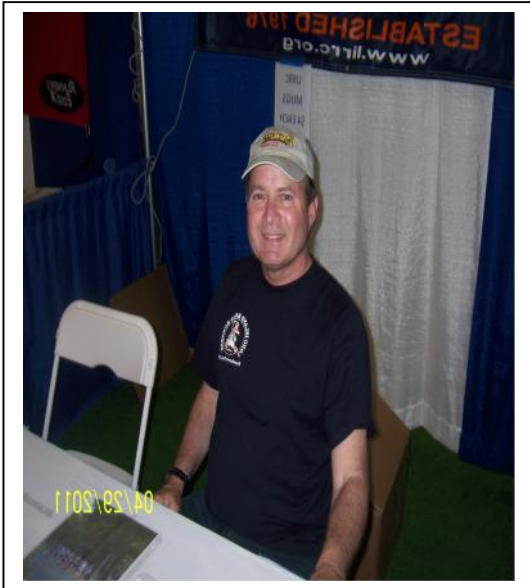


THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

FEBRUARY 2015



President's Message

Right now we are in the throws, (or shovels), of winter. The snow finally caught up with us and lately the running conditions have been less than ideal. But that doesn't stop the runner!

Our New Year's Day 5 Mile Hangover Fun Run (and Peter Cirona Birthday Bash) ,saw about 250 runners come down to start the New Year off right.

Our annual event has grown and we always try to do it right. Plenty of refreshments and fun was had by all. And best of all is that it's free! Our next event is the John Corrigan 4x2 Relay on Sunday March 15th. This special race is in honor of LIRRC and Valley Stream RC member John Corrigan who passed away after running his leg in our relay. He was a gentleman and well-liked and respected in the running community.

Naming the relay after John was a no brainer for us.

This race is fun! Plenty of refreshments, awards 3 deep in various categories, a fast 1 loop 2 mile course. Put a team together or come down and we'll try to get you on a team. Race starts at 9:00am and registration opens at 7:45am. Fee is only \$28 per team, \$24 if you pre-register.

And don't forget our Easter Bunny 5K on Easter Sunday April 5th at 9AM! See our website for further information for both of these races. And please remember our military. Our policy of giving active military members a free race has been successful, and gives us a chance to say thank you to our men and women in uniform. In addition, our Cell Phones for Soldiers collection is nearing 400 cell phones collected at our races to enable our military to phone home from overseas without charge, so please keep the phones coming!

We wish you all a great rest of the winter running and we hope to see you at the park!

Fred Haslett





LIRRC IS PROUD TO
PRESENT OUR
AWARD WINNERS
FOR 2014!

Runner of the Year – Maureen Frizone

For her dedication to running and for her success
in achieving an Outstanding Year of Racing.

Most Improved Runners –
Anne Broderick & Joey Arken

For their personal dedication and hard work in achieving
their personal road racing goals.

Member of the Year
Awarded Posthumously to Colin Harris

In appreciation for his dedication, devotion, and
contributions to our club and its members.

The 2014 Eunice Harris Spirit of the Club Award

Joyce Patterson

Awarded for her dedication and sacrifice
To the club for the good of our members.

RACE SHED VANDALISM

DOOR BROKEN, FIRE STARTED

President Fred Haslett posted the following on Facebook on December 26th-

Dear Members and Friends of the LIRRC ,

The LIRRC board hopes that all of you had a very Merry Christmas and Happy Hanukkah.

>

Unfortunately, we received shocking news on Christmas morning. I received a phone call from Mike Ogazon that Ray Nieves, while out for a run in Eisenhower, discovered that our equipment shed door was broken, and a fire was set in side.

Ray called the police and waited at the scene until I arrived, and he even stayed longer. Police were called and the Nassau Detectives, Arson Squad, and Fire Marshals were at the scene when I arrived, joined by Pete Cirona, then Bob Patterson. There is an ongoing investigation by NCPD, and we will prosecute to the fullest if someone is caught.

>

Luckily, the fire did not spread past the cone lit on fire with an accelerant. We were very lucky. But the shed door was damaged beyond repair and needs to be replaced. The door was shored up thanks to the work of Bob and my son Rick in from NC.

>

We are reaching out to any of our friends who either can do the work to replace the shed door or knows someone who can. Either another wood one or metal. Of course, we will pay for it. Please let us know if anyone can help with this. Again, the work we did shoring up the door is only a temporary fix, and we need to replace the door ASAP to secure the shed.

And once again, thanks to Ray Nieves for discovering and reporting this.

Thank you all for you continued support, and we hope to see you New Year's Day at 9:30AM for our Annual FREE 5 Mile Hangover Fun Run.

