

THE ROADRUNNER

The Online Newsletter of the Long Island Road Runners Club

AUGUST 2015



President's Message

“The rumor of our demise has been greatly exaggerated.”

LIRRC Duck.

Contrary to what some may have heard recently, the LIRRC is NOT going away. We just finished a very successful Wednesday Summer Series and your Board Members are in the process of planning on how the club will look in 2016. Since I am resigning as president the end of this year, there will be new leadership. However, I will be staying on as Race Director of our races, and Bob Patterson will stay as Club Timer next year, and will be teaching the timing system operations to Adriana. We WILL have races next year, including a Summer Series, and of course, our New Year's Day Fun Run to kick off the New Year. The Board will be discussing a new schedule for next year.

We are planning a General Membership Meeting in October and paid up members will be receiving a post card announcing it sometime in September. And remember, we still have one more race this year, our Santa 5K on Sunday 12/20.

On another note, our men's and women's master's teams are doing well in the USATF-LI Grand Prix standings. We are so very proud of them and excited for them!

We are always looking for new runners on these teams. We welcome runners of ALL abilities, so if interested, contact Juan Oliveras, men's team captain, and Marie Brewer or Susan Schmuck, women's team co-captains.

We hope everyone is enjoying the summer and getting some running in. We thank you all for your continued support and we'll see you in the park!



Ocean City NJ Race Weekend...
LIRRC is planning a weekend of racing
In Ocean City NJ... September 27th!!!!

Race Start: 8:30AM

OCNJ Half Marathon & 5K & 10 Mile
Non Competitive Walk/Run
Ocean City, NJ

It is up to individual members to register for the
race they want to do...

We are staying at The Impala Island Inn - 1001
Ocean Ave. Ocean City, NJ

it is a short walk to the starting/finish line...
I told them we are with the LIRRC group...

*You can call 1-609-399-7500 ask for Karen
Rooms reserved on a first come first served basis
Call ASAP to make sure we are together as a
group*

*Seniors receive a 10% discount @ Impala Island Inn
Transportation will be up to you...we can hook up via cell
phones...*

*Individuals register for the race they want to run
On Sunday 9/27/15... Best to drive down Saturday
9/26/15*

*Pickup bib & racing numbers that day
We can go for a group run on Boardwalk
Then go to a local restaurant
Have dinner and ready ourselves for
Sunday races...start 0830am
Should be fun...*

Race weekend with your LIRRC running buddies
[http://www.ocnj.us/index.cfm?fuseaction=content.page
Details&id=2088&typeID=179](http://www.ocnj.us/index.cfm?fuseaction=content.pageDetails&id=2088&typeID=179)

Let's do this!



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



New Members!

Mary Akers
Tom Cunningham
Alison Donner
Susan Keogh
Lordly Mathews
Cynthia McGuire
Antony Paul
Rylee Raines

Claudia Sersanti

Paramyeer Bright
Rohan Dawes
Julie Eckert
Jeff Kozarsky
Colleen McAlea
Jonathan Menahem
Lorena Pineda
Kathryn Rivera

Peter Briguglio
Stacey Decillis
Angela Lomonaco
Robyn Madden
Nina McCann
Laura Miller
Kelly Portnoy
Diego Sanchez
Mike Wisniewski

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



RUNNERS EDGE WOMENS 5K RESULTS

MONICA ENRIGHT	21:53.7	5 TH PLACE AG
SUE KEOGH	24:39.2	1 ST PLACE AG
SUSAN SCHMUCK	25:29.9	4 TH PLACE ATHENA
MARIE BREWER	26:38.4	6 TH PLACE NOTABLE
ANNE BRODERICK	26:40.7	
MARYANNE LANGRO	29:39.2	

BELLMORE 4-MILER WOMEN'S RESULTS

MONICA ENRIGHT	28:59	2 ND PLACE
SUE KEOGH	32:26	2 ND PLACE
SUSAN SCHMUCK	34:45	10 TH PLACE
MARIE BREWER	35:35	6 TH PLACE
MAUREEN FRISONE	35:51	1 ST PLACE
MARYANNE LANGRO	38:27	7 TH PLACE

FOLLOW-UP

LetsRun offers “Marathon Dad” Mike Rossi \$100,000 to run 3:11:45

One runner was made famous by a response he wrote when his children's school claiming he shouldn't have taken them out of class to watch him race Boston. Now he's in the hot seat because some think he cheated.



