

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

DECEMBER 2014



President's Message December 2014

Winter is upon us, and our Sunday Fall Series is nearing the end with our Santa 5K on Sunday, December 21st, the last race on Long Island in 2014. This race always has a good turnout, and if you pre-register by mail you'll be in a special raffle for a Visa gift card.

And don't forget to mark your calendars for our Annual New Year's Day 5 Mile Hangover Fun Run On January 1st at 9:30. This is a free run! Since we run 5 1-mile loops, you can do from 1 mile to all 5. Bring your friends for a great morning of fun. As usual, we will have plenty of refreshments like bagels, coffee, hot chocolate, and egg nog. It's a great way to start off the year!

In 2015 we are reducing our race schedule. With so many races on Long Island, weekends have become a glut of races, with sometimes as many as 14 races in a single weekend.

When we started as a club over 3 decades ago, there weren't many races on the Island EXCEPT for our races in Eisenhower Park.

In those days, we had races every Sunday, all year long, as well as Wednesday's in the summer. We put on over 80 races in a year! In fact, each year, on a Sunday, we put on a marathon, 50K and a 10K at the same time!

Well, times have changed. Races have popped up all over. Our plan for 2015 is to put on a few targeted events where we will have good numbers, and the race team can actually run in some races.

On behalf of the Board of Directors, we would like to thank you for your continued support, and we wish everyone a Merry Christmas, Happy Chanukah, and a Happy New Year!

Fred Haslett

LONG ISLAND ROAD RUNNERS CLUB

PRESENTS THE ANNUAL GENERAL MEETING & HOLIDAY SOCIAL

WHERE: Christ the King Church, 2408 Fifth Street,
East Meadow, NY, 11554 * (Off Prospect Ave.)

WHEN: SATURDAY JANUARY 17th, 2015, 6PM -10PM

TICKETS: ONLY \$20 EACH IF PURCHASED EARLY!

DEADLINES: Members ONLY (and 1 guest) can purchase tickets up
until Friday 12/12. After that date, ticket sales will be open to non-
members.

If any tickets are left, LATE REGISTRATION- \$25 FOR ALL AFTER
JAN. 1 (NO EXCEPTIONS)

***ATTENDANCE LIMITED TO 75*-**

DON'T BE DISAPPOINTED. IT WILL BE SOLD OUT!!!

*****NO TICKETS WILL BE SOLD AT THE DOOR!!!*****

AMENITIES: Food, Salad, Beer, Wine, Soda. Coffee, Dessert & Raffles
all Included!!! AND DANCING TO THE MUSIC!!!

NOTE: CLUB AWARDS WILL BE GIVEN OUT AT THE PARTY.

FOR INFORMATION: CALL Jim Ferguson at 516-390-4436 & leave a message

MAKE CHECKS PAYABLE TO: LIRRC

MAIL CHECKS TO:

JIM FERGUSON 2193 McCLELLAN ST., EAST MEADOW, NY
NY11554

(Cut below and mail bottom to JIM with your check.)

NAME _____ # OF TICKETS _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TEL. NUMBER _____ AMOUNT ENCLOSED \$ _____

Running Notes.....

I hope you enjoy this edition of *The Roadrunner* which includes two featured runners, Kurt LaForest and Steve Gerson, the lowdown on the Holiday Social, a year-end statement from President Fred Haslett, and a few good articles. As we welcome in a new year, many of us make plans to run favorite races or challenge ourselves in new events. Remember to keep your training on focus and join us for our popular Santa Run on Sunday, December 21st and our famous Hangover Run on January 1st. As part of your plans, I would ask you to consider helping us out in 2015 by getting actively involved with your club. We need help in all areas when our schedule kicks in again, and we can only continue to exist with your help. See any of the Board Members or Race Officials and join us! Happy Holidays!

A recent cover story by John Hanc in Newsday's Act 2 tells the story of Joe Picini in his quest to run a sub-5 minute mile. Ultimately running a 5:39, the short story is a tribute to Picini, who turned 57 ten days after his attempt.....

Researchers at Bispebjerg University Hospital in Denmark have shown that jogging can prolong life. Especially running from 1 hour to 2.5 hours a week, distributed over two or three sessions and at an average speed can increase longevity up to 5.6 years in men and 6.2 years in women.....

Nice article in the *LI Life* section of October 19th's Newsday on Wyandanch HS coach Patricia Taylor. She has coached high school track in Wyandanch for 10 years, and has sent a number of runners to the Penn Relays.

