



*FALL IN!
WELCOME TO THE LIRRC FALL NEWSLETTER!*

5TH Edition – October 2011

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

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

Running out of daylight, you say? No problem! At least on Sundays you can be up & running with Long Island's oldest road running club, the Long Island Road Runners! So fall in! Our Schedule is on the website. See you in beautiful Eisenhower Park!

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 ROAD RUNNERS**

President's Message - October 2011

It's hard to believe that summer is gone, and here we are looking at fall, with old man winter right around the corner. The LIRRC finished up our Wednesday Night Summer Series with our 20th and final summer race on September 14th. This is the first year we extended our Wednesdays into September, and as much as your race team enjoys doing what we do each week, we looked forward to a break, and now we are into the Sunday Fall Series which runs to the end of December. Recently, I looked back on our club's race schedule from the early 1980s.

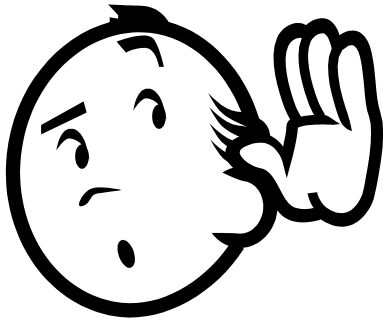
Not only did we have the Wednesday Night Summer Series, but also Sunday morning races all year long, and sometimes multiple races the same day. One example is one Sunday we put on a 10K, marathon, and 50K simultaneously. Sure, there were less outside races back then that we were up against, but knowing what is involved in putting on a race, it is mindboggling! Our club has a dedicated race team, including myself, Colin Harris, Bob Patterson, Peter Cirona, Kathy Agricola, Joyce Patterson, Sally Robertson, and Juan Oliveras, who is on board for the summer races and captain of our men's team. Most of us have to plan our vacations around the races, come down even when we are sick, and make sure we are in the park way before the race start time, setting up the course, registration, and everything else that has to be done before the race gets off. Not to mention the at home preparation that Bob Patterson has to do. We do this whether we have 30 runners, or 200 runners. While the race team takes on a lot to make sure we put on a quality race, it can't always fall entirely on the few all of the time. We depend on volunteers to ensure we have all bases covered and to take some of the onus off the race team. We appreciate so much the dedication of members like Joe Tracy, who comes to many races to help supervise the water stop, especially during those busy Wednesday night races. When Joe is there, we know there is one less thing we have to worry about.

Board member Adrianna Staiano is there for us too, helping out at races, becoming a board member, and co-captaining our women's race team with Kathy.

Also, Jimmy Thornton, sometimes with Mike Ogazon, bringing our split clock out to the mile to make sure the runners get their one mile split time. Speaking of Mike, he does a great job sending out the club email blasts to keep members informed on happenings. And Jim Ferguson, our newsletter editor, working tirelessly behind the scenes to publish a quality and entertaining club newsletter. There are others who pitch in weekly to help put the equipment away. We thank them all. Dave Philippi is always there for us too. But with all that said, a club with over 500 members should have more help. It would be great if we could have volunteers on the course, giving mile spits, or handing out water, etc. We have members who are injured, and stay away. Please don't! Come down and help out. We'll put you to work and trust me, you'll have fun. Just because you can't run for awhile, don't stay away from the races. I got started in the mid 1980s when I was injured and was not able to run for 6 weeks, I came down to Eisenhower and asked then president Jack Dowling if I could help out, and the rest is history, I never stopped! I may be an extreme case, but what I am trying to get across here is that we need the help if we are to continue putting on races into the future. Your race team, I hate to say it, is getting up there in years. We are looking for members who want to get involved. Just come on down to the park and tell us you want to help out. We'll be happy to oblige!

See you in the park (hopefully),

Fred



HEARD & SEEN AROUND THE PARK

Which long married veteran runner, training for the NYC Marathon, has been cutting his long runs a little short to spend some more “quality” time with his new “friend”?

ALL CLUBS HOLIDAY PARTY!

PARTY TICKETS ARE ON SALE NOW!!!!

This year, our party will be held on
December 10th from 7:00PM to 11:00PM at:

**BOZENA RESTAURANT
485 West Montauk Highway
Lindenhurst, New York 11757
631-226-3001**

Plenty of food, new DJ, beer & wine, raffles, and lots of fun with your running friends! Club awards for 2011 will be given out that night! The tickets are only \$42 if you get the application in early. Just go to our website & download & print the application. Hope to see you there!



