



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

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



**Edition 16 – Late Summer
But it's not TOO late!
Don't forget to join us for our
Wednesday Night Series
At Eisenhower Park!**



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

On Wednesday night August the 7th, we held our annual Eunice Harris 5K. In case you are a runner who has no idea who Eunice is, and what she means to our club, you are not as fortunate as the rest of us.

Eunice was the club's secretary treasurer for many years. But what she meant to all of us at the LI Road Runners Club, as well as the running community, goes far beyond some club official's title.

Eunice was a wonderful, caring, dedicated, and beautiful woman, and I mean beautiful inside and out. She made runners feel at home when she handled registration.

There was something about her British accent that was soothing and caring. Eunice never hesitated to give advice, running or personal, to anyone who asked. She and husband Colin came to the LIRRC to help when help was needed most, and Colin continues to be there for the club, taking over Eunice's duties.

Unfortunately, we lost Eunice to ALS, known also as Lou Gehrig's disease. In her memory, we have held this race annually to raise funds for the Columbia Hospital's ALS Gift Fund, to support a place that helped Eunice through her difficult time.

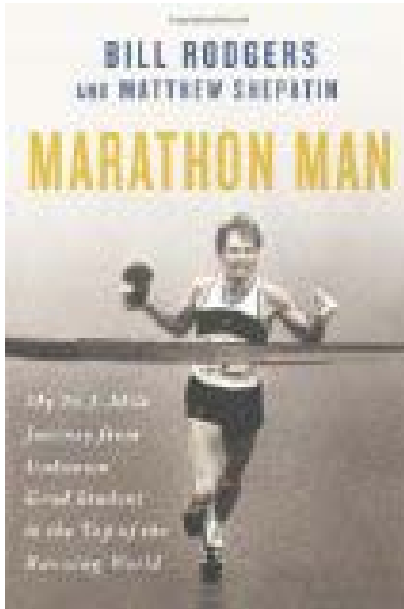
As this goes to print, we are still getting donations, and it looks like with race proceeds and donations we will top \$2000 going to the fund.

We would like to thank all 217 runners and those who donated for helping us continue to contribute to this worthy cause in memory of our beloved Eunice.

We'll see you in the park!

Fred

LIRRC BOOK OF THE MONTH



Acclaim for Bill Rodgers –

“Bill Rodgers is the most celebrated men’s distance runner in history.” -

NATIONAL DISTANCE RUNNING HALL OF FAME

“Rodgers.....remains by some measures the most popular road racer of all time.” -

RUNNERS WORLD

“Rodgers {is} the affable, blond-headed Peter Pan who sat atop the crest of a running boom that is still surging.” -

BOSTON.COM



Long Island Road Runners Women's Race Team News

The LIRRC Women's Race Team participates in the USAT&F Grand Prix Series of races that are designated "team" races. After the Runners Edge Women's 5K Run the LIRRC Women's Masters Race Team is in 3rd place out of a total of six teams.

We are competing and having fun so let's keep up the good work Ladies!!

Women's Team Members

Kathy Agricola (Co-Captain)	
Adriana Staiano (Co-Captain)	
Maureen Frisone	Yuwana Landau
Susan Schmuck	Marie Brewer
Julie Fahner	Judy Latta
Yuri Karasz	Marlo Signoracci
Monica Enright	Suzanne Gaddis



Some photos from Boilermaker Weekend!

