

# THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

JUNE 2017



“Obstacles are those frightening things that become visible when we take our eyes off our goals” –

Henry Ford

## President's Message

Some things never change, and the Wednesday Night 5K series remains not only the best bargain in town, but perhaps the best time a runner can have on a Wednesday Night! Come on down, bring your friends, and have a great time...We opened the season on Flag Day, June 14<sup>th</sup> and the Marines 2<sup>nd</sup> battalion, 25<sup>th</sup> Color Guard from Garden City opened the festivities as we honored our flag. 152 runners crossed the finish line, led by Justin Weissberg (17:07) for the men, and Lauryn Heskin (19:46) for the ladies. These are fast times on Fred Haslett's new course! Our second race took place the following Wednesday, June 21<sup>st</sup>, and Lauryn Heskin repeated as the ladies leader with a 19:36, while Ryan Heskin flew by with a 17:05 for the men. EliteFeats, Long Island's premier timing organization, has joined us for our 2017 series, and they provide state-of-the-art timing enhancements to make your race an experience – not just a run. **But, please take note that THERE IS NO RACE ON JULY 5<sup>TH</sup>!**

Years ago, as a fairly new member of the club, I happened to go down to the park during one of those “bye” weeks, expecting the crowds, and my running buddies, and the whole great scene.

Well, I was not the only one, and a group of about ten of us stood there until finally someone suggested that we just run! Duh! We turned a disappointment into a great night! So I think it should be remembered that it's always about the running -and I'm very proud that the Long Island Road Runners are all about that.

We also strive, very successfully, to give back to the runners every chance we get by providing the platform for competition in our race teams, getting kids involved by being the only club to offer a regularly scheduled Kid's Run, and providing reduced fees for track teams. We have pretty good raffles too, and have arranged for our members to enjoy a picnic in September at Eisenhower.

Two races down, six to go for our Wednesday Night Series. Come on down, grab a friend, bring a chair, and join the fun!

See you at the Park-  
Jim

Congratulations...Wai Law, for setting a new Guinness World record, by logging 167 miles on the treadmill in 48 hours, raising nearly \$15,000 for the Leukemia & Lymphoma Society in the process, and beating the previous record by six miles...WTG



Victor Pajonas taking 1st Pl OA at Bayville 5K about to break the tape! Great Job, Victor!



### 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/>



*Hats off to EliteFeats, who has partnered with us this year on the Wednesday Night Series races. From instant notifications to great photos at the finish, and now self-registration, our timing has been taken to the next level. Great Job!*

## 2017 LIRRC Race Teams

One of the major changes last year 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. In 2017 our commitment continues to grow and we expect a great year!

The schedule for these races is on Page 8.

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!***

## THE WEDNESDAY NIGHT SERIES 2017 CONTINUES!

GO TO [WWW.LIRRC.ORG](http://WWW.LIRRC.ORG) FOR THE COMPLETE SCHEDULE & DETAILS!

NEXT UP.....JUNE 28<sup>TH</sup> - THE EUNICE & COLIN HARRIS 5K  
50% OF OUR PROCEEDS GO TO ALS FOUNDATION & HOSPICE INN

JULY 5<sup>TH</sup> - NO RACE THIS WEEK

JULY 19<sup>TH</sup> - THE JOHN DAVID MEMORIAL 5K



This Newsletter is a publication of the Long Island Road Runners Club, sent 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 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!

#### 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 page 3 of this newsletter for more information.



## 2017 GRAND PRIX ROAD RACE SCHEDULE

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

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





**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**

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**VICE PRESIDENT & TREASURER MARIE BREWER**

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**PUBLIC RELATIONS – MICHAEL OGAZON**

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**RACE OFFICIAL - DAVE PHILIPPI**

**– 2017 LIRRC RACE DAY OFFICIALS**

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**DAVE FRISONE**

**BILL SCHROEDER**

**BOB MAYER**

**2017 RACE TEAM CAPTAINS**

**MARIE BREWER**

**DAVE FRISONE**

**BILL SCHROEDER**