

# THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

FEBRUARY 2018



Running is real and relatively simple...but it ain't easy.

--Mark Will-Weber

## President's Message

What a great night at the LIRRC Social! Excellent food, drink and dancing with a great DJ and crowd! Thank you to all who attended, and this great party should serve as a reminder to everyone to come out next year! It's another excellent example of LIRRC's long standing policy of giving back to the runners – this time with a subsidized entry to a great party!.....This is Membership season, and we ask those who have supported our club in the past to take the lead and renew your membership for the 2018 Season. We have 11 Wednesday Night Series races scheduled, all with themes, and all preceded by the Kids Fun Run at 6:30. When you add raffles, the 50/50, refreshments, and professional timing by EliteFeats, there is no better running bargain in town. Members save \$7 a race! .....Up next month is the return of the John Corrigan Relay on March 18<sup>th</sup>.....see our webpage for details...

.....It's an early Easter this year, and that brings the running season into bloom with the Easter Bunny 5K at Eisenhower on April 1st. Although the weather can still be iffy, we have been blessed over the last couple of years – and it's a great way to spend the morning.....A gently reminder to our members to please make sure your membership is current...you need to be a member in good standing to enjoy the benefits of reduced fees at the Wednesday Night Series, as well as our freebies such as the September Picnic and our subsidized events like the Holiday Party. Paying your dues in advance allows us to plan as well as finance a great year, so please take a moment to renew your membership now!

Volunteers are always needed, so please contact Bob Mayer if you would like to help....

See you at the Park!  
Jim



LIRRC PRESENTS  
THE 2018  
WEDNESDAY NIGHT SERIES!

May 16<sup>th</sup> at 7PM  
Kid's Race starts at 6:30

Marines 2<sup>nd</sup> Battalion,  
25<sup>th</sup> Color Guard  
Garden City, NY

Will present the Colors  
immediately before the start



The Long Island Road Runners  
Mourn the passing of  
**Louise E. LaRosa**  
Mother of Mary Ostop

Your family is in our thoughts  
and prayers at this difficult time.



Next up.....

The John Corrigan Relay Returns!  
Go to our website for the application,  
Or go to <http://elitefeats.com/?corriganrelay>  
May the wind be at your back!

March 18, 2018



STEVE JUCHEM IS AWARDED THE "RUNNER OF THE YEAR" PLAQUE AT THE SOCIAL ON JANUARY 27<sup>TH</sup>. LEFT TO RIGHT, BILL REITZ, STEVE JUCHEM, JIM FERGUSON, PETER CIRONA. (PHOTO COURTESY OF JAY BETANCOURT)



BOB PATTERSON ACCEPTS THE "COMEBACK RUNNER OF THE YEAR AWARD". LEFT TO RIGHT, PETER CIRONA, BOB PATTERSON, JIM FERGUSON & BILL REITZ. (PHOTO COURTESY OF JAY BETANCOURT).





GENE HESKIN AND HIS DAUGHTER ACCEPT THE "RUNNING EXCELLENCE AWARD" LEFT TO RIGHT, PETER CIRONA, JIM FERGUSON GENE HESKIN, LAUREN HESKIN & BILL REITZ. (PHOTO COURTESY OF JAY BETANCOURT).



## Top Tips for Staying Visible When Running Alongside Traffic

If you enjoy running, you understand the importance of making sure you are as visible as possible when running near traffic. It is imperative to make sure you are noticed so you are as safe as possible when you are running alongside cars. Here are some things you can do to stand out in the crowd:

- **Fluorescent Colors** - You don't want to blend in with your surroundings. If you wear green, black, brown, or blue you may not be noticed. Brightly colored jerseys, such as those in bright orange, red, neon yellow, lime green, or hot pink are going to help you stand out while running during the day.
- **Running Toward Traffic** - You should adhere to [traffic regulations](#), which require pedestrians to walk facing traffic. This means that you should run against traffic and not with it. This will give you the chance to get out of the way if you see a vehicle headed toward you. When you are running with traffic, you won't see what is approaching you from behind.
- **When Possible, Run on the Sidewalk** - When you can, you should avoid the street and run on the sidewalk. You are farther from traffic and also farther from harm. Being on the sidewalk helps you stay away from cars.