Mike & Doris Ogazon with Tony & Clara Patino

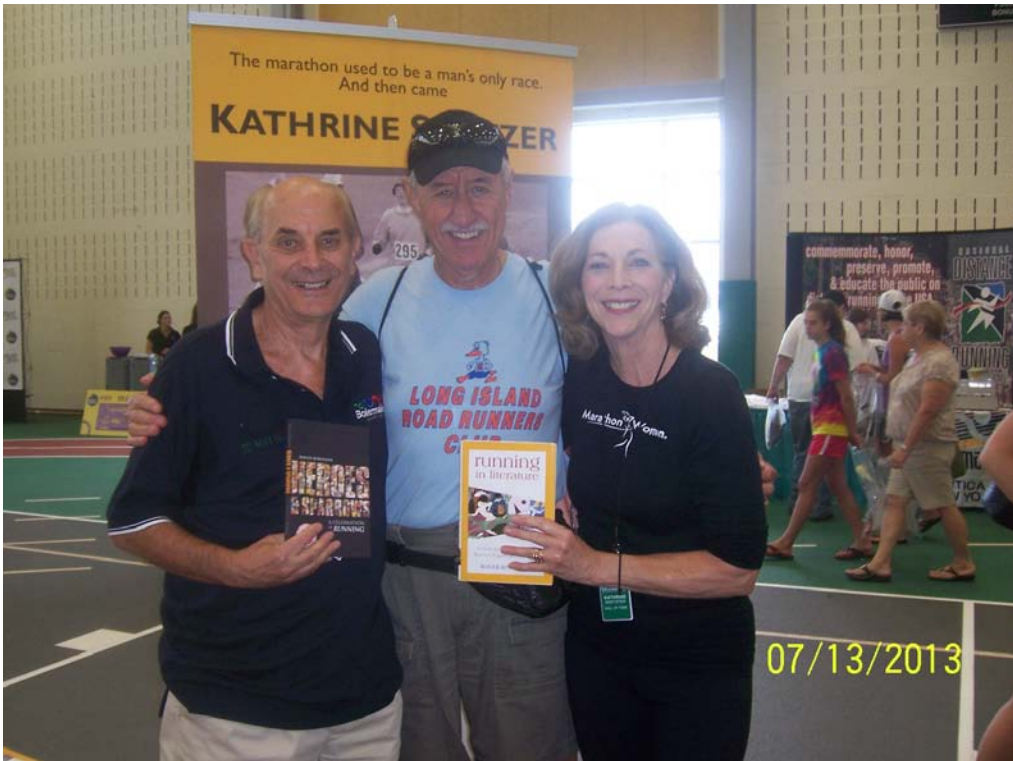


In the next 2 photos:

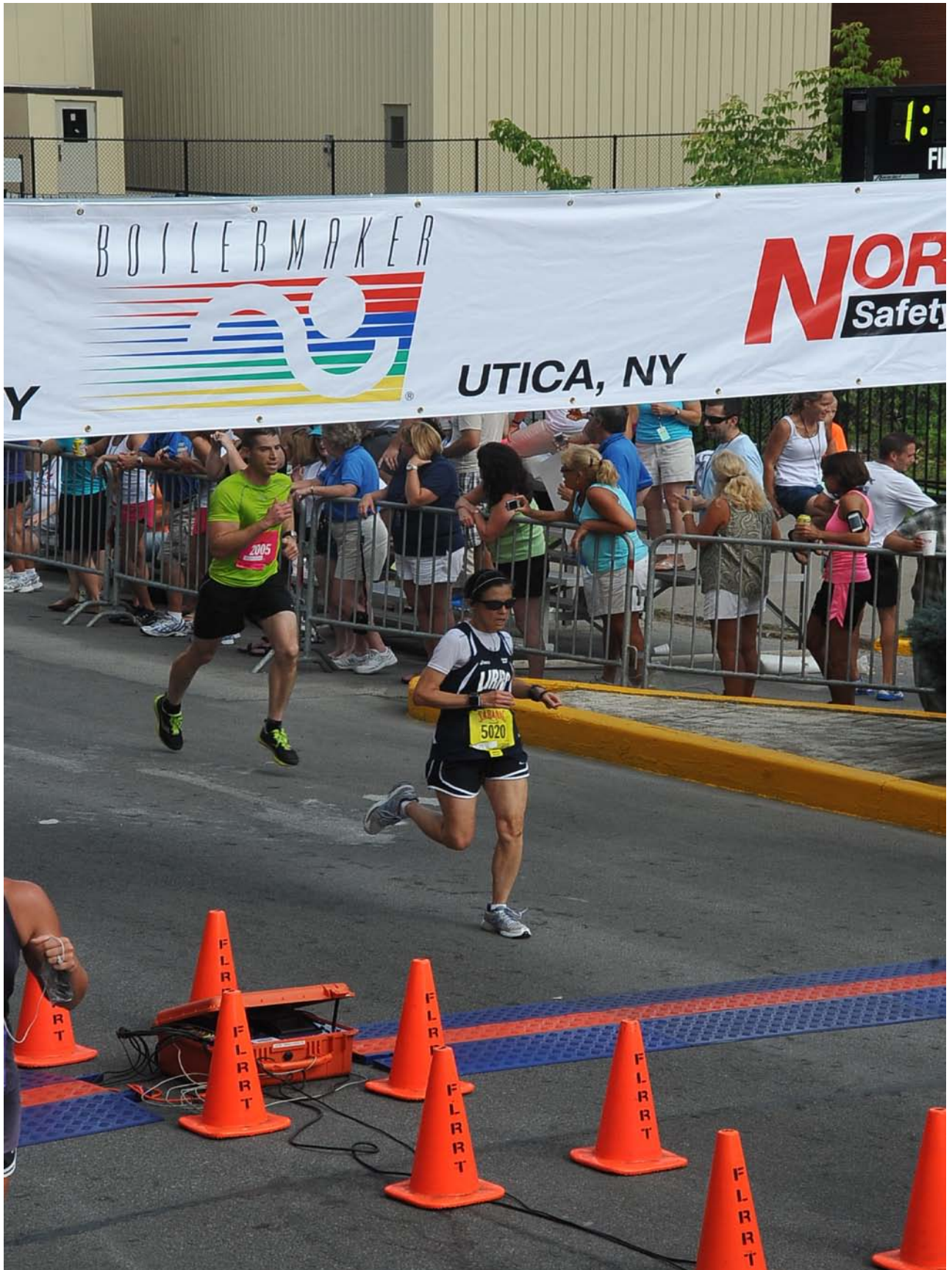
Juan Oliveras, Kathy Agricola, Adriana Staiano, Gail & Dennis Boyd

