



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

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



Edition 15 – The Summer Edition

**Don't forget to join us for our
Wednesday Night Series
At Eisenhower Park!**



FRED HASLETT PRESIDENT LONG ISLAND ROAD RUNNERS PRESIDENT'S STATEMENT JUNE 2013

It's almost summer and our Wednesday Night 5K Series is in full swing! Our kid's fun runs are going well and it's always great to see the kid's cross the finish line and get their ribbon with a big smile on their faces!

The 5K's are also going well with a steady stream of runners coming each week with many receiving an award or a raffle prize or even both - but all leaving with a sense of accomplishment!

Our Men's and Women's Race Teams are doing well in the Grand Prix standings, and if anyone is interested in joining, please see Women's Team Co-Captains Adriana Staiano or Kathy Agricola, and Men's Team Captain Juan Oliveras at one of our races. All runners of all abilities are welcome to join!

It has been a challenge in Eisenhower lately with the construction of the twin ice skating rinks forever eliminating Sled Hill that has been enjoyed by generations, and moving forward, the proposed indoor tennis facility near the Field House, but we still have more than a few courses and plan to measure more.

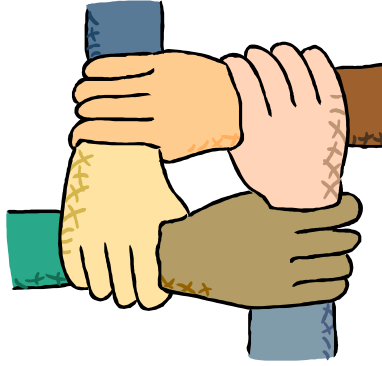
Eisenhower Park may be changing, but we are not. The LIRRC races are still fun, family oriented, and the best bang for your buck anywhere.

The Race Officials work hard week after week to give runners a fun quality event, so don't forget to say "Thank You" to them.

And speaking of thank you's, 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!

As summer approaches we wish you all a great running season and we hope to see you at the park!

Fred Haslett



EUNICE HARRIS 5K SET FOR WEDNESDAY 8/7!!!

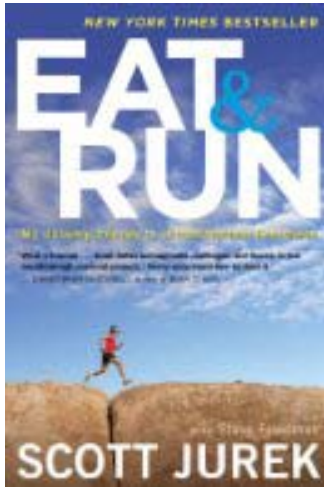
On Wednesday 8/7 we'll be holding our annual Eunice Harris 5K Race. Years back we lost our beloved Eunice to the terrible disease A.L.S, better known as Lou Gehrig's disease. Eunice and her husband Colin joined the LIRRC Board of Directors in the 1980's and quickly became an integral part of our club and helped keep the club together. Colin has taken over as club Secretary/Treasurer from Eunice after her passing.

Eunice is missed but will never be forgotten. On 8/7 we honor and celebrate her memory. Proceeds from that race will be donated to the ALS Gift Fund in her memory. In addition, we will have a free BBQ that night for runners in the race.

And if you Pre-Register for the race by Monday 8/5, you'll be in a special raffle for a \$25 Runners Edge Gift Certificate!

We hope to see you there!

LIRRC BOOK OF THE MONTH



“Jurek’s story and ideas should easily manage to speak to and cheer on anyone seeking to live life as fully as possible”
– DENVER POST

“A shockingly honest, revealing and inspiring memoir”
- TRAIL RUNNER

Scott Jurek is a world renowned ultramarathon champion who trains and races on a plant based diet. He has appeared in two New York Times bestsellers, *Born To Run* and *The 4-Hour Body*. Visit his website at www.scottjurek.com



Running Notes.....

A number of LIRRC runners are doing the Utica Boilermaker 15K on July 14th....if anyone else is going to be up there, let us know. Packet pick-up is the day before, with a pasta party and an Induction Ceremony for new members of the National Distance Running Hall of Fame.....

What do you guys think of the new construction of skating and (proposed) tennis facilities in Eisenhower Park? Wherever this money is coming from, I hope they spend a little on the LI Marathon. They could start by changing the course and making sure we have any course left within the park after all the construction.....

