

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

August 2014



As the Wednesday Night summer races come to a close, we can look back on what was a fun filled race season. Fourteen races! Great seeing old friends and making new ones. Of course, at each race there was a void with long time member, club secretary/treasurer, board member, and race official Colin Harris having passed away in February. And he was 85 when he passed away. One of the things we could always count on was Colin being at the races to officiate.

No matter how he felt, he would be there. It was a commitment. These days it seems more difficult for organizations to get the younger people involved, yet alone commit to a weekly event. Is it that they are too busy? Or that they just want to be at an event when they want and leave? Or is it an attitude to let someone else do it? I don't know why most people don't want to get involved.

I DO know why I've done it for many years. It's simple. I enjoy it! There's something about putting on a successful event and having people thank you for it. It is hard work, but its satisfying work. I've spoken to people who are involved in volunteering and organizing events and it seems to be a central theme that they just have trouble finding new people to step up, get involved, learn the ropes, and assume organization leadership roles. Most of these people have been involved in these organizations for many years and want to find new people to start taking over so the veterans can ease out or have someone else assume their responsibilities.

Someone should do a study on this. We would, but we're too busy organizing and running our events because no one is stepping up to start learning the ropes to let us go gently into the dark night. Where are you guys??? Don't forget, after the summer races, our next race is Sunday morning, November 2nd, appropriately named the "I'm Not Doing NYC 4 Miler." Check our race schedule for the complete list of our November and December Sunday morning races.

We hope everyone has a safe and happy rest of summer, and we hope to see you in the park. And we would welcome new people wanting to help out!

Fred Haslett
President/LIRRC

WEDNESDAY NIGHT SERIES CONCLUDES

181 RUNNERS CROSS ON FINAL NIGHT

It's a bit strange to think that next Wednesday at 7PM there will be no crowds and no last minute rush to get to the registration table. Yes, the Wednesday Night Series has concluded for 2014.

Actually, although it was a cooler summer than most, fall is a great season in its own right, so remember that we resume in Eisenhower again on NYC Marathon Sunday with a 4-miler - check the schedule on the website.

There are also great races upstate as well as on our own Long Island; the conventional thinking is that when the temperatures drop, the distances increase. So don't put your running gear away yet. Enjoy the upcoming season and keep in touch - follow us on Facebook, click on our links at www.lirrc.org, and look out for the next newsletter in October!

MAN AFIRE!



Yes...that blazing runner is none other than

JIGAR GOSALIA

Who has recorded the following 5K times this year at Eisenhower:

4/20/14 16:46

6/11/14 16:35

6/25/14 16:57

7/16/14 16:42

8/20/14 16:42

And came in first place overall in each of these races! Congratulations!

New Members!



Welcome to the Best Running Club on Long Island!

Maria Alfaro

Tami Byrne

Dolores Doman

Jigar Gosalia

Samantha McGlynn

Robert Nugent

Jennifer Pefanis

Seckin Secilmis

Nicholas Turkovich

Robert Votruba

David Allen

Lynnette Carr

Katherine Fischetti

Kelly Harris

Dermot Murphy

Kerri O'Rourke

Jenipher Quintanilla

Kathy Simone

Chadwick Vaillant

Gianna Wezik

Pratap Amalraj

Stephanie Delarosa

Jonas Garelle

John Hegarty

Sharon Newman

Victor Pajonas

Jay Rosenkrantz

Henry Von Thaden

Elsy Vasquez

Cara Winer

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?

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 – or call them at 516.568.7333



Congratulations to Eva Casale, who completed 7 Marathons in 7 days, finishing her last in Glen Cove. Eva ran to raise awareness and funds for the Leukemia and Lymphoma Society. Great Job!

SHAME YOU YOU



Certain people just have no pride. Coupled with ignorance, arrogance and a sense of entitlement, they feel the rules just don't apply to them. They are better than others. They sit back and justify their thievery because it's a "public" park. Their free night, however, is not free. *We* paid for these cheapskates. Yes, I'm referring to the regular "bandits" that show up for the Wednesday Night Series. They are cheap, both in spirit and presence. They want the good time, the workout, and the running experience that LIRRC has provided in Eisenhower Park for years. Don't ask them for a race fee, though. That's when somehow, magically, it becomes.....not worth it.