&

Mike Ogazon with running legends Roger Robinson & Katherine Switzer









Running Notes.....

Congratulations to our LIRRC runners who braved the heat upstate in Utica for the Boilermaker! This classic run brings runners of all kinds and is known for not only the town's hospitality, but for the party at the F.X Matt Brewing Company, where the race ends.....

A jogger struck by a hit-and-run driver in June has died. Newsday reported that the woman from Coram, Karen Benjamin, was jogging on Canal Road, just west of Mount Sinai-Coram Road on or about 11am when she was struck. On July 31st police charged Thomas Costa of Coram of speeding and leaving the scene of an incident.....



From Jim Thornton.....

Today met USA National 50K Champion, World Indoor & World Treadmill Marathon Champion Michael Wardian at the North Face Store in NYC with Anna getting signed autograph see photo.

The Oakman was present and after the meet & greet at the store a small group of runners joined Michael for a run in Central Park.

The world champion was impressed when he doubled back to join the senior turtle at turtle pace. He said that was a first for him. He also told me his slowest 50K at Caumsett this year was 3:14 which he ran injured. I advised him that 3:14 was my marathon PR.

Again he was impressed with the senior turtle.

He also gave Anna advice on how to train and run her first 50 mile trail run at the JFK race which Michael won several times. He posted several photos on FB. The Oakman also gave the world champion advice on how to run the North Dakota marathon and that he had completed 51 marathons and that Rex only had 43.

The world champion was even more impressed with the turtles. Missing was the Hat who ran with the world champion in his ultra days. Also missing was ROTY who could have told of his 900 races and recent Boilermaker. I did mention at the end of the evening Rex never broke 3 hours for the marathon.

All in all an great evening with the world champion who will be running the Salt Lake City Snowbird 50K trail run next weekend and has been selected as a member of this years USA Ultra Team to compete at the 100K World Ultra Championship on October 26th in the Colorado Rockies.

**Anna, you look great! And thank you,
Jim, for your bold commentary! LOL**

Ten Things Kathy Agricola says when you run with her:

#10- I feel fat!

#9- I can't breathe!