Paul Fetscher made Newsday in an article on the reconstruction of the Long Beach boardwalk. He is one of a number of runners that our new members should get to know. Start with our interview (on lirrc.org) from June 2011.

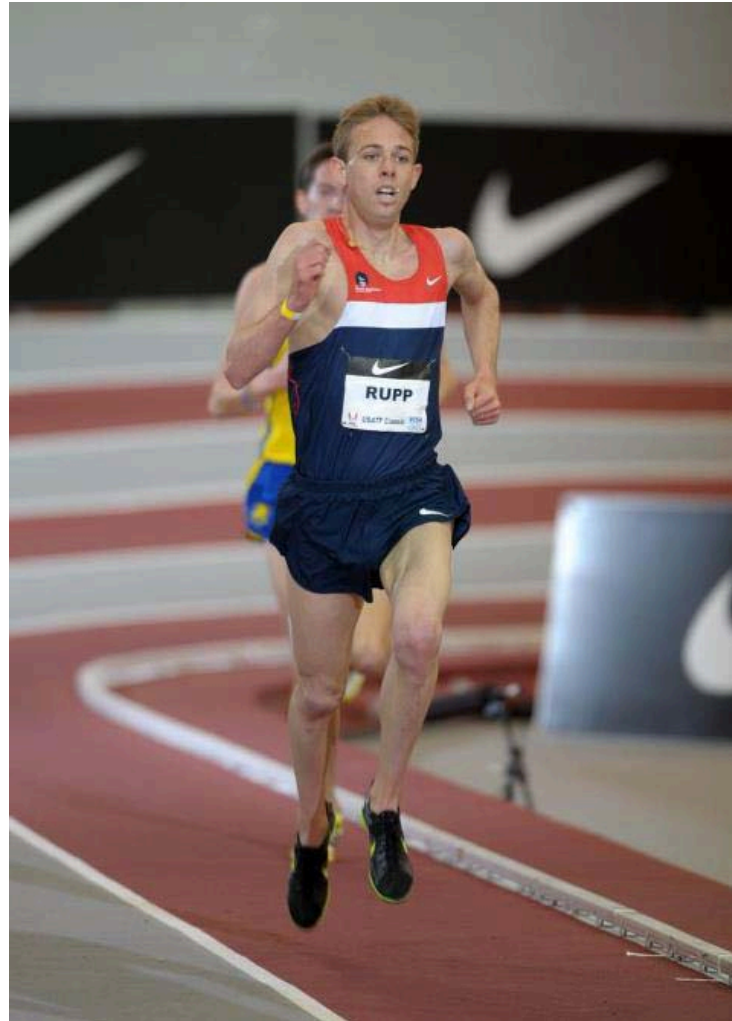
Who is doing the NYC Marathon? Let us know how your training is going, how you plan to get there, if it's your first...

I'm honored to be the subject of an interview in the *Phidippides Spotlight* in the National Masters News, due to be published in July. All you Masters should check out the qualifications at USATF and get the recognition you deserve for your hard work. We thank Bill Benson, who continues to do a great job getting the word out. This isn't just a collective pat on the back; it's about endurance and dedication.....



That's Mike Ogazon's grandson *Timmy* who took an AG award at the St. James RC Church 5K in Setauket on 6/1/13, following in his grandfather's footsteps, who has also been known to take an award or two on occasion.

Nobody answered last month's question correctly! The question was.....Who recently set the indoor American record for the 3000 meters in Stockholm?



The answer was Galen Rupp.



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?

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PERSONAL TRAINING

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

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

Call: Jane Vongvorachoti-516-263-5369

Certifications :

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

VISIT THE RUNNER'S STOP

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



New Members!

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!

