

# THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

JUNE 2015



## President's Message

Dear Members,  
Our Wednesday Night 5K Summer Series is under way and we got off to a great start! It's good to see old friends and make new ones, and also terrific to see the kids enjoying themselves in the Kid's Fun Run while their parents cheer them on.

Come on down and participate for a fun midweek evening! The series "runs" to the end of July. And after the race. Join us for the "Bob McVetty Post Race Hang-Out Party." Just bring your own refreshments.

In the meantime, if any members are running in the State Park Monday Night Series, look for our banner and come over for a hot dog and some socializing. As we do each year, we join with our partners in crime, the Nassau Police Running Club.

Congratulations go out to our Women's and Men's Masters Race Teams! In the USATF-LI Grand Prix standings, our women are in 3<sup>rd</sup> place, and our men are in 2<sup>nd</sup> place! We are so proud!

This year is going well for us, and we will continue to be a fun, welcoming club after I turn over the leadership reins to the next president. As I mentioned in the previous newsletter, if anyone is interested in getting involved and learning the ropes, let us know.

Our club has a proud tradition that we have built from our start in 1977. We have always tried to do the right thing for our members. Our fees are still low, we put on quality events, and our races are chip timed on accurate courses that we mark out so well.

Have a good and safe summer of running, and we hope to see you in the park!

Fred

**Join us for the last Wednesday Night Race of the season on July 29<sup>th</sup>!**

**It's our Annual Eunice & Colin Harris**

**Memorial 5K. See Page 18!**

**LIRRC Members & Friends:**  
**Ocean City NJ Race Weekend...**

LIRRC is **planning a weekend of racing in Ocean City NJ...**

Attached below is the event we will be going to...

It is up to individual members to register for the race they want to do...

A 5K 10Miler or 1/2 Marathon

**We are staying at The Impala Island Inn - 1001 Ocean Ave. Ocean City, NJ**

**it is a short walk to the starting/finish line...**

I told them we are with the LIRRC group...

You can **call 1-609-399-7500 ask for Karen**

Rooms reserved on a first come first served basis

Call ASAP too make sure we are together as a group

Because it will be a busy weekend due to the races...

Or you can make your own reservations

**Seniors receive a 10% discount** @ Impala Island Inn

Transportation will be up to you...we can hook up via cell phones...

Individuals register for the race they want to run

On Sunday 9/27/15... Best to drive down Saturday 9/26/15

Pickup bib & racing numbers that day

We can go for a group run on Boardwalk

Then go to a local restaurant

Have dinner and ready ourselves for

Sunday races...start 0830am

Should be fun...

Race weekend with your LIRRC running buddies

**<http://www.ocnj.us/index.cfm?fuseaction=content.pageDetails&id=2088&typeID=179>**

2015 Date: September 27th!!!!

Race Start: 8:30AM

**OCNJ Half Marathon & 5K & 10 Mile Non Competitive Walk/Run  
Ocean City, NJ**



# The Long Island Roadrunners mourn the passing of Pat Petersen

## We send our heartfelt condolences to his family

### OBITUARIES

LONG ISLAND

## Pat Petersen, 55, NYC marathoner

BY NICOLE FULLER  
nicole.fuller@newsday.com

Pat Petersen, a Long Island native who had three top-four finishes in the New York City Marathon in the 1980s, died Sunday in hospice after a two-month battle with pancreatic cancer. He was 55 and lived in East Islip.

Known for his unorthodox running form of flailing arms and swaying shoulders, Petersen briefly held the U.S. record — his personal best — of 2 hours, 10 minutes and 4 seconds at the 1989 London Marathon.

Born legally blind in one eye and diagnosed during the end of his professional running career with an irregular heartbeat, he worked full time in finance — including on Wall Street and as an analyst at Grumman in Bethpage — while training up to 100 hours weekly and chasing dreams of competing in the Olympics. He also worked at Dowling College.

He told Newsday in 1987: "I don't consider myself a really great runner. I shine in New York, compared to the other marathons I run. I beat people in New York that I don't beat anywhere else. This is the one



Top marathoner Pat Petersen finishes the 1996 Cow Harbor 10k race in Northport.

I live for."

Gary Muhrcke, who won the first NYC marathon in 1970 and founded the Huntington running store Super Runners Shop, said Petersen was "without a doubt — he was one of the best marathoners in the country. . . . He was the best American marathoner after [Alberto] Salazar."

Petersen, as a high school student, bought his first pair of running shoes at the shop. Muhrcke went with Petersen to Los Angeles in 1984 for the Olympic trials, where he didn't try for the marathon, but instead opted for the track and field trials. He finished 17th in the 10,000 meters.