Yep, it's true....The Inaugural Suffolk County Marathon is slated for September 2015. See page 8 for the article...No travel worries, no weather worries....something to think about.....

John Hanc wrote another nice piece in November 8th's Newsday Act 2 entitled "A Generous Life", in which he pays tribute to his Uncle Tony, a Marine who was wounded at Iwo Jima. Hanc also ran the Marine Corps Marathon in Washington on October 26th in his uncle's honor.



The Long Island Road Runners
Wish you and yours the
very best of the holidays!
Merry Christmas!



LIRRC is very happy to introduce to you our new Women's Race Team Co-Captains:

SUSAN SCHMUCK & MARIE BREWER

We are very happy that Susan and Marie have agreed to take on this responsibility and we know they will do an outstanding job for the team. They both have been running for LIRRC on the Women's team for a long time and are almost always at all the team races. Please welcome them as they take on their new role!



LIRRC LADIES ROCK!

Suffolk Planning First County Marathon

By Barbara Donlon



Above, a scene from this year's Great Cow Harbor 10K Run, held in Northport. Suffolk County plans to launch its own marathon next year. File photo by Mark D'Angio

October 09, 2014 | 12:08 PM

Suffolk County's first marathon is set to take place on Sept. 13, 2015, County Executive Steve Bellone announced this week.

The inaugural marathon will start and finish at Heckscher State Park in East Islip and run along South Shore downtowns. There will be a festival to celebrate the end of the marathon at the state park.

"The Suffolk County marathon is a mechanism to highlight the incredible communities, natural resources and businesses we have here in Suffolk County," Bellone said in a press release.

The 26-mile race will be a qualifier for the famous Boston Marathon and it is expected to generate about \$8 million in economic stimulus to the county, according to the county's economic development department's estimates. It's based on the race attracting 4,000 participants

The event is cost-neutral, as race fees and sponsorships will cover all expenses, according to the county executive's office. The funds raised from the event will be donated to veteran organizations across the county.

"We expect it to be a destination marathon," Bellone said in a teleconference Wednesday.

The county executive said he plans to run in the marathon. He also said he will be running his first marathon, the TCS New York City Marathon, next month. During the NYC marathon, Bellone, along with a team of runners, will be wearing shirts to promote the county's first marathon.

"We are really excited about this," he said. "We think it is great. We believe this is something that will grow and become a success."

Bellone also spoke about the county's new "Healthy Suffolk" campaign, which focuses on active living and eating smart. The county plans to improve the health and well-being of its communities through educational programs and outreach efforts that are geared toward adopting and maintaining a healthy lifestyle, according to the county executive's office.

Bellone spoke highly about healthy living. He even spoke about his own new health goals and reflected on the weight he has lost. Bellone said he lost about 50 to 60 pounds over four months and credits the weight loss to healthier eating, portion control and exercise.

1.



We originally posted this a while ago, but perhaps with the approaching colder weather, many of us will have a better reason to read a good book or watch a movie. This being said, there are a number of running-related DVD's and books that are available for LIRRC Members to borrow.

It's easy, and here's how it works: First, you must be a current member of LIRRC. Choose your items from the list, and drop me a line (with your address) at proffesor4@aol.com. I'll send your items first class mail. You can return them to me the same way, or hand them to me when you see me again. Please note that the first posting also listed back issues of Runner's World and Footnotes. These are no longer available.

DVD's

Glimpse of Heaven; Taste of Hell
Prefontaine
Running America
Running Brave
Running the Sahara
Saint Ralph

The Dipsea Demon
The Long Run
The Runner
UltraMarathon Man

BOOKS

Achilles Healing
A Race like No Other
Boston Marathon - How to Qualify
Chicken Soup for Runners Soul
Dr. Sheehan on Running
Eat and Run
Food Guide for Marathoners
Marathon (Higdon)
Marathon Man (Rodgers)
Marathon Woman (Switzer)
The Complete Marathoner
The Madman, the Marathoner
The Gift
The Loneliness of the Long Distance Runner
The Longest Fall
The Long Run
The Runners Guide to the Meaning of Life
The Run-Walk-Run Method

This idea of sharing running-related educational materials started with Colin Harris years ago. I was fortunate to be the recipient of many of the books he read over the years. So, sit back, grab an energy drink, and enjoy.

