

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

AUGUST 2016



"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."

— John "The Penguin" Bingham, The Pied Piper of the Second Running Boom

Keep Running!

Thank you Fred, Bob, and Joyce!

July 27th 2016 marked the farewell of three of our stalwart members whose dedication and support of the Long Island Road Runners is unmatched.

Joyce Patterson worked behind the scenes for years, although you would know her better as the "lady at the registration table". Joyce also helped collect tags in the days before chip timing, and always helped breakdown the equipment after the race.

Bob Patterson was our race timer for years, bringing us into state-of-the-art timing and posting results in the middle of the night, if necessary. He was also instrumental in training Bill Reitz to take over the timing responsibilities.

Fred Haslett stepped down as LIRRC President at the end of 2015 but, like Bob, stayed on as Race Director as we transitioned into a new running season.

They will now be able to enjoy some of the activities they've missed over the years. The Long Island Road Runners salute you all for your service to the LIRRC, and thank you for making the club the best on Long Island.

Wednesday Night Summer Series

The Wednesday Night Summer Series went very well this season. A brand new 5K course was implemented magnificently. Runners commented about the course, saying it was a nice change of scenery and more interesting. The course was designed to minimize possible lapping of any slower runners and walkers. Special thanks to those LIRRC members and volunteers that helped out each week. We can always use more help, but everyone that gave us a little bit of their time contributed to the amazing success we had as a club. It truly showed everyone who came out to run that we have fun and are a great group to be a part of.

On July 27th, the LIRRC Wednesday Night Series came to a conclusion as we honored Eunice & Colin Harris for their many contributions to the club. Their sons, Andrew and Glenn, were on hand to help us start the race, saying a few words to our 175 runners before the 7pm start. This year LIRRC donated more than \$500 to each of two charities – The ALS Foundation at Columbia University & the Hospice Care Network in Huntington.

The Board of Directors of the Long Island Road Runners and the Harris Family wish to thank our generous members for their continued support of the Harris Race and the charities so worthy of our support.



The Long Island Road Runners intend on increasing the number of Wednesday Night Series races in 2017. In addition, some of the old favorites, like the Santa 5K, and the Easter Bunny 5K, will be back on the schedule. Please check the webpage for more information as we finalize the Race Schedule for 2017.

If you have any ideas, let us know! The Long Island Road Runners thank you!



Five Long Islanders are going for GOLD in the Rio 2016 Olympics! One of them is a race walker! Check out this article from the Long Island Press dated 8/5/16 to learn more:

<https://www.longislandpress.com/2016/08/05/5-long-islanders-go-for-gold-in-rio-olympics/>

Congratulations!

To Bill Reitz, who has been elected to the Board of Directors of the Long Island Road Runners Club. Bill stepped up to learn the timing system this year and has been an integral part of our club through its transitional phase.



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 support for our men and women in uniform? There are many ways. Each week at our races, we had a collection box available to collect old cell phones. Our soldiers' calls home are not free from anywhere in the world, especially those who are overseas. They can pay as much as \$5 per minute to call loved ones. Our ongoing collection helps them stay in touch with loved ones. Let's do our part. God Bless our troops! The story of the two youths who started this program is inspiring. For more information, visit the Cell Phones for Soldiers website at

<http://www.cellphonesforsoldiers.com/>

2016 LIRRC Race Teams

One of the major changes in 2016 has been the revitalization of our race teams. We were always competitive, but Bill Schroeder, Dave Frisone, and Marie Brewer have made it their business to promote and increase our participation by signing up more Race Team members, making us real contenders. Race Team members score points for the club by running key races designated by LITF, known as the 2016 Grand Prix Races. Remaining scheduled Grand Prix races are as follows:

Aug. 20 Hope Runs Here 5K

**Sept. 3 USATF LI 1 Mile Championships
& Farmingdale Main Street Mile**

Sept. 5 Long Beach McAvoy 5 Miler

Sept. 11 Angels on the Bay 5K & 10K

Oct. 15 Supervisors Oysterfest 5K

**Oct. 30 USATF LI Marathon Championships
& Suffolk County Marathon**

Oct. 30 Suffolk County Half Marathon

Nov. 20 Long Beach Turkey Trot 10K

You do not have to run every race, and regardless of ability, you can help our teams! The competition is friendly, and it's a great way to challenge yourself and run with your fellow club members.

Of course, with everything, there is paperwork. Joining the race team requires joining LITF and designating The Long Island Road Runners as your affiliation (#17). If you need help with this, please contact the captains. Their email addresses are as follows:

BILL BILL_SCHROEDER@VERIZON.NET
DAVE WE5RUN4FUN@AOL.COM
MARIE MARIE9105@AOL.COM

Although you are responsible to pay your race fees and complete a LIRRC Membership Form, RACE TEAM MEMBERS PAY NO LIRRC MEMBERSHIP DUES. If you have already paid dues and decide to join later, they will be refunded.

This is the first year that there has been a big push to make our Race Teams stand out. Be a part of the exciting changes in our club by joining us today! Contact Bill, Dave, or Marie for more information.

Race Team members will score points towards the "Spirit of the Duck" awards – a LIRRC club contest which is separate from the Grand Prix competition between the race teams. Please contact your Race Captain to get an updated scoring sheet, so you can see our team results! The Grand Prix results are listed on the LITF web site and are updated after each event. The URL for that site is: Long-island.usatf.org.

If you're already a member of our race team, please attend the points races and score some points for LIRRC! Your participation is what will keep us competitive!

