

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

June 2014



Over the years I have seen our club's race timing team evolve quite a bit. In the 1980's when I became involved with helping at our races, we used a manual system taught to me by the late great club co-founder and past president Jack Dowling. At registration we would assign a letter code to each race bib that would relate to the runner's age group.

When the runner finished the race we would clock in the finish time on printing timers and someone else would record finish bib numbers with the letter.

As the runners were finishing, I and another person would take the finish sheets and clock time printouts and record the finish time next to each bib number. These would be posted, and then we would get the registration sheets and as we sorted the letter and bib number on award sheets, we would write the runners name.

If we had 150 runners, the race went off at 7PM and by 8PM, results were posted, and awards given out. We were like a well oiled machine! The downside of that method is that on posted results, there wasn't a name or pace, only bib number and time. If a runner wanted to see what place in their age group they finished in, they would have to count how many runners with the same letter finished ahead of them.

We've come a long way baby! After the manual method, we went to computerization starting with the help of former race official Joe Desposito. All runner data was entered in a software database and as each runner crossed the line, a finish line timing clock transmitted each runner's finish time to the laptop, and the bib numbers were manually input into the laptop, and like magic, the bib finish times were matched with runner's name, age, sex, etc., to produce overall and award results.

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Then when Bob Patterson came on board, we moved to shoe chip timing and then to disposable bib chip timing where we are now. Bob has spent countless hours learning the ins and outs of chip timing, and we are appreciative to him for bringing us into the modern world of race timing.

Through the years, our club survived by people stepping up to take more responsibility. We have been fortunate to have people so that over the years. The races go on, not by just Bob and I, but by a committed few people who you know as our race officials. People like Juan Oliveras, Joyce Patterson, Adriana Staiano, Kathy Agricola, Peter Cirona, helpers like Dave Philippi, Jim Ferguson, Jim Thornton, Mike Ogazon, and Margerite Peralta and others who pitch in. Much is sacrificed to be at each race to make sure the runners get a quality race. But recently we lost Colin Harris due to his passing, and another race official retired, Sally Roberson.

We are in a position of needing more help, and also of people who would like to step up and become involved and committed to learning the ropes of race management.

Of course we could always use help setting up and breaking down, and were lucky to have people do that, but we are also looking for people to learn the ropes of race management who would like to be committed. There are those race officials who sacrifice much because they are at every race, no matter what.

But we could also use help at jobs such as registration. If you would like to help out, come before 5:45PM and let us know. If we can use help at registration, you could do it from 5:45 to 6:45PM and get a free race.

You may even find it FUN!

In the meantime, thank you to all who help out, and we hope to see more of you at the park.

Fred



LIRRC's Featured Road Runner for June....

Chris Postol

When did you start running?

I started running in March 2007 when I developed Kienbock's Disease in the left wrist. I was in a cast for six to eight weeks and realized I could not be a 275 pound offensive/defensive football player and heavyweight wrestler any more. My father had always encouraged me to run for fitness. I entered a LIRR 4 mile race at Eisenhower Park and had a great experience. I continued running and racing, joining the LIRR team. That year I was chosen the LIRR runner of the year.

Is there a race you haven't done that you want to do soon?

Cow harbor 10K

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

Strength training has helped me avoid injuries by strengthening my ligaments, tendons and muscles. I do squats, lunges, leg extensions and curls as well as toe raises and hammer curls.

I ice down on days when I'm not running, and take spin classes.

Diet is important, and I add vegetables and fruits at all meals. Going to bed early and waking up early, help me feel energized to get out and run

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

I like banana, sunflower or peanuts/walnuts, whole wheat or rye bread, orange. 2 small cups of coffee black chased with 2 16 oz of water.

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

After Kings Park race I fell on the turn in between mile seven and eight and got right back up and still broke my personal best in 2009 of 1:09:08, 1:07:23 in 2014.

Are you working on any specific goals for this year?

I would like to break 19 min for 5K and run more than 15 miles for long run.

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

At peak I do about 50 miles per a week.

Do you prefer running in the summer as opposed to the winter?

I like to run in winter because of the quiet nature of the season. I like run in the summer because of all the good looking girls.

What are your favorite running shoes?

Use to like Gel Kayano, now I love Brooks GTS 14. My first shoe was New Balance 992.

To which running clubs do you belong?

LIRRC is my community club and Quicksilver Striders is my racing team located in Queens NY.

General Comments:

I am a certified American Council on Exercise personal trainer since Jan 3rd 2012, an Exercise Scientist. Contact me if you like me to train you 516-662-9704.

I was the winner of the LIRRC Championship series Men's open (2009).

I won my first race at LIRRC Snowflake 5k run.



"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."

-John Bingham



joamarelo.tumblr.com



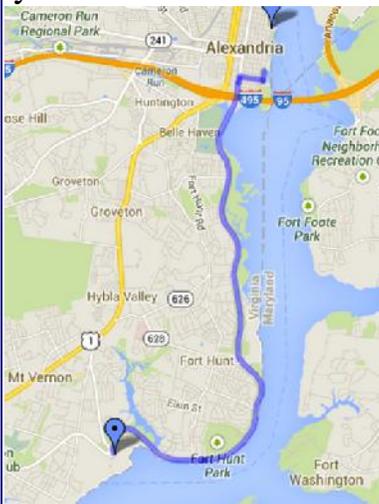
New Members!

