

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

APRIL 2015



"The club became an extended family to me. I have met so many wonderful people over the years. Some have come and gone, some go and come back, some never left. The club has given me so much, and I have given the club much, willingly".

Fred Haslett

President's Message

4/15

Dear Members,

The Long Island Road Runners Club has been a big part of my life since around 1981. After my high school track career was cut short by cigarettes, I quit the nasty habit at age 25 and started running again. My first race was the RVC 10K in 1978. I entered some races. During the summer of 1981 I was playing outfield for a NY Telephone Company softball league one weekday in Eisenhower Park, and I saw runners participating in a race. Standing in right field, it struck me that I would rather be running in that race than playing softball. So I looked into the club, left softball and joined the club and the races in the park. And I've been a LIRRC ever since.

Sometime in 1986 or so, when Jack Dowling was LIRRC president and Jim Murphy was vice president, I was injured and came down to the park and asked Jack if he needed help. Well, the rest is history as they say. Jack did need help and I've been involved in LIRRC races ever since. Eventually, I became part of the Race Official Team, also becoming club treasurer, then vice president, then Co-President with Pat Kilikelly for about a year, and finally club president in 1990. I'm now in my 26th year as president, and am very proud of how the club has progressed. When Pat and I took over the club, membership was down to about 75 members. Now we have about 500 members.

We brought back the kid's fun runs during the summer Wednesday Night Series to have those races more family friendly. This series is extremely popular. We brought raffles to our races. Our website is one of the best, thanks to Bob Patterson, and now Jim Ferguson, who has agreed to take that over. Speaking of Bob Patterson, we have been using the MyLap Chip Timing System. Bob has spent who knows how many hours learning it. Before Bob, Joe Desposito brought the club into computerized race timing. That was a big step up for us from the old manual timing. Our race equipment is state of the art from the finish line clock, to the mile clocks. The relay race is increasingly popular with 28 teams competing this year. We have built a good rapport with Nassau County. Our New Year's Day Hangover Fun Run has become the place to be. The last few years we have seen 250-300 runners each year to come down and run for free, see old friends and make new ones, and just have fun. We are just finishing our Wednesday group training runs led by Adriana Staiano and longtime member Bob McVetty. We also have a competitive men's and women's race team, thanks to men's team captain Juan Oliveras, and original women's co-captains Adriana Staiano and Kathy Agricola, and now co-captains Susan Schmuck and Marie Brewer. A great bunch of folks wearing our club colors and doing us proud.

Sure, the number of races we put on have decreased from about 80 a year to just 11 this year. One of the reasons for this is that on most Sundays there are just too many other races going on. Most of our winter races are gone because the number of participants has decreased. The other reason is that the race team needed a well-deserved break. Keep in mind that we have to be there. Our vacations were planned around our races.

Over the years I have been lucky to be surrounded by some great people. We went from the old manual timing system, to computerized timing with Joe Desposito, to modern day bib chip timing through the hard work of Bob Patterson.

There has always seemed to be people stepping up to fill a void when we needed it the most. Colin and Eunice Harris stepped up to be secretary treasurer, board members, race officials and more, until their untimely passing. Bob Patterson stepping up to learn the new timing system after Joe left. Everyone doing their part for the club. Jim Ferguson taking on the responsibility of treasurer and newsletter editor.

Our current race officials like Bob and Joyce Patterson, Peter Cirona, Adriana Staiano, Juan Oliveras, and newest official Margaret Rivero, work very hard to bring you the quality and fun races you have come to expect. I am very proud of them, as well as our board of director members Mike Ogazon, our PR guy and email blaster, Jim Thornton, club counsel, and Dave Philippi, who give of their time for us all.

Our race officials are very dedicated. I can't tell you how many functions we missed, family and otherwise, because we had to be at the races. No matter what the weather, no matter how we felt, sick or otherwise. We did it because it is a commitment, and we have fun! The club became an extended family to me.

I have met so many wonderful people over the years. Some have come and gone, some go and come back, some never left. The club has given me so much, and I have given the club much, willingly.

Now in my 26th year as president, I have decided, after much consideration, to render my resignation as president of the LIRRC effective 1/1/2016. It's been a great run (no pun intended), but it's time for someone else to step up and take over the reins of the club. I'm not leaving the club, I will still be a member and will still be around. I will just not be doing all the things I do now. And maybe I'll be able to run more.

Our by-laws require the president first be a board member. If anyone wants to get involved, knowing the commitment involved, let us know.

See you in the park!

Fred



WHERE IS
EVERYONE
GOING?

LI Marathon BBQ is Set!

Join us May 3rd for our Annual Club BBQ!

. We'll be in Eisenhower in Parking Field #3, where Public Security is located, with our partners in crime, the Nassau Police Running Club.

Bring the family and join us for hot dogs, soda, beer, and more! But most of all, join us for some good times after you run.

Stop by and say hello before the race. Parking is limited and you're on your own. You can also park in nearby Parking Field #2 of 4. We hope to see you there!

Wednesday Night Summer Series Opening night on June 10th.