**BALDWIN COUNCIL AGAINST DRUG ABUSE
PRESENTS THE 16TH ANNUAL
ST. PATRICK'S DAY 5 KILOMETER RUN**
Saturday, March 13, 1999 10:30am
SPECIAL NON-COMPETITIVE 5K WALK FOR ALL INTERESTED



		247 Finishers			
CATEG.	MALES	TIME	FEMALES	TIME	
W.C.	1)Peter Hawkins	14:23			
Over.	1)Paul Englehart	17:13	1)Patty Zebersky	19:38	
Elem. School	1)Robert O'Mahoney	24:30	1)Katy Martinez	29:08	
	2)Chris Salamone	28:52	2)Erin Lusenskias	29:34	
	3)Patrick Breitwieser	30:43	3)Meagan Higgins	32:39	
Middle School	1)Gregory Roll	28:29	1)Lauren Nozrovickey	29:16	
	2)Anthony Mazzocchi	28:58	2)Amanda Hayde	32:03	
	3)Jason Stalker	34:15	3)Katie Beer	34:47	
High School	1)Stuart Phillips	17:24	1)Alisa Mazzocchi	20:19	
	2)Jon Berman	18:10	2)Megan Wynne	21:24	
	3)Doug Perceval	20:52	3)Kristen Hamilton	23:27	
19-24	1)Joe Basso	17:57	1)Jill Vanik	21:24	
	2)Michael Scovetta	18:40	2)Jennifer Aull	22:07	
	3)Chris DeStefano	19:01	3)Megan Horvath	23:21	
25-29	1)Joshua Smith	19:55	1)Traci Sofsian	20:28	
	2)Sandy Freiberg	21:13	2)Melissa Ragonesi	23:39	
	3)Mark Mulsmann	22:05	3)Judy Ehrnstein	26:23	
30-34	1)Mike Hudzik	17:22	1)Petal Joseph	22:11	
	2)Brian Roanan	17:25	2)Jeanne Dippel	23:41	
	3)Eric Friedman	17:48	3)Andrea Schorr	28:34	
35-39	1)Allen Sangeep	18:08	1)Anita von Himmel	23:11	
	2)Leo Jakupczyk	18:21	2)Judy Pasternak	23:14	
	3)Kip Currlin	18:37	3)Jennifer Alt	23:49	
40-44	1)James McFarlane	18:30	1)Luann Mestre	20:59	
	2)Richie La Mothe	18:35	2)Ann White	27:20	
	3)Jorge Torres	20:24	3)Faith Mackey	27:34	
45-49	1)John Ten Broeck	18:42	1)Lois Polesky	23:18	
	2)Thomas Horan	18:45	2)Marilyn White	24:32	
	3)Gordon Reilling	18:51	3)Antoinette Sassi	25:14	
50-54	1)Jim Thornton	20:33	1)Susan Fabiano	25:00	
	2)Luis Teran	21:11	2)Carol Cooper	26:34	
	3)Alan Wong	22:10	3)Ginger Boland	27:38	
55-59	1)Maury Dean	18:13	1)Anna Thornhill	21:21	
	2)Dan Badalament	19:33	2)Vera Lightfoot	38:37	
	3)Douglas Dye	22:26	3)Catherine Healy	49:22	
60-64	1)Joseph Gallagher	24:25	1)Patricia Cataldo	25:50	
	2)Carl Grossbard	25:52	2)Barbara Libman	30:39	
	3)Barry Linzer	28:40	No additional finishers.		
65+	1)George Marr	24:30	1)Catherine Carroll	1:36:05	
	2)Sam Soccoli	28:46	No additional finishers.		
	3)Frank Deady	43:47			

A little blast from the not so distant past shows Kip Currlin, Carl Grossbard, Jim Thornton and Vera Lightfoot showing some good times.



"At first an ordeal and then an accomplishment, the daily run becomes a staple, like bread, or wine, a fine marriage, or air. It is also a free pass to friendship."- Benjamin Cheever

Photo: LIRRC Members at the Oyster Bay 5K held on Sunday, October 19th.



2015 RACE SCHEDULE

Thursday January 1-

-9:30AM-New Year's Day Hangover Run (Free)

Sunday March 15-

-9:00AM- John Corrigan 4x2 Mile Relay

Sunday April 5-

-9:00AM- Easter Bunny 5K

Sunday December 20-

-9:00AM-Santa 5K

Wednesday Night Eight Week Summer Series

June 10 through July 29 –

6:30PM-Kid's ½ Mile Fun Run-

7PM 5K Race



LIRRC PRESENTS..