Tracy Sundlun, Petersen's coach and adviser and the senior vice president of the San Diego-based Competitor Group Inc., said Petersen was hardworking — never a braggart.

"Pat Petersen had character," said Sundlun, co-founder of the Rock 'n' Roll Marathon Series. "He wasn't full of himself. When he set that American record, he worked all day at Grumman, got on a plane, landed in London . . . ran 2:10:04 and got back on a plane and was back at work."

Patrick James Petersen was born Dec. 3, 1959, in Rockville Centre. He grew up in Ocean-side and Ronkonkoma. He graduated from Islip High School in 1977 and was a standout runner at Farmingdale State College and Manhattan College in the Bronx, graduating in 1981.

In his 1983 debut at the New York marathon, he ran 2:12. For part of his career, he was spon-

sored by adidas. He married fellow runner Bea Huste-Petersen, whom he met at the Warren Street Social & Athletic Club, on Jan. 18, 1992. The couple had four children — two of whom have autism. In 2006, the Petersens started the EJ Autism Foundation, which raises money for programming at schools for children with autism.

Recalling his "horrendous, terrible running form," with a laugh, Petersen's wife said his "major strategy" was to tire out the competition.

In addition to his wife, Petersen is survived by daughters Joy, 10, and Maggie, 15, and sons Jack, 14 and Eric, 12 — all of East Islip; father Henry Petersen of East Islip; and brothers Michael Petersen of California, Douglas Petersen of New York, Butch Petersen of Hicksville and Edward Petersen of Bay Shore.

A wake is set for tomorrow from 2 to 4:30 p.m. and 7 to 9:30 p.m. at Chapey & Sons Funeral Home, 200 E. Main St., East Islip. A funeral Mass is to be celebrated Thursday at 9:45 a.m. at St. Mary Roman Catholic Church, 20 Harrison Ave., East Islip. Burial will be at Queen of All Saints Cemetery, 115 Wheeler Rd., Central Islip.



## 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 they are appreciated for the sacrifices they and their families make for us. What can we do to show our support of our men and women in uniform? There are many ways, and the Long Island Road Runners Club has decided to partner with 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. This is a close-to-home cause, as LIRRC President Fred Haslett's son, Sgt. 1st Class Fred "Rick" Haslett of the NC Army National Guard, was stationed in southern Baghdad, on his second deployment in support of Operation Iraqi Freedom. Since his company's Internet connection was not free, Cell Phones for Soldiers kept SFC. Haslett and his fellow soldiers supplied with calling cards so calls home to loved ones were free.

Soldiers 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!

# 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)

## 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](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





## New Members!

*Jennifer Baci*  
*Michael Lowenthal*  
*Elizabeth Murphy*  
*Donna Patane*  
*Freddy Smith*

Welcome to our club! – Stay in touch by visiting our webpage, reading our newsletter, and follow us on Facebook! Let us know your running results or plans, and feel free to contribute your ideas – we need and want your input! Send newsletter submissions to Jim Ferguson @ [proffesor4@aol.com](mailto:proffesor4@aol.com)



# Questions Arise Over How a Pennsylvania Dad Qualified for Boston

## A Runner's World Exclusive

Mike Rossi took his children out of school to watch him run the Boston Marathon, and gained internet fame with his explanation for their absence. Now, runners are wondering about the race he ran to qualify.

By Alison Wade;

Image by US Candida

Published Runner's World, May 7, 2015



Mike Rossi crosses the finish line of the 2014 Via Marathon.

Last week it was hard to miss the news about a Pennsylvania father, Mike Rossi. He had received a letter from his children's school principal stating the three days of classes they missed to accompany him to the Boston Marathon would not be excused.

The response Rossi posted on his Facebook page on April 25, outlining the educational value of the trip, quickly went viral and was shared more than 32,000 times. News outlets all over the world, including *Today*, *People*, Fox News, and AOL, picked up the story.

Now Rossi is experiencing the downside of internet fame. Some members of the running community are scrutinizing his past race results and questioning the legitimacy of his Boston Marathon qualifying time. (See the threads on LetsRun.com and RunnersWorld.com.)

At issue: Rossi's qualifying time of 3:11:45 at the Via Marathon in Allentown, Pennsylvania, on September 7, 2014, is inconsistent with all of Rossi's other publicly available race results.

In an email to *Runner's World Newswire* on Wednesday, Rossi stated that he qualified for the Boston Marathon at the Via Marathon in the Lehigh Valley.

