

The Roadrunner

Edition 20 THE ONLINE NEWSLETTER OF THE LONG ISLAND ROAD RUNNERS CLUB April 2014



In Memory of Colin Harris

March 17, 1928 - February 19, 2014

The Long Island Running Community was saddened by the death of Colin Harris on Wednesday, February 19th. Colin was a great runner, mentor, friend and tireless advocate of everything the Long Island Road Runners did.

He could always be seen at the registration tables before all our events and at the finish line afterward - always involved in making sure the race went off as scheduled.

He held the position of Secretary-Treasurer for years.

More than that, he always had a kind or encouraging word for everyone from the novice runner to the most experienced competitor.

The clergy record provided at Colin's wake was a short biography of this wonderful man. It read in part:

"Colin was born at the start of the Great Depression in the mining town of Halling in Kent, England. He joined the British Army, served in WWII, and met Eunice, who he married in 1950. They came to the USA in 1957, and he and Eunice travelled the world until the birth of their first child Glenn in 1961. Andrew, his second son, was born in 1965.

Colin became interested in running in the 40's, and ran marathons that would take him from New York to Boston, Bermuda, and London. He was a gifted athlete who earned the respect of his running peers in the Long Island Road Runners."

There are no words to adequately describe what Colin meant to us and the running community. May he rest in peace.



Colin Remembered:

From Jerry Wosleger:

So sad about Colin. He was just a lovely man. I didn't know him as well as some of you folks but this still hit me hard.

I will cherish my Most Improved Runner 2012 even more because his signature is on the plaque.

My daughter is marrying a Brit this June. You might remember announcing his name, Matt Jones, on a Wed night at The Park in 2012. You announced his name because he plays soccer professionally. Anyway, Colin took a liking to Matt naturally and always enjoyed hearing about him.

I'm sure he will be remembered throughout this year and beyond in many great ways.

From Pat Larkin:

Hi Fred and Mike,

Thanks for the emails about Colin keeping all informed with what was happening. A great man will be missed.

Colin was so well known throughout the LI running community.



INSIDE THIS ISSUE – OUR TOP FIVE

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Fred Haslett is flanked by Mike Broderick who accepts his Award for Member of the Year, and Bob Patterson at the LIRRC Social in East Meadow on January 18th.

President's Statement

April 2014 By Fred Haslett

President, Long Island Road Runners Club

Sometimes in writing this message I have to think about a topic to write about or discuss, some serious, some humorous. All running related of course.

This time I didn't have to search for a topic.

At the forefront is the loss we all suffered a few weeks ago. On Wednesday February 19th, our Secretary/Treasurer Colin Harris passed away at age 85, a week after suffering a stroke.

Colin, along with his late wife Eunice, were two of the most wonderful people you'd ever meet. And they were dedicated too!

Starting in the 1980's they joined the board and the club race official team. No matter what the weather, no matter how they felt, they would be down in the park working registration for the races, working the finish line, helping to set up for the race and break down after.

After Eunice passed, it would have been easy for Colin to say he was retiring from officiating and we would have understood. But he didn't and we were glad he stayed on board. We "older" runners remember what a fierce competitor Colin was. He ran a sub 3 hour NYC Marathon at age 54! His accomplishments and award winning races were many. He was competitive well into his 70s, but in recent years he resigned himself to biking. But the man shouldn't be measured by his race times; he should be measured by his character. And he scored high in that regard.

To say Colin was a contributor to our club's success would be an understatement. Runners saw him at our races working registration and manning his clock at the finish line. It was the many hours spent at home doing club business, mailing out membership cards, driving around ordering clothing for us, countless emails talking club business and more. Sure, others will pick up his responsibilities, but no one can fill his shoes.

Coming to Eisenhower for our first race after he passed was a strange feeling for us. We expected him to come driving up at any moment. He just couldn't be gone, but the reality is that he is gone. He was our friend and a friend to many, and we will miss him.

On Wednesday night August 6th, the Eunice Harris 5K will now be the Eunice and Colin Harris 5K. Proceeds of this race will be donated to the ALS Gift Fund in honor of Eunice, and to Hospice in honor of Colin. Special raffles will be included and other extras.

Join us in this celebration of two wonderful people we were fortunate to know.

See you in the park!

Fred Haslett



It's been a tough winter - Let's make it a great summer. The Classic Wednesday Night Series returns on May 14th. Get ready to sweat.

6:30 PM Youth ½ Mile Fun Run

7:00 PM Opening Ceremony

7:05 PM Our Classic Wednesday Night 5K

Remember – Registration closes at 6:45PM!

Are you a runner? Start riding a bike! :)

I started running in 2008. I used to play competitive football/soccer and when I stopped doing that I had to find something else to do to keep healthy and keep in shape. I started running, as running was often part of soccer training and I thought running was actually fun. I also felt like my competitive spirit would fit very well into running.

When I started running I immediately got great improvements. I was able to run farther and faster just within several months. These immediate improvements resulted in further interest in running. I started running longer and more often. Does this sound familiar?

For many runners this sounds very familiar. And what happened next is also what too many runners are familiar with. I started getting injured. Compartment syndrome, meniscus tears and cartilage damage are hopefully a thing of the past for me.

