

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

October 2016



"Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running."

— Sarah Condor, New York Marathon runner

Never Give Up!

A Message from the Board...

Fall is moving in quick! It's a great time to set and work on your running goals, and with the running gear available today, the winter rarely stops a dedicated runner! So get out there and enjoy the best season for our sport!

We have been working behind the scenes to bring you a great 2017 race schedule. It's been e-mailed to the membership, posted on the window of the LIRRC shed, and is also available online. Just to be sure, here it is again:

Schedule of Upcoming LIRRC Races

December 18, 2016 Santa 5K
January 1, 2017 Fred Haslett Hangover Run 4M
April 2017 (date TBA) Easter Bunny 5K

Races start 9:00 am

Registration closes 8:45 am sharp!

Wednesday Night Summer Series

June 14, 2017 John Corrigan 5k
June 21, 2017 5k
June 28, 2017 Eunice & Colin Harris 5k
July 12, 2017 LIRRC Teams Race (NEW!)
July 19, 2017 John David 5k
July 26, 2017 5k
August 2, 2017 5k
August 9, 2017 Hot Dog Night – Member Appreciation Night

RACE THEMES CAN BE MODIFIED AT ANY TIME

This schedule provides for the return of a full 8-race Summer Series. The Corrigan Relay has been changed to a 5K and moved to June. The Harris Race will be held earlier in the season.

The 2016 LIRRC General Membership Meeting will be held on Wednesday, November 16th @ 7PM. This is an opportunity to see the Administrative side of LIRRC, where the Board of Directors meet each month. This meeting will be held at the "White House", officially known as the SAC Center in Eisenhower Park. Entering the park from Merrick Avenue, make your first right and follow the road around to the house.

We have worked hard to make the adjustments needed to bring back a full season and to keep you informed about your club's social and running events. Now we ask you to do your part - please renew your membership for the 2017 season now! Memberships run from January through December, and we are accepting renewals now. Your membership allows you to save money on our famous Wednesday Night Summer Series, and receive discounts on the social events. For example, we recently held our first annual

LIRRC Picnic in September, FREE to members! Admission to the Christmas Party has been subsidized over the years, and your membership dollars pay for the insurance and permits needed for LIRRC to hold our races. Please support us by sending in your dues in today!

Speaking of the picnic, it was held on September 10th and was a great success. We thank all those who attended and worked hard to make it so. The food was purchased from Hanstedt Deli in Woodbury, and we had plenty on hand. We expect the picnic was the first of many to come.

Finally, I must mention volunteerism. Our club has struggled with this issue in the last few years because, as Fred Haslett said, "we all got old at the same time." As you know, a few members moved out of state, a few have resigned their positions after years of service, and LIRRC has been very fortunate in having those positions covered so we can continue operations as a quality running club. However, we always need help. As you fill out your 2017 application, please consider volunteering your time over the season. While it is tough to give everyone an assignment beforehand, we will most certainly be able to be specific about your assignment on race day – just see any of the crew before the race.

I know I can speak for the Board of Directors in saying that we are proud to present this year's schedule, and we look forward to seeing you at the General Membership Meeting and at the park!!

Jim Ferguson



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/>

In Our Thoughts and Prayers...

The Long Island Road Runners would like to extend our deepest condolences to the families of Kevin Connors and Odd Sangesland, whom have recently passed away.

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:

**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

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.

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!

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 you soon at the...

Santa 5K

Sunday, December 18, 2016

Start Time: 9:00am

Fred Haslett Hangover Run 4M

Sunday, January 1, 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, 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

LIRRC/LITF

AWARDS

9/21/16

AGE GROUP 40 TO 59	TEAM RACE KINGS PARK POINTS	TEAM RACE ASPIRE POINTS	TEAM RACE MCNAMEE POINTS	TEAM RACE NHP POINTS	TEAM RACE MASS 5K POINTS	TEAM RACE WOMENS 5K POINTS	TEAM RACE MASSAPEQUA 1M POINTS	TEAM RACE HOPE RUNS HERE POINTS	TEAM RACE FARMINGDALE POINTS	TEAM RACE OYSTERBAY POINTS	TEAM RACE SUF CTY MAR POINTS	TEAM RACE LONG BCH 10K POINTS	TOTAL POINTS
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MALE RUNNERS

1	BLATTER, BRETT			119	120	117	X						356
2	BRODERICK, MICHAEL						X						0
3	GERSON, STEVE		109			110	X		115				334
4	HUNTER, MICHAEL	115	115		118	120	X						468
5	HUTCHINSON, DEAN		113	118	114	115	X	120	119	118			817
6	JARAMILLO, HECTOR	117	117		116	116	X		120	119			705
7	JUCHEM, STEVE	114	112	117	112	113	X		117				685
8	KAPLAN, IRA	118	120		115	118	X						471
9	LAFOREST, KURT	116	114		113		X						343
10	LAW, WAI	119	118		117		X						354
11	MAYER, BOB			116	111	114	X	119	118	117			695
12	MCBRIDE, KEVIN						X						0
13	MONACO, BOB						X						0
14	MURPHY, DERMOT		110				X						110
15	NIEVES, RAY		111	115	110	112	X						448
16	PAJONAS, VICTOR	120	119	120	119	119	X			120			717
17	REITZ, WILLIAM	113		114	109	111	X	118					565
18	SALVESEN, ROBERT						X						0
19	SCHACHNER, LARRY	50					X		116	116			282
20	SCHROEDER, BILL	CO-CAPTAIN-NOT SCORED					X						0
21	WOSLEGER, JERRY		116				X						116

AGE GROUP 60+

1	BREWER, TOM		50			119	X		50				219
2	CRONIN, JOHN	120		120	120		X		120	120			600
3	DEMASTERS, DREW				119	120	X						239
4	FARMER, PETER		120				X						120
5	FERGUSON, JAMES			117	117	117	X						351
6	FRISONE, DAVID	CO-CAPTAIN-NOT SCORED					X						0
7	HARRIGAN, NOYES	119		118		118	X		119	119			593
8	HASLETT, FRED						X	50					50
9	OGAZON, MICHAEL		119	119	118		X						356
10	OLIVERAS, JUAN		50				X						50
11	PATINO, TONY						X						0
12	SHILLING, GEORGE						X						0

OPEN

1	BRITO, ROMULO		120		120	120		120	120				600
2	LYNCH, CHRISTOPHER		119			119							238