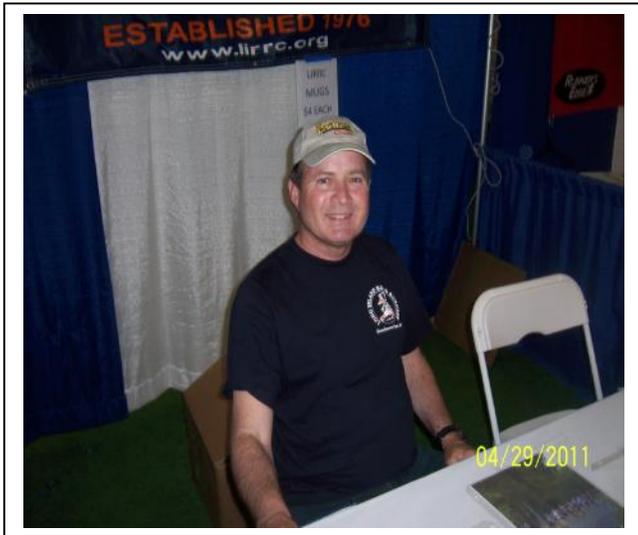


THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

October 2014



President's Message

Now that summer has officially ended, (Don't worry! It'll be back next year!), we are preparing for our eight race Fall Sunday Morning Race Series which kicks off with our November 2nd "I'm Not Doing NYC 4 Miler" at 9AM in Eisenhower. See the Race Schedule section of our website for the race listings.

We are also in preparation of our annual Holiday Social to be held Saturday January 17th, 2015. The location is being firmed at this printing, but it will either be in East Meadow or Bellmore. Last year a good time was had by all! We had great food, great music, great price, and great people.

Keep an eye on our website for information on the party when all is firmed up, or email Mike Ogazon at mikdor@aol.com to get your name added to his email blast list to keep up-to-date on club happenings.

On August 6th we held our 5K race dedicated to Eunice and Colin Harris' memory. It was great to see the Harris boys Andrew and Glenn, and their families being a big part of that special night. Proceeds from that race were donated to both the Columbia Eleanor & Lou Gehrig MDA/ALS Center and the Hospice Inn of Huntington in Eunice and Colin's name. We are very pleased to announce that with race proceeds and donations, we raised a total of \$1722, with \$862 given to each of these worthy organizations.

A big thanks to our treasurer and newsletter editor Jim Ferguson for tallying the proceeds and sending the checks to them. Speaking of Jim, we would like to wish him Godspeed in recovering from his upcoming surgery in October.

Fall brings on many weekends with many races. The weather looks good so enjoy this ideal running weather. We'll see you in Eisenhower!
Fred

Members!



You belong to the Best Running Club on Long Island!

So stay involved by following LIRRC on Facebook, on our website at LIRRC.ORG and by reading this newsletter! Send us your pictures and tell us of your running accomplishments, feel free to write an article or ask a question, or volunteer at a race! We're a nice group of people, and you're a part of us now! Congratulations!

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

FOOT PROBLEMS?

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

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



Fall is a great time for running, but I think I'm preaching to the converted. So don't put that gear away yet - maybe get something a tad warmer, grab a friend, and hit some of the roads, parks and trails. It's an invigorating time for experienced runners, and a great time for new runners to try the sport out. When the spring comes around again, you will be way ahead of your conditioning and ready for the next full running season! Long Island and upstate New York have a ton of events to match your ability, so enjoy!



COLUMBIA UNIVERSITY
MEDICAL CENTER

HIROSHI MITSUMOTO, MD, DSC
*Wesley J. Howe Professor of Neurology
at Columbia University Medical Center
Director, Eleanor and Lou Gehrig
MDA/ALS Research Center
Attending Neurologist*

September 15, 2014

Jim Ferguson
Long Island Road Runners Club
c/o Jim Ferguson, Treasurer
2193 McClellan Street
East Meadow, NY 11554-2010

The Neurological Institute
of New York
710 West 168th Street
New York, NY 10032
212-305-1319 Appointments
212-305-2940 Academic
212-305-2750 Fax

Dear Mr. Ferguson,

We were so deeply saddened to learn of Colin's passing. It was such an honor and pleasure to have known Colin and his family. His dedication to the memory of his wife and fighting this terrible disease through the Eunice Harris Race was both commendable and inspiring to all of us at the Eleanor and Lou Gehrig MDA/ALS Research Center. Colin raised so many precious funds for our center, and he was always such a delight to work and communicate with over the years. We will always be grateful for Colin and all of his hard work in fundraising for our research. We are all honored to have had the opportunity to know him and be a part of such a special organization.

