

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



## ***Edition 19 - NUTRITION***



**Spring is Coming!**



## FRED HASLETT PRESIDENT LONG ISLAND ROAD RUNNERS PRESIDENT'S STATEMENT FEBRUARY 2014

When our newsletter editor, Jim Ferguson, asked me to write my message about nutrition, I was miffed. I certainly am no expert on nutrition, and I never pretended to be. Sure, I drink lite beer, and I think that's dieting. Give me a good juicy Nathan's hot dog from the grill, or a piece of Pete Cirona's birthday sheet cake. I always thought that being a runner balanced out the negativity of any junk food I ate.

I also followed these diet tips:

1. If you eat something and no one sees you eat it, it has no calories.
2. If you drink a diet soda with a candy bar, the diet soda cancels out the calories in the candy bar.
3. When you eat with someone else, calories don't count if you do not eat more than they do.
4. Food used for medicinal purposes NEVER counts, such as hot chocolate, brandy, toast and Sara Lee Cheesecake.
5. If you fatten up everyone else around you, then you look thinner.
6. Movie related foods do not have additional calories because they are part of the entertainment package and not part of one's personal fuel. (Examples: Milk Duds, buttered popcorn, Junior Mints, Red Hots and Tootsie Rolls.)
7. Cookie pieces contain no calories. The process of breaking causes calorie leakage.
8. Things licked off knives and spoons have no calories if you are in the process of preparing something.
9. Foods that have the same color have the same number of calories. (Examples: spinach and pistachio ice cream; mushrooms and mashed potatoes.)
10. Anything consumed while standing has no calories. This is due to gravity and the density of the caloric mass.
11. Anything consumed from someone else's plate has no calories since the calories rightfully belong to the other person and will cling to his/her plate. (We ALL know how calories like to cling!)

Now as I grew older, I realized that the above diet is a myth. Who knew?

So now I'll try to eat better, add some fruits and veggies to my diet, and hope for the best.

And , oh yeah, I plan on running a little more too.

Now, down to some serious business.

On March 16<sup>th</sup>, we open up our 4 race spring series with our annual John Corrigan 4x2 mile relay in Eisenhower. The race honors the memory of LIRRC and Valley Stream RC member John Corrigan, a gentleman and friend of us all, who passed away years back after finishing his leg of the relay. We named this race to honor him.

This race is always fun and this year we are adding Pete Cirona's special chicken noodle soup to keep you warm in between legs. We'll also have our usual coffee, bagels, hot chocolate, and Irish Soda Bread. In addition, there will be awards 3 deep in at least 9 categories. Who will have bragging rights among clubs? Let's settle it on 3/16.

And don't forget that we honor our own Colin Harris with a 4 mile race named for him on 3/23, and our Jack Dowling 5K on 3/30. Jack was co-founder of our club and passed away around 2002.

Our final spring race is our popular Easter Bunny 5K held on 4/20<sup>th</sup>. You can pre-register for this race to be in a special raffle for runners who sign up early.

We hope to see you in the park!

## Running Notes.....

The Long island Road Runners Club sends our heartfelt condolences to the family of Steven Turkovich, who passed away in December after a year-long battle with brain cancer. Steven knew how to bring a smile or laugh with him everywhere he went. May he rest in peace.

Carlos Castro, who won the 2002 Long Island Marathon, was seriously injured after 2 horses collided during exercise maneuvers at Aqueduct Race Track on January 6, 2014. He is on the mend, and the Long Island Road Runners wish him a speedy recovery!

Congratulations to membership raffle winner Nicholas Comerford of Mineola. He won a \$75 Amex gift card for paying his dues by 1/31/14! Enjoy it Nick, and thank you for supporting the LIRRC!