Marie Achatz	Lauren Bella	Elliot Bock	Scott Brennan
Mike Burke	Jane Butera	Albert Cardenas	John Caridi
Lynne Cerullo	Christopher Cicala	Michael Dantuono	Jennifer Deluca
Paul Dengel	Kristen Devaney	Fran Dowling	Jennifer Ebert
James Fisher	Donna Geoghan	Matthew Gerson	Scott Giangrasso
Chris Goodwin	Sharon Greene	Sydney Hagen	Rose Harrington
Tracy Healey	Robert Hegedus	Julia Hegner	Heather Harrison
Laura Hutson	Michelle Jones	Valerie Kucz waj	Peter LaBarca
Thomas Laine	Amy-Lee Levey	Luisa Lezaja	Maura Lachance
Jason Menahem	Fernando Mendoza	Matthew O'Connor	William Reitz
Donald Perceval	William Provoncha	David Ramos	Maria Romano
Stephanie Saraceni	Alicia Shepherd	Gowrishankar Sivanathan	Alexis Stern
Mike Souto	Lauren Strangio		Chris Wilcox
Lori Wheal	Patricia Wiertz		Allison Maffettone
Michael Zung	Joseph McLoughlin		Elizabeth Melillo
Jennifer Rodrigues	Kathleen Reynolds		
	Michele Schaefer		

George Washington Parkway Classic

Alexandria, Virginia
April 13, 2014

My daughter is attending college in the DC area & my wife & I were planning to visit her sometime in April. I thought it would be a great opportunity to include the well-known & wildly popular Cherry Blossom 10 Mile race in the weekend's agenda. Unfortunately, due to bad (or rather no) planning, I missed the on-line registration deadline by a few hours. On a previous visit, I had joined a few local runners in a training run at a local park & asked them about races in the area that they liked to run. They immediately mentioned the George Washington Parkway Classic which I had never heard of. Since I was locked out of Cherry Blossom, I searched for other local races in the same general time frame & was surprised to find that the GWP Classic, also a 10 miler, was scheduled for the weekend after Cherry Blossom. I wanted a challenging race & last year's GWP Classic results showed 4,800 finishers, very competitive even if dwarfed by Cherry Blossom's field of 17,000+. This year's race would be the 30th anniversary.



I really liked the course layout. It is a point to point course starting on the beautiful grounds of Mount Vernon Estates (home & final resting place of George & Martha Washington) running on a 4 lane parkway that is closed to traffic. The course is extremely scenic, forest on your left & the Potomac River immediately on your right as you run due north. The first mile is downhill & the remainder gentle, rolling hills. There were water stops every 2 miles. For the last mile & a half, you leave the parkway & continue through Alexandria's Olde Town shopping district & a long straightaway finish on Union Street. The post-race festivities took place in Oronoco Park right across the street from the finish line.

The race organizers really nailed the logistics of this race. The major sponsor of the race is Pacers Running Store which is a local chain store. Packet pickup was the weekend before the race. You could pick up at any Pacers location & they allowed others to pick up your packet for you. If you are not able to pick up the packet, they will mail it to you. They had comfortable buses to transport the runners from the finish line area & several other convenient points around town to the Mount Vernon start. Never having run this race & being paranoid about being late, I boarded the first bus. Getting off the bus at 6:10 am (for the 8:00am start) at Mt Vernon, we were greeted by the loud music of the DJ. I couldn't help but wonder if we were waking anybody but the property was huge & there were no houses in sight.

Volunteers were distributing coffee, water, bananas, bagels & heat sheets. It was still 51 degrees at that time & I was wearing a singlet so I was happy to have the heat sheet. By the end of the race, the temperature would hit 60 degrees. They also had a bag drop similar to what we have at the Long Island Marathon &, of course, a long row of port-a-johns.



A good amount of spectator support, the runner-friendly course & almost no wind combined to make the ten miles very manageable. At the end of the race, all finishers were given this very attractive participant medal and ushered to the park. The post-race amenities included more bagels & bananas, massages, laptops to look up results & a beer garden. A local brewery, Iron Port Brewery, provided free suds for those of age. There was also a band, free pictures with someone dressed as George Washington & activities for the little ones (bouncy castle, face painting, arts & crafts table).

One minor thing that struck me as strange was the awards ceremony. It was mostly ignored by everyone, except of course those receiving awards & was conducted while the band was still playing.

There was also an accompanying 5K race which could be convenient if there are runners in your group who would prefer the shorter distance. The 5K course is the last 5K of the 10 mile course. Both races start at the same time so the 5K racers have plenty of time to finish, grab a water bottle & something to eat & still make it back to the finish line to cheer on the 10 mile finishers.

And yes, the cherry blossoms were still in bloom.