A Special Thank You goes out from the hearty souls who ran the Wednesday Night Series on a wet September 7th to [Margaret Peralta](#), who went above and beyond in making a fabulous cake for the runners!.... It was hot & humid on September 14th for the final race of the much loved Wednesday Night series. It's always tough to say goodbye to summer, but fall is really a great time to pick up your pace and get in shape with some early morning runs on the weekend. Visit the LIRRC website for our Sunday schedule & good luck this fall!....In the [Calendar](#) section of October's [Runner's World](#), the [Divas Half Marathon](#) & our own [Eisenhower Park](#) get a nice mention. The race itself was held on October 7th, with Emily March taking first place with a 1:20:59....

In the Westchester Half Marathon on October 9th, Steve Snyder came in a 1:58:58, and Jim Ferguson crossed the line at 2:02:45.....The following results were posted on Mike Ogazon's Facebook page and were used with permission.....The Turtles @ Entenmann's 1/2 Marathon did well...LIRRC colors were seen throughout the crowd of runners and were awesome. You could hear the whisper of many who were glad they were not doing the 1/2. They chose to do the lesser distances 5K & 10K. The Turtles and runners lined up at the start. Katz called for everyone to be at the start with minutes to go. Suddenly the gun went off with the Hat moving at a pace untouchable. Grant was at a speed I thought he was doing the 5K. Tony, Beth and I trailed but were strong and steady. With a threat of rain at the start we were concerned that we should have worn some rain protection. As we went it started to clear up and the sun came out. With high humidity and lower temps it was bearable. Fortunately the wind kept us moving when at our back, unfortunately most of the time we were heading into the wind or high sun. It was good to see the finish line. Once again The Turtles conquered the distance by JUST DOING IT! Tomorrow is the Diva 1/2 Marathon. I will be at Museum Row in the Mitchell Complex on my bike by 8am. Thanks to Tony for volunteering me! This is just another day in the world of Turtles on the run.

Glad you went to Maine or you most definitely would have been on the starting line. Enjoy; see you at the next Turtle event.

Turtle Finisher

Mike O

1 419 JILL SKELLY BALDWIN NY 47 1:35:52 7:19 1st Female OA
1 427 GRANT RADTKE EAST MEADOW NY 55 1:38:45 7:33 1st Place AG
6 951 JASON ISRAEL SYOSSET NY 42 1:44:10 7:57
155 10 TERRY BISOGNO 721 57 M NEW YORK NY 27:55 53:52 1:58:56 9:05
158 6 JUAN OLIVERAS 829 60 M NORTHPORT NY 28:35 54:55 1:59:22 9:07
184 11 HOWARD W CRAGG 739 64 M BETHPAGE NY 28:24 55:00 2:04:10 9:29
236 1 MICHAEL OGAZON 828 70 M GARDEN CITY NY 32:28 1:02:06 2:15:54 10:22 1st Place AG
251 3 ANTONIO PATINO 914 68 M SEAFORD NY 33:39 1:05:27 2:19:53 10:41 2nd Place AG
276 19 BETH MARINIS 806 47 F HICKSVILLE NY 35:18 1:08:02 2:30:22 11:29
287 5 PAUL FETSCHER 892 65 M LONG BEACH NY 35:52 1:11:07 2:37:29 12:01

In another post, Mike reports on a Central Park training run:

NYRR Event Calendar Marathon Tune-Up 18M

List by Team: LIRR Distance: 18.0 Miles, 29.0 Kilometers

Date/Time: September 25, 2011, 7:00 AM

Location: Central Park, NYC

Hutchinson Dean M50 2365 LIRR LONG BEACH NY USA 998 751 47 2:40:58 08:57 0:00:00 0 0.0

Niedfeld William M52 5540 LIRR SEAFORD NY USA 2249 1406 109 3:05:09 10:18 0:00:00 0 0.0

Monaco Robert M48 3525 LIRR WOODBURY NY USA 2459 1493 199 3:08:54 10:30 0:00:00 0 0.0

Kaplan Ira M41 2399 LIRR EAST MEADOW NY USA 2680 1583 278 3:13:28 10:45 0:00:00 0 0.0

Ogazon Michael M70 5553 LIRR GARDEN CITY NY USA 2890 1672 3 3:18:34 11:02 0:00:00 0 0.0

Muldoon Francis R M71 6541 LIRR LONG ISLAND CTY NY USA 3490 1888 5 3:41:19 12:18 0:00:00 0 0.0