Mike Rossi, a Pennsylvania runner has kicked up quite the fuss over the past few months. Rossi was dubbed the “Marathon Dad” after he responded to a letter from his children's school scolding him for taking his kids out of classes to attend the Boston Marathon.

He wrote back claiming that his kids learned more from the Boston experience than they would in the few days spent in classes.

At first the Internet loved him but a few curious running fans started looking into Rossi's running past. Soon accusations began to fly that Rossi had cheated his way into the Boston Marathon by cutting part of the course at Lehigh Valley Marathon where he supposedly ran his qualifying time of 3:11:45.

LetsRun claims this to be true because he was the only finisher not photographed at the race, they say. To add to that, they broke down his times in shorter distances. According to *Lets Run's* detective work, Rossi runs a 21:52 5K and a 1:40 half-marathon paces that don't add up to running a 3:11:45 PB in the marathon. Rossi disagrees with their claims though.

At first, *LetsRun* offered him \$10,000 to break 3:25 in the marathon. Since then, they've kicked things up a few notches recently saying they'd pay \$100,000 if he ran 3:11:45 again. Here's what they said:

“We will pay him \$100,000 if he runs 3:11:45 on a legitimate records-eligible course in the next 12 months where we have advanced notice of his participation (\$10,000 per year for 10 years). A media outlet interviewed us today and asked about how the 3:25 challenge came about and we said, ‘We tried to come up with a time that was at least theoretically possible to preemptively rule out his excuse of, ‘I can’t be expected to have the race of my life once again.’”

July 29th, 2015

The Eunice & Colin Harris Race



This year's Eunice & Colin Harris Race brought out some of the finest young athletes as well as our seasoned veterans. Andrew Harris joined us (front right, kneeling) as we honored the memory of Eunice and Colin by donating our race proceeds, the club share of the 50/50 raffle and the generous donations of our runners and members.

The totals are in, and this year, ALS and Hospice will receive \$958 each to help continue their good work.

Thank you!



CALLING ALL MASTERS RUNNERS!

The Phidippides Award is given to those Masters Runners who have attained points based on their completed competitive races for the year. With speed usually being stressed in our sport, it's nice to know the older guys who pound the pavement every week can be honored for their work and dedication to the sport. Visit the USATF website for complete details and an application. Bill Benson has been promoting Long Island Masters involvement for years, and with good reason. Let's get the recognition we deserve!



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 August, enjoy your running, stay healthy, and consider your contribution. Without it, you're just reading what I write!



The Long Island
Roadrunners Club
mourns the passing of

Gus Likos

Gus was a well-respected man, a dedicated runner, and a great friend to the running community on Long Island. He will be greatly missed.

Our heartfelt sympathies go out to the Likos family at this difficult time.



Women's Running magazine featured plus-size model Erica Schenk running on its August cover. The shot started a conversation about what it means to be athletic.

The image marked a departure for the athletic US magazine genre, which usually portrays ultra-fit models who represent an "aspirational" ideal.

Body image expert Harriet Brown, author of *Body of Truth* and *Brave Girl Eating*, says the photo of 18-year-old Schenk offers a different kind of message.

"This cover will empower and remind so many women that they don't have to be slender with six-packs to get out and do something positive for their health and well-being," Brown said. "The cover sends an unambiguous message that runners come in all shapes and sizes."

According to Brown, if an image of a plus-size model running inspires other women to exercise, that can only be a good thing - even if weight loss doesn't happen.

"There's a ton of evidence that physical activity is good for you no matter what you weigh, and whether it leads to weight loss or not - and for some people, it doesn't. If we really care about people's health, we'd encourage people of all body sizes to be active."

Women's Running **Editor-in-Chief Jessica Sebor** echoed that message in an interview with the US morning programme The Today Show.

"There's a stereotype that all runners are skinny, and that's just not the case," Sebor said.

"Runners come in all shapes and sizes. You can go any race finish line, from a 5K to a marathon, and see that. It was important for us to celebrate that."

Blog by Brenna Cammeron



Wednesday Night Turtle Runs!

WHERE?

EISENHOWER PARK @ 6PM TO 7PM
CARLTON ON THE PARK PARKING LOT

HOW FAR?

THREE TO SIX MILES

This is a great way to see your running buddies and get a workout in during the week! We expect these informal runs to last until the evenings get too dark.

After the run, the group goes to Wendy's for recovery.

HAVE SOME FUN! SEE YOU WEDNESDAY!