THE SANTA 5K

SUNDAY, DECEMBER 21ST @ 9AM

Pre-register to be in a special raffle for a \$50 Visa Gift Card.

Go to our website at LIRRC.ORG for application.

Race fee is ONLY \$6 for members, \$11 for non-members.

Awards 3 deep in 5 year age groups.

Raffles, and refreshments.

Registration day of race from 7:45-8:45AM.

Join us for the last race of 2014!

FRIDAY, OCTOBER 17, 2014

This Marathon Lawsuit May Shake Up the Running World

The company that brings us Rock 'n' Roll Marathons—and the media—largely waved off one race volunteer's complaint about unpaid labor. But there's reason to pay attention.

By: MATTHEW MCCUE
OUTSIDE MAGAZINE

Late last month, Competitor Group Inc., the San Diego-based parent company of the Rock 'n' Roll Marathon series, was sued for using volunteers in place of paid workers. The suit was filed in Missouri by plaintiff Yvette Joy Liebesman, who says she worked as a volunteer bike escort at the 2012 St. Louis Rock 'n' Roll Half Marathon. Liebesman maintains that the race series, which is owned by private equity firm Calera Capital, uses its volunteers as unpaid labor to man water stations, give race directions, and serve as bike escorts for race participants. The suit looks to include anyone who volunteered to work at any of the 41 Rock 'n' Roll races that took place across the United States over the past two years.

To succeed, the suit will need to prove that Competitor Group has violated the Fair Labor Standards Act, which states that employees may not volunteer their services to for-profit private-sector employers. Liebesman's lawyers argue that race volunteers aren't just volunteering; they're also serving as free labor for Competitor Group. Here's why: The Rock 'n' Roll races enlist charity partners and require them to provide at least 10 runners per event at the cost of \$165 per racer. To raise money, these charities then set their own marked-up entry fees for runners who want to donate to the cause or enter a sold-out race. As part of the agreement, each charity also provides 75 people on race day to work at an aid station that can be branded with the charity's initiatives. And this is the major sticking point in the suit.

“These ‘volunteers’ were recruited under the auspices that they were providing a community service for various charity groups, all of which pay Defendant, in one form or another, for the privilege of being an ‘Official Charity,’” reads the suit. “While these charity groups provide Defendant with the veneer of community service, in fact Defendant is exploiting a volunteer labor force to avoid paying for necessary labor, a privilege not afforded for-profit companies under the Fair Labor Standards Act (‘FLSA’).”

Liebesman, an associate professor at the Saint Louis University School of Law, is seeking to reclaim unpaid minimum wages for the work performed for everyone affected, plus monetary damages and attorney fees. According to the suit, the plaintiff believes the potential class of affected volunteers comprises approximately 1,000 individuals for each Rock ‘n’ Roll race held in the United States in the past two years.

The firm representing her is tort specialist Simmons Hanly Conroy, whose lawyers for this case are based in Alton, Illinois, according to the court filing. Lawyers from Simmons Hanly Conroy were unavailable for an interview prior to press time.

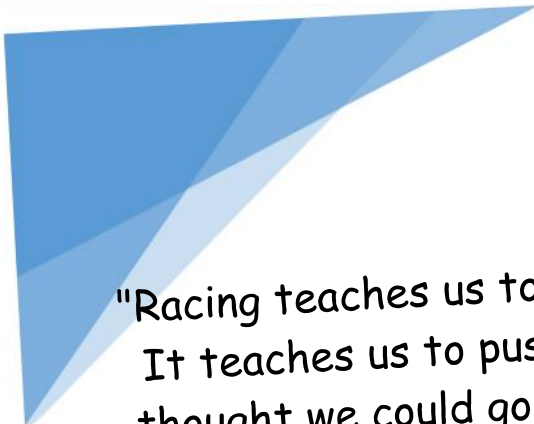
While Liebesman has been [lambasted in the running media](#), the case may have a powerful effect on for-profit races, says Phil Stewart, the president of Road Race Management Inc.

“If the suit were successful in a way that could be broadly interpreted, it could have a significant impact on volunteerism in the running industry from community events put on by local running stores through the large for-profits like Competitor Group,” he says.

Stewart’s distinction about for-profit races is important. Some of the largest U.S. races, including the New York City Marathon, Peachtree Road Race 10K, and Lilac Bloomsday Run 12K, are operated by nonprofit running clubs and should not be affected by a ruling, whereas Run Disney and Ironman are owned by for-profit companies and could potentially be affected. (Ironman’s status is slightly more complicated because it has a nonprofit arm that oversees its charity program.)