But still, I have much more challenging running program today than ever before. How do I expect to keep on going and improve my running taking into account the list of injuries? The answer: run less often and ride the bike more often.

I bought my first bike in 2012. It's a road bike from Specialized and it was not expensive at all. Going out on the bike is a great way for me to improve my fitness level, increase my stamina and running speed and this actually happens without me going out for a run! 😊

A few ways riding the bike will improve running:

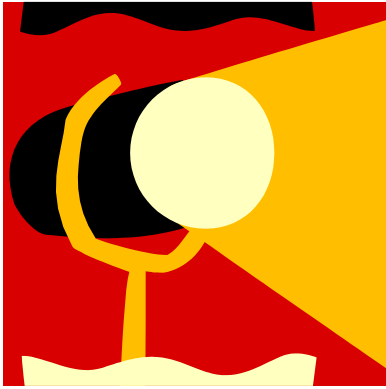
1. Using the bike is great for active recovery. Running tears up muscles and you can use the bike to recover muscle mass faster.

2. When riding a bike you are strengthening your calves, knees, ankles hips, quad and hamstrings, muscles that are commonly massively torn down during a run.
3. You can improve your running when going out on a nice and comfy ride. You will improve your running even more if you think of your bike riding as a running practice. In other words, do sprint workouts, tempo "run" workouts and hill workouts. You will be amazed of your running improvements.
4. By replacing 1-2 running workouts with bike riding workouts you can minimize significantly the risk of running related injuries. Imagine, a 10K run can mean 8-12 thousand steps, so the pounding, monotonous movement of running makes anyone be at risk for injuries.
5. When injuries are present (they happen to almost all runners), the bike can be a great way to stay in shape, keep stamina and maintain running speed. This way, an injured runner can be ready to compete much sooner than otherwise.

If you decide to start riding the bike, don't be surprise when getting sore muscles following your first rides. This is a good thing as the body is activating muscle and muscle parts that are generally not used much in running. These muscles or muscles parts may, however, contribute during your running and easily can make you a better runner.

Whether you own a mountain bike, a crossover or a road bike, get on that saddle and improve your running! 😊

Editors Note: Our thanks to Lisa Johnson, who alerted us to this article on the LIRRC Facebook page.



Road Runner of the Month

MARIE CERTA



I started running in January 2013, right after my 47th birthday. I had a lot of things going on around that time and I was unable to sleep, so a good friend suggested I try running. I thought that was really funny because as far as I was concerned I couldn't run, and how is running going to make all the things that were keeping me up at night go away? Well, I owe that friend dinner because running changed my life.

I've always maintained a healthy lifestyle by eating home cooked, very healthy meals (fish, lean protein, lots of veggies, and whole grains), and exercising. I have worked out 4-6 days a week for many years attending boot camp classes, spinning classes, lifting weights and most recently I've added yoga and swimming to the mix. I guess what I'm saying is that I'm definitely not a stranger to hard core cardio and workouts and I've always been healthy and fit, but running had always intimidated me. That week when I went to the gym, for the first time ever, I stepped on to the treadmill, hit the "quick start" button, increased the speed to a slow jog and ran almost a mile...and I ended up surprising myself. For the 1st time in a long time I felt really, really good. The best I've ever felt after any work out. I kept running and each time I made myself run a little further and the running addiction started to take hold.

I ran a bunch of races over the summer and my endurance kept improving so I set new goals for myself...4 miles (Bellmore Striders 4th of July), 5 miles (Discover Hicksville), and in November I ran my first 10K race, the Rockville Centre 10K. I will never forget the sense of accomplishment I felt crossing the finish line that day, it was an awesome feeling, and that feeling motivated me to set bigger goals for myself. Running had changed me, I was a different person from the year before; I was in a much better place, much stronger and confident. It made me realize I was capable of so much more than I ever thought possible and how strong I was to begin with. Most of my family and friends noticed a difference in me and were very happy for me, encouraging, and supportive, but there were a few exceptions. One of my friends asked me why I bother racing so much since I don't win any races. Well, if nobody raced unless they were going to win, there will hardly be anyone racing since the majority of runners don't place. How about doing it because of the way it makes you feel, because you can, and for the love of the sport, or to support a cause? I don't race to win against other people. I'm in competition with myself...can I do better than I did the last time? How far can I go and for how long? Can I achieve my goals? I did place in my age group a few times last year, but that's not why I love to run and race so much. My biggest reward came in September when my 13 year old daughter, Jessica, joined the cross country team at school. That was very special to me because even though she's an athlete, she thought she could never run and never would (she had the same thoughts that kept me from running). A couple of weeks later Jessica ran her first 5K race at Eisenhower Park (Winthrop Cancer Center for Kids) and I was more than happy to join her. She specifically picked that race because of the cause and has been racing regularly. I'm so proud of her! My son is catching on with a few fun runs under his belt. Running officially became a family activity and that is priceless and the biggest payoff. In November, while running the Blue Ribbon for Prostate Cancer 5K I hurt my ankle and by the 2nd mile I was no longer able to run and started walking...barely. The pain was excruciating and I was angry and frustrated. My very good friend Tracy Dobkin saw me walking and knew something was wrong, so she came over to make sure I was ok and started walking with me.

