



*Spring Is Coming.....So Get Out & Run.....  
& Wear the Duck Proudly!*

*The 7<sup>th</sup> Edition – Late Winter 2012*

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

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

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



**FRED HASLETT  
PRESIDENT  
LONG ISLAND ROADRUNNERS**

**President's Message  
February 2012**

Well, here we are in February, and your LIRRC Race Management Team is enjoying a well deserved rest. We're even getting some runs in! But soon, actually March 4<sup>th</sup>, we kick off our 2012 Sunday Race Series with a 4 miler. The races run through April 15<sup>th</sup>. The 2012 race schedule is on our website.

Don't forget, we are offering a rare pre-registration opportunity for the March 4<sup>th</sup> race. The registration fee is the same as day of race registration, but if your registration is received by Thursday March 1<sup>st</sup>, you are eligible for a \$50 Runners Edge gift certificate. This special raffle will be drawn on the day of the race.

In addition, if you renew your 2012 LIRRC club membership by February 29<sup>th</sup> 2012, you are in a raffle for one of two prizes. First prize is a \$50 Runners Edge Gift Certificate, and second prize is a \$25 Runners Edge gift Certificate, These will be drawn at the March 4<sup>th</sup> race, and you don't have to be present to win. We will notify you!

Another change is that we had to cancel our annual Jack Dowling 10 Mile race we had scheduled for Sunday April 22<sup>nd</sup>. This was on advice from Nassau County due to other park activities. We have re-scheduled this tribute to Jack for Sunday October 14<sup>th</sup>. We have obtained a major sponsor for this race and details will be out in the future about plans for this race, so stay tuned.

And in another exciting announcement, we have obtained a sponsor for our 10<sup>th</sup> Annual John Corrigan 4x2 Mile Relay scheduled for Sunday March 18<sup>th</sup>. This year, we will offer pre-registrants a long sleeve t-shirt for runners, and day of race registrants a t-shirt while they last. Great deal! We will be sending out pre-registration details within the next few days!

2012 is shaping up to be an exciting year for the LIRRC, and we look forward to seeing our old and new friends at our chip timed races.

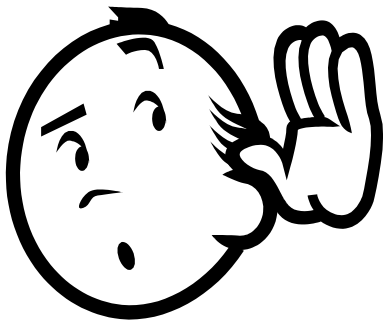
I hope everyone sends in their memberships soon, and we hope to see you at the park.

And who knows, you may be a raffle winner!

Sincerely,

Fred Haslett

President/LIRRC



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***HEARD & SEEN AROUND THE PARK***

What club female runner had been observed getting a bit more than training tips from an over-friendly male runner in Eisenhower? You guys need to be a little more discreet!



Our own Bill Schroeder was on fire for the Ho Ho Ho Holiday Run in Bethpage on December 17<sup>th</sup>, posting an 18:59 for the festive 5K. Great Job, Bill.....The last LIRRC race of the year was the “Santa/Scion 5K” held on Sunday, December 18<sup>th</sup>. We had a few problems on that cold morning with display freeze-ups and microphone cut-outs, but all had a good time. Our race crew is perhaps the most patient in the business, most notably Bob Patterson & Fred Haslett, who finished up in fine style.....Another great time was had by a large crowd at the infamous Hangover 5 Miler on January 1<sup>st</sup>, which was also Peter Cirona’s Birthday Celebration! A team from MyLITV.com was on hand for an interview with Fred and to take some footage of the event. Some REAL hearty souls went for a swim at Jones Beach afterward!

As I write this, (speaking of hearty souls) I would assume that everyone has left the dance floor at the *White House* at Eisenhower Park (not Washington, D.C.) wrapping up the LIRRC Social held on January 13<sup>th</sup>. Great people, dedicated runners and good friends joined together for a night that included music, raffles and our famous 50/50. We need to do more of this! Award winners included Runner of the Year and club favorite Bob Mc Vetty, and President Fred Haslett for 30 years of distinguished service to the club. Jim Thornton and Juan Oliveras were named Members of the Year, and Suzan Scmuck was named Most Improved Runner..... David Lerner & Associates along with GLIRC President Mike Polansky has donated \$2500 to the memorial fund for the family of fallen ATF agent John Capano....Meb Keflezighi, Ryan Hall & Abdi Abdirahman will represent the USA in the London Olympics, having won the trials in Houston on January 14<sup>th</sup>.