**Marvin Alfaro
Timothy Betts
Konstantin Boroda
Barbara Colella
Jane Dody
Isabel Galantino**

**Danielle Aull
Claire Biegner
Romulo Brito
Julie Cyriac
Lynne Dougherty
Albert Galatan**

**Larissa Bertolotti
Karine Bordges
Alaine Caccavallo
Drew DeMasters
Meryl Fried
Nicole Getzelman**

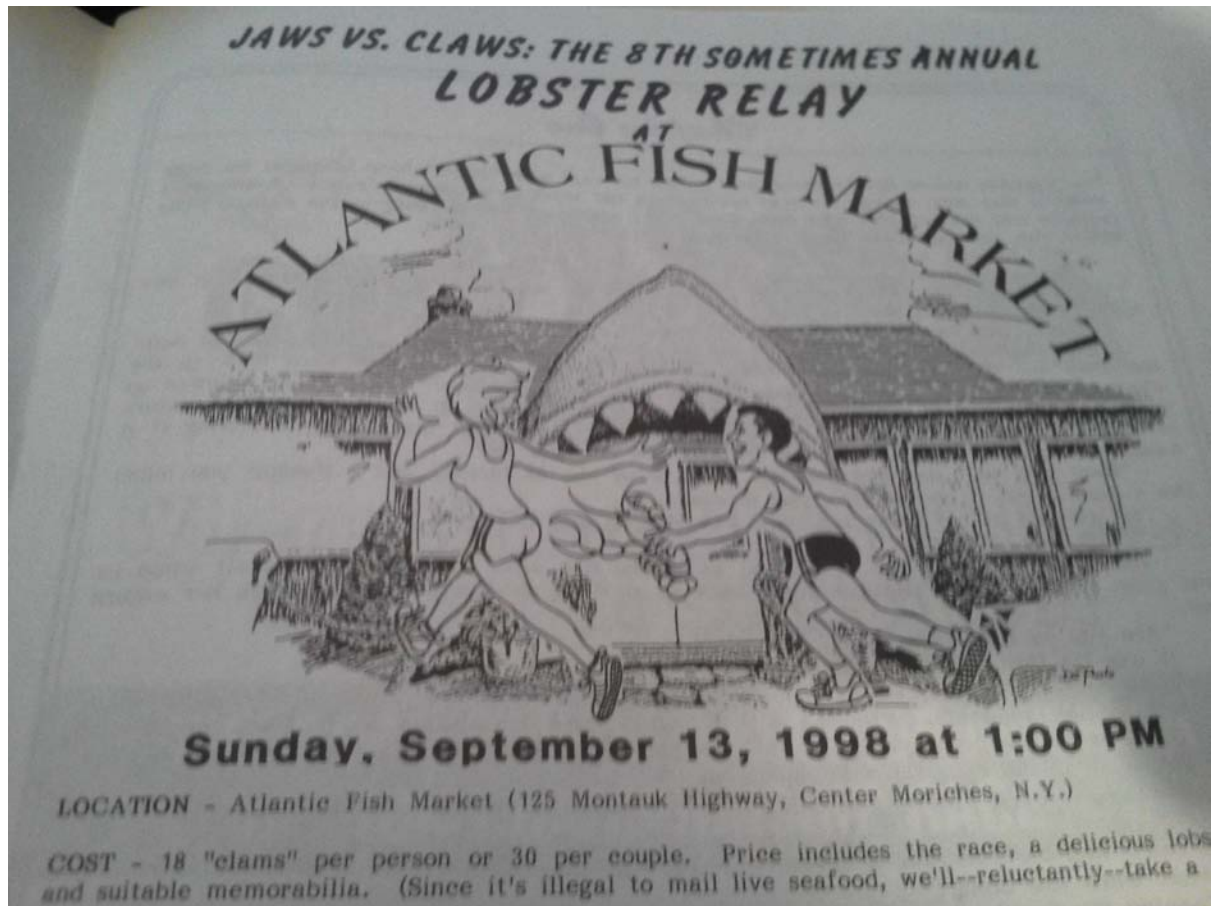
Daniel & Amy Gigliobianco

**Andreea Gray
Christine Grippo
Rukiya Jeffers
Daniel Kossow
Ellen Libassi
Timothy McCarthy
Edward Muccini
Terry Perperis
Tom Rickelberg
Karen Rose**

**Don Hansen
Erin Justice
Natasha Krauz
Amy Logemar
Diane Menig
Bruce Murphy
Jean Pini
Dennis Ringel
Emma Saunders**

**Richard Giron
Elleen Intoccia
Heather Kane
Chris Kunkel
Denise May
William Montere
Ellen Perchinelli
Elaine Richards
Erika Rivera
Marlo Signoracci**

DOES ANYBODY REMEMBER THIS?



HEARD AND SEEN AROUND THE PARK...