Krugman Jeffrey M68 7397 LIRR ROSLYN HTS NY USA 3707 1971 23 3:56:09 13:08 0:00:00 0 0.0



Marie Achatz

Jack Brolly

Richard Cameron

Michael Del Bianco

Steven Dabundo

Torn Williams

Ann MacDougal

Deepti Mahajan

Stephen Rooney

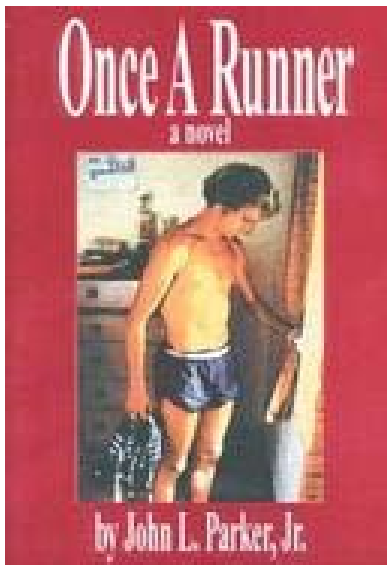
Jessica Hulsen

Edward Kemp

Michelle Vanorden

Diane Schubert (Welcome Back!)

Why not start out your LIRRC experience by contributing to our Newsletter? We are always looking for ideas, articles, photos.....well, you get the idea! Send your submissions to Jim Ferguson at PROFFESOR4@AOL.COM.



This Month's Pick:

Once A Runner-
John L. Parker, Jr.

“Part training manual, part religious tract, part love story, and all about running, *Once A Runner* is so inspiring it could be banned as a performance enhancing drug.” –

Benjamin Cheever
(author of *Strides*)



Neal Schneider



WE GET LETTERS.....AND E-MAILS !

Hi Fred,

Thank you very much for inviting the Massapequa Road Runners to participate in the LIRRC program to honor one of their members by dedicating one of your Wednesday evening races in that person's name Likewise, thank you to Diane DeLissio and the MRR's Board of Directors for choosing me as the individual to receive the honor. Over the past 30+ years I have won many ribbons, medals, plaques, trophies and prizes for running in or volunterring at races. Last night was by far my biggest win ever – having a race named after me in my honor, the “Walter Colvin 5K”. What a thrill, and I was able to share it with many of my running buddies who came to run or cheer at last night's race.

I also want to thank LIRRC volunteers who helped out in organizing and conducting the race, and all those people including MRR members who participated in the race or came as spectators. Finally, thank you for the two special trophies that I presented to the first female and male finishers from the MRR. It was a nice touch.

I wish you the best of luck in promoting your program. I would encourage other running clubs to participate if you do it again next year, or even at you winter races. I think everyone had a pleasant time last night.

Walter Colvin

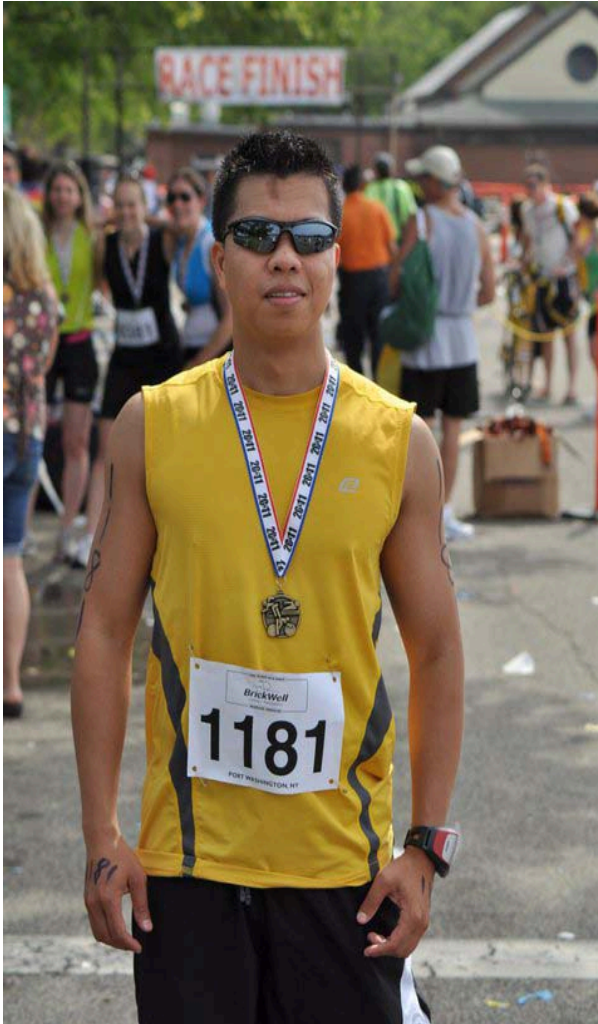


THE LONG ISLAND ROAD RUNNERS REMEMBER

JOHN DAVID

John enjoyed long runs in hot weather...he loved the NYCM...ran it every year because he had run the amount needed to automatically get in...he ran all year but loved the warm hot weather runs...was always ready to go for a run...a great running buddy...and will truly be missed...(Mike Ogazon)