The women's team will be represented by Shalane Flanagan, Desi Davila & Kara Goucher..... Our own Kathy Martin from Northport received great press in the February/March 2012 Edition of *Running Times*. Kathy's times as listed include a 19:04 for the 5K in the Syracuse Festival of Races, and one year prior, in a lower age group, she ran a 40:03 in the 10K New York Mini. Nice running, Kathy!....The *NY Times Magazine* dated January 20<sup>th</sup> had a great story written by Michael Sokolove entitled "**The Fast Life of Oscar Pistorius**". The story is about Pistorius' quest to become the first person without intact biological legs to compete in an Olympic running event. His training is fierce, and it's a testament to the human spirit.....Call off the search for the Juan & Only.....he just completed the Sayville Run To The Brewery on January 28 along with me, Steve Snyder, Grant Radtke. Finally.....from a Facebook post.....



How true that is!.....



**LIRRC Welcomes the following new members!**

Fatima Arthur

Anthony Cottone

Brian & Tracy Dobkin

Ronald Friedman

Sayo Hosoda

Michael Klein

Afshin Milani

Bill Nolan

Tammy Strobel

Luke Sandoval

Georg Benzinger

Terry Blyth

Jennifer Boston

Evan Crowley

Joseph Franolich

Athena Manzella

Colleen Martella

Joan Meehan

John Newell

Kasandra Raux

Pierce Salamack

## *This Month's Pick:*



### *The Madman – The Marathoner* *By* *Juanita Tischendorf*

Don Mc Nelly from Rochester, New York, has run 713 marathons all over the world. I met him in Rochester when I ran the marathon there in 2010, and although this book tends to be a bit heavy on the statistics, it may just be what you need to inspire you as you strive to reach your own personal goals. What drove him to such dedication to the sport? How was he able to accomplish such a huge task? Ms. Tischendorf digs to find these answers and even runs a marathon herself for the answers.



(Left) Terry Bisogno & Juan Oliveras @ the Frostbite 10 Miler 1995  
(Right) Mike Ogazon & Kevin Conors @ The Hangover Run 2000

We have received word that Kevin Conors, longtime LIRRC club runner is at home with ALS. A few of the runners visited him and spent time with him. Let's keep him in our thoughts and prayers.....

# 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>
<b>Peter Cirona</b>	<b>Rick Lucian</b>	<b>Joseph Mainente</b>
<b>Bob Patterson</b>	<b>Michael Ogazon</b>	<b>Hector Jarimelo</b>
<b>Steve Snyder</b>	<b>Lorenzo Hudson</b>	<b>Warren Steinert</b>
<b>Stephen Kitchener</b>		



In our December 2011 Edition, the question posed was "Who was the first woman to win 4 gold medals in one Olympics?"

**THE ANSWER.....**

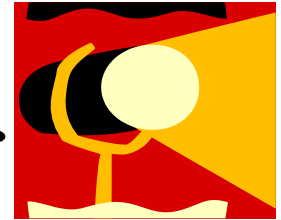
Both Hungary's Agnes Keleti and the Soviet Union's Larisa Latynina both won 4 medals in the 1956 Olympics.



**Grant Radtke correctly identified December's Mystery Photo. Pictured are Peter Downes, Bill Schroeder, and Kurt LaForest @ the Oysterfest 5K in 2010. Good job, Grant!**

IN THE LIRRC

SPOTLIGHT.....



## STEVE SNYDER



Steve Snyder started running in 1980. He is in training for this year's NYC Marathon and has made the commitment to run it this year for *Malaria No More*, the Non-Profit Organization Steve's brother works for. The Long Island Marathon is also in the Steve's sights this year, which should make for a great running season. He is a member of LIRRC and is on the Men's Race Team. We spoke to Steve after the 10 Mile Run to the Brewery on Jan. 28<sup>th</sup>.

### What was your favorite single race?

I would have to say the very first race I ran. It was a 5 mile race in Huntington in the summer of 1980.

### Is there a particular runner you admire?

I don't really admire any one particular runner, I do admire the everyday runner - the runner who is out there running the streets, tracks, and paths in all kinds of weather and conditions - the runner who makes and takes the time to train and run to accomplish their individual goals.

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

Insanity, No seriously, I always said that running is second nature. It always has been for me. As a young kid if I wasn't riding my bicycle I was running. When I started running and road racing I became competitive and was bitten by the running bug. I have been doing it ever since.

### What are your favorite pre-race and post-race foods?

I guess I really don't have a favorite pre-race food. I just make sure I eat properly for the race that I will be running. As far as a post-race food, Usually fruit, or a bagel suffice, but I have found that I mix Zico coconut water with Gatorade to give me a blast of electrolyte replenishment. It helps me to recover from a hard run quicker.

