. and Bereavement Facilitator. Member of L.I. Road Runners Club.

We extend our deepest condolences to Frank's family.

LI RRC RACE TEAMS



WOMENS TEAM

Kathy Agricola (Co-Captain)

Adriana Staiano (Co-Captain)

| | | |
|---------------------------|------------------------|-----------------------|
| Mary Kroebel-Smith | Debra Savarese | Susan Schmuck |
| Eileen Hession | Paula Groothuis | Yuwanna Landau |
| Emily Bloomfield | | |

MENS MASTERS

Juan Oliveras (Captain)

| | | |
|----------------------|-------------------------|------------------------|
| 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 | Hector Jarimelo |
| Steve Snyder | | |

LIRRC RACE TEAM SCHEDULE

AUGUST – NOVEMBER

Sat. 9/3 Farmingdale Main Street Mile
T Farmingdale • Bob Cook • (516) 420-7963

Sat. 10/15 Supervisor's Oysterfest 5K
Oyster Bay • Mike Polansky • (516) 349-7646

Sun. 10/23 Blazing Trails 4 Mile Run 4 Autism
Great Neck • Robyn Schneider • (516) 349-7646

Sun. 11/13 Great Prostate Cancer 5K Run
Rhonda Samuel • (516) 349-7646

Sat. 11/19 Fly With the Owls 4 Miler
Lynbrook • Cathy Papandrew • (516) 641-2484

Joining the race team is easy & a ton of fun. It's not about speed, but about participating in the select races (as listed above) in order to score individual points for yourself and collective points for your team. LIRRC President Fred Haslett said it best in last month's newsletter: "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!" Joining the race team keeps you focused regardless of your running ability and helps you set goals if you want to improve. Contact the race captains today! And see our standings @ www.long-island.usatf.org



BILL BETANCOURT @ JENNINGS BEACH
FOR THE STRATTON-FAXON 5K



Yes....#137 is our own **Adrianna Staiano**
Co-Captain of the Women's Race Team
At the Massapequa Merchants Mile 8/6/11
Great Job, Adrianna!



QUOTABLE

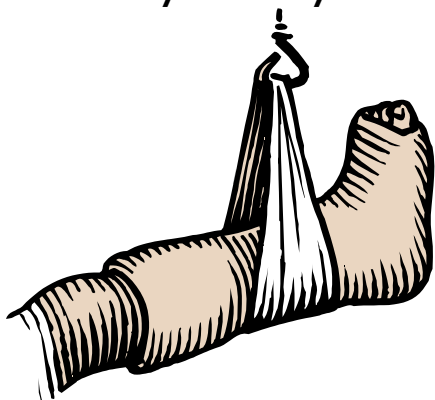
"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." – Steve Prefontaine

THE INJURY LIST

No reports of injuries were made this month, but I know some of us are on the mend for one thing or another. Remember:

Rest – Ice – Compression - Elevation

Let's stay healthy out there!





THE LIRRC QUIZ!

From the June Edition:

Q. 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?

The Answers:

Walter Kueffner e-mailed the answer on the same day that the last newsletter was posted to the website – That’s quick work, Walter!

On July 25th, Santiago Sanchez also e-mailed the correct answer! Good Job!

“The answer is Tyson Gay from the USA”.

This month’s quiz.....4 questions!

Sandor Rozsnyoi of Hungary set a world record in 1954, the first IAAF recognized record in which event?

- 10,000m Race Walk
- Hammer Throw
- Marathon
- 1500m
- 3,000m steeple chase

Who holds the men's 200m world record?

- Ato Boldon
- Michael Johnson
- Carl Lewis
- Lasse Viren
- Usain Bolt

Who holds the women's 800m world record?

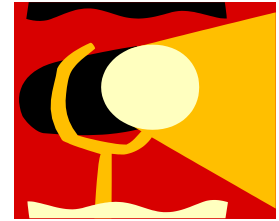
- Marita Koch
- Jarmila Kratochvilova
- Maria Mutola
- Anna Quirot
- Svetlana Masterkova

Who holds the women's 1500m world record?

- Mary Slaney
- Qu Yunxia
- Wang Junxia
- Suzy Hamilton
- Svetlana Masterkova

E-mail Jim Ferguson @ professor4@aol.com with the answers!

LIRRC SPOTLIGHTS.....



Bill Schroeder



Bill Schroeder joined LIRRC in 2005 when he started running again for the health benefits. A member of the Men's Race Team, Bill was asked about his favorite single race, and he doesn't hedge. "Definitely, the Ocean to Sound Relay. I always take home a lot of great memories from that race. The camaraderie & chaos combine to make it a unique event and they have a great party afterwards."

Bill doesn't cross train, but he logs in about 40 miles a week, a schedule that apparently serves him well. "I feel when I'm doing this on a consistent basis, I can run any race from the mile to half marathon & do well." Right now, his two major goals are to break 1:30 for the half, and 19:00 for the 5K

Somehow over the years Cow Harbor and its hills have eluded him, but he hopes to run it in 2012 – and he challenges us to join him! We spoke to Bill at the Massapequa Firecracker Run.

Q. When did you start running?

A. I ran cross-country & track in high school but didn't run consistently again until I joined LIRRC.

Q. Is there a particular runner you admire?

A. If I had to pick one, it would be Bob McVetty. You would think that after being an active member of the race community for so long, his competitive fire would burn a little lower. Not true for Bob, though. There are many runners I admire, and I always make it a point to talk to them.