#8- I forgot my inhaler!

#7- I haven't run in 2 weeks!

#6- I picked up the pace so I finish sooner!

#5- Did I lock my car?

#4-My sciatica is acting up again!

#3- I'm tired!

#2- I can't stay long, I have to pick up Katie!

And the #1 thing Kathy Agricola says when you run with her is:

Fred! You have to use the bathroom again???

From Bob Koenig:

Hi!

Today I attended the Florida Run Fest 5K/10K in Florida, NY!

Very steep and hilly, yet they made it fun!

Along the path were "Burma Shave" type signs with sayings like "Run with your heart, not your feet"

Big turnout! Town has a fun fest street fair right after.

<http://floridafamilyfunfest.org/>

This was the third time I ran the race.

Bob Koenig

Levittown NY





WE GET E-MAILS!

Hi Jim!

Hope you and Eileen are having a wonderful summer!!

I was wondering if you could put something about my LLS fundraiser - 100 miles - Ocean to Sound run - TWICE, in your newsletter.

I've attached a flyer about it. The plan is to start on Saturday Sept 28th around 3-4pm at Oyster Bay and run to Jones Beach and then run back to Oyster Bay around 7am or earlier, and run during the Ocean to Sound relay while all the other teams are running.

For the second half - 50 to 100 miles - Jones Beach to Oyster Bay - we are looking for runners to run a leg with me for a donation of \$100 to The Leukemia and Lymphoma Society. As you may know, each leg is approx. 6 miles or so. It will be at a slow pace. The runners are not considered part of a scored team, but as support for Team Eva. This second half is still being finalized and I should have more info about it today.


You can read more at www.GoTeamEva.org and maybe ask people to 'Like' my Team Eva page on Facebook - www.facebook.com/GoTeamEva - I'm trying to see if I can get 10,000 Likes.

Thanks so much!!!

Feel free to contact me with any questions, etc..

Eva


Eva L. Casale
Glen Cove, NY
elcasale@optonline.net



Eva is running

100 MILES

to the real finish line...



LEUKEMIA & LYMPHOMA SOCIETY®
fighting blood cancers

Eva is running a 100 mile solo race to raise \$10,000 for The Leukemia & Lymphoma Society.


September 28th, 2013 - Sound to Ocean to Sound...100 Miles!

Most people do the Ocean to Sound 50 Mile relay in an 8-person team, but Eva is going solo - TWICE - on this venture! Each step makes a difference in fighting blood cancers.

The goal of this event is to bring awareness to these blood diseases and raise funds to help stop leukemia, lymphoma, Hodgkin's lymphoma and myeloma from taking more lives. Eva is completing this event in honor of all individuals who are battling blood cancers. These people are the real heroes on our team.

We need your support to cross the ultimate finish line - A CURE!

Please make a donation to support EVA's participation in this event and help advance LLS's mission.

 **Support TEAM EVA today!**

By Mail - TEAM EVA, PO Box 533, Glen Cove, NY 11542
(Please make your check out to: The Leukemia & Lymphoma Society)

Online - www.GoTeamEva.org

"In 2009, I ran 50 miles ocean to sound...In 2010, I ran 50 miles ocean to sound...In 2011, I ran 50 miles ocean to sound...this year, I will run 100 miles!!!"

A CURE



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.



We sadly report the death of **Gordon McKenzie**, a long time Track Official; two-time Olympian, Husband of former Great Neck South Girls Track Coach Chris McKenzie and Father of Great Neck North Track Coach and Boys Cross Country Coordinator Adam McKenzie, on Friday July 19, 2013. Coach McKenzie will be greatly missed within our community.

Below is the link for his obituary.

<http://trackconference.com/athletics/docs/sec8/WeSadlyReport.htm>

RACE ACROSS THE SKY

A novel by Derek Sherman



Who would you run 100 miles for?

Two estranged brothers. Living in two fringe worlds, Caleb is an ultramarathon runner, racing brutal hundred-mile marathons across mountains. Shane works in biotechnology, looking for cures for the diseases of our time. When a baby develops a fatal genetic illness, each begins a dangerous race that will push both of them past all of their boundaries, risk everything they have, and take all of Caleb's legendary endurance to survive.

