

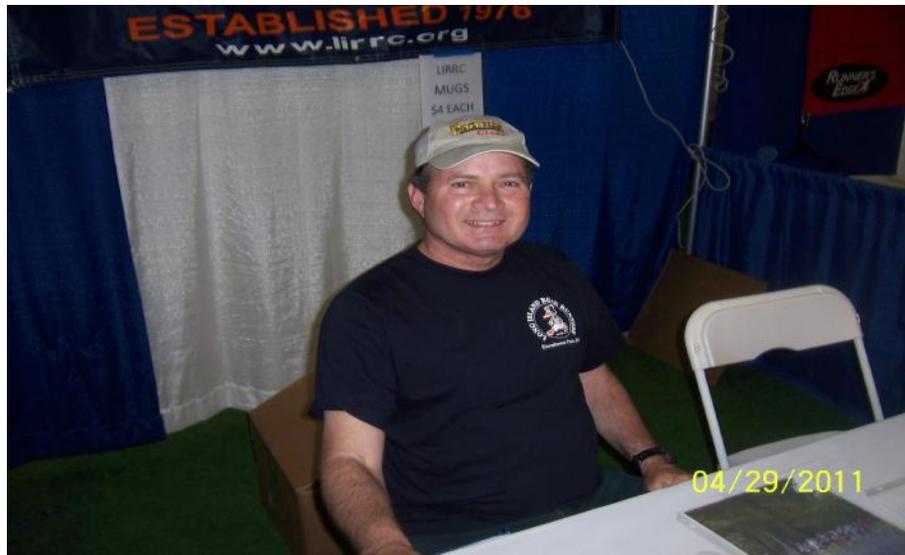
*The Long Island Road Runners
PO Box 232
East Meadow, New York 11554*



*WWW.LIRRC.ORG
Club Hotline: 516-569-4959*



Edition 17 – Fall Is Here!



**FRED HASLETT
PRESIDENT
LONG ISLAND ROAD RUNNERS
PRESIDENT'S STATEMENT
OCTOBER 2013**

Dear Members,

Welcome to Fall!

The weather is great for running this time of year! Our Fall Sunday morning races go from October 13th through to our popular Santa 5K on December 22nd. And don't forget to mark your 2014 calendar to make sure you're at our popular Annual New Year's Day FREE 5 Mile Hangover Run at 9:30 January 1st.

We'd like to thank everyone who participated in our annual Eunice Harris 5K in August, or donated. The proceeds from the race and donations to the Columbia Presbyterian ALS Gift Fund totaled \$2146.00!

This December 22nd, we will again be having our Runner's Edge raffle for Eunice Harris. Raffle tickets go on sale starting November 17th at the Runners Edge in Farmingdale and our races in Eisenhower. Bob Cook and the Runners Edge gang do a great job in putting the raffle prizes together, and it's another way of giving to the Columbia Presbyterian ALS Gift Fund in memory of our beloved Eunice.

And congratulations are in order to our LIRRC Ocean to Sound Team consisting of Bill Schroeder, Bob Monaco, Ira Kaplan, Mike Hunter, Kevin Wizbicki, Hector Jaramillo, Dean Hutchinson, with a finish time of 6:05:14 for the 50 mile relay. They placed 22nd overall out of 167 teams!!!

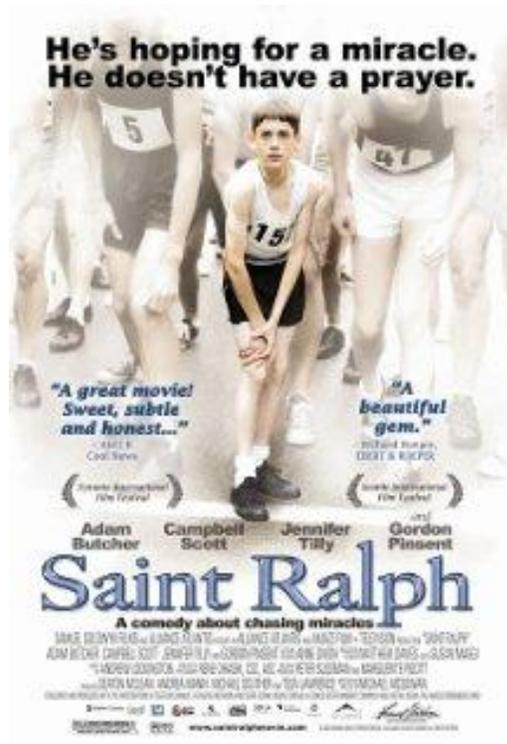
By the way, our USATF-LI Grand Prix race teams are doing great! Currently our women's and men's masters teams are each in 3rd place! A big thanks to women's team co-captains Adriana Staiano and Kathy Agricola, and men's team captain Juan Oliveras for doing such a great job! We are always looking for new team members, so if you are interested, please see our team captains at one of our races.