### Do you have a particular running story you would like to share?

I have been running since 1980 and during that time I have met many runners and friends. I have helped and been helped by fellow runners too. So, the one story that stands out is this: When I worked at the Postal Service a co-worker approached me about getting into shape and he wanted to start running. He was over-weight and had already started dieting and eating right.

He needed a training regimen. I gave him some training advice and we set a goal for him to run a race within a few months. I left the Postal Service in June of 2000 and lost touch with the co-worker.

A couple of years ago at the 12 mile mark of the L.I. Half Marathon, I was struggling to finish due to a lower back injury. I was walking at this point and from behind me I hear someone say "Come on bud, almost there". It was my former co-worker. He tapped me on the shoulder, I tried to keep up with him to finish but couldn't.

That is the only race that he finished before me and will be the last one he finishes before me. The co-worker and good friend is Newsletter editor Jim Ferguson. Since then we have stayed in touch. He got me to join a running club. We have been running races and training since and now are training to do the L.I. Marathon.

Please give us any bits of running information you would like to share.....like, who else in your family runs?

During the years,, I have had many family members who have taken up running but never kept up with it. Currently my nephew Neal Schneider has been running and completed a Triathlon last summer. I am very proud of him.

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

I average between 20 and 30 miles in a week, but I am trying to increase it for the upcoming season. Do you prefer running in the summer as opposed to the winter?

I don't have a preference. I run all year long as long as the roads are safe to run on. Whether it is hot or cold I dress accordingly for my runs.

What are your favorite running shoes?

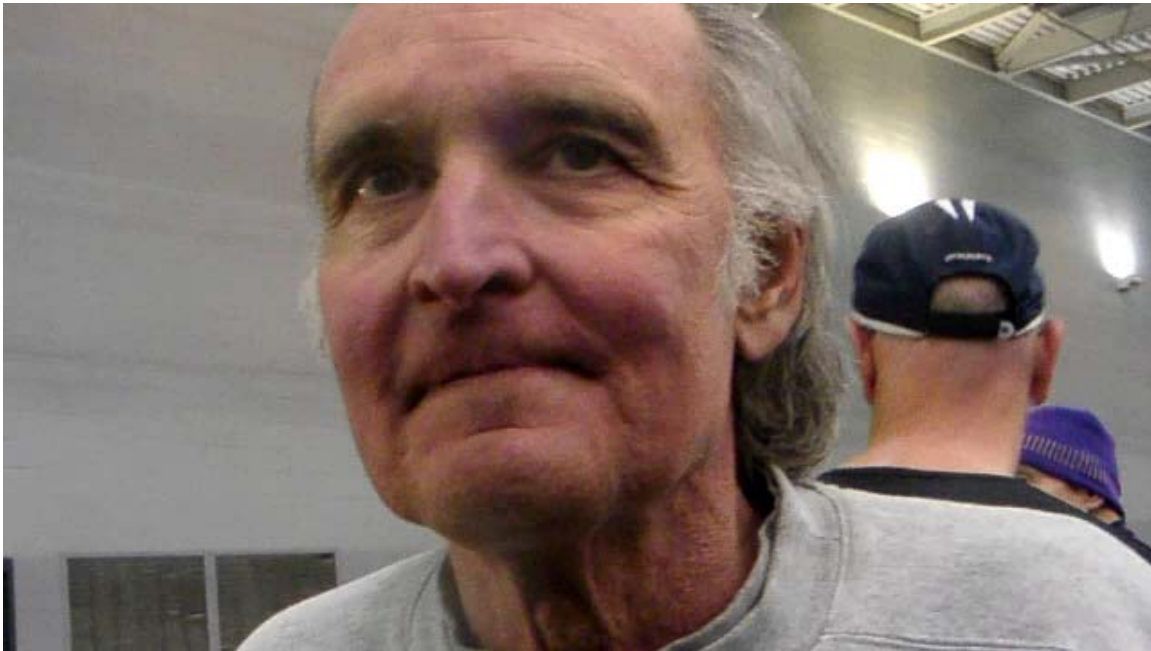
I have tried so many different running shoes over the years and like the Saucony Grid series of running shoes.

To which running clubs do you belong?

I have always run independently from any running clubs over the years. The running clubs on Long Island have done so much for the running community since I have been running. Through sponsoring races and local charities they have kept road running alive.

They need our support financially and through volunteering at races. I am currently a member of the LIRRC. I would like to say, just keep logging in the miles. Enjoy the workouts, and see you at the races.

Be Safe.