"The allegation against me that I did not achieve a qualifying time at Lehigh Valley is completely false," Rossi wrote. "I focused my training to peak for the [Via Marathon] race in order to hopefully qualify for Boston."

Rossi, 47, of Rydal, Pennsylvania, needed to run 3:25 or faster to qualify for the 2015 Boston Marathon. The 3:11:45 Rossi recorded at Via gave him plenty of room to spare.

Qualifying for Boston has become increasingly competitive, especially in recent years, when there hasn't been enough space in the field to accommodate all of the interested time qualifiers. As one of the most prestigious marathons in the world, the race sees huge demand for entry.

The majority of the 30,000-person field gains entry by meeting age- and gender-specific qualifying times. (Charity bibs, which require a minimum fundraising commitment of \$5,000, and invitational entries are also available.) Simply put, qualifying for Boston is a serious and significant deal for thousands of runners.

Last week a person who requested not to be named contacted *Newswire* to express skepticism about whether Rossi had run the 3:11 marathon. By Monday, doubters were openly sharing their suspicions about the validity of his race time on message boards.

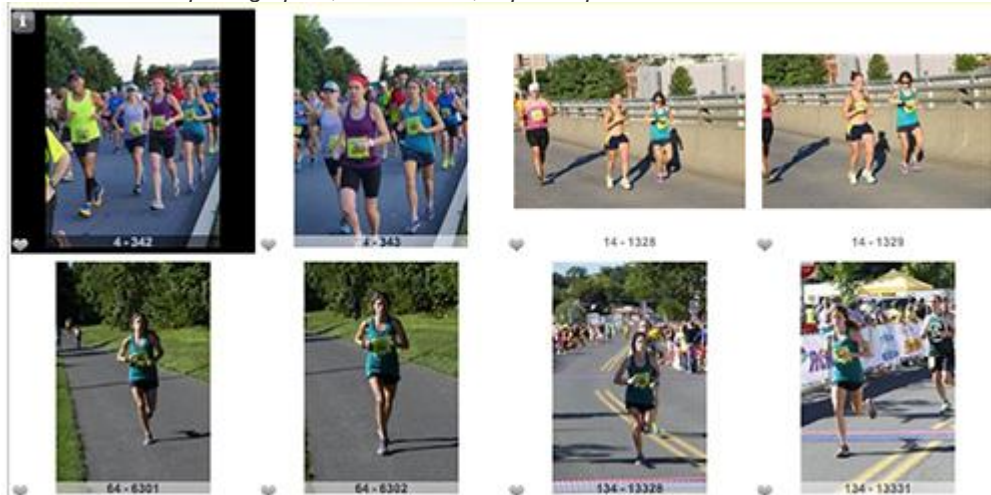
Among those who question Rossi's time, the main arguments are that his 3:11 marathon was not in line with any of his other race results, and that he does not show up in Via Marathon race photos anywhere other than the finish line. The 10 runners who finished ahead of Rossi and the 10 who finished behind him were all photographed in three to six different spots along the course.

None of the runners contacted who finished the race near him reported seeing anything out of the ordinary along the course.

"I have a selfie picture of me at the start and there are photos of me at the finish and video of me finishing the race," Rossi wrote to *NewsWire*. "The race bib system also documented me at the start and finish. An independent photographer took my picture at the finish. It should also be noted that the [Via Marathon] course is very runner friendly and is rated one of the fastest marathon courses in the country with much of the course downhill."



The official event photographer, US Candida, captured photos of Rossi at the race's finish line.



By comparison, US Candida captured Siobhan O'Connor (in green above), who finished one place behind Rossi, in four spots on the course. Other runners who finished near Rossi were photographed in between three and six locations on the course.

The other argument skeptics point to is Rossi's race history. Running a 3:11:45 marathon requires averaging 7:19 pace for 26.2 miles. Until the Via Marathon, Rossi, who began running in 2013, had never maintained that pace for longer than five miles in a race, according to his Athlinks.com page, a searchable online database of race results.

For his half marathon best, Rossi averaged 7:41 pace. His second-best marathon is 3:43:52 – 8:32 pace – which he ran at the 2014 Philadelphia Marathon, 10 weeks after the Via Marathon.

At Boston, Rossi finished in 4:01.

“I ran Boston in 4:01 under poor conditions and with a serious hip injury for which I received a cortisone shot 10 days prior,” Rossi wrote. “I am currently awaiting the results of an MRI taken this past Monday. Hopefully my hip injury will only be a strain and not a tear.”

Greg McMillan, who has coached runners ranging in ability from beginner to elite and is known for his [equivalent performance calculator](#), said that it’s rare for a marathoner to go from 4:26:37, the time Rossi ran in his first marathon in November of 2013, to 3:11:45 without seeing similar improvements at shorter race distances.