Due to changes in the design of the Eisenhower Park White House we have used for our annual Holiday Party in recent years, we have to move to another location. We found that a place locally where we used to have the party 23 years ago is available! More details will follow, but the date will be Saturday night January 18th, 2014. And we'll keep the popular informal atmosphere! Tickets will be limited, so when it's announced, act fast!

We'll see you in the park!

Fred

LIRRC DVD OF THE MONTH



“It will touch your heart, mind and soul”

Francine Brokaw, FAMILY MAGAZINE

“A beautiful gem”

Richard Roeper, EBERT & ROEPER

Kipsang Sets World Record at Berlin Marathon



Ole Spata/European Pressphoto Agency

Wilson Kipsang of Kenya set a world record of 2:03:23 at the Berlin Marathon on Sunday. The previous record was held by Patrick Makau of Kenya at 2:03:38.

By [JERÉ LONGMAN](#)

Published: September 29, 2013

In late September, Berlin has become a kind of autobahn for marathon running, with seemingly no limits on speed, no strictures on the swift wonder of putting one foot in front of the other for 26.2 miles faster than any competitor who has come before.



Wilson Kipsang's time marked the sixth time that the men's world record has been broken in Berlin since 1998.

On Sunday, Wilson Kipsang of Kenya set a world record of 2 hours 3 minutes 23 seconds at the Berlin Marathon. He shaved 15 seconds off the previous record of 2:03:38, set two years ago in Berlin by his countryman Patrick Makau, who did not participate Sunday because of injury.

This was the sixth time the men's world record has been set since 1998 on a Berlin course known for its flatness, cool and dry weather and the orchestration of record attempts. When Makau ran his fastest time in 2011, pacesetters formed a V-shaped wing ahead of him that suggested migrating geese.

Twice, the women's world record also has been set in Berlin since 1999 on a looped course that begins and ends near the Brandenburg Gate. The expectation for unprecedented achievement is high. Kipsang spoke confidently before Sunday's race of being able to sustain a pace of about 4:42 a mile.

Paul Tergat of Kenya won in Berlin in 2003 in a then-record 2:04:55. Kipsang, 31, told reporters Sunday that he had watched that race and dreamed of his own record victory.

"And now I have achieved the dream," Kipsang said.

Although security in Berlin had been increased after the bombings at the Boston Marathon in April, a man wearing a yellow T-shirt stepped out of the crowd near the finish line and raised his arms, breaking the tape just ahead of Kipsang in an apparent stunt of ambush marketing.

According to Agence France-Presse, the man was promoting a Web site for an escort service. He was intercepted by race staff, handed over to the police and charged with trespassing, the news agency reported.

Video showed Kipsang steering clear to the man's left and also raising his arms in victory, then smiling as he wrapped himself in the Kenyan flag.

Eliud Kipchoge of Kenya finished second in 2:04:05 in only his second marathon, and Geoffrey Kipsang of Kenya – no relation to Wilson – took third in 2:06:26.

Florence Kiplagat of Kenya won the women's race in 2:21:13.

As Sunday's race unfolded, Kipsang patiently hung near the rear of the lead pack of 8 to 10 runners, assured in knowing that the pacesetters were part of his training group.

They reached the halfway point in 1:01:32. At about 35 kilometers, or 21.7 miles, with the pace now about 20 seconds slower than Makau's record time, Kipsang surged to the front and eventually subdued all challengers. After two years of trying, he had the world record to himself.

Running elegantly and carrying his arms low, Kipsang challenged Makau's record in the fall of 2011 at the Frankfurt Marathon and missed by only four seconds with a finish of 2:04:42. At the time, it was the second-fastest marathon ever run.

Kipsang then won the 2012 London Marathon and became a favorite at the London Games. But the Olympic race came on a hot and humid day on a course with so many turns it must have seemed at times like a Formula One race. Kipsang settled for a bronze medal while Stephen Kiprotich, a Ugandan who trains in Kenya, won the gold.

Kipsang was scheduled to run the 2012 New York City Marathon last November and had arrived in the city along with tens of thousands of other runners, only to learn that the race had been canceled after Hurricane Sandy.