Geoff Hollister, courtesy of [Runnerspace.com](http://Runnerspace.com)

***Geoff Hollister, one of the original Nike employees, and a University of Oregon track team member from the Golden age, has died, after a long and heroic fight against cancer. Geoff was sixty-six (he celebrated his birthday this past Friday).***

***Over the weekend, Galen Rupp, AR holder in the 10,000m, a man coached by Alberto Salazar, who was signed to Nike by Geoff Hollister, told the media at the New Balance Indoor Grand Prix, that Mo Farah , Galen and Ciaran O'Lionaird (winner of the mile), would be wearing GHAC gear in honor of Geoff. Geoff would have liked that....***

***Please keep Geoff, his wife Wendy, and their family in your thoughts and prayers.***

***And, what would make Geoff most happy? Go, take a walk or run, and consider how lucky you are, on this small planet.***



### **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. New runner? You couldn't get a better start than to visit Bob and the gang today!**

### **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.**

# ***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?

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



**What a great photo submitted by Grant Radtke! He sent me the following e-mail in December:**

Not sure if you ever saw this photo.....It was originally on the web site and lost in cyberspace a few years back during a computer crash. I happened to download and save it before the crash. This was at the New Hyde Park 8K in 2008 and my favorite picture.

**Men kneeling L-R: Gus Likos, Peter Klann**

**Women standing L-R: Pam Weess, Michele Rach, Anna Lau**

**Men standing L-R: Victor Macaluso, Jim Thornton, Mike Ogazon, Ira Kaplan, Juan Oliveras, Grant Radtke, Fred Haslett, Bob Patterson, Paul Fetscher, Peter Downes, Chris Murray.**

LIRRC's 2011 Members of the Year

Juan Oliveras and Jim Thornton

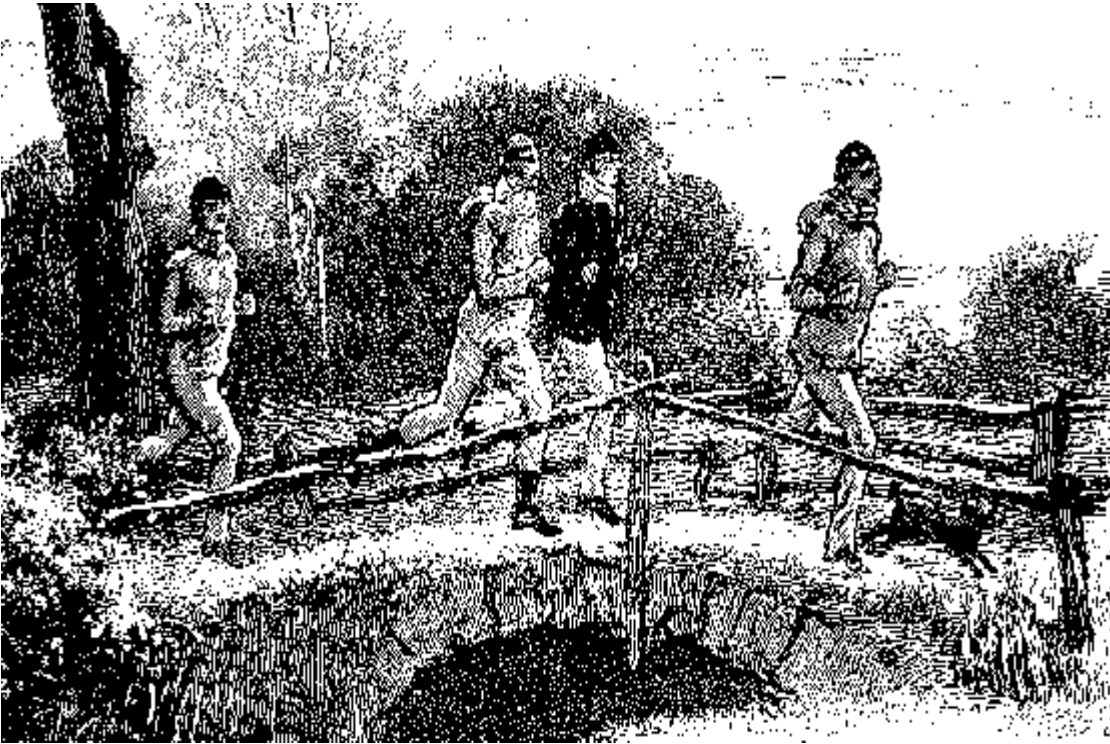
Speak about their awards.....

Juan....

"Being selected Member Of The Year was such a great and unexpected honor. Although I don't feel deserving, I'm appreciative and feel humbled just the same. Vincent Lombardi once said "The achievements of an organization are the results of the combined effort of each individual". That is so true and exactly what makes our club so great!"

Jim...

"I was also completely surprised to receive Member Of The Year recognition and thank the Board for the honor. I hope your sharing this honor with a Turtle does not take away from your many contributions to the club as stated by Colin."



"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

***-Sir Roger Bannister, first runner to run a sub-4 minute mile***

# GPS Watch Can Be an Unreliable Running Partner

By [GINA KOLATA](#)

Published: December 19, 2011

I used to run with a GPS watch, and at the time it seemed like a technological marvel.