“Typically that kind of jump comes from a slower marathoner,” McMillan said. “So you’ll see somebody who’s run five hours or five and a half hours and in their second or third marathon, they take these big chunks out of it.”

“But once you get sub-4:00, it obviously gets more difficult to take those chunks. In this case, you’re talking about being able to run faster than your personal best half marathon for double that in a race, and that is obviously very, very unusual for a person to be able to do.”

McMillan said that it would be possible to come up with an example of someone who made such a jump – someone who didn’t realize how good they were at first, for example – but he would expect to see a corresponding jump in that runner’s training and race performances at other distances.

Rossi said his Athlinks history doesn’t tell the full story.

“My race history as shown on Athlinks is not indicative of my performance level but my training does show an ability to run a sub 3:15 marathon,” Rossi wrote. “Many of my races were run for fun or were performed while I had documented injuries.”



In a blog, which has since been made private, Rossi alluded to running more than 1,000 training miles in 18 months, or roughly 15 miles per week. It's typical for runners who are capable of a 3:11 marathon to train at least 40 miles per week, especially among runners over the age of 40.

McMillan said that when runners have breakthrough races, they often follow them up with other performances in the same time range.

"Certainly, you could have your 'A' day where everything goes perfect and that is your best performance," McMillan said, "but even if you back off, you're still going to be within five or 10 minutes of that time, or the equivalent at other distances if you're racing other distances."

According to scientific tables called VDOT tables, developed over the years by Jack Daniels, an exercise physiologist and noted running coach, someone who can run 3:11:45 for a marathon should be able to run 20:02 for a 5K and 1:32:02 for a half marathon. McMillan's equivalent performance calculator would expect Rossi to be even faster – 19:41 for 5K and 1:31:07 for the half marathon. Rossi's best 5K is 21:52 and his half marathon best is 1:40:44, according to his Athlinks page.

Unlike Rossi, all of the runners who finished near him at the 2014 Via Marathon have run other times – in the marathon or at shorter distances – that are in line with their marathon times that day. While some races have timing mats along their courses that make cheating difficult, the Via Marathon had mats only at the start and the finish in 2014. Via Marathon spokesperson Lisa Walkiewicz told *NewsWire* by email that the current plan for 2015 is to have a minimum of six timing mats along the course, including the start and finish.

Walkiewicz also said that the race is looking into the allegations regarding Rossi's performance at the 2014 race.

"We have requested investigatory support from the USATF and are in contact with them to see what resources they may offer to provide a quality and impartial investigation," she said. "In addition, we are asking for a recommendation on action steps in addressing the matter should they determine an infraction has occurred."

A representative from Super Race Systems, the company that times the Via Marathon, confirmed that the difference between Rossi's gun and chip time – 31 seconds – indicates that Rossi, or at least his bib, was at both the start and the finish of the race.



Those who question the validity of Rossi's performance are wondering what happened between the start and finish mats along the point-to-point course. Because the race runs a simultaneous five-person marathon relay, many people run only a portion of the course and are getting in and out of cars at four different exchange points along the route.

While Rossi documented his other recent marathons in detail, he didn't say much about his 3:11:45 breakthrough on his blog and social media before they went private. He never wrote a race report about the Via Marathon, but he wrote about his 3:43 marathon in Philadelphia 10 weeks later. He posted about qualifying for Boston on social media, but refrained from mentioning his breakthrough time.



*Mike Rossi posted a photo of himself at the Via Marathon's finish line on Facebook the day of the race, but did not mention his time of 3:11:45 in any of his public posts that day.*

Shortly after *Runner's World* first contacted him for this article, he changed the viewing permissions on his Facebook page and blog and deleted his Twitter account. He wrote that he took these steps "because of the excessive harrassment and personal threats" he was receiving as the story began to spread. In the Philadelphia Marathon race report posted on his now-private blog, Rossi wrote that after the 20-mile mark, "I finally looked at my GPS watch and saw that I was not far from another BQ! Then, around mile 22 I had to use the bathroom...and that crushed any chance of a BQ. Bummer :( "

The splits from Rossi's Philadelphia race tell a different story. He went through 10K in 51:14 (8:14 pace), halfway in 1:47:08 (8:10 pace overall), and 30K in 2:34:32 (8:17 pace overall), indicating he was never on the 7:50 pace he would need to run a Boston qualifier.

He wrote on his blog, "Overall I was happy with my time."

According to his blog, Rossi ran his first-ever race, the 2013 Broad Street Run, just over a week after the 2013 Boston Marathon bombing. "It was then that I decided I had to run Boston," Rossi wrote.