RACE ACROSS THE SKY takes us deep into new worlds and examines our culture of extremes, and how far we will go for the people we love.

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



Women's Race Team Member

Yuwanna Landau

Yuwanna participated in the Queens 10K race on July 21st, running through picturesque Flushing Meadows Corona Park in Queens. There were more than 6,600 finishers of the 10K sponsored by NYRR as part of the 5-Borough Series.

Congratulations, *Yuwanna!*

Marathon Day Support

by Brad Boughman

If you are planning to have friends and family cheer you on during your upcoming marathon, then be sure they can actually see you and that you can see them. Get a map of the course (typically available online at the event's website) and even consider contacting the management of the course to find out the best places for your friends or family to see you. Do not just look at the map and say, "See you at mile 5, 17, 21, and 26.2." These areas may not be accessible to spectators.

Do not just assume they can get to those points. They may not! Speaking from experience, it is a major disappointment to expect to see your supporters at a specific point and they are not there when you get there. While you know they want to be there, you also know they cannot be there. Plan ahead! Let your supporters know where they can see you. They will give you a major emotional lift when you see them.

Speaking of *you seeing them*, expect there to be lots of people cheering in the areas you expect to see your supporters and know that it may be difficult to hear them or easily see them. They may want to carry a sign or something they can hold up to attract your attention.

Consider wearing something bright. You do not want your supporters to be at the expected spot and not be able to see you! I am not suggesting this, but during my first marathon, I recall seeing a hairy guy sporting a pink tutu and pink cowboy hat.

You will never see *me* wearing that, but the point is to wear something that stands out so your supporters can easily spot you in a group of runners.

If you will not have personal supporters to cheer you on, then consider printing your name on your shirt. The lift you will get will be amazing and make the marathon or half marathon fun for you as total strangers cheer you on. Make sure your supporters know where they can see you, make sure they CAN see you, and get support from strangers.

Have fun!



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!

Jennifer Barrett
Giovanni Belen
Daniel Buff
Michael Chacon
Laura Costa
Margaret Edelman
Gina Ferraro
Amber Goodridge
Jay Herrero
Julia Johnson
Angel Korman
Anthony Lay
Sagine Maignan
Kevin McBride
Robert Montgomery
Elsa Nelmes
Richard Paul
Ken Razzano
Edward Ryan
Brian Smith
Jack Warecki

Georges Beckford
Corinne Borgner
Marie Certa
Jean-Paul Charles
Nicole Delcon
Lisa Fallah
Charlotte Gondre
Cindy Herrera
Sambhav Jain
Robert Koenig
Georgianne Kraft
Eriko Leventhal
Andrea Maione
Christopher Minerva
Erin Murphy
Pharlin Noel
Varsha Rathod
Patricia Resnick
Ralph Scena
Jose Terrenate
Justin Wezik

The PEE WEEs!



The PeeWee Race is a ton of fun! If you have taken your child to this race, pass the word! It starts at 6:25 on Wednesday Nights. The season is slowly winding down, so come on down! If you really think about it, these kids may very well represent our club in the future!



Another Peewee, Max Voesack, from Westbury!
(Max is the Newsletter Editor's Grandson) LOL



A Word from the Editor.....

Many of you are aware of my passion for running from either knowing me or piecing together parts of the writings I've made in this newsletter and articles in *Footnotes*, the monthly publication of the Greater Long Island Running Club. I have always made it perfectly clear that I'm a big fan of LSD (Long, Slow Distance), and anything Track and Field oriented – mostly as a participant, and also as a fan.

Well, I've injured my back, and I've been advised to stop running from a number of doctors. For now, I must heed this advice while I deal with pain management, which really doesn't solve the mechanics of the problem. I'm disappointed because I missed the Boilermaker and will miss the NYC Marathon.

I have always said I would walk if I couldn't run so I'll still be on the trails, but I'm moving even FURTHER to the back of the pack now! As bad as I feel about this, it pales in comparison to injuries many others suffer. I will still write the newsletter, and expect to find time to volunteer more so I can stay in touch with all my running friends. And of course, never say never.....