### Our 2013 award winners:

Adriana Staiano- Female Runner of the Year

Steve Juchem- Male Runner of the Year

Mike Broderick- Member of the Year

Steve Sprague- Most Improved Runner



**Bob Beattie posted a great video of the Boys Invitational 1 Mile Run - Hispanic Games 2014.**

**Check it out at [runnerspace.com](http://runnerspace.com) or use the following link:**

**[http://www.runnerspace.com/video.php?video\\_id=102210#ooid=YxYXFpajoM452JYpFhqJdIZIj7ql2S1](http://www.runnerspace.com/video.php?video_id=102210#ooid=YxYXFpajoM452JYpFhqJdIZIj7ql2S1)**

**Congratulations to Mike Brannigan of Northport for a great run!**

# Diet and Nutrition for Runners

## *Eat Well for Good Health and Running Performance*

By Christine Luff

**As a runner, your diet is important not only for maintaining good health, but also to promote peak performance. Proper nutrition and hydration can make or break a workout or race, and also greatly affects how runners feel, work and think.**

**A balanced diet for healthy runners should include these essentials: carbohydrates, protein, fats, vitamins, and minerals. Here are some basic guidelines for a nutritious, healthy balance:**

### **Carbohydrates**

**As a runner, carbohydrates should make up about 60 - 65% of your total calorie intake. Without a doubt, carbs are the best source of energy for athletes. Research has shown that for both quick and long-lasting energy, our bodies work more efficiently with carbs than they do with proteins or fats. Whole grain pasta, steamed or boiled rice, potatoes, fruits, starchy vegetables, and whole grain breads are good carb sources.**

### **Protein**

**Protein is used for some energy and to repair tissue damaged during training. In addition to being an essential nutrient, protein keeps you feeling full longer, which helps if you're trying to lose weight. Protein should make up about 15% - 20% of your daily intake. Runners, especially those running long distances, should consume .5 to .75 grams of protein per pound of body weight. Try to concentrate on protein sources that are low in fat and cholesterol such as lean meats, fish, low-fat dairy products, poultry, whole grains, and beans.  
More: Sports Nutrition Mistake: Not Getting Enough Protein**

### **Fat**

**A high fat diet can quickly pack on the pounds, so try to make sure that no more than 20 - 25% of your total diet comes from fats. Stick to foods low in saturated fats and cholesterol. Foods such as nuts, oils, and cold-water fish provide essential fats called omega-3s, which are vital for good health and can help prevent certain diseases. Most experts recommend getting about 3,000 mg of omega-3 fat a day.**

## **Vitamins**

Runners don't get energy from vitamins, but they are still an important part of their diet. Exercise may produce compounds called free radicals, which can damage cells. Vitamins C, E, and A are antioxidants and can neutralize free radicals. Getting your vitamins from whole foods is preferable to supplementation; there's no strong evidence that taking supplements improves either health or athletic performance.

## **Minerals**

**Calcium:** A calcium-rich diet is essential for runners to prevent osteoporosis and stress fractures. Good sources of calcium include low-fat dairy products, calcium-fortified juices, dark leafy vegetables, beans, and eggs. Your goal should be 1,000 to 1,300 mg of calcium per day.

### **Iron:**

You need this nutrient to deliver oxygen to your cells. If you have an iron-poor diet, you'll feel weak and fatigued, especially when you run. Men should aim for 8 mg of iron a day, and women need 18 mg. Good natural sources of iron include lean meats, leafy green vegetables, nuts, shrimp, and scallops.

**More: Sports Nutrition Mistake: Not Getting Enough Iron**

### **Sodium and other electrolytes:**

Small amounts of sodium and other electrolytes are lost through sweat during exercise. Usually, electrolytes are replaced if you follow a balanced diet. But if you find yourself craving salty foods, it may be your body's way of telling you to get more sodium. Try drinking a sports drink or eating some pretzels after exercise. If you're running longer than 90 minutes, then you should need to replace some of the electrolytes you're losing through sweat by drinking sports drinks or taking in salt during your runs.





### **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.**



**LIRRC Ended the year in fine fashion with the Santa 5K held on Sunday, December 22<sup>nd</sup>. 144 finishers came out on a warm (record-breaking) day for a festive race. Wantagh Woods Chiropractic set up a table for our runners, and pre and post race drinks were provided by Zico. Check our website for full results!**



**Mike Ogazon with Curtis Dixon at the  
Santa 5K**



**Hello Ladies,  
hope you are all staying warm these days.**

**We wanted to share with you some exciting news that one of our members was featured in Newsday January 28th in the "Health" section "dropping lbs". What an exciting and inspirational story about hard work and dedication and the success Marlo has had is truly remarkable. We congratulate Marlo on her amazing success and wish her continued success in the future!!**