- Running After Dark - If you are running [when it is dark](#), you need to make sure you are standing out. You must wear reflective tape on your clothing, especially across your chest and across your back. Reflectors on your shoes also help.
- Reflective bands can be worn on the ankles and the wrists. A safety vest that is brightly colored and has reflectors already attached could be beneficial. You should take along a flashlight and keep it turned on and pointed down toward the ground as you run, so drivers will notice you. A flashing LED light attached to your clothing will help you stand out and be noticed as well.
- Don't Run Alone - Whenever possible, run with a buddy for added safety. Two people are always going to be noticed much more quickly than a single individual. Running along with someone else in bright clothes will help you get noticed.
- Run in Areas That Are Lit - If you are running before dawn or after dark, you need to run in areas that are well-lit. Choose streets that have adequate lighting. Don't run through communities that you aren't familiar with and make sure you know the streets where you are for added safety.
- Adhere to Traffic Laws - It is essential to your safety to know the traffic laws and to adhere to them. Your goal is to be visible, so that means don't dart in and around traffic. When at an [intersection](#), treat it like you would in a vehicle, look both ways and proceed when it's clear. You should never run between cars. Always adhere to traffic signals. You must take responsibility for your safety.

As a runner, you know that you have to take safety seriously. Doing everything that you can to stand out and be noticed is key to staying safe when you are out for a run. Always be alert and proactive when you are heading out for a run. Make sure you buy a brightly-colored jacket or a jersey that you can wear when you go for a run. Stay current on traffic laws and be familiar with them so you can adhere to them for your added safety. Always be aware of your surroundings so you can avoid dangers.

*This article was created by Personal Injury Help ([www.personalinjury-law.com](http://www.personalinjury-law.com)), an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article should be construed as legal advice, and it is intended for informational use only. Be sure to run safe and legally.*



# BLAST FROM THE PAST!



From left to right: Stan Buturla, Fred Haslett, Colin Harris, Kelly Hicks, Eunice Harris, Pat Killikelly, and Marsha Silber.



## 2018 LIRRC Race Teams

One of the major changes in LIRRC 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 2018 Grand Prix Races. In 2018 our commitment continues to grow and we expect a great year!

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

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!***



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 more than 40 years.

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



#### JOIN LIRRC

Members enjoy benefits, including discounts at our 12 races in the 2018 Wednesday Night Summer Series, and subsidized races, trips, and social events 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!

#### E-MAIL

Our e-mail address can be accessed with the "Contact Us" link on the main page of our website. The address is [PROFFESOR444@GMAIL.COM](mailto:PROFFESOR444@GMAIL.COM)



#### 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 the info on page 3 of this Newsletter & contact the Race Team Captains 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!



### 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.

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**The Long Island Road Runners**

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

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

**2018 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**

**RACE OFFICIAL - DAVE PHILIPPI**

**PUBLIC RELATIONS – MIKE OGAZON**

**– 2018 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 -**

**VOLUNTEERS JIM THORNTON**

**VOLUNTEER COORDINATOR – BOB MAYER**

**2018 ADVISORY BOARD**

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

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**ANDREW DE MASTERS – ASSISTANT COUNSEL**

**DAVE FRISONE**

**BILL SCHROEDER**

**BOB MAYER – VOLUNTEER COORDINATOR**

**DREW DE MASTERS –PUBLIC RELATIONS ASSISTANT**

**2018 RACE TEAM CAPTAINS**

**MARIE BREWER**

**DAVE FRISONE**

**BILL SCHROEDER**