These are not children; these are grown adults and it is assumed that they understand the basic tenants of responsibility and etiquette. They are also responsible for raising children with those values. Good luck. It looks like the next generation of bandits is in training already. The Board members and volunteers of LIRRC work hard to promote road running on Long Island, and to keep the cost of race fees at a minimum. If you decide not to participate, that's your choice. You can train on your own – but not on the course during our USATF sanctioned races. Our members also have another thing you lack – courtesy. So more than likely, our members won't confront you or cause a scene. You should know, however, that you're ripping the REAL RUNNERS off, compromising their safety, and stealing from them. This not only violates common decency, but it violates specific provisions of both the Long Island Road Runners Club and the USATF.

We will have more on this in the next newsletter.

- Jim Ferguson

RUNNERS



WHAT MY FRIENDS THINK I DO



WHAT SOCIETY THINKS I DO



WHAT IDIOTS THINKS I DO



WHAT MY CO-WORKERS THINK I DO



WHAT I THINK I DO



WHAT I ACTUALLY DO

Running Notes.....



Utica, New York hosted the 37th Boilermaker 15K on Sunday, July 13th. Congratulations to our club finishers!

ADRIANA STAIANO	1:18:35
JUAN OLIVERAS	1:31:11
JIM FERGUSON	1:54:49
GAIL BOYD	2:02:46
DENNIS BOYD	2:02:48



The Long Island Road Runners mourn the passing of

Gladys Secor

Mother of Rick Secor

and

James McMurray

Father of Diane De Lissio

Our members extend our condolences to your families

and

will remember you in our thoughts and prayers



Caryl Senn-Griffiths

Photo Credit: Newsday – Audrey C. Tiernan

Congratulations!

Sue Nesbihal, Mary Trotto, Caryl Senn-Griffiths, and Janis Henderson from the Bohemia Track Club were featured in August 16th's Newsday Act 2 section for both their athleticism and advocacy and support of older athletes. Jason Molinet's cover story is a great read for track and field fans of all ages!



On Sunday July 27th most of the members of the LIRRC Women's Race Team had their Ladies Luncheon at Park City Diner in Garden City. This luncheon was held to pay tribute and to say thanks to the Ladies who have helped make the team a big success. For the past three years the LIRRC Women's Race Team has placed in the LITF Grand Prix Series of races competing against other Masters' Teams and for the past two years the Team has been awarded 3rd place in the Grand Prix series. These ladies have been dedicated members of the LIRRC Race Team and the standings prove their commitment year after year and we thank you very much all your hard work and dedication. The luncheon was a lot of fun and it was nice to sit and chat and share running war stories among friends. We hope to make this an annual event.

Thank you Ladies!
Adriana & Kathy (Co-Captains)

All the Preparation... For Just One Gulp of Water

By David Wright



© Betty Shepherd

It is mile 10 of a challenging marathon and you reach for that welcome cup of water. One grateful gulp on a warm morning and it's gone. Toss the cup aside without a second thought. What could be less complicated? I had done it myself hundreds of times in races over the years.

So I got an eye-opening lesson when I volunteered to help man one of the water stations along the route of the Palm Beach Marathon. To my astonishment it turns out that almost as much planning and preparation goes into that humble gulp-on-the run as it takes to map out the course! In this race, on December 6, 2009, it even involved cutthroat competition between the 16 designated "Wacky Water Stations" along the 26.2 mile route.

Our team represented Friends of the Lantana Nature Preserve, a group dedicated to preserving a pristine wilderness section of Old Florida, and was situated at 10.3 miles into the race, half a mile before an oceanfront turnaround. Team captain Ilona Balfour—married to Malcolm Balfour, who still owns the now defunct 6-mile track running record at Mississippi State University—decreed that we were to be "The Mexicans." Somehow she recruited 22 mostly non-runner volunteers, and weeks before the event, there was a packed planning meeting at the Chamber of Commerce in West Palm Beach. We were sent on our way with the stern admonition, "On the morning of the race, arrive early and be bored... rather than be late and frantic."

Days before the marathon we got together for a full scale dress rehearsal—and I do mean *dress* rehearsal: sombreros, stick-on black moustaches, bandanas and assorted Mexican clothing were required. We even practiced holding out the water cups in the precise way recommended by the race organizers—balanced on upturned palms, please, no sticky fingers sullyng the rims.

The runners left downtown West Palm Beach at 6:30 a.m. Almost an hour before the distant gun sounded we were at our posts, stumbling in the darkness. I'd wondered why we'd been told to bring duct tape, screwdrivers and hammers. I soon found out as we put together our tent and water stand, decorating even the Port-o-lets with palm fronds and a Latin motif. It became clear that the simple act of handing out water involved a prior major construction job. Then we set up the mariachi music, unloaded three tables, tablecloths and chests of ice.