A gentle soul. When I was training for Philly back in 09, I, along with his wife, ran long runs with him. 21 miler once, still composed, still kindhearted, passing his wisdom. I always listened, took it all in. I am so saddened by this news....(Margaret Peralta)



Michael Co

*This is my philosophical side:
"Running is like life. It starts and ends. It's full of ups and
downs. It makes you feel all sorts of emotion from joy to
pain to just being numb. It allows you to see the nice and
not so nice along the way. You trip but you keep on going.
And most importantly, you decide how you will approach it-
you determine how long, how fast and which course to take
that will eventually lead to the finish line."*

- a Facebook post by Michael Co, member of the Northport Running Club (used with permission)



From Yahoo.....

Days after a [pregnant woman in Chicago](#) finished a full marathon before giving birth, a London man was stripped of a third-place finish in a marathon after it was discovered he caught a bus for the final five miles of the race.

Rob Sloan, a 31-year-old former army mechanic, stopped running 20 miles into the race and then [jumped on a bus](#) to ride out the final few miles. When he disembarked, he ran through a forest, joined the race route and crossed the finish line in 2 hours, 51 minutes, good for third place at the Kielder Marathon.

Though he initially denied cheating, Sloan was forced to admit his guilt following an investigation by race organizers, one of whom called Sloan's inactions "as bad as drug-taking."

Cheating is cheating and I'm inclined to agree that hopping on a bus for the five miles is as bad as taking any illicit substance. More concerning is that Sloan cutting off the last quarter of his race by jumping on a vehicle only improved his personal best by 21 minutes and that third place was the best he could manage. If you're going to cheat, make it count.

The worst part of the whole thing? Sloan took a goody bag for his efforts. Steven Cairns, the runner who came in fourth place thanks to Sloan's maneuver, [wrote on Facebook](#):

"I was third the whole way but somehow I crossed the line and was given fourth! I started to doubt myself as he was adamant he had gone past me. I could understand him taking the goody bag and the T-shirt but to do the press interview claiming he was third?"

Somewhere, [Rosie Ruiz](#) shakes her head in disgust.

Around The Track



There were a few problems worth addressing with regard to the Twilight Trot in Patchogue on August 14. The timing system went down, but with torrential rain having been forecast, it might have been a good idea to have the manual system that worked for many years as a contingency plan. What's the big deal, you say?

Well, the entrants stood in the rain for more than a half an hour, and the immediate results as posted were a mess. Ron Curry ran a PR and initially wasn't even listed as a runner.

Whether or not you want to admit it, people are interested in their results. They may be serious in going for a PR, or just participating in friendly competition.

They may want to simply do the best they can to score points for their running club in the USATF Grand Prix. At any rate, the technology is there, and we rely on it. If there is something wrong, go to plan B.

All said, it wasn't the end of the world. I couldn't pick a better group of people to stand around with – like minded individuals of all ages and motivations who find running a positive, worthwhile investment. The race was fun, as most are. We all lived to race again, many of us the next night at the Brentwood Cookie Run. So let's get over it. But the point must be taken by timing officials: If you sign on to time the race, you have the responsibility to make it happen, one way or another.

As a runner, hedge your bet & always wear a watch.

The Newsletter is always in need of submissions in all forms. In order for us to continue to post a quality newsletter, we ask that every LIRRC member consider submitting items in all forms – photos, articles, race reports, Q&A, and personal stories you would like to share with the running community. With the winter coming, grab a pen, or sit down at the computer, and get involved! This is your Newsletter, and yes – you can sit back and read what others have written – or you can contribute your views to make this one of the best online newsletters in the running community! Send all submissions to PROFFESOR4@aol.com!