**We have attached the pdf file of the Newsday article for your enjoyment. The best part is how fabulous Marlo looks and of course her good advice--you need to take care of yourself to be able to take care of others (so true).**

**Marlo, You look marvelous!! CONGRATULATIONS!!**

**Regards,  
Adriana & Kathy 😊**

**<http://mail.aol.com/38331-111/aol-6/en-us/mail/get-attachment.aspx?uid=30417381&folder=NewMail&partId=3&saveAs=Marlo.pdf>**

# 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**

## **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](http://www.runnersstop.com) – or call them at 516.568.7333**



By [Leslie Albrecht](#) on January 9, 2014 7:06pm

[@Reporter Leslie](#)

PARK SLOPE — The vegan author who collapsed while jogging in Prospect Park on New Year's Eve has died, a friend said.

Rynn Berry, 68, died about 12:30 p.m Thursday at New York Methodist Hospital with his family by his side, said his longtime friend Martin Rowe.

Rowe did not know the exact cause of death, but a doctor at New York Methodist Hospital told him Berry went into cardiac arrest while he was jogging in the park and had been on life support ever since. A hospital spokeswoman and the Medical Examiner's office did not respond immediately to requests for comment.

"It's almost as if he was waiting to be identified before letting go," Rowe said.

Berry, who had asthma, was carrying an inhaler but no identification when he was found in the park. His identity was a mystery for more than a week. New York's running community worked to spread the word through social media, and members of running groups even visited Berry in the hospital to see if they recognized him.

After police released a photo of an unconscious Berry in his hospital bed, Berry's half brother identified him on Jan. 7.

Berry, who lived alone, was a scholar and historian of veganism and vegetarianism. He was an adviser to the North American Vegetarian Society who traveled to international conferences to speak on the history of vegetable-based diets. He wrote "The Vegan Guide to New York City," which became a staple at health food stores across the city, Rowe said.



Berry made an international impact with his work, Rowe said, but to New Yorkers, he was perhaps best known as a regular presence at the Union Square greenmarket, where he sold his books and chatted with passers-by about his work for about 20 years, Rowe said.

"He has been seen by thousands, maybe millions of people passing through Union Square," Rowe said. "Maybe they had no idea who he was, but now they will. Maybe there's some justice there, if word gets out about his work."

\*\*\*\*\*

## **An excerpt from "An Interview With The Oatmeal"**

***Matthew Inman, creator of the insanely popular online comic, talks running nutrition.***

**Q. You seem to be a bit of a contrarian when it comes to things like nutrition. Yes?**

**A. Yeah, I run well and eat badly.**

**Q. Explain your philosophy on diet and nutrition, assuming you have one (and maybe you don't)?**

**A. My eating habits are that of a circus animal. Every time I do a trick, I get a reward. Ran 20 miles? Heck yes it's time for meatloaf and gummy bears. The best advice I can give other runners is to not eat like I do.**



## WE GET E-MAILS!

Dear Racing Staff,

I wanted to take a moment and say thank you for today's 5k race. Although I have logged many miles over the years and have run in Eisenhower many times while on the Hofstra CC team and I occasionally enjoy road races, I have to admit it's been too long since my last race with LIRRC in the park. My father, Cliff Gulbransen died at 76 years old in 2001, was an very dedicated racer on Long Island and he was an avid fan of LIRRC in the 80's-90's.

At this time in my life I've decided to re-enter the racing scene and I promise to show my face more often. I know you appreciate volunteers but I work as a physician 6-7 days a week so my time is limited. Today I was quite impressed by how simple and organized your event was yet we all had so much fun and the race was as professional as any other. That being said, if there is anything (technology, equipment, etc) that the club needs/wishes to own in order to continue to hold races, I would be willing to make a reasonable donation. Think it over and let me know.

In the meantime I wish you all health and happiness during the Holiday Season.