Only then did we get down to what it was all about—the water. We unpacked about 30 one-gallon sealed jugs of water provided by the race organizers and half-filled more than a thousand plastic cups. The Gatorade crew mixed several gallons of the green drink. Our orders were for the first two tables to be full of water, while the third was devoted to Gatorade. Water was poured at “room temperature,” the Gatorade came with ice. And I suddenly realized that it took three people—one to fill the cup, another to hand it on, and a third to actually hand it to a runner—to satisfy a single thirst!



© Vince Denchy

When the first runner—eventual 2:24 winner Ronnie Holassie—reached us he already had a half mile lead. Dismayingly after all our preparation, he swept smoothly past us—obviously so wrapped up in his winning strategy that he didn't hear our cries of “Agua” and “Gatorade” or see the cups expertly balanced on outstretched hands. Happily the 584 marathoners who followed him made up for Ronnie's focus. In fact they were a joy. You could see heads go up and smiles spread as the runners approached close enough to hear our mariachi music and our encouraging cries of “Arriba!” They responded with thank-you's as we cheered them on and handed out the cups. They joked that they were disappointed that they didn't contain tequila. Incredibly, some even made a detour to politely dump their used cups in our plastic trash bags. The last runner went past us at 9:15 a.m.—on track for a seven-hour finish—and we gave him a loud and lingering Mexican send-off before we picked up nearly a thousand discarded cups and began packing up. The tables, chests and unused water jugs went into a locked box to be picked up later by marathon volunteers. The hammers and screwdrivers came out again to dismantle our station, and finally we brushed the street and sidewalk down.

Oh... about that cutthroat competition I mentioned earlier. The marathon organizers had offered a prize for the Wackiest Water Station. Despite our best efforts we lost out to the South End Neighborhood Association at mile 16.6 who boasted a live band, high school cheerleaders, and male hula-skirt dancers; and the Clerk & Comptroller's Office at mile 4.1 whose star was a lady wearing the wedding dress that she *almost* got married in ten years ago!

I have to say, it was a whole lot of fun. And next time I grab a cup of water during a race... believe me, I'll remember all the work that went into it and cherish every drop. I promise I'll even drop the empty cup in the garbage!

Originally Posted January 28, 2010



NEW! The Lirrc Library

There are a number of running-related DVD's and books that are available for LIRRC Members to borrow. Here's how it works: You must be a current member of LIRRC, and you should return the item to Jim Ferguson when you are finished. Could it be any easier? Well, a list of the available titles follows. If you are interested, drop a line to me with your address at proffesor4@aol.com. I'll send it to you first class mail. You can return it to me the same way, or hand it to me during the Wednesday Night Series.

DVD'S

Glimpse of Heaven; Taste of Hell
Prefontaine
Running America
Running Brave
Running the Sahara
Saint Ralph
The Dipsea Demon
The Long Run
The Runner
UltraMarathon Man

BOOKS

Achilles Healing
A Race like No Other
Boston Marathon - How to Qualify
Chicken Soup for Runners Soul

Dr. Sheehan on Running
Eat and Run
Food Guide for Marathoners
Marathon (Higdon)
Marathon Man (Rodgers)
Marathon Woman (Switzer)
The Complete Marathoner
The Madman, the Marathoner
The Gift

The Loneliness of the Long
Distance Runner

The Longest Fall
The Long Run

The Runners Guide to the
Meaning of Life

The Run-Walk-Run Method

In addition, numerous issues of *Footnotes* (the GLIRC publication), *Runner's World*, and *New York Runner* (NYRRC's Newsletter) are available.

This idea of sharing running-related educational materials started with Colin Harris years ago. I was fortunate to be the recipient of many books he read over the years. Give it a shot, and enjoy!



The Long Island Road Runners would like to thank everyone who participated in the Eunice and Colin Harris Race on August 6th. We know you share our love for two selfless people who dedicated their time and talent to make our club what it is today. While we miss them greatly, we must move on - and the best way to honor their memory is to get involved in the club, participate in our future races for ALS, and continue to support research to combat ALS - the devastating disease that took Eunice from us. Specifics on funds we collected will be published in the October Newsletter.

From the bottom of our hearts, we thank you!

The Long Island Road Runners
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www.lirrc.org
Club Hotline: 516-569-4959



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