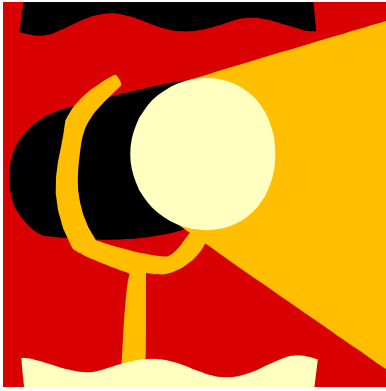
In a statement released Wednesday, Competitor Group CEO David Abeles said, "A lawsuit was recently filed against Competitor Group. We believe the allegations are completely baseless and we are confident that once the facts are analyzed it will be resolved quickly. It will not impact this weekend's event in St. Louis, which will continue just as planned. While we cannot comment any further on the pending litigation, we are proud of the Rock 'n' Roll Marathon's four year history in St. Louis and we will continue to build upon our strong relationships with our community partners." (The 2014 St. Louis Rock 'n' Roll Marathon and Half Marathon will take place this weekend, almost two years to the day after the date Liebesman cited working in the suit.)

According to the court filings, Competitor Group has the opportunity to respond to the suit by October 24.



"Racing teaches us to challenge ourselves.
It teaches us to push beyond where we
thought we could go. It helps us to find
out what we are made of. This is what we
do. This is what it's all about."

--Patti Sue Plumer,
2-time U.S. Olympian



In The Spotlight.....

Kurt LaForest

I have been running since I was the age of 15 or just over 38 years now. I started off not as a runner but in other sports which unfortunately I was not very good in. I tried football was to small, baseball I loved but no throwing arm, basketball way to uncoordinated to do it so I was left with running. I was never a great runner just more of a recreational runner that got better and better throughout high school. By time I was in college I thought of myself as a serious runner until one day I entered a 5K and being young, cocky and full of himself was convinced I was going to win. Not only did I not win but for the first time I ran with a truly elite athlete. Mary Decker (Later Mary Decker Tabb and then back to Mary Decker) was training for the Olympics. Little did I know then other than she was running the race as a tempo run.

During the first mile I held my own while she ran and talked with a friend. By mile 2 I was dead and she was still just cruising, having a good old time, and chatting up a storm. By the 3rd mile she kicked it in and I never saw her again until the finish. What running taught me was not only is there always someone better than you but once you stop trying then you are settling to be mediocre. It is the trying and not giving up that I cherish - and I learned from running very quickly – to avoid future races with Mary Decker.

As time went along and my 4 kids were born, running became more important for me. It was something I believed in as a lifestyle and wanted my children to understand that being healthy and living well go hand in hand with exercise. I found not only does it help physically but emotionally and mentally (lord knows I need all the mental help I can get) – it keeps me balanced. I love running and admire those who work at it and try hard. That is more important than those who it comes naturally to. I tend to be competitive mainly with myself more so than with others. I love races and measuring myself against others but always content with supporting and cheering those who are both ahead of me and behind me.

My all-time favorite races locally I love the Forever Running 5K in memory of Deputy Fire Chief Ray Downey who died at 9/11 He was both a runner and a Marine so I try to do this race every year. The other race I truly enjoyed was running the Boston Marathon. After I qualified I ran it twice with friends and it is hard to capture how meaningful that particular marathon is.

Lately I have branched into Triathlons. Like most runners I have had some injuries and enjoy the cross training but I still think of myself as a runner first and a triathlete second. My next goal race is the Mohawk Marathon in October 2015 I want to run and qualify for Boston and do it one more time.

I live out East in Setauket but still enjoy being on the LIRRC Masters running team.

1.



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 they are appreciated for the sacrifices they and their families make for us. What can we do to show our support of our men and women in uniform? There are many ways, and the Long Island Road Runners Club has decided to partner with 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. This is a close-to-home cause, as LIRRC President Fred Haslett's son, Sgt. 1st Class Fred "Rick" Haslett of the NC Army National Guard, was stationed in southern Baghdad, on his second deployment in support of Operation Iraqi Freedom. Since his company's Internet connection was not free, Cell Phones for Soldiers kept SFC. Haslett and his fellow soldiers supplied with calling cards so calls home to loved ones were free.