More information can be found here : <http://runpacers.com/race/george-washington-parkway-classic-10-mile-5k/>



Mike Ogazon never takes a vacation from running. Here he is in Florida on his usual morning run. Good job, Mike!

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

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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?

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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

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fast runners look good.
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CONGRATULATIONS!

TO LIRRC MEMBERS

MONICA ENRIGHT 3:25

PJ DISKIN 3:31

PAUL FETSCHER

*The Long Island Road Runners
mourn the passing of*

STANLEY FRIEDLANDER



Stanley was an accomplished runner and founder of the Valley Stream Running Club, and completed many marathons and ultra-marathons. His humor and kindness were special, and he will be greatly missed by the Long Island running community.

Running Notes.....



During the summer months our Newsletter gets shorter as we all spend more time at the park, in organized races, or at our own workouts. Please consider contributing an article, or just let us know your race results or what races you are planning.....this newsletter is about YOU!.....

Apologies to Dave Frisone....he wrote a great article that was published in the April Edition of this newsletter and also in GLIRC's *Footnotes*...Unfortunately, I neglected to give him credit for the article, which highlighted our Wednesday Night Training Runs....sorry, Dave!.....

Please take note.....Photos take up a good deal of space, and although we are happy to run an occasional pic or two in the newsletter, most photos are better served when posted to the website. Please keep submitting them, and know that they will get consideration in either format.....

Running season is upon us, and there is press all over the place....Scott Jurek is on the cover of the June Edition of "Costco Connection". The Ultra-marathoner speaks about nutrition, and there is a recipe for a great omelet he uses for recovery.....The Sunday Edition of Newsday featured almost seven pages of Long Island varsity track and field news (MSG Varsity) about the most I have ever seen.....

Just like running itself, LIRRC is always evolving, and to continue providing all that a "small" club can offer, we need volunteers in all capacities to help at our races. If you are willing to spend the time, there are many opportunities to help.....some may involve a bit of training, and others are pretty straightforward. If you can help at registration table, work the course, help at the water stops, perhaps do some data entry, or if you are willing to learn "the ropes"....please consider offering your services. To provide a quality alternative to the bigger clubs, and to continue to offer the famous Wednesday Night Series, we need help! Please stop at the shed next Wednesday – introduce yourself, and lend a hand.....we need you!

Was that Steve Juchem in Newsday last Sunday? Nice pic!.....



LIRRRC's Featured
Road Runner for
June....

Sue Hepburn



Sue Hepburn at the 2012
LI Women's Championship

When did you start running?

I started running in the summer of 2009 but really kicked it into high gear in the beginning of 2010. I started running because I wanted to apply my hard work in the gym to a sport.

What was your favorite single race?

One race that stands out was the LI Women's Championship 5k in 2012 where I placed 1st Athena and won a check for 100.00. I was on cloud nine.

Is there a particular runner you admire?

I admire Dave "Money in the Bank" Frisone. I call him that because he once told me for the short races do well in the first mile because its money in the bank. LOL!

Is there a race you haven't done that you want to do soon?

I'd like to do more trail running. I think its fun.

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

I can't think of anything to say except I don't give up.

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

Before a longer distance race, I'll eat some yogurt or an orange. For a short race I eat nothing prior to running so that the body sends the energy to my muscles for running, not diverted towards digestion. Also, the day before the race I drink a lot of water so that I'm pre-hydrated. After the race I like to have soda and bagels that they often give out after a race. I don't like bananas, my son Johnny likes them. That's why he's faster than me. LOL!

Are you working on any specific goals for this year?

Yes, I started running track and field, 200 and 100 meter sprints. I'm pretty good at it too.

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

I don't count miles as I heavily cross train now.

What is your next major race?

I try to put an effort in all races that have Athena weight class categories and also some track and field meets.

What are your favorite running shoes?

Saucony mostly, but lately I've been wearing Asics Gel sneakers. Really anything with a structured arch, cushioning and a roomy toe box.

Do you prefer running in the summer as opposed to the winter?

If you asked me this question last year I would have said winter; but after this year's miserable winter, it really doesn't matter that much to me anymore. However, running in the heat is a challenge for me, but at times I can successfully block it out of my mind because I tell myself its all part of road running.

Do you cross-train?

Yes. It's the only thing that works for me. I tried straight running, didn't work. I had to go back to cross training. My cross training includes heavy sports conditioning classes, muscle strengthening classes and speed work. I also try to get a 5 mile run in once a week.

To which running clubs do you belong?

LIRRC, GLIRC & NHP / Mineola Club. I am also Assistant Coach for Bellmore PAL Youth Running Club.



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 professor4@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!



"If you never have a 'bad' day, you're probably doing something wrong; if you never have a 'good' day, you're definitely doing something wrong."

-Mark Remy

"It's the road signs, 'Beware of lions.'"

-Kip Lagat, Kenyan distance runner, on why his country produces so many great runners

"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes."

-- Don Kardong

The Long Island Road Runners
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Club Hotline: 516-569-4959



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Vice President/Assistant Race Director—Peter Cirona
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