LI RRC RACE TEAMS



WOMENS TEAM

Kathy Agricola (Co-Captain)

Adriana Staiano (Co-Captain)

Mary Kroebel-Smith	Debra Savarese	Susan Schmuck
Eileen Hession	Paula Groothuis	Yuwanna Landau
Emily Bloomfield		

MENS MASTERS

Juan Oliveras (Captain)

Robert Monaco	Richard Lucian	Ben Murolo
Peter Klann	John Cronin	Ray Nieves
Ira Kaplan	Michael Hunter	Grant Radtke
Fred Haslett	James Ferguson	Bill Schroeder
Kurt LaForest	Dean Hutchinson	George Shiling
John Reilly	Alexander Israel	Jason Israel
Peter Cirona	Rick Lucian	Joseph Mainente
Bob Patterson	Michael Ogazon	Hector Jarimelo
Steve Snyder		

LIRRC RACE TEAM SCHEDULE

OCTOBER – NOVEMBER

Sat. 10/15 Supervisor's Oysterfest 5K
Oyster Bay – Mike Polansky - 9AM – 516-349-7646

Sun. 10/23 Blazing Trails 4 Mile Run 4 Autism
Great Neck • Robyn Schneider • (516) 349-7646

Sun. 11/13 Great Prostate Cancer 5K Run
Rhonda Samuel • (516) 349-7646

Sat. 11/19 Fly With the Owls 4 Miler
Lynbrook • Cathy Papandrew • (516) 641-2484

Joining the race team is easy & a ton of fun. It's not about speed, but about participating in the select races (as listed above) in order to score individual points for yourself and collective points for your team. LIRRC President Fred Haslett said it best ... "All you have to do is join USATF-LI and designate LIRRC as your club. Adriana, Kathy and Juan email team members before each Grand Prix Race to advise when and where to meet the day of the race. Just show up and run!" Joining the race team keeps you focused regardless of your running ability and helps you set goals if you want to improve. Contact the race captains today! And see our standings @ www.long-island.usatf.org



A Brief Overview of the Start of LIRRC as remembered

by Jim Murphy.

Out of a desire to gather with other runners in a friendly healthy competitive activity while also socializing came the LIRRC. In the Fall of 1977 Aldo Scandurra & George Jackson were putting on races on Sunday mornings in EP The races were not accurately measured and timing was suspect.

Around Thanksgiving 1977 a group of runners including Aldo Scandura, George Jackson, Jack Dowling, Jim Murphy, Herb Waldron, Rex Gerhardt, Jeff Falk, Ray Solga, Bob Vanderkiefert, Pat Hanbury, Joe Gorman, started talking about a running club with accurately measured courses and regular membership. In later 1977 early 1978 we incorporated two clubs, The Nassau County Roadrunners & Suffolk County Roadrunners which were subsequently merged into The Long Island Roadrunners Club with Aldo Scandurra as its President.

We then had all the courses in EP certified and thus made them eligible to run National Championship races (Which we did).The group spoke about the loop course which had been accurately measured and was an accurate 1 mile loop. Rex Gerhardt was instrumental in naming this loop; "The Banana Loop". It is presently still being used and is known to many runners.

It is commonly referred to as the "Banana Loop" If you started, and finished at the "LIRRC Shed", it is exactly a 1 mile loop. "The Banana Loop".

Races were held every Sunday, 52 weeks a year in EP. We also conducted races outside the park and used the income to acquire sophisticated timing equipment. Subsequently Jack Dowling was named President and we had various responsibilities and duties.

Jack Dowling - President

Jim Murphy- Exec. VP & Accounts

George Jackson - Race Coordinator

Rex Gerhardt - Race Course Measurements

Jeff Falk - Newspaper

This is a brief overview of the start of the LIRRC. All Information was given by Jim Murphy. Races continue to be held to this day. Fred Haslett our current president, with a dedicated racing staff organizes more than 80 races annually, and we now have over 500 members.

Mike Ogazon

LIRRC Publicity Coordinator



THE LIRRC QUIZ!

Gene Toomey fired off an e-mail on 9/6 with the correct answers to last edition's quiz. The answers to the 4 questions from the August Edition are highlighted in **RED**. Good Job, Gene!

Sandor Rozsnyoi of Hungary set a world record in 1954, the first IAAF recognized record in which event?

- 10,000m Race Walk
- Hammer Throw
- Marathon
- 1500m
- 3,000m steeple chase**

Who holds the men's 200m world record?

- Ato Boldon
- Michael Johnson
- Carl Lewis
- Lasse Viren
- Usain Bolt**

Who holds the women's 800m world record?