Dr Greg Gulbransen  
Pediatrician  
Syosset, NY

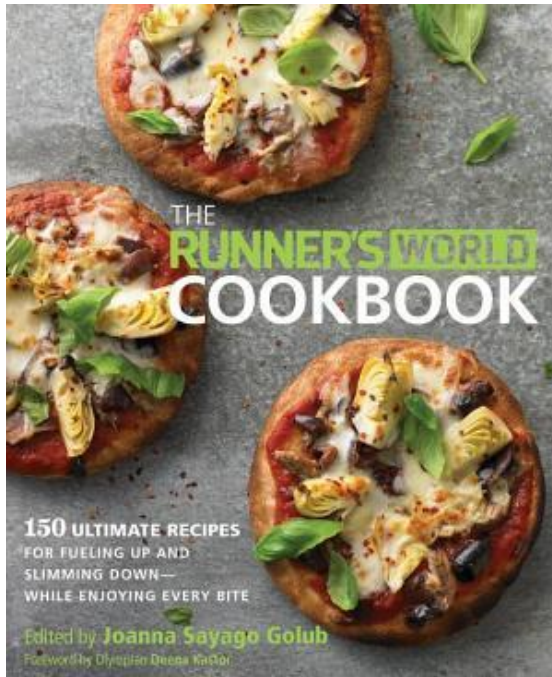
Hi, I was born and raised on Long Island. I moved away in 1980. My parents still live in the same house I was raised in. I try and visit them 3-4 times a year. When I'm there, I always check out the race schedule for the LIRRC.

Your races are perfect! Well marked and measured courses, disposable chip timing, 5 year age groups, efficient awards ceremonies and how I love those LI bagels! I was once again at the Santa run and all went well as usual.

Thanks gang for putting these events on!

Neal Riemenschneider  
Winchester VA

## *LIRRC BOOK OF THE MONTH*



Runners need to eat well in order to perform, and what they eat can have a direct influence on how they run. This cookbook contains 150 recipes sourced primarily from RUNNERS WORLD, the authoritative voice in running. The first section of the book focuses on nutritional information and staple ingredients every runner should know, and the second part of the cookbook illustrates how to turn these facts into delicious, quick, and nutrient-boosting meals through delectable recipes. These recipes are presented by types of dishes runner can look to for satisfying performance needs in appetizing ways.

These recipes provide runners with the nutrition they need for performance, and while not specifically a diet book, these recipes along with your normal workout will help you maintain a proper weight.



*In Memoriam*

*The Long Island Road Runners Club  
Mourns the passing of*

*James Callaghan*

*A dedicated and gifted running brother. We extend our  
deepest sympathy to the Callaghan Family, and will  
remember all of you in our thoughts and prayers.*



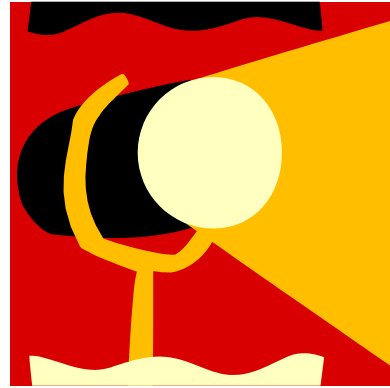
### New Members!

Welcome to the best club on Long Island! To add to your experience, you may want to get involved from the start by volunteering at a race, writing an article in the newsletter, or letting us know of your personal or running accomplishments! E-mail Jim Ferguson at [proffesor4@aol.com](mailto:proffesor4@aol.com) and get involved!

Jeannine Amodeo  
Alanna Bender  
Danielle Borgo  
Nicholas Fahlbusch  
Paul Ginocchio  
Stephen Guzik  
Kerry McElroy  
Richie Newcombe  
William Reisen  
Karen Schackner

Thomas Amodeo  
Marc Blumencranz  
Lonnie Coleman  
Jaime Freilich  
Greg Gulbransen  
John Koehler  
Veronica Morabito-Weeks  
Kerri Reino  
Nicholas Robertson

# LIRRC SPOTLIGHTS



Brian Dobkin



I started running outdoor races in July, 2011. I was there to watch my sister, Tracy Dobkin run the Chief Ray Downey 5k in Deer Park. I didn't know the name of the race we were going to, just that I was driving there and going to be a spectator. When I heard that the race was to support the fallen personnel from 9.11.01, I immediately decided I was going to participate in the event. I walked the 5k and ran for the last ¼ mile and I thought it was fun even though I was out of shape and sore afterwards. My next race was the Heart & Sole 5k. I did a run walk and finished in 44 minutes. I was so sore after the race that I was walking like Frankenstein for the rest of the day. I still had a good time and the race put a smile on my face and I decided that the pain would not stop me from running again.