>

Regards,
Fred Haslett
President/LIRRC

>



This photo shows the shed after the break-in and the temporary fix.



Charles Crowe

LIRRC was very fortunate in that major damage and loss of equipment was averted. The shed did need repairs, however, and Charles Crowe, a longtime LIRRC member, came to the rescue. He did the physical work, and got the shed back to top shape before the coming weather inflicted more damage.

We could not be more appreciative.

Our members and runners also responded by making donations at the Hangover Run on January 1st. There were also offers by many others and we are truly appreciative to the local running community for their concern and generosity.

The investigation is ongoing; but suffice it to say that LIRRC will prosecute to the fullest extent of the law any individual found responsible for this damage. We owe this to the safety of our runners and anyone using the park.



This is the shed after Charles” work, and it looks like we are ready to go again.



2015 RACE SCHEDULE

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

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

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

Wednesday Night Eight Week Summer Series
June 10 through July 29 –
6:30PM-Kid's ½ Mile Fun Run-
7PM 5K Race



1.

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-6th grade. Reasonable rates. Call Fred at 516 569-4196 or email fredhas@verizon.net

FOOT PROBLEMS?

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

FEMALE PERSONAL TRAINER

Need a personal trainer? Call Hofstra Certified Trainer Margaret Peralta at 516 319-4993, or email her at Peraltafit2run@yahoo.com.

Margaret also teaches ZUMBA in East Meadow. Classes are only \$10.

Meet every Tuesday @ 7PM and Saturday @ 11AM. E-mail Margaret and go see what all the fuss is about!

REAL ESTATE NEEDS

Call member Kathleen Agricola, Licensed Real Estate Associate at Prudential in East Meadow, NY at 516 796-4000 or email her at Kathleen.Agricola@prudentialelliman.com

COMPUTER PROBLEMS?

PC Aid to the rescue! Over 25 years in the computer industry, I'll revitalize your slow PC back to its original speedy self. Upgrades, rebuilds, networking, etc. Call Wing at 516 620-4136.

JDI MORTGAGE CORPORATION

Registered Mortgage Broker –NYS Banking Dep't. Ben Murolo, CPA, MBA Tel# 516 316-2733.

PERSONAL TRAINING

If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.

Running class: Running classes are group workouts designed to help you run farther and faster. I coach different ability levels, from beginner to competitive running, ensuring that you'll find the right fit. You'll do a variety of coached workouts depending on your level, classes include steady-paced runs, speed training, intervals, hills, fartlek, and tempo runs.

Call: Jane Vongvorachoti-516-263-5369

Certifications :

NCSF National Certified Personal Trainer, Equinox Tier 2 Trainer, CPR/AED Certified, Pre and Post Natal Certified, USSF D License Soccer Certification

VISIT THE RUNNER'S STOP

in Lynbrook at 20 Atlantic Avenue Lynbrook NY 11563. See Ellen and the gang. Visit their website www.runnersstop.com – or call them at 516.568.7333



The Long Island Road Runners
Mourns the passing of

Margaret
Mongeluzzi-
Enright

*Mother-in-law of Monica Enright
Member of our Women's Race Team*

*Our thoughts and prayers are with you
and your family at this difficult time.*



Racing Etiquette

I hear a lot of good stories about runners and the good they do. But I also hear about the complaints that many of us have heard from others, or vocalized ourselves. So it's time to refresh and revisit good running etiquette.

Point #1- Line up for a race by what your pace is NOW, not what it WAS 10, 20, or 30 years ago, We have all seen certain individuals who are consistently on or near the front line at the start of a race who obviously don't belong there. Do they do it because they want a photo op, or because they feel they deserve it? Whatever the reason, it's not right, and can cause problems in a race. How is it that it takes us a mile to pass someone who we know should have lines up with us or behind us? You can see it in results by checking the chip time vs the gun time. Be real, and be considerate.

Point #2- Race refreshments are for the benefit of the person who ran the race. Please don't stuff your bag to feed your family. We've all see this, and race directors have for a long time tried to address this. And we see it, and we know who the usual suspects are. End of pack runners deserve that bagel and banana too. If you ran a race and took your bagel and banana, if you want more, at least wait until the event is over and ask if you can take extra of anything left over.

Point #3- Bandits! A bandit is a thief, and anyone running a race without registering is just that. And we have seen our share in Eisenhower and races everywhere have been a victim of this. If you bandit a race, you are stealing from the event. Others paid money to be in an event. There is no option to register or not and run the race. You take from the event, usually take refreshments you don't deserve, you can affect the results, and you frustrate the race officials and other runners. One of our races comes to mind when a runner who thought they were in 2nd place was actually in 1st place because the runner in front of him was a bandit! Bandits who are identified should be banned or suspended from future events. The LIRRC has a rule about just that. You can read it on our website.