- Marita Koch
- Jarmila Kratochvilova
- Maria Mutola
- Anna Quirot
- Svetlana Masterkova

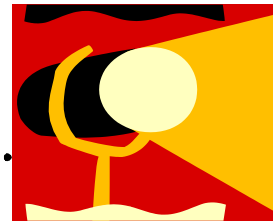
Who holds the women's 1500m world record?

- Mary Slaney
- Qu Yunxia
- Wang Junxia
- Suzy Hamilton
- Svetlana Masterkova

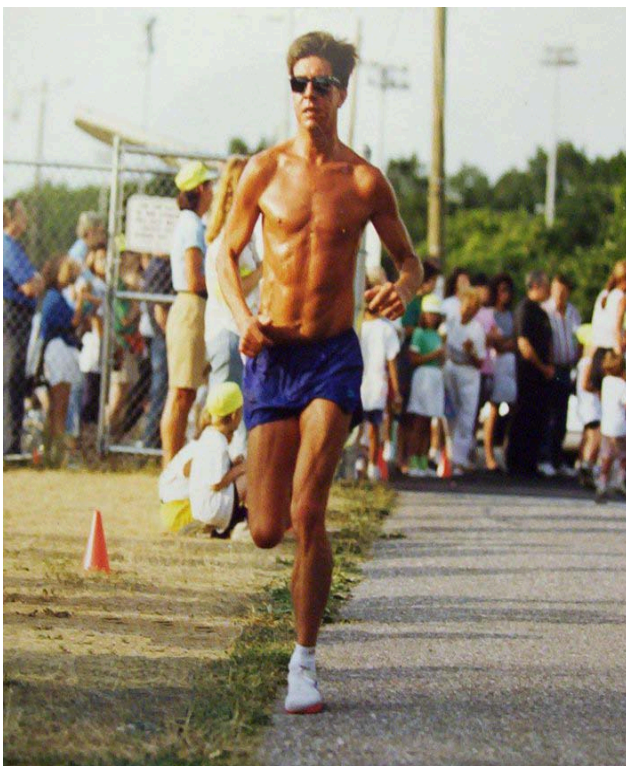
Question for the OCTOBER EDITION:

Who was the first Wisconsin runner to break the 4 minute mile, and what was his time?

LIRRC SPOTLIGHTS.....



Kip Currlin



Although Kip decided not to join his high school cross-country team, he continued to run long after they had stopped, losing fifty pounds in the process. He runs at least an hour a day, adds cross training to his regimen, and ran the Long Island Half Marathon with a PR of 1:18. Well known on Long Island, and a member of both LIRRC & GLIRC, we chose to interview him for this edition.

Is there a particular runner you admire?

Grete Waitz. She won the first Marathon I ran. I met her while staying at the same Inn on Shelter Island. She was kind and easily approachable. Many of us here on Long Island have a similar Grete story. She contributed greatly to the sport, especially here in New York.

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

I enjoy running, not just for competing, but being creative with my training routes, and being flexible in my training schedule.

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

The night before: Pasta. The day of the race: Coffee.

After the race: Bagels!

What are your favorite running shoes?

The Nike Air Mariah was my all time favorite, and now I'm getting back to Asics.

Who else in your family runs?

Everyone in my family has done some running and even a race or two. My parents played a lot of tennis in their travels.

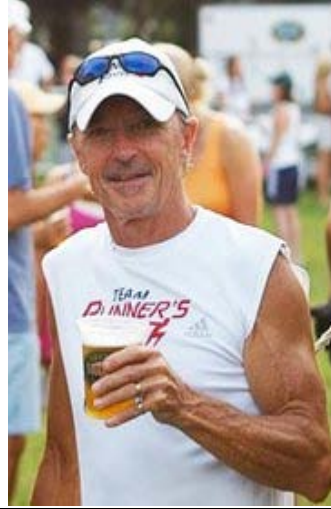
Do you prefer running in the summer as opposed to the winter?

Warm weather and summer beach running!

What is your favorite single race?

The New York City Marathon.

The “Get To The Point 5K” in Greenpoint, Brooklyn is Kip’s next major race, scheduled for October 9th. It utilizes a portion of the New York City Marathon course, and has a 1:00 PM start! Kip explains “There is a great post-race buffet and a DJ dance contest for giveaways on stage for any participants with enough nerve, with voting by applause. “It’s a riot, and much fun!” Kip seeks out new, first-time events on Long Island, as well as trying races that are traditional in different areas. He looks forward to doing many races on Long Island and seeing all his running friends! Kip....we’ll take you up on that!



