

# THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

OCTOBER 2017



"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement

-Steve Prefontaine

## President's Message

The warm breezes now give way to the falling leaves as it becomes great weather for runners on Long Island. This year we are proud to bring back the "I'm Not Doing the NYC Marathon 5K" being held in Eisenhower Park on Saturday, November 4, 2017 at 8:30AM.

Sponsored by our friends at Orthology, this race promises a fun time for all including unique tech tees for the first 150 runners! Please join your fellow runners and enjoy the same amenities as we offer in our Wednesday Night Races including refreshments, raffles, and our famous 50/50. Applications have been sent to you by e-mail, and you can register online at EliteFeats.com.

A few other things to take note of:

Our new HOTLINE number is 516-797-2685.

The final two races of LIRRC's 2017 Season are as follows:

Nov. 4 - I'm not doing the NYC Marathon 5K  
Dec. 17- Santa 5K

We will open the 2018 Season on New Year's Day with the Fred Haslett New Year's Day 5 Miler – always a free race! Please check your e-mails, our website and EliteFeats.com for further information.

All of our races need volunteers, and we urge you to get involved – you need no experience – just a willingness to give back to the club so we can continue providing quality races in Eisenhower Park! Meet us at the shed before any race! The Wednesday Night Series is behind us, and we have two awesome races left on the calendar in 2017. I hope to see you all in the Park enjoying our great sport!

Jim

Thank you!

LIRRC sends a special thanks to the members who attended the 2017 General Membership meeting on October 10<sup>th</sup>. Held once a year, this is an opportunity to let your voice be heard by offering suggestions or comments about how you want us to run YOUR CLUB.

We all left with a better understanding of the direction we are taking and what is needed to continue to put on the best races on Long Island!



The Long Island Road Runners want to thank our good friends Jamie Fish & Steve Braverman at Orthology for their support of both our Wednesday Night Series and their generosity in providing the great tech tees you will be seeing at the I'm Not Doing the NYC Marathon 5k on November 5<sup>th</sup>.

Orthology's Physical Therapy, Sports Medicine, and Chiropractic specialists are experts in the musculoskeletal field, intensively trained in a world-class, evidence-based approach. Orthology providers follow a proven, one-of-a-kind approach that combines a highly-trained team of diverse specialists who are best suited to treat your individual needs.

Visit their website at [Orthology.com](http://Orthology.com).

The Long Island Road Runners  
Mourn the passing of

Frank DiCarlo

Frank left us on September 27<sup>th</sup>.  
He was an avid runner and a  
devoted grandfather.

Our thoughts and prayers go out  
to his family at this difficult time.



Our beloved shed received much needed repairs in September, and was painted today - October 21<sup>st</sup>. It's now ready for our upcoming races on November 4<sup>th</sup>, December 17<sup>th</sup>, and January 1<sup>st</sup> as well as for the 2018 Wednesday Night Series.

Many thanks to Pete Cirona, Jim Thornton, and Dave Phillipi, who gave up their day to work on this. The signs identifying the shed are being replaced, and will be up soon.



**It's Getting Dark Out There!  
RIBBON RUNS CONCLUDE  
AT THE END OF OCTOBER**

Jim Thornton & Mike Ogazon started informal Wednesday Night workouts a few years ago to continue the momentum of our Wednesday Night Series. With the weather still good, a bunch of us were able to get some miles in until the darkness shut us down. These runs also precede the Wednesday Night Series in the spring.

This year these "Ribbon Runs", started in September, but they will conclude at the end of this month because of darkness. Runners meet in the parking lot on the golf side of the park near Carlton-On-The-Park restaurant at 5:30PM

Interested? Contact Mike Ogazon to make sure the training run is on.

It's a great way to keep toned while you wait for the upcoming LIRRC races!

Mike will be sending an e-mail blast to all as a reminder.



**Save The Date!!!!**

The Long Island Road Runners  
present our  
Annual Holiday Party  
Saturday, January 27<sup>th</sup>, 2018  
Great food.....Beer & Wine.....  
Dancing.....DJ.....Dessert

&

The presentation of our  
**CLUB AWARDS**

And

**RACE TEAM AWARDS**

**DON'T MISS OUT!**

**FLYERS WILL GO OUT SOON!**



### Our Volunteers are the Best!

Our races were a huge success this summer because of our volunteers and a renewed commitment to recruit them and recognize their efforts. However, the season never really stops – we have races coming up on November 4<sup>th</sup> as well as December 17<sup>th</sup>, and our need for volunteers continues.

I will be contacting those who indicated a desire to help us on their club applications and those who have helped during the Wednesday Night Series in the hope that you are available for any races we may schedule.

Our thanks and appreciation go out to all those who helped us this year – You are the best!



## FROM THE RACE TEAM –

Great job to all who participated in the Oyster Bay Supervisor's 5K. Despite a very competitive field & a challenging course, 8 awards were claimed and many impressive times turned in.

**Only 2 team races left this season.** The next team race is Sunday Oct. 29<sup>th</sup> in Patchogue, 8:00am start time - **Suffolk County Marathon.** \*\*\* **Note that only the full marathon is a USATF team race.** \*\*\*

Of course, you should only run this if you have been specifically training for this distance. Please let Dave, Marie or myself know if are planning to run the full marathon.

[Online registration](#)

[Mail-in Registration](#)

[Course Map](#) (this is a flat, out & back course with many water/Gatorade stops).

[Race FAQ's](#)

Remaining USATF-LI Races (Team races highlighted in Yellow)

Sunday Oct. 29 - USATF Long Island Marathon Championships & Suffolk County Marathon - C, T

Sunday Oct. 29 - USATF Long Island 1/2 Marathon Championships & Suffolk County 1/2 Marathon

Sunday Nov. 19 - Long Beach Turkey Trot 10K - T

C - USATF Long Island Association Championships

T - Team Scoring

Hope to see you there!



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.



## 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.



**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**

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**COURSE DIRECTOR – PETER CIRONA**

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**DAVE FRISONE**

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**BOB MAYER**

**2017 RACE TEAM CAPTAINS**

**MARIE BREWER**

**DAVE FRISONE**

**BILL SCHROEDER**