Jim

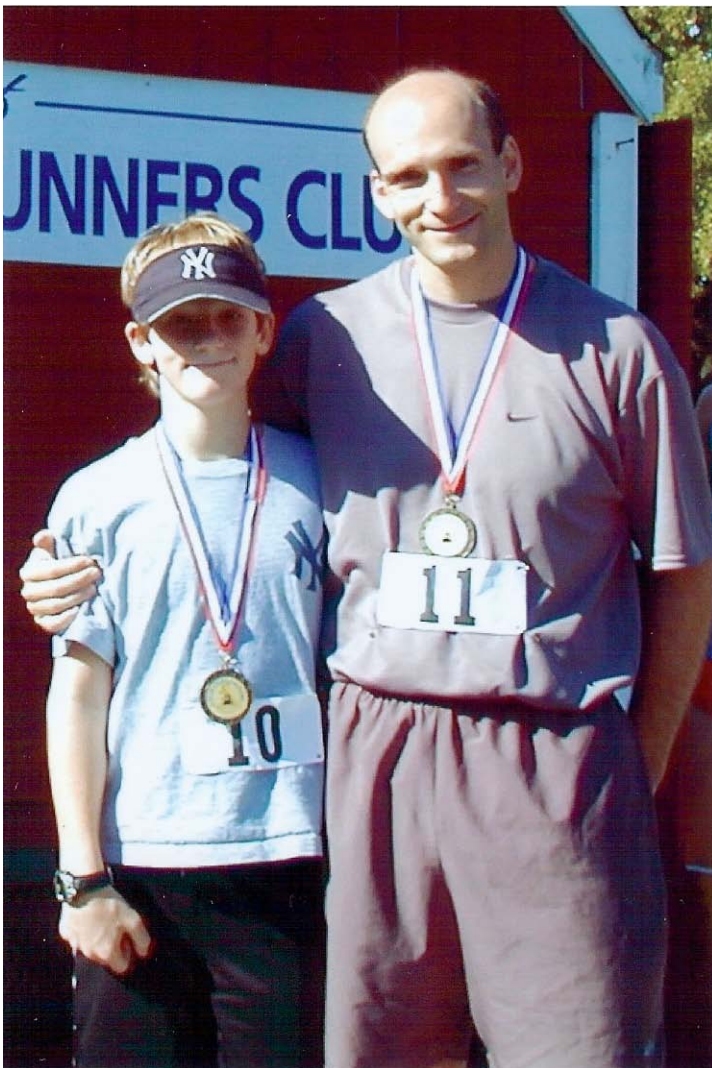


*The Long Island Road Runners Club
is saddened by the passing of
Walter Lee*

Walter was an Army veteran of Vietnam years, and a retired engineer from Grumman Corporation. He was a graduate of Columbia University and an avid swimmer who swam for Columbia during his years there. Walter attended many of our races and will be sorely missed. We extend our condolences to his family.

LIRRC SPOTLIGHTS

Steve Juchem



Steve Juchem (pictured above with his son Chris) has been a regular in the LIRRC Wednesday Night Series, and we had the opportunity to ask him a few questions. On short notice, Steve graciously agreed.

When did you start running?

I started running when I was about 20 years old. I wanted to lose a few pounds and I found that running is the best way to lose weight.

What was your favorite single race?

It is not exactly a race, but my favorite run is the Trans-Fire Island Run which is organized each year in July by the Northport running club. Some of the participants take the ferry over and start early in the morning on the east end of the island and run about 10 miles to the middle of Fire Island and meet up with the rest of the runners in Ocean Beach. We take a group picture and then head west through the different towns, stopping for refreshments and to take a swim along the way.

By late afternoon, we end up on the west side of the island. We all meet at a restaurant by the ferry and grab a bite before heading back to the mainland. This run has great scenery and I look forward to it each year.

Is there a particular runner you admire?

