

# THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

FEBRUARY 2017



“Out on the roads, there is fitness and self-discovery and the persons we were destined to be”.

–George Sheehan

## Looking Toward Spring

### President's Message

On Tuesday, January 10<sup>th</sup>, upon the Board of Directors nomination, I accepted the position of President of the Long Island Road Runners. I am absolutely honored to hold the position, long held by Fred Haslett, to whom I owe a special debt of gratitude. Fred's leadership skills has set the standard for our club's future.

I also want to thank our Board of Directors, Advisory Board, Race Team Captains and Race Officials for entrusting me with this responsibility. It has always been a privilege to work with these experienced, dedicated runners who have the membership's interest at the forefront of everything they do. Even as the club changed over the years, one thing always remained the same – this club exists for the runners, and gives back to the runners. We know no other way.

So the task before us is to always listen to what the runners want in a changing sport, to be flexible enough to stay with the times, and at the same time stick with the time tested ethics and values that make us the best running club on Long Island. Our future focus therefore is not just to continue, but to set the stage for those who will come after us both as runners and decision makers.

As such, we are developing a volunteer program so key positions can be filled, and new talent can step up. We started this year with our Hangover Run and some good press in Newsday, who advertised the race, along with FIOS One and MyLITV, who reported the race online. We will resume a full eight race Wednesday Night Series, and this year, themes are attached to each race starting with Flag Day on June 14<sup>th</sup>, and going thru The Hot Dog 5K on August 9<sup>th</sup>. As usual, our famous Kids Fun Run precedes each race.

Our specialty runs include New Year's Day, The Easter Bunny 5K, and the Santa 5K. Our Ribbon Runs are scheduled before and after the Wednesday Night Series. We have a picnic free to our members in September, and a club trip is in the works, similar to the Ocean City Half Marathon we went to in 2015. Our finances are intact, our membership numbers are on target, and we are ready for the 2017 season.

We will have two General Meetings this year where 2017 members get to share their opinions, give feedback on our events, and help us plan future events. Don't miss this opportunity to engage the Board and make your voice be heard!

As we move forward, I will ask the members to do their part also; please renew your membership if you have not already done so, grab a friend, neighbor, or family member who may benefit from either some exercise, or socializing with a great group of runners. Even if they are new to the sport, they will love the Long Island Road Runners! See you at the Park for the Easter Bunny 5K!

Jim Ferguson



*The Long Island Road Runners  
Mourn the passing of*

**THOMAS F. DOHERTY**

*Stepfather of Fred Haslett  
Longtime President and Current Advisor*

*Our thoughts are with you and your family  
At this difficult time.*



### 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/>

Next up.....



The Easter Bunny 5K

Sunday, April 16, 2017 @ 9am

Please see the application form on page 11, and those who pre-register by mail before April 8th are eligible for a \$50. Visa Gift Card!

## 2017 LIRRC Race Teams

One of the major changes in 2016 was 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 2017 Grand Prix Races.

The schedule for these races will be announced soon, and will be posted to our web site.

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

You are responsible to pay your race fees and complete a LIRRC Membership Form, and in 2017, RACE TEAM MEMBERS MUST PAY MEMBERSHIP DUES. ONCE YOU RUN THREE RACES FOR THE TEAM, YOUR DUES WILL BE REFUNDED.

2017 is the second 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 sheets, so you can see our team results as the season unfolds. 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 join our race team, please attend the races and score some points for LIRRC!  
Your participation is what will keep us competitive!

***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!***

SEE MORE RACE TEAM NEWS ON  
PAGES 9 & 10!

See you soon at the...

EASTER BUNNY 5K  
(WEAR YOUR BUNNY EARS!)

Sunday, APRIL 16, 2017

Start Time: 9:00am

(Registration closes at 8:45am)



This Newsletter is a publication of the Long Island Road Runners Club, sent to our members as a PDF file 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 38 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](http://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 pages 3, 8 & 9 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](mailto:PROFFESOR444@GMAIL.COM).

That e-mail address is also connected to the "Contact Us" link on the main web page. Prefer to call? The hotline number is 516-569-4959.



### VISIT OUR WEB SITE

The club web site is at [WWW.LIRRC.ORG](http://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! Race officials and the set-up crew get to the park about 90 minutes before each event. Keep in touch as we unveil our 2017 Volunteer Committee!