**Martin Strauss, via Garmin and Microsoft**

Made by Polar, Garmin, Nike and Timex, global positioning system watches track the distance you have run and your pace, including your average pace and your instantaneous pace. They beep at intervals, like every mile, if you want to train by doing some segments of your course at a faster pace. And when you are finished running, you can download all your data onto your computer.

But after a while, I noticed something disconcerting. My watch might record my run as, say, six miles, but according to Google Maps, the actual distance was more like 6.5 miles.

That kind of discrepancy, of course, plays havoc with your training. The pace calculated by the watch is much too slow, and the run becomes an exercise in frustration.

So I got another watch, from a different maker. It was just as bad, maybe worse. I returned it and got a third one, but that one seemed to be absolutely accurate only once, when I was running along the lakefront in Chicago, under a clear sky with no tall buildings and few trees nearby.

On Sunday, I tried a little experiment with friends who also have GPS watches. I started from my house, and Jen Davis and Martin Strauss started from her house; we met up along the way.

My route was 15.96 miles, according to Google Maps. My watch said it was 15.54. Jen's watch, an older model, did much better. Her route was 19.1 miles. Her watch said 19.02.

Race organizers know this problem all too well. Douglas Thurston, operations director for the Competitor Group, which organizes Rock 'n' Roll Marathons, a series of races across the country, braces himself for complaints with every race.

Runners who wore GPS watches start e-mailing him or posting comments on Facebook or Twitter afterward. The course was measured incorrectly, they will say. According to their GPS devices, it was too short.

Mr. Thurston has gotten so used to the complaints that he actually has a generic e-mail reply. No, it says, the course was not wrong. Your GPS device was.

"If someone wants to go to mat on it, I ask them to go to a 400-meter track and run on the inside lane for 12.5 laps. That's 5,000 meters," he said in an interview. Then, he tells the runner, check the distance on your GPS device. He guarantees it will not be 5,000 meters.

Martin illustrated this for me recently by running five times around a track at the University of Michigan, where he is a professor of mathematics and electrical engineering and computer science. When he downloaded the GPS data onto his computer, every loop around the track was a little different, and none were oval.

In fact, not one of his paths was even curved — they were short segments of lines connected to resemble an oval. Yet he had run in the same lane.

It seems clear enough that a GPS watch is not very accurate, yet online runners' forums, like one at the Web site of Runners World, are filled with comments from confused athletes who rely on the devices. One poster, for example, ran a half marathon and wore a GPS watch that said the distance was 12.8 miles instead of 13.1.

"Many people are posting on the race's Web site that theirs came up just as short," the runner wrote. "I got a pretty stellar PR" — personal record — "and would hate to have a question mark hanging over it."

Another wrote, "I did an out-and-back run on a rail trail: 5.25 miles out and 5.02 miles back. According to the GPS, I was running 40 m.p.h. for over two minutes."

What's wrong with those GPS devices? The problem, say their makers, is that people expect too much. The watches are very much a work in progress. "We all use pretty much the same technology," said Corey Cornaccio, director of marketing at Polar. The technology is improving, but some inaccuracy remains. "People don't understand that," he said.

Trees or clouds or tall buildings can block the satellite signals needed for the devices to track distances. Routes with lots of turns throw them off, too; if you lose the signal as you go around a curve, your device will draw a straight line from where it last saw you to where it found you again. The distance around the curve will not be tracked.

Also, says Martin, there is an accuracy problem caused by something called multipath. "If a satellite signal arrives directly and also bounces off a mountain or nearby building to the receiver, the receiver may be confused as to which signal to use," he said.

Then again, we had perfect conditions on Sunday — a sunny day, a route with few turns on country roads lined mostly with fields. And my GPS watch still was wrong.

And even though the technologies — and sources of error — are pretty much the same across different devices, they can give sometimes wildly different results, as one runner, 21-year-old Allen Helton, of Richardson, Tex., discovered. Mr. Helton, a college student who works at a running store, recently decided to test GPS watches sold by different makers, older and newer models, on a variety of courses.

All got distances wrong, and none agreed with the others on any of Mr. Helton's tests. But their worst performance was, as Mr. Helton expected, on a trail run, with trees and twists and turns.

The actual distance was 6.6 miles, and his actual pace was 7 minutes, 37 seconds a mile. The watch that did best said he ran 6.45 miles at a 7:47 pace. The one that did worst said he ran just 5.5 miles at a 9:08 pace.

But Mr. Helton is not throwing his watches away. He has three GPS watches and uses one nearly every time he runs. Then again, unlike most areas where I run, his routes do not have large trees, winding roads and poor satellite reception. On his routes, Mr. Helton said, his GPS device is accurate to within 10 feet of where he actually is.