I was amazed by Paula Radcliffe for winning the London Marathon only a few months after having a baby, but my hometown favorite racer is Peter Hawkins. He is a Long Island wheelchair racer. I am inspired by him because he is at almost every race, and he almost always wins. Most times he is the only wheelchair participant, but that may be because he is so fast that no one dares to challenge him. It must be hard to stay motivated to keep pushing when you are out in front all alone.

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

I try not to over-train and I try to give myself enough rest. I always want to lose a few pounds, and that is a big reason why I continue to run.

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

I would love to run the Boston Marathon someday. That race has so much history, and Boston is a great town. I have never been able to qualify to enter the race. Maybe I will get an entry one year by raising money for a charity. I want to see if I can make it over "Heartbreak Hill".

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

I try to eat light or not at all a few hours before a race to avoid an upset stomach. The night before a big race, I enjoy a burrito or pasta to carbo load. After a race, I like fruits; the sugar helps me to restore my energy level.

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

I have completed nine full marathons and I have run in about 500 other races over the years. I was the overall winner in two races.

My first win was a cold and rainy LIRRC 5K race when only 14 runners showed up. It was so exciting to be leading the pack, even though was a small group.

The second win was a little bit controversial. It was an out and back 5K race, but the turn-around was not well marked. After we ran two miles (according to my GPS watch), I did some quick math and decided that we must have missed the turn-around. I was in third at that point and shouted up to the leaders that we passed two miles and I was turning around. They didn't turn around and they kept running straight. I was the first runner to make it back to the start/finish line, so they gave me the trophy. I tried to give it to the guy who was in the lead when I turned around, but he wouldn't take it. So I guess that (sort of) makes me the winner.

Are you working on any specific goals for this year?

This year's goal is pretty much the same as last year's - to stay healthy, to stay active and to lose weight. I have found that life is better all around when I am able to focus on these three goals. So far this year, I am on track for all three!

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

My sister-in-law Jen is a marathon runner. My wife Maryanne and my daughter Lauren have also started running more this summer. My son Chris (shown with me in the picture above) also runs occasionally. Last week, all of us ran in the same race together for the first time.

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

I am not training for any longer distances right now, so I am not currently logging big weekly mileage. I am trying to run 3-4 times per week and 3-5 miles per run, so it adds up to about 15 miles per week. When I do marathon training, I bring my mileage up to about 30-40 miles per week.

What are your favorite running shoes?

I try to find shoes that are light, but still have support. I always have about 4 or five pairs that I rotate. I try to replace each pair after about 500 miles. I like Asics & Nike.

What is your next major race?

I just finished the State Park Summer Run Series, and will continue to do the weekly LIRRC races in Eisenhower Park. I like to do the Garden City Turkey Trot and the Wantagh Snowball Run each year also. I am going to hold off on doing any more marathons for a while. My next one will be my tenth and I am hoping to do it with one or both of my children someday.

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

I prefer summer, but I try to get out to run early before it gets too hot. I end up doing more races in the summer because the weather is nicer. I will run outside in the winter, but it is harder to get my run in before dark, because the days are shorter. I try to avoid running in the dark, or in ice and snow, to reduce the risk of an injury or an accident.

Do you cross-train?

Yes, I have started doing spin classes at my gym once or twice a week. It is a good cardio workout that is low impact. The classes are fun because they turn down the lights and crank up the music. I use a heart rate monitor to make sure I am getting a good workout.

To which running clubs do you belong?

I am a member of LIRRC only. I have always loved this club because they are a great group of friendly and supportive runners. They put on so many races year round in the park at a great price and they are close to my home in Bellmore.

General Comments:

I love to run! Running is great because you can do it anytime anywhere. I am a proud member of the LIRRC. This club is a great group of people who give friendship and support to all runners. I always look forward to the next LIRRC race where I can enjoy my favorite sport with all of my running buddies! Thank you to all of the runners from the club that have inspired me and logged many miles with me!



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

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Club Hotline: 516-569-4959



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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

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Kathy Agricola
David Philippi

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Sgt. at Arms – Richie Delorantis

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Kathy Agricola (Co-Captain)

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David Philippi	Peter Cirona	Juan Oliveras
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