Just when we thought they had done their last cool down together, the two "training partners" were spotted together in the park. This seasoned male runner and his latest female protégé' are not only training together again, but they are helping each other in post run stretching sessions, if you know what we mean... ;)



[LIRRC Women's Master Race Team Standings](#)

The LIRRC Women's Master Race Team is currently in 3rd place out of a total of six teams in the Grand Prix series of races with total points of 424. We had a strong start to the season in the Grand Prix races and hope to continue this effort and move up in the standings.

We would like to extend a warm welcome to our new members of the race team **Marlo Signoracci** and **Monica Enright**. We are very fortunate to have Monica and Marlo be a part of the race team in the Masters division.

The following is the current list of the members of the LIRRC Women's Master Race Team:

Adriana Staiano (Co-Captain)

Kathy Agricola (Co-Captain)

Maureen Frisone Yuwanna Landau

Susan Schmuck Marie Brewer

Julie Fahner Judy Latta

Yuri Karasz Monica Enright

Marlo Signoracci

Congratulations to everyone for finishing the LI Full & LI Half Marathons. We had some outstanding finishes!

Monica Enright finished the Marathon in 3:39 and took 1st place in the age group.

Julie Fahner finished the Marathon in 4:35 and took 1st place in the age group.

Maureen Frisone finished the Marathon in 4:44 and took 2nd place in the age group.

Congratulations and thank you for your participation! Given this is the first time in a long time that LIRRC has had a Ladies Marathon Team and for such accomplishments our first time around, we are very proud of all of you. Thank you ladies!

For the LI Half Marathon, we had a nice turnout as well.
Participants included:

Judy Latta , Marie Brewer, Marlo Signoracci, Yuwanna Landau and Adriana Staiano

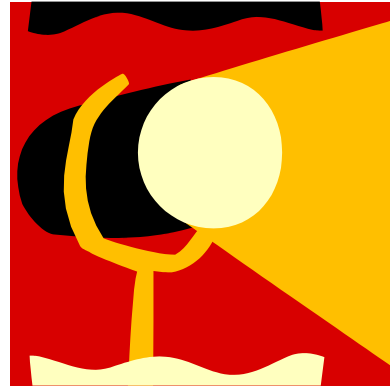


Off To The Boilermaker! Are YOU ready?

Sunday, July 14th 2013

LIRRC SPOTLIGHTS

Mike Trunkes



We contacted Mike and asked him to be our Runner of the Month. He explained that his wife was at the finish area at Boston five minutes before the bombs went off. She was not hurt, but really shaken up. What follows is his fascinating story.....

When did you start running?

I started running in 1978. I was a junior in high school when I joined the Roslyn High School Cross Country team

What was your favorite single race?

My Favorite race on long Island is the Shelter Island 10k. I never won that or ran particularly well in that race but I loved the setting and the late afternoon start.

Is there a particular runner you admire?

There are certainly many runners that I admire. It would be tough to list them all however, Bill Rodgers was my hero as young runner and as I've aged his accomplishments become more and more impressive in my opinion. I had the good fortune to meet "Boston Bill" for the first time in 1980 when I won my age group in the Pepsi Challenge Series race that ran across the George Washington Bridge. Bill had beat Otis Sanders that year and was giving out the awards to all the age group runners. Bill gave me my first place medal and I was 18 at the time. This past winter I met Bill once again when I was being inducted into the Central Park Track Club Hall of Fame. The ceremony was held at the NYAC and it was also the 40th anniversary of the club.

Bill was the keynote speaker and it was amazing to have him present for that event after a span of 32 years of competitive running. It felt as if it completed a full cycle.

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

I've always wanted to run the Falmouth Road Race and of course I would like to run Boston one day just for the experience.

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

Smart training. I think I had some really great coaching earlier on in my running career. My coaches taught me to be a real student of the sport and learn how to listen to my body. I think the key to successful running career is staying healthy and off the sidelines. Everyone who runs experiences setbacks on occasion but it's learning how to minimize those set backs and letting your body recover that keeps you consistent. My wife has kept me on a flexibility routine that has helped immensely and I have also become much more conscious of what I eat. Living on pizza and beer just doesn't cut it anymore.

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

Pre race is oatmeal in the morning and night before potatoes, veggies. Clean burning whole foods nothing processed.