Please be assured that we at Columbia will continue to put forth our maximum efforts to find both the cause and a cure for this dreadful disease, and we will always strive to provide optimum care for all ALS patients.

We would like to continue to be a resource for you have any questions or if there is anything that we can do in the future to help. Please don't hesitate to reach out to us if we can be of any further support.

We send condolences from our entire staff.

Yours very truly,



Hiroshi Mitsumoto, MD



Elizabeth Grossfeld, LMSW

HOSPICE CARE NETWORK

Because Every Day Counts

September 12, 2014

Long Island Road Runners Club
c/o Jim Ferguson
2193 McClellan Street
East Meadow, NY 11554-2010

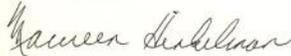
Dear Mr. Ferguson,

On behalf of the Board of Trustees, the volunteers and staff at Hospice Care Network, I would like to thank you for your \$862.00 contribution In Memory of Colin Harris, designated to the Hospice Inn Fund.

Your generous contribution affirms our commitment to bring grace and dignity to patients and families at the end of life. Through special gifts like yours, we are better able to carry out our mission. Your donation may help an uninsured patient get the care he or she needs, or it may provide bereavement services to a young child or an adult learning how to live after the loss of a loved one, or it may provide transportation for a caregiver to visit a loved one in a hospice facility. However your financial support is used, you can be sure it will be used in our community, and it will make a big difference in the lives of hospice patients and families.

Thank you again for your generosity and for sharing in the mission and vision of Hospice Care Network. The family of Colin Harris has been notified of your kindness.

Sincerely,



Maureen Hinkelman
President & CEO

*Hospice Care Network provided no goods or services in exchange for this donation.
Please retain this document as your official tax receipt.*

Nassau Administrative Office
The Marks Center for Caregivers
99 Sunnyside Boulevard
Woodbury, NY 11797
516/832-7100 fax 516/832-7160

Queens Office
59-07 175th Place
Fresh Meadows, NY 11365
718/939-CARE (2273) fax 718/746-6168

Fay J. Lindner Foundation
Hope & Healing Center
14 Shore Lane
Bay Shore, NY 11706
631/666-6863 fax 631/666-6889

Referral Hotline 1-800-2-HOSPICE • 1-800-246-7742 • www.hospicecarenetwork.org

CHANGES FOR 2015

After careful consideration, the Board of Directors of the Long Island Running Club has reduced the number of races in the 2015 race season to eleven. They will include eight races in the famed Wednesday Night Series, and three races that have been member favorites – The Santa Run, John Corrigan 4x2 Relay, and the Easter Bunny 5K. In addition, we will have our New Year's Day Hangover Run to be held on Thursday January 1st, 2015, which is FREE!

There is no problem recruiting runners in the summer; some of the Wednesday Night runs in 2014 had almost 200 participants. Most of our Sunday morning races, however, were poorly attended. One reason is that so many other races out there are offering more. It's obvious to us that our low fees weren't enough.

Also, volunteers continued to be scarce and recruitment is difficult. For some reason, the younger generation just doesn't seem to take an interest in managing or organizing functions or taking on the responsibilities needed to run a club on the level of LIRRC. Contributions to *The Roadrunner*, LIRRC's online newsletter, are made by the same people who run the club. The availability of a library with magazines, novels, and DVD's about running garnered no interest at all. With all that said there is something going on in all our lives and priorities must be set.

Our race team is a committed and experienced crew - but it is a commitment that comes at a cost. Race team members have missed vacations and family functions, and they are not able to run in popular races themselves. In addition, the preparation and work is the same whether there are 30 runners or 200 showing up.

Some members of the race team arrive 2-3 hours before race time setting up and preparing. We stay until everything is put away. We're not complaining. We really enjoy what we do! But some of us have been doing this for over 25 years. And believe it or not, we are getting older! It would be great to see younger runners stepping up to "learn the business" but there seem to be fewer wanting to give the time it takes. The races take a lot of work. We need to face reality, and we've decided on quality over quantity.

Be assured that we remain committed and with each race in 2015 you can expect a quality event to be presented, complete with raffle prizes, MyLaps Timing, water stops, age group awards, and our 50/50. In addition, every Wednesday Night Run will be preceded by our ever popular Kids Run, with all finishers getting ribbons at the completion.

We welcome your thoughts and ideas and always have. Your participation in the upcoming year would be particularly helpful, so contact us!