I told her to keep going so she doesn't mess up her time, but she never left my side. As we neared the finish line she looked over at me and said, "You know what we have to do, right?" She grabbed my hand and we made a mad dash for the finish line. What an amazing, nice thing she did and I will never forget that day.

Unfortunately, that ankle injury turned out to be a stress reaction due to increasing my mileage and speed to soon and to fast and it put me out of commission for 2 months. By the way...lesson learned...the hard way.

I figured that with all the cross training and working out that I do, I will survive my injury until I can run again. I've wanted to improve my swimming anyway, so my injury now provided me with more time to work on that. If I had forgotten why I started running in the first place or why I needed to run, it was all going to come back to me in the following month as my ankle was healing. Shortly after my injury, a very close family member passed away, about a week after that I had to tend to a very bad and stressful family situation (unrelated to my loss), and right before Christmas something really bad happened between me and someone I trusted and really care about very much. By the end of December I was feeling the saddest and lowest I have ever felt since my divorce. Talk about bad timing...I needed to run and run and run, but I couldn't. I love working out and cross training, but you know what? There is absolutely NO substitute for running as far as I'm concerned. Spinning was the next best thing, but it wasn't the same. I never would've thought that one sport could have such an impact, until I became a runner.

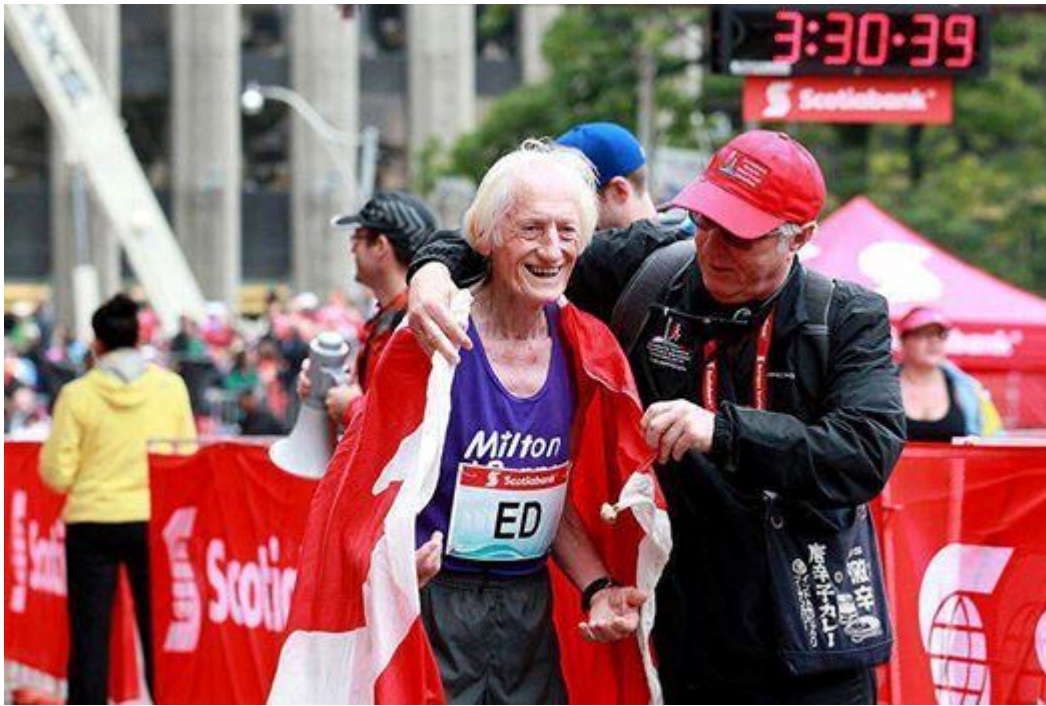
Thanks to my cross training and physical therapy, on January 27th my doctor gave me the green light to start running again. I was counting on that big time, so I wore my running clothes to the appointment. I left his office and drove straight to the gym and got on the treadmill (I'm not a big fan of indoor running). For the first time in 2 months I felt like everything was going to be ok and I finally got a good night sleep, which I badly needed. I ran a race that Sunday (NYS Parks Winter Series at Jones Beach) and I signed up for the Run Nassau Race Series. The picture above was taken at Run Nassau #2 – Nickerson Beach 4 Mile Run.

As I write this (March 20), I'm looking forward to running the remaining two races of the Run Nassau series, the Aspire 10K, and the Easter Bunny 5K. What I'm most excited about is my new goal: running my first half! I have already started training and I'm hoping I can be ready on May 4th to run the Half at the LI Marathon Weekend. It sounds like plenty of time, but working full time and as a single mom of two kids, time is very tight and scarce! Last year I ran the 5K at Long Island Marathon Weekend, which was my 2nd race, so it will be sweet and special to go back this year and run the half marathon. What a difference a year can make!! I'm also looking forward to summer and for the Wednesday night summer series to start. What great way to spend a week night...a 5K race, having a nice time with friends, and let's not forget the hot dog! In the words of Mike Ogazon...cya in the park!

Editor's Note – The Long Island Road Runners thank Marie for sharing her running experiences, and wish her the best as she continues her training for the Long Island Half. Marie – You'll do great!



