

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

APRIL 2016



"I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go."

—
Dean Karnazes, Ultramarathon Man: Confessions of an All-Night Runner

We're Off & Running!

The Long Island Roadrunners started the season off with the John Corrigan Relay on March 20. Only nine teams braved the chill this year (it was 33 degrees with a "real feel" of 22) but it was great to see club members come out. The relay itself is a fun race, taking runners out of their normal routine to run a team effort. It's also a bit of a challenge to time this type of race, and it can get chaotic leaving the mats and chips behind for pens and index cards. Bob Patterson has been timing this race for years, and along with a solid group of volunteers, it seemed to go off without a hitch. Thanks to all for a nice morning at the Park!

The Park, by the way, looks like hell lately.....there is quite a bit of work being done and some of the running paths look like setups for a Tough Mudder event. This seems to be a constant theme in Eisenhower over the years, and without fail, it tends to make runners deviate from a normal workout as they dodge trucks, closed paths and blocked areas. Hopefully it will pay off and the work will be completed long before the Wednesday Night Series. You can be sure our Race Director Fred Haslett is on the case to make sure all is normal for our opener.....

Next up is the Long Island Festival of Running on May 1st. There are numerous events that weekend, and the event serves as the unofficial opening of the race season on Long Island. As has been the tradition over the years, the Long Island Roadrunners will set-up camp for the festivities at Parking Field 3. Stop by, say hello and cheer our runners to the finish.....

Eva Casale completed her 7th Marathon in as many days and crossed the finish line in Medford on Friday, April 8th. She has totaled 57 full Marathons and 34 Ultras in her running career. This recent event benefited Hope for the Warriors, a national non-profit.....

Along with the many changes LIRRC has gone through, there has been a strong revitalization of our race teams, currently led on the men's side by Bill Schroeder and Dave Frisone, and Marie Brewer for the ladies. Please see all the Race Team information on page 3, including how you can be a part of LIRRC's competitive teams.....

Juan Oliveras was honored at the end of the Corrigan Race on March 20th for his dedication as a Race Official, Board Member, volunteer and Captain of the LIRRC Men's Race Team as for LIRRC for years. He also handled our Membership and is one of the most personable guys you could meet. Still one of the most notable runners on Long Island, Juan is well known in Long Island running circles and has been a staple at our Wednesday Night Series. His complete running history is way more than we can list here, but includes 17 NYC, 14 LI, and 2 Boston Marathons as well as the prestigious Comrades Ultra-Marathon in South Africa. Juan will be moving to Florida, and will be sorely missed on the LI running scene.....

Gail and Dennis Boyd have moved to Florida. Dennis helped us for years with pretty much anything that needed to be done, but his expertise in timing races made him a popular man on the Long Island Running scene. Gail participated in many Wednesday Night Series races over the years, usually race-walking at a good pace. The LIRRC toasted the Boyd's at a farewell at Houlihan's in March.

The Long Island Roadrunners are sad to hear of the passing of Denis Curtain, a member of the Long Island Roadrunners for years. The Long Island Road Runners send our condolences to his family at this difficult time.

Hats off to Jules Winkler, featured in the Act2 section of Newsday on April 17th. John Hanc's article tells of Winkler's travelling to Boston for the Marathon on April 18th. Why the big deal? Well, Jules Winkler is 84 years old, and will be the oldest competitor this year.



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.

2016 LIRRC Race Teams

One of the major changes in 2016 has been the revitalization of our race teams. We were always competitive – but Bill Schroeder and Dave Frisone on the men's side, and Marie Brewer for the ladies – have made it their business to promote and increase our participation by signing up more Race Team members, making us real contenders. Race Team members score points for the club by running key races designated by LITF known as the 2016 Grand Prix Races. Scheduled Grand Prix races are as follows:

- May 7 Run for the Health of It 5K
- May 8 Elizabeth McNamee 5K
- May 29 Long Beach 10 Miler
- June 5 USATF LI 8K Championships
& New Hyde Park 8K
- June 18 Shwachman Diamond Dash 5K
- June 26 USATF LI 5K Championships
& Massapequa Park Firecracker 5K
- July 4 Independence Day 4 Miler
- July 9 Runners Edge Women's 5K
- Aug. 6 Massapequa Park Mile
- Aug. 20 Hope Runs Here 5K
- Sept. 3 USATF LI 1 Mile Championships
& Farmingdale Main Street Mile
- Sept. 5 Long Beach McAvoy 5 Miler
- Oct. 15 Supervisors Oysterfest 5K
- Oct. 30 USATF LI Marathon Championships
& Suffolk County Marathon
- Oct. 30 Suffolk County Half Marathon
- Nov. 20 Long Beach Turkey Trot 10K

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You do not have to run every race, and regardless of ability, you can help our teams! The competition is friendly, and it's a great way to challenge yourself and run with your fellow club members.

Of course, with everything, there is paperwork. Joining the race team requires joining LITF and designating The Long Island Road Runners as your affiliation (#17). If you need help with this, PLEASE CONTACT THE CAPTAINS – THEIR E-MAIL ADDRESSES ARE

BILL BILL_SCHROEDER@VERIZON.NET
DAVE WE5RUN4FUN@AOL.COM
MARIE MARIE9105@AOL.COM

Although you are responsible to pay your race fees and complete a LIRRC Membership Form, RACE TEAM MEMBERS PAY NO LIRRC MEMBERSHIP DUES. If you have already paid dues and decide to join later, they will be refunded.