If you get to our race and registration is closed, it's not our fault. If you hit traffic, got out of work late, or whatever, it's not our fault. We have a race to put on and we do our best to start promptly at race time. In the past, we have had to hold up the start because someone comes running up to our registration people begging to register. It's not fair to all involved. So if you get to registration late, it's your fault, not ours. Maybe it would be great if you volunteered for that race! As our co-founder Jack Dowling used to say, "Don't come crying to me, go home and tell your mother." And don't bandit the race!

Point #4- Electronic Devices- A few years back, the USATF issued a rule banning electronic devices like headphones, from sanctioned races. We felt it was a good move. Unfortunately, they rescinded that rule a year later. Headphone wearing runners are a race director's nightmare! I know! Many times we bike ahead of the lead runner shouting instructions to runners about to be lapped for them to move left or right, that the lead runner is about to pass them. Well, those wearing headphones usually can't hear us. They may be helpful in training, as long as you aren't on the roads and can't hear the cars, but they don't belong in a race. I always said that my favorite songs are in my head. That is why we **STRONGLY** discourage the wearing of headphones in our races. It's a safety issue.

Point 5- Baby joggers. Being that our races are USATF Sanctioned, we do not allow baby joggers in our races. Please don't ask us if you start in the back, or tell us that it's a public park. These are races, and in our races baby joggers are **PROHIBITED**. This is a safety issue. As careful as you may be, if you clip a runner with your wheel, that runner will not be happy. And it's a liability issue. Those injuries are not covered by our insurance. Why? Because baby joggers are prohibited! If you are a mom and dad and both run, maybe take turns for each race watching the baby and cheering on your spouse. These are just some etiquette reminder sad n race director's pet peeves. If you can think of any more, please let us know.