This video is a blast. Check out Bob Cook and the crew from The Runners Edge doing the Happy Dance on their Facebook page. No, I'm not kidding.



Just a reminder of what is possible:

At age 70 he went under 3 hours in the marathon. At age 80 he ran 3:15. At age 81 he ran a 1:38 half marathon. Here is a great big salute to @Ed Whitlock!
(From Paul Fetscher)

Juan Oliveras sent the following schedule of the races in the
2014 Grand Prix Series

Kings Park 15k	March 29, 2014	T & C	Steven Toto	516-349-7646
Nationwide 10k Run for ASPIRE	April 5, 2014	T & C	Karen Schackner	516-349-7646
Marcie Mazzola 4 Miler	April 27, 2014		Pam Jones-Nill	631-858-1855
LI Full & 1/2 Marathon*	May 4, 2014	T & C	Race Management Team	
Run for the Health of it 5k	May 10, 2014		Barbara Sorelle	631-9309310
Elizabeth McNamee 5k	May 11, 2014		Maria McNamee	631-3210806
RunDay 5k	May 24, 2014	T	Carl Grossbard	516-396-2771
New Hyde Park 8k	June 1, 2014	T & C	Harold Axelrod	917-750-5992
Schwachman Diamond Dash 5k	June 14, 2014		Jennifer Kolar	631-218-8813
Massapequa Firecracker 5k	June 29, 2014	T & C	Alex Flyntz	516-220-3588
Independence Day 4 Miler***	July 4, 2014		Alex Cuozzo	516-652-3555
Runner's Edge Women's 5k^	July 12, 2014	TW & C	Debbie Blair	516-349-7646
Thunder Run 5k^^	July 13, 2014	TM & C	Eric Bruno	631-281-1530
Massapequa Park Mile	August 2, 2014	T	Gene Leahy	516-221-3947
Hope Runs Here 5k	August 16, 2014		Ginny Salerno	516-639-2804
Farmingdale Main Street Mile	August 30, 2014	T & C	Bob Cook & Mark Leff	516-420-7963
Angels on the Bay 5k & 10k**	September 7, 2014		Roxann Romano	917-747-8079
Supervisors Oysterfest 5k	October 18, 2014	T	Mike Polansky	516-349-7646
Fly with the Owls 4 Miler	November 15, 2014	T	Cathy Papandrew	516-593-8848

C= Championship Event

T= Team Scoring

Totals: 21 total races (13 team)



Join Us For the Annual LI Marathon BBQ Party!

LI Marathon Sunday is coming up on May 4th, and that means we'll be holding our BBQ again for members!

(If you haven't joined or renewed for 2014, please do so.)

Join us and our partners in crime, the Nassau Police Running Club, for the annual party.

It will be held again in Parking Field #3, where the Public Security headquarters is.

See your friends, trade stories, enjoy the special day with us.

There will be limited parking in field 3 so plan on getting there early for a spot, otherwise you can park nearby in Parking Field # 2 or 4. Spots can't be held so parking will be on a first come, first serve basis.

Join us for plenty of hot dogs, liquid refreshments, snacks, and fun to celebrate your run. Bring the family too! And feel free to bring something to share at our community food table.

We hope to see you there!!!

MEMBER SERVICES

REAL ESTATE NEEDS

Garden City Properties Inc. Club member Mike Ogazon, GRI, CBR. Residential and Comm'l brokerage, appraisals and building management. Call Mike at 516 746-1563

TUTORING

NYS Certified Elementary teacher will tutor your child or give homework help in your home. K-6th grade. Reasonable rates. Call Fred at 516 569-4196 or email fredhas@verizon.net

MATTEO'S in BELLMORE

Visit Matteo's at 416 Bedford Ave in Bellmore for fine Family Style Italian food. Catering available too! Club member Giovanni Annunziata proprietor. Call 516 409-1779 for info.

FOOT PROBLEMS?

Dr. D.T. Peterson (triathlete), DPM, MS, 8029 Jericho Tpke, Woodbury. Call 516 496-0900.

AUTOGRAPH COLLECTIBLES

Shafran Collectibles, Inc. specializes in buying & selling autographs in variety of fields-Presidential, Sports, Historical&Entertainment. Please visit us at www.shafrancollectibles.com or call Brad at (516)) 978-0094 - special pricing available for LIRRC members!

FEMALE PERSONAL TRAINER

Need a personal trainer? Call Hofstra Certified Trainer Margaret Peralta at 516 319-4993, or email her at Peraltafit2run@yahoo.com.

Margaret also teaches ZUMBA in East Meadow. Classes are only \$10.

Meet every Tuesday @ 7PM and Saturday @ 11AM. E-mail Margaret and go see what all the fuss is about!

REAL ESTATE NEEDS

Call member Kathleen Agricola, Licensed Real Estate Associate at Prudential in East Meadow, NY at 516 796-4000 or email her at Kathleen.Agricola@prudentialelliman.com

COMPUTER PROBLEMS?

PCAid to the rescue! Over 25 years in the computer industry, I'll revitalize your slow PC back to its original speedy self. Upgrades, rebuilds, networking, etc. Call Wing at 516 620-4136.