Over the course of running 154 races in the last 2 ½ years, I have become a member of LIRRC, GLIRC and We Are Athletes Racing Team (WAART). After running distances of 4k, 5k, 4 miles, 8k, 5 miles, 10k, and 10 miles, my favorite race is the Cow Harbor 10k. Using the theme song from the old TV show, Green Acres, C-O-W H-A-R-B-O-R is the place...to be. It's a race where the course is challenging; the streets are lined with spectators holding up signs for the runners, water, plenty of cheering, and words of inspiration.



Personally, I think finishing this race is a great accomplishment for any runner and a personal milestone.

I have made a lot of friends in my time running on Long Island. I consider everyone at all of the races and members of all the Long Island running clubs to be my friends. The first runner that I became friends with was Bill Lofmark. I was handing out water at the Richard Brodsky 5k in Cedar Creek Park in June 2011. I had gone thru intense pain the year before from a kidney stone and I knew the pitfalls of what being dehydrated could do to the body over time. Bill was drenched in sweat, and I insisted that he take some water on the first of two laps around the park. Bill lost 100 lbs in seven months during 2011, and I figured if he can run a 5k, I'm going to do it too. We talked after the race and have been good friends ever since. I still haven't been able to match his 5k PR of 25:xx, as mine is just under 30 minutes, but I keep trying.

I love running outdoors all year long, even though my muscles feel more relaxed in the warmer weather. The competitiveness, camaraderie and going to different races all over Long Island are very enjoyable to me. Before going to races I used to eat a lot of fruit until I realized that the effects of too much citric acid in the morning cause problems.

Now, I just eat some toast with peanut butter and a banana beforehand and there is nothing like watermelon after a race.

The one race that I have not run to date is the Long Island half marathon in May. I might register for it as long as I continue to train leading up to it. Hopefully, that won't be a problem since I enjoy going to the gym to stay in shape, and to get faster on the race course.

On average, I run 5-6 miles a day on the treadmill including speed drills, four days a week, which is where I do most of my training. After sweating out my run on the treadmill, it's time to hit the weights. Sometimes, I'll go for an outdoor run with one of my friends, where we have run the Oyster Bay Supervisors 5k race course as a training run. During that training run, I stopped where the water stop is during the race, at the top of the hill after making a left turn and drank some imaginary water which was helpful. My goals for this year are to get my body strength back to where it was and to get my 5k PR into the low 20 minute range.

Every runner has their strongest moment on the race course and I thought mine was at the Inaugural Discover Hicksville 5 mile run on Aug. 17, 2013. After making the final left turn onto the straightaway to the finish line, another runner came up alongside me and said, “I saw you from way back and I said to myself I’m going to catch that guy, pass him and beat you across the finish line”. My response without looking at him was, “KEEP DREAMING” and I burned every last molecule of fuel in my body and then some in the mad dash to the finish line. You can see in the picture that both of my feet were airborne. I know from my training that I was running at 8.5 mph at that moment. I beat him and we did a hi-five after the race. I finished in 52.26 minutes.

After thinking about it though, my real strongest moment was at the Sayville Running Company 10 mile run to the Brewery, Jan. 19, 2013. It was the first time I ran that distance. I started to feel some pain in my left knee at the 3 mile mark and I tried to ignore it. When I reached the 5 mile mark I was in excruciating pain when my left foot touched the ground with my next stride. I stopped for a minute to figure out what I was going to do. I had limited range of motion with my lower left leg and every stride caused me pain.

I decided I would try to go on even though I had 5 miles to go to the finish line. By the time I passed the last water stop, I was hobbling in extreme pain. In the final 2 miles I had collapsed to the ground from my knee giving out. I got back up and said, “My name is Dobkin, I’m not a quitter, and I’m going to cross the finish line”. I was in crying pain and I was prepared to crawl to the finish line if I had to. I finished in 02:13.52 standing up, thankfully. It took three months until I was pain free again. My motto is Never Give In, and Never Give Up. Be Strong, Live Strong, Finish Strong.