Soldiers 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!



START THE YEAR OFF RIGHT!

LIRRC'S ANNUAL NEW YEARS DAY

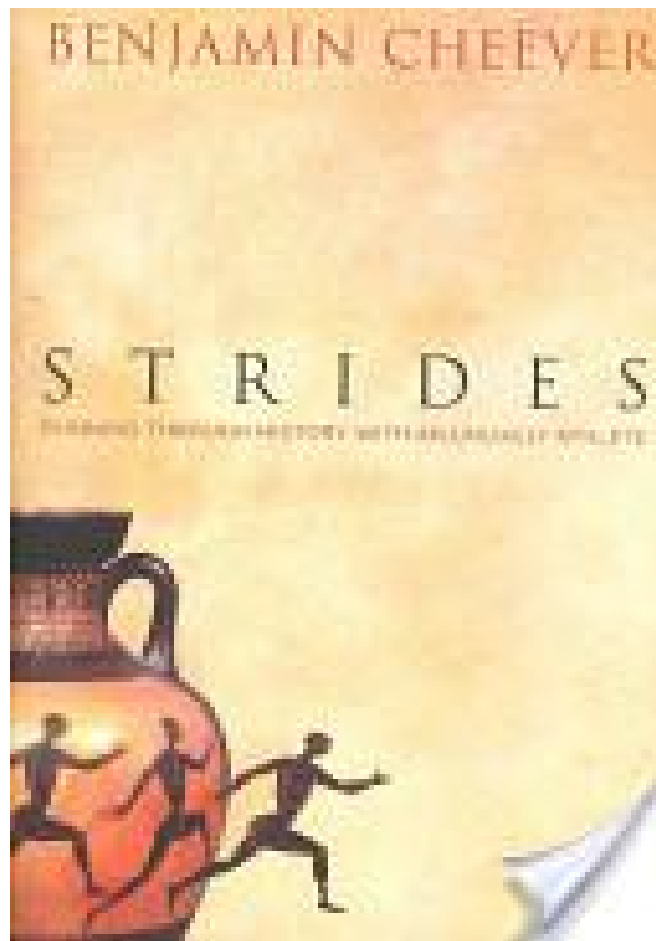
5 MILE HANGOVER RUN

&

PETER CIRONA BIRTHDAY TROT

All runners are welcome to join us on
January 1st at 9:30AM at the Field House
near Parking Field #2.

There is NO FEE, and we will have plenty of
refreshments including egg nog, coffee,
bagels, and hot chocolate!



The LIRRC Book of the Month is

STRIDES

By BENJAMIN CHEEVER

Cheever has traveled the world writing features for *Runner's World* magazine, and he draws from this rich experience on every page. His adventures have taken him to Kenya in search of the secrets of the world's fastest runners and to a 10K with American soldiers in Baghdad. *Strides* celebrates the personal satisfaction from that of a morning run to the Medoc Marathon in Bordeaux where fine wines are served at water stops and the first prize is the winner's weight in grand crus. But what truly distinguishes *Strides* as a memorable read is the unique lens through which this sparkling writer explores our deep bond to running, driven by an impulse the author describes as "the desire, the need, to escape into ecstasy."



The Long Island Road Runners Club

Mourns the passing of

Bill Hahl

And sends our heartfelt condolences to his family

You may make a donation in memory of Bill to –

The Guide Dog Foundation of Smithtown

371 E. Jericho Turnpike

Smithtown, NY 11787

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

FOOT PROBLEMS?