JDI MORTGAGE CORPORATION

Registered Mortgage Broker –NYS Banking Dep't. Ben Murolo, CPA, MBA Tel# 516 316-2733.

PERSONAL TRAINING

If anyone is interested in improving their running (who isn't?), running clinics at schools, individual training sessions and seminars on nutrition and physical fitness.

Running class: Running classes are group workouts designed to help you run farther and faster. I coach different ability levels, from beginner to competitive running, ensuring that you'll find the right fit. You'll do a variety of coached workouts depending on your level, classes include steady-paced runs, speed training, intervals, hills, fartlek, and tempo runs.

Call: Jane Vongvorachoti-516-263-5369

Certifications :

NCSF National Certified Personal Trainer, Equinox Tier 2 Trainer, CPR/AED Certified, Pre and Post Natal Certified, USSF D License Soccer Certification

VISIT THE RUNNER'S STOP

in Lynbrook at 20 Atlantic Avenue Lynbrook NY 11563. See Ellen and the gang. Visit their website www.runnersstop.com – or call them at 516.568.7333

A Slightly New Look – A Brand New Name

LIRRC posted its first online newsletter just a few years ago, replacing a leaflet mailed to our members. With that change, we have saved the club some money, expanded the content, and added features not previously seen in the print edition.

With this edition, we are trying a new look, and giving our publication a new name-

The Roadrunner

As we continue to evolve, we ask for your input, ideas, submissions and opinions – and in fact, we *count* on them. Without them, what you are reading will only become the ideas of a few – hardly representative of a membership of no less than 206 runners.

So enjoy, and let us know what you think!

NEW MEMBERS!