His description of the Boston Marathon on his blog suggests that getting into the race was an important goal for him.

"The Boston Marathon isn't just another race. It's the Holy Grail of running, and there's a good reason for that," Rossi wrote. "Boston is not like any other races. They only accept the fastest times of those who beat the stringent qualifying standards. Just being about to qualify (BQ) for the race is something that most runners never accomplish."

**PROUDLY SUBMITTED BY THE WOMEN'S RACE TEAM!**

**SEE FULL RESULTS OF ALL TEAM STANDINGS AT**

<http://long-island.usatf.org>

**AND FOLLOW THE LINKS!**

<b>Women's Master</b>		
<b>1</b>	<b>GLIRC</b>	<b>476</b>
	Kings Park 15K Challenge (1)	100
	Aspire 10K (3)	86
	Long Island Marathon (1)	100
	New Hyde Park 8K (2)	90
	Hope Runs Here Half Marathon (1)	100
<b>2</b>	<b>Northport</b>	<b>446</b>
	Kings Park 15K Challenge (2)	90
	Aspire 10K (2)	90
	Long Island Marathon (2)	90
	New Hyde Park 8K (3)	86
	Hope Runs Here Half Marathon (2)	90
<b>3</b>	<b>LIRRC</b>	<b>338</b>
	Kings Park 15K Challenge (3)	86
	Aspire 10K (4)	83
	New Hyde Park 8K (4)	83
	Hope Runs Here Half Marathon (3)	86
<b>4</b>	<b>We Are Athletes</b>	<b>326</b>

## Ron Clarke obituary

Australian athlete who broke world records with ease, becoming the first man to run three miles in under 13 minutes



Ron Clarke competing at Crystal Palace in 1968. Photograph: Colorsport/Rex Shutterstock

Ron Clarke, who has died aged 78, defined an era of distance running. He was at his most imperious when, in a flurry of races in 1965, he broke world records with metronomic regularity. Two performances stand out: on 10 July 1965, at the White City stadium in west London, he became the first man to run three miles in under 13 minutes; four days later, in Oslo, he took 36.2 seconds off the world 10,000m record.



*The Final Wednesday Night Race  
Of the 2015 Season*

*Is also*

*The Eunice & Colin  
Harris Memorial 5K*

*Wednesday, July 29, 2015*

*Race proceeds go to  
ALS Foundation*

*&*

*Hospice*



# THE ROADRUNNER



**The Roadrunner is LIRRC's online Newsletter, celebrating its fifth year on our website at [LIRRC.ORG](http://LIRRC.ORG). It's a bi-monthly publication, posted in February, April, June, August, October, and December. A number of past issues are posted on the site also.**

**Runners are encouraged to contribute articles, stories or results of your races or personal bests. Please send submissions to Jim Ferguson at [PROFFESOR4@AOL.COM](mailto:PROFFESOR4@AOL.COM), and when appropriate, please include a photo we can post to accompany your contribution. The possibilities for your submissions are endless. Have a favorite post-race recipe? A special course or trail you run? Maybe you've come back from an injury and want to share how to best do that –**

**Maybe you want to be the Featured Runner of the Month? Well, drop us a line and we can probably make that happen. So, until August, enjoy your running, stay healthy, and consider your contribution. Without it, you're just reading what I write!**

**The Long Island Road Runners**  
**East Meadow, New York 11554**  
**www.lirrc.org**  
**Club Hotline: 516-569-4959**



## 2015 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

PRESIDENT - Fred Haslett  
VICE PRESIDENT - Peter Cirona  
TREASURER - Jim Ferguson  
SECRETARY - Adriana Staiano  
MEMBERSHIP - Juan Oliveras  
PUBLIC RELATIONS - Michael Ogazon  
COUNSEL - Jim Thornton  
AT LARGE - Dave Philippi

### LIRRC 2015 RACE OFFICIALS

Fred Haslett	Peter Cirona	Jim Ferguson
Adriana Staiano	Juan Oliveras	Dave Philippi
Margaret Rivero	Bob Patterson	Joyce Patterson

### LIRRC 2015 RACE TEAMS

**MEN'S TEAM CAPTAIN    JUAN OLIVERAS**

**WOMEN'S TEAM CAPTAINS**  
**SUSAN SCHMUCK & MARIE BREWER**

**We Will Long Remember the Contributions of Our Dearly Departed**

**PRESIDENT EMERITUS - Jack Dowling**  
**SECRETARY/TREASURER - Eunice Harris**  
**SECRETARY/TREASURER - Colin Harris**