BOB COOK

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.



Changin' It Up

By Jim Ferguson

Those of us who love this sport get a feeling every now & then that it's time to do something different. It may be as simple as changing the places you run, or even the time of day. I recently decided that as much as I love the 5K distance (I do intend to finish the remaining USATF Grand Prix races) I need to increase my mileage. For starters, darkness sets in early in the fall, and weather can get lousy in the winter, all contributing to fewer opportunities to run. You can maximize your workout by increasing the distance. Challenging yourself keeps you from getting stale, and longer distances will prepare you for a great spring season in 2012.

As far as location, I never knew the myriad of races available in upstate New York until my daughter moved up there for school. It's fun to experience different locales and to see how the races are supported by the various communities. With specific reference to half and full marathons, Long Island's version (although I'm in it every year) has a reputation for being boring and far from representative of the best scenery we have to offer here. The NYC Marathon is near-impossible to get into, and the logistics are lousy (I expect to do NYC in 2013). You owe it to yourself to check out other venues, where the application process is welcoming and the run downright fun.

Again, I think change is the key. I was never fond of running in the winter, but I logged quite a few miles in the winter of 2011. The gear available today is outrageous; you can stay warm & dry, get in a good run, and block out the elements better than ever before. If you tend take the winter off, or drastically reduce mileage until Old Man Winter disappears, you owe it to yourself to rethink this one. This could be your winter!

Finally, I spent most of my year trying to improve my 5K times, and there is nothing wrong with that. But toward the end of the Wednesday Night Series, I started to back off & forget the clock. Enjoying the experience, I started running with Frederick Smith, a Wednesday Night Series regular, who wants to improve his times. I never felt better about my running, or our sport.

So if you should fall into a rut, or if you are not enjoying yourself as much as you used to, Consider making a change. You'll be surprised at what you will find out about yourself and your running.

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-6th grade. Reasonable rates. Call Fred at 516 569-4196 or email 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 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.

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

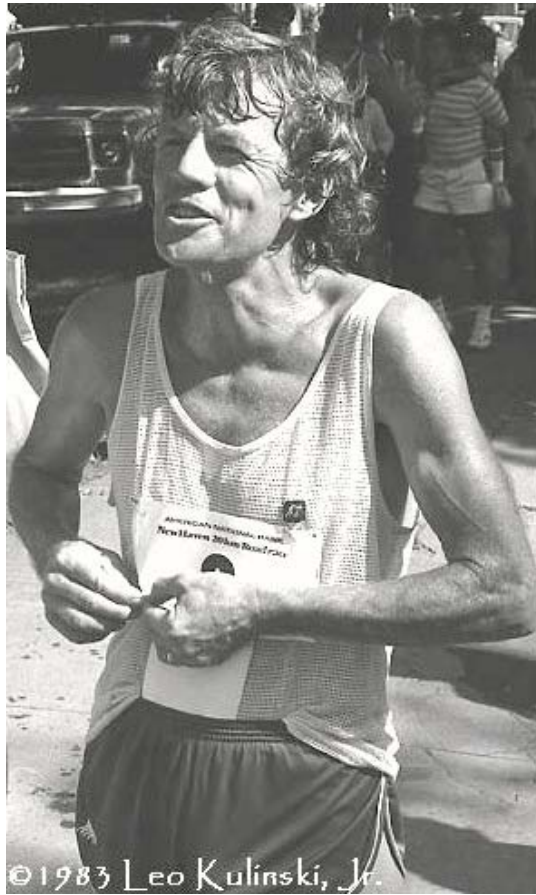
If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.

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

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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 REMEMBER

JOHN J. KELLEY

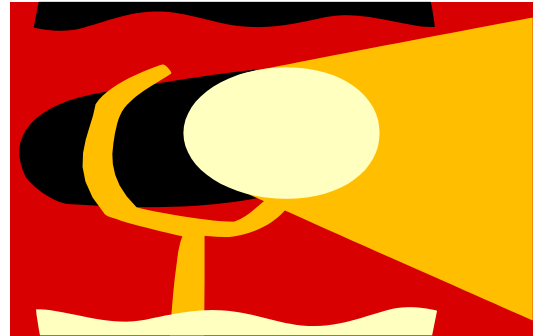
1930 – 2011

“HE RAN HIS HEART OUT EVERY STEP OF THE WAY. AND THOSE OF US LUCKY ENOUGH TO HAVE SHARED A FEW MILES AT HIS SIDE WILL FOREVER REMEMBER HIS VIGOR, HIS ENCOMPASSING WARMTH, AND THE WAY HE LOVED ALL CREATURES GREAT, AND ESPECIALLY THE SMALL AND POWERLESS”.