Fred

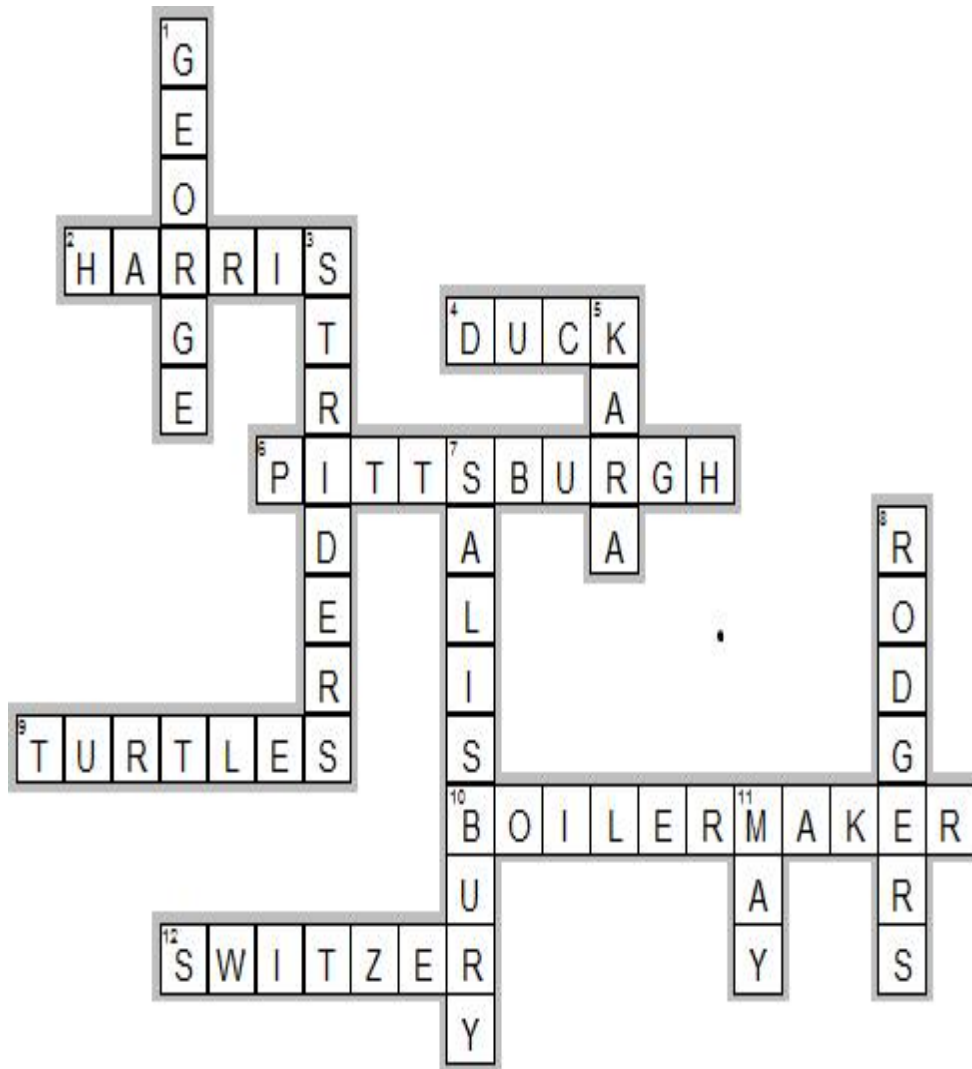


From Facebook –

April 7, 2014 at 8:17 pm

My favorite sign during the Phoenix Rock n Roll Marathon was “Hurry up, the Kenyans are drinking your beer!”

Answers to the December Edition's Crossword Puzzle:



Edipoc.com



2015 John Corrigan 4x2 Relay

Sunday March 15th 9AM

Eisenhower Park, East Meadow at the Field House (parking field #2)

Registration 7:30AM to 8:45AM

Fee: Pre-Registration-\$24 Per Team

Day of Race - \$28 Per Team (Sorry, No Refunds.)

MAKE CHECK PAYABLE TO: LIRRC and

MAIL TO: Bob Patterson, 76 Elm Street, Hicksville, NY 11801

Pre-registration must be received by Wednesday March 11th! And you don't have to complete your teams before you mail in the form, just name the team and send it in. Fill in team members race day!

Remember! Sign in is 7:30 Am until 8:45 AM!!! Coffee, Hot Chocolate, Soup, Bagels, Irish Soda Bread.

***Scoring will be by combined time of all 4 scoring members of teams.**

Team Name: _____ Category: _____

NO RUNNER MAY RUN 2 OR MORE LEGS ON SAME TEAM!, BUT MAY RUN ON MORE THAN 1 TEAM.

AWARDS 3 DEEP IN EACH TEAM CATEGORY.

Registered Team Categories: Four on a team. Check One:

Male Open- 4 men any age

Mixed Open – at least 2 women, all any age

Female Open -4 women any age

Male Masters – 4

men all 40 and over

Female Masters – 4 women all 40 and over

Mixed Masters – at least 2 women all 40 and over

Male Senior Masters - all 60 and over

Senior Mixed- at least 2 women all 60 and over

Female Senior Master - all 60 and over

I know that participating in LIRRC events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants, or spectators, the effect of weather including cold, snow, and ice, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against the Long Island Road Runners Club Inc., LIRRC race officials, officers, volunteers, the County of Nassau, the Nassau County Parks, Recreation, and Museums, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this LIRRC sponsored event.

Leg Name: Print Signature Age: M/F

parent or guardian if under 18

1 _____ _____ _____ _____

2 _____ _____ _____ _____



Women's Team Update:

We succeeded in getting our club LIRRC out there competing on Long Island both in the qualifier for the Millrose games and again at the indoor Association Championships at Suffolk Community College. LIRRC Women's Masters Team qualified for the Millrose Games however, two of the ladies on the team could not make the meet so we did not compete.

We were very happy to have qualified and hope to participate in the games next year. At the SCC Association meet, three ladies on the team ran individual events and did very well. We hope to get more participation from our ladies in Track and Field events in the spring and next year.

Additionally, at the USATF-LI Brunch, Marie Brewer, our co-captain, was awarded second place in the Grand Prix Series of Long Distance Running (individual points) for her age group. Another huge accomplishment from one of our team members.

Congratulations Marie!

Today we celebrate our LIRRC Women's Master Team for placing third in the USATF-LI Grand Prix Series of Road Races. This is our third year in a row placing third. Those in attendance at the USATF-LI 16th Annual Awards Brunch to accept our award were Adriana Staiano, Club Secretary, Susan Schmück, Co-Captain and Marie Brewer, Co-Captain. As with last year, this is a monetary award that will be applied to a luncheon for the entire LIRRC ladies team to commemorate our win. The date and location for this luncheon will be determined.

In addition to our team award, a special congratulations goes to team member Maureen Frisone, winner of the **2014 Long Distance Running Award** in the Senior Division. I can't begin to tell you what a tremendous honor this is to bestow upon someone.

Well-earned Maureen!

Thanks for your support,
Sue and Marie - LIRRC Co-Captains



New Members!

Claudia Dextre

Kevin Fox

Angela Gloria

Alessandra Javier

Julie Manteria

Ilma Oliva

Hector Ochoa Romero

John Salatti

Steven Simmons

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

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 Phillipi

LIRRC 2015 RACE OFFICIALS

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

LIRRC 2015 RACE TEAMS

MEN'S TEAM
WOMEN'S TEAM

JUAN OLIVERAS
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