Annie Bennett

Karen Brown

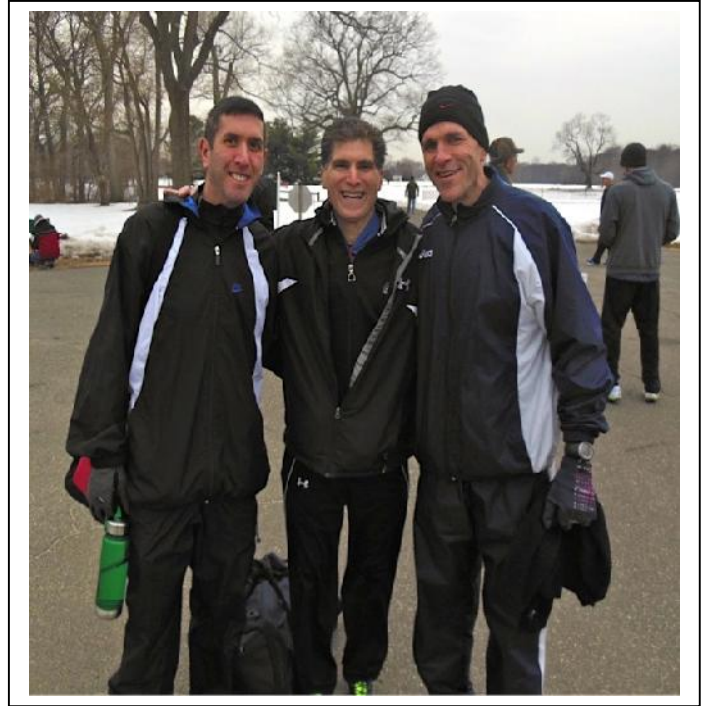
Katie Chaffer

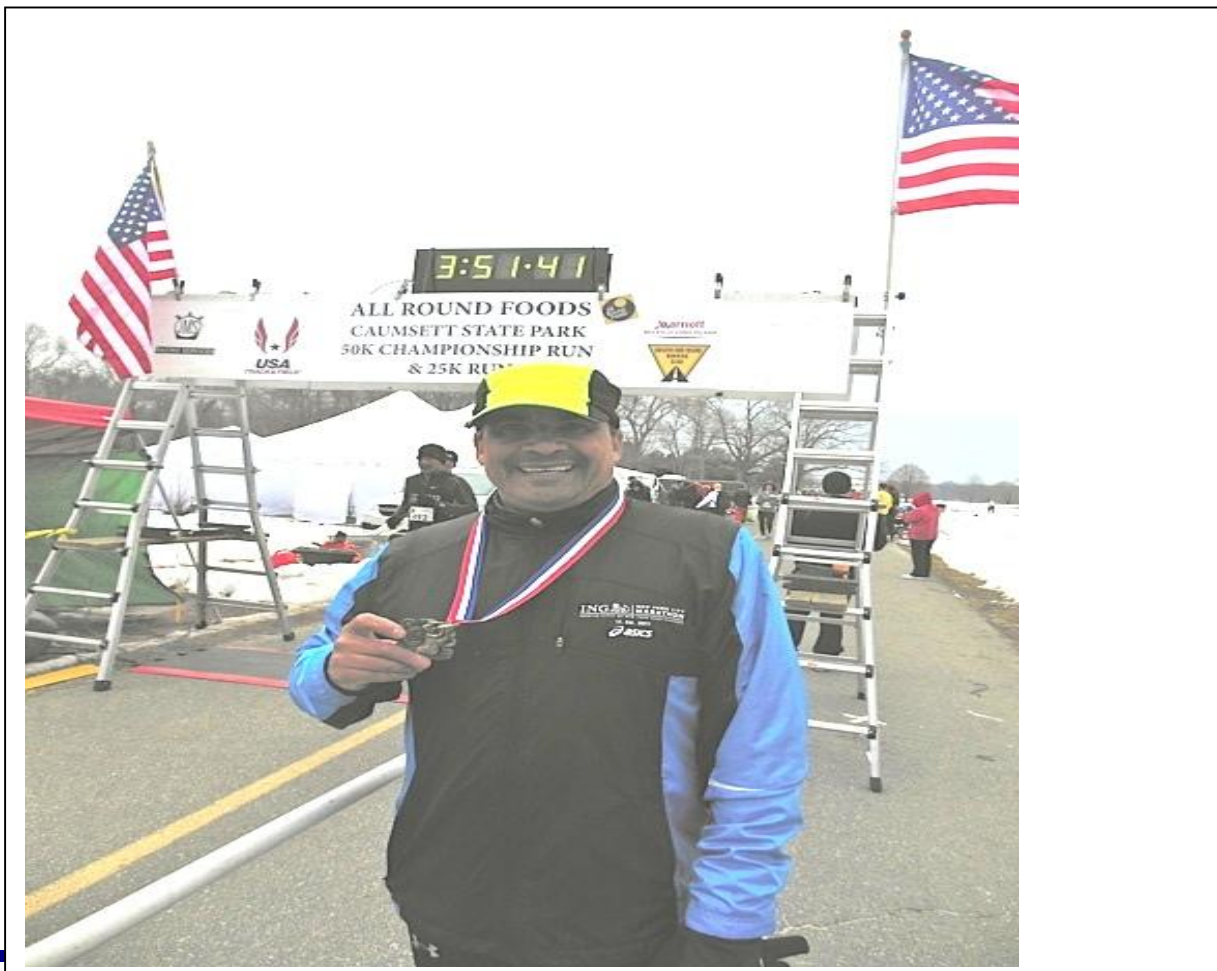
Maria Fucella

Jack Nelson

Henry Rodriguez

Roy Silverstein







Women's Team News

For the 2013 Grand Prix Series the **LIRRC Women's Masters Race Team finished the year in 3rd place!** Congratulations to all the members of the team for making this possible.

Now it's that time again. The 2014 LIRRC Women's Masters Race Team is off to a great start! We had a nice turnout at the Kings Park 15K Race on March 29th with **Maureen Frisone** and **Judy Latta** placing 1st and 3rd respectively in their age group. Congratulations to them on an outstanding finish.

Each year, the Long Island Road Runners Club participates in the USATF-LI Grand Prix Series of races that are "Team" races. At the end of each season, USATF-LI presents runners with both individual and team awards. In order to score as a team, at least 3 runners must participate. We are fortunate to have a great group of ladies running for LIRRC in 2014:

Susan Schmuck
Maureen Frisone
Julie Fahner
Yuwwana Landau
Paula Groothuis

Marie Brewer
Judy Latta
Monica Enright
Marlo Signoracci
Ginny Daly

Anne Broderick

Other News:

Congratulations to **Susan Schmuck** for competing and taking 1st place in AG for the 200m in the 2014 USATF Long Island Indoor Championships - 2/9/14 at Suffolk Community College, Brentwood, NY. Susan did an outstanding job representing LIRRC wearing our colors and scoring 10 points for LIRRC. **Way to go Susan!!**

Women 200 Meter Dash

=====			
Name	Team	Time	Pts

1 Susan Schmuck	LIRRC	34.82	10

JOIN OUR TEAM

It's not too late to join the 2014 LIRRC Women's Race Team. Just follow the steps below to get set up with LIRRC & USATF-LI:

1. You must be a current member of LIRRC. Please see attached link to our website for an application and details to join or renew your membership. Cost is \$20. for the year for an individual membership or \$25. for a family membership. The year runs from January through December.

<http://www.lirrc.org/>

2. You must become a member of USATF-LI. Please see attached links for an application or online registration and additional information about USATF-LI. The cost of membership for one year is \$30. The year runs from January through December.

http://long-island.usatf.org/Membership/litf_app.pdf

<https://www.usatf.org/membership/application/>

<http://www.long-island.usatf.org/>

3. When signing up with USATF-LI you must designate LIRRC (Club #17) as your Club Affiliation on your application.

Once we receive confirmation from you via email that the above steps 1-3 have been completed, we can officially add you to the LIRRC Women's Race Team for 2014

Any questions about the race team please contact Adriana Staiano or Kathy Agricola, LIRRC Co-Captains.



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 our support our men and women in uniform? There are many ways. We have decided to partner with State Senator Dean Skelos in the "Cell Phones for Soldiers" program. Each week at our races, a collection box will be available to collect old cell phones. Our soldier's calls home are not free, even from Iraq and Afghanistan, and especially from their coming and going stays in Kuwait. They can pay as much as \$5 per minute to call loved ones. Our collection helps them stay in touch with loved ones. Let's do our part. God Bless our troops! For more information, visit the Cell Phones for Soldiers website at <http://www.cellphonesforsoldiers.com/> The story of these two youths who started this program is inspiring.