This is the first year that there has been a big push to make our Race Teams stand out. Be a part of the exciting changes in our club by joining us today!

Contact Bill, Dave or Marie for more information.

The Excel sheets on the next 2 pages indicate the points scored by our race team members toward the “**Spirit of the Duck**” awards – a LIRRC club contest which is separate from the Grand Prix competition between the race teams. The Grand Prix results are listed on the LITF web site and are updated after each event. The URL for that site is:

Long-island.usatf.org

AGE GROUP 40 TO 59**TEAM RACE****TEAM RACE****KINGS PARK****ASPIRE****TOTAL****POINTS****POINTS****POINTS****MALE RUNNERS**

1	BLATTER,BRETT			0
2	BREWER, TOM		50	50
3	BRODERICK, MICHAEL			0
4	GERSON,STEVE		109	109
5	HUNTER,MICHAEL	115	115	230
6	HUTCHINSON, DEAN		113	113
7	JARAMILLO,HECTOR	117	117	234
8	JUCHEM, STEVE	114	112	226
9	KAPLAN, IRA	118	120	238
10	LAFOREST, KURT	116	114	230
11	WAI, LAW	119	118	237
12	MAYER, BOB			0
13	MCBRIDE, KEVIN			0
14	MONACO, BOB			0
15	MURPHY, DERMOT		110	110
16	NIEVES, RAY		111	111
17	PAJONAS, VICTOR	120	119	239
18	REITZ, WILLIAM	113		113
19	SALVESEN, ROBERT			0
20	SCHACHNER, LARRY	50		50
21	SCHROEDER, BILL	CO-CAPTAIN-NOT SCORED		0
22	WOSLEGER, JERRY		116	116

AGE GROUP 60+

1	CRONIN, JOHN	120		120
2	DEMASTERS, DREW			0
3	FARMER, PETER		120	120
4	FERGUSON, JAMES			0
5	FRISONE, DAVID	CO-CAPTAIN-NOT SCORED		0
6	HARRIGAN, NOYES	119		119
7	HASLETT, FRED			0
8	OGAZON, MICHAEL		119	119
9	OLIVERAS, JUAN		50	50
10	PATINO, TONY			0
11	SHILLING, GEORGE			0

FEMALE**AGE GROUP 40 TO
59**

		TEAM RACE KINGS PARK POINTS	TEAM RACE ASPIRE POINTS	TOTAL POINTS
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1	BRODERICK, ANNE			0
2	DELANEY, PEGGY		119	119
3	GRAY, ANDREA	118		118
4	HARRIGAN, RENEE			0
5	LATTA, JUDITH		120	120
6	MARINIS, BETH			0
7	SCHACHNER, PAULINE	119		119
8	SIGNORACI, MARLO	120		120
9	STRANGIO, LAUREN			0
10	WOOD, BETTY			0

Wednesday Night Summer Series
Opening night June 22nd!

The LIRRC'S Hallmark race starts a new season on June 22nd!
Come out for the best Wednesday Night workout on Long Island!
It's easy –Bring the family and sign up the kids for our Kid's Run at 6:30.... Fill out the online waiver for the 5K or sign up at the park before the 6:45 deadline, and get a weekday workout with your fellow LIRRC members.....Age group awards, raffles, a 50/50, and a great time awaits.....

See you at the Park!



*The Long Island Marathon BBQ is Set!
Join LIRRC & Your Fellow Runners on May 1st*

Join us May 1st for our Annual Club BBQ! We'll be in Eisenhower Park 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 or 4. We hope to see you there!



This Newsletter is a publication of the Long Island Road Runners Club, posted to our website bi-monthly from February through December. Members also receive the newsletter in an e-mail. We dedicate it 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 37 years.

How do **you** stay in touch and get involved????

JOIN LIRRC

Members enjoy benefits including discounts at Wednesday Night Series registration and subsidized races and trips as scheduled. Applications can be downloaded from our web page at 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!

JOIN OUR RACE TEAMS

For a more competitive experience, our race teams welcome runners of all skill levels to run specific LITF races for individual and team points as we engage in friendly competition against other teams. See pages 3 and 4 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 Series that starts on June 22nd this year- 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! Sign up at the Park for a dollar!

E-MAIL US!

Questions, concerns, or problems or ideas? Want to help? The club e-mail is PROFFESOR444@GMAIL.COM

Prefer to call? The hotline number is 516-569-4959.

VISIT OUR WEB SITE

The club web site is at 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!



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

2016 LIRRC CLUB OFFICERS AND BOARD OF DIRECTORS

INTERIM VICE PRESIDENT / TREASURER - JIM FERGUSON
PUBLIC RELATIONS – MICHAEL OGAZON
CLUB COUNSEL – JIM THORNTON
AT LARGE – PETER CIRONA
AT LARGE - DAVE PHILIPPI
AT LARGE – MARIE BREWER

2016 LIRRC RACE OFFICIALS

RACE DIRECTOR - FRED HASLETT
ASSISTANT RACE DIRECTOR - PETER CIRONA
RACE OFFICIAL - DAVE PHILIPPI
RACE TIMER - BOB PATTERSON
ASSISTANT RACE TIMER - BILL REITZ

LIRRC 2016 RACE TEAMS

MEN'S TEAM CAPTAINS – DAVE FRISONE & BILL SCHROEDER
WOMEN'S TEAM CAPTAIN MARIE BREWER