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Congratulations to the following members and volunteers who have helped make the Long Island Road Runners the best running club on Long Island! These awards were presented at the LIRRC Social on February 11<sup>th</sup>:

Runner of the Year	Hector Jaramillo
Members of the Year	Bob Mayer / Michelle McMahon
Most Improved Runner	John Fahner / Kerri O'Rourke
Jack Dowling Service Award	Bill Reitz
Eunice Harris Spirit of the Club Award	Jim Thornton
Wednesday Night Series Dedication Awards	Nicole Esposito
	Richard Aubain
	Jose Velasquez
	Kevin McElroy

The following LIRRC members were awarded the Spirit of the Duck Award in the following categories:

Men's Open	Romulo Brito
Men's Master	Dean Hutchinson
Men's 60+	John Cronin
Women's Open	Jeanna Lambert
Women's Master	Pauline Schachner
Women's 60+	Fran Dowling

You make all of us proud!





Alex Cuzzo/Fred Haslett

## CONGRATULATIONS, FRED!

On Sunday, February 12, 2017, Fred Haslett was awarded the Bruce McDonald Lifetime Achievement Award at the USATF Brunch held at the Hofstra University Club in Hempstead.

The award is given annually to one who “has spent much of his or her life devoted to the sport of track & field, road racing, cross country or race walking and has left an indelible mark on that sport”. We could think of no one more deserving of this award. Fred has raised the bar on our sport, and his particular love of the Long Island Road Runners along with his tireless work has benefited everyone who has crossed his path. More than a year after resigning as LIRRC President, he is still bringing pride and honor to our club, and still contributes as a member of our Advisory Board. Thank you, Fred, and Congratulations!



# RACE TEAM NEWS

Attention all LIRRC Race Team Members, The schedule for this year's Grand Prix series has been released. Team races are followed by the bold letter **T** & highlighted in yellow.

Note that you can score both team & individual points at the team races and only individual points at the non team races. The first team race is only seven week away on **Saturday March 11<sup>th</sup>**. Those of you who have never experienced this course are in for a real treat. It is a very challenging course with a monster hill just after mile 2. The good news is that there is a long downhill recovery stretch afterwards.

Here is a link to the online race registration page ☐  
<https://runsignup.com/Race/NY/KingsPark/KingsPark15KRun>

If you prefer, you can access a mail-in application here ☐  
<https://static1.squarespace.com/static/5654a2afe4b049c8eb5490c6/t/586d45942994ca82d54409c6/1483556245579/2017+KingsPark+-+one+page.pdf>

The course map is here ☐  
<https://static1.squarespace.com/static/5654a2afe4b049c8eb5490c6/t/586d46f5e58c6232db23330f/1483556598516/Kings+Park+15K+Map+%283%29.pdf>

Try to make as many of the team races as you are able to. Our Men's Masters Team finished third in 2016 (just 9 points out of second place) & we're looking to advance.

**THE RACE SCHEDULE IS ON THE NEXT PAGE –**

**CUT IT OUT AND SAVE THE DATES!**

## 2017 GRAND PRIX ROAD RACE SCHEDULE

(<http://long-island.usatf.org/Sports/Road-Running.aspx>)

February 4 Long Beach Snowflake 4 Miler

March 11 USATF Long Island 15K Championships & Kings Park 15K – C, T

April 1 – USATF Long Island 10K Championships & Aspire 10K – C, T

April 2 – Marcie Mazzola 5K

May 13 – Run for the Health of It 5K

May 14 – Elizabeth McNamee 5K – T

May 27 – Barbara Bartell Run Day 5K

May 28 – Long Beach 10 Miler

June 4 – USATF Long Island 8K Championships & New Hyde Park 8K – C, T

June 11 – Hope Runs Here 5K #1

June 17 – Shwachman Diamond Dash 5K

June 25 – Massapequa Park Firecracker 5K – T

July 4 – Independence Day 4 Miler

July 8 – Runner's Edge Women's 5K – T

August 5 – Massapequa Park Mile – T

August 19 – Hope Runs Here 5K^– T

September 2 – USATF Long Island 1 Mile Championships & Farmingdale Main  
Street Mile – C, T

September 4 – Long Beach McAvoy 5 Miler

October 14 – USATF Long Island 5KL Championships & Supervisors Oysterfest  
5K – C, T

October 29 – USATF Long Island Marathon Championships & Suffolk County  
Marathon – C, T

October 29 – USATF Long Island ½ Marathon Championships & Suffolk County ½  
Marathon –