I’m a neutral runner and prefer maximum heel to toe cushioning. I started running in Nike Vomero sneakers and when they wore out, I wanted a sneaker that was lower to the ground with the same cushioning without being a minimalist shoe. In 2012, I moved on to the New Balance 1080 first generation sneakers. I liked the sneaker enough to go thru two pairs of 1080v3 sneakers in 2013. I’m now running in Saucony Triumph 11 sneakers and I think the cushioning is better than the New Balance 1080 series. I’m looking forward to moving up to the Saucony Cortana series which are a mid strike running shoe, when my Triumph’s wear out in a few months.

Looking at the race calendar, my next major race will either be the 4 mile Snowflake Race in Long Beach, Little Cow Harbor 4 mile run for HOPE in Greenlawn, or the All Round Foods 10k in Plainview. Knowing me, I'll probably run all three.

Hope to see everyone on the race course,

Brian Dobkin

# Tips for Healthy Eating

By

**Dr. Barbara Rosinsky & Dr. Suzanne Plotnik**



## Wantagh Woods Chiropractic & Wellness

Dr. Barbara R. Rosinsky

Chiropractor

1705 Wantagh Avenue

Wantagh, NY 11793

516-783-0088

## **Tips for Healthy Eating**

**Dr. Barbara Rosinsky & Dr. Suzanne Plotnik**

Many of us are confused by all the conflicting information we hear about food, diet and eating habits. It can leave you wondering...What is healthy eating? Here are some simple guidelines to follow:

- Proteins and greens are good for the plate. When the main course is served, be sure to add ample lean protein and any other vegetables to your plate.
- Watch starches. Heavy carbohydrates can leave you feeling bloated and lethargic.
- Stay hydrated. To know if you are drinking enough water a simple tip is you are to drink half your body weight in ounces for example: if you are 200 pounds you need to drink 100 ounces of water a day. If you are exercising that day you may also need to increase the water intake accordingly.
- Avoid products with more than five ingredients.
- Eat foods in their least processed state; fresh is better than frozen, frozen is better than canned.
- Avoid items that were unheard of 50 years ago. Would your great grandmother know what to do with Splenda with Fiber?
- Follow this simple mantra:

**EAT FOOD, NOT TOO MUCH, MOSTLY PLANTS**

Use these guidelines to get you on the road to better health!

Dr. Barbara Rosinsky has been serving the chiropractic and health care needs of the local community for over 25 years. She can be reached at 516-783-0088.



## CAPTION CONTEST!

Figure out a caption for the pic above, and win.....something next month. Send your entries to me at [profesor4@aol.com](mailto:profesor4@aol.com).





## Finish Lines

Jim Ferguson

A tough winter can bring fresh perspectives to a runner. You may be so homebound and so full of cabin fever that you make it a point to train more, or do that one run you have yet to sign up for. It may simply make you appreciate your blessings and abilities as you do your daily workout.

Well, I wish us all the best as this snow and ice melts and we get back on track. Stay healthy, fuel yourself properly, take the rest you need, and above all, enjoy running. Challenge yourself, and reap the benefits of good health.

It's the greatest sport in the world, and you can be proud to be a part of it.



This newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly from February through December. Our online publication is dedicated to the memories of Jack Dowling, Co-Founder and Past President, and Eunice Harris, Secretary/Treasurer. We thank our members, runners, and volunteers who contribute their talents and time to make our club the success that it is. We invite your comments, articles, photos, and race reports, and encourage 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. Check the schedule on our site for all of our races, and when the spring of 2014 comes around, join us for our famous Wednesday Night Series. More importantly, **GET OUT THERE AND RUN!** It's good for your health, your body, your mind and your spirit. Remember: Turtles just do it, and wear the Duck proudly!

Injured? Well, it happens. Come down to our races, volunteer if you can, or just hang out. Share the Spirit that is The Long Island Road Runners Club!

The Long Island Road Runners  
PO Box 232  
East Meadow, New York 11554  
[www.lirrc.org](http://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

### MEN'S RACE TEAM CAPTAINS

Masters Men—Juan Oliveras  
Senior Masters Men—Jim Thornton  
Sgt. at Arms – Richie Delorantis

### WOMEN'S RACE TEAM CAPTAINS

Adriana Staiano (Co-Captain)  
Kathy Agricola (Co-Captain)

### 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 (proffesor4@aol.com)