The LIRRC Race Teams will be running together weekly starting on the first Wednesday of September (9/7/16) at 6pm at the Golf Course in Eisenhower Park. These are our team practice runs and we would love a great turnout each week to keep up our team spirit!

IT'S NEVER TOO LATE TO JOIN OUR RACE TEAM! THE COMPETITION IS ONGOING, AND YOU WILL SCORE POINTS RIGHT AWAY WITH YOUR FIRST RACE AS A MEMBER!

**LONG ISLAND
ROAD RUNNERS**
present the
**1ST ANNUAL
SUMMER PICNIC**

**Saturday, September 10, 2016
at 2pm**

Eisenhower Park at the LIRRC Runners Shed
Rain or Shine!

Heroes Soda Pretzels

Chips 50/50 Raffle

A FUN day with your fellow runners!

Don't miss out – RSVP NOW!

FREE to the first 60 LIRRC Members

**RSVP to Jim Ferguson (proffesor4@aol.com) by
8/20**

\$20 for Non-Members on Day of Picnic

**Armbands will be issued for admittance to the
picnic area.**

We are limited to 60 guests!

In Our Thoughts and Prayers...

The Long Island Road Runners would like to extend our deepest condolences to member Beth Marinis, who's step mother, Geraldine Powers, passed away on August 8, 2016.

IN MEMORY OF...



Long Island lost a legendary man this summer. Bill Benson was known to everyone in the running community on Long Island. In January of this year, Benson was featured in an article by Micah Danney in the Long Island Herald about his goal to accomplish 1,000 races, at which time he already had 983 races under his belt at the age of 96. As mentioned in the article, Benson's running career originally began as a freshman in college in 1941, which was soon halted as he was drafted for World War II. Fast forward 10 years, Benson began his family life in Valley Stream, raising three sons. After mentioning to his wife that his clothes were shrinking, and then realizing he was just getting fatter, Benson decided to take up running again at 60 years old. Just 2 years later, he ran the Long Island Marathon and then the New York City Marathon. MastersTrack.com featured an article about Bill Benson, mentioning that he had set the M85 mile record of 9:18.42 at the age of 86. Benson was truly a motivated individual and, even well into his 90's, his determination to finish every race he started was unmatched. As Mary Trotto stated, "He was a wonderful person, a great competitor and an inspiration to all of us." Bill Benson died on July 19, 2016 at the age of 97.

Sources:

<http://masterstrack.com/bill-benson-dies-at-96-prolific-distance-runner-set-m85-mile-record/>

<http://liherald.com/valleystream/stories/96-and-still-running,75622>



This Newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly from February through December. We dedicate it in the memories of Jack Dowling, Co-Founder & Past President, and Eunice & Colin Harris, whose contributions remain unmatched today.

We thank our members, runners, and volunteers who contribute their time and talents to make our club the success it has been for 37 years.

How do **you** stay in touch and get involved???

JOIN LIRRC

Members enjoy benefits, including discounts at our Wednesday Night Summer Series and subsidized races and trips as scheduled. Ribbon Runs and Spring and Fall Workouts are held on Wednesday Evenings. Applications can be downloaded from our web page at WWW.LIRRC.ORG, or are available at our races. Please share the word with friends and family members who will have a great time and get healthy too!

JOIN OUR RACE TEAMS

For a more competitive experience, our race teams welcome runners of all skill levels to run specific Long Island Track and Field races for individual and team points, as we engage in friendly competition against other teams. See page 3 of this newsletter for more information.

LET THE KIDS RUN!

The LIRRC is proud to be the only club on Long Island to schedule fun runs specifically for Kids! Our Kids Fun Runs are held at 6:30pm just before the Wednesday Night Summer Series and it's only \$1 to register. Watch the expressions on your child's face as they have a great time with a group their own age – and get in some exercise too! Be sure to arrive early and partake in this fun event next year!

E-MAIL US!

Questions, concerns, problems, or ideas? Want to help? The club e-mail is PROFFESOR444@GMAIL.COM. Prefer to call? The hotline number is 516-569-4959.

VISIT OUR WEB SITE

The club web site is at WWW.LIRRC.ORG

Share your photos, check schedules, and view our photos.

VOLUNTEER

Everything we do is made possible by those who volunteer their time, skills, and talent for the betterment of the sport of running on Long Island. If you care to help, we have a spot for you! E-mail us or see us at the races!



The Long Island Road Runners

East Meadow, New York 11554

www.lirrc.org

Club Hotline: 516-569-4959

2016 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

INTERIM VICE PRESIDENT / TREASURER - JIM FERGUSON

PUBLIC RELATIONS – MICHAEL OGAZON

CLUB COUNSEL – JIM THORNTON

AT LARGE – PETER CIRONA

AT LARGE - DAVE PHILIPPI

AT LARGE – MARIE BREWER

AT LARGE – BILL REITZ

2016 LIRRC RACE OFFICIALS

RACE DIRECTOR - FRED HASLETT

ASSISTANT RACE DIRECTOR - PETER CIRONA

RACE OFFICIAL - DAVE PHILIPPI

RACE TIMER - BOB PATTERSON

ASSISTANT RACE TIMER - BILL REITZ

TECHNICAL SUPPORT – MARCI YOUNG

LIRRC 2016 RACE TEAMS

MEN'S TEAM CAPTAINS – DAVE FRISONE & BILL SCHROEDER

WOMEN'S TEAM CAPTAIN - MARIE BREWER