- AMBY BURFOOT

- LIRRC SPOTLIGHTS.....

KATHY AGRICOLA



Kathy Agricola needs no introduction to LIRRC members. A Co-Captain of the Women's race team, Kathy has been an active and well known member for years. Although her lifestyle has forced her to cut back on mileage, her current goal is to run consistently and to increase that mileage to fifty to fifty-five miles a week. How? Kathy hopes to pick a few low-key marathons to use as long training runs toward that goal. That sounds like quite a commitment, but it is exactly that quality that she admires in other runners – including the discipline and dedication it takes to run in the heat, cold, rain and yes – even snowstorms! Kathy was happy to participate in an interview for this edition of the LIRRC Newsletter, and gave us a candid insight into her running philosophy.

When did you start running?

I started in 1986. I weighed 168 lbs (no, this is not a typo) smoked and had high blood pressure.

What was your favorite single race?

The Berlin Marathon. I ran this marathon in 1990, three days before the reunification. The course ran through the Brandenburg Gate and then through both parts of Berlin (East & West). It was a very exciting marathon with over 25.000 runners. During my visit I ran through some of the Eastern Block countries such as Yugoslavia, Hungary, Czechoslovakia and more. Then there is the *Lobster Relay*. For those of you who were around then, I'm sure you agree that it was lots of fun. It was a relay where you actually ran with a live lobster! At the end, there was a big seafood feast.

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

At this point, I will say my mental toughness. Years ago, I would have said mental toughness and muscle memory. I think I am beyond the muscle memory point.

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

Hopefully, you are referring to marathons. I only increase my carbs a little bit the week before with sweet potatoes, pasta and oatmeal. I really don't think you need to eat a massive amount of carbs before. It's more important to increase your fluids. Quite honestly, after the marathon, I typically will go out for a nice steak dinner and a few beers.

What are your favorite running shoes?

I run in Asics or Nike.

Do you cross train?

When I am in training, I go to the gym and do some light weights. I found that my arms got tired in marathons. I just started doing Pilates which I find very helpful. Not much for yoga. Always ended up with a backache after. I have a rebounder that is great for overall conditioning.

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

When I was running the Amsterdam Marathon, there was a split in the road. One way was for the marathon and the other for the half marathon. There were race officials yelling something in Dutch. Being that I could not understand what they were saying, I took the split where the least amount of runners were headed. I figured that typically more people run the half then the whole. After several miles, I turned a corner and was about to run under a finish line. Yikes, I was finishing the half marathon...

I couldn't get out and was forced to continue through the finish line where I was greeted and given a finishing medal. I couldn't find anyone quickly who could speak English to find out if I could intercept the marathon course. I ended up running all the way back to the split and finishing the marathon as well. I ran both the half and the full, got two finishing medals with a finishing time of 4:11. Don't know how many extra miles I ran but I figured I would have finished the marathon sub 3:30. Not bad for an unplanned ultra-marathon. Unfortunately, they were out of beer by the time I finished.

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

I think the best information I can pass on about running is to just relax. Don't make yourself crazy about your time. I think people put too much pressure on themselves which actually works against them. Even with training, you are only as good as you are on that day (race day). Knowing that you have trained, just relax and do the best you can. That's all. Focus on not going out too fast. Remember, there is no such thing as "putting it in the bank". There are only "withdrawals" and you will join the ranks of those doing the death march across the finish line.

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

The Chicago Marathon – Simply because I signed up twice and was unable to go twice due to my work schedule.

We hope to see Kathy on the roads, and we appreciate your willingness to share your running experiences with us. Good luck and let us know the races your doing!



UNTIL NEXT TIME.....

If you run 100 miles a week, you can eat anything you want -- Why?

Because :

- (a) you'll burn all the calories you consume,
- (b) you deserve it, and
- (c) you'll be injured soon and back on a restricted diet anyway.

--Don Kardong

"Listen to your body. Do not be a blind and deaf tenant."

-Dr. George Sheehan

"If you start to feel good during an ultra,
don't worry, you will get over it."

- Gene Thibeault

This bi-monthly newsletter is a publication of the Long Island Road Runners Club. 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 35 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, and join us for our famous Sunday Morning Series. Remember: Turtles just do it, and wear the Duck proudly!

The Long Island Road Runners

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