Elite marathon runners generally run only two marathons a year, which means each race is hugely important to their potential earnings. Kipsang was attempting his third marathon in an Olympic year. He missed out on a chance at the \$130,000 prize for first place.

"I was a little disappointed when there was no race, but we saw on TV that there was a lot of destruction and loss of life," Kipsang said in an interview at the time. "We understand."

On Sunday, Kipsang won \$54,000 in prize money and \$68,000 in bonus money for the world record. And he prevailed in front of previous world-record holders from Berlin on hand to mark the race's 40th year.

"Looking at my marathon progress and career so far, I still think I have the potential to run faster," Kipsang told reporters. "Anything under 2:03:23 would do."

A version of this article appears in print on September 30, 2013, on page D4 of the New York edition with the headline: "An Unprecedented Run Where World Records Are Commonplace".



**Marianne Volpe 5K Run/Walk 9:30 am start...
& Pumpkin Fun Run 9 am start...**



**Timing by
Long Island Road Runners Club
Saturday, October 26, 2013
Baldwin Park, Baldwin, NY**



1st Place Trophies Male/Female Finishers In The Following Categories:



**Overall
Baldwin Residents
Baldwin High Scholl
Baldwin Middle School
Long Island Road Runner Club Member
GLIRC Member
TNT Participants**



**1st, 2nd and 3rd Place Medals
For All 5 Year Age Groups - 12 to 90 plus**

cya on Sat 10/26/13



Running Notes.....

There is no better way to make the LIRRC Newsletter a real team publication than to contribute! We really need stories, race results, running anecdotes, poems, Q&A.....anything that shapes the newsletter – so it's always in the hands of the membership to make it unique, informative, current.....and yours!

As we slowly enter into a new year, please consider a contribution – if each member shared 1 story or article per year, we would be overwhelmed with material!

Send your items to me at PROFFESOR4@AOL.COM

This newsletter is the best online publication on Long Island – let's keep it that way!



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

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

Child makes heartwarming request so he can push disabled brother in a 5K

This is going to make you cry happy tears.

By Chris Chase – September 27, 2013 at 12:50pm EDT



A 10-year-old boy from Oklahoma wrote a touching letter to a local news station asking for help in getting a jogging stroller that would allow him to push his older brother, who has cerebral palsy, in a 5K race.

But young Tobias Bass wasn't looking for money or a gift from News 9; he just wanted to borrow the stroller for the race. "I want help for someone who can still laugh on life," he wrote. In exchange, Tobias said he'd push any child who wanted to run a 5K.

"I can be the legs for more than one kid." he wrote.

Tobias' mom told him not to bother the news anchors with his request, but he sent the letter anyway. It'll make you cry. You can view it here, written in the unmistakable handwriting of a 10-year-old, or read a transcript below. This is an earnest, caring young man who just wanted to borrow a racing wheelchair so his brother could experience the thrill of competition.

Here is the letter:

Dear Mr. Kelly Ogle and Amanda Taylor,

Hi my name is Tobias Bass. I am 10 years old and a student at Ida Freeman in Edmond. I hear you guys on the news sometimes when something bad happens telling Oklahomans to send money to a bank to bury someone or for kids who parents have died. Well no one has died and I don't want any money but I need help. My pastor said we have to be Gods hands and feet but I'm going to be his legs to. My brother is 11 and has cerebral palsy and is deaf and lost his stomach last year.

He cries when he sees kids playing outside and wants to go to. So I decided I would start by pushing him in a 5k and we would work our way up to an Ironman contest someday. So our first 5k where I push him is Friday night at John Marshall High School on September 27 at 6:00.

Here's the part I need help with. My mom is a teacher and can't afford one of those fancy running pushing joggers and all I have to use is a baby pushing stroller. I don't think it will fit Titus my brother. Can you go on the news and not ask Oklahomans to give me anything but can someone loan me a jogger pusher so I can push Titus in the 5k?

I have been in jujitsu since I was 5 and play football for Edmond all sports so I'm physically ready.

I am going to be a pastor someday and my mentor is Pastor Craig Brochel of Life Church so I'm spiritually prepared. If someone can loan me a pusher I will volunteer myself out to any other parents who want me to run their disabled children in a 5k. I can be the legs for more than one kid. I want help for someone who is alive and can still laugh on life. I hope you can ask for help to our Oklahomans.

Thank you

Tobias Bass

That is what running is about. That is what being a brother is about. This kid is amazing.