Q. What is your next major race?

A. The Massapequa Merchants Mile on August 6th. It's a mostly straight course (no turns) & a gradual down slope.

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

A. Being stubborn, having unattained goals & listening to my body, even when we're not on speaking terms.

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

A. Pre-race: cereal, banana, OJ or hot tea.

Post-race: watermelon, especially if it's chilled.

We expect Bill to be a part of LIRRC and the Long Island Running community for a long time, and we wish him well in reaching his goals. And I for one will see him at Cow Harbor.



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.



THE EUNICE HARRIS 5K RACE REPORT AUGUST 3, 2011

On Wednesday 8/3, we held our annual Eunice Harris 5K to raise funds to fight ALS, the terrible disease that took our beloved Eunice from us. We are happy to announce that through donations and race proceeds, we raised \$1400 for the Columbia Hospital's Gift Fund in Eunice's name for ALS.

We would like to thank everyone who turned out and contributed to this so very worthy cause.

Fred Haslett said that evening, "This race is not a memorial. It's a celebration of Eunice's life."

The sky threatened, and you could say it rained a bit, but one hundred & ten runners crossed the finish line in Eisenhower Park that evening, and they could not be deterred! Leading the pack for the men was Dominick Dematteo running a 15:47, and on the women's side, Cristin Delaney-Guille came in at 20:33.

As usual for LIRRC events, a great raffle and 50/50 followed.

Steve Snyder



Having the BUG

When we hear of someone having a bug, it usually isn't a good thing. All sorts of thoughts go through your mind. Is it the Flu, Cold, Virus, Etc.... When a runner has the bug it is a good thing. Some of you probably know what I am talking about.

When you started running, you had your own personal reason for doing so, whether it was to stay in shape, lose weight or just as a hobby. As you progressed in your running ability and enjoyment of it you found that you needed it more and more. It is almost like an addiction, but it really is what we call the Running BUG.

If you ever have gone without running for a period of time, you start to feel like you need to go out and hit the road.

The feeling of your feet pounding the pavement, the sound of the cars and surrounding noises in the background as you de-stress from your daily routine. Yes, this bug actually makes you feel good.

You know the feeling, that feeling when you found that you could do a mile without stopping for the first time, as you progress and increase your distance you now completed your first 5k. Remember how good you felt back then.

Your accomplishments are endless while you run. I have always said that “I can solve the problems of the world while I am out running”. The physical and mental benefits are amazing due to this thing we call the Running Bug.

All it takes is a good run to turn a bad day into a good one, whether you had a bad day at work, or you're just feeling blah. You put on those running shoes go to the local track, or your favorite course you mapped out and run. It's amazing how fast you start to feel better.

So, keep hitting the roads, track, and path wherever you run and keep the BUG alive.

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.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.

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

COMPUTER PROBLEMS?

PC Aid 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

VISIT THE RUNNER'S STOP in Lynbrook at 20 Atlantic Avenue Lynbrook NY 11563. See Ellen and the gang. Visit their website www.runnersstop.com – or call them at 516.568.7333

LIRRC SPOTLIGHTS.....

JESSICA PETERMANN



I've run quite a few races this year and couldn't help but notice a person stepping up to the podium pretty regularly when the awards were given out – Jessica Petermann. I felt she would be a great runner to interview for this edition of the LIRRC Newsletter, and she graciously agreed.

Jessica started running in junior high when she was asked to run cross country for Amityville High School. “At the time the school had no full men or women’s team.” Eventually, Jessica joined the team at Bucknell.

Locally, Jessica has recently scored wins in the Massapequa Firecracker 5K and the Rolling Thunder 5K. She is fond of 10K and half-marathons, but has yet to run Cow Harbor nor has she completed a marathon. In terms of goals, she would like to finish in the top three in the Diva Half Marathon and set a new PR which would be under 1:24:57 – the recent time for the NYC Half Marathon this year.

How many miles do you try to do in a week?

Unfortunately with work I don’t get to log a lot of mileage – usually only about 30 miles a week.

What are your favorite running shoes?

I wear Asics.

Do you cross-train?

Yes, mainly with ellipticals now. I used to race tri’s where I lived in the Caribbean, but I haven’t done one in several years.

Jessica works 12 to 14 hour shifts as a vet and uses late night runs to unwind and de-stress. Apparently it’s a good plan, and we wish her continued success in her running. We’ll see you on the trails as she continues on her quests on Long Island!



Jay Betancourt with Miss Long Island
@
The Thunder Run



UNTIL NEXT TIME.....

How do you know when running is taking over your life?

I was sitting in my office one day, when the personnel director stuck his head in the door and asked, "are you in the 401k"? Without missing a beat, my crack engineering mind calculated the distance, and I replied, "Are you kidding? That's over 200 miles!"

The personnel director gave me a blank look, and I almost died laughing.

This online newsletter is a publication of the Long Island Road Runners Club. We thank our members, runners, and volunteers who contribute their talents and time to make our club the success that it is and has been for 35 years. We welcome your comments, articles, photos, and race reports, and invite you to share stories of your successes and accomplishments both on and off the track. Keep in touch through our website, our hotline, or through e-mails or Facebook, and join us for our remaining Wednesday Night Races until Fall, when our Sunday Morning runs kick in.

The Long Island Road Runners

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Vice President/Assistant Race Director—Peter Cirona

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