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

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

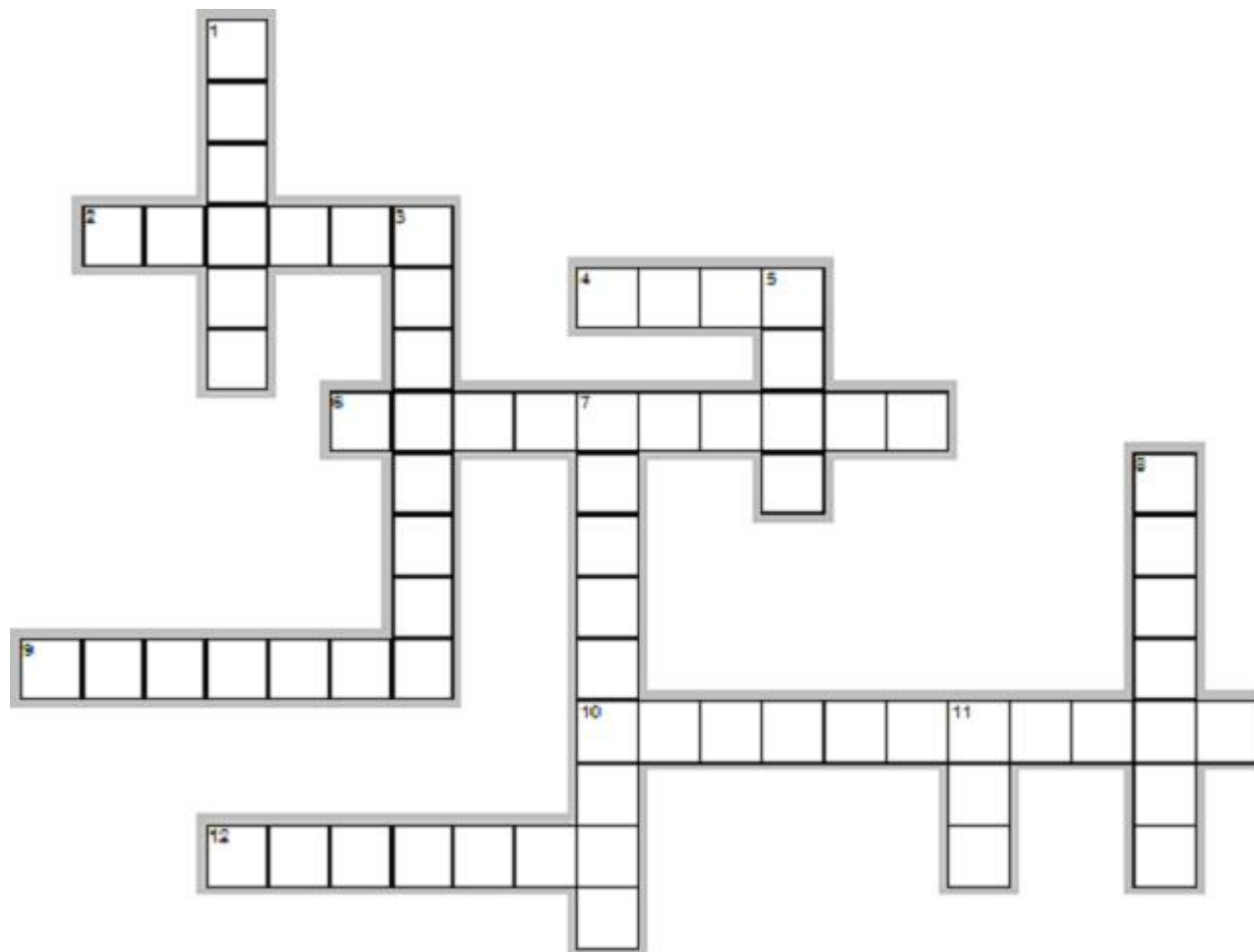
LIRRC'S DECEMBER CROSSWORD

Across

2. Our beloved Eunice and Colin
4. LIRRC Mascot
6. City for Steamtown Marathon
9. In Spanish, they are our "Tortugas"
10. Utica's premier race
12. First women to run Boston

Down

1. Dr. Sheehan
3. Alley Pond Team
5. Ms. Goucher
7. Former park name for Eisenhower
8. Boston Billy
11. Long Island Marathon month



ESCAPE ROOM 100



In The Spotlight

Steve Gerson

My running adventure began in April, 2011 when my doctor advised me I was at risk of developing Type II diabetes. My first race was the 2011 Long Island Half Marathon/Marathon when I ran the 10K in 1:10:59 seconds. I was so petrified; I thought that I would never be able to finish the race. When I crossed that finish line, I was so ecstatic, invigorated and motivated. I wanted to keep on going and running and at that point I officially caught the running bug and was on my way.

My favorite single race was the Ocean to Sound 50 mile relay race this past September. I was part of the LIRRC and our team name was the Tough Turtles.

I ran the third leg of the race and it was so much fun having my teammates rooting me on from their car alongside the road and encouraging me on and providing me with water and fruit if I needed it. The camaraderie of my team cheering me on was so uplifting it really helped me when I was getting tired towards the end of my leg of the race. Also the post-race party and bar-b-que was one of the best ever with lots of beer, wine and a endless amount of buffet food available. I really enjoyed myself immensely and had a lot of fun at this event.