November 19 – Long Beach Turkey Trot 10K – T

C – USATF Long Island Association Championships

T – Team Scoring

^Women's Scoring Only

## LONG ISLAND ROAD RUNNERS CLUB



PRESENTS

### The Easter Bunny 5K!

**SUNDAY APRIL 16th, 2017 9AM**

**\*\*\* PRE-REGISTER EARLY FOR \$50 RAFFLE! \*\*\***

**MAKE CHECKS PAYABLE TO: LIRRC**

**MAIL TO: JIM FERGUSON 2193 MC CLELLAN ST. EAST MEADOW, NY 11554 (Sorry, No Refunds!)**

**PRE-REGISTRATIONS MUST BE RECEIVED BY SATURDAY, APRIL 8, 2017 TO BE ELIGIBLE!**

**WHERE: FIELD HOUSE – EISENHOWER PARK – BY THE RACE SHED – PARK IN FIELD #2**

**COURSE- FAST AND FLAT COURSE ALL WITHIN EISENHOWER PARK**

**REGISTRATION FEE: ONLY \$5 FOR MEMBERS, AND \$12 FOR NON-MEMBERS**

**SEND IN A MEMBERSHIP APPLICATION TO JOIN OR RENEW FOR 2017 – APPLICATION IS AT LIRRC.ORG**

**(Active Military Always free, just show ID)**

**Day of Race & number pick up, 7:30AM-8:45AM (250 Limit)**

**Awards – 3 deep in the following age groups:**

**\_\_\_\_\_12 & Under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+**

**AMENITIES: Coffee, bagels and hot chocolate and RAFFLES!!!**

**VOLUNTEERS ARE NEEDED FOR THIS RACE AND THE WEDNESDAY NIGHT SERIES!**

**IF YOU CAN HELP OUT, PLEASE SEE RACE OFFICIALS AT THE SHED FROM 7:30 UNTIL THE START**

**(Cut here below and mail bottom with your check.)**

I know that participating in LIRRC events is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants, or spectators, the effect of weather including cold, snow, and ice, traffic and conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I the undersigned, intending to be legally bound, do hereby declare myself, my heirs, executors, administrators and assigns, do waive and release all rights and claims for any damages I may have against the Long Island Road Runners Club Inc., LIRRC race officials, officers, volunteers, the County of Nassau, the Nassau County Parks, Recreation, and Museums, and all the aforementioned representatives, employees, and successors, agents and assigns, for any and all injuries suffered by me in this LIRRC sponsored event.

Please Print Clearly and Completely (Easter Bunny 5K)

Male \_\_\_\_\_ Female \_\_\_\_\_ Member LIRRC Yes \_\_\_\_\_ No \_\_\_\_\_ FEE Enclosed \_\_\_\_\_

Print Name: \_\_\_\_\_ E-Mail\* \_\_\_\_\_

Age Race Day: \_\_\_\_\_ DOB: \_\_\_\_\_ Zip Code: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Signature (Parents must sign if entrant is under 18 years of age.)

**\*\*\*DUE TO USATF SANCTION RULES, BABY JOGGERS ARE STRICTLY PROHIBITED!!!\*\* \*REQUIRED**



**The Long Island Road Runners**

**[www.lirrc.org](http://www.lirrc.org)**

**Club Hotline: 516-569-4959**

## 2017 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

**PRESIDENT - JIM FERGUSON**

**VICE PRESIDENT & TREASURER MARIE BREWER**

**VICE PRESIDENT & RACE DIRECTOR - PETER CIRONA**

**DIRECTOR OF TECHNOLOGY & RACE TIMER - BILL REITZ**

**PUBLIC RELATIONS – MICHAEL OGAZON**

**CLUB COUNSEL – JAMES THORNTON**

**RACE OFFICIAL - DAVE PHILIPPI**

### **– 2017 LIRRC RACE DAY OFFICIALS**

**ADMINISTRATION/AWARDS DIRECTOR – JIM FERGUSON**

**TIMING DIRECTOR - BILL REITZ**

**REGISTRATION DIRECTOR – MARIE BREWER**

**COURSE DIRECTOR – PETER CIRONA**

**DIRECTOR - KIDS RACE - DAVE PHILIPPI**

**SETUP & REGISTRATION – MIKE OGAZON -**

**JAMES THORNTON – WAIVERS & REGISTRATION**

### 2017 ADVISORY BOARD

**FRED HASLETT (PRESIDENT 1987-2015)**

**BOB PATTERSON (TIMING & TECHNOLOGY 2003-2015)**

**DAVE FRISONE**

**BILL SCHROEDER**

**BOB MAYER**

### 2017 RACE TEAM CAPTAINS

**MARIE BREWER**

**DAVE FRISONE**

**BILL SCHROEDER**

A GREAT TIME WAS HAD BY ALL AT THE LIRRC SOCIAL ON FEBRUARY  
11<sup>TH</sup>!  
MAKE SURE YOU CLEAR YOUR CALENDAR FOR NEXT YEAR'S EVENT!



Ray Nieves



Bill Reitz, Peter Cirona, Jim Ferguson, Jose Velasquez



Dave Frisone, Bill Schroeder, Marie Brewer, Fran Dowling



Peter Cirona, Jim Ferguson, John Fahner