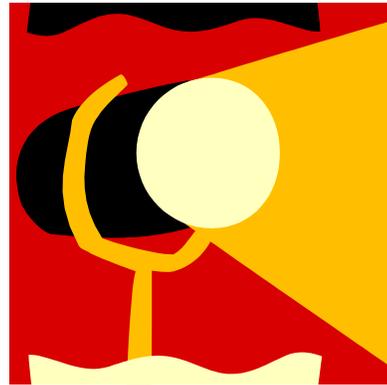


New Members!

Tara Healey
Dalia Maxwell

Tara & Dalia.....Welcome to the best club on Long Island! To add to your experience, you may want to get involved from the start by volunteering at a race, writing an article in the newsletter, or letting us know of your personal or running accomplishments! E-mail Jim Ferguson at proffesor4@aol.com and get involved!

LIRRC SPOTLIGHTS



Drew De Masters





Runnin' for Robbie

Drew DeMasters is excited as he faces the challenge of the 2013 NYC Marathon. His challenge however, pales in comparison to that of his good friend, 10 year old Robbie Twible. Robbie suffers from a rare skin disease, epidermolysis bullosa. EB is described as “the worst disease you have never heard of” It is not contagious. EB is devastating, painful, disfiguring, and currently incurable. Referred to as “butterfly children” (because their skin is said to be as fragile as a butterfly’s wings), their suffering is constant and their only hope is for a cure.

Drew will join his brother Brian and his sister Elise (DeMasters) Faust, along with Robbie’s mom, Kathy in running the NYC Marathon on November 3rd to help raise awareness of EB and also to raise funds for research to help find a cure for this horrible disease.

Please consider helping us reach our goal of \$3,000, bringing us closer to ending the suffering for Robbie and other children of EB.

The real race is against the clock for these children!

To donate:

www.crowdrise.com/SilverFoundationNYC2013/fundraiser/DrewDeMasters

For more information on EB: www.jgsf.org

Donations payable to:

Jackson Gabriel Silver Foundation

LIRRC salutes Drew and his family for their compassion and involvement, and we wish him well on his run this year.

Drew is not only a dedicated runner, but when I contacted him, he was more than happy to tell us about his love of the sport, and his views on proper preparation and training rituals. So...we present our Runner of the Month, Drew DeMasters!

My first race was the Pepsi challenge in the 80's. I believe it was 5 miles long. I had never run before so for me it was a killer, but I finished it anyway along with six members of my family. In reality I just started running in March of 2012.

I had been going to LA Fitness taking spin classes. Initially I decided to try running on the treadmill. I ran a quarter of a mile and a half a mile then increased about to 2 & a half on a regular basis once to twice a week. By now I felt ready for my first race. I was a bit hesitant, but my son went ahead and registered before me so I followed suit moments later. We both registered for our first race, a 5k Long Island Marathon series on May 5th, 2012.

Being so excited about this new found adventure I decided to try and get other people to join us. I have been successful in recruiting 4 other members of our spin class, including two instructors, and they brought along family members. By the time we got to race day we had a total of nine members.

I first thought my favorite single race would be the Great Cow Harbor 10k race, but having thought about it further I would have to say it was the New York City half marathon by far.

There a particular runner that I admire - my sister Elise, after I had seen her run two New York City Half Marathons and one New York City Marathon. My running idol believe it or not is Mike Ogazon of the Long Island Road Runners Club.

The race that I have not done yet but would like to, God willing, is the ING New York City marathon, which I am scheduled to do on November 3rd of this year. Thanks to my god-given athletic ability and the support of my family wife and son, and the energy and enthusiasm from my running buddies, I will have completed 50 races as of November 3, 2013. My running Bible is a book called Chi Running, recommended to me by my sister Elise.

My favorite pre-race food is Umpqua oats and a banana two hours prior to race time. The day before I always have Fusilli with garlic and olive oil. After the race I enjoy a chocolate protein shake, scrambled egg whites and a cup of coffee.

My running story is Running for Robbie.

My specific goal for this year is to complete the New York City Marathon and qualify for the New York City Half and Full in 2014.

I try to do anywhere from 6 to 12 miles per week, plus 4-6 hours of cross training. My next major race is the Staten Island half on October 13th followed by the New York City Marathon for November 3rd.

My favorite running shoes are Brooks PureConnect
I don't seem to favor summer or winter I run well in both, and have set PR's in both.
I belong to New York Road Runners and Long Island Road Runners Club.