As far as a particular runner that I admire it would have to be Meb Keflezighi. His running form is so smooth and flawless and it seems as though he feet hardly touch the ground while he is running. Also his ability to run and maintain such a high pace/mile for a marathon is truly amazing. The race that I would like to do sometime in the future is the NYC Marathon. For me that would be the ultimate challenge. Right now though just completing a half marathon is a feat in itself and I would have to really commit to putting in the training and the long runs to feel ready to run a marathon, never mind the NYC marathon in which the course is rather hilly and challenging. If I ever feel like I can get the time to put in the training for a marathon the NYC marathon would be my number one choice.



I attribute my ability to continue running by doing my strength training and cross training at the gym that I belong to. I currently am a member of Personal Training Institute in Bellmore, LI and it is their wonderful group of personal trainers who work one on one with me and push me to my personal limits of physical exertion to achieve new highs. The owner of the gym is the main person who I would have to credit for getting me into running.

When I was thinking of doing my first 5K at the LI Half Marathon/Marathon in May of 2011, the owner of the gym, Sam Thomas, convinced me that I could do a 10K as my first race and gave me the confidence and ability to run a 10K for my first race. It was also Sam who convinced me to run my first half marathon which was in January of 2012 in Miami, FL with Sam and some other members from the gym. My time was 2:28 minutes and I had only been running about 8 months at that point when Sam convinced me that I could do it.

I don't really have a favorite pre-race food for most 5K's and 10K races outside of having a glass of orange juice, protein shake, a banana and coffee the morning of the race. For a half marathon it would have to be lots of pasta and garlic bread the night before the race and for breakfast it would be a bagel with a little peanut butter spread with a banana also. My favorite post-race food for most 5K's and 10K's would be fruit and bagels. For a half marathon it would have to be low-fat chocolate milk and a bagel also with some eggs.

One particular running story that I'd like to share is when I first met Brian and Tracy Dobkin at the Great Cow Harbor 10K post-race raffle. Up to that race I did not have any running buddies until I met Brian and Tracy Dobkin. My wife and my mother-in-law were sitting on the grass alongside of me, and I happened to be sitting next to Brian and Tracy as the race directors were calling out the raffle winners. After the raffles were over we started heading over to the buses to take us back to where our cars were parked when we noticed that there were no buses left and we were stranded there and had no way of getting back to our cars. It was then that my wife introduced ourselves to Brian and Tracy who in turn then later on at other races introduced me to Bill Lofmark, Marie Certa, Steve Weiss and many others who have since become close running buddies of mine and close friends.

I am not currently working on any specific running goals this year but I am running the Philadelphia Half Marathon on November 23, 2014. I am very excited and looking forward to this race which is going to be my ninth half marathon so far. Since I have started running my son's Eric and Matt have seen how much fun I have been having and have decided to get into running and walking also and have been bit by the running bug.

I have also found that running helps with my stress and anxiety and gives me that natural running high and gets my endorphins going.

My favorite time of the year for running is in the autumn. I love running through the park or a trail with the leaves turning color and the outside temperature is just right and feels like you can run endless miles and miles in the crisp cool air. After the heat of summer, I look forward to the cooler temperatures and running on the roads and trails again.

My favorite running sneakers are the Brooks Adrenaline GTS which give me plenty of support and cushion in the heel and midfoot. I have also run in the Adidas Gel Kayano sneakers which offer plenty of arch support for my feet since they tend to pronate inwards and the sneakers help keep my foot in a neutral stable position while running.

I currently belong to the LIRRC, GLIRC, and WARRT running clubs. I am also a current member of the USATF-LI and on the WARRT running team. In 2015 I am going to become a member of LIRRC racing team. I really like the close camaraderie of the club members and the LIRRC staff and the fact that everybody is very friendly and supportive in my running endeavors.



New Members!

Anthony Adipietro

Charles Davidson

Diane Feirman

Filipa Magno

Dawn May

Janet McGee

Ryan Morimando

Allison O'Brien-Silva

John Strassenreiter

Regina Trainor

Daniel Valderrama

Charles Zinkowski

The Long Island Road Runners
East Meadow, New York 11554
www.lirrc.org
Club Hotline: 516-569-4959



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Vice President/Technology—Bob Patterson
Vice President/Assistant Race Director—Peter Cirona
Treasurer / Newsletter Editor —Jim Ferguson
Club Counsel—Jim Thornton
Public Relations—Mike Ogazon
Secretary - Adriana Staiano

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