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

Got plenty of those but my favorite story happened early in my running career. I was a real novice, didn't know anyone in the sport at all. I had come from a competitive swimming background so I knew who all the great swimmers were but outside of Bill Rodgers and Frank Shorter I didn't know anyone. In the summer of 1980 I was working as a lifeguard at Jones Beach and one of my co-workers invited a couple of friends of his who he went to high school with down to the beach for the day. My coworker introduced me to Joe Barbary who was a former track and cross country stand out at NYU from 1968 to 1972 and his friend Matt who had gone to Manhattan College and later Oregon. They asked if I wanted to go for a run along Ocean Parkway and I of course was ready to strut my stuff and show them a thing or two - because at 18 you're invincible. We headed out at mid-day in August on a 10 miler and it had to be 85 degrees in the shade and we were moving along at a good clip. I, know doubt, was pushing the pace. At around 6 or 7 miles Joe faded but his friend Matt was barely breathing running right next to me. Undaunted I was going to try and shake Matt at all cost so I began pushing the pace down around a 5:30 per mile and I look over and Matt is barely breaking a sweat. With less than two miles to go and between gasps, I asked him if he trained at this pace all the time and he said sure.

Well we finish up the run and later I come to find out the guy I'm running with is Matt Centrowitz Sr. Who was the current American Record holder at the time in the 5000 (13:12) and was a member of the US Olympic Team that did not travel to Moscow that summer because of the boycott.

[Are you working on any specific goals for this year?](#)

I'm currently working on putting one foot in front of the other. Since I started coaching XC at SUNY New Paltz I've found it increasingly more difficult to muster any real competitive drive to race. I started here six years ago and early on I would train with the men's team and at the time I could still run a sub 16 min 5k. Now I run with the women's team and some of them can run sub 18 for 5k so they keep me in pretty good shape.

[Please give me any bits of running information you would like to share.....like, who else in your family runs?](#)

I am the only Trunkes in the family that runs. My fathers' cousin Tom Trunkes was a pretty good runner in his day but that's about it. I have a grandson in Denver who is pretty quick for an 8 year old and he can run forever when he comes to visit. He trains at altitude.

Believe it or not I'm a fan of barefoot running. Not on concrete or pavement but on grass or the beach. Since I've incorporated a small amount of barefoot running into our program I've seen a decrease in the amount of lower leg running related injuries. I think it does wonders for developing a more efficient foot strike and improved running mechanics.

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

If I get 30 miles a week in I'm pretty pleased with myself.

What is your next major race?

We have a lot of great races in Lake Minnewaska State Park and the Mohonk Preserve during the summer and fall that I enjoy jumping into because they are all on soft surface carriage trails. There is a network of over 100 miles of groomed carriage trails that were built in the late 1800's by the Smiley family who currently own and operate the Mohonk Mountain House. If you've never been to New Paltz and you're a runner, you absolutely must come here in the summer or fall and run on these trails. I lived and trained in Boulder Colorado for three years and in my opinion the trail system we have here beats Boulder hands down.

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

Summer always!

The Long Island Road Runners thank Mike for taking the time to share his truly unique story with us. Mike, if you find yourself in the area, stop by and take a run with us – if we can keep up!



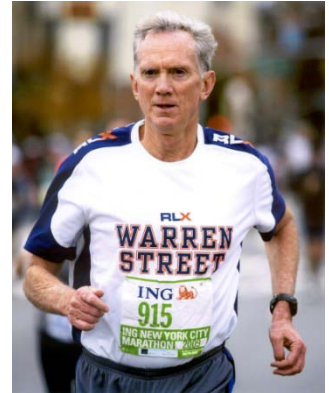
Bob Cook did a great job in assembling a group of runners who did a quick 26 minute run on Monday evening, April 22nd to honor and remember those who lost their lives, who were seriously hurt, or who disregarded their own safety to attend to the victims of the Boston bombings. Our sport will never be the same, and we must not forget. (Photo by Mark Leff).

They took away my Boardwalk!

- Paul Fetscher

I'm a runner!

I start just about every day with a round trip of the 11,111' 4" (2.2 miles) of the Long Beach boardwalk. As the surviving members of the Long Beach Sandpipers Running Club (1974-1994) habitually do, slap the railing at the furthest point before starting the return trip.



Those Early morning runs are ideal to watch the gulls feed, see a promising sunrise, and pass a gaggle of surfers, coffee cups in hand, checking out which way the sweep is going this morning.