2015 RACE SCHEDULE

January 1- Thursday-9:30AM-New Year's Day Hangover Run (Free)

March 15-Sunday-9:00AM- John Corrigan 4x2 Mile Relay

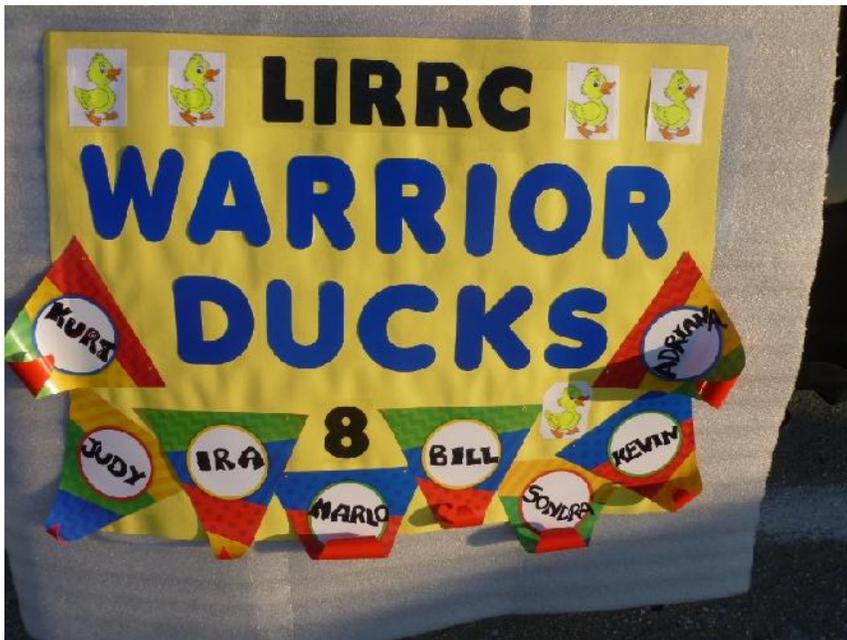
April 5- Sunday-9:00AM- Easter Bunny 5K

December 20- Sunday-9:00AM-Santa 5K

Wednesday Night Eight Week Summer Series

June 10 to July 29 –Wednesdays- 6:30PM-Kid's ½ Mile Fun Run-

7PM 5K Race



CONGRATULATIONS to the LIRRC WARRIOR DUCKS!!

The LIRRC Warrior Ducks took 2nd place in the Ocean to Sound Relay Mixed Masters Division with a total time of 6:24:37 and the team came in 21st overall out of 127 teams.

The team was led by Captain, Bill Schroeder who worked hard to get a team together and recruited some awesome guys to run for the team. Bill's hard work and coordination helped lead the team to victory.

The Warrior Ducks got off to a good start with Marlo Signoracci at Leg 1 at Jones Beach. Marlo, a triathlete enjoyed participating in her first Ocean to Sound Relay Race.

Warrior Judy Latta ran Leg 2 from Cedar Creek and picked up the pace for us and closed the gap with her strong and steady pace. Judy likewise has never run the Ocean to Sound Relay Race but enjoyed the challenge very much.

Adriana Staiano ran Leg 3 from Mansfield Park through the paths of the Massapequa bike trail closing the gap and distance between the teams. Adriana has run Legs 5, 6 and 8 and was happy to try a new Leg 3 this time around.



Sondra David, veteran Ocean to Sound participant was happy to do it one more time and for LIRRC. Sondra has run Leg 4 in the past so it was smooth sailing all the way for Sondra.

At the train station awaited our first male Warrior Duck, **Kevin McBride**. Kevin definitely had his Wheaties that day because he killed it on Leg 5. Our support vehicle could not keep up with this Warrior.

Next up on Leg 6 was another Ocean to Sound veteran, **Ira Kaplan** who ran strong in the worst heat of the day and who had to tackle the dreaded sharp downhill on Snake Hill Road. Ira also drove the support vehicle most of the time lending support to the team members.

Wait! Who was that running Leg 7? Is it a bird? Is it a plane? No, it's **Bill Schroeder**, an exceptional runner and team Captain. Only Bill could tackle Leg 7 the toughest, longest and in the heat. Bill's 9th place finish says it all.

Last but certainly not least is **Kurt LaForest** who ran Leg 8. Kurt had an outstanding finish considering he had to sit around waiting in the car, in the heat for so long. Kurt was a true anchor for the LIRRC Warrior Ducks.