Running Notes

The March 18th Edition of Newsday featured a story on the Greater Long Island Running Club's donation of running shoes to the Central Islip Senior High School. Mike Polansky, President of GLIRC, explained that "Every year we try to do something when we can, and here there's just a simple need for it". The school is getting ready for the Penn Relays at the University of Pennsylvania in April. That was a great thing to do Mike.....



This caught my eye as I was running in Eisenhower Park. Although it's not the first year for the event, I was unaware that they had secured a spot within the park. This is what the web site explains:

Events

The County Executive **Brick 26** Challenge will take place at Cedar Creek Park in Wantagh, NY, on September 14, 2014, and will feature some new challenges.

The 5K Journey will take brick-carrying participants through several "boot camps" where they will be challenged by drill sergeants, and motivated by sheer will to get to the finish line. Those bricks that you are carrying will later be used in the building of monuments honoring all those who serve.

WHY 26?

Outside of being a number that represents infinity, we honestly thought our first event would be a marathon. As our event morphed through County meetings, consultations with our Race Director, and Board input, we settled on an approximately 10K route through Eisenhower Park. But we believe in sticking to our roots, and we have found, over and over again, that 26 works for us. 5 five lbs. bricks (25lbs) wrapped in a towel and duct taped (to reduce jostling) in a backpack comes in at 26lbs, the weight to be carried by our toughest competitive wave.

[Sounds interesting...](#)

On page six of our last newsletter we told you about Mike Brannigan, a high school student from Northport, who ran a 4:17:04 mile at the New York Armory in January. Now there is a great article about him in the April Edition of *Running Times*. Missed it? Drop me an e-mail and I'll send you a copy.

TEN COMMANDMENTS FOR THE RUNNER

1. Thou shall not compare thyself to other runners. A mile is a mile.
2. Thou shall never say "I am not a runner." If you run, you are a runner.
3. Thou shall not skimp on sleep.
4. Remember the "rest day" and keep it holy.
5. Honor thy muscles and thy "aches and pains" and do not push through an injury. Runners are not invincible.
6. Thou shall not forget to hydrate.
7. Thou shall not commit the sin of wearing cotton; especially on race day.
8. Thou shall not ignore thy shoes. Get properly fitted and check for wear often.
9. Thou shall not get stuck in a "rut," but will vary thy running by switching up elevation, distance, and pace.
10. Thou shall not covet thy neighbor's medals.



facebook.com/
lifeinthedaysarunner



Men's Team News

Our teams 2014 LITF Grand Prix season began with some stellar performances at the Kings Park 15K. For it being one of the most challenging courses on Long Island we had the most team members participate at this race than ever before.

Preliminary results indicate we placed 3rd....Congratulations!!

Kings Park 15K

Bill Schroeder	1:01:07	1st AG
Jason Israel	1:10:12	
Kurt LaForest	1:13:18	
Mike Hunter	1:13:55	
Dave Frisone	1:17:58	3rd AG
Dean Hutchinson	1:19:44	
Jack Nelson	1:22:06	
Ray Nieves	1:28:34	
Tony Patino	1:36:39	

You can still be part of our LIRRC Men's Racing Team. Just follow the instructions below:

1. You must be a current member of LIRRC. See link below to our club website for an application and details to join or renew your membership. Cost is \$20. for the year for an individual membership or \$25. for a family membership. The year runs from January through December.

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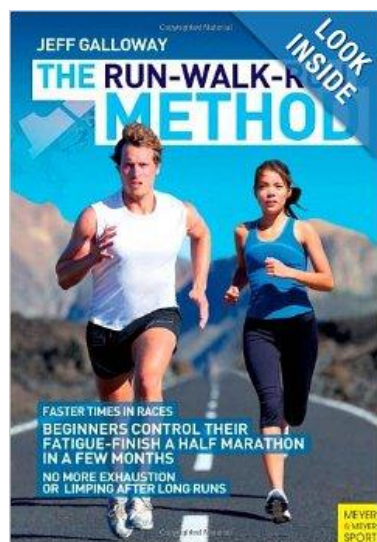
Once the above steps are completed please send me a confirmation email so that I can add you to our team roster.

ALL running levels are welcome and invited to join our team.

Juan Oliveras

juan2run@yahoo.com

LIRRC BOOK OF THE MONTH



Jeff Galloway's quest for the injury-free marathon training program led him to develop group training programs in 1978. He has worked with over 200,000 average people in training for specific goals. If your running is stale, or you're hurting too much after training, you may find this program to be a welcome break from your routine.

Newbies will also find that this training program makes it a bit easier to start a running program.



“Yeah, Baby! He is Awesome!” -Bob Monaco

“Amazing and Awesome is right on the money! If you look at his splits, he picked up the pace in the last 5K! -Juan Oliveras

“He’s just a flash in the pan. Let’s see what he can do at Aspire!” - Bill Schroeder

**“Teammate Bill Schroeder’s performance was amazing at Kings Park...”
- Dave Frisone**

Who and what are they talking about? It’s none other than **Bill Schroeder, who put in a great performance at Kings Park on March 29th. His time –**

01:01:07

CONGRATULATIONS, BILL!