Long Beach is the only long Island Community with three Main Streets: Park Ave with the LIRR Terminal; Beech St in the West End with its Saloons; and the Boardwalk where you are never alone! You can go out anytime from 5:30 AM to 11:00 PM and you will always find someone else running there.

In the Nor' Easter of the 90's, I fought my way thru some waist high drifts to plant my footprints in the Virgin Snow. For the first time, I was the ONLY runner on the boardwalk.

Two days after Sandy, I wanted to see just how much damage had been done. I scampered up a sand dune and climbed onto the boardwalk.

Now for only the second time, in more than two decades, I would be the only one on the boardwalk.

Carefully I picked my way over popped boards. Some were missing, others simply out of alignment. Some sight lines appeared as if I was about to enter a skateboard park with its undulating white line.





Like the Churches of London, unscathed by German bombing, the benches were protected by their dedicated guardian angels. Some were moved as far as 50' from where they had been bolted, but they remained erect.

My run that morning stopped me in my tracks when I got to Lincoln, 1,7 miles into the run. My heart sank as had the boardwalk at that point. It was impassable unlike much of the previous yardage that to this incurable optimist appeared repairable. But not so, as that portion of the substructure had collapsed.



As I turned to return west, what to my surprise should appear but a middle aged man on a bicycle. He is the head of Vehicle Maintenance for the City of Long Beach, also checking out the damage.

I sadly realized that it would be a long time before I could once again see several dozen of the regulars on their morning jaunts and greeting each other in passing.

We look forward to the return of that ritual.

Paul Fetscher – Long Beach, NY

Veteran of over 2,000 races

Founder of the Long Island Marathon

Co-Founder Warren Street Social & Athletic Club

Board of Directors, Greater Long Island Running Club.

PaulFetscher@aol.com

January 2013



Paul Fetscher graciously agreed to have us publish this. It originally appeared in *Footnotes*, the premier Long Island Running Magazine, published by the Greater Long Island Running Club, Mike Polansky, President.

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A fun therapeutic run:
Each Race Can Bring a Smile to Your Face

To regularly go on a walk or a run
It's good for our health and a lot of fun
Whenever we join in any race
There's more to accomplish than a fast pace
Whether it's a marathon or a shorter 5K
We feel strong, flexible and good in every way
For us it's not about the speed
It's about giving ourselves all that we need
Specific thoughts can go on in our brain
To help us live the life we love and avoid all pain
There are mantras to use, a total of four
To support our physical and emotional core
I am happy and peaceful is #1
It goes off in our heads as we start to run
Let words come to us like relax and calm
Reminding us to sit and listen to a psalm
We are serene and spirited and full of pride
We trust our instincts, whatever's inside
And if our vibes come up and leave any doubt
We analyze what that could be all about
If our stomach gets filled with butterflies at all
any day
Just make a picture of them flying away
We want our whole body to embrace and hear it
To bring on joy and our authentic spirit

Then there is mantra #2

That *I'm healthy and strong* in whatever we do

Our head goes through our body, each muscle, organ
and cell

To keep us healthy and feeling well

After focusing on being pain free

We move on to mantra #3

I am cared for with joy by family, colleagues and
friends

But that is not where that thought ends

We are also cared for with joy, we say, by me

An important part of thought #3

We look in a mirror, a loving message we send

It's important to be our own best friend

There is nothing that we long for that we can't
acquire

We put out a message in the universe to create our
desire

I'm safe from harm is #4

From physical issues and to support a pain free
core

Safe from weather, nature, vehicles, pollution in
the air

From all the possible danger out there

Safety from germs, bacteria, all 'dirt'

And not letting others make our feelings hurt

To be safe from our own criticism and self-doubt

All good is in, all negative is out

To not judge or question who we are or what we do

These four mantras take away the blue

And if our automatic reactions are sometimes as
they used to be
We use these mantras as tools to set us free
These mantras are like therapy as we run
To encourage happiness, flexibility, love and daily
fun
It's an activity to keep us healthy and thin
As well as support our joy and daily grin
We have finished a run, our physical exercise
And our internal joy is on the rise!

Paula Groothuis-

In a race between race organizers, two companies are each hoping to launch a spring marathon in New York City, one as soon as 2015.

By [KEVIN HELLIKER](#)



Associated Press

Two companies are vying to launch a spring marathon in the city.