Eva Casale Completes 100 miles at Ocean to Sound Relay

10/4/2013



September 29 - The Annual Bethpage Federal Credit Union Ocean to Sound 50 mile Relay took place with 167 teams coming out to run this exciting event. Teams consisting of Men and Women of all ages and abilities vying for team titles. Amongst all the team categories, there was also the option to run the relay as an individual, this year there were 5 individual entries. Of those 5 entries, 1 individual stands out, Eva Casale. Eva Casale not only ran the 50 mile race, but she ran it twice, totaling 100 miles in 24 hours.

Eva, 48, started on Saturday at 3pm, leaving from the finish line at the Oyster Bay train station and ran the course backwards to the start at Jones Beach Field 2 and then back to the finish line in Oyster Bay, ending on Sunday around 3pm. Casale has run the 50 mile race 3 times before as an individual to raise money for the Leukemia and Lymphoma Society, as part of LLS Team in Training.

This, however, will be her first time running it twice. Since this year marks the 25th Anniversary of LLS-Team in Training, and her 4th year running this race wearing their jersey, Casale thought this would be a perfect year to do something special; as she puts it on her website, **25 x 4=100**. Casale joined Team in Training in 2007, one year after donating a kidney to a stranger and wanting to continue to help people.

From her fundraising website: "I have been with LLS- Team in Training since 2007. I have been a participant, training captain, and a coach. Each experience has been rewarding beyond words. With each season, I have met or coached some amazing people. Their determination, will power, and strength all contribute to our mission at LLS. For myself, I have been very blessed to be a healthy runner. I am not a survivor, but I run for those who cannot. I take each step to find a cure.

I have been a participant on our TNT team for the San Diego Marathon, Disney Marathon, Mardi Gras Marathon, coached many events, include 2012 SF Nike, and run three unique events. In 2009, 2010, and 2011 I ran a 50 mile relay race as a team of one to raise funds to support our Long Island LLS office. I will run this 50 mile race again in 2013 - but twice - 100 Miles! What is my motivation - simply... a cure for blood cancers!!! I think of all those that are sick and cannot get out of bed, or walk across the room, or go to the bathroom, or something we do each day and take for granted... like go to the mailbox. I take those steps for them so that one day they will be healthy again and we will be able to take those steps TOGETHER!"

Casale was joined by several team members and a well stocked support van during her 100 mile, 24 hour run.

Casale's thoughts on the race: "I think it was an amazing experience. Overall, I felt pretty good. I was happy to finish in 24 hours. Running between 3-6am is always a bit tough for me, physically and mentally, but I feel much stronger when the sun finally came up. The support was overwhelming!! My support crew is a wonderful group of people who knew exactly what I needed before I even asked them. I certainly could not have completed the run without them.

The TNT peeps were ... well I can't even put into words my gratitude for their support. On the way back from Jones Beach, they started to run with me at Leg 3. It was so cool to see a bunch of runners waiting for me, in the dark, at Mansfield Memorial Park, with their headlamps and purple shirts... all ready to go!!! From that point forward, there were different TNT members and their family members that ran with me for each leg. Each leg had more and more support. Some people planned to run one leg.. they ran 2 or 3!! It was so amazing the purple love that exists within Team In Training. When we got to the beginning of the last leg - leg 8, there were over 30 people there cheering and some ready to join in. Also, at that point, all of a sudden members of the TNT cycle team rode up to join in. I'm getting choked up just typing this information. It was incredible! I think there were 19 people running with me in the last leg and the cycle team would ride by and cheer and then stop up ahead... cheer again.. and they kept doing this until the finish."



Jim Thornton, Mike Ogazon, and Beth Powers Marinis
At
The Malverne 5K



This newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly from February through December. Our online publication is dedicated to the memories of Jack Dowling, Co-Founder and Past President, and Eunice Harris, Secretary/Treasurer. We thank our members, runners, and volunteers who contribute their talents and time to make our club the success that it is. We invite your comments, articles, photos, and race reports, and encourage 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. Check the schedule on our site for our Fall races, and when the Spring of 2014 comes around, join us for our famous Wednesday Night Series. More importantly, **GET OUT THERE AND RUN!** It's good for your health, your body, your mind and your spirit. Remember: Turtles just do it, and wear the Duck proudly!

The Long Island Road Runners

**PO Box 232
East Meadow, New York 11554
www.lirrc.org
Club Hotline: 516-569-4959**



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Kathy Agricola (Co-Captain)***

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