Join us for our 5K race series for 8 weeks. 5K race starts at 7PM and is preceded by our Kid's Fun Run at 6:25PM. See our website for further details.

Steve Tarpinian has passed away

Written by: [Herbert Krabel](#)

Added: Tue Mar 17 2015

It was announced that popular swim coach Steve Tarpinian has died and the man who was involved in the sport of triathlon on many levels will be sorely missed by family members, friends, co-workers and competitors alike.

Tarpinian passed away on March 15 in Sedona, Arizona where he was spending time with his family. According to sources close to him Tarpinian had been battling with depression for many years, but no cause of death has been established.



"Steve gave so much love and hope to many, and built a playground for us all to build, grow and rebuild again. He took great joy from seeing us all blossom. He was a very public figure here on Long Island as well as abroad.

As public as he was, Steve was also intensely private," said fellow Team Total Training coach Natalie Penny. "We share the grief in loss of our coach, friend, boss, and brother, and I, personally, will be forever grateful to have been his athlete, his team mate, and his friend. As he did for so many, he taught me how be the best I can be, and shared the same with my children and in particular my son, Jeremy."

Tarpinian started competing in triathlon on Long Island, NY in the early 80s, has worked as a race director, founded Team Total Training and the Event Power Company, wrote books and was the author of various DVDs. He also managed triathlon and swim clinics and camps and was well respected for his knowledge, passion, and skills.



"Our thoughts and prayers are with Steve's family and those closest to him at this time. Arrangements for remembrance of Steve will be announced in accordance with his wishes and those of his family. Steve would tell us to - stay tuned for details," added Penny. "With gratitude and love to Steve's family we dedicate this season to his memory."



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!

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



A great start to 2015!

Today we celebrate our LIRRC Women's Master Team for placing third in the USATF-LI Grand Prix Series of Road Races. This is our third year in a row placing third. Those in attendance at the USATF-LI 16th Annual Awards Brunch to accept our award were Adriana Staiano, Club Secretary, Susan Schmück, Co-Captain and Marie Brewer, Co-Captain. As with last year, this is a monetary award that will be applied to a luncheon for the entire LIRRC ladies team to commemorate our win. The date and location for this luncheon will be determined.

In addition to our team award, a special congratulations goes to team member

Maureen Frisone, winner of the **2014 Long Distance Running Award** in the Senior Division. "I can't begin to tell you what a tremendous honor this is to bestowed upon someone". Well-earned Maureen!



New Members!

Cara Dolan

Edward Gutman

Sargam Kapoor

Willard Mahler

Keri Pucci

Dennis Rozario

Jon Wicks

Welcome to our club! – Stay in touch by visiting our webpage, reading our newsletter, and follow us on Facebook! Let us know your running results or plans, and feel free to contribute your ideas – we need and want your input! Send newsletter submissions to Jim Ferguson @ proffesor4@aol.com

Women's LIRRC Team Aspire Results:

Weather: Light snow with wind

| | |
|-----------------|------------------------------|
| Marie Brewer | 55:41.54 |
| Anne Broderick | 56:32.40 |
| Maureen Frisone | 56:49.15 (Awarded 2nd Place) |
| Peggy Delaney | 1:01:10.80 |
| Maryanne Langro | 1:01:24.16 |
| Paula Groothuis | 1:31:33.67 |



Men's Team Results.....

| | |
|------------------|---------|
| Victor Pajonas | 44:04 |
| Hector Jaramillo | 44:31 |
| Kurt LaForest | 45:24 |
| Jerry Wosleger | 45:55 |
| Dean Hutchinson | 46:07 |
| Michael Hunter | 46:12 |
| Bob Monaco | 47:22 |
| Steve Juchem | 50:50 |
| Dave Frisone | 52:45 |
| Juan Oliveras | 53:05 |
| G.B. Heidarsson | 54:12 |
| Drew DeMasters | 55:54 |
| Ray Nieves | 58:24 |
| Dermot Murphy | 1:03:31 |
| Joey Arken | 1:07:45 |

The Long Island Roadrunners were well represented at the Aspire 10K, a classic Long Island Race. Check out some of these pics.....









A person with dark hair, wearing a blue long-sleeved top and black leggings, is running away from the camera on a snow-covered path. The background shows bare trees and a bright, overexposed sky. The text is overlaid on the left side of the image.

If you
wait for
perfect
conditions,
you'll never
get anything
done.

Quotesfranny.com

QUICKSILVER STRIDERS IN THE HOUSE!



HAVING A BLAST AT THE EASTER BUNNY 5K ON APRIL 5TH
ARE QUICKSILVER STRIDERS (FROM LEFT TO RIGHT)

JASON PHILLIPS, ERICA SUMMER,
ROBERT HEGEDUS (KNEELING)
COACH MARIA D. ROMANO, CHRIS POSTOL
& HARMANPREET SINGH

From Juan:

See attached team results and standings after our first two races.

Great job guys! We're currently in 2nd place with 10 team races to go.