Bob Monaco at the Aspire Run! - Nice Pic, Strong Run!

Saturday, April 19th....9:30AM
LLS Spring Fun Run & 4 Mile Race

Long Beach Boardwalk Allegra Hotel
80 West Broadway at National Blvd
Long Beach, NY 11561
Registration Closing Date
Friday, April 18, 2014
Race Timed by LIRRC...

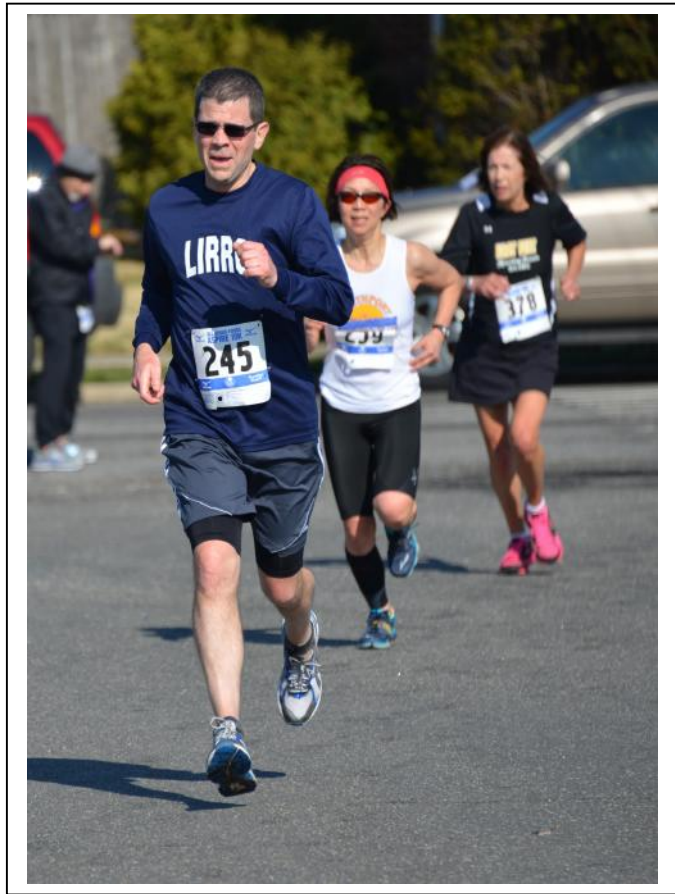
Pricing

Running-4 Mile - Individual Age group/open	\$20.00
Running-Kids 1/2 Mile - Individual Age group/open	\$10.00
T-shirt purchase without registration - T-shirt	\$20.00
T-shirt purchase without registration - Individual Age group/open	\$20.00

To register: www.active.com/long-beach-ny/running/distance-running-races/Spring-fun-run-2014

ASPIRE 2014











Rogues try an early spring evening run in the park.

On Wednesday April 2nd our small group joined with the Long Island Road Runners Club for their weekly run. It was both a meaning full and delightful experience.

Led by coach Bob and Adriana the women's team captain it was amazing the camaraderie and fun we experienced, in that it incorporated age groups from 10 to....I better not say.

It was a lot different then our usual Wednesday Night Wendy's run.

It was rather tranquil as compared to honking horns, dodging traffic, waiting for traffic lights to turn green, and watching out for turning cars and barking dogs which seems normal for the Hillside Avenue, Mineola/ New Hyde Park areas at 6PM.

For sure the air was a lot cleaner and there was no fear of losing a runner because there were only a couple of turns on the course.

The run started at the Eisenhower Park Golf Course at 6PM with the early birds (and real birds) warming up by circling the nearly empty Carlton on the Green parking lot. The run was planned so that it would be a pleasant evening in the park.

After Bob called the group together we started a 2 mile warm up heading north toward Hempstead Turnpike. After a mile we reassembled and returned to the parking lot.

As with any group of runners there is always something to converse about. We did a lot of catching up with news of the whole Long Island running and racing community as well as complaining about injuries that come with age.

The run got a little more serious as we regrouped headed for the Lake and Korean War Memorial.

It was agreed upon that we all could all use a little speed work.

Adriana, Bob and Kevin lead the way.

The circumference of the lake is about ½ mile and with a GPS we were able to sprint a quarter and walk quarter. We did it four times which was enough to have everyone every one breathing heavily.

It was ½ mile jog back to the parking lot.

Goodbyes were said and vows were made to return to Eisenhower again and again and again as we headed back to Williston Park for our reward awaiting us at Wendy's and Carvel.



THE FINISH LINE

On the heels of this tough winter, spring finally arrives. It speaks of rebirth, new goals, and different challenges. You may be a new runner, or getting back into the sport after a layoff. You may be coming back from an injury, or working to improve your times. You may be starting to taper off after years in the sport, and wondering whether to run at all.

I came across a quote that I pasted on my monitor at home, and I believe it to be true. In part it says: “People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed”. Spring represents all of these things. I wish you the best as you prepare for a new running season. Embrace it and shoot high.

Send us your thoughts, your results, your plans, and anything you care to share – See you in June with the next edition of

The Roadrunner

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