"To me, that is a very, very accurate watch," he said.

(Published on December 19<sup>th</sup>, 2011 in the New York Times *Fitness & Nutrition* section.)



This is just one of the photos posted on our website at  
[WWW.LIRRC.ORG](http://WWW.LIRRC.ORG)

Check out our page for more photos, all the  
newsletters, and race results!



**HAPPY BIRTHDAY PETER CIRONA!**

To my fellow board members:

I was both surprised and extremely honored to receive the 2011 Club Leadership Award for 30 years of service to the club at our 1<sup>st</sup> Annual Club Social in January. To be recognized by your peers is the greatest form of flattery one can receive. When I joined the club around 1981, I did it because I found it a terrific and supportive club to run with. And when I started getting involved around 1985 during an injury, I found that helping at races was enjoyable. After race team member, treasurer, vice-president, co-president, and finally as president since about 1991, I still find it enjoyable. Although I appreciate being recognized as being a leader, the club is not a one man operation. I could not have done it without the help, support, and guidance of many individuals, past and present, and I cannot ever thank them enough.

Fred Haslett

## Marathoners Sprint to Races Outside New York as Entrance Fee Reaches \$255

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*By Michael Buteau - Feb 10, 2012 12:00 AM ET*

Danielle Gall, a member of the New York Road Runners, can't convince herself to run in the organization's flagship race. The New York City Marathon has gotten too expensive.

"I just can't stomach paying that much," Gall said of the race, which raised the price \$60, to \$255, for U.S. residents and \$63, to \$347, for international runners, citing increased costs. "I'm afraid it's becoming an elitist sport that nobody can afford."

Gall, a 40-year-old Manhattan physical therapist who has run the race five times, plans to register for the California International Marathon in December. She's doing that even though her qualifying time of 1 hour, 31 minutes, 2 seconds in last year's NYC Half Marathon gives her automatic entry into the longer New York event.

More marathoners like Gall might soon revolt against marquee races if prices continue to increase, said Rick Nealis, race director of the Marine Corps Marathon in Arlington, Virginia. He said runners may instead choose his race, with what he says is a cheapest-in-the-U.S. price of \$92.

"I'm concerned about the sport," Nealis, a 58-year-old former Marine, said in a telephone interview. "When are we going to price ourselves to the point where people stop coming?"

Tad Scepaniak, a real estate consultant from Atlanta, entered the lottery for the 2012 New York marathon when it opened on Jan. 2, calling it a "once in a lifetime" race. That doesn't mean he wants to get picked.

### *'Through the Roof'*

Last week, Scepaniak, who has run three 26.2-mile races in the past two years, also signed up for the Chicago Marathon, which costs \$105 less than New York's \$255 entry fee.

"It's excessive," Scepaniak, 37, said of the New York race. "Especially for a race that size, with 45,000 people, it seems excessive for what you get out of it."

Nealis's Marine Corps Marathon is the fourth-most attended race in the U.S., with 30,000 runners registering last year. Only New York, Chicago and Boston attract more. It's also the country's only marathon with all entry fees below \$100, according to Nealis.

"I'm against taking these prices through the roof," Nealis said.

Richard Finn, a spokesman for the New York Road Runners, said the price increase was necessary to pay for staging costs, including service charges by the city's police department. In previous years, the city covered those costs.

## *Television Deal*

About a week after the price increase was revealed, the New York Road Runners announced that the Nov. 4 race will be carried on ESPN2, which reaches almost every household with cable or satellite television, and on ABC's affiliate in the New York area.

Finn said he wasn't permitted to disclose financial terms of the five-year accord with the Walt Disney Co.-owned networks. He said the pact won't offset the increased costs of staging the race.

"This isn't an NFL-type of a deal," he said, comparing it to the National Football League's \$1.9 billion annual agreement with ESPN. "It's a big deal in terms of the exposure, but it's not big when it comes to our bank account."

As Nealis prepares for a possible influx of new runners to his Marine Corps race when registration opens March 7, marathon directors in Chicago and Philadelphia are also watching the effect of New York's increase.

## *'Happy Beneficiary'*

"I was surprised that it was such a high price," Philadelphia race director Melanie Johnson said. "You're going to have some people who don't want to pay that. We are always very happy to be the beneficiary."

The Philadelphia marathon will be run Nov. 18, two weeks after the New York race.

So far, the price hasn't kept runners away from New York, one of the five World Marathon Majors along with Boston, Chicago, London and Berlin. New York benefits from being a "bucket list" race, Finn said.

Eleven days after registration opened for the New York race on Jan. 2, 50,000 entries had been submitted for its annual lottery selection system, a total that took 38 days longer to reach a year earlier.