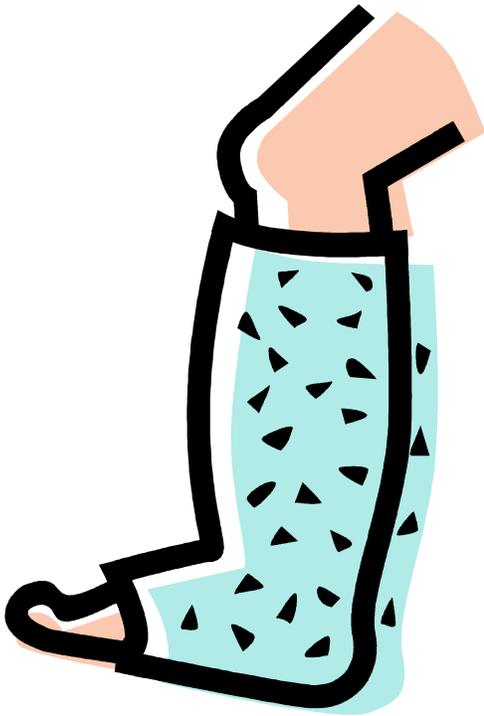
IT WAS AN AWESOME DAY!! With a great group of people who ran hard and worked together and had a lot of fun in the process. LIRRC and the Warrior Ducks should be very proud of their accomplishment!!



“People sometimes sneer at those who run every day, claiming they’ll go to any length to live longer. But don’t think that’s the reason most people run. Most runners run not because they want to live longer, but because they want to live life to the fullest. If you’re going to while away the years, it’s far better to live them with clear goals and fully alive than in a fog, and I believe running helps you to do that.

Exerting yourself to the fullest within your individual limits: that’s the essence of running, and a metaphor for life — and for me, for writing as whole. I believe many runners would agree”

– Haruki Murakami, *What I Talk about When I Talk about Running*



Several weeks ago I suffered an injury that prevented me from running. Don't worry this is not a "woe is me" blog where I list the disaster that befell me in intricate detail. Nor is it an entry about injury prevention and treatment. The prevention I can do in one line; get daughter to pick own dirty washing up. Yes, my injury was caused by me bending over and picking up washing. My back suddenly seized up and I was in a world of pain. Whoops, I've just gone into intricate detail, so sorry. It was tempting to tell everyone that I put my back out whilst cross training or during a particularly tough interval session. I have little doubt at some point I will injure myself running, but this one falls into the domestic category. Slightly embarrassing.

Ironically enough I had heard a particular perceptive quote only a few weeks earlier; “Runners are either running from or to an injury.” Perceptive and for me prophetic. This was the first time when an injury prevented me from running.

I genuinely could not think of running when I was struggling to walk, and even after a few days, I was still walking around gingerly and being very unladylike in my movements.

The one saving grace was that this happened just before I was taking my son to compete in a swimming championship. Two weekends I would be away.

Two weekends without running in the park (sob!) or a run on Sunday as he was competing all four days. I had already prepared myself mentally to miss these runs, but suddenly I was missing my midweek runs too and one race of a series I had been competing in.

And that was it. I was missing running. I wanted to be out there, pounding the streets at some early hour whatever the weather. I wanted to be working towards reducing down my PB. I wanted to run.

Realizing how much I missed running was a revelation. If “having an injury” (OK a washing induced one, but it’s only us that know it) meant I felt a bit more of a runner, missing running confirmed it. But more than that, I was a runner trying run away from an injury.

OK, OK so you did in fact get intricate detail of how it happened and my advice on how to prevent it (“Pick that up child!”), so you may as well get how I treated it too. Rest. A hot water bottle. And a tiny bit of sympathy from my family. Not much, but enough to help. After all they aren’t going to waste too much sympathy on this injury when I am no doubt running towards my next one.

(From therunningstories.com)

The Long Island Road Runners

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

Treasurer / Newsletter Editor —Jim Ferguson

Club Counsel—Jim Thornton

Public Relations—Mike Ogazon

Secretary - Adriana Staiano

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Juan Oliveras Adriana Staiano

Joyce Patterson Jim Ferguson

David Philippi Bob Patterson

Peter Cirona Jim Thornton

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Masters Men—Juan Oliveras

Senior Masters Men—Jim Thornton

Sgt. at Arms – Richie Delorantis

WOMEN'S RACE TEAM CAPTAIN

Adriana Staiano

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David Philippi
Juan Oliveras**

**Bob Patterson
Peter Cirona
Joyce Patterson**

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ADVISORY BOARD

**Jim Thornton Michael Ogazon
Juan Oliveras**