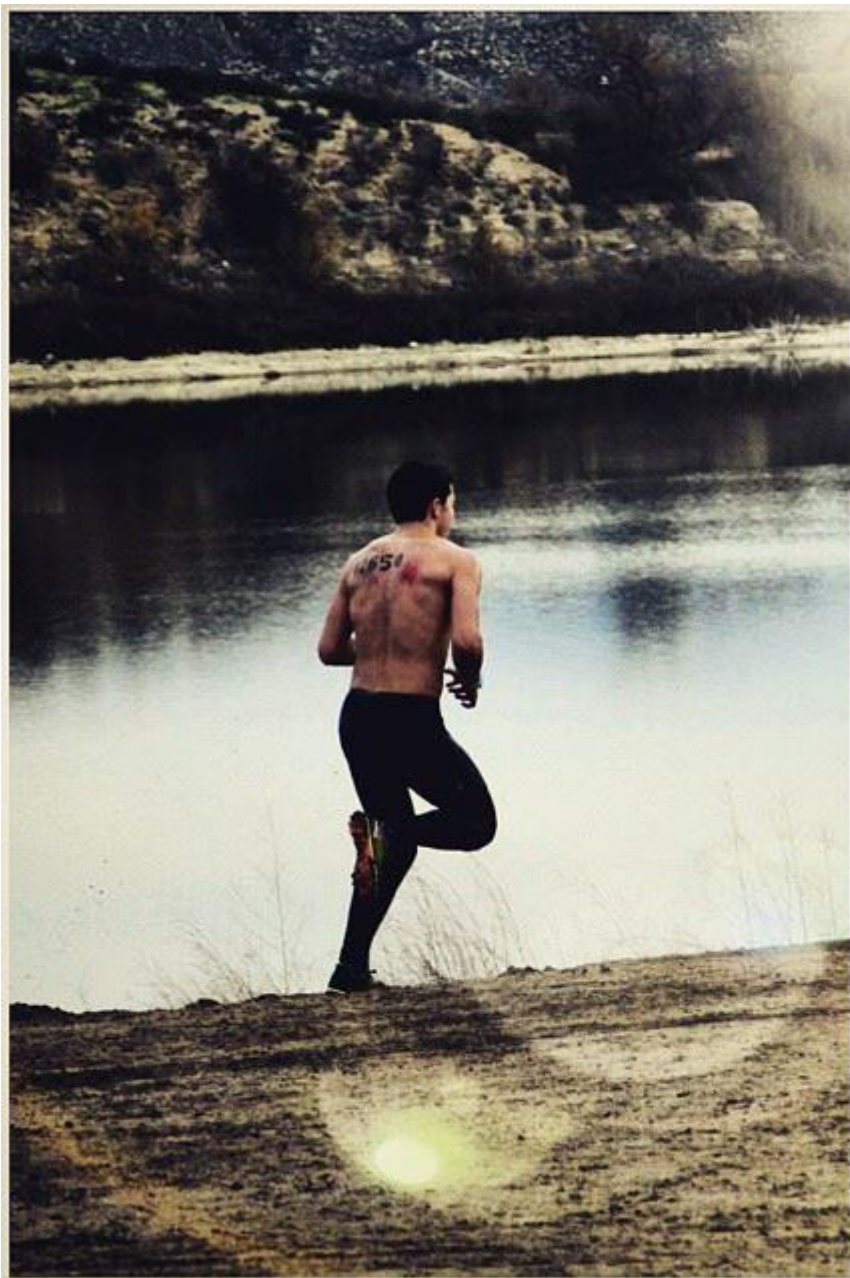
LIRRC Ladies @the Merchants Mile!











I am a runner.
I run in rain or shine.
Night or darkness.
I run until I cry,
collapse,
or until I feel like I
cannot go on.
And then,
I run another mile.
Because I am a runner.
I am unstoppable,
unbeatable,
untouchable.



Dear Ladies,

Here are the current Grand Prix standings:

GLIRC	776	
Northport	712	
LIRRC	590	(solid 3rd place)
We Are Athletes	566	

We are coming into the home stretch, with only 4 more races to go. Terrific job by all our runners, particularly our marathon runners that got us through those long races early in the season. The next race is the Hope Runs Here 5K, August 15. Let's have a good showing for this one. It's a flat open 5k that everyone can do. The race includes a nice array of food, drink and raffles. I would like to take a team picture after the race. Let me know whose running!

Sue & Marie – Ladies Co-Captains



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
CLUB 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