The marathons they envision are different. One would wind through the streets of Brooklyn, the other through Manhattan. But on one point they agree: Approval for such a race will rest largely in the hands of the next mayor.

Under Mayor Michael Bloomberg, the city has rejected proposals for any serious alternative to the New York City ING Marathon, even though that race draws far more than 100,000 applicants every year for about 45,000 slots. Of that 26.2-mile race, held each November, nearly 10 miles snake through Manhattan.

"We think there's room for another marathon in Manhattan, in the spring," said Scott Dickey, chief executive of Competitor Group, whose Rock 'n' roll marathon and half-marathon series has grown from six races in 2008 to 33 in cities around the world.

San Diego-based Competitor has tabled until after the mayoral election any proposal for a Manhattan marathon, said Dickey. About four years ago, a Competitor proposal to launch a marathon in the Bronx was rejected by City Hall.

In Brooklyn, meanwhile, Steve Lastoe is confident his frustrated dream of launching a large spring marathon in that borough will come to fruition by 2015.

As chief executive of a nearly 3-year-old company called New York City Runs Inc., Lastoe already owns or manages nearly 50 races in the city, including a November marathon in Prospect Park in Brooklyn and a February marathon and half marathon in Manhattan's Central Park, although approval for those two races caps participation at 1,500 or fewer runners, Lastoe said.

A few months ago, Lastoe submitted to the city a bid for a 2014 marathon through the streets of Brooklyn that would accept at least 10,000 runners. While that bid has failed to win approval, Lastoe foresees approval in time for a 2015 race, in part because he said he has received support from Mary Wittenberg, chief executive of New York Road Runners, which runs the ING Marathon.

An NYRR spokesman said the organization declined to comment, and Wittenberg couldn't be reached for comment. In 2010, following the city's rejection of Competitor Group's Bronx proposal, Wittenberg told The Wall Street Journal, "There's a magic to the marathon once a year, you know?"

Several of the mayoral candidates either declined to comment or declined to respond to requests for comment. But candidate John Catsimatidis said, "As mayor, I would take a close look at a second marathon. Events like this are great for the economy, bringing in competitors' dollars and filling our hotels and restaurants."

A spokesman for mayoral candidate Christine C. Quinn, the city council speaker, said she "would welcome the opportunity to review a proposal."

Dani Lever, spokeswoman for mayoral candidate Bill Thompson, said Thompson would consider "a second marathon because New York needs revenue-generating events that attract tourists." Thompson's statement added his "first concern will always be public safety" and he would work with police to ensure the city had the resources to accommodate an event.

In 2011, the ING marathon generated \$340 million for New York City, according to New York Road Runners.

City approval of two new large marathons seems unlikely, potentially creating a rivalry between the two bidders. "I'm worried that Competitor Group might get there before me," said Lastoe, adding that unlike the much-larger Competitor Group, his tiny startup lacked the resources to produce a traffic study that could cost as much as \$200,000.

But Lastoe said he thought his Brooklyn roots might make up for that. "The Rock 'n' roll marathon isn't about New York—it's [a chain event]," said Lastoe, arguing that true marathon success "comes from community involvement, building it from the ground up."

Competitor Group declined to comment on Lastoe's bid.

Write to Kevin Helliker at kevin.helliker@wsj.com

(A version of this article appeared May 15, 2013, on page A23 in the U.S. edition of The Wall Street Journal, with the headline: Another NYC Marathon?)



This newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly from February through December. This year starts the third year of our online publication, 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 and has been for 37 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. Check the schedule on our site and 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



OFFICERS

President—Fred Haslett
Vice President/Technology—Bob Patterson
Vice President/Assistant Race Director—Peter Cirona
Secretary-Treasurer—Colin Harris
Club Counsel—Jim Thornton
Public Relations—Mike Ogazon
USATF-Long Island Rep.—Kathy Agricola

BOARD OF DIRECTORS

Juan Oliveras
Kathy Agricola
David Philippi

MEN'S RACE TEAM CAPTAINS

Masters Men—Juan Oliveras
Senior Masters Men—Jim Thornton
Sgt. at Arms – Richie Delorantis

WOMEN'S RACE TEAM CAPTAINS

Adriana Staiano (Co-Captain)
Kathy Agricola (Co-Captain)

RACE OFFICIALS

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