"The demand and the interest and the allure of running New York is as strong, if not maybe stronger than last year," Finn said. "This price increase doesn't seem to have turned away people."

### *Demand Up*

The demand to run marathons is also increasing, according to statistics from Running USA, a Colorado Springs, Colorado- based organization that tracks road-race participation. In 2010, a record 507,000 runners finished 26.2-mile races, up from 303,000 a decade earlier. Participation numbers for 2011 aren't yet available.

The Chicago Marathon, which raised its 2012 registration cost \$5 to \$150 for U.S. residents, Feb. 6 sold out of 45,000 slots for the Oct. 7 race in a record six days. It took 31 days in 2011, said race director Carey Pinkowski, 53.

"We've been delivering a great value for our participants, but all cities are having challenges with budgets," said Pinkowski, who is in his 22nd year as the race's director. "Race directors are feeling the squeeze and that cost has to be passed along to the event."

Before New York raised its price, the Boston Marathon had upped its registration this year by \$20 to \$150 a year after the world's oldest annual marathon sold out in a record eight hours. Unlike most marathons, including New York, general entry runners are required to qualify for Boston, which will be held April 16.

Runners' willingness to pay higher prices doesn't make it right to charge more, Nealis said. The average income of runners who enter races and train year-round is \$75,000, according to a 2011 Running USA survey.

"It shouldn't be something we take for granted," he said. "As a runner, it's almost like you're stealing from a family member. It seems like people are filling their coffers. I've got to believe that the runners are going to eventually revolt."

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**NOTEWORTHY:  
RE: NYC MARATHON**

**IN THE PAST, APPLICANTS TO THE NYC MARATHON HAVE BEEN ELIGIBLE FOR GUARANTEED ENTRY IF THEY HAVE BEEN DENIED ENTRY 3 YEARS IN A ROW. THIS POLICY WILL BE GRADUALLY ELIMINATED.**

**APPLICANTS DENIED ENTRY FOR THE THREE YEARS 2009-2011, 2010-2012, AND 2011-2013 WILL BE ELIGIBLE FOR GUARANTEED ENTRY IN THE YEARS 2012, 2013, AND 2014 RESPECTIVELY.**

**APPLICANTS DENIED ENTRY FOR THE THREE YEARS 2012-2014 WILL NOT BE ELIGIBLE FOR GUARANTEED ENTRY IN 2015.**



This newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly in February, April, June, August, October, and December. 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 36 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. Check the schedule on our site and join us when we start our famous Wednesday Night Series in the spring. 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!



**Calling all readers of the LIRRC Newsletter!**

I don't know how many ways to ask....but I'm not to proud to beg....we need contributions to the next and future editions! We are VERY INTERESTED in your race results, running plans, goals, accomplishments, and anything you are willing to share! This is your Newsletter! We have a great format to work with, so let's take advantage of this online newsletter to motivate, inform, educate and stay focused on our great sport. E-mail your submissions to me at

**[Proffesor4@aol.com](mailto:Proffesor4@aol.com)**

The next Edition should be posted on April 15<sup>th</sup>, so you have plenty of time to get your thoughts together! Let's hear from you!

# THE FRUITARIAN MOVEMENT

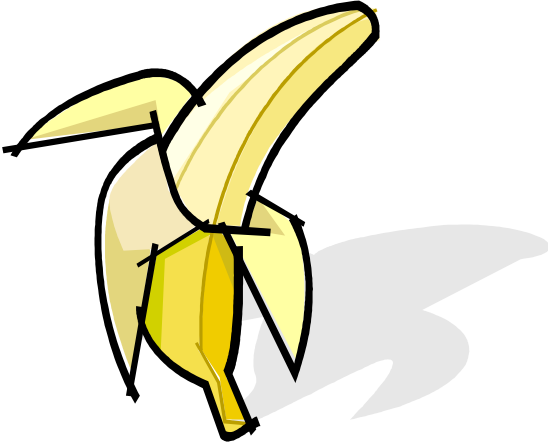
AN ARTICLE BY

JON SOLDO



Upon hearing about the "fruitarian" movement, this was my reaction. I mean... eating 30 bananas a day! Is that healthy? Is that safe? Would I ever be able to poop again!?

After the initial shock wore off I became intrigued. I had questions... lots of questions. So I dove in and learned everything I could about fruitarianism. Here's what I found out.



### **Fruitarianism in a nutshell**

- Eat as much raw, preferably organic, fruit as you want
- The "golden ratio" is 80% carbohydrates, 10% protein, and 10% fats, or 80/10/10, while a traditional "healthy" diet is composed of 40% carbohydrates, 40% protein, and 20% fats (40/40/20)
- Milk and cheese are considered poison
- Not the same as a typical raw diet, which averages 60% fat

### **So I would really be eating nothing but fruit?**

Pretty much. Raw vegetables are occasionally welcome too, but the bulk of your calories must be fruit to maintain the desired 80/10/10 ratio. Certain fatty fruits (avocados for example) should also be eaten in moderation.