So far we have 3 stalwart team members tackling the Long Island Full Marathon on May 3rd, G.B.

Heidarsson, Steve Juchem and Victor Pajonas. Best of luck guys!!

Please let me know if I missed anyone that will be doing the full.

After the Marathon, our next team race will be the Barbara Bartell Memorial 5K Runday on May 23rd in Hicksville, a flat, fast course. Please pre-register to save \$5 American pesos.

Click here

> <http://glirc.org/assets/images/events/Runday.pdf> <
for additional race info.

See y'all on the roads,

Juan

| | | |
|----------------|------------------------------|------------|
| 1 | GLIRC | 200 |
| | Kings Park 15K Challenge (1) | 100 |
| | Aspire 10K (1) | 100 |
| 2 | LIRRC | 173 |
| | Kings Park 15K Challenge (2) | 90 |
| | Aspire 10K (4) | 83 |
| 3 | Northport | 166 |
| | Kings Park 15K Challenge (3) | 86 |
| | Aspire 10K (5) | 80 |
| 4 | New Hyde Park | 160 |
| | Kings Park 15K Challenge (4) | 83 |
| | Aspire 10K (6) | 77 |
| 5 | We Are Athletes | 154 |
| | Kings Park 15K Challenge (5) | 80 |
| | Aspire 10K (7) | 74 |
| 6 | SRS | 90 |
| | Aspire 10K (2) | 90 |
| 7 | Runner's Edge | 86 |
| | Aspire 10K (3) | 86 |
| Men 60+ | | |
| 1 | Northport | 100 |
| | Aspire 10K (1) | 100 |
| 2 | LIRRC | 90 |
| | Aspire 10K (2) | 90 |
| 3 | GLIRC | 86 |
| | Aspire 10K (3) | 86 |



USATF Long Island Spring Opener

The Bellmore / N. Bellmore PAL will be hosting the [LITF Spring Opener](#) at Mepham High School, this Sunday April 19th starting at 1:00pm.

Registration starts at 12:30pm and is open to athletes of all ages.

This is the first event in the 2015 [USATF-LI Masters Track & Field Grand Prix](#).

[Meet Flyer](#) for more information.

Directions to Mepham High School:

Southern State Parkway to Exit 25S. Stay on Newbridge Rd to Elbert Road. Right on Elbert. School is directly ahead. OR Sunrise Highway to Newbridge Road. Make a left (from the West; right from the East) onto Newbridge Road to Camp Road. Left onto Camp Road. The school is on the right.

USATF Membership Renewal

Don't forget to [renew](#) your USATF Individual & Club Memberships.

Youth athletes should **RENEW** their membership in order to keep their date of birth verification! New athletes should register early and [send](#) their proof of date of birth into the office AS SOON AS POSSIBLE! **Do not wait for the last minute before association championships.**

Competitive clubs renewing **AFTER** May 1 will be charged \$100 instead of \$50, so renew on time! Also remember that your club renewal will not be completed if coaches are not [background checked](#)!

Susan Hepburn suggested that we become familiar with this Newsletter and its links as USATF promotes the Masters Grand Prix and other Masters events. Go to the site directly for the latest information. Thanks, Susan!

THE ROADRUNNER



The Roadrunner is LIRRC's online Newsletter, celebrating its fifth year on our website at LIRRC.ORG. It's a bi-monthly publication, posted in February, April, June, August, October, and December. A number of past issues are posted on the site also.

Runners are encouraged to contribute articles, stories or results of your races or personal bests. Please send submissions to Jim Ferguson at PROFFESOR4@AOL.COM, and when appropriate, please include a photo we can post to accompany your contribution. The possibilities for your submissions are endless. Have a favorite post-race recipe? A special course or trail you run? Maybe you've come back from an injury and want to share how to best do that –

Maybe you want to be the Featured Runner of the Month? Well, drop us a line and we can probably make that happen. So, until June, enjoy your running, stay healthy, and consider your contribution for next month. Without it, you're just reading what I write!

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



2015 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

PRESIDENT - Fred Haslett
VICE PRESIDENT - Peter Cirona
TREASURER - Jim Ferguson
SECRETARY - Adriana Staiano
MEMBERSHIP - Juan Oliveras
PUBLIC RELATIONS - Michael Ogazon
COUNSEL - Jim Thornton
AT LARGE - Dave Philippi

LIRRC 2015 RACE OFFICIALS

| | | |
|-----------------|---------------|-----------------|
| Fred Haslett | Peter Cirona | Jim Ferguson |
| Adriana Staiano | Juan Oliveras | Dave Philippi |
| Margaret Rivero | Bob Patterson | Joyce Patterson |

LIRRC 2015 RACE TEAMS

MEN'S TEAM CAPTAIN JUAN OLIVERAS

WOMEN'S TEAM CAPTAINS
SUSAN SCHMUCK & MARIE BREWER

We Will Long Remember the Contributions of Our Dearly Departed

PRESIDENT EMERITUS - Jack Dowling
SECRETARY/TREASURER - Eunice Harris
SECRETARY/TREASURER - Colin Harris