### **I can't eat anything else?**

Nope, sorry.

### **Not even seeds and nuts!?**

No, but don't view the simplicity of this lifestyle as a negative. It's a good thing. It's a lot easier to pack a bag of fruit on your way out the door than preparing "traditional" meals.

## **You can even put down that bottle of water.**

No Meat Athletes are health conscious and surely know the benefit of drinking lots of water. But get this... if you eat a fruitarian diet and aren't exercising in super hot conditions, you don't need to drink any additional water. All the water you need is built right into the fruit—that's both convenient and green!

## **Isn't that way too much sugar?**

Don't confuse the natural sugar found in fruits (fructose) with refined sugar (sucrose). Contrary to popular belief, sugar isn't the devil and many claim it's impossible to get too much sugar while eating whole, fresh fruit.

## **What about bone density and calcium?**

It is not how much calcium you consume that is important, but how much you lose through neutralizing acids that come from eating high amounts of protein and starch. Reducing or eliminating the high protein intake leads to decreased calcium loss.

## **What about protein?**

C'mon, seriously? You didn't just ask me about protein did you?

I guess you missed [this post](#) that explains it much better than I ever could. The short and sweet of it is that our perceptions on protein requirements are out of whack and Americans eat way too much.

Fruit averages 6% protein, so as long as you are eating enough calories in fruit then you are getting enough protein, even if you're an endurance athlete.

That's all fine and good in theory, but people can't thrive on just fruit.

Let me tell you about a runner by the name of Michael Arnstein. Michael is an accomplished marathoner with a PR of 2:28.29 (2010 Boston Marathon). That's a 5:40 pace for 26.2 miles! Yeah, he's fast. Not only is he a fruitarian... he is [the Fruitarian](#).

A practicing fruitarian for over three years, Michael eats nothing but lots of fruit and the occasional raw vegetable. Arnstein said he devours 30 pounds of fruit a day—as many as 30 oranges, five cantaloupes, a watermelon, and a salad with five pounds of tomatoes. Consuming 40 to 50 bananas a day is a common occurrence for him. He also claims that 10 to 15 Valencia oranges is the perfect post run snack.

If Arnstein, who sometimes runs over 200 miles in a week, hasn't found this diet to be deficient in any way, then I highly doubt others will. I mean c'mon... he's 4% body fat and faster than a speeding bullet!

### **Here's some more food for thought.**

- Humans are not carnivores (this shouldn't be a hard sell to the No Meat Athlete crowd)
- The high protein Standard American Diet (SAD) is making us fatter and sicker than ever
- Long-lived cultures eat high carbs and low fat (Abkhasia of Russia, Vilcabamba of Ecuador, and Hunza of Pakistan)
- Occurrences of obesity, heart disease, cancer, and diabetes can all be reduced through 80/10/10
- Even white sugar does not result in out-of-control children if the dietary fat is low
- Most Type-2 diabetics produce plenty of insulin, but dietary fats hinder its function
- No extra protein is required for physical activity (endurance athletes included)
- Weight gain seems eminent on such a carb heavy diet, but fruitarians average 3-6% body fat

### **Okay, enough already! I'm sold! How do I get started?**

1. The Fruitarian has a great post, [Taking the Leap – Fruitarian Transition Tips](#), to get the ball rolling.
2. Get your hands on a copy of [The 80/10/10 Diet: Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time](#) by Dr. Douglas Graham. This will be your bible. Please note that the use of the word "diet" in the title is misleading. What Dr. Graham is proposing in this book is a lifestyle and mindset. He uses hard science to make his case and does a damn good job.
3. Join the folks over at [30 Bananas A Day](#). Their fruitarian forum offers a tremendous support system full of experienced hard-core fruitarians.

### **And one more thing...**

#### **Get ready for lots of unsolicited health advice.**

When you go to the supermarket and fill your shopping cart to the top with bananas, you will get a ton of odd looks and inquiries. I just tell people that I have a pet monkey at home and that seems to make them happy.

## Is Fruitarianism for you?



Jon Soldo is a member of the GLIRC Racing Team, and lives in Huntington, Long Island. An avid runner, he finished second in his AG in LIRRC's Easter Bunny 5K in April, and his photo from that race appears in our June 2011 Edition. Used by permission, this article was originally posted by Jon in [nomeatathlete.com](http://nomeatathlete.com)

You can read more from Jon Soldo at [www.RunningDummy.com](http://www.RunningDummy.com).

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